

## Southern Illinois TOPS Area Recognition Days

May 14 – 15, 2010

Pere Marquette Hotel

501 Main Street ~ Peoria, Illinois 61602

(309) 637-6555 for "IL TOPS Convention"

### **Make reservations by April 10<sup>th</sup> ~ TOPS block of rooms will be released after this date.**

- **Call Pere Marquette directly** to book **only the rooms needed**, other members will then have an opportunity to reserve their room on the TOPS block.
  - **Check in time - 4:00 pm and check out is - 12:00 pm.**
- **Reserve one room** for the weekend, even if chapter members are planning on driving each day. Members then have a place to rest, relax, visit, freshen up and change clothes.
  - **Special flat rate (up to four) of \$109.00 plus tax for King or Standard rooms**
  - **Special rate of \$129.00 plus tax for a Junior Suite**  
for Thursday, Friday or Saturday all are based on availability
- Hotel provides full complimentary breakfast buffet to **registered guests in each hotel room,** and **complimentary deck parking for all overnight guests;** all others, regular rates apply.
- Each sleeping room and luncheon booked helps keep the cost of ARD space and equipment at its lowest.
- The ARD committee is not responsible for motel accommodations or restaurant hours and staff. We have explained the tight schedule to them and have made suggestions.

Complete details are on the registration form. It is the LEADER'S responsibility to see this information is gone over very carefully with each of your members.

### **Make plans to meet and visit with your TOPS friends or make new friends in Peoria, Illinois when attending "Touch a Hand – Make a Friend"**

- ⌚ **ARD Early Registration** is \$30.00 postmarked on or before April 10<sup>th</sup>, thereafter
  - **ARD Late Registration** is \$35.00 all fees are non-refundable.
  - **All** members, family or guests pay registration fee to attend all or partial sessions or luncheon.
- ⌚ **For participation in parades**, registration fees and parade forms must be sent by the **April 10<sup>th</sup>** deadline, don't pass up the opportunity to share your enthusiasm and support.

### **For your convenience, a Saturday Luncheon will be held and open to everyone.**

- ⌚ **You then do not have to rush out to find a meal to be back in time for the afternoon session**  
**Let's renew friendships as the food renews our energy for the astounding events to come.**  
Ladies and gentlemen, while there is no dress code other than ... no jeans or shorts please, slip into your dresses or dress slacks as we enjoy a pleasant lunch together.

Menu: Chicken Breast 4 oz.

Baked potato with optional sour cream & butter,

Steamed carrots & green beans,

Tossed salad, dinner roll, coffee or tea • A balanced meal at the low cost of \$15.00

### **ARD parades give encouragement and are a time of enthusiasm. Will you join in?**

We encourage everyone's participation in one or all parades. While the stage is not handicap accessible, if you are physically challenged and wish to parade or are eligible for honors, you will be presented in front of the stage, you also must follow that session's dress code. Those not participating in parades ~ *Proudly cheer your fellow TOPS members on ~ARD's are for YOU!*

Please read each event form to members at Chapter meeting. It is very important that all members entitled receive the honors they deserve. A tentative schedule is included . . . Please make a copy for all members attending ARD. Questions? Just call your Coordinator!

Completely fill out and mail all enclosed registration forms before the due dates!

"When Completed: Show Form to Members, Make Copy for Chapter Reference, Mail Original"

**TENTATIVE SCHEDULE** – Make Copies for Each Member Attending - *Check Program for changes*

Please see below information for each parade before completing form for all members attending ARD and wish to participate in following parades ~ *Pre-registration is needed before April 10, 2010*

To attend any function, you must wear your name badge

No one may participate in a parade if not registered by April 10, where pre-registration is needed

Friday Parades – While there is **NO Formal Dress Code on Friday Afternoon or Evening**  
**Please use your own GOOD Judgment in dressing nicely**

*"Dress lengths above the knee or jeans or shorts or capri's should not be worn"*

If you require a caregiver ~ you must make your own arrangements and caregivers also must follow dress code as for on stage participants

Luncheon tickets must be purchased by the April 10, deadline.

There will not be any tickets available to purchase at ARD, unless a chapter has one to sell

**FRIDAY, May 14<sup>th</sup>**

**10:30 am - 1:45 am** and **5:00 pm – 6:45 pm** --- Marquette Ballroom Lobby

**Chapter Packets** - Please designate **one member only** from your chapter to pick up packet and distribute the material. If entered in a parade; instructions of when and where to be will be included in chapter packet. Parade Cards / Ribbons on your reserved chair.

**Late Registration** - \$35.00 – To register and receive name badge and program. ARD will have no extra luncheon tickets for sell. However, chapter may have some from those who could not attend for sale here.

**Wishing Well Pledge** – Make a pledge what you wish to lose by ARD 2011

**Buy Raffle Chances** –

**TOPS Treasure Sales - Blackhawk Room** – Always buy early, we have limited quantities of each item ~ Chapter Check or Cash

*Then enjoy a relaxing lunch before attending the 2:00 pm seminars.*

**2:00 pm** – “Seminars of Encouragement, Knowledge and Inspiration” --- Marquette Ballroom

**“Keynote Speaker Dr. James Painter” – Mindless Eating and Portion Control**

You do not want to miss his presentation. Dr. Painter has been on The Early Morning Show, in Glamour Magazine along with other publications and has spoken at conferences all over the United States and Canada.

**“TOPS President Barbara Cady”** – Barb is flying in from West Virginia to motivate and inspire all of us on to our goals or to maintain goals, you never want to miss her presentation.

**“ARD Fun Walk”** - Approximately One-half hour after seminars end --- bring your **signed Walk Waiver** from packet and join your TOPS friends in a rejuvenating walk! There will be time to freshen up, have dinner before the evening session begins

**7:00 pm --- ARD "Fun" Session --- Marquette Ballroom**

**Then and Now Clothes Parade – *Reserved Seating*** - Instructions will be in your chapter packet  
Anyone who has lost 30 pounds or more from highest weight recorded at TOPS Club, Inc. Send a BEFORE PICTURE before April 10, 2010, place name and chapter number on back of photo. Photo will be returned to you in the Chapter packet.

If you sent last year please contact Judy before sending. **563-847-2677**

**Send photo to: Judy Robertson ~ 812 Joyce Court ~ Grand Mound, IA 52751 or**

**Email as an attachment to: judyrobotson@gmtel.net**

**Chapter Roll Call** – Be prepared to answer with your Chapter Cheer!

Please limit your Cheer to four short lines.

**Chapter Leaders – *Reserved Seating*** - Instructions will be in your chapter packet

Newly elected 2010 LEADER parades and introduces themselves.

**TOPS Regional Director – Carol Micetich**

You do not want to miss Carol's words of encouragement and guidance.

**Family Members in TOPS** – come up front and introduce your family member(s) that also belong to TOPS from central - southern area's of Illinois.

*Family members' help each other strive to reach goal.*

**TOPS Friendships** – see form on bottom of page 4 and return to Judy for participation.

**ConTrol Mystery** – It's a mystery!

**9:00 – 11:00 pm --- DJ Dance** – find your dancing shoes, have some fun or just enjoy the music!

**Saturday Parades – Dress Code for All Participants ON Stage**

**Women** – Dressy Pants Suits (no denim or warm-up suit materials), **Street-length Dressy Dress, Long Dressy Dress, Long Dressy Skirt and Blouse** (Dress lengths must be below the knee or longer), **Palazzos (Long wide-legged pants)**

*"Dress lengths above the knee or casual slacks and tops or t-shirts or jeans or capri's are not allowed"*

**Men** – **Business Suit and Tie, Sport Coat with Dress Slacks and Tie, Tuxedo or Dress Military Uniform**

*"Casual slacks and sport shirt or t-shirts and jeans are not allowed"*

*Those who choose NOT to COMPLY with the Dress Code MAY NOT take part in the events*

**If you require a caregiver ~ you must make your own arrangements and caregivers also must follow dress code as on stage participants**

**SATURDAY, May 8<sup>th</sup>**

**8:30 am – 9:45 am --- Marquette Ballroom Lobby**

**Chapter Packets** - Please designate **one member only** from your chapter to pick up packet and distribute the material. If entered in a parade; instructions of when and where to be will be included in chapter packet. Parade Cards / Ribbons on your reserved chair.

**Late Registration** - \$35.00 – To register and receive name badge and program. ARD will have no extra luncheon tickets for sell. However, chapter may have some from those who could not attend for sale here.

**Wishing Well Pledge** – Make a pledge what you wish to lose by ARD 2011

**Buy Raffle Chances** –

**TOPS Treasure Sales - Blackhawk Room** – Last chance to purchase for yourself, to take home to chapter for chapter awards or gifts ~ Chapter Check or Cash

**8:30 am --- Closed Dressed Rehearsal for Royalty, Division Winners – Marquette Ballroom**

Your Coordinator has notified those who are to attend this rehearsal session.

**10:00 am --- Second General Session --- Marquette Ballroom**

All Parade Participants must have met the early registration deadline of April 10 for parades and

*Comply to DRESS CODE~~Reserved Seating and time instructions will be in chapter packet*

**2009 Chapter Royalty Parade -**

Chapter Queen & King participate who were listed on your 2009 resume.

Bring your TOPS Tiara or Crown if you have one

**\*\* If Queen or King cannot attend ARD or loses status - Runners-up can be recognized**

**On Registration Form - ONLY list runners-up if Queen or King is not attending or loses status**

**Area Plaque for Best Average Loss – Leader/members in attendance *All Dress Code***

**2009 Division Winners - with their “success to date” stories**

**Coronation of Royalty for 2009**

*Receiving Line - Meet and Congratulate Southern Illinois ARD Winners as you exit*

**12:00 Noon – Luncheon – Pre-Registration needed. Luncheon Room to be announced at podium.**

**1:30 pm --- Third General Session --- Marquette Ballroom**

All Parade Participants must have met the early registration deadline of April 10 for parades and

*Comply to DRESS CODE~~Reserved Seating and time instructions will be in chapter packet*

**2009 State Royalty and Graduates Parade**

**2011 ARD Invitation, Raffle Drawings**

**New Member Drawing since ARD 2009 - \$100.00 per Area**

**TOPS President Barbara Cady -**

**Century Award**

New and Past Recipients of Century Award - Still maintaining a 100, 200, pound loss

**KOPS Address**

**KOPS Graduation**

To graduate at ARD, anyone who has not graduated and reached KOPS status by December 31, 2009

**KOPS Longevity Awards**

KOPS who have received their 5-10-15-20-25-30-35-40-45 year longevity award.

Bring your award and the box that it arrived in to ARD.

(Give award to Chairperson upon arrival)

**KOPS Alumni Parade ~ “Circle of Lights” – *Reserved Seating***

Instructions will be in your chapter packet – Lights will be furnished

**Less than 1 year KOPS may participate who reached KOPS status by May 14, 2010**

**KOPS in Black – *Seating as Alumni* - recognized with a Black "K" during Alumni parade**

*This SPECIAL ARD AWARD has the following requirements to receive No Exceptions*

Must have been KOPS the full year of 2009

Never out of leeway (over or under) or had a weight recorded in red

Must have had 26 or more weigh-ins recorded during 2009 and ARD Attendance

----- *Cut here and Send* -----

**Since you joined TOPS; have you “Touched or been Touched” with another member from your chapter? Has it developed into such a close friendship you don’t know what to do without that friend? Are you both attending ARD? If you are and would like to tell us why your “friendship” is so special in 100 words or less, we will pick a few to read as time permits.**

Send below or another page to Judy Robertson by April 10, 2010

**“TOPS Friendship”** written by \_\_\_\_\_ my friend is \_\_\_\_\_  
TOPS #IL \_\_\_\_\_, \_\_\_\_\_ and we both are attending ARD May 14 – 15, 10

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