

PROUD TO BE A KOPS
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TOPS WAI200 ABERDEEN
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All my married life I was able to maintain a healthy weight by diet and exercise. Every morning I did exercise with Jack LaLane and my 4 little girls were right down on the floor with me. As I reached menopause around 50, I started gaining a couple pounds a year. I tried so hard to get it off but wasn't successful. I went from a size 12 to a 16 and that size was getting tight on me. In 1998 at the age of 65 I decided I could not do it alone and needed help. I looked in the paper for a Weight Watchers meeting. They met in the evening and I wanted a day meeting. I did find one that met in the morning and showed up. Libby Winzer, who was Co-Leader, met me at the door and signed me up. I told her I heard the dues were half price this month. She said, "Oh! that is Weight Watchers" and I replied, "If this isn't Weight Watchers where am I?" She laughed and said this is TOPS. I never knew anything about TOPS but from then on I was "in". In May, 1998, I weighed in at 185 lbs. From the first day everyone was so friendly and made me feel welcome. Bobbie Cooper was a 7 yrs KOPS and was "the only KOPS". She said the pledge by herself every week. But she made it feel special and I knew I wanted to be one. The next couple years we acquired a few more KOPS including Shelley and Libby. I admired them all for being at their goal and I loved the badges they wore with their special charms. I liked the purple blazers they wore on special occasions as members of the Yellow Rose KOPS Society, and the pride they felt standing in the 'Circle of Light' at SRD.

Libby encouraged me to run for Co-Leader when her term was up. I was very shy and had no self confidence. I wasn't a 'hugger' either and would tense up when they hugged me. I got the job and it took me awhile to feel comfortable but I filled in where I was needed and found fulfillment in what I was doing. I became Assistant Weight Recorder in 2000 when Gladys resigned due to ill health. I went on to be Assistant Weight Recorder and Leader for 4 years.

In 2000 I attended Fall Rally and was inspired to become a KOPS. I wanted to graduate at IRD in Seattle the next year. I had 10 lbs. to lose between October and December but I set my mind to it. NOTHING WENT IN MY MOUTH UNLESS IT BELONGED THERE. I reached my goal of 160 lbs on December 12, 2000. I was crowned Chapter Queen and graduated at IRD with many of our Chapter Members there. What a thrill!

When you reach your goal you don't drop out thinking you now have it made. We still need the accountability of the scale each week, encouragement from our fellow members and staying focused on what we eat. You want to stay and give back the love and support that you received. You can never go back to your old eating habits. You have to remember what you did to lose the weight. You can slowly add things back into your diet while learning to maintain your goal. It isn't easy but it is well worth the effort. You have better health, self esteem, and look and feel better in your clothes.

I received my 5 yr. necklace at SRD in 2005 and it was my desire to reach 10 yrs. I think that desire helped me to maintain my KOPS status when I was diagnosed with Stage 4 Cancer in 2007. Most people lose weight when they are sick but my body wanted to gain. During treatment I had to raise my goal and still had to take a "medical" to keep from losing my KOPS status. I was told most people never make it back to goal after a "medical" but Libby had and I was determined to do it too. I really wanted to be a 10 consecutive year KOPS and receive my necklace. I think this desire helped me through my illness —2 major surgeries,

chemo and radiation twice. I did get back to goal after my 1 yr. medical and now today on December 12, 2010, I am a 10 YEAR KOPS. I DID IT! My dream has come true.

Because of my current medical problems I am losing weight and am close to reaching my original goal. So to all of you who are struggling, I say, "Never give up, keep trying". Once the desire to lose weight and be healthier is in your head, don't lose the drive. Work hard to reach your goal. You can do it! Mary Prescott is such a good example of that. I love being a KOPS and you will too.