

TOPS TRIPLE PLAY



Congratulations to Angela Schrolz of TOPS NY#197, West Babylon on the occasion of her 30th Anniversary as a KOPS. Angela (L-R) is all smiles as she is presented with the Yellow Rose from Julie Mawn, 36 Year KOPS.

On the occasion of her anniversary Angela wrote the following poem.

30th Anniversary as a Kops

Tonight I celebrate my 30th Anniversary as a
KOPS

It all started 29 years ago in 1979 when I joined a group called TOPS
I lost 40 pounds in 9 months and had only 3 gains on the scale
I put it in my head that I was never going to fail.

In 1980 I was the Chapter Queen as well as a KOPS
I was honored with trophies and roses from NY #197, W. Babylon TOPS
I made a solemn promise to myself to always stay at or below my goal
even if it meant giving up that extra roll.

I have held the position of Secretary for 3 years and Co-Leader for 7 years.
And b doing so I have helped all my TOPS peers
By being the KOPS Co-Ordinator I keep my fellow KOPS in toe
But by being the Chapter Leader for 10 years I have helped other grow.

In May of 2008 I attended my first State Rally Day (SRD)
I was honored as the KOPS Charm & Beauty contest winner (category 1, 2nd place)
Julie and Bernadette were also there
And when it came time to snack, we chose an apple over a pear.

The year 2010 will always be a memorable one
Receiving the trophy for Most Dedicated not once but twice was just part of the fun.
As a KOPS of long standing I would like to say
I will continue working at remaining a KOPS each and every day.

So as I celebrate my 30th Anniversary as a KOPS
I want to first thank God as well as my fellow members of TOPS
For all the help, support and encouragement you gave along the way
And for making my KOPS 30th Anniversary a most memorable day.



On June 8th I had the honor to present to the Leader, Susan Albrecht, of TOPS NY197 West Babylon a commemorative certificate on the occasion of their 45th Anniversary.

BORN A KING

One of my happiness moments in TOPS was to attend SRD in Saratoga Springs on June 10, 11 & 12th. The reason being that one of our own was being honored. Jim King of TOPS NY #197, West Babylon walked away with TOPS honors. He graduated as a KOPS, received the award for Most Improved and was Crowned NYS King Runner-up. Jim fit right in with the SRD theme "Run for the Roses. He truly was a Triple Crown Winner! Jim was supported by his daughter Kathy.



Both Jim and Kathy received awards for their great accomplishments in TOPS for their weight losses of 70+ lbs for Jim and 50 lbs for Kathy. They owe their success to the support they receive in their chapter and for the changes they have made. In the photo above Jim is all smiles as he is joined by TOPS Longevity KOPS L-R Grace Schlosser (46 year KOPS) and Ruth Divis (36 Year KOPS). Congratulations Jim on a job well done!