



January in the Southeast

Important Dates:

January 1, 2011 Chapter Maintenance & Workshop Fees deadline

January 8, 2011 Chapter Resume` deadline

January 31, 2011 SRD Circle of Light Registration & SRD Skit deadline

February 28, 2011 SRD Registration, Parade Registration. T-shirt order, Circle of Light Confirmation sheet deadlines

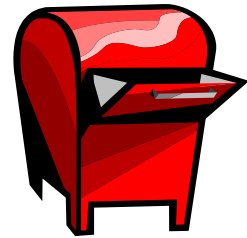
March 4, 2011 Motel reservation deadline

April 1 & 2 "TOPS Bonanza" SRD in Birmingham

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

Please make note of the dates above. You don't want to miss out on these events.

Has the January 2011 SRD letter been read at your chapter meeting? It is VERY important that it is read during a chapter meeting. Deadlines are rapidly approaching, and everyone needs the information contained in the letter. A TOPS VIP will be attending the Alabama SRD in Birmingham! TOPS President Barb Cady will be attending this year! Have you met her? She will be doing a workshop on Friday, April 1st. Don't be an April Fool and miss the opportunity to meet TOPS President Barb Cady!



HAPPY NEW YEAR! We are now on the Road to Success! Let's all make a pledge now to have a loss in 2011. Whether it is 1 or 100 pounds, strive to have a loss. We CAN do this.

With the New Year also comes Scale Back Alabama. Take the opportunity to join the fun! For more details go to www.scalebackalabama.com Thank

you to everyone who has submitted their Chapter Resume`. We are all anxious to see who our State Winners will be this year. Is it someone from your chapter? Come to SRD to find out!

Please check your local events calendars. Do you have a Health Fair or any event that we can promote TOPS coming up in your area? If you do, let me know so I can arrange to have a TOPS booth at the event. With obesity rising at an unimaginable rate, we need to let people know we are here for them.



If you have any questions or concerns, please contact me. No problem is too large or too small. I'm here to help you and your chapter.



Happy Anniversary!

January 14th TOPS AL 0497 Troy, 14 years

January 16th TOPS AL 0330 Dothan, 32 years

January 29th TOPS AL 0392 Dothan, 26 years

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"Challenges make you discover things about yourself that you never really knew." Cicely Tyson

Join me on the "Road to Success"

Kathy