

Middlesex County May Newsletter



CHAPTER ANNIVERSARIES

9032 Burlington	HAPPY 55 TH ANNIVERSARY	APRIL 14
50 MELROSE	HAPPY 55 TH ANNIVERSARY	OCTOBER 7 TH
52 NATICK	HAPPY 55 TH ANNIVERSARY	NOVEMBER 9 TH
299 TOWNSEND	HAPPY 40 TH ANNIVERSARY	January 3 rd

NEW MEMBERS

050 Melrose	Mary Lou Howard 5/14
082 Reading	Diana Ainsworth- 5/30
0253 Billerica	Karen Walsh 4/10, Kathy Hajinlian – 5/23, Patricia Fino- 5/23,
0299 Townsend	Lisa Herget – 4/2
0397 Dracut	Lucie Quijano- 3/27, Brenda McCarthy- 3/27
0478 Tewksbury	Kathy Studley -2/27, Betty Jane Casazza -3/20, Karen Meaney – 3/20
9032 Burlington	Steve St Germain – 4/11, Brenda Cirone – 5/17,

FRIENDLY CORRECTION

Just to let you be aware that when you have a new membership/ renewal we do not need to pay tax. Each state needs to pay their tax rate . You only pay tax on purchases from the store.

COORDINATORS' INFORMATION

With Rosie Smith retiring, our new acting coordinator is:

Judy Pettit 523 North Main Street Ext. Gloversville NY 12078 Home phone 518-752-4148

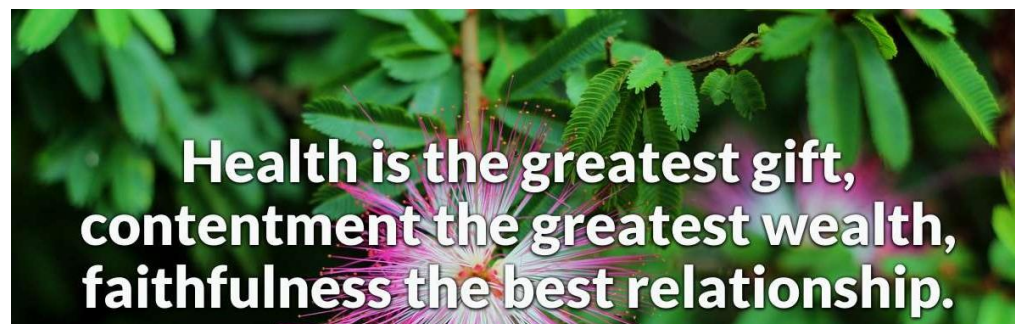
muffyjunior@aol.com . If you have any questions please ask your leader ,then your Area Captain and then we ask our Coordinator and she will go to our new SPA Mary Mullane.



1st letter along with summer contests will be sent out early/Mid June. I am looking for volunteers to help with different parts of Fall Rally. I am hoping to have a meeting in August to discuss and brainstorm ideas. (maybe even a pool/pot luck party at my house). Updates will be on our group on Facebook/MASS TOPS and our Massachusetts website: www.matops.com

Ways to Burn Extra Calories in Your Day

- Squeeze in extra activity whenever you can. Doing things like taking the stairs, parking farther away and walking on your lunch can add up to many extra steps taken and calories burned.
- Tap into your inner rock star and sing in the car. Singing along to your favorite tunes for 40 minutes can help you burn 100 calories.
- Get up every hour and walk around. In an eight-hour workday, walking for two minutes every hour adds up to an extra 16 minutes of walking time.
- Don't skip the chores. Doing housework like cleaning, laundry and washing the car can help you burn 100 to 200 calories an hour. (from the TOPS wellness news).



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