

Newsletter Issue 8 December 2008

Season's Greetings

FROM YOUR AREA CAPTAIN



Thanks so much to all who attended the Monroe County TOPS Workshop on November 22nd. We had about 40 people in attendance and all but two chapters represented. I appreciate your willingness to join me for the workshop despite the cold and snow. I hope you had a good time and walked away feeling more knowledgeable and excited about TOPS! ☺

I am deeply appreciative of the nice notes, calls, and great support I've received since becoming your Area Captain in May. I'm looking forward to working with you in 2009.

I wish you all a very safe and joyous holiday season, and a 2009 that's filled with many blessings and great health (including sensible weight loss for those of us still trying to get to goal!)



Sandy



Sandy Friday, Area Captain

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CONGRATULATIONS CHAPTER #1249!

Cindee Palumbo, Leader of Chapter #NY 1249 Rochester, shares that her chapter had a **NO GAIN WEEK** on September 11th. Five members weighed in with a loss of 21 pounds and no gains. **FANTASTIC!** Keep up the good work!

CONGRATULATIONS CHAPTER 301!

Beverly Pihl, Leader of Chapter #NY 301 Rochester, shares that her chapter had two **NO GAIN WEEKS** in the past year. On February 22nd, 11 members weighed in with a loss of 8.25 pounds; no gains and on May 16th, 9 members weighed in with a loss of 8.75 pounds; no gains. **AWESOME!** We're so proud of your achievement!

Great Job!

Both of these Chapters and several others received recognition from Area Coordinator, Marcia Jackson at our Fall Rally. All Chapters that were honored should feel very proud. We all know that **NO GAIN WEEKS** are not easy to achieve.

DID YOU KNOW...

- ★ You should always come to your Area Captain first when you have a question or need help; if I'm not immediately available, and it's urgent, please call Marcia. We are both happy to help.
- ★ Annual Resumes are due to Marcia Jackson by **Thursday, January 8th**. Please mail them via normal first class/priority mail; not registered mail or in any way that requires a signature.
- ★ Renewal fees for leaders should be paid by the Chapter in appreciation for their time and service. When sending in a leader's renewal form to Marcia, please be sure to include your Chapter check to cover the cost of the renewal. TOPS Club does not pay for the renewal.
- ★ You should use red ink on a KOPS weight sheet **ONLY** when the KOPS is out of leeway. Do not use red ink if they have a gain, but are still within their allowed weight range.



CHAPTER #250 SHARES IDEA

Jean Polcyn, Leader of Chapter 250 Rochester, received an e-mail that she wanted to share. The idea is to show our soldiers that we care and appreciate and support them by including a soldier in your Christmas Card giving this year. Those who would like to participate may send a Christmas card to the following address:

A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue NW
Washington, DC 20307-5001



We might be able to make their holiday season a little brighter!



CHAPTER #257 SHARES

Linda Agnello, Leader of Chapter #NY 0257 Rochester, shares that her chapter finished their Fall Weight Loss Contest on October 30th with each of the five winners receiving ceramic pumpkins and \$4 in prize money. The winners were: 1st Place — Patricia Raimondi; 2nd Place — Trudy Turberg; 3rd Place — Marlene Ange; 4th Place — Marie Iacobacci; 5th Place — Sister Barbara Guarino. The winners won the most gemstones for their ceramic pots by completing food journals, weight loss, and exercise. Congratulations to all of the Contest Winners!

Chapter #NY 0257 just completed another contest where they played Thanksgiving Bingo each week during the month of November. Members had to lose weight in order to get a Bingo card. Winners received a free dues night and an entry for the grand prize, which was a 17-pound turkey. The grand prize winner was Trudy Turberg, and the group lost 12 pounds during the contest. Great job!

(See back of this page for Rally award winners!)

Congratulations! 2008 TOPS RALLY RECOGNITION / AWARD WINNERS

We were proud to have many Monroe County members honored at the Fall Rally in October.

PAST ROYALTY



#NY 37 Spencerport – Connie Smith, 2004 State Queen

CENTURY CLUB



#NY 37 Spencerport – Connie Smith
#NY 54 Fairport – Lynne Schicker
#NY 180 Rochester – Lois Jackson

SUMMER BEST LOSER

#NY 241 Rochester – Jackie House (24.25 pounds) (**Monroe County Summer Best Loser!**)
#NY 250 Rochester – Nadine Basalyga (21 pounds)
#NY 54 Fairport – Christine Pyfrom (15.75 pounds)
#NY 180 Rochester – Janet Mogab (13 pounds)
#NY 288 Rochester – Jerry Denysenko (12.5 pounds)
#NY 22 Rochester – Rita Maddalena (11.4 pounds)
#NY 678 Henrietta – Kathy Schlotzer (10.75 pounds)
#NY 301 Rochester – Suzanne Silverberg (10.5 pounds)
#NY 393 Rochester – Ruth Guenther (9.5 pounds)
#NY 37 Spencerport – Gail Hall (5.25 pounds)



WE LOVE OUR MEN IN TOPS!

#NY 22 Rochester – Hal Edgecomb
#NY 37 Spencerport – Jim Frieday
#NY 37 Spencerport – Jim Kehrer
#NY 54 Fairport – Bill Foster
#NY 241 Rochester – Joe Aleo
#NY 241 Rochester – John Loughner
#NY 250 Rochester – Ed Scheck
#NY 288 Rochester – Steve Earle



LIFE OF THE PARTY AWARD WINNERS

THEY MOTIVATE AND
INSPIRE! THEY ARE
TOPS WITH US!



#NY 37 Spencerport – Carol Manning
#NY 54 Fairport – Joanne Karpfen
#NY 180 Rochester – Anna Taubefeld
#NY 241 Rochester – Joe Aleo
#NY 250 Rochester – Nadine Basalyga
#NY 288 Rochester – Donna Muir
#NY 301 Rochester – Ann Williams
#NY 393 Rochester – Bobbie Tuttle
#NY 632 Hilton – Roseann Pochalski
#NY 678 Henrietta – Phyllis Schneider

HONORED KOPS



#NY 22 Rochester – Rita Sigl (25 Years)
#NY 22 Rochester – Paula Reid (<1 Year)
#NY 22 Rochester – Laura Zupparo (<1 Year)
#NY 37 Spencerport – Doris Clement (30 Years)
#NY 37 Spencerport – Janet Fraina (9 Years)
#NY 37 Spencerport – Marie Platten (7 Years)
#NY 37 Spencerport – Pat Cammarata (3 Years)
#NY 37 Spencerport – Connie Smith (3 Years)
#NY 37 Spencerport – Joan Kessler (2 Years)
#NY 37 Spencerport – Jacki Wrubel (2 Years)
#NY 37 Spencerport – Peggy Outhouse (1 Year)
#NY 37 Spencerport – Della Inman (< 1 Year)
#NY 54 Fairport – Josie Gasbarre (29 Years)
#NY 54 Fairport – Mary Lou Reifsnnyder (28 Years)
#NY 54 Fairport – Diane Holtzclaw (20 Years)
#NY 54 Fairport – Nira Sorber (5 Years)
#NY 54 Fairport – Joanne Karpfen (<1 Year)
#NY 180 Rochester – Arline Quick (22 Years)
#NY 180 Rochester – Rosemarie Limoli (6 Years)
#NY 180 Rochester – Linda Fedison (1 Year)
#NY 241 Rochester – Carol Loughner (8 Years)
#NY 241 Rochester – Barbara Pike (2 Years)
#NY 241 Rochester – Holly Catalano (1 Year)
#NY 250 Rochester – Claire Perlman (<1 Year)
#NY 277 Hilton – Janet Frisbee (23 Years)
#NY 292 Webster – Winnie Hutchings (12 Years)
#NY 292 Webster – Pauline Randisi (11 Years)
#NY 301 Rochester – Phyllis Carducci (11 Years)
#NY 301 Rochester – Geraldine Yawman (10 Years)
#NY 393 Rochester – Kay Heyer (9 Years)
#NY 393 Rochester – Bea Shenguletta (<1 Year)
#NY 632 Hilton – Helen Ross (26 Years)
#NY 632 Hilton – Margaret Dahlheim (7 Years)
#NY 632 Hilton – Henryka Menge (6 Years)
#NY 678 Henrietta – Phyllis Schneider (25 Years)
#NY 678 Henrietta – Lorraine Gaudio (8 Years)
#NY 678 Henrietta – Margaret Harris (5 Years)

HAPPY HOLIDAYS AND BEST WISHES FOR THE NEW YEAR!

