

# Jan's News in Central Alabama

# JANUARY



**Commitment leads to action. Action leads to your dream closer. Marcia Wilder**



Happy New Year! It's the beginning of a new year and a new you! It is time to set new goals and make new plans for those new goals. Make short term goals this year. Reward yourself when you reach each short term goal. Find rewards that are not food related.

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## Happy Anniversary!

TOPS AL O299, Jasper January 6, 1977 34 years

TOPS AL 0581, Pelham January 26, 2010 1 year

## No Gain

Congratulations to TOPS AL 0383, Birmingham for having a no gain week on January 13, 2011. Awesome!! What a way to start the year!

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## Mark Your Calendar With These Important Dates:

**January 1, 2011** Maintenance and Workshop Fee Due

**January 8, 2011** Chapter Resume Deadline

**January 8, 2011** SRD Planning Meeting Doubletree Hotel in Birmingham at 10:00 a.m.

**January 31, 2011** SRD Circle of Light Registration and SRD Skit Deadline

**February 12, 2011** SRD Planning Meeting Doubletree Hotel in Birmingham at 10:00 a.m.

**February 28, 2011** SRD Registration, Parade Registration and Competition Entry, T-Shirt Order, Circle of Light Confirmation Sheet, Murder Mystery Dinner Theater Registration Deadlines

**March 1-7, 2011** Chapter Elections Mail Form L-001 to Shirl Sprayberry

**March 4, 2011** Hotel Reservation Deadline

**March 12, 2011** SRD Planning Meeting Doubletree Hotel in Birmingham at 10:00 a.m.

**March 31, 2011** Murder Mystery Dinner Theater Doubletree Hotel in Birmingham at 7:00 p.m.

**April 1-2, 2011** "TOPS Bonanza" SRD in Birmingham Doubletree Hotel

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

Please mark your calendars with the dates above. You do not want to miss out on these events!

## **SRD Planning Meeting**

I would like to extend a special thank you to all TOPS members who attended the meeting on January 8<sup>th</sup>. Thanks to all the chapters who agreed to help. If your chapter would like to help with SRD, please just let me know. Our next meeting will be on February 12<sup>th</sup> at the Doubletree Hotel.

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SRD will be here before you know it. I can feel the excitement in the air. We are anxious to see who our State Winners will be this year! Have you made your reservations yet? You should have received your SRD January 2011 SRD letter. Please read this letter at your chapter meeting. Everyone needs to know the information contained in the letter. TOPS President Barb Cady will be attending our SRD this year! She will be doing a workshop on Friday April 1<sup>st</sup>. Our new theme for 2011-2012 is "The Road to Success." Let's all start down the Road to Success and pledge to have a loss in 2011. We can do this!



If you have any questions, please contact me. I am here to help you and your chapter.

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Here for you,

Jan