

Poetry in Motion

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Chapter Queen -
From: Babshart1@aol.com
Today is your day --
your time has come to
wear the chapter crown.
To be our chapter queen.
Having lost the most weight
to goal in 2002.
You've made a valiant fight.
A winner you are.
So take care to value
what you've won.
This precious gift you've
earned is the reward for
what you've done
Don't take this day to lightly.
You've just begun your fight.
Every day you must work to keep it
Every day is a new delight.
This treasure can easily slip away
unless you guard it well.
Just ask someone who has lost it,
their story is sad to tell.
You climbed the heights;
you've made the top of that
Mountain
we all must climb.
Each one of us here is proud of you.
We will reach our KOPS in time.
Author Unknown

A STONE IN MY POCKET

I carry a stone in my pocket
A little reminder to me
That I should follow the monograph
No matter where I may be
This little stone is not magic
Nor is it a good luck charm
It's just to remind me that some
Things I eat, are sure to cause me harm
It's not for identification
For all the world to see
It's simply an understanding
There's a special me I want to be
When I put my hand in my pocket
To bring out a coin or a key
That stone is there to remind me
That the scale will soon judge me
So I carry the stone in my pocket
Reminding no one but me
That I am a striving TOPS member
With the goal of a thinner me.

Seven Days To Go

(Change the days to suit your meeting)

MONDAY evening, 8:30 P.M.

That piece of cake I saved is near;

One big slice, I have no fear;

Besides no pounds will ever show;

I've got seven days to go.

TUESDAY - A day of shopping, to the mall we go For a burger special,
it's cheaper you know. I'll walk it off, I have no fear;

Six days to go, no weigh-in near!

WEDNESDAY - I think I'll skip my tuna lunch, a ham sandwich is what I'll munch.

Tuna's getting expensive you know;

Besides, I've got five days to go!

THURSDAY - For breakfast, one egg, toast and juice Kids left their
pancakes! oh, what's the use. With inflation, to waste is a sin;

Besides it's four days til I weigh in!

FRIDAY - Breakfast I'll just have coffee today Maybe I'll lose more that way.

Supper - a little extra I'll eat

Three days before those scales, I meet!

SATURDAY - Boy eating out is really rough, Restaurant menus are really tough;

I'll work this steak off, have no fear;

In just two days, it'll be clear!

SUNDAY - Now my nerves are really a wreck, I might as well eat, what the heck!

I'll take two ex-lax late tonight;

One day to go - it'll be all right!

MONDAY - I can't afford to eat - no way! Six trips to the John might
save my day. I gained two pounds, wouldn't you know?

Guess I didn't have seven days to go!

Love n' TOPS

Love and TOPS have come together----- And
blended into one,-----To change the helpless losers----- Into
champions who have won!-----If it weren't for the caring-----All
members give each day,-----We might get lost in limbo-----And never
find our way.-----But looking after others-----When they need a
helping hand-----Is what TOPS has always done-----And seems to
understand-----WE all need a bit of praise-----When we falter on our
wy.-----So, thank you, TOPS-----For the caring, loving,
sharing,-----You give to us each day.

Author is Sadie Schulte, TOPS #FL 112, Orlando

THE DESIGNATED DIETER

-----I often think that
there should be-----For lovers of food, like you and me -----A
designated dieter.-----When you tire of lettuce and carrots and
stuff,----- And of exercise you've had enough,-----Just call on-----YOUR
DESIGNATED DIETER! -----She would come and pinch-hit for you,-----While
on you favorite foods you could chew,-----And she would diet just for
you- -----YOUR DESIGNATED DIETER!----- You'd never have to face the
scale,-----Or weigh in day you'd never fail,-----For standing there , as
slim as a rail would be-----YOUR DESIGNATED DIETER.-----And then, on
that day at the end of the year-----When recognition time is
here,-----There'd be a hug and a great big cheer,-----FOR YOUR
DESIGNATED DIETER!-----You'll be standing here with you face all
red-----And the one with the glittering crown on her head ----- will
be YOUR DESIGNATED DIETER!

NEXT TIME

Someone else has won the honors that I thought would be mine.
Someone else has forged ahead and left me far behind.
Someone else has found success and plays the starring role,
While I seem to have forgotten that I also have a goal.
But TOPS will not forsake me, so I need not sit here crying.
TOPS friends will stand beside me, for they know that I'm still trying.
This time I wasn't ready, but next time I will be,
For I have determination, and TOPS has faith in me.
Written By Vivian Swanson TOPS CA 1912, Long Beach,

"TOPS DREAM"

I dreamed I was an astronaut who soared among the stars.
I dreamed I made my travel plans on Jupiter and Mars.
I dreamed I was a mountaineer who climbed the highest peak.
I dreamed I was a scientist with wondrous cures to seek.
I dreamed I was a butterfly who flitted among the flowers.
I dreamed I was a pendulum as the clock ticked away the hours.
I dreamed I was a lazy cat just sleeping in the sun.
I dreamed my life was nearly o'er and I'd missed all the fun.
And then I dreamed a wondrous dream, it made my faint heart sing.
I dreamed I'd found a goal in life, a personal precious thing.
I dreamed that I could change my life, to be the best I can.
I dreamed that I could win this goal, by helping fellow man.
I dreamed the most important quest is well within our reach.
We can lose weight, improve our lives, for this at TOPS they teach.
I dreamed that if I truly tried to seek out friends who care,
I'd find them at a place called TOPS with common goals to share.
I dreamed that TOPS does have a plan to help me on my way,
As long as I will do my part, they'll help me if I stray.
I dreamed support, a helping hand is always to be found.
TOPS – Not a Dream – a reality, the most caring group around.
Written by, Eleanor Hardie, TOPS # ON 4297, Brantford

WE CHANGE

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
To wear a belted dress.
But now that I am older,
I've set my body free;
There's comfort of elastic
Where once my waist would be.
Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.
And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on,
The crotch is at my knees?
I need to wear these glasses
As the prints were getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to silver
and my skin no longer fits,
On the inside, I'm the same old me,
Just the outside's changed a bit.

On a positive note I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.
I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.
I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.
I've learned that making a living is not the same thing as making a life.
I've learned that life sometimes gives you a second chance.
I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.
I've learned that if you pursue happiness, it will elude you, but if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.
I've learned that whenever I decide something with an open heart, I usually make the right decision.
I've learned that even when I have pains, I don't have to be one.
I've learned that every day you should reach out and touch someone. People love that human touch-holding hands, a warm hug, or just a friendly pat on the back.
I've learned that I still have a lot to learn.
I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
I've learned that "Friends are God's way of taking care of us."
I've learned that you should pass this on to someone you care about. I just did. Sometimes they just need a little something to make them smile.

"Diet Rock"
I am a little diet rock
As cute as I can be.
Although I'm sweet to look at,
I'm both fat and sugar free.
When you get up each morning
Lift me high into the air,
Then set me on the floor 10 times
Before sitting on the chair.
Please place me on the table
At the place YOU plan to eat
And remember I am watching
What YOU do and what YOU eat.
When you are serving up your plate
Please leave my section free,
And I'll reduce the calories
By the space you saved for me.
After you have eaten,
Although I'm just a rock,
Please slip me in your pocket
And take me for a walk.
If YOU do this faithfully,
Then in a month or two,
Although I'll still be just the same,
YOU'LL be a slimmer you

TOPS' HELPING ANGEL
I am a Little Angel,
Sent to be your Guide,
To Help You When You're Tempted-
A Reminder, By Your Side.
I Cannot Do It All for You-
Only You Can Direct Your Fate;
But I Will Be There to Help You,
Should You Decide to Wait!
So Be Careful of Your Calories;
Stand Firm to Your Heart's Desire!
Get a Little Exercise;
Set Your Heart on Fire!
And When You Feel You Have to Eat
Things You Know You Shouldn't,
Just Pick Me Up and Look at Me-
And See the YOU, Who Wouldn't!
For You KNOW What You Need to Do,
And WHAT Should Be Denied;
You Only Need a Helping Hand-
That's Why I'm By Your Side!
Yes, You Know that YOU CAN DO IT-
And So Do All of Us at TOPS:
We'll Look For YOU, In the Circle of Light,
As YOU Become a KOPS!