



Dear Middle America Regional Members,

I would like to invite you to the Middle America Regional Retreat. I hope this will be an exciting time for you to hone your skills in order for you to have a very successful year. We will have hands on training on Friday involving spreading Optimism into Effingham and show the community how we can serve the youth of their community. Saturday will be at the Hotel with International Leader Nick Prillaman. This Retreat is geared toward Growth and Motivation with a lot of essential leadership topics. Your Growth Teams along with anyone who is a potential leader should attend. This is an open Retreat and all members and guests are welcome. Attached is a tentative agenda. There is an abundance of Shopping available for Guest/Significant Others who wish to take a break from the sessions.

"It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better." — [Tony Dungy](#)

V.P. Middle America Region Catered Meals by Martin's IGA



Friday Dinner Provided

- Roast Beef and Pork Loin
- Mashed Potatoes & Gravy
- Noodles
- Corn & Green Beans
- Cole Slaw & Rolls
- Tea & Lemonade
- Peach & Cherry Cobbler

Saturday Lunch Provided

- Fried Chicken and Ham
- Scalloped Potatoes
- Tossed Salad
- California Blend Vegetables
- Glazed Carrots & Rolls
- Tea & Lemonade
- Assorted Pie

Middle America Regional Retreat

Tentative Agenda

Effingham, Illinois - March 19th & 20th

Fairfield Inn & Suites by Marriott® Phone: 1-217-540-5454

1111 North Henrietta Street Effingham, Illinois 62401 USA

Driving Directions: I-70 & Hwy 33 to exit 160

NE side of I-70 & Hwy 33, Straight North across and a jog to the right of the exit.

<http://www.marriott.com/hotels/hotel-rooms/mtoef-fairfield-inn-and-suites-effingham/>

Friday – March 19th

7:00 am – 8:00 am	Continental Breakfast for Hotel Guest
8:00 am - 11:30 am	Spreading Optimism into a New Community – The Essentials
11:30 am - 1:00 pm	Lunch on your own
1:00 pm – 5:00 pm	Hands on Optimism in Effingham, Illinois – Field Experience
6:00 pm – 7:00 pm	Dinner provided
8:00 pm – 9:00 pm	Governors/Governors Elect Meeting

Saturday - March 20th

7:00 a, - 8:00 am	Continental Breakfast for Hotel Guest
8:00 am – 8:45 am	Club Health
8:45 am – 9:00 am	Break
9:00 am – 9:45 am	Membership – Retention & Growth
9:45 am – 10:00 am	Break
10:00 am – 10:45 am	Spreading Optimism, Role Playing, & Elevator Speeches, etc.
10:45 am – 11:00 am	Break
11:00 am – 11:45 am	How Good Leadership Can Save Clubs - Building Relationships
11:45 am – 1:00 pm	Lunch provided
1:00 pm – 1:45 pm	Participant Questions (On paper and post on wall for discussion)
1:45 pm – 2:00 pm	Break
2:00 pm – 2:45 pm	Motivation
2:45 pm – 3:00 pm	Break
3:00 pm – 4:00 pm	Questions & Wrap-up
5:00 pm – 6:00 pm	Dinner on your own



Middle America Regional Retreat @ Fairfield Inn and Suites by Marriott

March 19th & 20th

1111 North Henrietta St.

Effingham, IL 62401

Marriott: 217-540-5454 Ask for Optimist group reservations

<http://www.marriott.com/hotels/hotel-rooms/mtoef-fairfield-inn-and-suites-effingham/>

Hotel Cut Off is March 5th, 2010. The hotel cut off date is firm. Room Rate is \$75 + Tax

Registration: Member, Spouse, or Guest

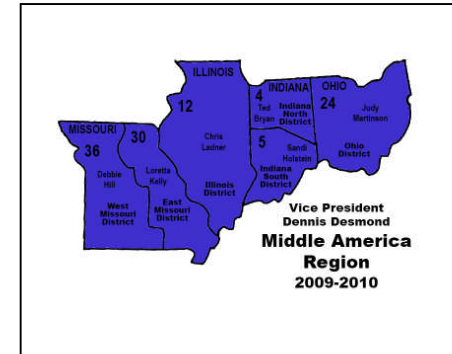
\$25.00 Both Days

Make Checks payable to: Dennis Desmond

Registration Cut Off is March 15th, 2010

Send Registration To:

**Dennis Desmond
25650 Kite Ave
Marshall, MO 65340
660-815-7742 (C)**



District _____ Club & # _____ Zone # _____

Name	Guest	Member	Office	Friday Attendance (\$12.50)	Saturday Attendance (\$12.50)	Amount Enclosed \$12.50/day or \$25.00/both
TOTALS						