

# Middlesex County November Officer Newsletter



Hi Leaders and Officers,

First of all, I wanted to wish you all a HAPPY & HEALTHY NEW YEAR. I hope this year brings you great weight losses, good spirits, inspiring meetings, new members, and more members volunteering.

**REMEMBER BARBARA CADY's challenge:** Everyone should lose 10 pounds this year.



For the most part, the resumes have been turned into Rosie who will further verify your totals. Please don't give out awards until you hear back from either her or HQ with the certificates. Even if someone didn't lose 10 pounds or was disqualified for no weigh-in in December, four or more unexcused absences in a row, more than 15 weigh-ins, please acknowledge them at your chapter. A little recognition goes a long way and you can stress the importance of weigh-ins and accountability.

**SOMETHING**



There are only three copies to the new member or renewal application form now. Please start using them now. The **original** goes directly to **Headquarters**....#2 chapter keeps a copy and #3 third copy goes to the member as their receipt of payment. **Please do not send these to Rosemary Smith anymore. Chapter Checks should be made payable to: TOPS CLUB Inc. There were labels to use in your last packet for renewals & new memberships.** Your chapter will receive the copies of "My Day One" for new members periodically from Headquarters. If you need more applications, they can be found on the TOPS website.

**Everything else including KOPS registrations, goal changes and reinstatements will continue to go to the coordinators.**



Have you been planning an OPEN HOUSE in 2017? I haven't heard from anyone since my last newsletter. Maybe your officers could discuss this at your next executive board meeting. I know the winter is tough to do but SPRING is right around the corner. You need time to plan a successful one. We all know new members sparks chapters in losing more weight. Look for other ways in advertising your chapter. We have put old magazines in our local gym in town and got three new members. Others have inquired about TOPS from viewing it on the "PATCH". Putting up flyers in public buildings, gyms, doctor's offices, your place of employment, lobbies, your meeting place. If you have a weekly newspaper delivered to your door, please send me that contact information. I would need an email or a fax # for your newspaper. There are many ideas on the TOPS website for promoting your chapter. There are also health fairs, farmers markets and other venues so be sure to look for them in your local area. I have all the advertising materials, promo stuff and tablecloth ready to go. I will even come and support you and the chapter to make your chapters great. Just need to let me know.



***IRD CONVENTION THEME: SPARKLE LIKE A DIAMOND WITH TOPS***

**When:** July 14-15, 2017

**Venue:** Statehouse Convention Center, Little Rock, Arkansas

**TOPS Headquarters Hotel:** Little Rock Marriott

**Use the closest airport:** Bill and Hillary Clinton National Airport/Adams Field

If you are interested in going to next year's convention once you decide, you may be able room with other TOPS members within the state. Remember it will be a 2 day convention starting in 2017. Check out your January TOPS magazine for more details. Check in with Rosemary Smith if you want to go. She may know other TOPS members who need a roommate.

***THEME: TOPS VISITS THE ROARING TWENTIES***

The letter was sent out regarding SRD over the weekend. Beverly Enos is the chairperson. She is looking for volunteers to help out. If interested, please contact her directly. Her contact info is :

978-807-2643 or [purpledragonarts@verizon.net](mailto:purpledragonarts@verizon.net).

SRD news will be coming out in January with the all details. It will be held at the Seacrest Hotel in Falmouth, MA from March 31-April 1, 2017. Start a fundraiser now so members can afford to go and enjoy the CAPE.

Be sure to check out : [www.matops.com](http://www.matops.com) for all Massachusetts events including upcoming SRD 2017 and news. Also check out : [www.topspower.org](http://www.topspower.org) for ideas on contests, programs, games, skits, meeting ideas, fundraisers,



## *"Twas the month after Christmas"*

*Twas the month after Christmas,an all through the house.*

*"Nothing"would fit me,not even a blouse..*

*The cookies i nibbled,the chocolate i'd taste at the  
holiday parties had gone to my WAISTE....*

*When i got on the scales,there arouse such a number!!*

*When i walked to the store,(less a walk than a number).*

*I'd remember the marvelous meals i'd prepared,  
the gravies an sauces,an beef nicely rared;*

*the wine an the rum balls,the bread an the cheese,  
an the way i'd never say "No thank you,Please"*

*As i dress myself in my husbands old shirt,and prepared  
once again to do battle with dirt...*

*I said to myself,as i only can*

*"You can't spend a winter disguised as a MAN"*

*So,away with the last of the sour cream dip.Get rid of the  
fruit cake,every cracker an chip.Every last bit of food that i like  
must be banished till all the additional ounces have VANISHED..*

*I won't have a cookie,not even a lick.I'll want only to chew,on a long celery stick.  
I won't have hot bisquits,or corn bread or pie.I'll munch on a carrot,an quietly CRY..*

*I'm hungry,I'm lonesome,an life is a BORE...*

*But isn't that what January is for??*

*Unable to giggle,no longer a riot.*

*Happy New Year to all,an to all a good DIET.!!*

*Crafted by Sharon*

All my best in 2017,

Diane Trayah

Middlesex Area Captain

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FACEBOOK: MASS TOPS

