



MONROE COUNTY COMMUNICATOR



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A MESSAGE FROM YOUR AC

Greetings TOPS Friends!

I am excited to announce that we have a new TOPS Chapter in Monroe County as of November 1st! Please join me in a very warm welcome to **NY 1320 Hilton!** The new Chapter meets on Tuesday evenings at St. George Episcopal Church in Hilton.

We held an Open House for **NY 1320** on Tuesday, November 22nd, and four new members signed up for a total of nine members so far. **Kelly Del Vecchio** transferred from the morning Hilton Chapter - NY 0632 to start and lead this evening Chapter, and we are finding that there really was a need for more TOPS support in that area. Thank you, Kelly, and best wishes to all of our new members! Also, my sincere thanks to **Kae Chojnowski and Diana Inman of NY 0037 Spencerport** for helping with the Open House when I was not functioning at my best due to acute bronchitis and viral laryngitis. You were a God send, and I love and appreciate you so much!

I look forward to seeing TOPS Officers at the workshop on Saturday, December 3rd at 9 a.m. at the Ogden Presbyterian Church in Spencerport and also to seeing many of you at our 7th TOPS Walk at Eastview Mall on December 10th!

We're getting close to the end of 2011. Are you planning for a strong finish? Stay focused throughout the holidays as best you can and plan your course of action to achieve your goals in 2012. I believe in you. You must believe, too!

Love and Hugs,
Sandy



Sandy Friday, Area Captain

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

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 - Eva Stephenson

TOPS NY 0054 Fairport - Russell Chimera

TOPS NY 0632 Hilton - Caryl Tetro

TOPS NY 1303 Rochester - Diane Carpenter, Deborah Torres

TOPS NY 1320 Hilton - Heather Confer, Elizabeth Grashof, Kimberly Hally-Hettrick, Steve Mills, Cheryl Personte, Joan Schafer, Kelly Shamp, Jody Wren

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

NY 1320 HILTON OPEN HOUSE



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!

PLEASE NOTE...

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

Saturday, December 10th - TOPS Walk #7 at the Eastview Mall at 9:00 a.m. Information will be sent to Chapter Officers.

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

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.

Road to Success Pinettes/Charms - I have *Road to Success* charms and pinettes available for purchase. 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.

Rally Day Photos - I tried to include as many Rally photos as possible in these last two newsletters. I hope you enjoyed the pictures. I will have a slide show to share when I visit your Chapter in 2012.

NY 0257 SHARES...

Leader Linda Agnello reports that **Chapter NY 0257** has had a member with outstanding success in their last three weight loss contests. **David Puls** won the Summer Contest and the Back-To-School Contest and placed second in the recent Autumn Contest. He is nearing a total weight loss of 30 pounds.

Congratulations Dave...your success and participation in our group meetings is an inspiration to all of us.

Ann Parlato edged out Dave in our recent Autumn Contest with a total weight loss from Oct. 6th to Nov. 17th of 9 pounds. Congratulations Ann! You've shown us that "we can do it....just as you did."

"All of us in NY 0257 want to wish all of our other TOPS Chapters HAPPY HOLIDAYS!"



WE LOVE TOPS WALKS!

TOPS Walk #6!

We had a great time at the 6th Monroe County TOPS Walk on November 12th! Many thanks to Joyce Campbell and NY 0393 for hosting our walk at the Greece Ridge Mall. It was a festive morning, and we were fortunate to be there the morning that Santa arrived! Thank you to all who came out to join the fun. I just love these walks because I get to see so many of you more often!

Our next walk is scheduled for **Saturday, December 10th** at **Eastview Mall**. I will be sending out more information to Chapter Officers soon. I hope to see you there! ☺





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MEMORIES OF OUR LILAC KOPS HONOR SOCIETY HOLIDAY LUNCHEON ☺



We all had a great time at the Lilac KOPS Honor Society Holiday Luncheon on November 5th! We hope to see many more KOPS at the February 4th Luncheon at Keenan's Restaurant in Irondequoit!



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RALLY DAY AWARD WINNERS

NY STATE PAST & PRESENT ROYALTY

Connie Smith - 2004; 0037 Spencerport
Jaclyn House - 2010; 0241 Rochester

CENTURY CLUB AWARDS

Jaclyn House - 0241 Rochester
Lois Jackson - 0180 Rochester
Lynne Schicker - 0054 Fairport
Connie Smith - 0037 Spencerport

CHAPTERS WITH NO GAIN WEEKS

0022 Rochester - 1 Week
0233 Churchville - 1 Week
0250 Rochester - 1 Week
0257 Rochester - 2 Weeks
0292 Webster - 1 Week
0632 Hilton - 1 Week
0678 Henrietta - 2 Weeks

PERFECT ATTENDANCE

Elfi Caruso - 0037 Spencerport
Viona Davis - 0037 Spencerport
Gail Hall - 0037 Spencerport
Cynthia Koch - 0054 Fairport
Lynne Schicker - 0054 Fairport
Joyce Wells - 0054 Fairport
Kathleen Wheaton - 0054 Fairport
Joyce Campbell - 0393 Rochester

OUT OF THIS WORLD (MOST INSPIRING)

Pat Grant - 0022 Rochester
Kathleen Chojnowski - 0037 Spencerport
Kathleen Wheaton - 0054 Fairport
Anna Taubenfeld - 0180 Rochester
Michelle List - 0233 Churchville
Alma Jastrzembki - 0241 Rochester
Nadine Basalyga - 0250 Rochester
Carla Cutler - 0257 Rochester
Ginny Swartz - 0288 Rochester
Brenda Arnold - 0292 Webster
Leila Matthews - 0301 Rochester
Joyce Campbell - 0393 Rochester
Margaret Dahlheim - 0632 Hilton
Shawn Ingham-Smith - 0678 Henrietta
Pat Franko - 1249 Rochester
Elaine Eggebrecht - 1303 Rochester

MEN IN TOPS

Victor Denysenko - 0288 Rochester
Steve Earle - 0288 Rochester
Bill Eckert - 0393 Rochester
Jim Friday - 0037 Spencerport

BEFORE AND AFTER FASHION RUNWAY

Gloria Bansbach - 0288 Rochester
Jerry Denysenko - 0288 Rochester
Gail Hall - 0037 Spencerport
Jaclyn House - 0241 Rochester
Lois Jackson - 0180 Rochester
Louise Scheidt - 0180 Rochester
Lynne Schicker - 0054 Fairport
Kathy Schlotzer - 0678 Henrietta
Connie Smith - 0037 Spencerport

FORTY OR MORE YEARS IN TOPS

Chris Montante - 0054 Fairport
Lynne Schicker - 0054 Fairport
Lorraine Gaudio - 0678 Henrietta
Joan Manning - 0180 Rochester (50 Years!)

SUMMER BEST LOSERS

Nadine Basalyga - 0250 Rochester; 6.4 lbs.
Kathy Schlotzer - 0678 Henrietta; 6.75 lbs.
Sandy Fulmer - 0233 Churchville; 7 lbs.
Gloria Bansbach - 0288 Rochester; 7.25 lbs.
Lynne Schicker - 0054 Fairport; 7.6 lbs.
Adele Squires - 0022 Rochester; 10.3 lbs.
Mary Taylor - 1303 Rochester; 12.2 lbs.
Ellie Kordt - 0292 Webster; 14 lbs.
Barb Maynard - 0632 Hilton; 16 lbs.
Cathy Matteson - 0393 Rochester; 18.5 lbs.
Bamby Seibold - 0037 Spencerport; 18.6 lbs.
Courtney Haubner - 0241 Rochester; 33.4 lbs.

Total Amount Lost by Summer Best Losers was 158 Pounds!

Total Amount Lost by Before and After Participants was 970.75 Pounds!

NY 0022 Rochester was recognized for celebrating their Chapter's 50th Anniversary!



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RALLY DAY AWARD WINNERS

REINSTATED KOPS AND KOPS ALUMNI

Gloria Bansbach - Reinstated
 Janet Fraina - Reinstated
 Bonnie Callaghan - <1 Yr; in Black all Yr
 Kelly Del Vecchio - <1 Yr; in Black all Yr
 Erma McGarry - <1 Yr
 Betty Comstock - 1 Yr
 Jaclyn House - 1 Yr
 Roseann Pochalski - 1 Yr; in Black all Yr
 Geraldine Sobolewski - 1 Yr; in Black all Yr
 Edie Coe - 2 Yrs; in Black all Yr
 Jerry Denysenko - 2 Yrs; in Black all Yr
 Ellie Derrane - 2 Yrs
 Rita Maddelena - 2 Yrs; in Black all Yr
 Jean Polcyn - 2 Yrs; in Black all Yr
 Della Inman - 3 Yrs; in Black all Yr
 Bea Shengulette - 3 Yrs; in Black all Yr
 Deborah Silver - 3 Yrs; in Black all Yr
 Mary Weatherhog - 3 Yrs; in Black all Yr
 Sylvia Grubaugh - 4 Yrs; in Black all Yr
 Connie Smith - 6 Yrs
 Sister Audrey Synnott - 6 Yrs
 Rosemarie Limoli - 9 Yrs; in Black all Yr
 Marie Platten - 10 Yrs; in Black all Yr
 Kay Heyer - 11 Yrs; in Black all Yr
 Elfi Caruso - 12 Yrs; in Black all Yr
 Margaret Dahlheim - 12 Yrs; in Black all Yr
 Alma Jastrzembski - 12 Yrs
 Loretta Jewsbury - 12 Yrs; in Black all Yr
 Bill Eckert - 13 Yrs
 Lorraine Gaudio - 13 Yrs; in Black all Yr
 Geraldine Yawman - 13 Yrs; in Black all Yr
 Kathie Eckert - 21 Yrs; in Black all Yr
 Mary Nichols - 21 Yrs; in Black all Yr
 Arline Quick - 24 Yrs; in Black all Yr
 Paula Rogers - 24 Yrs
 Phyllis Schneider - 28 Yrs; in Black all Yr
 Rina Baron - 31 Yrs; in Black all Yr
 Mary Lou Reifsnnyder - 31 Yrs
 Josie Gasbarre - 32 Yrs; in Black all Yr
 Doris Clement - 33 Yrs; in Black all Yr

KOPS

It was wonderful to see so many of our 72 KOPS in attendance at Rally Day! Please encourage all of your KOPS friends to attend next year to be honored! ☺

CONSECUTIVE WEIGHT LOSS CHALLENGE

Gloria Bansbach - 1x
 Rina Baron - 1x
 Joyce Campbell - 1x
 Betty Comstock - 1x
 Barbara Cuthbert - 1x
 Carol DuPre' - 1x
 Bill Eckert - 1x
 Janet Fraina - 1x
 Judy Hayes - 1x
 Jaclyn House - 1x
 Charlotte Krenzer - 1x
 Cathy Matteson - 1x
 Barb Maynard - 1x
 Aileen Paulson - 1x
 Jean Polcyn - 1x
 Paula Rogers - 1x
 Lynne Schicker - 1x
 Bamby Seibold - 1x
 Nan Stoling - 1x
 Mary Weatherhog - 1x
 Joyce Wells - 1x
 Kathleen Wheaton - 1x
 Jacki Wrubel - 1x
 Margaret Dahlheim - 2x
 Celia D'Alonzo - 2x
 Marguerite Dreher - 2x
 Marita Fredette - 2x
 Josie LaLoggia - 2x
 Rosemarie Limoli - 2x
 Joan Manning - 2x
 Erma McGarry - 2x
 Kathy O'Connel - 2x
 Marie Platten - 2x
 Mary Lou Reifsnnyder - 2x
 Susan Reynolds - 2x
 Louise Scheidt - 2x
 Geraldine Sobolewski - 2x
 Geraldine Yawman - 2x
 Bonnie Callahan - 3x
 Elfi Caruso - 3x
 Ellie Derrane - 3x
 Kathie Eckert - 3x
 Lorraine Gaudio - 3x
 Courtney Haubner - 3x
 Kay Heyer - 3x
 Mary Nichols - 3x
 Arline Quick - 3x
 Phyllis Schneider - 3x
 Sr. Audrey Sinnott-3x



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RALLY DAY AWARD WINNERS

AREA CAPTAIN WEIGHT LOSS CHALLENGE (10 Pounds or more from 1/1/11 through 8/31/11)

- Adele Squires - 0022 Rochester; 10.3 lbs
 - Celia D'Alonzo - 0037 Spencerport; 10.6 lbs
 - Marguerite Dreher - 0632 Hilton; 10.75 lbs
 - Marion Rotunda - 0054 Fairport; 10.8 lbs
 - Lynne Schicker - 0054 Fairport; 10.8 lbs
 - Elaine Eggebrecht - 1303 Rochester; 11.2 lbs
 - Kathy O'Connel - 0393 Rochester; 11.25 lbs
 - Ellen Farnham - 1303 Rochester; 12 lbs
 - Mary Taylor - 1303 Rochester; 12.2 lbs
 - Janet Fraina - 0037 Spencerport; 12.6 lbs
 - Linda Graves - 0037 Spencerport; 13 lbs
 - Bobbie Tuttle - 0393 Rochester; 13.5 lbs
 - Sandy Fulmer - 0233 Churchville; 16 lbs
 - Ellie Kordt - 0292 Webster; 17.5 lbs
 - Carol DuPre' - 0037 Spencerport; 18 lbs
 - Cathy Matteson - 0393 Rochester; 18.5 lbs
 - Bamby Seibold - 0037 Spencerport; 18.6 lbs
 - Bonnie Callaghan - 0037 Spencerport; 20 lbs
 - Josie LaLoggia - 0632 Hilton; 21.5 lbs
 - Jacki Wrubel - 0037 Spencerport; 22.4 lbs
 - Kathy Schlotzer - 0678 Henrietta; 24.25 lbs
 - Gloria Bansbach - 0288 Rochester; 26.25 lbs
 - Barb Maynard - 0632 Hilton; 44.75 lbs
 - Courtney Haubner - 0241 Rochester; 94.7 lbs!**
- MONROE COUNTY BEST LOSER!!!**

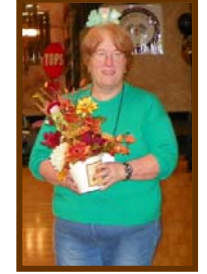
Total Amount Lost by Annual Weight Loss Challenge Award Winners was 481.45 Pounds!

Chapter Awards for most new members since last year's Rally Day:

- 1st Place - NY 1303 - 14 New Members
- 2nd Place - NY 0241 - 13 New Members
- 3rd Place - NY 0632 - 11 New Members

Chapter Weight Loss Awards (based on 2010 Resume)

- NY 0241 Rochester - Average loss per member of 8.6 pounds based on 35 Members
- NY 1303 Rochester - Average loss per member of 7.8 pounds based on 28 Members



Congratulations to all award winners and raffle winners!



Lucky Lottery! Scratch-Offs Winner