



MONROE COUNTY COMMUNICATOR



Newsletter Issue 9 September 2011 (Page 1 of 2)

A MESSAGE FROM YOUR AC

Greetings TOPS Friends!

I started this Newsletter two weeks ago and then was sidetracked with Rally planning activities. The October Newsletter will be filled with photos of our Rally Award Winners, showcasing their awesome successes!

You still have 3 months left in 2011 to work toward your goal. Make every day count, and you will be successful. If you haven't had much spare time lately for exercise (like me), try to make yourself a priority in your busy life and get in at least a 30 minute work-out or walk 3-4 times a week. You will feel so much better.

Hope to see lots of you at our next TOPS Walk on October 8th at Tinker Park. I love getting to know you all better on our walks. Until then, keep smiling...

Love and Hugs,
Sandy



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 - **Veronica Burnell**

TOPS NY 0292 Webster - **Kathy Wojciechowski**

TOPS NY 0301 Rochester - **Judy Holmes**

TOPS NY 0632 Hilton - **Allison Brunson**

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

CONGRATULATIONS KOPS!

Please join me in offering a very sincere congratulations to a brand new KOPS, **Dorothy Merkel** of NY 0180 Rochester! We are so proud of you and hope to see you at the Lilac KOPS Honor Society Christmas Luncheon on November 5th! ☺

NY 0037 Spencerport recently held a special KOPS Celebration which included graduation for **Bonnie Callaghan** and also the reinstatement of **Janet Fraina** and the 10-year anniversary of **Marie Platten**.



10 Year KOPS Marie Platten with Leader Diana Inman

NY 0037 SPENCERPORT KOPS CELEBRATION



KOPS: **Connie Smith, Elfi Caruso, Bonnie Callaghan, Janet Fraina, Marie Platten, Doris Clement, and Della Inman; Not Present: Pat Cammarata and Peggy Outhouse**



Reinstated KOPS **Janet Fraina** with Leader **Diana Inman**



New KOPS **Bonnie Callaghan** with AC **Sandy Frieday**

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, October 8th; TOPS Walk at Tinker Park in Henrietta at 9:00 a.m. We loved it so much, we're going to do it again!

Saturday, October 22nd - TOPS Walk on the Canal at 9:00 a.m. to be hosted by NY 0301 Rochester. We will meet at Schoen Place. Directions will be sent to Chapter Officers.

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

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

INFORMATION FROM TOPS HQ

- Congratulations to all chapters who have an email contact registered with TOPS who have already earned a free membership for bringing four new members to your chapter since July 1. This contest runs through December 31, 2011.
- Leaders, please remind your members that TOPS Rules will be printed in the centerfold of the Dec/Jan issue of *TOPS News* and should be removed and saved.
- Door signs are being designed for you to display at the door of your chapter meeting each week. That way, people passing by will see that we are there to help them each and every week. These will be mailed to the Leader in February.
- Unchaperoned children who are members may attend chapter meetings if the chapter members do not object. Parent or guardian must sign the membership application of a minor under 18 years of age.

THIRD MONROE COUNTY TOPS WALK



Guess who got lost and arrived late? I am so sorry. Thanks for your patience!



How good are your eyes? One person in the first picture stepped out and a different person was added. Can you see who they were? Hey... someone has to take the picture, but we didn't want anyone left out! ☺

Great exercise and all this beauty, too. No wonder we want to go back to Tinker Park on October 8th!



Thank you to all who came out for our third Monroe County TOPS Walk on Saturday morning, September 10th in Henrietta. Special thanks to NY 0250 for hosting our walk! We had a wonderful time and enjoyed some beautiful scenery as we walked the path twice. If your chapter would like to host a walk, please let me know. I hope to see more people join us for the October 8th Walk. Come on out - do something good for yourself and have some fun, too! ☺