



Maine TOPS Tidbits

(Congratulations to ME 0348, Fairfield for naming this newsletter)

JANUARY 9, 2010

VOLUME 1, NUMBER 1



Inspiration Workshops:

Charlie Quint's:

Goodwins Mills United Methodist Church - Lyman

- March 13th
- June 12th
- September 25th
- November 13th

Pam Witham's: Brown Methodist Church - Clinton

- March 27th
- June 26th
- September 25th
- November 27th

Pam Witham's:

Montello Heights - 550 College St., Lewiston

- March 13th
- June 12th
- September 11th
- November 6th

Janice Cote's:

- March 27th - Van Buren
- June 12th - Houlton
- September 11th - Fort Kent
- November 6th - Presque Isle

Pat Smith's: Troy Howard Middle School, Lincolnville Ave., Belfast, Maine

- March 27th
- June 19th
- September 18th
- November 13th

Martha Nason's: First Baptist Church, 65 Center Street, Bangor

- March 6th
- June 19th
- September 18th
- November 6th

A Note From Our Coordinator...

Our Maine State Coordinator, Paulette Souliere wishes all of you a happy, healthy 2010. "May our TOPS organization in Maine keep growing as our members keep shrinking!!!"

Four New Chapters!

- 0380, Clifton Town Hall, Clifton
- 0381, Spectrum Generations, Hallowell
- 0382, Trinity Methodist Church, Farmington
- 0383, Falmouth Memorial Library, Falmouth

Items of Interest

- November was exciting for 0118, Fairfield as they held their 31st anniversary party and recognition of 25 years KOPS status of Yvette Massey. Area Captain Pam Witham was thrilled to be able to attend and present this award.
- A 40th anniversary celebration for 0057, Ranglely was the highlight of Fall Rally as they received their award. The officers were there to receive this award presented by their Area Captain Pam Witham.
- October 14th was a no gain night for 0348, Fairfield.
- 0057, Rangeley had a no gain week the week of Christmas. They are striving for another next week.
- Paulette Souliere has a new grandson, Andre Armand Souliere, III, born February 19, 2009, which is the date of Paulette and Andy's 54th wedding anniversary! Paulette also has a great grandson Jackson Thomas born August 21, 2009.
- Claire Metayer, from 0377, Old Orchard Beach, reached her half-way-to-goal status in December.
- 0377, Old Orchard Beach had an open house in late September and since then, they have welcomed SEVEN new members! The new members are giving the rest of the members some competition in the "Best Loser" department and are really energizing our meeting discussions.
- Billie Blais from 0373, Cornish, has lost 50+ lbs since June 2009!!!!
- Joanne Ward from 0373, Cornish, just celebrated her 50th Wedding Anniversary!
- 0358, Portland, Brenda Neuts, has lost 50 pounds since joining in June!
- Pat Smith has a new grandson, Samuel, born March 24th.



Janice Cote, Area Captain, Paulette Souliere, Coordinator, Martha Nason, Area Captain, Cindy Quint (wife of Charlie), Charlie Quint, Area Captain, Pam Witham, Area Captain, Pat Smith, Area Captain.

SRD 2010: Bangor

- May 21st/22nd

IRD 2010: Halifax,

Nova Scotia

- July 15-17, 2010.
Need a passport
Theme: Set Your Sights On Harbour Lights.

Fall Rally:

Presque Isle

- October 2nd

Augusta

- October 16th

KOPS Honor Society Meetings:

Pine Kone: Westbrook Warren Congregation Church (810 Maine Street, Westbrook)

- March 6th

Katahdin: First Baptist Church, 65 Center Street, Bangor

- February 20th



- A fatal house fire in Cherryfield December 9th was that of TOPS member and Co-Leader of 0324, Cherryfield, Mary Farnsworth. Mary was woken by her son and escaped their burning 200 year homestead by her son Christopher. He went to get water to try to extinguish the fire and perished in the attempt. The town had a benefit supper on December 20th for Mary and someone offered her a trailer to live in which is close to her work. Just letting our TOPS chapters know in case you wish to give any TOPS love during this most difficult time Mary is enduring. (Mary E. Farnsworth, 183 Milbridge Road, Cherryfield, Maine 04622-4407 (is the address and home that burned). Questions, please contact: Area Captain Martha Nason at mainelyraven@roadrunner.com

Charlie Quint – Area Captain

Hello everyone. I hope you had a very Merry Christmas, a Happy New Year and any other holiday you may have celebrated.

The results from 2009 are now being reviewed. It will only be a few short months and we will all be together again at SRD recognizing the many accomplishments for 2009. At the first of the year, we will all reflect on our own personal progress for 2009 and what we would like to accomplish for 2010. My vision is to see more and more people getting healthier and then learning to enjoy their best health once they have accomplished it. While on the journey, we all experience many things in our lives, that are getting better and better. My wish for all of you is that you take control of your lives and then keep it under control (as best we can) so that we all will be able to share many good times going forward. As we progress, we will also be contributing to the success of others. Some will be in TOPS while some may not. We can make this world a much healthier place just from the example we set, by simply setting ourselves up to get our health at its peak and then everyone will see how much more enjoyable life can be just by watching our success. In this world there is no guarantee how long we will live, but we can increase our chances of living longer and also make it so much more enjoyable every day.

I look forward to hearing and seeing more and more stories of success. So until we get together again "BE THE BEST LOSERS YOU CAN BE" so that you can enjoy your Absolute Best Quality of Life at Your Doctor Prescribed Goal Weight.

Pam Witham – Area Captain

From Bethel to Pittsfield, Skowhegan to Mechanic Falls – what a great year this has been. For the first time since becoming an Area Captain I was able to visit every chapter and get to know so many wonderful people. My traveling was just a few miles shy of 2000 for these visits. Many thanks to all the great chapters for their hospitality this year. Also, a big thank you goes out to the eight chapters that made the workshops so successful in 2009.

The area captains will be presenting a program on "Stress Management" this year and I can't wait to start using it. Stress is a big issue for all of us. Whether it's weight control, or any other health or emotional problems, we must learn to control our stress. Hopefully this program will help us have a healthier 2010.

My best wishes and prayers go to all of you with illness in the family and those with loved ones in the Armed services. I have a foster son in Afghanistan and my heart goes out to all servicemen and women protecting us. Prayers also to the loved ones here wishing this ugly war was over and that our troops were on their way home. Prayers to keep them safe, as we sit here and wonder how not to overeat during the holidays. How selfish are we?

To all the wonderful Maine TOPS members, A Happy Healthy New Year.

CABBAGE SOUP

3-1/2 cups boiling water
2 chicken bouillon cubes
2 beef bouillon cubes
1 can (16 oz) tomatoes
1/2 c. chopped onions
1/2 c. thinly sliced carrots
1/2 c. slant sliced celery
1/2 cup sliced cabbage
1/2 teasp. salt
1 tablesp. lemon juice
1/2 teasp. crushed sage
1/4 teasp. hot pepper sauce

Combine all ingredients in a 3 or 4 quart pot. Bring to boil stirring to dissolve bouillon cubes. Cover and simmer gently for one hour. Stir occasionally to break up tomatoes into bite size pieces.

1/2 cup equals one vegetable.



New KOPS!!

Linda Smith reached her KOPS status Tuesday, November 17, 2009. Linda is a member of 0230, Waterboro.

David J. Rynne recently reached his KOPS status and is also a member of 0230, Waterboro.

Anita Morin from 0012, Westbrook, reached her KOPS status on December 29, 2009.

Janice Cote – Area Captain

I would like to wish all my area members a great New Year, may this year be the one that you achieve all your goals and dreams. My best to all the other Area Captains, may we all succeed in our accomplishment in 2010.

Martha Nason – Area Captain

Wishing you all a healthy, peaceful, and joyful New Year filled with successful goals and wonderful blessings. We appreciate each TOPS member. It is good friends and TOPS members like you that make our organization successful. *"Living inspired is born in the awareness that this is it! We have one chance at life. And the wonderful gift we are given every morning is the choice of how we are going to live that moment, that day."* - Sally Cofer-Lindberg. 2010 has arrived, let us daily sing with passion, "It's My Time", and listen for your field staff to chime in, "I am here for you!"

Pat Smith – Area Captain

Happy New Year to all Maine's TOPS members. It's hard to believe that 2009 is gone and a brand new year is here. As I sit here watching all the snow pile up, I'm thinking about what I want for TOPS in 2010.

- The first thing I want is for all TOPS members to have a healthy, happy, and prosperous year.
- Next, I want for each of us to be successful with our weight loss goals.
- Finally, I wish for us to put Maine TOPS on the map; increase in membership, more KOPS members, and have a greater attendance at workshops, SRD, Fall Rally.

I don't think I want too much, I truly believe that we can achieve all this and more in 2010. If it's to be, it's up to me. Let's embrace this new year and use this new beginning as an opportunity to be all we can be.

Kalling all KOPS...

Kaptain Martha Nason reported that the Maine Katahdin KOPS Honor Society gathered on November 21st with the Theme: "Have A Holly Jolly Christmas As Karing KOPS. Special guest was Area Captain Janice Cote who gave highlights of her trip to Milwaukee, Time To Shine. We introduced "Frank" the moose which was tossed about with each KOPS expressing their candid thoughts on being a KOPS. The morning meeting ended with awards and recognitions. The Has Beens (a group of men singers) from Millinocket entertained with Christmas songs. We enjoyed a buffet, an auction, and a holiday centerpiece contest. The theme for our March MKKHS is "KOPS For KEEPS" suggested by Fred Becker TOPS 0256 Calais.

Maine Pine Kone KOPS Honor Society met on December 5th for their annual holiday celebration with awards and gift exchange. In an effort to entice more members to attend, starting in March if you bring a KOPS who has never attended a KHS meeting before, you will earn an award. Attend all four Pine Kone KHS meetings and receive an award! And, if you want to attend a Pine Kone KHS meeting and do not have a ride, contact Charlie Quint at cquintjrMaineTOPS_AC@myfairpoint.net.

Did you know that any TOPS member within five pounds of their goal is always invited to a KHS meeting? **There are approximately 300 KOPS in Maine and our Maine State KOPS Honor Societies are an important tool to add to your lifetime maintenance. Plan to attend your quarterly KHS meetings!**

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My White Long Dress, by Mary Bowden

In 2000 I made up my mind I was going to lose weight! I joined TOPS ME 0080 Dexter, weighing in at 204 pounds. The first week I lost seven pounds, then for several weeks I lost and had ups and downs til I reached my goal 15 months later, December 5, 2001.

Now I had to find a long white dress! I shopped from store to store finding nothing for my liking! One day we went to Waterville I walked into a thrift store. As I went in the door right in front of me was a mannequin with this beautiful long white dress with eyelet sleeves. It was a perfect fit! (You betcha I grabbed that!) for \$4.00!

At SRD in Augusta 2002 I went on stage wearing my white dress, and white cap. It was a day I'll never forget, to have my chapter and daughter there. A few years went by and a friend from another chapter wanted to wear my dress, she graduated in Bangor at SRD wearing my long white dress!

Word got around about my long white dress! Another friend wanted to borrow it. So in 2008 she wore my long white dress in Bangor! When she returned the long white dress, she also had a gift for me. A beautiful homemade afghan, white with squares of flowers. If anyone wants to borrow a long white dress, size 14, you are very welcome. Please contact: Area Captain Martha Nason at mainelyraven@roadrunner.com.

FLU Square-Dance, Dawn Clement-151, Kenduskeag

Choose your partners, one and all, Aspirin, Advil, or Tylenol!

Now fling those covers with all you've got, one minute cold, the next minute hot, Circle right to the side of the bed, grab the tissues and Sudafed.

Back to the middle and don't goof off; hold your stomach and cough, cough, cough.

Forget about slippers, dash down the hall, toss your cookies in the shower stall.

Remember others on the brink; wash your hands; wash the sink.

Wipe the doorknob, light switch too, by George, you've got it, you're doing the Flu!

Some like it cold, some like it hot; if you like neither, get the shot.



RECIPIENT NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE

Submit Info...

This is YOUR newsletter. If you have something you'd like to submit, please contact Shelley Chorney by email: shelley@maine.rr.com or contact your Area Captain.

We hope you enjoyed this first issue and that it continues to be a means of TOPS communication. DEADLINE FOR NEXT ISSUE: **March 14th**