

MA Middlesex Area County Newsletter

WELCOME NEW MEMBERS-October/November 2015

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| Marie Torres | MA 32 |
| Grace Carroll | MA 32 |
| Theresa Villaneuva | MA 50 |
| Judy Tremblay | MA 50 |
| Betty Smith | MA 354 |

YTD???? Who is winning? Right now it's tied with MA **32 Burlington** & MA **107Chelmsford** who each have **seven** new members and a close second with MA **189 Lowell** with **six** members. Still one month and a half left in this competition. Competition for the chapter who brings in the most new members this year! Just one more new member will probably win a Gift card for the chapter to spend as a treat! The more members you bring in the BIGGER the gift card !

We have 298 members in our county as of November 12. I would love to see it increase to 350 by the end of the year. That's only a 10% increase.

Please consider spreading the word about TOPS by either attending a farmer's market, health fair, festival in your town. I haven't heard from anyone but Beverly Sullivan about any local happenings that might benefit your chapter. Ask me how? It's usually free and just a time commitment to do it. I have the tent, supplies, marketing freebies, etc. Just need your manpower to help me out for a few hours. Consider it in **2016** please.

TOPS APPS This was posted in Facebook on 10/28/15 from Barbara Cady.

I just wanted to give everyone a progress update on our newest TOPS tool currently under development. The TOPS Exchange App that was developed based on the TOPS Exchange Cards which is being created for Android phones is now in the beta testing phase among several of our trusted, techy field staff to check the functionality and ease of use for our members. When released, the app will be available for purchase at a very modest cost through the Google Play Store. It will be used to track daily food intake and other benchmarks of progress when released. Stay tuned for more news!

OFFICERS' WORKSHOP Thanks everyone who came out for the workshop on September 25 (Friday night). It was entitled "HOW TO MAKE YOUR CHAPTER GREAT". I hope you enjoyed the comraderie, learned a little something to take back to your chapters and were inspired to be a better officer. It proved to be a fun but rewarding night full of prizes, passouts and potluck. Stay tuned for the next workshop....

NEXT WORKSHOP IS.....

January 2nd

Resume Workshop for all weight recorders, assistants and if leaders want to attend. 10-12noon at the United Methodist Church on 2335 Main St in Tewksbury, MA Bring your weight records, red pens and all paperwork that you will receive from HQ. A powerpoint will be done to help your process.

LUNCH... Then stay for

Inspiration workshop beginning at 1:00pm for all other TOPS & KOPS members.

HAPPY NEW YEARS Party including hats, guest speaker (s) on nutrition and exercise, motivation for the New Year, goodie bags, door prizes and a rededication and a toast to TOPS at the end of the workshop. See 2nd flyer attached.

CONTESTS & CHALLENGES

Have you read in TOPS News about the "Bring A Friend to TOPS" campaign?

I encourage each member to participate in this challenge. It is sponsored by TOPS Club, Inc. and is running through January 31, 2016. What a wonderful way to share TOPS with a cherished friend or family member. You can make a difference in their lives and yours too.

YOUR NEWS—

I would love to put your chapter news within this newsletter. If you have anything of significant, please email it to me. Milestones in your chapter, someone being celebrated for ..., open house results, guest speaker coming that you would like to promote or invite other chapters to attend, someone getting an award, something news worthy.

Only 7-8 weigh-ins left in the year.

Best regards,

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