



# MONROE COUNTY COMMUNICATOR



Newsletter Issue 9 October 2009

## NOTE FROM YOUR AREA CAPTAIN

Hi Friends!

My sincere thanks for participating in our celebration of *TOPS Time to Shine!* We had a very large group, and I was so proud to see so many of our members there! I hope that those who were not able to attend will consider joining us next year. I was truly inspired by the successes of our TOPS friends in Monroe County. We all have it within us to be recognized on stage next year. Let's work for it!

I apologize if anyone sent me an email around the October 14<sup>th</sup> timeframe and has not heard from me. The hard drive on our home PC Desktop went bad and we've not had access to any information that was stored in folders, mail, etc. We are hopeful to be able to retrieve all of the old data, so we can load it on the new PC soon. Please be patient, and send me another e-mail if you're waiting to hear from me. I am using my laptop in the interim and can process mail, but can't get to old or saved messages from the past.

I want to remind you all that there are 9 weeks left to make a difference in 2009. Hopefully, many of you are well on your way to meeting the "GIMME 10" Challenge from Judy Pettit. I'd like to see several Monroe County TOPS members on stage at SRD in 2010.

Congratulations to all of our award recipients at Rally Day and best wishes to everyone for success as we finish out this last quarter of 2009. Happy Fall!

 *Sandy Frieday*

## FALL WORKSHOP

Many thanks to all of you who attended the Fall Workshop and Rally Debrief on Saturday, October 10<sup>th</sup>. It was great to see so many of you there and willing to stay beyond the end of the workshop to talk about Rally Day. There was some wonderful input for next year, and I truly appreciate your time and support!

A great deal of news from TOPS HQ was shared at the workshop. I will report that information in the November Newsletter to make sure everyone is aware of the new information.

## AREA CAPTAIN'S CHALLENGE



My October/November challenge for you is to get some form of exercise every single day – walking, dancing, swimming, thera bands, exercise tapes, or going to the gym. You'll feel so good after you push yourself to do it. And be sure to PRAISE YOURSELF for the extra effort to get healthy!!



*Sandy Frieday, Area Captain*

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## WELCOME NEW MEMBERS

I'd like to offer a warm welcome to these new members who have recently joined our Monroe County TOPS family:

TOPS NY 0037 Spencerport – [David Donofrio](#)

TOPS NY 0054 Fairport – [Kathleen Savage](#)

TOPS NY 0180 Rochester – [Connie Sutton](#)

TOPS NY 0241 Rochester – [Nancy Berry](#)

TOPS NY 0257 Rochester – [Judy Russo, Patricia Verhagen](#)

TOPS NY 0288 Rochester – [Cindy Cecela, Gail Lamantia, and Maxine Murphy](#)

TOPS NY 0292 – [Christine Davis](#)

TOPS NY 0301 Rochester – [Sheila Knipper, Anna Pellegrino](#)

TOPS NY 0393 Rochester – [Carol Wilson](#)

TOPS NY 0632 Hilton – [Roberta Celento and Joyce Chimera](#)

**Welcome to our TOPS Family!** We are happy to have you with us, and we are here to support you!

## TOPS NY 0241 SHARES...

In August, Chapter 0241 was proud to celebrate Carol Loughner's 9 year KOPS anniversary as well as Barbara Pike's 3 year anniversary. Carol is the KOPS Lilac Honor Society Ko-Kaptain. Congratulations, Carol and Barb!

They also celebrated Jackie House's 100 pound weight loss achievement. Jackie never misses a TOPS meeting and is determined to reach her goal. Jackie was also their Summer Best Loser and chosen for the Brightest Star Award. Congratulations, Jackie! We are all so proud of you!



*(Nicky Weltzer and Jackie House)*



*(Barbara Pike and Carol Loughner)*

★ Be sure to flip the page for more news! ★

## MEMORIES OF TOPS RALLY DAY – SEPTEMBER 19, 2009



### Awesome Rally!

My sincerest heartfelt thanks to this year's Rally Planning Team for all of their time and effort. (From left to right: Della Inman, Diana Inman, Tracy Farrow, Carol Loughner, Carol Van Atta, Mary Lou Bowie, Aileen Paulson, Louise Scheidt, Nadine Basalyga, Jean Polcyn, Jan Kujawa and Cindee Palumbo.) <Janet Fraina not in photo>



**MOST TENURED TOPS MEMBERS IN MONROE COUNTY!** Joan Manning (NY 0180) – 48 years; Josephine Coy (NY 0288) – 45 years; and Ann DiMauro (NY 0393) – 42 years. Congratulations!



**TAKING TIME FOR TOPS AWARD!** Perfect Attendance since last year's Rally Day: Ellie Derrane (NY 0393), Judy Mueller (NY 0393), Joyce Campbell (NY 0393), Arline Quick (NY 0180), Laura Zupparo (NY 0022), and Gail Hall (NY 0037) Congratulations!



Sandy Frieday, Area Captain; Marcia Jackson, Coordinator  
We thank Marcia for sharing in our special day and for her awesome support all year!



**BACK IN TIME!** Our Before and After Participants lost a total of 534 pounds! We all marveled as their before picture was shown on the large screen and then they stepped out from behind the Time Machine at their new size. It was so inspirational! Our participants were: Connie Smith (NY 0037); 2008 NY State Queen, Grace Norcott; Mary Lou Bowie (NY 0037); Jim Partridge (NY 0054); Peggy Outhouse (NY 0037); Jerry Denysenko (NY 0288); and Louise Scheidt (NY 0180). Congratulations!



**Our MEN IN TOPS always show us a good time!** Pictured are Ed Scheck, Jim Frieday, John Loughner, Bill Eckert, Jim Partridge, and David Donofrio. We thank you for adding variety and fun to our meetings. We love our MEN IN TOPS! ☺



★ Be sure to flip the page for more news! ★

## MORE MEMORIES OF TOPS RALLY DAY – SEPTEMBER 19, 2009



**BRIGHTEST STAR AWARD WINNERS!** Pictured from right to left: Laura Zupparo, Mary Lou Bowie, Jim Partridge, Louise Scheidt, Jackie House, Jean Polcyn, Linda Agnello, Kae Chojnowski, Barbara Cuthbert, Lynne Powers, Ann Williams, Christine Leone, Margaret Dalheim, Kathy Schlotzer, and Ann Marie Throumoulos. Congratulations award recipients and thank you for inspiring us each week!



**2008 NEW YORK STATE QUEEN, GRACE NORCOTT OF NY 0320 NEWARK**

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## Lucky Raffle Winners!



\* Be sure to flip the page for more news! \*

## MEMORIES OF TOPS RALLY DAY - SEPTEMBER 19, 2009



NY 1249

## No Gain Weeks!

Two Monroe County Chapters were recognized by Marcia Jackson, Area Coordinator, for NO GAIN WEEKS! This is very difficult to achieve, and we congratulate our winners!

NY 1249 had four NO GAIN WEEKS with a loss of 7 or more pounds each week and attendance ranging from 4-6 members.

NY 0257 had one NO GAIN WEEK with a loss of 4.5 pounds and 5 members present.

**AWESOME JOB!**

I hope to see many more chapters recognized next year.



NY 0257

**Pictured at Right: Rally to Rally Biggest Losers!** (from left to right): *Mary Lou Bowie, Jackie House, Jim Partridge, Jerry Denysenko, Cathy Matteson, Carla Cutler, Nadine Basalyga, Sherry Heary, and Kathy Schlotzer.* Mary Lou Bowie was our Monroe County Biggest Loser with a loss of 95.5 pounds! Congratulations to all of our winners!



## Rally to Rally Biggest Losers!

**Pictured Below: Summer Best Losers!** (from left to right): *Jim Partridge, Christine Carr, Jackie House, Mary Lou Bowie, Louise, Scheidt, Bobbie Tuttle, Flora Throne, Sherry Heary, Carla Cutler, and Betty Comstock.* (Rita Maddalena not in photo). Jim Partridge was our Best Summer Loser with a loss of 52 pounds! Congratulations to all of our winners!

## Winning Centerpieces



## Summer Best Losers!



NY 0180



NY 0054

## MEMORIES OF TOPS RALLY DAY - SEPTEMBER 19, 2009



*Congratulations!*

*(Pictured at Left) CENTURY CLUB MEMBERS: Connie Smith (NY 0037 Spencerport) and Lois Jackson (NY 0180 Rochester) Congratulations!*

*(Pictured at Right) PAST & PRESENT STATE ROYALTY: 2008 NYS Queen Grace Norcott (NY 0320 Newark) and 2004 NYS Queen Connie Smith (NY 0037 Spencerport) Congratulations!*



## KOPS Recognition!

*(Pictured at Left) We honored REINSTATED KOPS: Area Coordinator, Marcia Jackson; Joanne Wright (NY 0054); Peggy Outhouse (NY 0241); Mary Nichols (NY 0180); and Edie Coe (NY 0288) Congratulations!*



We have 75 KOPS in Monroe County. I am proud to say that 44 of them were present at Rally to be honored for their success! Our most tenured KOPS at Rally Day was Doris Clement (NY 0037 Spencerport) with 31 years!

We congratulate all of our KOPS for their amazing success and thank them for being such an inspiration to all of us!



We donated 400 pounds of food to FOODLINK on behalf of Monroe County TOPS. Thank you so much for bringing your contributions and helping others. ☺