

BOBBIE TOPS SKITS

SKITS TO PLAY BY

When Candles Talk	Pledge Skit
Scale Skit	Chocolate Diet
Wizard of TOPS	Christmas Skit
Meeting No-No's	Quick n' Easy

Web Sight: [Skits](#)

<http://www.geocities.com/hotsprings/villa/4824/skits>

WHEN CANDLES TALK

From: ecbejb@cox.net

Instruction: This program requires an attractive box with a lid; a candleholder; book of matches; a new grey, green, pink, red and blue candle; a broken candle; and a very used white candle. Also this program is most effective done in semi-darkness and a flashlight may be needed for the "candle voices" to read their parts. Small candles may be used for the closing circle at the program's end.

PROGRAM: ~ NARRATOR: This is a story shared one evening at a TOPS chapter that I visited. It was told by a member whose Mother told it to her granddaughters on lonely evenings when the world didn't look like a very bright and happy place. She had a beautiful box of magic candles in the attic, which she brought out at such times. These candles talked! Of course, the little girls were doubtful at first. Then Grandma brought out the first candle ~ a beautiful grey one ~ and set it up proudly in the candleholder and struck a match to light it. Suddenly, the candle spoke!

GREY CANDLE: Oh please, don't light me! I don't want to be lit. I'd rather be left alone. Put me back in the box, away in a corner somewhere so I can be by myself. Truly, I just want to be left alone and not bothered.

NARRATOR: The little girls were speechless. Not only did the candle talk, but it had a very definite opinion! Grandma saw the puzzled look on the girls' faces as she carefully returned the grey candle to the box. Grandma then said, "Girls, did you know that there are many people in the world just like the grey candle? They don't want to be bothered. They are completely unconcerned about the needs of others or they just don't care." Grandma asked the girls if they would like to hear another candle. They nodded excitedly, and Grandma reached into the pretty box and brought out a dull green candle, placed it in the holder, struck a match, and prepared to light it. Just as she reached the wick, the candle spoke!

GREEN CANDLE: Oh, please, whatever you do, don't light me! Light one of the others. They will shine much brighter than I will. Please pick another one.

NARRATOR: Grandma explained to the girls that there are people like the green candle. When asked to serve, they always come back with "Oh, don't ask me to do that, somebody else can do it better than I can." They feel almost no responsibility. Grandma replaced the green candle and

brought out a pretty pink one from her box. Placing it in the holder, she brought the flame from the match to the wick. The candle drew back quickly.

PINK CANDLE: Because, you see, it would ruin me if I were burned. I was not made to be lit - just to be admired. If you put a match to me, I would be a mess. My tallow would run and I would be a frightful sight. So, please, don't light me!

NARRATOR: We have all seen people like the pink candle - people who don't want to be soiled. They are perfectly satisfied to sit primly by but are nowhere around when there's work to be done. The little girls were beginning to wonder if there was a single candle in Grandma's box that was willing to be lit. Grandma, sensing their feelings, brought out the broken candle, and one of the little girls asked, "What happened to you?"

BROKEN CANDLE: Oh, I had bad luck. When the weather was warm, I warped a little, and when someone tried to straighten me out, she broke me. I am just as miserable as can be. I don't know what to do. I'm just in no shape at all.

NARRATOR: I'll bet you recognize some common girpses in listening to this candles' woes. All of us know people who keep giving one excuse after another. Grandma gave a sad little smile and replaced the broken candle as she picked up a bright red one and placed it in the holder. The girl's eyes sparkled as they said "Oh, Grandma, this is the candle we want to light. Please, red candle, let us light you tonight.!"

RED CANDLE: Wait a minute, ladies. What's the big occasion?

NARRATOR: Grandma looked at the red candle as she struck the match and said, "Oh, there's no special occasion. We just thought your light would be really pretty tonight.

RED CANDLE: My, my, my, What a pitiful waste that would be if you were to light me tonight when no one else but you three were here to appreciate my beauty. Can't you see I was made to shine at some big party or special occasion?

NARRATOR: Do you know people who only offer this kind of service - when there is a chance to shine above all others and receive more recognition? Unless there is glory attached, there is no need to call on the red candle. As Grandma replaced the red candle and took out the pale blue one, the girls wondered if this candle would say "no" like all the others. This candle was slow to speak.

BLUE CANDLE: Well, I'm not sure about all this. You have already asked all those other candles before you got around to asking me. I would have been glad to help if you had asked me first!

NARRATOR: You must have seen this type many times, I'm sorry to say. The type that will not be part of anything if there is the faintest hint of a rumor that she or he wasn't the first choice. Let's hope there aren't too many of these people around. Replacing the blue candle in the box, Grandma brought out the very last candle - a worn, stubby, somewhat shabby white one and placed it in the holder.

WHITE CANDLE: Please, light me!

NARRATOR: This is hard to believe. The girls asked in unison. "What did it say?"

WHITE CANDLE: Please light me! I shall shine as brightly as any candle you ever saw. Candles are made to be lit. So, please use me. This is my whole reason for being. Don't worry about using me up. I am here to serve well and light your dark moments. This is my purpose.

NARRATOR: At last Grandma lit a candle and the room filled with a lovely soft glow. This is the dedicated, unselfish service she and the girls had been looking for. Is this the kind of service you offer? Looking back at the other candles in the box, do we see ourselves lying there in the darkness? Are some of us like the grey candle? We don't want to be bothered. Are we like the green candle, always putting the job off on someone else "who can do it better" before we even try.

Perhaps some see themselves in the pink candle, refusing to help because we might get our hands dirty. Then there are the broken candles - full of excuses about why they can't help. Maybe there is a red candle or two in the group - those who only volunteer when there is something special in it for them. Or some might see themselves in the blue candle, refusing to serve because they are not picked first. Let's hope most of us are like the white candle, ready and willing to serve whenever and wherever needed to the best of our abilities. Let us hope that all the members of our chapters are striving to be like the white candles, shining whatever light they can to help every other member along the difficult road that lies ahead. Our chapters will only glow as brightly as every member allows it to. If most refuse to be it and are kept in the dark box, we will have trouble finding our way, and the few white candles that remain will be burned up too quickly, leaving darkness. So, share the load of service and keep the light glowing brightly, not only in your heart but in your chapter for all the world to see how proud you are to take your part in TOPS!

(Members should gather in a circle and join hands, lighting small candles if desired)

NARRATOR: You take my hand and I'll take yours and we'll start out today, for a helping hand is what we need to help us on the way. The road to goal is a lonely road, we need someone to care. So reach out, my friend, and take my hand, then we're almost there.

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PLEDGE SKIT

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TOPS & KOPS PLEDGE

From: sbknight@golden.net

(Here is a little play I wrote on the Pledge.)

Hi. there. Most skits or plays introduce the players at the end but I am going to introduce the players at the start, so you will better understand our skit.

First we have Jean --who is a member of TOPS

Second we have Sylvia--who is a KOPS in TOPS

Third we have Norma--who is our SUPER EGO

Now on with the skit.

-----TOPS & KOPS PLEDGE-----

Jean--I am an intelligent person.

Norma--Whoa,...Who said that?

Jean--I said that, because it's the start of the TOPS Pledge.

Norma--O.K...So the start of the TOPS Pledge, what does it mean when you say you are an intelligent Person.

Jean--It means I'm smart, I know what's good or what's bad for me.

Norma--If your quite sure,--carry on.

Jean--I will control my emotions, and not let my emotions control me.

Norma--Wait a minute, there you go again. Do you know what you mean when you say, 'control your emotions and not let your emotions control you'

Jean--Of course I do, I already told you, I am an intelligent person. It means for example, if I'm sad and feeling sorry for my self, and feel no one likes or understands me, I won't throw myself a pity party and head right for the fridge and drown my sorrows with food. Instead I'll do something constructive with my sorrow. Like phone a TOPS friend and get some support. Another example, if

I'm happy I won't head for the cookies to celebrate, I can call a TOPS friend to pass on my happiness. I don't always have to wait till I'm depressed to call a friend.

Norma--O.K.--I'm starting to believe you are an intelligent person, but I'm not wholly convinced yet. Carry on.

Jean--Every time I am tempted to satisfy my Frustrated desires, build up my Injured Ego or Dull my Senses.

Norma--Just a minute there, tempted to use food, to satisfy your frustrated desires, build up your injured EGO or dull your senses. I really don't like that part about build up your injured EGO. Would you kindly explain yourself please.

Jean--No offense meant, but you know sometimes emotions can lead me right to eating. I only meant that whenever or whatever, to satisfy these feelings of frustrations, or injured EGO, I won't let food dull my senses by over eating and gaining weight. I will sharpen my senses and lose weight by, going for a walk doing exercise, calling a friend. There any number of things I can do to build up my injured EGO besides eating. I know if I help myself in good ways that I'm also helping you.

Norma--You know I'm beginning to like the sound of this Pledge..What else does it say?

Jean--If you would stop interrupting me I could finish it.

Norma--O.K.--Don't bite my head off. I'm only trying to help, to see if you understand what you are saying.

Jean--Sorry the next line reads like this; I will remember that even though I overeat in private..my excess poundage is there for all the world to see.

Norma--It's me again and I'm really sorry to interrupt again but could you explain, "Overeat in Private" does this mean that if no one is home at meal time you can't eat.

Jean--No. You know the other night when everyone was asleep and I snuck downstairs and got the cake out of the fridge and ate two pieces when no one was looking well that's what it means by overeating in private. It's like sneaking food when no one is looking. That's when I let my emotions get the best of me.

Norma--I'm glad you explained that.

Jean--Do I have to explain the part about, excess poundage being there for all the world to see.

Norma--Of course not, the other day when you were trying on those pants in the store, I was there and I noticed how they were a little snug. I'm sure if I noticed it others in the world could notice it to. And might I add I'm glad you are going to do something about it. I felt a little choked up and it wasn't emotional.

Jean--O.K.-O.K.--You have made your point. Now the last line of the Pledge reads like this. How Foolish I have Been.

Norma--Well you made a believer out of me. I now know you are an intelligent Person. I only have one more question. What's this other person standing here for.

Sylvia--Well as a TOPS I have worked hard and achieved my goal so now I am a KOPS and we say the same Pledge but there is also a KOPS Pledge that we say, which differs a bit.

Norma--Run it by me and I'll see if I can pick out the difference.

Sylvia--I am an intelligent person. I have controlled my emotions and not let my emotions control me.

Norma--Got it--You HAVE controlled your emotions where as a TOP--will --control their emotions---right?

Sylvia--Yes, I have controlled my emotions to become a KOP but, I will still control my emotions to stay a KOP, and not let my emotions control me.

Norma--So the key word is still--WILL--to stay on top of this weight thing.

Sylvia--Right, the next part is, Everytime I am tempted to use food to satisfy my Frustrated Desires, build up my injured EGO or dull my senses--I will remember,

Norma--It's so nice knowing that even you KOPS think about me to. I now it doesn't do you guys any good when I have been injured, I'm so glad to see that this intelligence that you talk about is paying off.

Sylvia--The next part of our Pledge is really self explanatory. The thing we have to remember is 'That I am to be an example of what TOPS can do, as I keep off Pounds Sensibly. *Norma*--No problem--I understand completely, I especially like the line about being an example of what TOPS can do, it sort of encourages your fellow TOPS, to hang in there and with self determination they too can achieve their goal. because by your hard work and determination you are standing before them as living proof that it can be done. I'm so smart I have even figured out what the letters in the words TOPS and KOPS stand for.

Jean--If you are as intelligent as we are what do they stand for?

Norma--TOPS stands for, Take Off Pounds Sensibly. KOPS stands for, Keep Off Pounds Sensibly. It sounds to me like you men and women have a real handle on the way to control this weight problem, Just listen to the words of the pledge when you say them. Now I also understand why that woman was saying this Pledge the other day while standing in line at the buffet, in the restaurant. She's not as silly as I thought. It all makes sense now. You have made a complete believer out of me, you are intelligent people. I'm sure you know and understand what your Pledges are all about. I was just checking to make sure you understood what the words meant and I hope you will forgive all my intrusions.

GOOD LUCK AND KEEP UP THE GOOD WORK,

At this time I asked all members to rise and say the Pledges.

Hope you enjoyed this little skit I wrote,---Sylvia ---Hugs from Canada.

THE SCALES By Marcia Peddicord The Scales enters. The Scales can be very low key (i.e. dressed normally and just hold out his/her arm to indicate the bar on the scales) or very creative (dressed in a scale costume) or somewhere in between (wrap a phone book in brown Kraft paper and draw feet on it to indicate a scales to step on). Scales: Hello, I am a scales. Aside from you humans, I am one of the most important aspects of TOPS. I am at your chapter faithfully every week so that I can report how well you have done. As you can imagine, I have met lots of people who come to weigh on me. Today, I will tell you about just a few of them.

The first type of person to weigh on me is the CHEATER. Now the CHEATER knows that the most accurate weight is to have those heels right on the back of the scales. But the CHEATER figures that if she moves her heels back just a little more, she will be lighter, and lighter. Well, see for yourself.

CHEATER enters and carefully steps onto scales, making sure to place her heels at the very back of the scales. (The Scales indicates that she has gained by shaking her head NO or holding up a sign that says, "Sorry, A Gain"). Then she scoots her heels backwards a little more, then a little more, then a little more (each time the Scales indicates a gain), until she falls backwards off the scales (just wave your arms and pretend to fall backwards off the scales). She walks off dejectedly. Scales: What a shame! The next person who comes to weigh on me is the STRIPPER. The STRIPPER thinks that excess clothing is the cause for her weight gains. So she takes off more and more - oh I can hardly bear to watch. (Covers her eyes with her hands, but spreads her fingers to

watch).

STRIPPER enters. She has a long sleeved sweater, bracelet, necklace, watch, slip-on shoes, earrings, etc. She takes off as much as possible, leaving it in a pile on the table or floor beside the scales. She starts to unbutton the first button of her blouse, then stops and steps on the Scales.

The Scales indicates a gain and goes off sadly.

Scales: Doesn't she realize that the fat is on the inside, not on the outside?

The next type of person who comes to weigh on me is the PRAYER. She thinks that she can be bad all week long and then a heartfelt prayer sent heavenward on weigh-in night will fix everything. Let's see.

PRAYER enters. She looks up at the sky fervently and says, "Oh please, if I can just lose today, I will never eat _____ (your favorite item that makes you gain) again!" She steps on the Scales and the Scales indicates a gain. She walks off crying softly.

Scales: What the PRAYER doesn't understand is that sometimes the answer to prayers is "NO!"

Next is the person we Scales fear the most - the STRANGLER. She thinks that it's MY fault she gained - as if I deliberately force food into her mouth. What can I do? OH NO, here she comes now. (Act scared).

STRANGLER enters in a really good mood, smiling and happy. She gets on the Scales and when the Scales fearfully indicates a gain, she goes wild (pretend to choke Scales and say out loud "It's all your fault! This Scales must be broken"). STRANGLER exits, grumbling. The scales rubs her neck, momentarily stunned.

Scales: Whew! That was close! She's killed three bathroom scales at her home already this year.

The last person to weigh is the favorite of the Scales - the HUGGER. She follows the program in "The Choice is Yours", keeps a food diary and exercises regularly. I can see why she's a KOPS. Here she comes.

The HUGGER enters. She steps on the Scales and the Scales smiles proudly shaking her head YES or holds up a sign that says "Congratulations!" She gives the Scales a big hug and walks away happily.

Scales: That's all the people I'm going to tell you about today. Just remember, whether you are a CHEATER, A STRIPPER, A PRAYER OR A STRANGLER (rub your neck), try to be more like the HUGGER. Eat according to a balanced food plan, keep track of the food you eat and exercise regularly. That way you'll always make me happy and I'll always make you smile. Thank you and See you at the Scales!

THE END.

The Chocolate Diet Skit
by Marie Warner TOPS WI 1282 Milw
submitted by: Maccalryth@aol.com

7 people needed for this skit. For the skit you need something to act as a scale and a barrier for the actors to stand by after they are done. Everyone stayed backstage till they were called. We did this for the '99 fall rally in Milw WI

Wt recorder ~ Hi Delores ! How do you think you did this week?

Delores~ < props used various candy bags > ~very excited talker~ A friend told me about this wonderful " chocolate diet" All you eat is chocolate . You start with a candy bar for breakfast, chocolate covered peanuts for snacks, peanut butter cups for lunch and more chocolate candy bars for dinner . I must have lost a lot of wt,right?

Wt recorder~ Well you gained 2#s

Delores ~ It must have been the peanuts in the chocolate covered peanuts .. thats not candy

Wt recorder ~ You'll do better next week. Ok Mavis its your turn

Mavis ~ <props uses a Bonnie from the beanie baby people, empty carton of eggs> ~Excited voice~ Well , I started this new "egg diet" this week-peep- oh,excuse me .I eat-peep-opps , as many eggs a day as I like-peep-oh, there I go again. How much weight did I lose?

Wt recorder ~ you stayed the same Mavis

Mavis ~ in thoughtful voice~ Must have been the salt and pepper. I -peep-bet I wasnt supposed to use salt and pepper. Peep !

Wt recorder ~ I dont think that was it Mavis but you will do better next week. Marie ! its good to see you! We missed you last week wernt you feeling good??

Marie ~ < no props used could carry a grapefruit> Well , to tell the truth , I thought that I had a gain so I didnt come. But I know that this week I lost lots of wt because I started the "grapefruit diet " Thats all I eat is grapefruit. I can have as many as I want . Im getting a little tired of them , so I started putting them in the juicer, but I ll hang in there because I know I lost a lot of wt this week.

Wt recorder ~ Sorry Marie you gained 3# s

Marie~ I dont know how that happened! Unless its because of the sugar. You know those things are awful sour without a lot of sugar

Wt recorder~humm the sugar could be. Well, I hope you have a better week. Debbie you dont look so good Whats wrong???

Debbie ~ < props used empty wine bottle> ~ looks anxious ~ comes on stage with legs crossed (cant believe I did this infront of all those people and voleentered for it lol) Hurry up and weigh me- I have to run to the bathroom again. Im on ths new liquid diet I can drink all the liquids I want. (goes up to the scale like you reall have to go to the bathroom bad)

How did I do?

Wt recorder ~ you gained 3#s

Debbie ~ I wonder if the salt on those Marguaritas was the problem I dint chew the salt. Oh well got to run. (runs off stage as if heading to bathroom then joins others)

Wt recorder~ Cheryl , you look like you had a good week. What is that big grin about?

Cheryl~ < props a stuffed taco bell dog) ~ Im so excited I bet I lost about 5# s this week, Ive been on thi wonderful "fast food diet" Yesterday I had breakfast at McDonalds, lunch at Arbys and dinner at Taco Bell. Isnt that little dog cute- and so slim too. this morning I had breakfast at Burger King, and then lunch at Kentucky Fried Chicken Of course I never have dinner before the meeting but after the meeting is over Im going to Pizza Hut.

Wt recorder ~ Cheryl you gained 2#s

Cheryl ~ you know I bet it was that diet soda ! I heard that diet soda isnt good for you

Please note for this skit use a KOPS or some member who has lost a lot I have put in what our chapter member said for you to use as a guideline

Wt recorder~ Linda your looking good. Did you have a good week?

Linda ~ I had a great week I followed my usual diet by counting calories and watching my fat gram. Im still walking every day, and using my stairmaster too. My husband has started to take me out dancing like he used to , and my knees dont hurt anymore. I feel great !!

wt recorder ~ You look great tooo and you are still in leewayYou have been a member for 6 yrs now isnt that right ?

Linda~ Yes and I have been a KOPS for 4 yrs

Wt Recorder~and you still come to meetings every week. you are such an inspiration to us all

Linda ~ Well thank you I come so I can stay on track . and all of my friends in the chapter sure help

Wt recorder~ how much wt did you lose?

Linda ~ 72 1/2#s

Wt recorder~Wow thats wonderful

Linda ~ Well , you know what I always say . If I can do it (points to audience) you can do it!

Wt recorder ~ Ok lets go the meting is about to start
the end

newlind@yahoo.com

I wrote this adaptation of the Wizard of TOPS a few years back. Everyone that was in it and that watched it got a kick out of it. I know there's been many variations on this idea..but just thought I'd send mine in case...

Hope you like it, it's a little corny but that's why we have so much fun in TOPS.

Here goes:

NARRATOR: (Intro.)

This is a short skit composed of four scenes. It is based on the well-known story "The Wizard of Oz" but has been changed somewhat to demonstrate what TOPS is all about, and perhaps, "to protect the innocent..."

To introduce our story - A horrible disaster has befallen (where your chapter meets). A huge twister has wreaked havoc over the entire area and has carried off our heroine, Dorothy, an Alumni KOPS and her entire house, far, far away to the Land of TOPS.

SCENE I

NARRATOR: Our opening scene has Dorothy walking along the Yellow Brick Road, all alone... After her house had finally landed, she had met a group of little people called the Munchies. (Have a few people standing around representing the Munchies muttering away.) They had advised her that she must go and see the wonderful and all-powerful Wizard of TOPS if she ever wanted to see her beloved home again. The Munchies even provided Dorothy with a bag full of food and beverages to tide her over on her long journey that lay ahead. She starts off on the Yellow Brick Road to TOPS.

Suddenly, (in a puff of smoke), the infamous Wicked Witch of Gluttony confronts Dorothy. (Note: The Wicked Witch is extremely overweight (might need some padding) and is dressed in typical witch fashion, clutching a broomstick.)

WICKED WITCH: So, here you are my pretty! I've heard all about you Dorothy from my little Munchie friends! They tell me that you're off to see the Wizard of TOPS, hoping that he will be able to help you to get back home. Well...You're wrong! TOPS can't do anything for skinny people like you or for fat people either for that matter.

Everybody loves food too much to ever stay on any stupid diet.

DOROTHY: Oh no. You're wrong. I belong to TOPS back home. It's a

great weight loss group where people help each other all the time. I'm a KOPS now, but I used to be overweight. I lost my weight with the help of all my TOPS pals. That's how I know that the Wizard of TOPS can help me. TOPS is always there to help when you really need it.

WITCH: But then why do you still belong to TOPS? You're skinny now --- too skinny if you ask me. What you really need is to get some meat on you!

DOROTHY: I still belong to TOPS because I want to stay like this for the rest of my life and to be an example to others of what TOPS can do. I don't ever want to be fat again!

WITCH: Don't sass me little girl! You just want to embarrass people like me, don't you?

DOROTHY: Oh no, I would never do that! As a matter of fact, why don't you come with me to see the Wizard of TOPS? I'm sure that with TOPS help, you could lose your weight too. It's never too late, you know.

WITCH: HA! HA! Don't be silly! I'm the Wicked Witch of Gluttony and I would NEVER want to be all skin and bones like you! I'll see you later, my pretty. You'll never make it to see the Wizard of TOPS, if I can help it!

DOROTHY: But I've just got to see him...I just want to go home..(Sob)

WITCH: Ha! Ha! Over my dead body....(and the witch rides off on her broomstick)

END OF SCENE I

SCENE II

NARRATOR: Still determined on her journey to see the Wizard of TOPS, Dorothy has befriended along the way an odd group of three - a scarecrow, a tin man and a lion. All three are obviously overweight.

DOROTHY: All of you should come with me to see the Wizard of TOPS. I know you all must be unhappy with the way you are with your excess pounds and would really like to lose that extra weight. TOPS is really great! You'll get lots of support from your TOPS pals and in no time at all you will lose those pounds if you really try and be wonderfully happy with the new you. Happy with the way you look and happy with the way you feel. I lost my weight with TOPS and I've never been happier in my life! My only problem now is that I just want to go home and I think the Wizard of TOPS is the only one who can help me.

SCARECROW, TIN MAN, LION (together):

Okay Dorothy, let's go for it!

(All together, arm in arm, they proceed off down the Yellow Brick Road singing...)

ALL: We're off to see the Wizard, the Wonderful Wizard of TOPS. If ever a Wonderful Wiz there was, the Wizard of TOPS is one because, because, because - because of the wonderful things he does. We're off to see the Wizard, the Wonderful Wizard of TOPS....

END OF SCENE II

SCENE III

NARRATOR: The group is now resting at the roadside, munching on some

healthy bran muffins and diet pop tha the Munchies had provided to Dorothy in the bag. Suddenly the Wicked Witch of Gluttony appears once more. (in a puff of smoke, of course)

WITCH: So, we meet again my pretty! I see you've picked yourself up some fat friends too! Do you really believe that the Wizard of TOPS can help these pathetic fat fools? They'll never lose weight....(She hurries offstage and returns with a trolley cart loaded down with all kinds of fattening foods.)

Well here you go.....eat up everyone....ENJOY!!!

DOROTHY: (to her 3 friends) No, No...STOP! Don't you see what you're doing! You're only hurting yourselves. Come on - come with me NOW!

We'll go and see the Wizard. He'll help you to realize what she's doing.... You want to learn to eat the proper foods, with nutrition.

SCARECROW: But this stuff looks so GOOD!!!

TIN MAN: Yeah, how can we POSSIBLY resist?

LION: But Dorothy, EVERYTHING here is my FAVOURITE!!

DOROTHY: Oh, but yes you can resist. If you just stop and think for a minute, you'll realize that you don't really need it. I won't deny

that all of that stuff is great tasting, but what about all those extra pounds that you will put on, even before you've even tried to lose...

Here, each of you. Have a muffin and a diet pop to tide you over.

They'll fill you up so we can be on our way.

WITCH: Too bad, my pretty! I WIN!! They're too weak. They're just going to stay the way they are - FAT - for the rest of their lives....Just like me!

DOROTHY: (to her 3 friends once more) Please, if you care about yourselves at all. Stop! Don't do it.

(Dorothy then picks up a can of diet pop, shakes it furiously, turns and sprays it all over the Wicked Witch.)

WICKED WITCH: OH NO...OH NO...DIET POP..!! Diet pop is the only thing that can destroy me...How could you? (she continues to moan and groan as she crumples to the ground and breathes her last.)

SCARECROW: WOW DOROTHY! You've done it? You've saved everyone!

You've finally gotten rid of the Wicked Witch of Gluttony. Now everyone can try and lose weight without fear of her temptations!

TIN MAN: Yeah, they're will be lots of people glad to see her gone!

LION: I just can't believe it. No more Wicked Witch of Gluttony to tempt us every day with all those fattening foods.

DOROTHY: Come now...we'll go and see the Wizard. With his support and your other pals, you will be successful in no time at all! And I'll be able to go home!

END OF SCENE III

SCENE IV

NARRATOR: Dorothy and her 3 friends make it successfully to see the Wizard of TOPS. There, they all join a TOPS Chapter. Time passes....so let's see what has happened....

DOROTHY: Mr. Wizard, as you can see all my friends are truly happy

now. They've lost their weight and are now KOPS just like me! But what about my problem? Won't I ever get to go home?

WIZARD: Dorothy, you can go home anytime you want to. Because you lost your weight and are now successfully keeping it off, you have accomplished probably the most difficult thing you'll ever have to do in your life. If you put your mind to it, you can do just about anything you want to. So Dorothy, don't you see? All you have to do to go home is simply just close your eyes and repeat "There's no place like home...There's no place like home....There's no place like home..."

SCARECROW: Wait Dorothy...before you go. We all just want to thank you for bringing us to see the Wizard and getting us to join TOPS. Without TOPS, we know we would never have had the brains to lose our weight. (points to his head)

TIN MAN: Yes Dorothy, thanks from the bottom of my heart! (points to his heart.) Could never have done it without this group.

LION: Yeah, Dorothy. That goes the same for me. I just didn't have enough courage to lose my weight all by myself. But with you and all my friends, I did it. We love you and want to thank you so much...I sure wish you didn't have to go....(sobs)

DOROTHY: Oh, you're all very welcome. I'll miss you all, each and every one of you. (she hugs each and every one of them.) But now I have to go. I'm homesick! (she closes her eyes and repeats...) "There's no place like home....there's no place like home...there's no place like home...."

END OF SCENE IV

NARRATOR: So, to wrap up the story, when Dorothy opened up her eyes again, she found herself back at home. Had she just been dreaming? No...not really..because TOPS really can help to make your dreams come true....

THEN END.....BUT ALSO THE BEGINNING.....

Bedeep...Bedeep...Bedeep...THAT'S ALL FOLKS! Sorry, that's not part of the skit. I'm just getting a little silly now. But I hope someone can use it for a laugh for an evening...

Just make the yellow brick road out of yellow bristol board or paper. The costumes just have to show the gist of the characters. And the food, well I'm sure that will be no problem to come up with...Chuckle....

Christmas Skit

From: sbknight@lon.ionline.net

Here is a skit I wrote two years ago. Hope it helps put some fun into your Christmas Party. It starts out with a little reading from the Narrator. Then goes into the skit.

MODERATOR---THAT LOVELY SANTA, HOW DOES HE DO IT Santa Clause is a scientific wonder, whose secrets for living to a ripe old age could help society "make aging a healthy and fulfilling experience," government scientist have said.

"He's lived for centuries and accomplishes nearly impossible feats at Christmas time" said a spokesman for the Department of Agriculture Human Nutrition Research Centre, which conducts studies on health and aging. Lost in admiration for Santa's "robust health despite (his) having lived for 600 years," the more than 50 scientist at the Centre would love to study him, the spokesman said. But knowing Santa's schedule at this time of year, federal

researchers decided to examine his diet and lifestyles from afar. In mock conclusions issued this week details of Santa's amazing health and longevity were made public for the first time. Ever wonder how Santa polishes off all those cookies and milk left for him on kitchen tables without suffering the effects of high cholesterol? Simple researchers said. Santa must have plenty of high-density lipoprotein in his blood protecting him from coronary artery disease and heart attacks. Santa's ability to spot house numbers at a distance is taken for granted, but many old people frequently develop cataracts that cloud their vision "He's probably getting plenty of vitamin C. Our preliminary research indicates Vitamin C may protect against the formation of the clouding of the lens that impairs vision. Perhaps he is eating oranges while making the rounds in Florida or California.

Living at the North Pole where the sun is scarce may be Santa's greatest beauty secret. "By not being exposed to excessive sunlight Santa has been able to maintain healthy and relatively smooth skin, researchers conclude. Even though Santa may look a bit portly, he clearly would be unable to make his strenuous rounds in December were he just another fat old man, the scientists said. His ability to do all this with apparent ease indicates (Santa) must do endurance exercises. Santa's overall health indicates he must be eating well, especially foods such as cereal, beef liver and wheat germ that provide Vitamin E, researchers said. Elderly people need more vitamin E to strengthen their immune systems, they say. (P.S. I cannot take credit for this part as I found it in an old Newspaper) This is the part I wrote.

You need two people--a Reporter and Santa

SANTA SPEAKS OUT----EXCLUSIVE INTERVIEW

***--Nearly all the gifts are wrapped and ready, the reindeer are fit and raring to go and the famous red suit is just back from the drycleaner's. Santa Clause is right on schedule for yet another Merry

Christmas. Since his preparations are going exactly to plan and despite this being his busiest time of year. Santa recently took time out to speak with us.

*--Why the red suit Santa? Have you ever considered a change of color? **--I wear the red suit because it's bright and cheery. People know me by the suit and they like it. I certainly won't be changing it. *--Have you ever come close to not being ready for Christmas? **--Yes twice..One year all the elves came down with the flu, so we lost a little production time. Also one year it was snowing quite heavily

here at the North Pole and the sleigh was bogged down, but with the help of the other reindeer we

managed to get it out and ready just in time.

*--Is Rudolph still the boss of the reindeer team?

**--Rudolph was never the boss, though he does have a special talent, using his bright red nose to help us find our way in foggy conditions. All the reindeer have their own special talent. Prancer, for example is

very good at reading street maps, and Vixen is a good organiser. They all bring individual skills to the job. *--How many elves help you at the North Pole?

**--There are quite a few elves, in fact sometimes I lose count but I believe it's about 4,000.

*--Who gives you Christmas gifts? What would you like this year?

**--I usually have a quiet Christmas with Mrs. Clause. We have a lovely roast and lots of vegetables for dinner, a bit of Christmas pudding and then exchange gifts. This year I would really like some big woolly socks hand-knitted by Mrs. Clause of course.

*--How do you manage to deliver presents to every house in the world on Christmas night?

**--It's a little bit of magic, a secret.

*--What's the best present you've given Mrs. Clause for Christmas?

**--A night off, we went out for dinner and then danced under the Northern Lights.

*--Do you really know who is naughty and who is nice?

**--Well, I have found that most children are nearly always nice. But I rely on the children's parents to make that judgement, and I try not to get involved in family disputes. *--What type of food and drink do you like people to leave out for you? And what about the reindeer? Are carrots still their favourite?

**--I am quite partial to an apple so I can snack, while I am doing my rounds. Sometimes I really enjoy a small piece of Christmas cake and a little glass of sherry. It does depend on the weather, though. I try to drink eight glasses of water a day and maintain a healthy diet, but Christmas is a special time, When I can indulge a little as I eat pretty sensibly through out the rest of the year. As for the reindeer, they

love carrots, but they also enjoy some crunchy celery and peanuts.

*--Do you have reserve reindeer in case the first-graders ar sick?

**--I have an alternative plan in case the first-raders are unavailable, but they are in training most of the year like me. They get plenty of exercise preparing for the big event, so they are not likely to miss it.

One of them did pulled a hamstring one year, but he had some emergency physiotherapy, so things worked out well.

*--How do you cope with the stress of the night?

**--I have a nice hot foot bath and a bowl of hot soup, while sitting in front of the open fire before I leave for my big trip. I find this just so relaxing and it puts me in a cheery frome of mind. I really love my job, so I don't find it stressful at all. As a career choice it was excellent.

*--What do you do during the rest of the year?

**--I spend a lot of time supervising the toy-making and I like to check

out the latest trends, so you may find me doing some market research and

product-testing to find the most popular toys. I also attend some safety council meetings to ensure that the toys are of the highest standard and are safe for all the little boys and girls. I do try to have one week

off each year. I spend it in a secret sunny spot where I can go swimming and walking. And as I said before I eat sensibly and get lots of exercise the rest of the time. *--How much longer can you continue at such a frantic pace?

**--As long as there is Christmas, I will be a part of it.

*--What will happen if you retire? Will we still have presents?

**--I have no plans for retiring, It's really up to my public how long I will be welcome. I had thought of branching out and releasing a few music singles. I don't know if you are aware but I know quite a few

Christmas songs, and I had thought about doing an arobics video. My present job does keep me busy though. And there will always be Christmas. The hope and joy that the season brings doesn't really need

me, but I have tried to help it along in my own small way.

*--Do you have a special message for out Members here tonight?

**--Enjoy your Christmas and try to keep a little Christmas in everyday.

Eat sensibly and get plenty of exercise, drink at least 8 glasses of water a day to fluch your system of impurities. You know Christmas isn't only for children it's for everyone, young and old. I love to hear from

all of you....MERRY CHRISTMAS EVERYONE.

*--Well thank You Santa, and on behalf of all of us here, I would like to wish you the very Merriest and Happiest Christmas and New Year.

MEETING NO-NO'S

Written by: Deb Kuney freddi10@ix.netcom.com TOPS #WA 1231, Silverdale

This is a skit that can also be used as a program. It takes 11 players. Pass paper out to the audience and as the skit is performed have the members write down all the things wrong with the skit. (The red or Italics sections are the things wrong) (substitute officers category for the name of whose playing the part)

Cast of characters:

(Characters can use their own names)

Leader, Co-Leader, Treasurer

Secretary, Weight Recorder

assist. Weight Recorder

two Member who audits books

New Member, Mother with baby

KOPS out of leeway

Opening Scene:

Props: scale and weight recorder books.

All other ladies waiting in hallway.

Begin: The weight recorder comes in and notices the assistant is not there.

Weight Recorder: "Oh Phooey the assistant isn't here.. *(to the girls in the hallway) "Hey could one of you girls come in here and help me with the weight recording?"*

1. A member *comes in from the hallway to help the weight recorder.*

2. Enter KOPS out of leeway. a member with a skimpy outfit and a KOPS who is weighing in after being out of leeway for 2 weeks.

KOPS out of leeway: I have to be in leeway today or I will lose my status."

3. KOPS out of leeway gets on the scale and *starts adjusting it to where she thinks it will be. ...*

Weight Recorder: Well lets see what you have done ... hmmm you're down 3/4 of a pound but you had to lose at least one.

"Well let's just call it a pound and it will be our secret. Don't tell anyone!"

KOPS out of leeway gets off the scale happily thanking the weight recorder and *starts putting her real clothes on.*

Weight Recorder says *loudly to Assistant. "Shes up 135 lbs now"* Assistant says " How much? Did you say 145. Woh thats a lot. but shes still in leeway? **Weight Recorder** nods yes.

Assistant *does not look at the scale to witness the weight in* and says " oh, whatever you say"

Weight Recorder does not put weights back to zero . weight Recorder and Assistant leave the books open for all to be seeing. "We'll just leave these here in case someone wants to weigh in after the meeting"

and exits into the hallway.

Scene two:

Props: table, chairs, secretary folder with ratty papers sticking out, an orange, a treasure folder, a basket for quarters, some newsletters, doll in a babyseat, nametags that the characters wear around their necks, crackers for the baby, tupperware.

Everyone waiting in the hall files into the meeting room. (Except for new member or coleader who is still not at meeting) including *Mother carrying baby*. Everyone takes a seat at the table. *Treasure places her coat and purse on a chair next to her so noone can use that chair*. (Everyone should be facing the audience.) Leader at the end.

Before Leader calls meeting to order *she informs some members that their tupperware is in that they ordered*.

Then she calls meeting to order. everyone stands and says the pledge. Co-leader comes rushing in apologizing for being late. and says: My car wouldn't start, I couldn't find my purse, and I am sorry for being late. I guess I should get an earlt start but who knew I'd have so many problems. Is it too late to weigh in?" she comes to the table and slams her stuff down. makes a bunch of noise. Which *wakes the baby*. Mother tries to quiet the baby down making a big fuss and pleads with everyone that she could not find a babysitter. she gives *the baby crackers*. everyone says "that's ok we don't mind.

While the leader tries to speak "it's so nice to see so many of you here today " the coleader makes a *bunch of noise rummaging thru her purse, brushing her hair ect. she pulls out an orange and starts peeling it. (not eating yet)*

Leader: "Let's have the minutes of the last meeting"

Secretary: *getting a rumbled piece of paper from a broken down folder. "The meeting was called to order at oh, around 10:00 o'clock, I guess. We did roll call. the weeks best loser was ummmm well I can't read my writing. lanyway we raised \$25 at our last metings bake sale and I think it was suppose to go to the SRD fund, but I can't remember what we decided. We had a newsletter from our coordinator and something from our leader but we decided to put off reading it until everyone could be here to hear it. Fall Rally is coming up in October but we don't know the date because noone told us yet. Our program was given by a nutritionlist who had all kinds of vitamins and herbal pills to sell us to lose weight. she gave a pretty good deal. Buy one get one free. So we took some money from our generakl fund to buy some of her products. We'll have to have her back sometime when our supply runs out. The door prize was given to Claudia, or the other claudia, it just says Claudia so am not sure who won it. We didn't have time for a program but next weeks program will be "how to grow plants successfully". The meeting was adjourned early because we were done at 10:30. (so many things wrong with Sec report see how many you can find)*

Leader: "Thank-you (Secretary), *Not asking for corrections or additions*."

Visitor enters room: Leader says "oh we have a visitor, are you looking for TOPS?"

Visitor: Yes I want to join. I heard it would help me lose weight.

The members start mumbling *"what for? you don't look like you need TOPS". and "Man if I looked like you I sure wouldn't join TOPS".*

she tries to use the chair that someone piled their coat and purse on but that person doesn't move their stuff so she finds a chair with no help from any member and noone scoots over to let her sit at the tabe. She is not introduced.

CoLeader starts eating her orande in a very distractive way.

Leader: "We are just about to do roll call but first I'd like to ask Co-leader Why are you eating?"

Coleader: "Because I am a diabetic and I need to eat at the same time morning"

Leader: "Oh ok, Now we will have roll call"

Weight Recorder reads the names *but no one claps when someone has a loss*. (Use real names

from your chapter)

Weight recorder starts. says her name and says shes down a pound

Deb: "up a pound but something must be wrong with the scales!"

Norma: down 1/2

Joyce: Down 3

Terry: Down 3/4

Nancy. *I gained*

Dorothy *"I am a KOPS"*

Leader: *Well joyce is our weeks best loser but she can't have the basket because she gained last week.*

Leader calls for a treasure report but gets interrupted.

Treasure: "I have to send in the audit so will you two (pointing at auditors) sign this so I can get it mailed. (*they sign without reading it.*)

Treasure " we have \$121.50 in general and \$612 in SRD. I think we should take a vote to take the *money out of SRD because we have so much and make a charm order. We can have a show of hands.*

Leader: All those in favor of using SRD money for charms raise their hands." (*everyone raises hand*)

"Its unamous. Let's go ahead and take \$200 out of SRD and do a charm order. Thankyou (treasure) for suggesting that."

Leader "Normally we would have a program but we need to talk about things that can't be in the minutes. (To the secretary "ohhhh don't put that in the minutes") so we will go ahead and adjourn the meeting.

We'll talk about our food function after the meeting. *If its not in the minutes it doesn't have to be approved.* So everyone have a good week.

Everyone picks up their stuff and starts leaving discussing where they are going to ave lunch as they leave.

The End

(this was a fun skit we did at workshop to show what not to do at meetings. Maybe you can spot things I overlooked in the skit.)

Quick n' Easy

From: yy02btopsnow@msn.com

Characters: Narrator, Dr. I. Cheatham, Nurse Eskap, and patient, Wanda Golightly.

Patient should be a KOPS, wearing lots of padding so that she looks overweight. Props needed will be evident as they show up.

A curtained off section stage is necessary. We also used a table in front of the curtain, with a sheet shielding items under the table from the audience.

Narrator: Good morning(afternoon). Welcome to the Meltaway Rightaway Clinic where Doctor I. Cheatham is making dreams come true for women who dream of losing weight quickly. If you are looking for a quick and easy weight loss, then this may be the place for you.

Dr. Cheatham and her faithful Nurse Eskap are about to perform their magic on a patient, Ms. Wanda Golightly. (exits)

Scene is doctor's office. On wall is a sign:

Meltaway Rightaway Clinic
We shrink you -- and your wallet, too

Nurse (walks in with patient): Doctor, Ms. Wanda Golightly is here for her treatment.

Doctor: Well, Ms. Golightly, you seem to have a slight weight problem. Have you tried to lose weight?

Ms. Golightly: Oh, yes. I only eat 500 calories a day; but I still gained 8 pounds this week. Do you think it could be water retention?

Dr.: Oh, sure. (aside) If she has been eating cactus. (Rolls eyes)

Dr.: OK, Nurse, check her blood pressure. (NURSE WILL NEED STETHOSCOPE.)

Nurse: (after reading) : Oh, my, not much improvement. Still 850 over 370.

(Ms. Golightly looks worried.)

Nurse: (aside to dr.): Is this condition curable?

Dr.: (aside, to nurse): Curable? Of course, it is – with diet and exercise. But if these people get turned on to that kind of cure, we will be out of business!

Dr.: Nurse, check the patient's heartbeat, please. (Nurse starts to listen to chest of patient)

Dr.: By the way, did anyone see that new movie where Mel Gibson is in his underwear? (Nurse jumps back, jerks stethoscope from her ears, and makes gestures to clear her ears.)

Nurse: (after regaining her composure) Doctor, her heart is VERY strong!

Dr.: (turning to Ms. G., and smiling broadly) OK, Ms. Golightly, we can help you here at the Meltaway Rightaway Clinic. We are going to get rid of your excess weight, and make you slim and healthy, in just minutes.

Ms. G.: Oh, Dr., that would be wonderful! But I'm not sure what you are going to do.

Dr.: Well, we will be removing the fat from under your skin, using suction. We will be using the new Supersonic Gran Turissimo 500 suction device. It's completely computer operated, and it reacts to the slightest change in your skin pressure. It can safely remove fat at the rate of 40 pounds per minute. Nurse, would you show Ms. Golightly the SSGT-500?

(Nurse takes vacuum cleaner from under the table -- the older, the better.) (Patient looks as if she might faint.)

Patient: But, is it-----going to hurt?

Dr.: Oh, no. After a local anesthetic, we will make a few small incisions, in the places where we apply the suction. But don't worry, you won't feel a thing. (Nurse takes chain saw from the table. Hedge trimmer, electric carving knife, etc. may also be used. But, of course, the bigger, the better.) (Nurse has to support patient, who swoons.)

Dr.: Well, let's get started, shall we? (Dr. and nurse, pulling and pushing, get patient, who is resisting, behind curtain.)

----- Narrator stands by curtain, and receives items as they are handed out. Have a table near to put them on.-----

(Sound of vacuum. Dr. hands out the first bag of fat. More vacuum sound, and second pound of fat comes out.)

Dr.: My goodness, what have we here? I've never seen this before. (More vacuum, then a long cotton batting is pulled out – verrrrryyyy slowly.)

Dr.: This is going to be more complicated than I thought. (Moaning and groaning sounds from patient, "hard work" grunting from doctor, and then, hands out, in succession, cookie bag, ice cream carton, pizza box, etc. -- use your imagination here.)

(More vacuum sounds, followed by three more pounds of fat.)

Dr.: I think we are just about finished. (More vacuum sounds, and out comes one boob, another, and then the bra!) Note: one of our members made verrrry large ones, and borrowed an extra-sized bra from a friend.

Dr.: Well, Ms. Golightly, we're finished. Stand up, and let's take a look at you.

(All come from behind curtain. Patient is now in regular clothes.)

Nurse: Wow! You look wonderful. How do you feel?

Ms. G.: (looking slightly weak) I'm not sure -- OK --- I think.

Dr.: Well, for a year, you will need to come back every six weeks and we will repeat the procedure. Make an appointment with the receptionist.

Ms. G.: Are you crazy? No more of this quick fix for me! I'm going to TOPS! (Runs from stage)

(Nurse and doctor look at each other, and shrug.)

(Curtain – followed by thunderous applause????????)

Narrator:: We hope you have enjoyed our lighthearted look at a way to lose pounds of fat quickly. We do have five one-pound packages of fat, which will be available if anyone wants to see just what is lost when the scale registers a loss of 1 pound, 2 pounds, and so on.

Let's all remember that the best way to lose weight is to Take Off Pounds Sensibly.