



# MONROE COUNTY COMMUNICATOR



Newsletter Issue 1 January 2012 (Page 1 of 2)

## Happy New Year!

### A MESSAGE FROM YOUR AC

Dear TOPS Friends!

Please join me in welcoming the members of NY 1321 to our Monroe County TOPS Family! This new Chapter started strong on January 4<sup>th</sup> with a dozen members the first night and is now at 20 members! Christine Lee is the Leader, and they meet on Wednesday evenings at Asbury First United Methodist Church on East Avenue in Rochester. We are so happy to have you join our TOPS family!

Thank you to all who sent in their workshop fees to Judy Culbertson. If you didn't send in the workshop fee and want to be reminded of how much it was, let me know and I will get that information for you.

Elections should be held in your Chapters the first week of March. I hope more members will think about serving as an officer - it's a great experience!

We're off to a great start to increase the TOPS membership in Monroe County by at least 20% in 2012. I encourage you to hold an Open House and also to get in touch with members you've lost touch with this past year. Let me know if I can help in any way.

Wishing you all a happy and successful 2012. Be blessed!

Love & Hugs,  
Sandy

## Welcome NY 1321 Rochester!



*Sandy Frieday, Area Captain*

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### WELCOME NEW MEMBERS!

Please join me in offering a warm welcome to these new members who have recently joined our Monroe County TOPS family!

**TOPS NY 0037 Spencerport - Shannon Mead, Debra Taylor**

**TOPS NY 0241 Rochester - Maryrose Bustamante, Rose Bustamante**

**TOPS NY 0250 Rochester - Linda Walthall**

**TOPS NY 0257 Rochester - Roberta Kenny**

**TOPS NY 0292 Webster - Kathy Kaczmarckj, Nelson Milne, Patricia Milne, Kathleen Palmisano**

**TOPS NY 0678 Henrietta - Michelle Lochner**

**TOPS NY 1303 Rochester - Ronald Pikueta, Cynthia King**

**TOPS NY 1320 Hilton - Marita Jones, Anna Gerega, Heidi Green, Beth Smalling, Suzanne Stanton**

**TOPS NY 1321 Rochester - Elizabeth Church, Cynthia Connell, Mariam Derivan, Julie Dougherty, Barbara Edwards, Carol Elliott, Thomas Elliott, Janda Hemming, David Holloway, Sandra Holloway, Bonnie Kay, Thomas King, Paula Kuempel, John Kuempel, Christine Lee, Morna Monohan, Barbara Nelson, Margaret Scott, Marcia Wilke**

We are happy to have you with us, and we are here to support you! ☺



### PROUD TO BE KOPS!!!



Congratulations to new and reinstated KOPS:

**Courtney Haubner of NY 0241 Rochester - New KOPS!**

**Gail Hall of NY 0037 Spencerport - New KOPS!**

**Linda Fedison of NY 0180 Rochester - Reinstated KOPS!**

**Jacki Wrubel of NY 0037 Spencerport - Reinstated KOPS!**

### REQUEST FOR NEWS ARTICLES AND PHOTOS

Please remember to capture special moments at your Chapter meetings in photos and email me the jpg files along with an article for the Newsletter. This is a great way to share with all of our Monroe County TOPS Family. Thank you!



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## SAVE THE DATES!

**Saturday, February 4<sup>th</sup> - KOPS Luncheon** at Keenan's Restaurant in Irondequoit (corner of E. Ridge Road and Carter Street in the Georgetown Plaza)

**Saturday, February 25<sup>th</sup> - TOPS Walk #10** at Eastview Mall. Information will be sent to Chapter Officers.

**June 8 & 9 - 2012 SRD** at the Albany Marriott.

**July 5-7 - 2012 IRD - California Dreamin'** at the Town and Country Resort & Convention Center in San Diego, CA.

**Saturday, October 6, 2012 - Monroe County Rally Day - Location TBD.**

## NO GAIN WEEKS!!!

## Congratulations!

I am so proud of the success of the members of our Monroe County TOPS family. Please join me in congratulating the following Chapters for their **No Gain Weeks** (and it's only January!!!)

**NY 0250 - December 6** - Six members present with a total loss of 6.6 pounds!

**NY 1320 - January 17** - Sixteen members present with a total loss of 26.25 pounds! (One member commented that they are losing so much weight that we can't even see them!)

**NY 0241 - January 19** - Fifteen members present with a total loss of 22.4 Pounds!

**NY 0678 - January 26** - Eleven members present with a total loss of 8.0 pounds!

# TOPS Walks 8 & 9!



Thank you to all who came out for exercise and fun at the 8<sup>th</sup> Monroe County TOPS Walk on January 7<sup>th</sup> at Marketplace Mall! Then on January 28<sup>th</sup> we met at Greece Ridge Mall to walk and then watch a movie. We saw "One for the Money" and had a great time with about 18 people in attendance! It was requested by several members that we plan another "walk and a movie" event soon.

Our next walk is scheduled for **Saturday, February 25<sup>th</sup> at Eastview Mall**. I will be sending out more information to Chapter Officers in a few weeks. We may once again plan to see a movie afterward for those who are interested. I hope to see you there! ©

