

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



October 2018

Weight Watchers Federation Committee

| | <u>Name</u> | <u>Group</u> | <u>Phone Number</u> |
|---------------------|-----------------------|------------------------|---------------------------|
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| Secretary | Sheila Overton | <i>Forrestfield</i> | 9453 6881 |
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Metropolitan Committee

| | | |
|-------------------------|------------------------|--------------|
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| Loris Clayton | <i>East Maddington</i> | 9398 7372 |
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Newsletter

| | | | |
|--------|------------------|------------------------|--------------|
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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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Email: weightwatchersfed@aapt.net.au

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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

It's hard to believe October is already here and the 50th anniversary birthday for the federation.

A big thank you to all the clubs who have rang the office with numbers for this very special event. We have not heard from a lot of clubs and this makes me wonder if they know about it as some members have said the newsletter never gets mentioned at all. Even if you are not attending it would be great if you could give the office a call so at least we would know that your members have been told and for whatever reason can't attend on the day. So we will be ringing the clubs that have not responded to make sure that they know about it.

The federation committee are working hard to make this day as great as possible, so we would like to see you all there.

LUNCH MONIES NEED TO BE IN BY THE END OF SEPTEMBER THANK YOU.

IF YOU HAVE PAID AND CANNOT ATTEND WE WILL NOT BE ABLE TO REFUND YOUR MONEY. So please find another member to take your place and it is not restricted to weight watchers' members!!!



I would like to say a special **thank you** to our news editor JO VERNON who has done so much to bring this event together.

To my friend Anne Hamilton from Cannington Club, my thoughts are with you and John. They have always helped out at the federation events over the years - they are such a wonderful couple, always willing, so now we are here if you need anything.

Finally, I hope your weight loss is going well. I must say it is always a struggle more so in the cold weather – rock on summer.

See you all in OCTOBER - Aileen.



BYFORD DAYTIME WEIGHT WATCHERS

It looks like spring has arrived. Flowers blooming everywhere, and the sunshine is nice for a change.

Once again, we have had a tie in the grads for our Queen of the month with both Queen Marg L and King Alan varying by 0.2 kg to win, Princess Margie came 3rd with a variation of 0.3 kg. In the main group Queen Cath was first with a loss of 3.6 kg, Princess Jill lost 2.0 kg to make second, and princess Chris H lost 1.9 kg to be third.

Cath won \$10 for losing weight 5 weeks in a row for the 2nd time, making it 10 weeks in a row without putting on any weight.

We have just finished a competition with Forrestfield Weight Watchers and I am very pleased to announce that we won (Hoorah). The results are -

Forrestfield

| | |
|---------------|---------|
| Susan Olson | 4.5 kg |
| Desma Davern | 2.2 kg |
| June Southern | 2.0 kg |
| Sarah Roberts | 2.0 kg |
| Total | 10.7 kg |

Byford Daytime

| | |
|------------------|--------|
| Michelle Sneddon | 4.8 kg |
| Cath Browne | 3.9 kg |
| Sylvia Whibley | 3.2 kg |
| Jill Fogarty | 2.0 kg |
| Total | 13.9kg |

Prize winners

| | |
|----------------------------------|------|
| 1 st Michelle Sneddon | \$80 |
| 2 nd Susan Olson | \$50 |
| 3 rd Cath Browne | \$40 |
| 4 th Sylvia Whibley | \$30 |

Congratulations to all the winners.

Take care see you next month
Cath

**AND THE
WINNERS ARE ...**



BUSSLETON WASPS

Hello to everyone. Thought I'd get in early this month seeing as we are on the cusp of school holidays AGAIN. Seems that the first hordes only went back a few weeks ago.

Holiday time for us means of course that we too are in recess. The crowds will be elbowing their way down to Busselton by the bus load and we have to be ready. Nanas and Grandads are checking that the kids bikes still work, cooking up biscuits and flapping sheets to make up the spare beds, all in readiness.

Meanwhile we, the stalwarts of WASPS, grit our teeth and refuse to taste the latest recipes used for deliciously smelling cakes and biscuits. Surely just one won't influence the scales..would it!

Since the new scales arrived we have been maintaining a steady distribution or should I say redistribution of weight loss and weight gain. Apple tree winner this season was me. A new tree was started for tonight.

With our door shut now for two weeks we have to try extra hard to be good. Remember someone's watching you, so don't try sneaking the odd tempting morsel.

Follow Annette Syms cook books. Some great 💡 light bulb moments with her recipes can be an inspiration.

Happy holidays till the same time next month....

Kind regards

Valerie (hon sec)

Willpower is a muscle
The more you use it
The *Stronger*
It gets

WHAT'S HINDERING YOUR WEIGHT LOSS? Column by Annette Sym

When you think about losing weight do you feel overwhelmed, stuck, or confused? Well I'm here to help you get through that and on the right track.

Feeling overwhelmed?

Looking at the big picture and seeing all the weight you want to lose can be overwhelming. My advice is to break it down into manageable chunks, aim for a weight loss of half to one kilo a week. Losing big numbers on the scales is motivating but it's not sustainable long-term.

What to do - Write a menu for the week, and make sure only those foods end up in your shopping trolley, then just focus on what you need to do each day to be a healthy person. Aim to lose five kilos and when that's gone, focus on the next five. It's what you do repeatedly that will give you success on the scales.

Feeling stuck?

If you've been trying to lose weight for some time, it's likely you feel stuck. The key here is that what you're doing isn't working and something needs to change. I see two reasons this may be occurring – you may be doing all the right things but experiencing a plateau or you're not sticking to your calorie limit as closely as you think.

What to do – Write down everything you eat and drink for a week and identify if you're making poor food choices or overeating. If you're on track with your food, it's time to switch things up. For example, change your main meal to lunch time instead of dinner time or if you walk for exercise, add in an exercise class or a game of tennis each week.

Feeling confused?

There're so many conflicting messages in the media that it's easy to get confused. I've been in my healthy weight range since 1993 and have seen many fad diets come and go and I can tell you from experience that the secret to long-term weight loss success is a healthy lifestyle.

What to do – Get back to basics. Start with a healthy dinner plate; which is one quarter lean meat, one quarter carbohydrate and the remaining half with lots of veggies. Have two to three serves of fruit each day and don't forget to drink water. Remember, healthy food doesn't need to be complicated.

A few final tips:

- Not sure where to start? Follow one of my menu plans in book 5 or 6. It shows you exactly what and how much to eat.
- Lacking motivation? Find your why! How will it feel when you get to your goal weight? Write it down and read it often
- Need support? Join a weight loss club or get some friends together that are focused on good health and have a catch up each week. Surrounding yourself with like-minded people really helps.



Annette's cookbooks SYMPLY TOO GOOD TO BE TRUE are available online. 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.

Tuscan Chicken with Pasta

SERVES: 4 | Book 4 | Difficulty ★★☆☆☆

- 1½ cups penne pasta
- 500g skinless chicken breasts
- 1 bunch fresh asparagus
- cooking spray
- 2 teaspoons crushed garlic (in jar)
- 1 cup zucchini sliced
- 1 cup capsicum sliced
- 1 cup onion diced
- 2 x 425g cans crushed tomatoes
- 2 tablespoons no-added-salt tomato paste
- 2 teaspoons salt-reduced chicken stock powder
- ¾ teaspoon dried mixed herbs
- 2 tablespoons finely grated parmesan cheese (Kraft®)

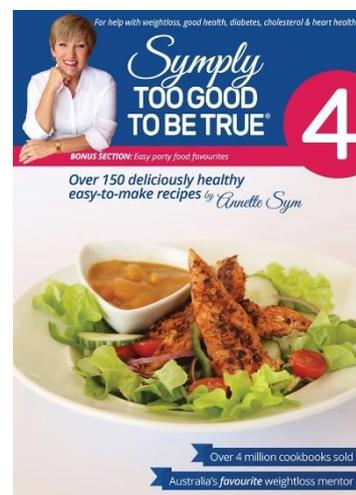


- 1: Cook pasta as instructed on pasta packet, leave to one side.
- 2: Cut chicken into bite sized pieces.
- 3: Cut 3cms off ends of asparagus spears and throw ends away. Cut spears into 2cm pieces.
- 4: Sauté garlic in a non-stick frypan that has been coated with cooking spray for 15 seconds then add diced chicken and cook for 3 minutes.
- 5: Place asparagus, zucchini, capsicum and onion in with chicken and cook 2 minutes.
- 6: Add all remaining ingredients to pan and bring to boil. Reduce heat and cook on slow boil for 5 minutes.
- 7: Add cooked pasta and fold into ingredients.

Suitable to be frozen.

DIETITIAN'S TIP: By removing the skin from the chicken the amount of fat is reduced making it a suitable recipe for people with diabetes.

| NUTRITIONAL INFORMATION | | |
|-------------------------|-----------|-----------------|
| PER SERVE | | |
| FAT | TOTAL | 4.7g |
| | SATURATED | 1.7g |
| FIBRE | | 6.3g |
| PROTEIN | | 37.7g |
| CARBS | | 36.2g |
| SUGAR | | 10.4g |
| SODIUM | | 408mg |
| KILOJOULES | | 1516 (cals 362) |
| GI RATING | | LOW |



BYFORD NIGHT TIME WEIGHT WATCHERS

We are only a small club but normally have close to 95-100% attendance at our meetings.

We have had a few new members join our club and they have done very well, and this has spurred some of our older members on.

Some of us attended the AGM on 29/7/2018. The Guest Speaker, a Senior Pharmacist from Fiona Stanley Hospital gave a very interesting talk on medicines and info regarding heart health. He also gave details of things that we can change to become even more healthy, also about Cholesterol and ways to lower your HDL and LDL readings which was very interesting especially those with Cholesterol problems.

Our Queen of the month for August was Emma who lost 2.3kg. The Princess was Lauris who lost 1.5Kg and the runner up was Kerry who lost 1.4kg.

We have also had a team's competition, the Eagles versus the Dockers as well. We are now running a "Cruise" competition which runs for 6 weeks.



We also run a bingo competition where we collect numbers by losing weight, staying to the meeting and winning the weekly prize for losing the most weight. After 6 weeks we then play bingo and the first member with 6 numbers is the winner.

We find running various competitions keeps members interested and also, they can win some money by losing weight.

Hopefully the warmer weather is not far away and that will help members to lose weight for the summer.

That's all for now, until next time.

Stephanie

President

FORRESTFIELD WEIGHT WATCHERS

The latest interclub competition has just finished – and

BYFORD DAY

emerged the winners.

CONGRATULATIONS.

The results were. Forrestfield 10.7kgs.

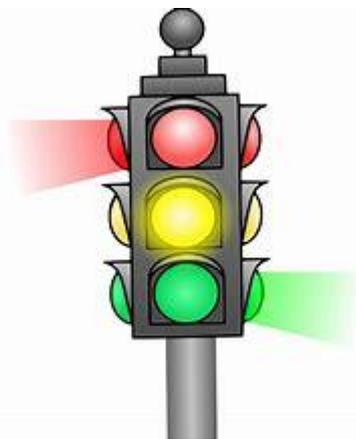
Byford Day 13.9kgs.

Michelle Sneddon -4.8kgs won \$80 - Byford

Susan Olson -4.5kgs won \$50 - F/Field

Cath Brown -3.9kgs won \$40 - Byford

Sylvia Whibley -3.2kgs won \$30 - Byford.



We also finalised an 8-week in-house competition called Traffic Lights!

Desma Davern was the winner and won \$50.

Bev Barry was 2nd and won \$30.

Sharon Brennan and Pauline Wall and Susan Olson were runners-up.

We are now looking for another club to do battle with! If you're interested email me on sheilaoverton@bigpond.com

or ring 94536881

Thank you

Sheila.

See you all at the Anniversary.

SUNSHINE SLIMMERS GERALDTON

Hello once again from Geraldton. I can't believe how quickly the months are flying by. I no sooner seem to get this newsletter sent off and before you know it, it's time to do another. How come when we were kids we had to wait soooooo long for our birthday or Christmas to come around or anything special in that case.

The weather has changed just very recently here. We have that dreaded wind back again. Boy do I hate it.

Some ladies stayed behind after one of our meetings recently to do some craft and socialise, but I think from all reports there was much more socialising than craft getting done. But I do believe those that stayed had a wonderful time.

For a few weeks we had low numbers of members in attendance. One particular day we had 9 apologies where we normally average 28-32 ladies. A few are away and we did have some terribly cold days when it is much easier to just roll over and pull the blankets up.

We had a mauve day recently where we had to try and wear something mauve. We had quite a few purples mixed in there. We have decided to do a different colour on the 1st Thursday of the month. Next one is orange so I personally will have no problem with that.

Our Princess of The Month was Nalda De Young with a loss of 2.6 kilos and our Runner Up was Dorothy Emmerson with a loss of 1.7 kilos. We also had two ladies with no gains for the month being Nalda De Young and Diane Starr. Congratulations to these lovely ladies.

That's it for now ladies. Hope you all have a great month and stay healthy and happy.

Regards
Pat Underwood
Secretary



"No, that doesn't make any difference either, Miss Jones."

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 \$15.00 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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Newsletter DEADLINE: 21st of the month