

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



March 2018

Weight Watchers Federation Committee 2015/2016

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Newsletter

Editor	Jo Vernon	<i>Swan/Bassendean</i>	0421 442 279
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Newsletter Deadline is the 21st 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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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

Hi to all.

Can you believe it's nearly March already? Hope all members are on track with your weight loss as we are now looking for our SLIMMER OF THE YEAR FOR 2019.

PRESIDENTS please make sure your Slimmer of the year entrants are notified when you send in your nomination form, so they can have some support on the day. This day is very special for them and it is one of our biggest events of the year. There are lots of clubs who don't attend so we would really like to see as many as possible there -- especially this year.

We now have new life membership and loyalty badges in stock so if you want to acknowledge your hard working committee and long serving members, this is the way to do it.

Details of our 50th anniversary birthday will be in all newsletters as this event will be instead of the country forum so please inform your members of all and any up - coming events. In today's economy with so many programmes out there it is quite an achievement to celebrate 50 years. We are proud of this "milestone", so attend and enjoy.

The committee are working hard to make it a great day and we would like you all to support us.



There has been an increase in the cost of the LIFE MEMBERSHIP badges due to the fact it has been 5 years since we have had any made. New price is \$15ea plus postage.

Friendly reminder that the newsletter subscriptions are due NOW. Cost \$20 to have the newsletter posted to your members. All clubs receive one for free.



Best wishes.

Aileen.

Thank You

We know it is never easy to get a club up and running so we would like to thank Vanessa in KARRATHA for giving it her best shot. It is disappointing but Vanessa will continue with her own weight loss journey.

Best wishes from all of us.

Betty Smythe (Safety Bay).

Sorry to hear about your accident while walking the dog, we wish you a speedy recovery, you are in our thoughts.

*Wishing You a
Speedy Recovery!*



Thank You

Mavis Daubney from Byford Day has had to resign from the federation committee due to ill health. We thank you and extend our best wishes for your future.

Kerry Galloway.

Extending our best wishes and hope you are doing well.

*Our thoughts
And prayers
Are with you.*

BYFORD DAYTIME WEIGHT WATCHER

I guess everyone has settled into the everyday routine for the New Year and we only remember the joys of the festive season when we get onto the scales. How many have resolved to do better this year?

In our main group King Keith was the winner of the Queen of the month with a loss of 8.2 kg, Princess Gloria came second with a loss of 5.1 kg and a loss of 2.8 kg placed Cath in third place. With the Grads, Queen Margie varied by 0.4 kg to win while Princesses Brenda and Pam followed up with a tie by varying by 0.5kg.

This month we congratulated Cath on reaching her 10 years as a member of Byford Daytime Weight Watchers.

See you next month
Take care
Cath

SORRENTO WEIGHT WATCHERS

We recently presented our weight recorder **Deidre Sinclair** with a life membership badge for the wonderful job she does. She joined in 1987 as one of our original members. Deidre arrives early and sets everything up for the meeting. She also runs our weight records extremely well.

We also presented Berenice Duncan with the same medal for her jobs as Treasurer/book keeper and until 2003 secretary and is always available to help.

We have a few new members who are bringing new ideas and ways to keep on track. Some ladies are having good results with the 5:2 diet. Our oldest member Hilda aged 90 has been very sick lately but is back with us again and always maintains her weight well.

We also presented our latest "Princess" Pat with her prize for losing 4 weeks in a row

We all enjoy the magazine and enjoy the recipes
Yours with thanks
Delys Perkusich

BELMONT WEIGHT WATCHERS

I must have overdone it on the holiday break because I completely forgot to submit the Belmont news last month. Our first meeting was 9 January – an embarrassing start to the year with a rather large club weight gain. We're back on track as you'll see but first some catch up:

In January we welcomed back Shirley and Marie.

Terri was awarded the Gold Star for her 2017 weight loss.

Linda A. and Claire received a green ribbon for their 6 kilo loss.

Beryl and Sue got daisies for their 4-week loss and Anne, Shirley, Linda A and the club joined them in February.

Well done everyone especially to Beryl who was Queen of the Month.

Grad of the Month was shared by Jean C, Jean H, Joyce and Rosemarie – inspiring!

We also caught up on birthdays and celebrated with Jean H, Linda A, Jean C, Sue and Terri.

We enjoyed a presentation by Anytime Fitness in Belmont. Though a gym may not suit everyone this was a reminder of the importance of regular exercise. Currently the Belmont gym is offering a free 30-day trial. It may be worth contacting your closest one to see if they have the same deal.

President Linda made healthy muffins for the club to try. They're tasty, freeze well and make a good start to the day:

Breakfast Muffins

¾ cup almond meal

1 cup buckwheat flour (whole wheat can be substituted)

3 eggs

½ cup almond milk

¼ cup coconut oil

1 ½ cups grated pumpkin

100 grams feta cheese

1 cup spinach leaves roughly chopped

½ cup parsley roughly chopped

¼ cup chopped almonds



1 T chia seeds

1 t each cinnamon, baking powder, sea salt

Mix together all dry ingredients

In a separate bowl mix all wet ingredients

Mix both together and add pumpkin, spinach, parsley and feta

Top with chopped almonds

Put into 8 muffin cases and bake at 180 degrees for 25 minutes

This recipe left Linda with some unusual ingredients so the next week we had Chia Seed Blueberry Pudding (bland) and tried Coconut Oil Face and Body Scrub (nice).

Chia Pudding - Chia seeds are an alternative source of omega-3 fats, fibre, and energy.

2 cups milk (almond or your choice)

2/3 cup chia seeds

½ t vanilla,

fruit & sweetener of your choice

Mix all together, stir occasionally and chill overnight.



Coconut Oil Scrub

¼ to ½ cup sugar

½ cup coconut oil

Combine together. For face, massage in circular motion, rinse and dry (it's ok to lick your lips). Or massage into hands and nails for 30 seconds, rinse and dry.

DO NOT use in the shower or bath as it's very slippery.





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

WHEN: SATURDAY 27TH 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 22nd 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 23rd March.

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

Please come and support your entrant

TIPS FOR A HAPPY HEALTHY EASTER – column by Annette Sym

If you started your healthy eating plan in January, chances are Easter will be your first major hurdle when it comes to sticking to your new lifestyle. The good news is – it's possible to have a healthy Easter and not compromise all you've achieved so far.

Let's start by putting it into perspective - chocolate is available 365 days a year, so don't use Easter as the excuse to slip back into old ways.

You've heard me say it before; everything in moderation is the key to weight loss success. Surely one egg won't hurt, right? My question is – can you stop at one? Let's look at the reality of it. A 150g bunny takes around ten minutes to demolish, that's 800 calories and 45g of fat consumed. How long do you think it will take to burn off those calories? You'll need to walk for over four hours to burn that off. That's the cold hard truth.

What about a hot cross bun? There are about 280 calories and 4.4g of fat in an 85g bun. But who just eats the bun? Spread on one teaspoon of butter and you can add another 36 calories and 4.1g of fat. You'll spend about 40 minutes on a stationary bike at a moderate pace to burn that off.

The way I see it you have three options over Easter:

1. Commit to not having chocolate - ask friends and family not to give you chocolate
2. Limit the chocolate you have and keep up your healthy meals and exercise
3. Give up, it's too hard to be healthy over Easter

So, what's your decision?

The secret to staying committed to your decision is to have a plan. If you've decided on number three, pick a date when you will get back on track, mark it on the calendar and don't deviate from the plan.

If you've decided on either one or two, here are my five tips for a healthy Easter:

- **Start the day right** - A good breakfast will help keep you on track. Check out my big breakfast in book 3, the combination of lean protein and fibre will keep you feeling full and help prevent mid-morning cravings. For a quick option, enjoy one of my Premium Breakfast Shakes.
- **Be careful** - Never open a box of chocolates alone, open them in company and offer them around.
- **Enlist help** - Ask family members not to leave their chocolate lying around to tempt you.
- **Get active** – Head outdoors; walk the dog or play a game with the kids or grandkids
- **If all good intentions fail** – Get back on track as soon as possible

Easter is just a few days. It will be all over before you know it and once you get to the other side and have stuck with your plan, you will wonder what all the fuss was about. It's really not that hard to have a healthy Easter. Imagine how proud you'll feel when you've stuck to your plan.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE are available online and sold in all good newsagents. Visit Annette's website www.symplytoogood.com.au for more tips and recipes. You can also like Annette's Symply Too Good FACEBOOK and INSTAGRAM pages.

Fish Bruschetta

SERVES: 6 | Book 5 | Difficulty ★☆☆☆☆

6 medium tomatoes
½ Spanish onion finely diced
3 cloves fresh garlic finely chopped
3 tablespoons fresh basil leaves chopped
2 teaspoons virgin olive oil
2 teaspoons salt-reduced vegetable stock powder
pepper
6 x 125g boneless fish fillets
2 tablespoons ground Moroccan seasoning
cooking spray



- 1: Score or cut a small cross at the bottom of each tomato. Drop tomatoes into a large saucepan that is ¾ filled with boiling water and boil for 1 minute.
- 2: Remove and cool under cold water, peel skin from tomatoes. Cut tomatoes in half then using your hands squeeze as much juice and seeds out as possible.
- 3: Chop tomato flesh then place into a large mixing bowl. Add onion, garlic, basil, oil, stock powder and pepper to taste into bowl, combine well.
- 4: Coat each piece of fish with about 1 teaspoon of Moroccan seasoning, then pan fry in a non-stick frypan that has been generously coated with cooking spray for 3-4 minutes.
- 5: Before turning recoat fish with cooking spray then carefully turn and cook another 3-4 minutes or until fish is cooked through.
- 6: Spread one sixth of tomato mix over each piece of fish. If you want the topping served hot either microwave or place into a small saucepan and heat before pouring over fish.

Variations: Replace fish with 750g skinless chicken breasts or lean rump steaks.

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE	FISH	CHICKEN	RUMP
FAT	2.6g	3.8g	7.5g
TOTAL SATURATED	0.4g	0.8g	2.4g
FIBRE	2.1g	2.1g	2.1g
PROTEIN	23.2g	29.6g	27.0g
CARBS	4.4g	4.4g	4.4g
SUGAR	3.1g	3.1g	3.1g
SODIUM	363mg	269mg	279mg
KILOJOULES	566 (cals 135)	720 (cals 172)	812 (cals 194)
GI RATING	HIGH	HIGH	HIGH



DIETITIAN'S TIP: Salt-reduced vegetable stock provides loads of taste. Too much salt in your eating plan can lead to high blood pressure, heart disease and strokes.

BUSSELTON WASPS

Hello members, what an unusual summer we are having this year! But isn't it lovely.

The flies seem to have gone as well, yet fortunately for me; the dung beetles are still hanging around. Means I only have husks to shovel up instead of mounds as a consequence of living with a Great Dane.

Now if that doesn't put you off sneaking that cream biscuit with your coffee, nothing will.

All our usual ladies are back at our meetings again which is great. We are truly like a family of sisters. We moan and groan, celebrate or commiserate, all helping each other. We are having a bit of trouble with our Avery scales at the moment, they "stick" .so it's a very useful excuse when the pointer doesn't want to budge.

We didn't make the dizzying height of success this last 12 months so we don't have an entrant for S O Y. Maybe next year we'll make it.

Busselton's coffee shops are all flat out with the City bursting at its seams through this extended holiday season. There are so many grey nomads in their fancy rigs living in their home from home vans. A few older models around (vans I mean) as well and occasionally a tent or two.

Apparently the op shops are scoring highest in the retail scene. The big ships have been as well and another due, next week, I think it is. The tenders are flat out in relays from ship to shore as the vessels park way out in deep water.

"Keep on keeping on" your food watch. Every mouthful tells its own story later on. As the saying goes a bit on the lips goes straight to the hips! That's a known fact, endorsed by yours truly.

The "fringe festival" starts next week, for a week of entertainment.....I think that's what they call it! As you can imagine food and drink stalls everywhere, being very tempting, and being a dedicated weight watcher I have to be

observant. It's the smells that rope you in isn't it. Nothing beats the smell of fried onions or bacon when you are hungry. Not to worry though I have an apple in my pocket and a bottle of water so no worries!

We'll spray some oil on our scales this week and see if miracles can happen.....you never know. Till next month then

Regards and TTFN
Valerie

ESPERANCE WEIGHT WATCHERS

Marlene's determination to lose set her mind on doing it, certainly was her week along with \$20 for winning the best weight loss she also won the jackpot.

As Molly our social Secretary has moved to Perth, Frances Graham has volunteered to step into her shoes Frances has already made a list of possible guest speakers she would like to get in touch with starting with the fire department.

With Easter just around the corner we have decided to have a low calorie Luncheon, Members are welcome to wear an Easter bonnet making it a fun afternoon.

Happy weight watching
Warm Regards to all
Jeanette



SUNSHINE SLIMMERS GERALDTON

Well we are now well into the second month of 2018 at Sunshine Slimmers.

We had a lovely Australia Day morning on the 25th January where we all dressed in Australian colours. We had many laughs and some lovely outfits worn by members. We also spoke about dinky die Aussie songs such as: Pub with no beer: Tie me kangaroo down sport: Hey true blue: and I still call Australia home. Some members also spoke about what they did as children on Australia Day, picnics on the beach, camping, cricket etc.

We have also had a guest speaker from St. John Ambulance speaking to us about a defibrillator. It was very informative and I think most of us ladies would now feel confident if the occasion arose and we had to use one.

We are looking forward to two lovely ladies Graduating - Toni Hooper and Christine Southcott. We are also excited to see who our Slimmer of The Year is.

That's all from Geraldton till next month.

Regards
Pat Underwood



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

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
Affiliated Clubs take no responsibility as to the original extract of such items
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