



MONROE COUNTY COMMUNICATOR



Newsletter Issue 10 October 2011 (Page 1 of 5)

A MESSAGE FROM YOUR AC

Greetings TOPS Friends!

Thank you all so much for your awesome support of our Rally Day this year. It was wonderful to have so many of you along on our TOPS Road Trip! Please enjoy the photographs in this Newsletter, and I will share the entire slide show with you when I visit you in the coming year. Special thanks to my fellow Area Captain, Cubbie Culbertson, for capturing our special memories at Rally Day! ☺

I am keeping my own message short because I wanted to share this message from one of our fellow TOPS Members. Many thanks to **Bill Eckert of NY 0393 Rochester** for submitting his wonderful poem.

Love and Hugs,
Sandy

"I'm A Loser...Not A Quitter"

Like all of you I've made mistakes,
I've truly paid the price.
Again I've gained because I failed,
to follow TOPS' advice.
I lost my will, could not resist,
I ate that apple fritter.
And as it stands, let it be known,
"I'm A Loser...Not A Quitter".



Bill Eckert
NY 0393
Rochester

I'll give my all to do my best,
to lose some weight each week.
I really need to lose these pounds,
to reach the goal I seek.
I joined this club, I've no regrets,
I surely don't feel bitter.
I worked real hard as you all know, why
"I'm A Loser...Not A Quitter".

So come with me and take my hand,
my support is there for you.
I'll do my best to lead you all,
to a you that's truly new.
Remember if you want to lose,
shed each and every jitter.
Then you will find that you can say,
"I'm A Loser...Not A Quitter".

TOPS... You know is here for you,
it's here through every day.
It gives you help to lose those pounds,
to take you all the way.
So give your all, watch every treat,
stay clear of all that glitter.
Remember that you're here to lose,
You're A Loser...Not A Quitter.



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 0180 Rochester - Betty Galloway**
- TOPS NY 0241 Rochester - Roseann Lackey, Nikita Matos, and Joyce McGarry**
- TOPS NY 0292 Webster - Carol Engel**
- TOPS NY 1303 Rochester - Louise Iles and Patricia Royce**

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

CONGRATULATIONS KOPS!



It is my pleasure to announce that we have a new KOPS! **Kathy Schlotzer of NY 0678 Henrietta** reached her goal this month. ***Congratulations, Kathy!*** I am so happy for you!! ☺

Please join me in also offering a very sincere congratulations to reinstated KOPS **Janet Fraina of NY 0037 Spencerport** and **Irene Sabernick of NY 0393 Rochester!** We are so proud of you both! ☺

As we saw at Rally Day with a show of hands, we have several TOPS members in Monroe County that are within ten pounds of meeting their goal. I look forward to seeing you all become KOPS soon. Keep up the great work and stay focused on your goal.

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!



MONROE COUNTY COMMUNICATOR



Newsletter Issue 10 October 2011

Page 2 of 5



SAVE THE DATES!

REMINDERS...

Saturday, November 5th - Lilac KOPS Honor Society Luncheon/Christmas Party at Slayton Place Restaurant, Spencerport at 11:30 a.m.

Saturday, November 12th - TOPS Walk #6 at the Greece Ridge Mall at 9:00 a.m. to be hosted by NY 0393 Rochester. Information will be sent to Chapter Officers.

Saturday, December 3rd - Chapter Officers' Fall Workshop - Ogden Presbyterian Church, Spencerport from 9:00 a.m. until Noon.

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, September 22, 2012 - Monroe County Rally Day - Location TBD.

Chapter Insurance - If your chapter requires insurance, please remember that your renewal is due November 20th. I sent a reminder to leaders a few weeks ago along with a PDF version of the form, but if anyone needs a hard copy, please let me know.

Rally Charms - There are several *Road to Success* charms and pinettes left over from this year's Rally Day. They make great awards for contests. If you would like to purchase some, please contact Sandy Friday. The price is \$2.50 per charm/pinette or 10 for \$20.00.

TOPS Calendars - If you would like to purchase a TOPS Wall Calendar for \$5, please contact Sandy. These make great gifts for TOPS Friends and great prizes for contest winners.

Leaders - Please note page 18 of the November *TOPS News* which refers to items being mailed to you from HQ in November. Please watch for these items.

WE LOVE TOPS WALKS!

TOPS Walk #4!



TOPS Walk #5!



We enjoyed two TOPS Walks this month on October 8th and October 22nd! NY 0250 hosted our walk at Tinker Park on the 8th and NY 0301 hosted our walk on the 22nd on the canal in Pittsford. Both were beautiful mornings, and we got a lot of fresh air and good exercise. Thank you to all who have been coming out to join the fun. Our next walk is scheduled for **Saturday, November 12th** at **Greece Ridge Mall** and will be hosted by NY 0393 Rochester. I will be sending out more information to Chapter Officers soon. I hope to see you there! ☺



MONROE COUNTY COMMUNICATOR



CONGRATULATIONS RALLY DAY AWARD WINNERS!



Summer Best Losers



Past & Present NY State Royalty



Old Faithful Award Winners - Perfect Attendance



Over Forty Club



Out of this World Award Winners



Message from our NYS Queen, Jaclyn House of NY 0241 Rochester



Our Fashion Runway



Baggy Clothes on Display



NYS King Joshua Maryniewski



KOPS of 5 Years or Less



KOPS of 6 - 19 Years



KOPS of 20 Years or More



MONROE COUNTY COMMUNICATOR



Newsletter Issue 10 October 2011

Page 4 of 5

MEMORIES OF RALLY DAY 2011 - TOPS ROAD TRIP!



The Set Up



TOPS Members Arrive with their Centerpieces



Our Coordinator, Judy Culbertson



The Shout-Out!



NY 0022 Rochester

NY 0022 was honored for their 50th Anniversary - the earliest Chapter in Monroe County and still going strong! ☺



Breakfast Blessing by Mary Lou Reifsnyder



Consecutive Weight Loss Award Winners - 1 Time



Area Captain Weight Loss Challenge Winners



Men in TOPS



Consecutive Weight Loss Award Winners - 2 Times

A most sincere congratulations to all of our Rally Award Winners...and there were many! I am sorry that I did not have room to name everyone in the pictures. I will publish the list of those honored in the next Newsletter.



2011 Rally Planning Team

Kathleen Wheaton, Carla Cutler, Louise Scheidt, Carolyn Davis, Cindee Palumbo, Nadine Basalyga, Judy Culbertson, Diana Inman, and Sandy Auer. ☺



Consecutive Weight Loss Award Winners - 3 Times



Chapters with the Most New Members



No Gain Week Awards!



MONROE COUNTY COMMUNICATOR



Newsletter Issue 10 October 2011

Page 5 of 5

SO MANY GREAT CENTERPIECES AT RALLY DAY!



Winning Centerpiece
NY 0678 Henrietta



Winning Centerpiece
NY 1303 Rochester



Thank you all for your time, effort and creativity to make such great centerpieces! They were really awesome! ☺

