



MONROE COUNTY COMMUNICATOR



Newsletter Issue 1 January 2010

NOTE FROM YOUR AREA CAPTAIN

Happy New Year!

I hope that you all had a wonderful holiday with your families and were able to resist most of the holiday temptations.

I look forward to seeing everyone in 2010, and I hope it's a year of weight loss, improved health, and success for all of us.

We all start the year in black ink - let's work hard to keep that red ink off of our weight charts this year!

Our Fall Rally is scheduled for Saturday, September 18th. I look forward to seeing many of you honored on stage. The time is now. We CAN do this!

Love and Hugs,

Sandy Frieday

CONGRATULATIONS, RITA!



Our Congratulations to Rita Zimmer of NY 0180 Rochester who was re-instated as a KOPS in December. Way to go, Rita! We're proud of you.

AREA CAPTAIN VISITS

It's a new year, and I have a new TOPS program that I am excited to share with you in the coming months.

This year's Area Captain presentation focuses on Stress Management. Stress is something that most all of us can relate to for sure!

I will be contacting Leaders soon to schedule a visit with your chapter.

Please remember that you don't have to wait for this scheduled visit each year.

I am happy to visit your Chapter on other occasions and always excited when Chapters invite me to share in a time of special recognition for your members!



IMPORTANT! PLEASE PAY YOUR CHAPTER MAINTENANCE FEE PROMPTLY WHEN YOU RECEIVE THE INFORMATION FROM MARCIA



Sandy Frieday, Area Captain

66 Harwood Road
Spencerport, NY 14559
585-352-9516 (Home)
585-729-2192 (Cell)
sfrieday@rochester.rr.com



WELCOME NEW MEMBERS

I'd like to offer a warm welcome to new members who have recently joined our Monroe County TOPS family!

TOPS NY 0022 Rochester - Carol Van Horn

TOPS NY 0037 Spencerport - Flovea Allen

Welcome to our TOPS Family! We are happy to have you with us, and we are here to support you!

NEWS FROM TOPS HQ

TOPS HQ will be sending out monthly information about publishing stories in *TOPS News*. They are looking for stories from our chapters and their members on the following topics:



Stress: Coping strategies, success stories, overcoming stress, any stress-related stories that might help to tie in with Stress Awareness Month.

It's My Time (TOPS' 2009-2010 Theme): Stories of activities, events, ideas, and successes in keeping with this time-oriented theme.

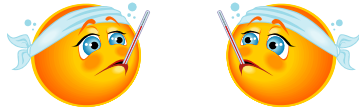
Cut and Burn Challenge (President's Challenge for 2009-2010): Ideas for tie-in and achievement of this challenge, progress reports, suggestions for recognition, and successes.

General: Your ideas for unique, informative and unusual story topics are always welcome. Please share any and all stories of personal success, unique situations, anecdotes, publicity efforts, and anything else that may be shared with TOPS readers to inspire members and encourage chapters.

If you have something to share, please email rough stories directly to Beth Maniero, Communications Manager, bmaniero@tops.org (Phone: 414-482-4620, x43) on or before **Monday, January 25th**. Don't worry that they might not be "perfect" enough. If sending photos (always a plus), please refer to the Photo Guidelines on page 58 of the new *Chapter Manual*. HQ counts on us to be our connection to great TOPS stories. **Thank you for your support!**

FLU SEASON

Hopefully, you are all feeling well and have not been taken ill with the flu. I would like to remind you that if you do become ill, it's best to stay home until you have no fever and are feeling better. I know that we all hate to miss our chapter meetings and the support of our TOPS friends each week, but all would benefit if you stay home and rest until you are feeling better.



DONATIONS

At our 2009 Rally Day, we collected items for **Foodlink** to help feed the hungry in Monroe County. Thank you all for your donations!

For our 2010 Rally Day, we will collect items for **Alternatives for Battered Women**. You can find out more about this organization by visiting their website at:

<http://www.abwrochester.org/>. This organization was founded twenty five years ago by a group of concerned community members who vowed that no one in danger of being abused in their own homes by their own loved ones, should ever be alone and without refuge again.

The Agency provides a full continuum of services including crisis counseling, support, and prevention/education. For a complete list of items needed please go to their website and click on the "Wish List" to the left of the screen.



You can start collecting now!

CHAPTER NY 0393 SHARES



Bill Eckert of Chapter NY 0393 **Rochester** (a faithful attendee at TOPS Workshops) inspires his TOPS friends often with his poems. I asked him if I could share this poem with you to get us all off to a good start this year. Thank you, Bill. It's a wonderful poem. You truly have a gift! 😊

The snows have covered up the ground, and everything is white;
All the decorations gone, not a colored light in sight.
The Christmas tree no longer stands in the corner over there;
The garland and the tinsels gone, and everything looks bare.

'Twas really quite the season, but it sure went by real fast;
The Christmas joy and happiness, once again are in the past.
All the family time together, and the Christmas music too;
Have brought us to another year, and with hope a newer you.

You must be strong and use your will, remember don't give in;
Let not temptation be your guide, or surely you'll not win.
Make up your mind to do what's right; remember why you're here;
Take control of every day, for a better YOU this year.

And if you ever feel you're lost, and cannot find your way;
Pick up your phone and call a friend, they're with you every day.
With their support and caring words, they'll guide you back again;
Just trust in TOPS in every way, you'll always find a friend.

Throughout the days that lie ahead, be careful what you eat;
Portion control and watch the fats, avoid what we call sweet.
Drink water too and exercise, keep fruits and veggies near;
And sure as there's a sky above, you'll have a great new year!

For those who do not have Internet access, some items on the **Alternatives for Battered Women Wish List** are:

(New Items Only Please)

Baby Lotion and Wipes
Heavy Duty Combs & Brushes
Women's Pants, Sizes 11-12
Dish Soap; Dish Towels
Hand Sanitizer
Paper Towels; Toilet Paper
Umbrellas

Bath Towels; Wash Cloths
Journals, Pocket Calendars, Planners
Baby Items (Bottles, Diapers, etc.)
Personal Care Items (not trial size)
Irons; Hand-held Can Openers
School/Art Supplies
Panties; Socks