



# Maine TOPS Tidbits

JULY 2010

VOLUME 1, NUMBER 3

## Inspiration Workshops:

**Charlie Quint's:** Goodwins Mills  
United Methodist Church –  
Lyman

- September 25<sup>th</sup>
- November 13<sup>th</sup>

**Pam Witham's:**  
Brown Methodist Church -  
Clinton

- September 25<sup>th</sup>
- November 27<sup>th</sup>

**Pam Witham's:**  
Montello Heights – 550 College  
St., Lewiston

- September 11<sup>th</sup>
- November 6<sup>th</sup>

**Janice Cote's:**

- September 11<sup>th</sup> - Fort  
Kent
- November 6<sup>th</sup> – Presque  
Isle

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

- September 18<sup>th</sup>
- November 13<sup>th</sup>

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

- September 25<sup>th</sup>
- November 6<sup>th</sup> (snow date  
11-13-10)

## KHS Meetings:

- **Pine Kone:**
- September 18<sup>th</sup>
- December 4<sup>th</sup>
  
- **Katahdin:** First Baptist  
Church, 65 Center Street,  
Bangor
- September 18<sup>th</sup>
- November 20<sup>th</sup> (snow date  
12-04-10)

## State Queen - Marilyn Driscoll - 0211 Lyman Lost 69.75 pounds



I can't begin to explain the joy of reaching my goal and being crowned TOPS QUEEN for my State of Maine all in a matter of a few months. My husband of 53 years has been very encouraging as he is a 14 year KOPS.

Even though I was always pleasingly plump, I've always been active: played with my kids, loved to dance, always involved with school activities, etc. Finally the big diabetes came to me, but I stayed busy and kind of pushed any concern away. In 1993 or 1994 my husband had his first heart attack and we decided we needed to join a group to get much help for our weight loss. We chose TOPS because it was a reasonable cost. We found it to be a very warm and friendly group, so we joined right away. Charlie reached his goal in 1995 but I didn't do as well. Eventually I was put on insulin, but never given proper instruction. If my blood tested below 100, I was afraid I'd go into a coma so I would eat carbs all day. Needless to say I gained my weight all back. For a few years I just played with my sugar and last year I was eating at a local restaurant, sitting at the counter and I told my husband that I couldn't see the clock. The next thing I knew I was laying on the floor looking up at an ambulance crew. My sugar had dropped out of reason. While in the hospital the doctor advised me to eat four or five small meals a day, eat mainly fish and chicken, and drink lots of water. I finally paid attention and that's how I am eating.

For Thanksgiving dinner I ate a bit of every food on the table, but my plate was a five inch saucer. I ate slowly and got up feeling wonderful. I have continued this eating pattern and now I eat out and ask for a take home box when I order. Half or three quarters of my plate goes into the box before I eat. It works and I'm very thankful to God for the warning and sense to follow through.

It is a great feeling to finally reach my goal which was set when I was in my mid fifties and I never changed it. My starting weight was 259-3/4 and I am now 190. My clothes sizes were 48 and 50 but now size 18 with a few 16's. WOW do I feel proud.

I might say my insulin dose started at 50 units in the morning and 15 units at night and now I am using 30 units in the morning and 5 units at night.

There are no words to explain the "pride" I have in representing my State of Maine. Love and success to you all from "Honey" Marilyn B. Driscoll.

Contact Honey:

981 Main Street, Waterboro, ME 04087 or telephone: 207-247-8802 or cell: 207-651-5418.

## **Fall Rally:**

Presque Isle Conf.  
Center

- October 2<sup>nd</sup>

Augusta Civic Center

- October 16<sup>th</sup>



## **New KOPS!**

- Nancy Stanley, 0043 Westbrook
- Noella Taylor, 0157 Dixfield (reinstated)
- Louise Arsenault, 0157 Dixfield
- Cathy Truscott, 0012 Westbrook
- Patricia Desrochers, 0113 Sanford
- Judy Delaware 0229 Stillwater
- Louise M. Davis, 0251 Milford (reinstated)
- Claire Blier, 0207 Sanford

## **New Chapters!**

- 0386 Corinth
- 0387 Presque Isle

## **State King – David Rynne – 0230 Waterboro Lost 35 Pounds**

I began going to TOPS to support my wife. She has always asked me to come with her and I wanted to support her. She has always inspired me with her commitment to herself. Although I never considered myself heavy, I thought...why not. Along with learning how challenging this is for her, what I found was what was important in my life.



First, the reasons why I wanted to lose weight. I had many reasons, I wanted to get back to my high school weight, I had back and foot problems, I wanted to see my sons, grandchildren and great grandchildren grow up. It was very important to me to be there for my grandchildren. They have wonderful interests and some of them are physical: Disney (if you haven't walked Disney, it is the best gym ever!), gardening, old machines, looking for sea glass.

My sons like to have me help them with woodworking, machining, cutting trees, or just walking with them.

They think the world of hearing our family history that I share with them and the best way to do this is the many activities we share together. I realized I needed to take care of me in order to be there for them. So as I began this journey, I realized it was the little things that allowed me to make big changes.

If you don't feel hungry, don't eat according to the clock...it is okay!

Don't get discouraged, if you eat something you didn't feel was right, work with it and make the next few meals really healthy.

Focus on why you want to lose the weight, for me it is my grandchildren, find what it is for you and focus on that.

Only keep good stuff in the house...if you are struggling to make the right choice, it is easier if your options are limited.

It is okay to go out and enjoy once a week! Soon your body will want only healthy "good stuff".

With the changes I have made and keeping my focus on what is important, my foot and back no longer bothers me. I am here today to say thank you to all of you that have helped me and I hope my suggestions will help you too!

Contact David: 490-5016.

## **Runner-Up State Queen: Beverly Williams – 0199 Gardiner – Lost 64.25 Pounds**

In August of 2007 I joined 0199 Gardiner again with low self esteem in so many ways. My TOPS 0199 pals gave me so much support. The phrase, "you get out of it what you put into it" is certainly a true statement.

I learned weight loss comes from the heart as well as from the mind. As the weight came off, my self-esteem came back. I'm much healthier now than I was before. I am now very proud of my KOPS status.

My husband Skip has lost 38 pounds and we both work as a team supporting each other and the other members. We are very proud to be members of 0199 Gardiner.

Contact Beverly: 582-5312



## ONE POUND OF FAT

Hello! Do You know me?  
If you don't, you should.  
I'm ONE POUND OF FAT,  
and I'm the happiest  
pound of FAT that you  
would ever want to meet!  
Want to know why? It's  
because no one ever  
wants to lose me! After  
all, I'm ONLY ONE  
POUND. Just ONE  
POUND. Everyone wants  
to lose 3 or 5 or even 15  
pounds, but never ONLY  
one. So, I just stick  
around and  
happily keep you. Then  
I'm free to add to myself,  
ever so slyly, so that you  
never seem to notice  
That is, until I've grown to  
10, 20, or even more  
pounds in  
weight...YES...it's fun  
being ONLY ONE POUND  
of FAT...left to do just as I  
please.

So, when you weigh in, go  
ahead...just keep right on  
saying "Oh, I only lost  
ONE POUND!" (As if that  
was so terrible.) For you  
see, if you do this, you'll  
encourage others to hang  
around me because they'll  
think I'm not worth  
losing. And I LOVE being  
around you...your arms,  
your legs, your chin, your  
hips, and every part of  
you...HAPPY DAYS! After  
all, I'm ONLY ONE POUND  
OF FAT!

## Runner-Up State King: Thornton J. Costigan, Jr. 0229 Stillwater – 10 pounds lost

I joined TOPS ME 0229 Stillwater in June of 2008, to support my wife, Kathy, and myself as a team. She told me weekly what was going on and the weight being lost. I then received added support by participating at work at the University of Maine in their weight loss challenge. I had my gains, but never gave up. I reached my KOPS status December 29, 2009. Our chapter had voted to have a meeting between the holidays...and am I glad they did. That was my last chance for the year 2009 to become KOPS. I could not believe the KOPS shower that our chapter gave me. I had another big surprise when I became the chapter King. I had never been given such a nice trophy. I was proud to see articles in our local newspaper of my personal successes. By the way, I also won the weight loss contest at work.



Wow, I never thought I would be awarded as Maine's Runner-up King. I will continue to give encouragement with TOPS love to my wife and all TOPS members. TOPS is a great place to lose weight, and I thank all TOPS members with giving powerful support. You all helped create the new ME. Contact number: 827-7410, cell: 478-7896 or email: [kcostigan2010@yahoo.com](mailto:kcostigan2010@yahoo.com).

## Division Winners, Attending SRD -

Male:

Div. 1, 1st Place - Larry Smith, 0090 Randolph. Lost 70 Pounds  
Div. 1, 2nd Place - Louis Jean, 0160 Auburn. Lost, 62.50  
Div. 2, 2nd Place - Skip Williams, 0199 Gardiner. Lost 28.75 Pounds  
Div. 3, 1st Place - Stephen Watrous, 0289 Pittsfield, Lost 39.75 Pounds  
Div. 3, 2nd Place - David Rynne, 0230 Waterboro. Lost 38 Pounds

Female:

Div. 1, 1st Place - Linda Labousier, 0315 Dover-Foxcroft. Lost 72 Pounds  
Div. 1, 2nd Place - Joyce Lincoln, 0230 Waterboro. Lost 69.25 Pounds  
Div. 2, 1st Place - Cel Paquette, 0090 Randolph. Lost 80 Pounds  
Div. 2, 2nd Place - Gail Jewett, 0080 Dexter. Lost 57.25 Pounds  
Div. 3, 1st Place - Priscilla Foley, 0229 Stillwater. Lost 63.50 Pounds  
Div. 3, 2nd Place - Debra Palmer, 0011 Saco. Lost 59.75 Pounds  
Div. 9, 2nd Place - Louise Arsenault, 0157 Dixfield. Lost 20.50 Pounds

## Announcement:

The chapter with the most new members from SRD 2009 to SRD 2010 was 0090 Randolph with twenty-five new members. 0381 Hallowell came in second with twenty-four new members during that same time period. 0090 Randolph will receive \$100.00 worth of sales items at Fall Rally and will have a chance at a drawing for \$250.00 to be drawn at IRD.

## Items of Interest

- May 17th – 0225 Wilton celebrated a "no-gain night". We've been hoping for this for a long time!
- May 6th - 0157 Dixfield celebrated reinstatement of KOPS Noella Taylor and longevity awards to KOPS: Fond Davenport 21 years, Dot Cayer 15 years, Beverly Childs 9 years, Mary Turnbull and RoseMarie Woods 3 years, and Louise Arsenault 2010 SRD Graduate!
- 0134 Fairfield had three no gain meetings in a row. May was a good month for them.
- 0118 Fairfield proudly reports that on Thursday, April 15th, they had a NO GAIN night. There were eight members weighing in (including KOPS) and everyone had a loss, giving the chapter an eleven pound loss for the week!! YAHHHHHHHHHH! What an exciting night!



Gnorman the **Gnome** visited the June 19th Inspiration WorkFUNshop in Bangor. Gnorman is volunteering his travels to shed light on the importance of chapters attending Inspiration Workshops. What colorful adventures will be expressed with TOPS love and Gnomeology.

**Submit Info:** We hope you enjoyed this **third** issue and that it continues to be a means of TOPS communication.

**DEADLINE FOR NEXT ISSUE:**

**September 13th**

If you have a story you'd like to share on how you were inspired to lose weight, please send it to [shelley@maine.rr.com](mailto:shelley@maine.rr.com) or your area captain!

#### **MAINE TOPS:**

Paulette Souliere  
State Coordinator  
1083 Wiscasset Road  
Pittston, ME 04345

Phone:  
(207) 582-0240

E-Mail:  
[souliere@roadrunner.com](mailto:souliere@roadrunner.com)

We're on the Web!  
See us at:  
[www.topspower.org/ME/](http://www.topspower.org/ME/)



- Hear Yee, Hear Yee, Hear Yee...0381, Hallowell had a no-gain week June 1st!
- 0012 Westbrook's Dot Jarman is now a five year KOPS
- Judy Hall's granddaughter, Nicole Campbell Melo, gave birth to a beautiful girl on May 8th at 3:21 p.m. She was 7 Pounds, 13 oz, 20 1.2 Inches and her name is Avelyn Nicole Melo. Her father is a soldier in Iraq fighting for our freedom.
- 0210 Anson had a no gainer on June 8th.
- 0134 Fairfield has an "Afghan Contest". It started on June 7th and will not end until December. All member give skeins of yarn of their favorite color to Bonnie Ducharme who is crocheting an afghan. For every pound they lose each week, she crochets a row with their color. So the last meeting in 2010, the one who has the most rows of their color will get the afghan, it will be a full size. some of our members lose 3-5 lbs a week so it will be a big one when done.
- Corrine Smith, Maine State Queen 2006, gives a big thank you for the cards and calls of encouragement as she continues to endure medical difficulties. She traveled recently to Boston to see a new team of doctors. Corrine is a member of 0339 Machias, where she first joined in 2004. Her chapter shows great TOPS love, and recently sent a sunshine basket with a months worth of wrapped gifts. She was told to open one each day to remind her of the TOPS support that surrounds her. Mailing address: 99 Ell Point Road, East Machias, Maine 04630-3841.
- 0384 Jonesport has celebrated many no gain meetings. They will be awarded special certificates from their Area Captain Martha Nason.
- 0386 Corinth is a new chapter started March 8th by Leader Lornita Drew and Co-Leader Shelly Adams. They meet at the Corinth Manor and have an impressive membership of nineteen.....and counting.
- 0291 Newport paid for an ad in the local newspaper and this according to their Weight Recorder Dona Goff was a good decision.....they have fourteen new members!!! and growing!!!
- 0229 Stillwater has three new KOPS; Thornton Costigan, Jr., Nancy Morse and Judy Delaware. At SRD, Randy Pierson was reinstated as KOPS. Longevity awards were presented to Five Year KOPS - Joan Hocking, Emily Parsons, and a Ten Year KOPS - Martha Nason. KOPS Cherry Valcourt addressed the SRD KOPS speech. We had twenty members attend SRD...and our chapter now has ten KOPS as the example that TOPS works!!!

### **Nancy Stanley, 0043 Westbrook**

I've been a member of TOPS on and off for eleven years. You hear people say when the time is right, something will click and you are on your journey to success. It took a member from another chapter to enter our meeting and speak of her success. I had observed this member and her struggle for years and now she is a KOPS. I listened, really listened and everything she said made sense. At that time I had made my mind up, she really inspired me and with all of our struggles I knew, I too, could become a KOPS. It was eight weeks after her talk that I reached my goal. My loss was small compared to other TOPS members, and I had lost several pounds before I joined TOPS at my doctor's request. I've lost a total of 26-3/4 at TOPS, it doesn't seem to be a struggle at this time, but a lifestyle change.

Throughout my struggle of weight loss and being on Prednisone, a steroid for Asthma, along with several inhalers and pills, and also being on a respirator for four days, the struggle seemed endless. As I lost weight, I was placed on one inhaler called Advair (the strongest 500/50, then to 250/50), and now I'm on 125/50. With the loss of my weight, the pulmonary doctors say I will be off all Asthma medication in March 2011 if everything stays the same.

I know that due to this weight loss I can breathe better and have more energy. I have TOPS to thank, but most of all, I needed someone like Anita Morin, currently in 0358 Portland, to inspire me to tell me, I too, could become a KOPS. To hear someone really understand your struggle, to talk about the proper foods, not discourage you with talk of improper foods they eat and can't understand why they gain weight. We all need encouragement, to hear of other people's struggles and how they overcame them. I'm a weight recorder for 0043 Westbrook and try so hard to encourage members, to set an example and to get the interest of each member to follow their dreams. This is a challenge I feel I owe TOPS, to help others, maybe encourage and inspire someone in return for all the help I have been given.