



MONROE COUNTY COMMUNICATOR



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A MESSAGE FROM YOUR AC



Greetings, TOPS Friends!

Look at me sitting at Barbara Cady's desk and then with my arm around Esther Manz! What a great time I had at IRD and on the TOPS HQ Tour! I wish you all could have

been there. Thank you so much for your love donations that helped me attend IRD this year.

The sessions were really good and the "Happy Days" theme was a lot of fun throughout the entire event. I am so glad I went. I came back feeling motivated and inspired and will be passing along some of the pictures and information over the next few issues of the newsletter. I am already looking forward to attending IRD in San Diego next year! Please join me if you can. ☺

Thanks again for your love and kindness. I greatly appreciate it.

Hugs,
Sandy



Sandy Frieday, 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 0022 Rochester - Elizabeth Squires

TOPS NY 0054 Fairport - Jeanne Alexander, Carol Gardner

TOPS NY 0241 Rochester - Jean Chaffee, Mary Ann Goodman

TOPS NY 0288 Rochester - Nan Stoling

TOPS NY 0678 Henrietta - Shirley Klumpp, Lorraine Naum

TOPS NY 1303 Rochester - Jeanne Conolly, Joyce Duggan, Elaine Eggebrecht, David Reifsteck, Patricia Reifsteck

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



SAVE THE DATES!

Saturday, August 6th - KOPS Kruiise - Corn Hill Landing, Rochester

Saturday, August 13th - TOPS Walk in Fairport

Saturday, September 10th - TOPS Walk at Tinker Park in Henrietta

Saturday, October 1; Fall Rally Day; The Diplomat; Come join us for our exciting adventure on a *TOPS Road Trip!*

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

REINSTATED KOPS!



Please join me in offering sincere congratulations to Reinstated KOPS Jane Biggs of NY 0180 Rochester. We are so proud of you! ☺





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FIRST MONROE COUNTY TOPS WALK - JULY 23RD



TOPS WALK!

(Pictured from left to right are: Cubbie Culbertson, Area Captain; Kae Chojnowski; Mary Montenaro; Judy Culbertson, Coordinator; Sandy Friday, Area Captain; and Gail Hall. Kae, Mary, and Gail are members of NY 0037 Spencerport.)

Despite the heat, six TOPS members came out for the first Monroe County TOPS Walk on Saturday morning, July 23rd in Spencerport. We had a great time and walked three miles. We are looking forward to the next walk on Saturday, August 13th and hope to see many more members there! Please join us by the canal in Fairport. The East side walk details were sent to Chapter Officers. Please also save the date for our September 10th Walk at Tinker Park, which will be hosted by NY 0250. If your chapter would like to host a walk, please let me know. ☺

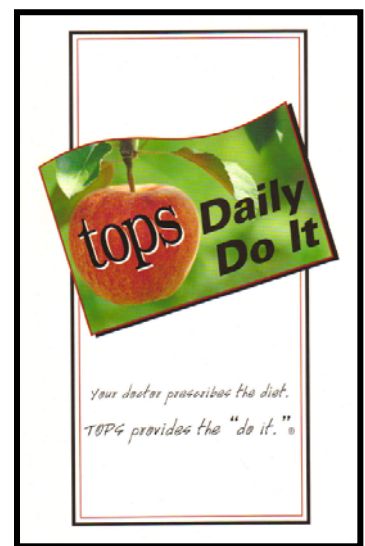
HEALTH FAIR



Many thanks to **Jean Polcyn** of NY 0250 for assisting me with the TOPS display and representation at the Anthony Jordan Health Fair in downtown Rochester on Wednesday, July 13th. It's always good for TOPS to have a presence at these types of events. There are so many people that need our low cost program for support to lose weight and get healthier. Please let me know if you hear of any other opportunities like this to spread the word!

TOPS DAILY DO IT

Several members are using the *Daily Do It* to journal their food, activities and short term goals and have expressed an interest in obtaining additional copies of this booklet since it only covers 13 weeks. I have additional copies available for \$2.50 or you can buy a set of three for \$6.00 (savings of \$1.50) or a set of four for \$8.00 (savings of \$2.00). Please let me know if you are interested in obtaining more copies. I hope you are finding the booklets to be very useful.



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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IRD FACTS AND PHOTOS



Pictured from left to right: King Runner-Up Lee Hibbard of Ovid, MI with a loss of 202 pounds; International King Tom Carano of Wakefield, MA with a loss of 230 pounds; International Queen Dione Housden of Portland, OR with a loss of 228.5 pounds, and Queen Runner-Up Sandra Burnison from Hamilton, ON with a loss of 190 pounds. Total loss by International Royalty - 850.5 pounds!!!



The David Fox Memorial Award for the best average loss went to TOPS OK 0282 Hobart with a an average loss of 31.13 pounds per member in 2010. Amazing!!!

Jackie House New York State Queen

Jackie House of NY 0241 Rochester represented us well at IRD as the 2010 New York State Queen. We're so proud of you, Jackie! ☺





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TOPS HEADQUARTERS TOUR AT IRD



Milwaukee is a beautiful city!



Joyce Henion of NY 0037 Spencerport weighing in on "Big Bertha" at TOPS HQ

What a thrill to sit at Barbara Cady's Desk!!



Esther Manz, Founder of TOPS, once sat at this desk!

