

March 30 & 31, 2012



2012 SRD Core Committee

Co-Chairpersons

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Treasurer/Registration

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Parade Registration

Norma Ordelheide
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Coordinators:

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Missouri's SRD Celebration is Almost Here!!!

Are you ready to celebrate? Our committee is excited to celebrate your 2011 accomplishments! You are an awesome bunch of folks and we are looking forward to sharing an incredible weekend with you on March 30th and 31st, 2012 at the Millennium Hotel in St. Louis, Missouri! We will celebrate the **Colors of Your Life** as we honor all of your successes and challenges with enthusiasm, love and hugs!

SRD registration is \$30.00; this includes all sessions. All who attend must pay the registration fee. Those who register before the deadline of February 15th, 2012 will receive an SRD Pinette free! This date is solid...if you're late...no free pinette and you must pay the late registration fee. No exceptions. Invite your friends and relatives also. Just list them on your chapter's registration and include their registration fee in the chapter check.

Deadline for Registration and Parade Participation is February 15, 2012. After the deadline date registrations will be \$35.00 each and no free pinette. No refunds can be given from SRD.

Hotel Information

And the fun begins!!! Hurry and make your reservations. Ask for the Missouri TOPS Convention rates.

Millennium Hotel St. Louis
200 South 4th Street
St. Louis, MO 63102
(314) 241-9500

MapQuest your directions to the hotel before leaving home for the easiest route.

You will be asked for a credit card number to secure the room. The hotel has given TOPS a special, reduced flat rate with all rooms based on availability.

\$95.00 plus tax (up to 4 in a room)

Group room rates will be honored for TOPS SRD attendees two days before convention and two days after convention, so come early or stay long to enjoy the wonderful St. Louis attractions!

Rooms must be booked or released by February 28, 2012 to insure these rates. If rooms are not released 24 hours prior ~ No shows will be charged one night's room plus tax to the credit card on file.

Room Check-in is 3:00 pm and Check-out is 12:00 noon. If you arrive early, luggage may be secured with the hotel front desk or plan to arrive on Thursday for an extra day of relaxation.

Things You Need to Know

1. Rooms reserved using the TOPS Host Hotel defrays the cost of meeting space and equipment rentals for SRD. It also keeps registration fees to the bare minimum needed. The SRD Committee cannot be responsible for hotel accommodations.
2. Please read each event form to your chapter members. It is important that all members entitled to honors receive the honor they deserve.
3. When registering for an event; please print names and include the phonetic pronunciation in parenthesis. Example: Susie Enniemmembar (any-member).
4. Chapter number with city/town where the chapter meets should be included on all forms. Example (TOPS #MO 49, Summit)
5. **For Participation in Parades**, registration fees and parade forms must be sent by the February 15, 2012 deadline. Don't pass up the opportunity to share your enthusiasm and support.
6. **Send Chapter Check** with two signatures payable to: **MO SRD Fund**. Chapter will be contacted; if check is made out to Coordinator or Treasurer or if the amount is incorrect and it will delay your registration.
No personal checks can be accepted. Money orders accepted.
7. After completing the forms make a copy for each member attending SRD.
8. The stage is not handicap accessible. Those needing assistance that are eligible for honors will be presented in front of the stage; Dress code must be followed for that session. Please notify your Coordinator of any special needs as soon as possible.
9. Please designate one (1) chapter member to pick-up chapter packet. After checking that all preregistered items are included – we will ask you to sign for packet.
10. The packet your chapter receives at the pickup desk will contain detailed instructions for pre-registered parade participants. We do suggest that members use their programs at SRD to check what sessions their parade will be held.
11. All packets will include Badges, Free pinettes to those that qualified, Programs (for each attending member), Ribbons, and detailed instructions for parades (time, place and when to be in place).
12. Badges will be required at all sessions.
13. Everyone appearing on stage will have assigned seating. It will be the honoree's responsibility to be in the proper place for each event following the instruction sheet in each packet.
14. As with all TOPS functions: No smoking or alcoholic beverages are allowed.
15. There will be **NO Photography** allowed during sessions. The stage will be available before and after sessions for pictures.
16. Please **refrain from wearing fragrances, men and women alike**, many members are highly affected. Fragrances' can cause; asthmatic attacks, bronchitis, sneezing, coughing and loss of voice.

On Stage Events

***SRD parades give encouragement and a time of enthusiasm. Will you join in?
Proudly cheer your fellow TOPS members on...
Be there for them as they have been for you!***

**Please see information below for each parade before completing the form for members attending SRD who wish to participate in the parades.
Registration deadline for parades is February 15, 2012.**

Officer's Parade

The Chapter Officers of 2011 parade together giving us a chance to thank you for your volunteerism!

Chapter Celebration Parade

Pull together your Celebration Outfit and wear it on stage for this parade. We are celebrating your many 2011 accomplishments, so help us to begin with participation in the Chapter Celebration Parade on Friday evening. Be creative and have fun!!!!

Then and Now Parade

If you have lost 50 or more pounds from Highest Recorded Weight at TOPS Club, Inc, join the Then and Now Parade. Bring your large size clothes to hold up, then whip them aside to show everyone the new you. It doesn't matter when you lost your weight just that you are maintaining the loss. Be proud of your accomplishment and celebrate with us!

Wishing Well Winners

A special recognition will be held for those who made a Wishing Well pledge at 2011 SRD and have met that pledge by last chapter weigh-in before 2012 SRD. Pledge slips must be turned in to the Wishing Well registration table by the Friday 7:00 pm session.

Top Ten Chapters with Highest Average Weight Loss

Number two through nine MO SRD attending chapters who had the highest average weight loss from the 2011 Missouri Resumes will be recognized on stage for their achievement. The number one MO SRD attending chapter with Best Average Loss Per Member will be awarded during the Saturday morning session.

Century Award

Century award winners are TOPS or KOPS members who have lost at least 100 pounds and are maintaining that loss. The Form-018 would have been completed and sent to your Coordinator. We will honor New Century Awards and Past Century Award Recipients. Saturday dress code applies.

2011 Chapter King / Queen Royalty

First time KOPS must have been achieved by December 31, 2011 and registered with TOPS Club, Inc. through your Coordinator by January 31, 2012. Your royalty was listed on your 2010 Chapter Resume. If Chapter King or Queen cannot attend SRD or they lose status - the King or Queen Runner-up listed on the Resume may participate in their place. Bring your TOPS Tiara or Crown if you have one. Saturday dress code applies.

Past State or Area Royalty Parade

This does NOT include Chapter Kings or Queens. Participants must have been honored as an International or State Royalty Winner at a previous SRD and must be a KOPS at this time. Saturday dress code applies.

KOPS Graduation

First time KOPS must have been achieved by December 31, 2011 and registered with TOPS Club, Inc through your Coordinator by January 31, 2012. Graduation hat and tassel will be supplied. Saturday dress code applies. We are requesting that graduates wear white.

KOPS Longevity Awards

KOPS Longevity is a consecutive year's award (5-10-15-20-25-30-35-40-45) and applied on Form L-051 prior to SRD. Saturday dress code applies.

Less Than One Year KOPS

New KOPS who have reached KOPS status who have graduated in a prior Chapter/SRD event and have not yet achieved their one year anniversary. Saturday dress code applies.

KOPS Alumni

KOPS Alumni who have achieved and maintained KOPS status for one or more years by December 31, 2011. Saturday dress code applies.

KOPS Black "K" Award

This is a Special SRD award and has the following requirements to receive.

- The KOPS Black "K" Award is for those on a KOPS chart for all of 2011 and attending SRD.
- All weights of 2011 must have been recorded in leeway (7 pounds below or 3 pounds over) of goal weight.
- The minimum of 26 or more weigh ins for 2011 must have been recorded on the weight chart.
- Your Coordinator will validate eligibility for this award from your 2011 KOPS weight chart.
- Saturday dress code applies.

KOPS "Circle of Light"

Lights will be furnished. Saturday dress code applies.

Tres Prier Hatch (Friday Keynote Speaker)



Tres (pronounced tray) Hatch lives to eat. She is a former chef, caterer, and food educator. She often appears on television as a guest chef and was heard weekly on the radio show *Get Real Food with Gourmet Tres*. Even though she is surrounded by good food all the time, Tres learned how to live in harmony with the needs of her body, which includes a treat every day. In the book *Miracle Pill, 10 Truths to Healthy, Thin, & Sexy*, she shares these concepts with you.

Tres enjoys writing about food. She regularly contributes food articles and recipes for major publications. Her most recent essay was published in *Friendship, Bread for the Journey*, compiled by Doris S. Platt, from Perfect Niche Publishing. *Miracle Pill* is her first book, with two cookbooks to follow under the *Miracle Pill* brand. One will focus on yummy daily fuel recipes and the other on occasional treats. She is also a frequent guest lecturer and speaker. To invite Tres to speak to your group please contact us with the dates and details of your upcoming event.

Tres lives with her husband and three children in Utah.

Dress Codes

Friday Parades

While the Dress Code is **NOT FORMAL** on Friday Afternoon or Evening, there are some common sense rules to observe if you are expecting to be honored on stage. Dress lengths above the knee, jeans, shorts, t-shirts or Capri's may not be worn on stage.

Saturday Parades

Dress Code for All Participants ON Stage

Acceptable for Women –

- Dressy Dress (Mid-Calf or Longer)
- Palazzos (Long wide-legged pants) with Dressy Top
- Dressy Skirt with Dressy Top (Mid-Calf or Longer)
- No denim or warm-up suit materials are acceptable.

Acceptable for Men –

- Business Suit & Tie
- Sports Coat with Dress Shirt, Slacks & Tie
- Tuxedo
- Dress Military Uniform
- No denim or warm-up suit materials are acceptable.

Not Acceptable

Women –

- Pant Suits
- Dress lengths above the knee
- Casual Slacks and Tops
- T-shirts
- Jeans
- Capri's or Shorts

Men –

- Casual slacks
- Sport Shirt
- T-shirts
- Jeans
- Shorts

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

For all "ON STAGE" parades---FRIDAY AND SATURDAY

If you require a caregiver, you must make your own arrangements and caregivers also must follow dress code for 'on stage' participants.
You will be honored in front of the stage as the stage is NOT handicap accessible.

SRD 2012 Registration

TOPS #MO _____,
 Chapter Contact: _____
 Phone: _____
 Email: _____
 Coordinator: _____

Registration form must be postmarked no later than February 15, 2012 for Early Registration and Free Pinette

List everyone attending Members, Family & Friends Please PRINT Legibly Include phonetic spelling	EARLY Regis. \$30.00	LATE Regis. \$35.00				
<i>Example: Mary Jones</i>	30.00					
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SRD Pinette

A limited quantity of pinettes have been ordered.

Those who register by February 15, 2011 deadline will receive one pinette free.

Any remaining pinettes will be available for purchase in the promotions room.

Chapter Check # _____
Enclosed for \$ _____

NO REFUNDS FOR ANY REASON

NO DISCOUNTED Registrations for PARTIAL ATTENDANCE

ALL ATTENDEES pay registration including family & friends

Payable to: "MO SRD Fund"

Mail chapter check with (2) signatures and form to:
Pam Keeney
 1978 Bem Church Road
 Owensville, MO 65066

