

Jan's News in Central Alabama



Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them—everyday begin the task anew. *Saint Francis de Sales*

 **AL 0255, Gadsden April 23, 1974 37 years**

No Gain Week

May 1, 2011 Chapter Audit Due

May 28, 2011 Spring Workshop

June 30, 2011 Annual By-Laws Review Due

July 7-9, 2011 IRD "Happy Days with TOPS" Milwaukee, WI

SRD



Our SRD "TOPS Bonanza" in Birmingham was truly a celebration. We had over 340 in attendance, 7947 pounds lost in 2010, and 22 graduates. TOPS President, Barb Cady gave an inspirational speech on Saturday morning. The division winners and crowning of our state queen and king was awesome. Who wants to be on stage next year? Let's get to work! You might even graduate at our SRD 2012 in Huntsville on May 18-19. The theme for next year's SRD is "TOPS Train to Success."

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I want to thank everyone who helped in any way with SRD. I really appreciate all you do for TOPS. It is time to do your Chapter Audit. Please get the audit in to Shirl before the deadline of May 1st. Spring Workshop will be held on May 28, more information will be provided very soon. It will soon be time for your



Chapter By-Laws review. Please read over your by-laws and decide if there are any changes that need to be made. The deadline for Chapter By-Laws review is June 30. Please let me know if you have a Health Fair or any event that we can promote TOPS at which is coming up in your town.



I hope you are traveling on the “Road to Success.”

My contact information:

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Here for you,



Jan