

## KOPS CELEBRATION, DIVISION WINNER and OFFICERS

Before we begin our KOPS celebration, I'd like to start off by thanking all our officers for serving in the chapter. Being an officer, I used to think, was a such a rewarding experience, but now that we've all been in TOPS so long, I feel, it's just something that needs to be done, and I want to thank Doris and Vi, and myself, for stepping up and continuing to fill in where needed. I'd also like to thank anyone who has volunteered to do a program too!! It's always nice when everyone takes a turn so it doesn't become too much for someone else in the chapter.

So, at this time, I would like to present each officer with a certificate and a charm.

So, here we are...another Friday morning at TOPS. Why did we ever start coming to TOPS?? And why do we continue to come??? We all, at one time or another, had the desire to lose weight. We thought TOPS could help us, and we still do so we joined, and we continue to come once a week to weigh in and hope that we have had a loss, and those of us who still need to lose, become KOPS.

When we first join TOPS, we are automatically put into a division. Depending on how much you weigh at your first weigh in, you are put in a certain division. There's a men's category and a women's as well as teens and children under the age of 13. As the year goes by, if you lose ten pounds or more, and no one loses more than you, you become a division winner. At this time, it gives me great pleasure to announce our very own division winner from 2013. Mr Richard VanCaster....will you please step forward???

In 2013 you lost 10.75 pounds and became a 1<sup>st</sup> place division winner in **Men's Division 3**. Here is your certificate and charm. Congratulations on a job well done!!!

**SONG:** Song for Division Winner..."Hello Winner"

Congratulation Van. You may take your seat.

Members who reach goal are called KOPS. Kops stands for Keeping Off Pounds Sensibly and it's something we should strive to become. Three of our members have reached their goals and today we are honoring them and sharing in celebration of their success. These members are Jim Weaver who became a KOPS on May 21, 2010 and has maintained his status for 4 years. Doris McKibbin became

a KOPS on September 12, 2003 but lost it in June of 2005. She regained her status in February on the 24<sup>th</sup>, 2006 and has maintained her status for 9 years, eight of those being consecutive. And Jeanne Weaver who became a KOPS over twelve years ago. Having reached Kops status on December 30, 1999. She kept her status til July 25, 2002 but regained it on April Fool's day 2004. She is a twelve-year Kops, but has 10 years of consecutive status. Impressive, isn't it??

### **So, what is a KOPS???**

A Kops might say: Is it a name? an honor? a title? a feeling? a symbol? a wish? a dream? a hope? It's all of these things. It's something to be proud of, something to keep forever, something wonderful that we can't bear to think of losing. KOPS is something we try to explain to our friends and they give us a strange look and a half-hearted "OK" that lets you know that they don't understand how important it is. KOPS is a result of TOPS and it has changed our lives for the better. KOPS brings its own reward, it's own special purpose in life for so many people. KOPS is a tear in the eye, a handshake, the sound of applause with the knowledge you have done well, and the knowledge that you joined Tops and were sincere to yourself and have accomplished what you wanted to. Last but not least, KOPS means, **Keep Off Pounds Sensibly**.

### **(DEB'S BIG SPEECH)**

Have you ever seen the movie "A League Of Their Own?" There is one scene where the best player on the team decides to quit because things just got "too hard" for her. Then, the manager says to her, "It's supposed to be hard. *If it was easy, everyone would do it.*"

Have you ever wondered why it was so easy for some people to reach their goals and so hard for others? What is the difference between the ones who are still trying and the ones who have succeeded? Just like the Kops we are honoring today, they have been willing to **PAY THE PRICE OF SUCCESS**.

And what is that price?

It's the price to use all the courage you have to force yourself to concentrate on the problem of excess weight, to think of it deeply and constantly, to study it from all angles and then to make a plan. It's the price to have high sustained determination to overcome all obstacles in easy time AND in hard times; not to let FOOD control you and to refuse to believe that there are any circumstances stronger than your desire and determination to succeed. **THE**

DECISION TO REACH GOAL, INSTEAD OF JUST SIT AROUND HOPING TO.  
This is the price of success.

Hard? You bet it is. That's why so many people never even attempt to reach goal and apply for Kops status. That is why the ones who do are so special. Yes, if it were easy we would all be there now. But, we're not...**these three are.**

I think members should ask themselves this question: Am I willing to endure the pain of this struggle for the rewards and the glory that go with this accomplishment? Or shall I accept failure? Am I going to remain in the rut of the well beaten failure trail? If I do I know I will remain "beaten"...Or am I willing to pay the price of success?

These three have chosen their own path, has chosen to pay the price of success and look at them now...our honored KOPS. And before we get started in honoring them, I'd like to take care of some unfinished business that should have been done 4 years ago...

JIM WEAVER...come on down!!! You are being honored as our chapter KING.  
Here is your certificate and a crown!! Hail to the King!!  
And to honor you, we are going to sing this song:

### **SONG (To the tune of God Bless America)**

**Hail to our honored King  
Hail to our king.  
Here before us, he'll show us,  
What belonging in TOPS club can mean.**

**It took know-how,  
it took courage,  
It took willpower but the ton.  
Hail to our honored king, look what he's done.  
Hail to our chapter king, we're glad you won.**

At this time I would like to ask Jim to tell us his TOPS story and how he became a KOPS. **Jim reads his success story.**

(give two yellow roses and say thank you) You may be seated.

**Doris, would you like to stand and read your story??**

(give two yellow roses and say thank you) You may be seated.

**And Jeanne, please stand and read your story.**

(give 2 yellow roses and say thank you) You may be seated.

Thank you all for those wonderful, inspirational stories.

**The Candle of Continuity's** flame is shared and guarded by all KOPS-so that it may never go out. Kops are the "shining" example of every Tops chapter. So these three should "shine" to help lead others down the road of success.

JEANIE, being the longest standing KOPS will now light the candle of continuity.  
Thank you.

Jim is the newest of these three, so I'll start with him. Jim joined TOPS and with determination he reached his goal of after losing 48.50 pounds on May 21, 2010 and has kept his KOPS status for four years!!

**Please light your candle from the candle of continuity.**

It is with great pleasure I award Jim with this certificate and his 4-year numeral.

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Doris, who became KOPS on 9-12-03 lost 33 pounds and has kept it off for 9 years. **Please light your candle from Jim's candle.**

This certificate is for you and here is your numeral. I congratulate you.

\* \* \* \*

Jeannie, as I said, is our longest standing KOPS... became a Kops on December 30, 1999 and lost 26 pounds and has kept it off for 12 years.

**Please light your candle from Doris's candle.**

This is your certificate and numeral.

**Our leader has a presentation she would like to make:**

**Jeanne, It's not every day that someone becomes a 10 year Kops, but you have done it even after losing your status once. This show us TOPS members that you have perseverance, which means you have, and continue to live the KOPS pledge...you are a shining example of what Tops Can Do As You Keep Off Pounds Sensibly...and I can honestly say you are a KOPS who truly deserves this award. It's my honor to award you with your 10 year**

consecutive KOPS status award.

## JEANNE'S NECKLACE.

And now, we will sing another song to our KOPS.

SONG: KOPS SONG sung to the tune of Ain't She Sweet.

Ain't she sweet? She's a Kops I'd like to meet.

She is slimmed down, trimmed down looking wonderful

Ain't she sweet.

Just cast an eye in her direction.

She's got a bod, that causes distraction

Look her over now...I repeat...

(repeat)

**To illustrate with the FELT BOARD AND FELT PIECES...**

### **THE PURPOSE OF THE YELLOW ROSE...**

A TOPS WAITING TO BE A KOPS IS LIKE A ROSE BUD READY TO BLOOM. SHE HAS ONLY TO SPREAD HER PETALS AND BLOOM. THERE ARE FIVE BASIC PARTS TO A YELLOW ROSE.

- The stem represents SUPPORT just as our chapter supports each member.
- The thorns represent our gains, disappointments, our hurts and pains.
- The leaves are uneven and jagged representing the tough times we experience in our daily lives
- The core, the heart within ourselves represents our willpower and determination to continue on our sensible path to become a Kops and never give up no matter how long it takes.
- and the petals, clustered onto on main core represents our membership as we continue to come together each week in our common goal which is to become a KOPS.

**THE YELLOW ROSE IS A SYMBOL OF LOYALTY, FRIENDSHIP, HONESTY, AND CARING AMONG FRIENDS. WHEN A MEMBER ACHIEVES KOPS STATUS,**

THE YELLOW ROSE IS USED BECAUSE THEY ARE A GOLDEN BEAUTY TO ALL OF US.

A KOPS PRESENTS THIS YELLOW ROSE TO SOMEONE IN THE CHAPTER SHE BELIEVES HAS THE ABILITY TO BECOME A KOPS. THAT TOPS MEMBER KEEPS THAT ROSE AS A SIGN THAT THEY HAVE SOMEONE WHO BELIEVES IN THEM AND MAKES A PROMISE TO ENCOURAGE THEM TO REACH GOAL.

And now I would like each KOPS to present their yellow rose the member of their choice who you would like see become KOPS and the person you will encourage along their way.

This concludes the presentation for the KOPS.