

Dash Away All

'Twas the day of the meeting, when all through the town
TOPS members were hoping their weight would be down.
They would learn on the scale at TOPS Club that night
If willpower had won out over false appetite.

Their calorie counts had been kept with great care
In hopes that the secret of weight loss lay there.
Now I'd cleaned my house, and I'd made all the beds
While visions of slenderness danced in my head.

I dreamed of how nice it would be to be thin—
Of wearing a crown, and the trophies I'd win.
When out on the street there arose such a clatter
I sprang toward the sound to see what was the matter.

I raced through the house—at my weight, pretty fast—
And I managed to get to the front yard at last.
When what should appear to my wondering eyes,
But a bakery truck filled with breads, cakes, and pies

With a driver whose wares held such wild fascination
I knew in a moment his name was Temptation!
He went through his goodies with pride and acclaim
As he whistled and shouted and called me by name.

I jumped back to my porch. With resolve I stood tall—
Then yelled, "Dash away, dash away, dash away all!
You'll not tempt me with high-cal'rie delights.
I've got to weigh in at my TOPS meeting tonight!"

So off down the street the big truck fairly flew
With Mr. Temptation and his cargo, too.
Had I eaten his offerings I'd have to explain
How I happened to weigh in that night with a gain.

At the meeting that evening it was plain to see
The Weight Recorders were busy as bees.
The first one said, "Come on, you're next. There's no doubt."
I was feeling so nervous I thought I'd pass out.

But a wink of her eye and a nod of her head
Soon gave me to know I had nothing to dread.
She spoke not a word but went straight to her work
And wrote down my loss. Then I turned with a jerk.

I gave a big sigh and a long, happy whistle,
And I pranced on my toes like the down from a thistle.
And all heard my exclaim as I smiled with delight, "I lost!
And I'll lose again next meeting night!"

Above Poem Written by Vi Parks TOPS #CA2101, Banning