

BERNADINE'S STORY

A Fifty Year Journey with TOPS

In January 1962 I made a momentous decision. I would join a TOPS club in Richland and lose some weight. I joined the Atomic City Diet Dolls. At that time, I weighed 150 pounds and my goal was 125 pounds. All went well, and I reached my goal and became a KOPS on May 16, 1962. I was able to maintain my KOPS status until 1964 when my sixth child was born. I lost my status and at that time I believed that I would be unable to reach the KOPS goal ever again. Some members lost interest and the Atomic City Diet Dolls ceased to exist.

I decided to try again and on June 22, 1973 I joined TOPS #WA 498 Richland. My new goal was 130 pounds and I weighed in at 164. By the end of 1973, I had lost 15 pounds and was on my way again, but in 1974, I gained back nearly 8 pounds. I don't remember why, but I dropped out from October 1975 to April 16, 1976 having gained 8 more pounds. In October 1978, I dropped out again to attend classes at Columbia Basin Community College. I returned in March 1979, the year I received my Associate Degree.

In 1997, I had been yo-yoing and gaining until I weighed 185 pounds, and that was when I again got serious. I changed my goal weight to 130 pounds and worked pretty steady at losing but it was so slow.

Something else happened to me. I found that the TOPS group had become my best friends. We met regularly on Friday mornings, and I was looking forward to hearing and giving programs. I slowly realized that I wanted to spend time with these ladies and gentlemen every week. We were never critical of those who gained, and happy when others lost. We all took our turns being officers. We attended some state conventions and area rallies and had great times. We all had a common weight problem even though we belonged to different churches, politics, and ages.

As are many persons of my age, I was diagnosed with Type 2 diabetes. I purchased a book titled, "You Can Cure Type 2 Diabetes in 30 days." I read it twice and said to myself "I can do this". I quit my medicine and was successful. I also read that cancer feeds on sugar. I quit most of my sugar by using Stevia. Then on September 20, 2013 I finally reached my current goal of 135 pounds.

A couple years ago, someone presented me a TOPS award from Barbara Cady for being in TOPs for Fifty Years. This year I will be 90 years old and God has been good to me. After 51 years, I was reinstated as a KOPS. Patience and persistence are virtues.