

(Leaders: Please read to all Members that are attending SRD)

Greetings TOPS & KOPS members,

We are almost ready to roll out the red carpet for you at our annual TOPS convention. Get ready as TOPS goes HOLLYWOOD at the delightful Doubletree by Hilton in DANVERS slated for April 6 & 7, 2018. Check-in time is after **4:00 PM** and Check-out time is at **11:00 AM**.

Luggage storage is available upon request.

CHAPTER PACKETS PICK UP AND REGISTRATION FOR EVENTS will be located in the library, living room. Banners will also be displayed in this area. It's at the end of the hall.

Friday 12:00-2:00 PM and 6:00 -7:00 PM. Saturday AM 8:00- 9:00am.

WORKSHOPS ON FRIDAY AFTERNOON

★ North Shore "A" conference room ★

2:00 Eat-repent-Repeat Cycle by DELLA KOZLOWSKI

Excerpts taken from chapter 4 of Real Life book

The mindful eating cycle will help you explore the decisions you make about your eating. No matter how motivated you are new patterns cannot emerge from old, unconscious beliefs, thoughts, feelings, and behaviors. The first step to permanently changing the way you eat is awareness. Della will guide to learn how to recognize and change your old inflexible patterns. She will talk about the instinctive eating cycle, overeating and restrictive cycles and how they interact in our human anatomy in food making decisions.

2:00 HOLLYWOOD SQUARES - HOSTED BY MA 356 GEORGETOWN

★ North Shore "C" conference room ★

3:00 LOOKING BACK SO WE CAN MOVE FORWARD

HOSTED BY TERRI & DAVID LAVIGNE

A Backslider is a TOPS member who weighs 10 pounds more than their lowest weight in TOPS. We will discuss the experiences in life that are out of our control and how we should handle them. What are some of your life experiences you yourself had in your life time that might be your triggers. What we can do to change the roads we travel in life. The first thing is to learn how to forgive ourselves. Come to learn about the road less traveled, Friday at 3pm.

3:00 KOPS TEA (ONLY FOR KOPS)



★ UPSTAIRS in the Newburyport A room ★

Take the elevators closest to the living room, library.

4:30 PM

REGIONAL DIRECTOR BY JUDY PETTIT

FIRST SESSION BEGINS at 7:30 PM

★ Events on Friday night ★

Perfect resumes, Chapter challenges, Banner parade, Before & After, Costume Parade, and Keynote Speaker



Keynote speaker Bryan Falchuk

Bryan's first book, the best-selling *Do a Day: How to Live a Better Life Every Day*, has helped countless people while earning praise like Literary Titan's Silver prize and 5-Star ratings from the San Francisco, Seattle and Manhattan Book Reviews. More importantly, Bryan's books help people understand how they, too, can overcome challenges, find happiness and succeed including losing weight.

9:30pm-12:30

DJ TOM MURPHY



SATURDAY MORNING SESSION BEGINS AT 9:30AM

★ Events on Saturday morning ★

Welcome from Judy Pettit & field staff, Best Average Weight Loss, Banner parade, Chapter royalty, Past area & State royalty, Century Medallion, Division winners, Royalty crowning.

★ Events on Saturday afternoon ★

Banner results, Lighting of candle of continuity, KOPS graduation, Yellow Rose ceremony, Presentation of Pendant recipients, Reattained KOPS, Kops Alumni, Circle of Light,

****Things to remember****

- ◇ Bring your Bling. Wear it both on Friday and Saturday. Remember fashion is a way to make your voice heard.
- ◇ BANNER- Bring your banner including a stand and pole so your banner can hang free.
- ◇ FORMAL WARE- If you are in any events on stage, please bring your formal ware such as long gowns or palazzo pants for women and suit and nice pants for men.

ALL KOPS

- ◇ CHAPTER ROYALTY-Bring your TIARA/CROWN and SASH that your chapter has given to you prior to SRD.
 - ◇ DIVISION WINNERS- Long formal gown or a nice tea length dress or fancy party dress or a long skirt is also fine.
 - ◇ KOPS GRADUATES- long formal gown (black only). We will give you the graduate cap and tassel at rehearsal on Friday night following the session.
- If you have become a KOPS after 12/31/17, you will be able to join the Circle of Light on Saturday and graduate next year.
- ◇ KOPS ALUMNI- long formal gown (any color) or a nice tea length dress or fancy party dress. Bring your flashlights for the circle of light.
 - ◇ KOPS TEA Possibilities include a pretty dress, hat and gloves



See you on the RED CARPET, *Diane Trayah* - SRD Chairperson

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DIRECTIONS to Doubletree by Hilton, 50 Ferncroft Rd, Danvers, MA 01923

From Boston and Points South

1. I-93 N to Exit 37A – Rte 128 N / I-95 N – Peabody / New Hampshire (if on I-95 N, continue to step 2)
2. Follow Rte 128 N / I-95 N to the split (Exit 45) – Stay on I-95 N (Right Lane) – towards New Hampshire – **Do not take exit 45 (Left Hand Exit)**
3. Continue on I – 95 N towards New Hampshire to exit 50, US-1 N - Topsfield
4. Take exit 50 to US-1 N - Topsfield
5. Immediately merge to left hand land and follow signs for US-1. South - Danvers
6. Merge right onto US-1 South – Danvers, Immediately get in right hand lane

(PAY ATTENTION)

7. Make your first right onto Ferncroft Road, hotel will be on the left about ½ mile up the hill.

From New Hampshire and Points North

1. Take I-95 South towards Peabody / Burlington to exit 50, US-1 S towards Danvers
2. Make your first right onto Ferncroft Road, Hotel will be on the left about ½ mile up the hill.

From the Mass Pike / Points West

1. Take I-90 E to Exit 15 – Rte 128 N / I-95 N - Peabody / New Hampshire
2. Follow Rte128 N / I-95 N to the split (Exit 45) – Stay on I-95 N (Right Lane) towards NH –

Do not take exit 45 (Left Hand Exit)

3. Continue on I – 95 N towards New Hampshire to exit 50, US-1 N - Topsfield
4. Take exit 50 to US-1 N - Topsfield
5. Immediately merge to left hand land and follow signs for US-1. South - Danvers
6. Merge right onto US-1 South Danvers, immediately get in right hand lane. **PAY ATTENTION**
7. Make your first right onto Ferncroft Road, Hotel will be on the left about ½ mile up the hill.