

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



September 2018

Weight Watchers Federation Committee 2015/2016

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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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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.

Thank you to all who attended the AGM - however it was very disappointing as we only had 49 members with 14 clubs. This was the lowest it has ever been!



We as a committee can only do so much but nobody seems interested in joining the Federation and learning the top 3 positions. Without this, I cannot see the Federation lasting. I have stayed on as president but a new member coming in needs about a full year to learn the position, it isn't hard but it is rewarding.

We did get two nominations from Greenwood for the committee which is great but we need more hands, especially with the 50th birthday coming up.

I have visited many clubs over the years as president and seen lots of great club presidents out there who would be an asset to the federation! You don't need much time to give up –office duties once a week, committee meetings once a month and the AGM and SOY events. So please think about it for the Federations sake! There must be someone out there willing to take the challenge.

Congratulations to the annual raffle winners and a big thank you to Noelene Winters from Trigg for drawing the tickets. It is always nice to have her at our functions.



A big thank you to the clubs who sold ALL their books and returned them by the due date as this is a great help for us, we appreciate your promptness.

To the members who had stalls on the day I hope you made lots of money.

Our guest speaker Adam Hort talked to us about health and medications it was very helpful. He is now on our guest speaker list if any clubs would like that information.



For our 50th birthday we would like clubs to get numbers in as soon as possible, the day is open to all -including family and friends – we hope to make it a great day especially with our celebrity guest speaker from the eastern states.

Your lunch monies can be paid later but we do need numbers for catering. If you do pay and cannot come however, we will not be able to REFUND your money as this goes directly to the caterers so members will have to find someone to take their place on the day.

If you have any questions or concerns that are not in the NEWSLETTER do not hesitate to contact us.

Till next time.

Aileen

The result of the Annual WWF raffle are



1st prize \$2000 Ticket no 0849

Bev Cooke - Forrestfield

2nd prize \$1000 Ticket No. 0740

S. Worth

3rd prize \$500 Ticket No. 8799

T. Bird - Hamilton Hill

4th prize \$200 Ticket No. 4528

S. Whittle - Dianella

BYFORD DAYTIME WEIGHT WATCHERS

Winter continues with the rain and the cold nights alternating at regular intervals, still it won't be long before we are complaining about the heat.

In the grads, Queen Lidia won our 3 monthly Queen with a variation of 0.3 kg, Princess Margie varied by 0.6 kg to take second place and Princess Dorothy was third with a variation of 0.8 kg.

In the main group, Queen Cath won our Queen of the month with a loss of 4.9 kg, Princess Glenda lost 4.7 kg to be second and Princess Nola was third with a loss of 3 kg.

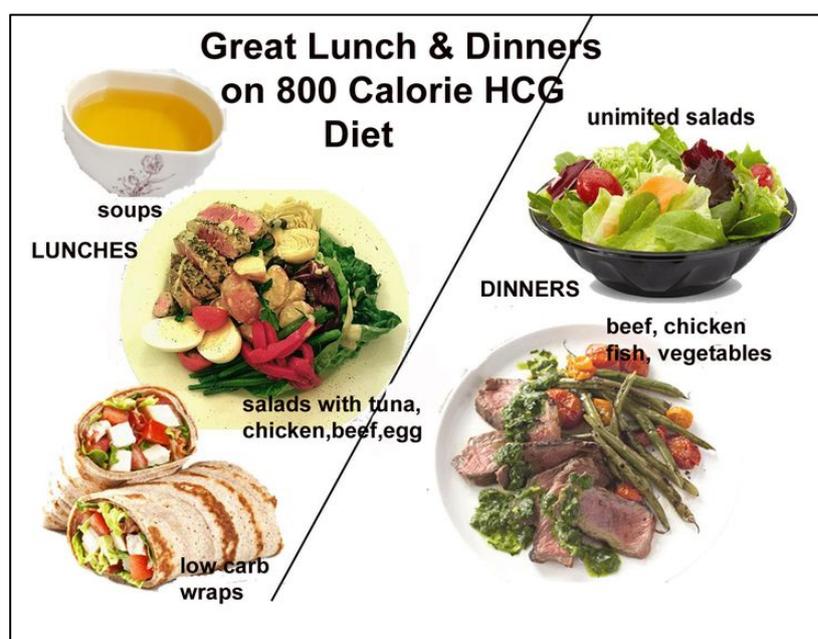
Our Queen of the month was won for the main group by Queen Nola with a loss of 3.2 kg, Princess Sylvia came second with a loss of 2.8 kg and Princess Cath was third with a loss of 2.5 kg.

In the grads King Alan came first with a variation of 0.1, and Princesses Jan and Lyn tied at second place with a variation of 0.4 kg.

On the 26th June we had our best loss result with the group having a Total Loss of 14.9 kg, a Total gain of 3.2 kg and 3 stayed the same.

An update on the 8-week blood sugar diet, after staying on the diet for 8 weeks I have lost 9.5 kg. My Insulin has been reduced by 2/3. I haven't been hungry. I can wear some of my clothes that I haven't worn for some years.

Take care
See you next month
Cath



CANNINGTON WEIGHT WATCHERS

We have had a very good year at our club in Cannington.

To date we have lost a total of 358.7 kilos between our members with some of the members doing extremely well. We are feeling very positive with the clubs efforts and wish our members well in their weight loss journey.

We had an achiever of the month (July) Julie Callahan

We had a guest speaker talking on Bowel cancer & Health, which was very interesting & informative.

We gave away many rewards for weight losses. A few of these for this month were:

Marie Griffiths was our Highest weekly loss 1.1 kilo also Karen Wilkinson 1 kilo Graduate for the week: Stella KESSEY & Helena Gladwell
3rd ribbon was awarded to Kath Bartlet for her 10.5 kilo loss well done Kath you are reaching your goals at a great pace.

We have a wonderful group of Graduates in our club and each week we will asking them how they stay focused and what motivates them.



June Mckillop: for health reasons continues to eat healthy 😊
June used to count calories & now knows what calories her food have.

June also makes sure she walks her dog twice a day for 20 mins each time.

June is also unable to eat certain foods like grains & rice.
June has been with our club since 2007, always a loyal member to our club and very supportive.

Thank you June, for being a member at our club and congratulations on maintaining you goals.

On a sad note though we have had a couple of our members' husbands pass away. It is a very sad time when these lovely ladies lose their sole mates & best friends. Our warmest thoughts are with Our members & their families: Cheryle Cappelli & Lyn Delamere at this very sad time .



Please take care of yourselves everyone.

Follow your dreams 😊

Make a bucket list 😊

Spend time with people that are important to you .

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

ROSE MILLIGAN

BUSSLETON WASPS

Well I now know I'm not losing my memory as I thought. 😊 I've just remembered.....

I was all nice and warm in bed just about to drop off (to sleep) not off the bed, when I remembered the heater was still on. Up I got and shivered down to the living room and turned the switch off. My torch light caught the shiny cover of my weight watchers bag. Oh noI'd forgotten to do the newsletter and it's due tomorrow. So, back to bed to be in the warm while I balanced my iPad on a pile of pillows. It's late but with the company of Trevor Chappell on the ABC radio I'll try to pull a rabbit out of the hat.

I've entered the snapdragon part of my life. Part of me has snapped and the other part is dragging....

Our apple tree is bare again...must be the cold weather! And what a cold winter it's been. The local Oldies here say it reminds them of winters past. Woollen hats, waving scarves, steaming breath and wood smoke. Ah such memories, but in those days we didn't feel the cold huddled around a hot BBQ toasting buns at Bernies, on Riverside Drive, for our healthy burger. At least the meat was real in those days not piped out of a syringe like now!

Our ladies are doing their best to control appetites through the hunger games. Big steaming bowls of soup and garlic bread.....can't you just smell it through the frost and fog. Gosh I'm hungry now, just the thought of it.

Wendy is swanning around Phuket at the moment after her trip to Japan and enjoying every minute of it. She is eating her way through fabulous restaurants and local cuisine. Wonder if the scales will be plus or minus? At this stage of her holiday though, who cares.

Isabel is hanging onto the sides of a small boat doing a trip on the river around the coastline of Augusta with her family members. Thunder and rain is forecast too. But oh the rewards.. Fish and chips from the "colour patch" afterwards, if they are not suffering from seasickness.

Never mind, weight watchers isn't for another week now.

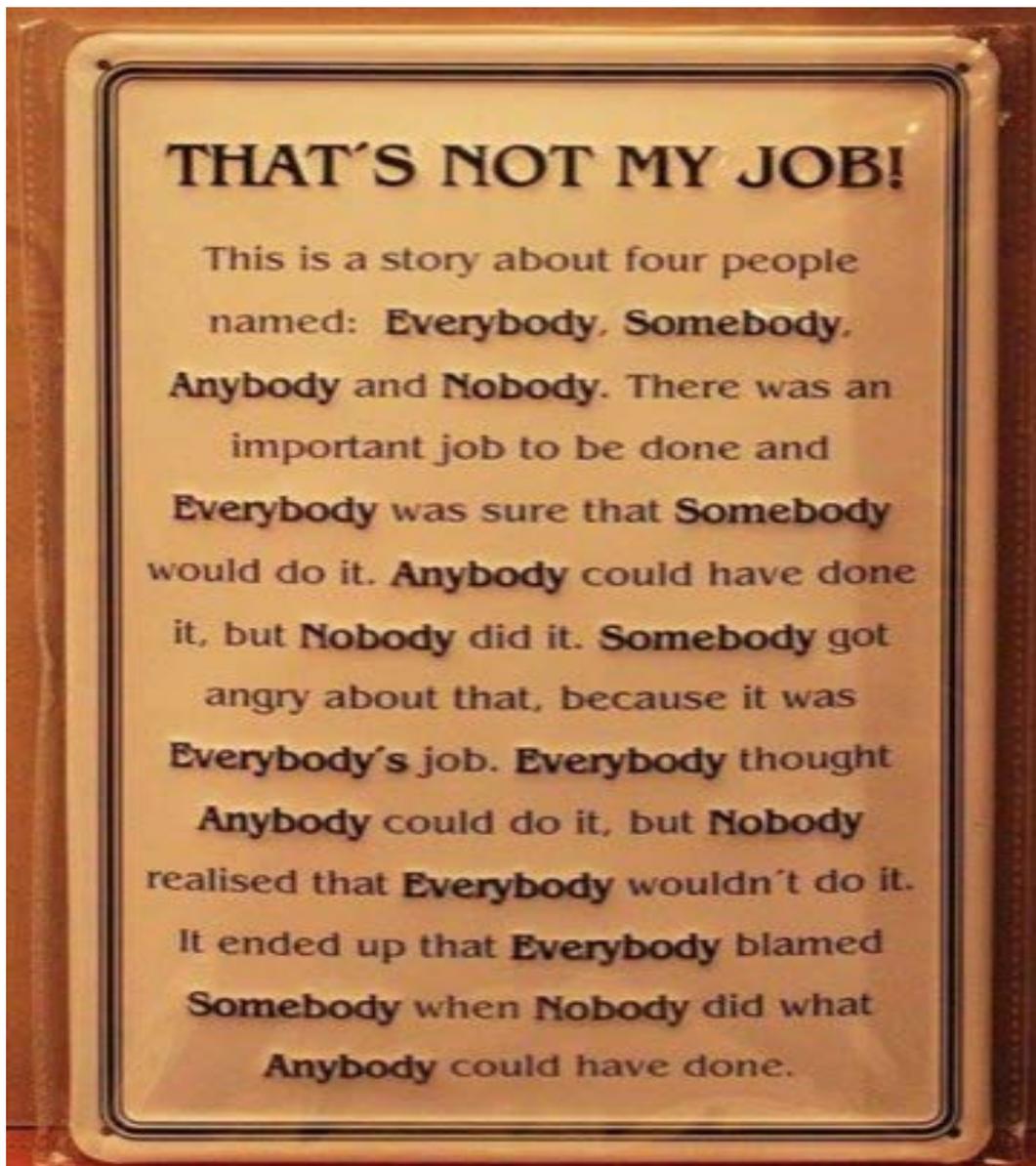
The rest of our gang is keeping the faith. Sometimes up and sometimes down but we keep on trying.

Lois hasn't been too well of late and is going to have surgery this month. We all wish her well and hope to see her soon

There's a new Chinese diet. Order all the food you want but use only one chopstick.

So everyone remember someone's watching you, so put that creamed scone back on the plate. There's a dry crispbread you can have instead.

Well it's late now,
Kind regards,
Valerie, hon sec/treasurer



8 TIPS FOR PERFECT PICNICS

By Annette Sym

This is a fantastic time of year. The temperature is rising a little making it the perfect time to take the family on a picnic. It's a great excuse to get outdoors with the family, enjoy a game of cricket and share an easy lunch or early dinner.

Here are my 8 tips for perfect picnics:

1. **Keep it simple.** If you have time to plan ahead, cook up one of my savoury slices, like my Ham and Corn Slice. These are perfect finger food when cut into bite-sized pieces. Make ahead and either freeze or refrigerate until you are ready to head out on the day.
2. **Salad rolls are easy.** If there's no time to plan ahead, grab some fresh rolls, lean deli meat or a barbecued chicken - remove skin for a lower fat option. Include low fat cheese slices and salad ingredients for a no fuss meal.
3. **Healthy snacks are a must.** Buy low fat dips or make my low fat corn chips from book 1, perfect with some carrot and celery sticks or rice crackers, pack pretzels or popcorn.
4. **Take some fruit.** Small apples and bananas are perfect to eat on the run. Kids love watermelon, why not buy a whole one and cut it up at the picnic.
5. **Make some muffins.** Young and old will never say no to a muffin. My muffin recipes are all very low in fat but high in flavour. They freeze well too so you can make them ahead.
6. **Keep the food cold.** Make sure there's lots of ice in the esky to keep the food nice and cold, this will ensure the food is safe for everyone to eat.
7. **Stay hydrated.** Pack lots of water, assign everyone a cup or drink bottle and make sure they drink up.
8. **Work up an appetite.** Picnics are a great opportunity to get everyone moving. Enjoy a game of cricket, throw a Frisbee, take a swim or go on a bush walk, all great ways to burn energy and have fun at the same time.

Here's a few other things to pack to make your picnic a success: comfy foldup chairs, a beach umbrella and wet ones. Even though the weather is still cool and the sun doesn't seem as harsh now, don't forget to slip, slop, slap.



Annette's cookbooks SYMPPLY 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 Simply Too Good FACEBOOK and INSTAGRAM pages.

Ham and Corn Slice

SERVES: 6 | Book 7 | Difficulty ★★☆☆☆

3 whole eggs
2 egg whites
½ cup skim milk
1 teaspoon crushed garlic (in jar)
¾ cup frozen corn kernels
¾ cup canned creamed corn
½ cup (50g) 30% reduced fat tasty cheese freshly grated
¾ cup zucchini grated
¾ cup orange sweet potato grated
½ cup shallots sliced
¾ cup (75g) 97% fat-free ham diced
2 teaspoons salt-reduced vegetable stock powder
¼ teaspoon pepper
¾ cup self-raising flour
cooking spray
6 cherry or grape tomatoes cut in half
2 tablespoons finely grated parmesan cheese (Kraft®)



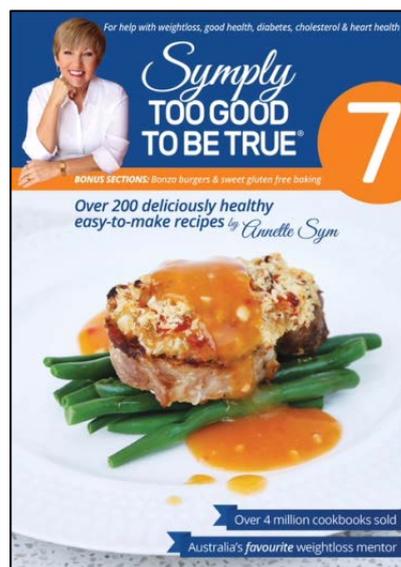
Preheat oven 180°C fan forced.

- 1: Beat eggs and egg whites in a large mixing bowl together using an electric beater. Add milk and beat for 30 seconds.
- 2: Add all the ingredients except tomatoes, parmesan cheese and flour and combine.
- 3: Fold in sifted flour mixing together well.
- 4: Pour into a quiche or pie plate that has been coated with cooking spray. Spread evenly then top with halved tomatoes around edge.
- 5: Sprinkle parmesan cheese over top then bake 55-60 minutes or until browned and firm to touch in centre. Leave to rest for 5 minutes before serving.

Suitable to be frozen.

Nutritional Information

PER SERVE		HAM
FAT	-TOTAL	7.2g
	-SATURATED	3.2g
FIBRE		3.9g
PROTEIN		15.8g
CARBS		29.1g
SUGAR		6.2g
SODIUM		651mg
KILOJOULES		1030 (cals 246)
GI RATING		MEDIUM



Dietitian's Tip: I recommend this slice as it includes vegetables, moderate amounts of protein & is low in saturated fats making it a nutritionally complete meal.

ESPERANCE WEIGHT WATCHERS

President Marlene Salvage, Vice President Merle Elliott, Secretary Jeanette Edwards, Vice Secretary Frances Graham and The Committee welcomed Vera Morris as Social Secretary, Lauren Cooper (weight recorder), Ruby Lang (Dial watcher), Elaine Mason Treasurer, Shirley Vodden Vice Treasurer, Merle Elliott and Greg Gower as Hosts.



Frances Graham chaired the meeting and thanked the committee for the previous year's commitment AGM meeting closed 1:30pm.

Queen of the month for July was Gayle Walsh with a loss of 2.1 kg. Lauren Cooper was the lady for the month with a loss 1.8 kg.

Outstanding encouragement awards went to these members Fran Holman, Gayle Walsh, Jessika Walsh, Merle Elliott, and Frances Graham.

Greg Gower was King of the month for August and Merle was lady of the Month with 1.5 kg off. Greg now has 8 green stars in his book and there is a special prize for Greg for when he reaches the 12 star mark.

Our spring has sprung Luncheon is on the way and this is always a lovely time as the members dress in spring colours and decorated hats to mark the occasion.





Joy Madgen is back in Esperance after a time in Perth following a stroke. A prayer quilt stitched by many hands and knots tied with love and prayers was presented to Joy from Weight Watchers Esperance committee and members, and the Anglican church sewing ladies.



We are looking forward to Octobers Forum and meeting you all again so until then remember

'The Secret to losing weight is to break the habit'

(Guest speaker - Tony Hollander social worker Esperance health campus)

Regards Jeanette

Recognise
STROKE
Think **F.A.S.T.**

Stroke
FOUNDATION

F
Face
DROOPING

A
Arms
WEAKNESS

S
Speech
SLURRED

T
Time
CALL 000

If you see any of these symptoms
Act FAST call 000

HAMERSLEY/WARWICK WEIGHT WATCHERS

A big welcome to our newest member Pattie, we wish her luck, in her weight loss journey.

President Debbie has helped ladies to work out their BMI CHARTS. It is so good to finally understand the chart. Members enjoyed a fun night playing Scattergories, a lot of frustration had by all and a healthy shared tea was enjoyed by all. The theme was healthy Xmas food.

All members are working hard to keep their pledges in mind, during the week, if pledge broken, they pay a fine.

At the moment Debbie is in the process of organizing a 30 day challenge between members. Below is a poem to share

May You Have...

Enough Happiness to Keep You Sweet

Enough Trial to Keep You Strong

Enough Sorrow to Keep You Human

Enough Hope to Keep You Happy

Enough Failure to Keep You Humble

Enough Success to Keep You Eager

Enough Friends to Give You Comfort

Enough Wealth to Meet Your Needs

Enough Enthusiasm to Look Forward

Enough Faith to Banish Depression

Enough Determination to Make Each Day Better Than Yesterday

King regards to all fellow weight watching members

Shelley

GREENWOOD WEIGHT WATCHERS

Our club is a little quiet at the moment, lots have gone to the warmer weather And doing cruises round Europe.

Member Michelle Bowra (a previous President) is posed by an old favourite motivator “The Apple Tree”. We have about six hanging on the tree.



This week we are having a lady coming to do a presentation on “Honey” we have to support our local producers and our “Beekeepers”.

**90
YEARS**



At the “Christmas in July” we usually buy \$10.00 gift, this year we voted to donate to “The Royal Flying Doctors”. The club sent a \$230.00 donation. We have night booked in October to learn more about the “The Royal Flying Doctors” and the work they do.

Spring is round the corner Ladies not more winter meals, salads will be back on the menu. Ha..

Kind Regards
Susan Wetton.

BELMONT WEIGHT WATCHERS

As I write this it feels like spring is in the air with warm breezes and sunshine. A bit early I know but still a lovely break from the recent cold, wet weather.

Belmont welcomed new member Elizabeth who got off to a great start by losing more than one kilo in her first week. Well done!

Sue, Lorraine, Maureen, Pam and Linda A continue to do well with all receiving a 4-week daisy.

Our recent competition was won by the Lightweights team and Maggie (me) won the Grads division. For our next comp we're going back to the old favourite Apple Tree.



I really feel like someone else should write this next bit but here goes: we had a lovely morning tea to celebrate our most recent Grad, who just happened to be me! It was a slow process – approximately three years, but I finally made it. I think I gained and lost the last few kilos several times, with my biggest downfall being nighttime snacking.

I've chosen the picture below (that's me in front of the cake 😊) because I never would have made it without the support and friendship of my fellow members. Thank you everyone!



We've had a number of presentations lately so I'll have lots to write about in coming months but I'll close with a few unusual "energy boosters" for those slow times:

Every 90 minutes stand up and wiggle around for 2-3 minutes

Blink your eyes 6 times in a row every half-hour

Rub your ears bottom to top every half-hour

Try it! You may be surprised.

Till next time Maggie.



PLEASE BE VERY CAREFUL WITH YOUR WISHES!!!!
40 YEARS OF MARRIAGE..... A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet and romantic little restaurant. Suddenly a tiny yet beautiful fairy appeared on their table. She said, 'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.' The wife answered, 'Oh, I want to travel around the world with my darling husband'. The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment: 'Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me'. The wife, and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!...the husband became 92 years old. The moral of this story: Men who are ungrateful bastards should remember fairies are female..... **SEND THIS TO A WOMAN WHO NEEDS A GOOD LAUGH . AND TO ANY MAN WHO CAN HANDLE IT**

GERALDTON SUNSHINE SLIMMERS

Hello once again from our wonderful city of Geraldton. We have had some beautiful days this winter but also some very wet ones as well. It would be the longest time that we've been able to wear winter clothes for many years.

Since our last newsletter we have had our AGM. Present committee has stayed the same.



Bendigo Bank

We had a guest speaker from the Bendigo Bank come and talk to us recently about scammers and how they have taken over \$65 million dollars off the public in Australia, this year. He is going to come back and talk to those ladies who are interested and hopefully help us out, with suggestions or help on our iPads.

As the year is very quickly progressing we have had a discussion on our Christmas Luncheon and the decision was made to have it in our rooms here at "The Residency" and have it catered for like we did with our recent 25th Anniversary, which was a resounding success.

A number of us ladies have been struggling this past month weight wise. Maybe it's the cold weather and we're looking for something to warm us up. It's much easier in the summertime to have a lovely salad.

Well ladies, that's it for another month. Hope everyone stays healthy and happy.

Regards
Pat Underwood
Secretary

ONE SMALL POSITIVE
THOUGHT IN THE
MORNING CAN
CHANGE YOUR
ENTIRE DAY.

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

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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.

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Affiliated Clubs take no responsibility as to the original extract of such items
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Newsletter DEADLINE: 21st of the month