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THE UNITING OF TOPS TO KOPS  
(KOPS RECOGNITION PROGRAM)

(Invite all KOPS to come forward to a table dresses with a white tablecloth, the candle of unity, 1 candle for each KOPS, and flowers.)

Thursday (or say your Meeting Day) will start a new month. The month is June, frequently referred to as "wedding" month. Can KOPS be similar to the commitment to marriage?

Brides begin as young women striving for a new exciting life. KOPS begin as TOPS striving for a renewed, healthy and exciting life.

Brides come with a hope chest, filled with treasures to make life easier and complete. KOPS bring their heads filled with experience learned in TOPS, to make life easier and more complete.

Brides accept in their marriage their in-laws. More persons to help show them the way and give support. KOPS accept their guest, TOPS chapter members. More persons to help show them the way, encourage them and give support.

Brides may start out with a new cookbook, Martha Stewart living, and books on how to keep their relationships with their partner alive and on the right track. KOPS come prepared with TOPS news, The Choice is Yours and the know-how to keep their relationship with their KOPS status on the right track.

Brides may have to go back to mama occasionally for help and encouragement, that is a natural happening. KOPS may have to go back to their KOPS pals, chapter friends, KOPS honor society, Area Captain or Coordinator, for help and encouragement. Those are natural happenings.

Brides have anniversaries each year. KOPS have anniversaries each year.

Brides have babies. Most KOPS would rather not.

Brides say their vows, usually only once. KOPS say their pledge weekly.

The bride and groom light a candle of unity. Will each of you please light your candle from the candle of Continuity?

KOPS members, please listen to the following vows and after they are complete, if you agree with them, will you please say "I do"

Do you (Name all KOPS) thake your KOPS commitment to be your partner in life. To have and to hold from your graduation forward. For better, for worse, (there will be both times) , for richer, for richer, (richer because you won't be spending money on diet books, diet pills, etc.) in sickness and in health (in sickness your correct eating will get you back on the road to heath), to love and the cherish and encourage, until you are parted by backsliding (Which we hope never occurs). If this is your solemn vow, please respond with "I Do"

If there is anyone here who feels that this marriage should not take place... BITE YOUR TONGUE!

I now pronounce you, KOPS in good standing.

Now please go forward and live your life as KOPS, encouraging others to join you in this wonderful marriage.

(Rather then tossing rice on the KOPS, each was given a bag of long grain brown rice.)

#### KOPS graduation

From: llash@pulsenet.com

For our last KOPS graduation we did a somewhat "fun" program. We gathered up items in numbers equal to the amount of pounds that the graduate lost to goal. For example: 45 lifesavors/45 sticks of gum/45 paper clips/45 votive candles/45 nickles/45 pennies etc.

At the program, we presented the items (the lifesavors and paperclips were made into necklaces; the gum was hung from a straw hat; the coins were glued to a picture of a large pot (pot of gold).

We told her that she was our "lifesavor" (and gave her the lifesavor necklace). That she "held our group together" (the paperclips). That she "showed us how to "stick to it" (the gum). That she was the "shining light that lit our way" (the candles). And that she had finally received her award (the pot of gold). We then presented her with graduation charms, Topsi trophy, corsage and a basket filled with 45 pounds of food (10 pounds of potatoes/5 pounds of apples/1 pound boxes of macaroni, etc.)

#### THE KOPS STAR

A star is a lovely thing. It glitters, it sparkles, it stands forth a soft shining lught. But a star does more then just look pretty. It is a useful thing. A twinkling beacon, and a guide for those searching for direction.

Each of the KOPS can be compared to a star. for the brand new KOPS, the star is especially bright, for it matches the glow that comes from deep inside. It sparkles with the thrill of achieving goal and shines with the satisfaction of our accomplishments.

As the months and years go by, what happens to that shiny KOPS star? Very often, as the newness wears away, its light dims a little. Carelesness sets in, or maybe even indifference, and that shiny star becomes tarnished. A dull, faded version of the original. When a member loses KOPS status, the light of her star is diminished.

Let's each take a good look at our own personal KOPS star. If it's not quite as bright as it was when we first received it, let's do something about it! Let's get out the special TOPS polish of "enthusiasm" and using a polished cloth xalled "effort", restore our stars to better then new condition.

A single star is a lovely sight, but a myriad of stars is indescribably beautiful! Together our stars will combine to become a bright guiding light of caring that will lead others to KOPS. Perhaps by the end of the year we will have many, many more KOPS stars shining in the skies over our chapters. This lovely miracle can only start with you. Let your KOPS star shine!

## CIRCLE OF LIGHT

The light of the candle illuminates the darkness, but the word "light" has other meanings which also apply to KOPS.

1. To "light" can also mean cast or shed light upon something, that is, to help in understanding and clarification. KOPS share their experience and advice so that others may recognize their own problems and work towards correcting them with others who understand and care.
2. To be a "light" is to show or guide by making bright and clear. By their examples, KOPS show us the path to take toward achieving our goals. It's often a rough and rocky road but the journey is not a lonely one. TOPS members share that path, while KOPS reach back with a hand to help everyone.
3. To be "light" means to be the opposite of heavy. It also means gay, carefree, graceful and nimble. A KOPS who has shed those burdensome excess pounds feels as light and graceful as a butterfly.
4. A "light" is a flame or spark with which we kindle or set on fire. The KOPS in a TOPS chapter provide the sparks for our dreams and fire for the determination to fulfill those dreams.

## The Other Mountain

Written by Bob Hall

(This is great to use for a graduation or anniversary)

I swam through a cleansing fountain I worked hard climbed that mountain .There on high at the very top.

Stood a proud brand new Kop. I thought My work was althrough. Then I looked down and I saw you.

Closed my eyes as a tear rolled down my cheek.

Opened them a tad took another peek. I know the path can be hard and long. I knew it would be easier if I

cam along. Then I reached down and offered my hand, You took a look then with a smile so grand

You took a hold then we took another step. Your eyes were open like you had never slept. We took a step

or two then a bunch more,

We will climb that mountain once more. Together your goal we can reach. My job now is to help and teach.

So come along travel with us

You have to work hard you can't take a bus. We have reached the tops side by side. There is another world

so very wide. If you look out look around look down. There in the country or over in the town

Will stand a sister or maybe a brother. It doesn't matter you must help another. They you have swam the

fountain, And climbed your other mountain.

## TO A KOPS

(For graduation or anniversary)

Today is your day--- your time has come to wear the gold and white. To be a KOPS having lost the weight,

you've made a valant fight. A winner you are, so take great care to value what you've won. This very

precious gift you've earned is the reward for what you've done. Don't take this day too lightly. You've just

begun your fight. Every day you must work to keep it-- Every day is a new delight. This treasure can easily

slip away unles you guard it well. Just ask someone who has lost it-- their story is sad to tell. You climbed

the heights; you've made the top of that mountain we all must climb. Each one of us here is proud of you.  
We will reach our KOPS in time.

Day Becoming KOPS  
FROM: RAK634

KOPS NAME, Because you have successfully reached your goal and now stand on the threshold of being a KOPS, it is obvious to all the sacrifices you have made. Now you are to represent publicly the road to success for us all. You are a most worthy role model. This distinguished title is one we all feel you deserve and will serve us well. So, as you join the elite KOPS Club--a place we all want to be--we give you a few things to help you remember this day and all the reasons this honor belongs to you.

.. First a basket, an item in which to place the gifts of memories you will receive. You can share the basket to help other KOPS members remain in leeway, by placing kind thoughts and deeds inside. You can help (enter KIWS name) who waits to enter the KOPS club. Give her understanding as she waits to travel the same road as you... Next we have a tin of spice. Put this inside your basket and remember that by adding a little spice to your life, you can endure the battle of the bulge. You can change the taste of life and tenderize the aging process. Don't be afraid to try new things, for it is in new experiences that we live life to its fullest, and boredom cannot limit our horizons. Pass this bit of knowledge and spice on to any members when their road is bumpy, so that your words may comfort them... Next we have a whistle. As you have seen and understand the views of both worlds - the plump side and the thin side- we charge you to become the whistle blower for us. When society knocks us down a peg or two by creating fashions that demean and embarrass us, may you be the first to blow the whistle so we may remember that it's what's inside that counts. May your whistle be loud enough so that all our members can hear it wherever they are, and they too can believe.. Now we give you a brush. This brush is a tool to prepare you for all the brushes with temptation you will have in the future. May you remember that it's okay to let temptation win at times, but your own will and desires will pull you back on track. As an intelligent person you can have your cake and eat it, too. You can control your temptations by controlling your portions. From time to time, lend your brush to your fellow members so they, too, will be prepared for temptation... Next we give you an eraser so you may use it to erase all the negative things you see, hear and feel. By eliminating the negative you only have room for the positive. Negative thoughts or actions have caused many a foot to stray from the chosen path. By keeping a clean positive attitude, you strengthen your resolve and encourage those around you. Always look on the good or positive side of things. By doing so, you will show all our members that life is what you make of it and there is neither time nor space for the negative .. Now we give you glasses -- dark glasses so you won't be blinded by your success. Don't allow yourself to believe that your KOPS standing means that you no longer need to count calories, exercise, or do all the things you did to reach your goal. Don't be blinded by excuses or by time. If you should find this happening, feel free to use the eraser along with the dark glasses. Once you see clearly again, take another KOPS by the hand and help her, for at times, each of us knows what it's like to be blinded... Next we give you a battery so you may keep a healthy charge on your goals, convictions, and attitude. In doing this you retain all you have learned from this chapter.

Recharge when necessary by gathering new ideas to share with others. Keep this battery permanently charged by attending all meetings and putting more into the group than you get out of it. Get a kick out of life by charging it with laughter, new ideas, and the personalities of new people you meet. Like this battery, keep the positive on the top and the negative on the bottom. Take time frequently to pass the energy on to other members so they may stay charged, thus renewing in them the desire to be where you are today..

Next we have a key. This key represents the belief you have that taking off pounds sensibly is the key to

success. You have used this key instead of artificial means. You have educated yourself as to which foods to eat, how many calories to consume, how much exercise is right for you, and what it takes to keep YOU in control. You have made the right choices; in time, pass the key on to a fellow member so she, too, can go through the door you have opened... Finally, we give you a ring. ( a keyring). This ring represents the circle of friends in our chapter. As you set an example for us, remember we as a group support you. As we accept all the things you pass on to us, we will continue to stand by you, and continue to respect your earned position, as well as guide others to you. This ring also represents all those members who are no longer with us; their part in this group remains as a motivating spirit. This ring opens to include all the future members whom you have yet to meet. May your mind always be open to new ideas and your hands out to new friends.

All these gifts represent our thanks, and our love to you, \_\_\_\_\_, for reminding us that anything is possible, that we can achieve our dreams. It is with great honor and respect that tonight we recognize you as a KOPS. And it is with even greater honor and respect that we recognize you as a friend

From: [goldthwaite@webtv.net](mailto:goldthwaite@webtv.net)

#### IN RECOGNITION

OF TOPS ANNIVERSARIES - our Chapter has a Proclamation, Which is very attractive and "Official" in appearance. For several years, we read the Proclamation on the occasion of a KOPS Anniversary, and presented a copy to her. More recently, we have revised the wording appropriately to honor all KOPS and KIW as part of our KOPS Graduation program. It goes like this:

PROCLAMATION Be it known to the members of TOPS #FL 22, Lake Worth and all other interested parties: Whereas \_\_\_\_\_ did make the important decision to improve her health and appearance by losing excess weight, and consequently on \_\_\_\_\_ did enlist the help and support of others with like aim and purpose by enrolling in her local TOPS Chapter; Whereas said \_\_\_\_\_ did diligently and arduously TAKE OFF POUNDS SENSIBLY until reaching her/his goal on \_\_\_\_\_ with a loss of \_\_\_\_\_; And whereas said \_\_\_\_\_ has inspired and encouraged the members of TOPS #FL 22, Lake Worth and continues to do so; I, \_\_\_\_\_, Leader of TOPS #FL 22 do proclaim the week beginning \_\_\_\_\_ to be KOPS WEEK, and in testimony thereof I have set my hand and caused a seal to be affixed to these presents. (This was signed by Leader and Weight Recorder, and dated in lower right corner. In lower left corner, we used a navy or purple ribbon, on which we placed a gold seal 1 and 3/4 inch in diameter, which we topped with a small Topsy Logo (cut from top of TOPS Magazine) I am the Chapter Photographer, and when a member becomes KOPS, I take a KOPS picture, of course, and then pull out the photo taken when she/he joined, label them with "before" and "after" dates and mount them side by side and have the page enlarged in color to 8 and a half by 11 inches.(cost about \$1.50) When I was Leader, I displayed these at meetings, and finally included them in our KOPS Photo Album/scrap book. We also have a candlelight Rededication, which we use to close our KOPS Graduation, but which would be just as appropriate to close awards ceremonies, installations, anniversary programs and special programs such as motivation, inspiration, New Year"s, etc. It requires a candle for each member (we use the long, skinny "candle Thins" or "party candles", which come 24 to a package, and insert 5th bottom thru a hole in the middle of a 2 inch cardboard circle); and one regular candle in a holder. The Leader lights the regular candle and presents it to the Chapter Queen, who takes a place at center front of the room, Two assistants hold baskets of party candles, and then members come forward, take candles and light them and then form a circle from the Queen around the room. When all are in place, lights are lowered and members repeat the following Rededication Pledge: I Rededicate myself to the goal I had when I first joined TOPS, I want to

look better, feel better, have more energy, and be an example and help to others. I need to make my body healthier. feel better about myself and live life to its fullest. I know there are no short cuts - not real, lasting ones. I know that the TOPS aim is to lose pounds SENSIBLY. I must remember that I'll have weeks that aren't perfect. After all, I haven't had this excess weight for just a short time, and it will take me a while to lose it. I must remember that it is essential that I never give up. I must pick myself up and go at it again. In facing the hard weeks when I gain, I will double my determination and win - because I'M WORTH IT! It's a challenge and a battle, but one I know I can overcome. As I say the TOPS Pledge, I'll really think about the words - words to live by. (We close the ceremony by singing the REDEDICATION SONG - )  
. Mary, TOPS #FL22, Lake Worth

### A yellow rose

From: BabsHart1@aol.com

"A yellow rose - beautiful, breathtaking, and lush with life. What does it mean when a KOPS give you a yellow rose?

It means you're a KOPS friend, Believes in you more than you believe in yourself, Wants you to be everything you were meant to be, Wishes to see you happy with yourself as a person, Sees your potential - even if you are blind to it, and Loves you enough to want you to become a KOPS too."

Have a special yellow silk rose for each KOPS to give out. Make a business size cards with a yellow rose on them and print the above. Put the card on a ribbon and tying it on the stem of the rose. This way, days, weeks, or even years from now, when the member sees the rose, they will be able to read the meaning of the yellow rose and hopefully it will encourage them.

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### THE PURPOSE OF THE YELLOW ROSE

"A rose by any other name would smell as sweet - but not as sweet as the rose that each one of our graduating KOPS has in their hands.

Let's take a look at the rose.

There are five basic parts to the flower:

- 1: The stem - just like our support system in our chapter, in our families or with our friends.
  - 2: the thorns - our gains, disappointment in ourselves, our hurts and pains.
  - 3: the leaves - each one uneven; not a smooth one to be found. Just like life, we all have our rough spots. Who do you know whose life always runs smoothly? Certainly not me!
  - 4: Petals - all clustered into one main core, like our members and the chapter officers.
  - 5: The axis or center core - the nucleus within ourselves. Our will power and determination to not give up. to get thru whatever we have to do in order to reach our goal and become a KOPS!
- The yellow rose is a symbol of loyalty, friendship and honest to goodness caring among friends.

### KOPS PLEDGE

From: dandjmcLeod@bc.sympatico.ca

One of the things our chapter does, is when they say their pledge at every meeting, they light a candle:  
green if they are below goal (Go!)

Yellow if they are above goal but in leeway (Caution)

Red if they are out of leeway (Help!)  
That way the chapter knows which KOPS need help and which are doing well.

## A JOURNEY FROM TOPS TO KOPS

From: MaggyTOPS1

The journey with TOPS to KOPS can well be compared with a cross-country journey. When getting ready for a cross-country journey, whether traveling by car or going in a multi-transportation vehicle, there has to be planning. You scan your map for the best way to get to your destination; you might consult friends who have been to that same place. One important thing to be considered if you are driving is whether or not your mode of transportation is in the best of condition.

Once you decide about transportation and you have a good start, you need to watch for things that might cause you to go back to your starting point--such as the vehicle breaking down and needing to go back to your favorite mechanic. On the road you might run into potholes, have to cross mountains or the road might be completely washed out--but if you want to get to where you started bad enough you will not let anything hold you back. Remembering the old saying "when an obstacle gets in your way, you can dig under, climb over or go around"-no matter what the obstacle is, you will start again and keep on until you finally reach your wonderful, delightful destination. So it is when you join TOPS with the destination of becoming a KOPS in mind. Most people who join TOPS have better health by losing weight as their destination.

You might say that TOPS is definitely a multi-transportation vehicle because it is much easier for most people to get to their destination of losing weight with the help of friends than it is to go it alone. It is better to have someone along the way who will give you encouragement when obstacles slow you down. For most of us, those obstacles are many and very close together. Even when we get a good start on the journey to better health, it is so easy to stumble. How easy it is to get sidetracked! For any number of reasons we feel the urge to eat more than our body needs: We eat when we are happy, we eat when we are sad, we eat just because the food tastes so good--and sometimes we eat when we are mad.

But when we know we have friends who really care, who will give us a hand up instead of a "dressing down," who will cheer for us when we have good times and say "I'm sorry" when our eating habits have been bad--then it is so much easier to really keep our eye on our goal, to not get sidetracked quite so often.

It is a wonderful feeling to know that when we do get to our journey's end and reach the status of KOPS, we have good friends who have already been through what we've just encountered and are willing to help us keep steady on the KOPS road.

But becoming a KOPS does not mean we can let up--it means we should have learned to be more conscious of our personal obstacles and learn to either go around, go through, go under or just climb over and keep on that road to better and better health.

Today we honor you, KOPS members, for the years you have spent in maintaining your destination as a KOPS. We know it hasn't always been easy, that you might have occasionally stumbled and had to re-find a safe haven---but you have persevered and won the race. Although you might get sidetracked once in awhile and have a little gain, you do not get mired down and stay there---you remember your TOPS and KOPS pledges, work to get back on track and once again set a good example of what KOPS do when they Keep Off Pounds Sensibly.

You are a tremendous example for those who are following you on the TOPS to KOPS journey---so, now KOPS friends, will you please light your yellow candles from the blue candle as a light for us who are still on the journey with TOPS to KOPS.

ONE MOMENT IN TIME  
(By: [topsy1104@hotmail.com](mailto:topsy1104@hotmail.com))

(Start song) This is a very special night for all of us.

(Name of KOPS) .....today we celebrate your one moment in time.

(Turn off lights. Candlelight.)

I would like to ask our Kops to bring (Name of KOPS) forward and present her to you at this time.

(Name of KOPS) today we celebrate your One Moment in Time. We celebrate the moment when you were more than you thought you could be. Your finest day is yet to come. You fought every pain to taste the sweet. You rose and fell and you faced the pain. Yet through it all this much remains..... You wanted one moment in time

When you were more than you thought you could be

When all of your dreams were a heartbeat away

And the answers were all up to you .

You're a winner for a lifetime if you seize the chance

for that one moment in time. (Present her with frame of song)

We just want you know how very proud (Chapters name) is of you today.

You are proof that you should never give up your dream and just because you don't achieve it right away, you just have to keep working at.

One of your famous sayings is that you can't quit paddling in the middle of the ocean. You proved that to us and now we celebrate your accomplishment.

This candle before you represents your new standing as a KOPS. The 4 little candles represent the 4 Kops in our chapter and just as the smaller candles surround the bigger candle, so shall our Kops surround you with their support.

As leader, co-leader and fellow Kops members, we would like to give you something to remember tonight and also to remember

what the responsibility of being a Kops means.

Basket presentation.

(Rose presentations. New KOPS receives ½ dozen yellow roses. Each Kops receives 3 yellow roses.) (Volunteer to help with presenting roses.)

Name all your KOPS

The yellow roses you are being presented is a symbol of beauty and perfection, it symbolizes the dreams of every TOPS to become a KOPS. It symbolizes the reality of that dream. The yellow color of the rose symbolizes the rarity of your accomplishment, meaning that you have kept faith and accomplished your desired weight by sensible eating. May your

yellow roses serve as a symbol of beauty, the beauty you have achieved through your self denial.

(Name of KOPS), We would also like to present you with your Kops badge and a Kops charm.

Each of the Kops is being given a single yellow rose. This rose is a very special rose. (Read poem).

At this time I'm going to ask each of them to present their rose to someone in the chapter that they would like to see standing here with them.

Present your rose.

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Plaque for new KOPS below  
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(Name of new KOPS)  
KOPS - (Date of KOPS)  
One Moment In Time  
Each day I live.... I want to be  
A day to give..... The best of me  
I'm only one..... But not alone  
My finest day..... Is yet unknown  
I broke my heart..... Fought every gain  
To taste the sweet..... I face the pain  
I rise and fall..... Yet through it all  
This much remains  
I want one moment in time  
When I'm more than I thought I could be  
When all of my dreams are a heartbeat away  
And the answers are all up to me  
Give me one moment in time  
When I'm racing with destiny  
Then in that one moment of time  
I will feel..... I will feel.... eternity  
I've lived to be.....The very best  
I want it all..... No time for less  
I've laid the plans..... Now lay the chance  
Here in my hands

Give me one moment in time.....  
You're a winner for a lifetime  
If you seize that one moment in time.....Make it shine  
Give me one moment in time .....  
Then in that one moment of time  
I will be..... I will be  
I will be free ...I will be.... I will be free!

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SALUTE TO A WINNER  
(Tune: Glory, Glory Hallaleulah)  
We've come to pay a tribute  
For a feat we call "well done"  
By one of our worthy members  
And a most important one  
He/She didn't climb Mt. Everest'  
And he/she didn't ride in space  
He/She took charge of her life  
Glory, glory Hallaleulah  
Glory, glory Hallaleulah  
Glory, glory Hallaleulah

\_\_\_\_\_ 's a six year KOPS  
She didn't walk upon the moon  
Nor run a marathon race  
She had a problem with her weight  
Like all who do indulge  
But she found TOPS, and joining up  
Won the "Battle of the Bulge!"  
She took charge of her life  
CHORUS  
Now this alone is quite a feat  
Just ask any member of TOPS  
And Marie, we are so proud of you!  
That you have stayed a KOPS  
By reaching goal and keeping it off  
Sensibly, the TOPS Club way.  
You took charge of your life  
CHORUS

To all the KOPS  
From RAK634

I admire you for leading the way, being an example in which we may follow. I admire you for what you have achieved, for the road may not have been easy. I admire your strength to stay in leeway and maintain a healthy existence. I admire your determination for facing the obstacles society places on overweight people. I admire your attitude and willingness to help me. I admire the challenges you face today and tomorrow and for eternity. But most of all I admire you because, Dear Friend, more than anything else, you are where I want to be.

(Note from Bobbie Rae: I printed out the above verse, and laminated and made book marks to present to all KOPS in my chapter)

#### A PRECIOUS POSSESSION

Think of your KOPS status as a precious jewel. Polish it by improving yourself so that you will be a shining example to others. Protect it by changing old eating habits and learning to eat sensibly. Insure it against loss by keeping your weight a few pounds below goal. The longer you keep it, the more precious it becomes to you and to others.

#### *KOPS! WHAT IS KOPS?*

Is it a name? An honor? A title? A feeling? A possession? A symbol? A wish? A dream? A hope? It is all these things and much more! It is something to be proud of, something to keep forever, something so wonderful that I can't bear to think of losing it. If I ever lost it, I would be shattered, heartbroken, but ready to fight very hard to get it back again. KOPS is something you try to explain to your friends while they give

you a strange look, a half-hearted "OK" that lets you know they really can't understand how truly important it is. KOPS is a result of TOPS and has changed many lives for the better. KOPS brings its own reward, its own answer, its own special purpose in life for so many people. KOPS is a tear in the eye, a handshake, a hug, a white mortarboard, the sound of applause, a sudden knowledge why you joined, you were sincere, and you accomplished! Last, but never least: KOPS means Keep Off Pounds Sensibly!

(The above was written by Ginny Shaner, of Vidalia, Ohio, printed in the May, 1972 TOPS NEWS, and handed out at the KOPS Inspirational Workshop at IRD 1998)

### Seven Under Three Over

Welcome into the magic land of seven pounds under and three pounds over! In this land live the happy people known as KOPS. KOPS may be found in all sizes and goals. But all KOPS share a heartfelt gratitude to TOPS for helping them reach this magic land. KOPS are humble hearts wrapped in happiness and success with smiles on their faces. They are the pride of their families. The inspiration to their fellow members, and the despair of their leaders when they hit their three pound limit. KOPS realize that they are living proof to every that TOPS can and does help people "take off pounds sensibly." And not only for your own health and well-being, but also for the image of TOPS that you present to the rest of the world. All TOPS share in the happiness that you have found in your new life in this magic land of "seven pounds under and three pounds over." Isn't it a wonderful place to live? We welcome you to KOPS and hope with all our hearts you remain a KOPS for life.

### HIGHWAY TO KOPSTOWN

When you take a trip this year by car you usually plan the best way to go to reach your destination. Road maps and road signs can be invaluable. Or you start your journey and get back again on the right track should you get lost.

Dieting is like a trip! You have a destination -- your goal. And this map or guide to good sensible eating can help get you to this destination -- your ideal weight on the scale. In both cases you are in the drivers seat. It's all up to you. Do you choose a smooth ride with no bumps or detours to your destination or the course can be rough, by hitting detour that causes delays in your journey!

Just as there are no best traveling routes for all people or situations there is no best guide for reducing diets. When (*name of person being honored*) joined our TOPS (*chapter name*) here, she knew her destination. Her ideal goal! She immediately set up her route, watching the road signs along the way. On this trip she would need to take willpower, desire, determination, enthusiasm, with some fellowship of her fellow TOPS members to help urge her on. Willpower she had as she had already lost some on her own before joining TOPS. Along the way desire was tucked in. For without the desire she knew she could be on the wrong highway and find many detours.

With this you must take along determination. Determination to stick to sound sensible eating. this a must until her goal was reached. Along with these necessities she must pack in some patience! You must not let engine troubles and detours get you down. It's patience when you take the small losses when you feel you should have gotten more miles to the gallon! Obey all highway signs, remembering that the fastest route is not always the safest one!

She kept in mind her progress. Keeping a weekly record of her progress as to her mileage. Many miles would have been repeated if you speed while traveling this diet highway. Records will help you to see just

where the road is leading. Remember - the total miles traveled in the end will show what a sensible driver you have become! With her sensible driving she arrived at KOPSTOWN - but for some of us the trip can be a slow one - so keep in mind your destination and you will make progress.

Before (*name*) probably realized, she was halfway to goal. Passing many bumps and detours she knew she must continue to pass these by as she continued on her destination - her ideal goal weight.

Perhaps the last few miles seemed long as these seem slow to travel, but you had remembered what awaits you at the trips end, so not looking right or left, but straight ahead, with your hands upon the wheel and your eyes upon the sight ahead in view you started off. You had traveled far enough this time that there was no need to stop and rest. You weren't about to let anyone or anything get in your way now as the reward was too great to slow down. You then continue on, you had already set your speed limit and by sticking to these limits your destination would come into view.

Your goal was reached, the trip was over. your fellow TOPS members share this joy with you. But keep in mind even though the road was paved there are far too many obstacles along the way so never take this road again!

We congratulate you (*name*) on your KOPS graduation. (*Can be anniversary*) We wish for you much happiness and unending success in being a KOPS as you Keep Off Pounds Sensibly!

Please accept this (*candle, diploma ect whatever you give*) as the outward signs of your accomplishments and light your candle of continuity and may the memories of this day be yours always.

CONGRATULATIONS

What is a KOPS?

From: BabsHart1@aol.com

A KOPS is the finished product of all of you. She is the result of months, maybe even years of self-denial, weigh-ins and food charts. She is what you all can be...if you want, and, will be...if you try.

A KOPS didn't just wake up one morning and find herself in a size 10 or 12. She didn't just suddenly lose her desire for chocolate cake and ice cream sundaes. She never did find a cure for shattered nerves when things go wrong. A KOPS just worked, plugging along, looking only to the next TOPS meeting where she hoped she would show the loss of another pound. Her stomach growled from hunger pangs, and sometimes frazzled nerves went uncomforted with excess food.

A KOPS is an overweight person who came to TOPS for help, and you gave it. Your KOPS is your own creation, and should be looked at with love and pride, A KOPS is living proof of what each of you can do.

She sat where you are sitting, and felt the pain of overweight as you sometimes do. She dieted like you sometimes do, she hoped like you hope, and wished like you wish. She often watched other KOPS as you now watch her, and silently renewed her pledge to one day reach her KOPS goal.

So I say to each of you: A KOPS is your own success and living proof that someday you will share with her the title of "KOPS."

Rededication Ceremony:

From: loniholt@hotmail.com

Instructions

Set up a table with a white cloth, large white candle (for the Candle of Continuity), and candle

holders for small candles (one for each KOPS). For each rededicated KOPS provide a KOPS ribbon, shield with KOPS pin attached, red rose, and small white or gold candle. All other KOPS should also have a candle.

At a prior meeting inform members that the rededication ceremony meeting will be a "dress-up" occasion. A leader, Coordinator, area captain, or KOPS of longest standing could serve as emcee.

#### Ceremony

(Ceremony will be read by the emcee. Instructions for other participants are indicated in italics.)

(At the start of the ceremony an alumnus KOPS lights the Candle of Continuity.)

After you came to TOPS, there was a change on the inside and the outside. You became a KOPS you became a new person. You had the world at your feet. But something happened. As any KOPS knows, being a KOPS is not easy. It takes a lot of control. You started gaining weight. You lost your KOPS status and began to backslide. You knew the frustration of looking in a mirror only to see backslid pounds. You needed hope!

—Hope to live a normal, thin life among temptations.

—Hope to continue the struggle to regain your KOPS status.

—Hope upon seeing new members come and lose weight while you're gaining and hurting inside. Even though you were a backslider, you are a special person. You never gave up. Sometimes in life we have to lose something before we discover how important it was. But you faced each day as it came, with strength and determination. You had the hope that you would succeed. You met the challenge. You have won!

At this time will (name of KOPS) please come forward for her (his) KOPS rededication. (KOPS is escorted to table and faces audience.)

At this time we present to you your KOPS ribbon. (Ribbon is pinned on.) This is a symbol of your courage and determination and your badge of success. Wear it proudly because you have earned the right by not giving up, by not quitting, but by perseverance.

The red rose you are being presented has al-

ways been a symbol of love. In TOPS we care, share witheachother, helpeachotherthroughgoodtimes and bad. That is what sets our organization apart from others. We have TOPS love for ourselves and each other.

You are now being pinned with your KOPS shield. Upon it rests your KOPS pin. The shield is a symbol to guard your KOPS status. It represents a guard against temptations that will be there for the rest of your life. By reattaining your KOPS status, you have earned the right to again wear your KOPS pin and join other KOPS alumni.

Always remember your KOPS status is a precious jewel. Protect it continuously, not just once in a while. Reaching your goal does not give us all the answers, only a little insight on where you've been and how you now strive to Keep Off Pounds Sensibly.

Will you now light your candle from the Candle of Continuity as a symbol of your rededication to the status of KOPS whose flame will burn within you? (Rededicated KOPS lights candle, places candle in holder, and returns to position.)

Members of TOPS # \_\_\_\_\_  
please join with me in congratulating your rededicated KOPS.

At this time I ask all KOPS alumni to please come forward to light their candles from the Candle of Continuity as a symbol of their continuing dedication to the principles of KOPS. (KOPS light candles, place them in holders, and then remain at front of audience or form a circle around the room.) (After candles are lit, emcee reads the following poem.)

#### The KOPS Before Us

They have succeeded in taking off pounds  
and keeping them off each day.

And so, as they have encouraged us, we  
all would like to say—

We find you're our inspiration, for you  
have kept to a goal.

When things went wrong and defeat stood  
close, you reached clear down to your  
soul.

And tried again, and cried again, and tried  
when some would give in.

So here you stand, where we can stand—

if we just take your strength—and  
begin!

At this time the KOPS will recite their KOPS  
pledge.

I am an intelligent person.  
I have control led my emotions and not let my emotions control me  
Every time I am tempted to use food to satisfy  
my frustrated desires, build up my injured ego  
or dull my senses I will remember—that I am  
to be an example of what KOPS can do, as I  
KEEP OFF POUNDS SENSIBLY.

In closing please join with me in singing the  
TOPS Fellowship song.

The more we get together, together, together,  
The more we get together, the slimmer we'll be.  
For your loss is my loss, and my loss is your loss.  
The more we get together, the slimmer we'll be.

Teen KOPS Program  
Beanie Baby "Jabber"  
From: [BabsHart1@aol.com](mailto:BabsHart1@aol.com)

The Chapter is happy to present you with a personal token of this finally  
achieved, "First Day Of The Rest Of Your Life"...This little guy is a Beanie  
Baby named "JABBER" The Parrot.....Now his sole job in life is to keep you  
reminded of your new way of life..he may not be very big, but he represents a  
great deal.

"HE STANDS FOR YOUR HARD-WON KOPS STATUS"

All the milestones that lie ahead for you and all the tools you need to  
achieve them are wrapped up in this colorful little character...Look very  
closely at him.

RED is for the courage it takes to learn to practice the difficult task of  
"MAINTENANCE," also RED is for your first major anniversary. "The five year  
one"

BLUE is for honesty to admit that you are never cured but only controlled as  
long as you remain aware....BLUE also is for your next major  
anniversary..."The Ten Year Award".

GREEN is for go, to remind you to go to chapter meetings, go to Fall Rally  
Day, Go to Retreat, go to IRD, and stand in The Circle Of Lights....go get  
involved and stay involved... GREEN stands for your third major  
anniversary..."The Firfteen Year Award".

WHITE is for hope that the example you are will help others to stand where  
you are today...you have a chance to be a living example of what belonging to  
TOPS can do.also..."White is your fourth major Anniversary"... "The Twenty  
year One."

BLACK is a wonderful color that represents our wishes that you are always in the black in your leeway and that you will be celebrating your next major anniversary..." That Twenty-five year one".

There is but one color left on little Jabber.

It is the beautiful GOLDEN YELLOW which represents the caution you must exercise at all times to keep the other colors bright and pure...as you keep your KOPS status bright and pure...may you take JABBER with you as your constant companion remind you of your First Day as a KOPS and all the days thereafter.

Will all KOPS stand with our new KOPS and say the KOPS PLEDGE

celebration for our new KOPS  
From: [topsy1104@hotmail.com](mailto:topsy1104@hotmail.com)

The song I played is "One Moment in Time" by Whitney Houston.

(Start song) This is a very special night for all of us.

(Name of KOPS).....today we celebrate your... one moment in time.

(Turn off lights. Candlelight.)

I would like to ask our Kops to bring (Name of KOPS) forward and present her to you at this time.

(Name of KOPS) today we celebrate your One Moment in Time. We celebrate the moment when you were more than you thought you could be. Your finest day is yet to come. You fought every pain to taste the sweet. You rose and fell and you faced the pain. Yet through it all this much remains..... You wanted one moment in time When you were more than you thought you could be When all of your dreams were a heartbeat away And the answers were all up to you. You're a winner for a lifetime if you seize the chance for that one moment in time. (Present her with framed copy of song) We just want you know how very proud Tops 1104 Somerset is of you today. You are proof that you should never give up your dream and just because you don't achieve it right away, you just have to keep working at it. One of your famous sayings is that you can't quit paddling in the middle of the ocean. You proved that to us and now we celebrate your accomplishment.

The candle before you represents your new standing as a KOPS. The 4 little candles represent the 4 Kops in our chapter. Just as the smaller candles surround the bigger candle, so shall our Kops surround you with their support. As leader, co-leader and fellow Kops members, we would like to give you something to remember tonight and also to remember what the responsibility of being a Kops means.

Basket presentation. (I used the program I got from the loop.)

(Rose presentations. (Name of KOPS) receives ½ dozen yellow roses. Each Kops receives 3 yellow roses.) ( Co-leader will help with presenting roses.)

The yellow roses you are being presented is a symbol of beauty and perfection, it symbolizes the dreams of every TOPS to become a KOPS. It symbolizes the reality of that dream. The yellow color of the rose symbolizes the rarity of your accomplishment, meaning that you have kept faith and accomplished your desired weight by sensible eating. May your yellow roses serve as a symbol of beauty, the beauty you have achieved through your self denial.

(Name of KOPS), We would also like to present you with your Kops badge and a Kops

charm.

Each of the Kops is being given a single yellow rose. This rose is a very special rose. (Read poem).

At this time I'm going to ask each of them to present their rose to someone in the chapter that they would like to see standing here with them.

Present your rose.

"A yellow rose -

beautiful, breathtaking, and lush with life."

What does it mean when a KOPS gives you a yellow rose?

It means your KOPS friend believes in you more than you believe in yourself, wants you to be everything you were meant to be, wishes to see you happy with yourself as a person, sees your potential - even if you are blind to it, and LOVES you enough to want you to become a KOPS too. (