

THE FEDERATION NEWS  
OF THE  
WEIGHT WATCHERS FEDERATION  
(WA INC.)



January/February 2018

# Weight Watchers Federation Committee 2015/2016

	<u>Name</u>	<u>Group</u>	<u>Phone Number</u>
President	<b>Aileen Addison</b>	<i>Forrestfield</i>	9453 1731 0421 225 371
Vice-President	<b>Jenni Lynch</b>	<i>Swan/Bassendean</i>	9377 6830
Secretary	<b>Sheila Overton</b>	<i>Forrestfield</i>	9453 6881
Treasurer (Interim)	<b>Jenni Lynch</b>	<i>Swan/Bassendean</i>	9377 6830

## Metropolitan Committee

<b>June Richards</b>	<i>Swan/Bassendean</i>	9377 4966
<b>Loris Clayton</b>	<i>East Maddington</i>	9398 7372
<b>Rhonda Donaldson</b>	<i>Cannington</i>	0417 855 490

## Newsletter

Editor	<b>Jo Vernon</b>	<i>Swan/Bassendean</i>	0421 442 279
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### Newsletter Deadline is the 21<sup>st</sup> of each month.

Items received after this date may have to wait until the next newsletter.

## **Weight Watchers Federation (WA Inc.)**

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LYNWOOD WA 6147  
ABN: 23946934673**

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Email: [weightwatchersfed@aapt.net.au](mailto:weightwatchersfed@aapt.net.au)

Webpage: [www.weightwatchersfederationwa.org.au](http://www.weightwatchersfederationwa.org.au)

Orders may be telephoned, emailed or posted to the office.

**IMPORTANT:** Please notify the Federation office as soon as possible of any changes in your clubs' committee or meeting place so that our records can be amended. You may miss out on new members if our information is incorrect.

# PRESIDENTS NOTES



I hope 2018 will bring good health and happiness to you all.

With the start of the New Year we should be setting our goals for our weight loss. By now all clubs should be up and running with presidents and committees having had a well-earned rest!



I bet we are all over LEFTOVERS!

Slimmer of the Year forms are in this newsletter with the last weigh-in the last day in February, please make sure that you let your entrant know that they have been nominated so they can attend with family and friends.

This year will be BIG with our 50<sup>th</sup> anniversary celebration, with Annette Sym being our guest host for the day, we will be working hard to make it a great day for all so don't miss it!!

Details will be in every newsletter with updates and accommodation (if needed) for our country members.

Till next time

Regards.

Aileen

# KARRATHA WEIGHT WATCHERS

Just a bit of news from Karratha, the weather has been very kind so far to us for this time of the year. My experience since moving into a Country Town is that all most everyone loves the lifestyle they are living and is not prepared to change.

Seems like it is easier for many to still drink those Protein Shakes here (not good for you).

Our little group has done well and lost 17kg's since we started in September 2017, congratulations to Julie, Kelly & Vanessa.

We had our Christmas Lunch Thursday afternoon. Our last meeting for the year took place on 13/12/2017.

We are going on a family holiday to Kalbarri and will be back beginning January 2018.

Remember to PORTION CONTROL is a key to losing weight.

Wishing everyone a Happy New Year and Peace and Good Health to you all.

Vanessa



# BUSSELTON WASPS

Hello to all, and we wish you a very healthy and a better New Year.  
And, just to remind you.....

Every snack you make  
Every meal you bake  
Every bite you take,  
I'll be watching you



Another year to get going burning those calories. The fancy clothes you wished you'd been able to wear over Christmas and New Year will be within reach 10 months from now.

The fashion may have changed but at least you'll have a goal!!!

Our group meet again on Feb 7th. Will be interesting to see if anyone actually lost weight over all the festivities. Bet some of the excuses will be corkers!

Here's a good one...

I've removed all of the high calorie food from the house.....it was delicious!

Till we meet again I can't offer much in the way of news from our ladies.  
Next month I should have some interesting facts to divulge. Until then,

Kind regards,  
Valerie, hon sec.



## **HOW TO GET YOUR BUDGET BACK ON TRACK - Column by Annette Sym**

If you overspent during Christmas and New Year, chances are you're still trying to play catch up and get your budget back on track. We can waste a lot of money on food if we're not careful. Think about the amount of times you throw out limp veggies or find out-of-date ingredients in your pantry or fridge. That's money wasted right there.

Another way we waste money is in the supermarket. If you fall for their flashy signs and start putting things you don't need in the trolley, chances are you'll spend more than you planned and it's often on food that doesn't fit into your healthy lifestyle plan. There's an old saying – Take care of the pennies and the pounds will take care of themselves. Saving a few dollars here and there soon adds up at the end of the month.

So, here's some tips to save you money on food and help get your budget back on track:

1. **Get it in order.** Give your pantry a quick tidy up, throw out any foods that are out of date and put everything in some sort of logical order. For example, put all the flours and things for baking on one shelf, put cans and sauces on another shelf and so on. Then do the same with the fridge and freezer.
2. **Know what you have.** It might seem simple but do you really know what's in your pantry, fridge and freezer right now? Chances are you don't. Forgetting about staples, write a list of what you have on hand. I keep a list pinned to my freezer of what's in each drawer so I don't double up when I'm shopping and I know what meals I have on hand for nights when I don't feel like cooking.
3. **Work out a menu.** I bet if you look at your list of ingredients you could make a few meals using what you have or perhaps only need to buy one or two other ingredients. So straight away you're saving money by making meals using ingredients you already have on hand. Also check your junk mail to see what's on special this week before you write your menu.
4. **Write your shopping list.** I'm sure you've heard this before – write a list and only buy what's on that list. Don't be tempted to add other things to the trolley when you're in the supermarket. If your budget is really tight make sure you work out which foods are a priority and which foods you can leave off the list. For example, do you really need juice when you could drink water, could you buy a cheaper brand of some products?
5. **Don't throw it out.** Freeze any leftover portions of meals; make sure you write the recipe name and date frozen on the lid. Check your fruit regularly and if it starts to get overripe, freeze it. Frozen bananas are great for my Banana Cake in book 1. Have a look at your veggies and add any that have wilted to a casserole or use them to make a delicious veggie soup.

Follow these few simple steps and I'm sure you'll have your budget back on track in no time. You might need to forego the more expensive cuts of meat for a few weeks but it will be worth it when you see your next bank statement.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE are available online. Visit Annette's website [www.symplytoogood.com.au](http://www.symplytoogood.com.au) for more tips and recipes. You can also like Annette's Symply Too Good FACEBOOK and INSTAGRAM pages.

## Zucchini Slice

Difficulty ★★★★★

SERVES: 6

- 2 whole eggs
- 3 egg whites
- 2 packed cups (350g) zucchini grated
- 1 cup carrot grated
- ½ cup capsicum diced
- ½ cup celery diced
- 1 onion diced
- ½ cup frozen peas
- ½ cup frozen corn kernels
- ¾ cup 97% fat-free ham diced
- ¾ cup self-raising flour
- pepper
- 1 cup (100g) 30% reduced fat tasty cheese freshly grated
- cooking spray



Preheat oven 180°C fan forced.

- 1: Beat whole eggs and egg whites in a large bowl until blended together using an electric beater.
- 2: Add all other ingredients except the cheese. Add ⅔ of cheese to mixture. Mix well.
- 3: Coat quiche or pie plate with cooking spray. Spoon mixture into dish, sprinkle remaining cheese on top. Bake 35-40 minutes or until golden brown and cooked in centre.

**Note:** This dish is even better if made the night before or left to sit for a few hours before serving.

**Variation:** For a vegetarian slice omit the ham and instead add 1 cup more of vegetables.

Suitable to be frozen.

### Nutritional Information

PER SERVE		ZUCCHINI	VEG
FAT	TOTAL	6.6g	6.3g
	SATURATED	3.4g	3.3g
FIBRE		3.7g	4.2g
PROTEIN		15.0g	13.1g
CARBS		18.9g	19.4g
SUGAR		3.2g	3.7g
SODIUM		474mg	323mg
KILOJOULES		816 (cals195)	783 (cals187)
GI RATING		MEDIUM	MEDIUM

**DIETITIAN'S TIPS:** Lots of vegetables and the use of a minimum of animal fat make this a cholesterol lowering recipe.



# GREENWOOD WEIGHT WATCHERS

Happy New Year to you all.



Our year has start well, we had a small win on lotto.

Many, many thanks to Maureen for buying the lotto tickets.

Our Christmas went well, presents, bingo and food.



Not easy getting back on track for members but going back to the club brings us back into line.

Tony and Joy for the Christmas Hampers, the proceeds from the Christmas Hamper Raffle boosts are club funds.

Our President Pauline Green has gone to Hawaii for her daughter wedding for two weeks, it's well deserved she was the federations "Slimmer of the year."

Have great year hope you all reach your goals!!

Susan Wetton

## **WEIGHT WATCHERS FEDERATION COMMITTEE NEWS**

### **Spring Challenge Winners**

A total of 26 clubs entered the inaugural WWF Spring Challenge but there can only be one winner for each division.



**Division 1** – Winning club was **MEDINA** with an average weight loss of 2.3kgs per member. Runner up club was Ellenbrook with an average weight loss of 2.2kgs per member

**Division 2** – Winning club was **SWAN BASSENDEAN** with an average weight loss of 2.2kgs per members. Runner up club was **Rockingham** with an average weight loss of 1.8kgs per member

**Division 3** – Winning club was **FORRESTFIELD** with an average weight loss of 1.5kgs per member. Runner up club was **Dianella** with average weight loss of 0.14kgs per member.

The winning clubs from each division have all won \$50 for their effort.



**WWFWA  
2018 STATE CONFERENCE  
Celebrating 50 years of WWF**

**WHEN:** SATURDAY 27<sup>TH</sup> OCTOBER 2018  
**WHERE:** THE RISE  
Function Suite  
28 Eighth Avenue MAYLANDS  
(5min walk from Maylands Train Station)

**COST:** TBA (but won't be more than \$40)

**GUEST SPEAKER:** ANNETTE SYM – Weight loss Mentor



**So start planning to get there.....**

# 2018 SLIMMER OF THE YEAR



***Sunday April 22th 2018***

**at**

**Cannington Exhibition Centre**

**Cnr Albany Hwy & Station St,**

**Cannington WA 6107**

**Parking inside the grounds**

**LUNCH - \$30 PER HEAD**

Free Tea/Coffee - available all day.

Water will be on sale at a very reasonable price.

Raffle and money boards will be available.

Please bring change - no \$50/\$20 notes.

Doors will open at 10.00am

For catering reasons, we need to know numbers attending by Friday 23<sup>rd</sup> March.

CLUBS please send your money for the lunch, into the office no later than Friday 6<sup>th</sup> April 2016.

*Please come and support your entrant*

# CANNINGTON WEIGHT WATCHERS

We have had a very busy year and a lot of good results throughout the year,



We held our annual general Meeting in Nov: whereas Our President Jenny stepped down due to work commitments but will stay on as Vice President.

Thankyou Jenny for your 14 years voluntary as President.

We are pleased to announce our New President is David Gerstorfer. We know that he will do an amazing job as President.

Over the last few months of the year we had our yearly Reindeer race competition: where members are put into teams and allocated a reindeer name, they are also given a Graduate in each team as the team leader to assist and encourage their team members. The results for some were exciting;

The Winning team was Dancer with the Captain(graduate) Cheryl Capelli - leading the way for her team. Team members were: Margaret Mitchell (graduate) Margie Burns, Vickie Rochford, Debbie Gerstorfer, Elli Walton, Shirley Grocock, Lyn Neindorf, Rosa Fantasia & Heather Turner. Total weight loss from this team was 20.5 kilos over 8 weeks.

Well done to these amazing people.



The total weight lost from this competition from all the club members was 44.4 kilos over the 8 weeks. Overall a great effort.

Our highest loss winner overall was Vickie Rochford with an amazing loss of 13.6 kilos Also Ian lost 9.4 kilos, Margie B lost 7 kilos, Sue lost 6.1 and Rhonda lost 5.2 kilos

***What a great effort by these members and right before Xmas & New Year.***

WE wish you well and more success on your weight loss journey into 2018.

Our Graduate Winner was Stella Kessy.

Over the Christmas break we will be rewarding members who lose weight or stay the same by putting their names into a bucket and draw out the winners

We had 5 members receive a t-towel for a loss of 1kilo or more over the one week. They were: Vickie Rochford, Rhonda Davidson, Kath Simeon, Maureen Vincent and Lyn Neindorf.

Our highest weight loss for the week was Vickie Rochford 1.7kilos  
Graduate for the week was Cheryl Capelli.

We rewarded a 5<sup>th</sup> Ribbon to Rhonda Donaldson for her 17.5 kilo loss 😊 Keep up the excellent work Rhonda.

We had 61 attendants on our last night in December with 5 apologise from members unable to attend.

On our last meeting night for the year 2017. David organised a Christmas quiz which is always fun,



We also each won a beautiful Christmas Raffle to the value of \$40.00 each. Everyone went home happy. But there is always some that have to be the last ones called out unfortunately, but at least there is still some amazing raffle prizes to choose from.

We would like to thank Heather Hodgeson for organizing the hampers and the many other Christmas prizes. We would also like to thank Jenny Chadwick for assisting in the purchasing the Christmas Raffles & the weekly raffles throughout the year. Thank you, Ladies you are wonderful.

Our CHRISTMAS TREE competition started on the 7/77/17 with 48 members  
The winners were David G, Vickie R, Anne Hamilton all stayed on the tree until the final date 12/12 17 .

Well done to these 3 members; all won \$20.00 for their efforts.

The Christmas Tree is run the same way as the Apple tree but with Christmas tree & we are all decorations on the Tree.

We look forward to seeing you all again in the New Year, when we can continue as our Weight Watchers family and assist each other with attaining our goals

Best wishes to all fellow Clubs.

Best wishes to Aileen & the Federation Committee on the amazing work you do,

Jenny (our club's newsletter reporter & Vice President)

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# FORRESTFIELD WEIGHT WATCHERS

We have started the New Year with the best news.

In 2017 we had NO graduates, the 1<sup>st</sup> year ever, but have started 2018 with 2 Keepers in Waiting and another one shortly!!

So very soon we will have a Graduates dinner where they will be presented with cash, a new book and a new rosette.

Something to look forward too, the names and stats I will give you later.

Slimmer of the year will be here before we know it, so I hope your entrants are getting excited.

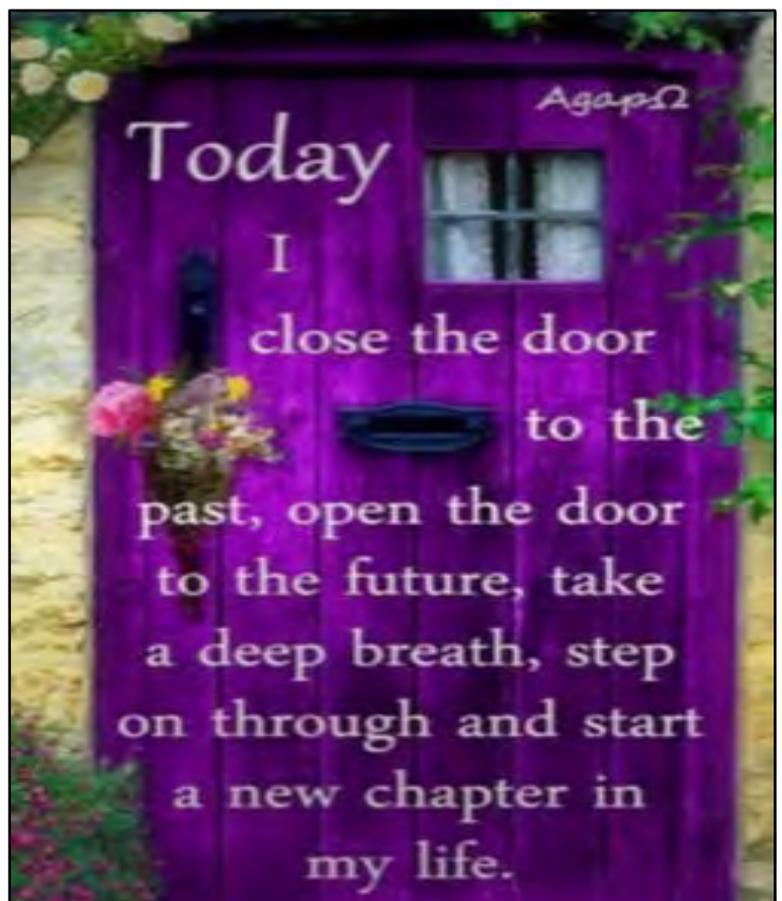
We conducted a competition during the break, Cash for Grams which will finish next week then we will be looking for a club to challenge with us.

Any club interested please contact me on [sheilaoverton@bigpond.com](mailto:sheilaoverton@bigpond.com) for information.

Looking forward to hearing from you.

The very best for 2018.

Sheila and Aileen.



# SUNSHINE SLIMMERS GERALDTON

Welcome to 2018

Here in Geraldton we have had a few changes to our committee.



Florence Brennan has resigned as our Secretary after 10-11 years due to ill health.

We wish Florence all the best in getting her health back on track.

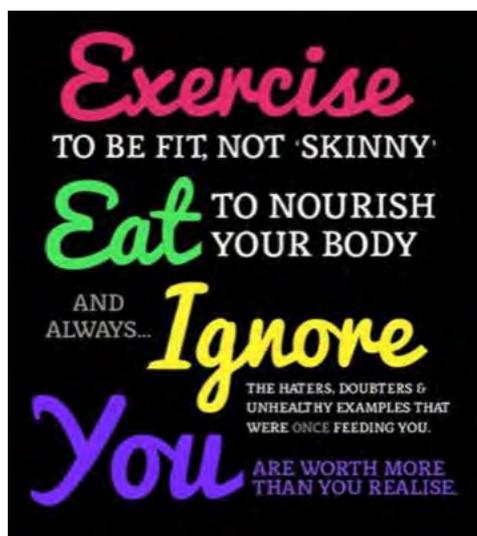
I Pat Underwood have taken over as Secretary. Marlene Coombs has resigned as Treasurer (again due to ill health) Joanne Taylor took her position but had to resign due to work commitments. Dorothy Emerson has now taken on Treasurer.

President Marilyn Chester welcomed all members back on January 4th. Even though I myself have only been a member for 11mths I was looking forward to coming back and catching up with everyone and seeing how their Chrissy break was and what they got up to.

Here's wishing all members a wonderful 2018. Let's hope it's a happy and healthy one.

Kind regards from The Sunshine Slimmers Geraldton.

Pat Underwood



# **BYFORD DAY WEIGHT WATCHERS**

I hope you all had a lovely Christmas and a happy new year.

Now that all the parties are over it is time to get down to some serious weight loss.

Queen Gloria won our December Queen of the month for the main group with a loss of 4.4 kg, Princess Glenda lost 3.9 kg for second place and princess Heather lost 1.3 kg to be third. In the grads, King Alan varied by 0.2 kg as winner, Princess Margie Varied by 0.3 for second place, Princesses Dorothy and Lyn varied by 0.5 to share third place.

The prize winners for the presidents Christmas competition Based on the "Help Sheets" are Lyn 58 points, Gloria 55 points, Nola and Marg L 50 points, Dorothy and Mavis 45 points.

The winners of the main Christmas Competition (this competition runs for 12 weeks finishing the 1st meeting back after Christmas.) In the main Group The winner with a score of 132 point is Sandra, second with a score of 126 points is Gloria, and with a score of 108 points is Lynette.

In the grads with a score of 111 is Margie, second with a score of 101 points is Lyn, and in third place with a score of 95 points is Jan.

The winners of the "Bound for Botany Bay" competition are 1st class: - Alan, Margie, Lyn, Wendy 2nd class: - Brenda, Imelda, Lynette, 3rd class: - Sandra, Tracy and Mandy.

Take care,  
See you next month  
Cath

# BEVERLEY WEIGHT WATCHERS

Morning all in the big smoke

Happy New Year

I have included a poem I found which I thought you might like to read to your members.

Regards Daphne

Tw'as the month after Christmas, and all through the house,  
Nothing would fit me, not even a blouse. The cookies I'd nibbled, the eggnog  
I'd taste,  
All of the holiday parties have gone to my waist,  
When I got on the scales there arose such a number!  
When I walked to the store, (not quite a walk more a lumbar),  
I'd remember the marvellous meals we'd prepared, the gravies and sauces and  
ham nicely carved.  
The wine and the rum balls, the bread and the cheese, and the way that I  
never said "No Thank You, Please".  
As I dress myself in my husband's old shirts, and prepare once again to do  
battle with diets.  
I said to myself, as I only can, you can't spend the days disguised as a man.  
\*\*\*\*\*  
So away with the last of the sour cream dip, get rid of the fruit cake, every  
cracker and chip.  
Every last bit of food that I like must be banished,  
Until all the additional kilos have vanished.  
I won't have an ice cream, not even a lick. I'll need only to chew on that celery  
stick.  
I won't have hot chocolate, or fresh bread, or even a pie, for I'll by munching  
on carrots and quietly cry,  
I'm hungry, I'm lonesome, and life is a bore, But isn't that what January is  
for?  
Unable to giggle, for my wobbly bits are a riot!  
**HAPPY NEW YEAR TO YOU ALL,**  
Please, please send me a good diet.

# PRICELIST

Lose weight by counting calories

20 hints for losing weight

Weight record cards

Guest speaker list

Personal weight chart

Potassium

Vitamins

Mineral guide

Weight watching during pregnancy

Doctor's Certificate

**Sheets are free.**

**Please send stamped  
self-addressed  
envelope when  
ordering.**

Guide for New clubs

\$ 1.00

## **WEIGHT WATCHERS FEDERATION BOOKS**

Members Guide Book and Dr Certificate

\$ 4.00 plus postage

14 Daily Menus/low GI recipes

\$ 4.00 plus postage

## **LOGO ITEMS**

Pens

\$ 3.00 plus postage

## **BADGES**

Name badges (with name & club) pin fastening

\$ 6.50 plus postage

Name badges (with name & club) magnetic fastening

\$ 8.50 plus postage

Graduation badges

\$ 8.40 plus postage

Loyalty badge

\$ 8.40 plus postage

Life membership badges

\$10.00 plus postage

## **NEWSLETTER**

Any one month (posted)

\$ 3.00

12-month subscription (posted)

\$20.00

**Please contact the office for postage costs**

The federation office is manned by volunteers; therefore, the opening hours are flexible.

**Please ring before going to the office**  
**to make sure someone is there to help you.**

An answering machine is in operation when the office is unattended. At these times please wait for the beep before recording your message.

Give your Name - Club - Phone Number and your call will be returned as soon as possible.

Please forward all correspondence to:

**The Secretary**

**40 Edgeware Street**

**Lynwood WA 6147**

**Email: [weightwatchersfed@aapt.net.au](mailto:weightwatchersfed@aapt.net.au)**

**Telephone: 9451 6588**

***Thank you for your co-operation.***

Items in this newsletter have been contributed by members  
and printed in good faith.

Weight Watcher's Federation (WA Inc.) State Executive, Committee and  
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Newsletter DEADLINE: 21<sup>st</sup> of the month