

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



January/February 2019

Weight Watchers Federation Committee

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

Metropolitan Committee

June Richards	<i>Swan/Bassendean</i>	9377 4966
Loris Clayton	<i>East Maddington</i>	9398 7372
Rhonda Donaldson	<i>Cannington</i>	0417 855 490
Edna Jones	<i>Greenwood</i>	0458 565 602
Maria Alvarez	<i>Greenwood</i>	0413 783 826

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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Email: weightwatchersfed@aapt.net.au

Webpage: 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

HAPPY NEW YEAR TO ALL. May 2019 bring health and happiness.

As we settle back into our weight loss journey – to all who *DIDN'T* put on weight over Christmas.



**MARK YOUR
CALENDAR!**

In this newsletter will be our Slimmer of the Year entry forms, please put in a safe place and fill out at the LAST weigh-in in February 2019 and return to the office ASAP after that date. Our Slimmer of the Year function will be held on **Sunday 14th April.**

The most important issue on my list is finding a **HOST for the COUNTRY FORUM.** I know some clubs can be struggling for members, but please Presidents talk to your committees about hosting this important event. Perth members love the weekend away and country members are always so friendly! Federation can/will support and help where needed - you just have to let us know.

The office is now open for orders plus the birthday pen sets and calendars are still available.

It is always very sad to hear clubs closing, so to the President, committee and members of **HAMILTON HILL Weight Watchers**

We Thank You for Your Past Support and Wish You Well for The Future.

But some good news, we may have 2 new clubs starting. We will keep you informed in our newsletter of any updates.

To all Presidents. Please share your newsletter with your members and send in any news you would like to share - like graduates, competitions or anything of interest to other members of other clubs.

It is with deepest regret we inform you of the passing of long-time member and past federation treasurer, EVELYN KOLODENSKI
A memorial is planned at a later date in Perth.



Till next time, Aileen.

SUNSHINE SLIMMERS – GERALDTON

Happy New Year from our wonderful Windy City of Geraldton. I hope everyone had a lovely Christmas and New Year.

We had our last meeting for 2018 on Thursday 20TH December and didn't return until Thursday 10TH January thus giving us a three-week break, which was very enjoyable.

Some members were not in favour of this amount of time, thinking it was too hard and too long, but on discussion since we have been back, I think overall most ladies enjoyed it. The bonus was that we put on the least amount of weight for that period of time over Christmas, for a number of years. So, we have achieved something.

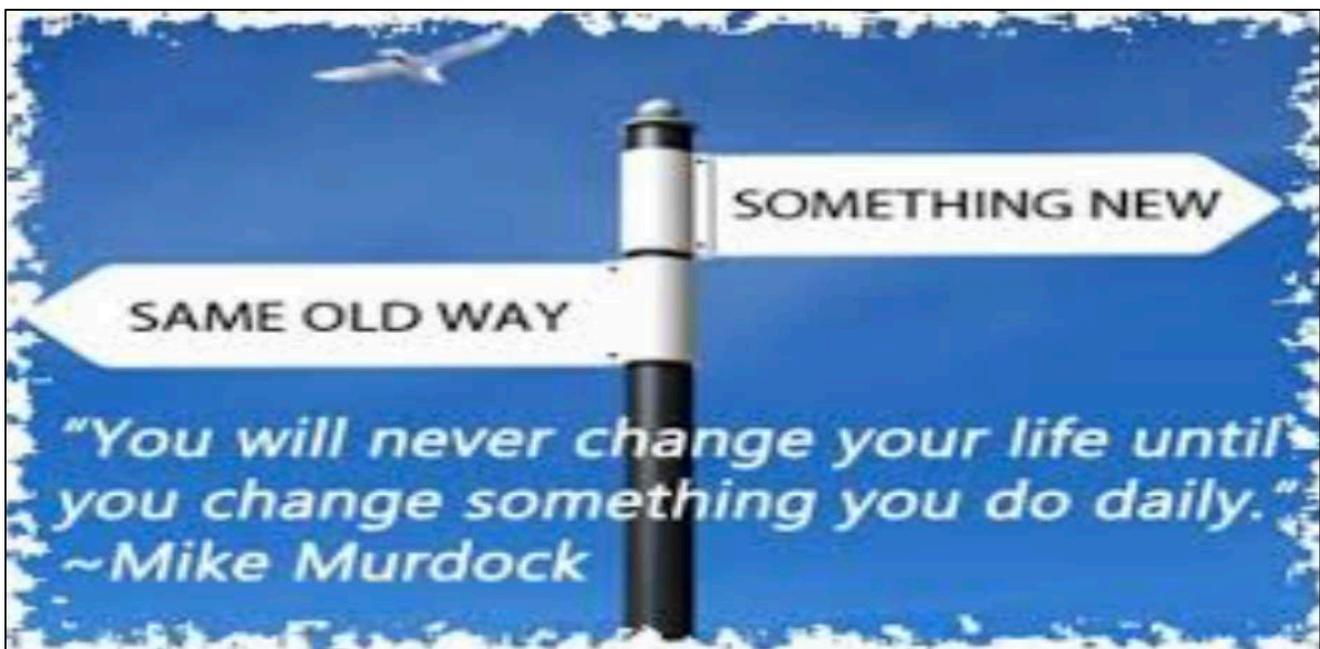
Our luncheon was beautiful for Christmas and we had 23 members present. Several ladies had already gone away for the Chrissy period, but we had a very pleasant time and lots of laughs. It was sooo lovely to see everybody enjoying themselves.

I hope you Aileen as President and the committee had a good break and are all back now, ready and running for another year.

Regards

Pat

Secretary Sunshine Slimmers



SWAN BASSENDEAN COMMUNITY WEIGHT LOSS GROUP

Happy New Year everyone. Swan Bassendean has declared 2019 to be



That's the focus of our group this year. By bringing joy into our lives, we hope to be more aware of and grateful for what we already have in my lives. Our aim is to find joy in losing weight by focusing on the positive rather than the negatives.

We have joined up with Maylands WW group to hold an interclub competition which we are all very excited about. It will go for 8 weeks and fingers crossed we will do well.

One of our founding members, Evelyn Kolodenski passed away peaceful last week in Albany. She will be fondly remembered as a very special gentle lady and we would like to send our deepest condolences to her family.



Swan Bassendean Members

Newsletter Subscriptions are now due

Cost - \$20 for 12 months subscription starting January.

Payments can now be made directly to the federations bank account –
BSB 066 118(commonwealth bank)
Account No. 0090 2402
Weight Watchers Federation.

Once payment has been made please email the office with the payment reference number and an explanation of the payment. Any forms that relate to the payment can be scanned and attached to the email or posted to the office.

Every club receives one free newsletter posted to the President.

The newsletter is also available to download for free from the WWF website -
<http://www.weightwatchersfederationwa.org.au/>
Adobe reader is required to read the newsletter online.

FOR SALE

50th Anniversary Pen set - \$5.00 plus postage



2019 WWF Calendars - \$2.00 ea plus postage

WWF Daily Menu guide - \$2.00 ea plus postage

Moore River Weight Watchers

*Invites past and present members to celebrate
the past, the present and the future*



of our **25th** anniversary

date **Friday Feb 22nd**

time **12 noon**

address **Kingsway Tavern**
211 Kingsway, Darch
(off Wanneroo Road)

*A great opportunity to catch up for old times sake
and enjoy a few laughs together*

Cost \$18 per person
choice of main meal, includes dessert

RSVP by Tuesday Feb 19th

contact Dot 0429 969 889 or Jae 0413 818955

DIANELLA WEIGHT WATCHERS

I would like to make a special mention to a few of our members who have been working hard during 2018, Kathryn Babbage and Helen Shurrock. Their regular attendance is contributing to a steady weight loss and gaining their award stars.

Sam has also received another 13-week consistency award and Marg P is looking very slim and trim.

The members at Dianella had an early start to festivities during November; we celebrated the graduation of Irene Ireland and also had our end of year Xmas party.

The weeks prior to the Xmas break we discussed over several meetings the importance of reading your food labels, checking serving size, watching sodium content, looking at the sugar content in cool drinks and swapping packaged products for healthy snacks.

Well, all this must have made everyone more conscious during the holiday season as we had 23 members qualified for a share of \$500.00 in our end of year competition that was run over the Xmas/New Year break.

A big congratulations to you all and hoping everyone has a great 2019.

Carol

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 😊	Okay sometimes 😐	Poor choice 😞
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		
DRINKS: Choose water first			

LIVELIGHTER
livelighter.com.au

YORK WEIGHT WATCHERS

Hi everyone, we do hope your festive season went well, and that you didn't manage to put on too many Kilojoules.

Up here at York we now have a new location and are all set for the new year ahead. The week before our annual breakup, we had to find a new venue as the company running HAC had changed, and as we only have thirteen members and are not flash with money, fifty dollars a week was out of the question. The local wheatbelt ladies Hub has welcomed us to their hall and very grateful we are too.

The last six months has been very interesting, with our weight on the move down. In traffic lights competition, we had two members coming a draw, and two winners for the monthly so we are going well.

We have had special lectures on recognizing health problems (heart attacks, angina and stroke) and when to call the ambulance, exercise for balance, an interesting talk on therapeutic massage and reflexology which keeps the body and brain calm. A makeup night with our local beautician (a wonderful time), and Connie our model did look a treat.

Our club also has recipe nights, where we discuss kilojoules and portion size (to have or not to have) labels and the cunning way some products try to disguise kilojoules.



At the Melbourne Cup fun night, the best hat was won by Alison and a novelty horse race game was won by Ellen (our Lifetime member) plus a special supper which was NEARLY kilojoule free.

Five of our members attended the 50th Anniversary in Maylands and came home bearing gifts from the raffles plus the apron Annette donated. It was unfortunate that we didn't get the chance to meet Sheila or Aileen as the day for them was so hectic.

We held our annual Christmas Dinner at the Castle Hotel in York and dined in splendour (we felt like the Queen) and after we ate and joked, lovely Chrissy presents were handed out.

Barbara





Three women, two younger, and one senior citizen, were sitting naked in a sauna. Suddenly there was a beeping sound.

The young woman pressed her forearm and the beep stopped. The others looked at her questioningly. 'That was my pager,' she said. 'I have a microchip under the skin of my arm.'

A few minutes later, a phone rang. The second young woman lifted her palm to her ear. When she finished, she explained, "That was my mobile phone. I have a microchip in my hand.

The older woman felt very low-tech. Not to be outdone, she decided she had to do something just as impressive. She stepped out of the sauna and went to the bathroom. She returned with a piece of toilet paper hanging from her rear end.

The others raised their eyebrows and stared at her. The older woman finally said ... 'Well, will you look at that ...

I'm getting a fax!!!'

SINGLES AD THAT APPEARED IN THE ATLANTA JOURNAL:

SINGLE BLACK FEMALE SEEKS MALE COMPANIONSHIP, ETHNICITY UNIMPORTANT. I'M A VERY GOOD LOOKING GIRL THAT LOVES TO PLAY. I LOVE LONG WALKS IN THE WOODS, RIDING IN YOUR PICKUP TRUCK, HUNTING, CAMPING, FISHING TRIPS AND COZY WINTER NIGHTS LYING BY THE FIRE. CANDLELIGHT DINNERS WILL HAVE ME EATING OUT OF YOUR HAND. I'LL BE AT THE FRONT DOOR WHEN YOU GET HOME FROM WORK, WEARING ONLY WHAT NATURE GAVE ME. CALL: xxx-xxx-xxxx AND ASK FOR DAISY.

OVER 15,000 MEN FOUND THEMSELVES TALKING TO THE ATLANTA HUMANE SOCIETY ABOUT AN 8-WEEK OLD BLACK LABRADOR RETRIEVER.

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 \$ 4.00 plus postage
14 Daily Menus/low GI recipes \$ 2.00 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. Please leave 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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