

TO A KOPS

(For graduation or anniversary)

Today is your day--- your time has come to wear the gold and white. To be a KOPS having lost the weight, you've made a valiant fight. A winner you are, so take great care to value what you've won. This very precious gift you've earned is the reward for what you've done. Don't take this day too 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.

Day Becoming KOPS

FROM: RAK634

KOPS NAME, because you have successfully reached your goal and now stand on the threshold of being a KOPS, it is obvious to all the sacrifices you have made. Now you are to represent publicly the road to success for us all. You are a most worthy role model. This distinguished title is one we all feel you deserve and will serve us well. So, as you join the elite KOPS Club---a place we all want to be--we give you a few things to help you remember this day and all the reasons this honor belongs to you.

.. First a basket, an item in which to place the gifts of memories you will receive. You can share the basket to help other KOPS members remain in leeway, by placing kind thoughts and deeds inside. You can help (enter KIWS name) who waits to enter the KOPS club. Give her understanding as she waits to travel the same road as you... Next we have a tin of spice. Put this inside your basket and remember that by adding a little spice to your life, you can endure the battle of the bulge. You can change the taste of life and tenderize the aging process. Don't be afraid to try new things, for it is in new experiences that we live life to its fullest, and boredom cannot limit our horizons. Pass this bit of knowledge and spice on to any members when their road is bumpy, so that your words may comfort them... Next we have a whistle. As you have seen and understand the views of both worlds - the plump side and the thin side- we charge you to become the whistle blower for us. When society knocks us down a peg or two by creating fashions that demean and embarrass us, may you be the first to blow the whistle so we may remember that it's what's inside that counts. May your whistle be loud enough so that all our members can hear it wherever they are, and they too can believe.. Now we give you a brush. This brush is a tool to prepare you for all the brushes with temptation you will have in the future. May you remember that it's okay to let temptation win at times, but your own will and desires will pull you back on track. As an intelligent person you can have your cake and eat it, to. You can control your temptations by controlling your portions. From time to time, lend your brush to your fellow members so they, too, will be prepared for temptation... Next we give you an eraser so you may use it to erase all the negative things you see, hear and feel. By eliminating the negative you only have room for the positive. Negative thoughts or actions have caused many a foot to stray from the chosen path. By keeping a clean positive attitude, you strengthen your resolve and encourage those around

you. Always look on the good or positive side of things. By doing so, you will show all our members that life is what you make of it and there is neither time nor space for the negative .. Now we give you glasses -- dark glasses so you won't be blinded by your success. Don't allow yourself to believe that your KOPS standing means that you no longer need to count calories, exercise, or do all the things you did to reach your goal. Don't be blinded by excuses or by time. If you should find this happening, feel free to use the eraser along with the dark glasses. Once you see clearly again, take another KOPS by the hand and help her, for at times, each of us knows what it's like to be blinded... Next we give you a battery so you may keep a healthy charge on your goals, convictions, and attitude. In doing this you retain all you have learned from this chapter. Recharge when necessary by gathering new ideas to share with others. Keep this battery permanently charged by attending all meetings and putting more into the group than you get out of it. Get a kick out of life by charging it with laughter, new ideas, and the personalities of new people you meet. Like this battery, keep the positive on the top and the negative on the bottom. Take time frequently to pass the energy on to other members so they may stay charged, thus renewing in them the desire to be where you are today.. Next we have a key. This key represents the belief you have that taking off pounds sensibly is the key to success. You have used this key instead of artificial means. You have educated yourself as to which foods to eat, how many calories to consume, how much exercise is right for you, and what it takes to keep YOU in control. You have made the right choices; in time, pass the key on to a fellow member so she, too, can go through the door you have opened... Finally, we give you a ring. (a keyring). This ring represents the circle of friends in our chapter. As you set an example for us, remember we as a group support you. As we accept all the things you pass on to us, we will continue to stand by you, and continue to respect your earned position, as well as guide others to you. This ring also represents all those members who are no longer with us; their part in this group remains as a motivating spirit. This ring opens to include all the future members whom you have yet to meet. May your mind always be open to new ideas and your hands out to new friends.

All these gifts represent our thanks, and our love to you, _____, for reminding us that anything is possible, that we can achieve our dreams. It is with great honor and respect that tonight we recognize you as a KOPS. And it is with even greater honor and respect that we recognize you as a friend.