

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



June 2019

Weight Watchers Federation Committee

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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

There have been a few cold mornings coming in –but nice sunny days! Can you believe it will soon be June-half a year has gone already?

Sheila and I were invited to Moore River club for their AGM. What a warm and friendly welcome, and what a well-run club. Besides a lovely morning tea, we were both presented with 2 very pretty pot plants. Thank You Moore River it's always a delight to visit. The President Jae Watson (who will now be vice-president) stood down and Dot Branch was duly elected. I have known Dot for many years as we were on Federation together and I am sure she will bring lots of new ideas to the club.

The federation AGM will be held on the July 28th at Wandarra Hall.

As you know the federation committee is very small and we are **seeking someone to be the next president.** I will stay on as past president to help anyone who would be interested in this position BUT we need you to be able come into the office and attend the monthly meetings. **You could contact me in advance if you are interested and we could discuss this very important matter.**

It saddens me to say that despite our best efforts we will not have a country forum this year! At the last meeting a suggestion was made to have instead a FAMILY PICNIC possibly at WHITEMAN PARK so we can all come together and still enjoy the day. Your feedback on this would be very welcome.



Please return your raffle books as soon as possible and do your best to sell them all. ***Any unsold books should also be returned.***

Thank you to the committee for all their hard work and especially to Jo our newsletter editor.

It is always sad when a club closes. We would like to say a big THANK YOU to Yokine club president **Joy Adair** and her committee and wish you and your members the very best for the future.

Best Wishes.
Aileen.

ESPERANCE WEIGHT WATCHERS



Our Slimmer of the Year is Suzie Stevens with a weight loss of 9.0 kgs.

Queen of the month was Carol with a loss of 2.3 kg, runner up with 1.3 kg was Jessika.



Our Mother's Day Luncheon was held after our meeting on the 9th May. The Lunch menu was taken from Annette Syms "Its Too Good To Be True Cooking For Two" cookbook. Members as always put in a great effort.

A beautiful hamper was donated by Suzie and Vera and was won by Shirley Vodden.

That is all till next time
Warm Regards
Jeanette

"I hate all those weathermen who tell you that rain is bad weather. There's no such thing as bad weather, just the wrong clothing, so get yourself a sexy raincoat and live a little."

BILLY CONNOLLY



MONTREAUX WEIGHT WATCHERS

I may have left it too late to wish all club members a Happy Easter but if I am too late I hope your Easter was happy

Montreux is going along quite well with our weights, but I feel we could all do better with a bit of effort.

We had three new members join. Tina RAVI, Maria ARITI and her daughter Rose. They are all doing reasonably well.

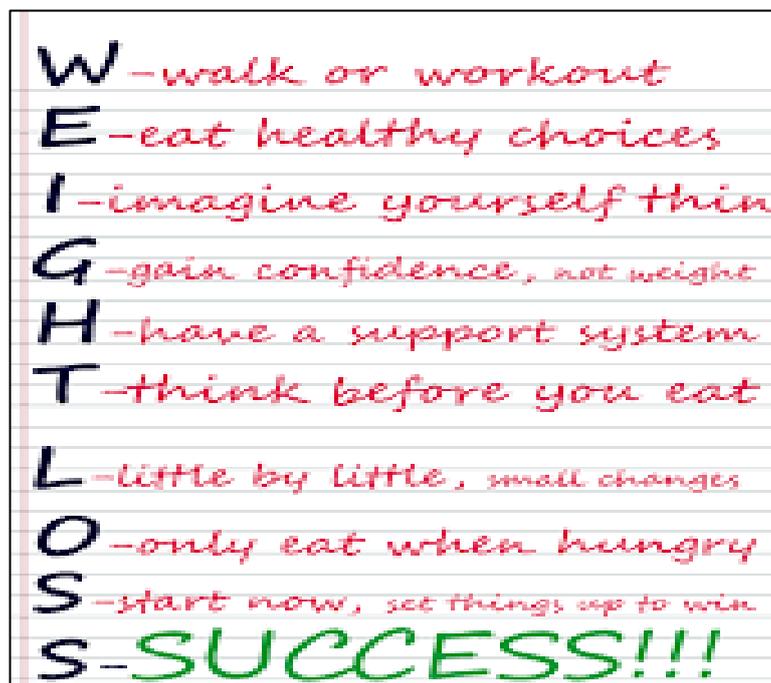
We have had a few members who have been unwell. Maria Bertilone had a heart attack last year and has only recently returned to club and- was doing well, but a few weeks ago she fell and broke her wrist but has been able to return to the club.

Also a long-time member Anna Musca returned after having had a Knee replacement and she is doing well.

Unfortunately, we did not have an entrant for the Slimmer of the Year but we would like to congratulate all the entrants and the winners. I was unable to attend as I don't feel confident driving that far, but look forward to finding out who won.

Best wishes to all Club members, and hope all the mum had a lovely Mother's Day.

Regards
Wendy



NEW WANNEROO SLIMMERS

New Wanneroo Slimmers received the medal for Kerry Baker for Slimmer of the year for our club.

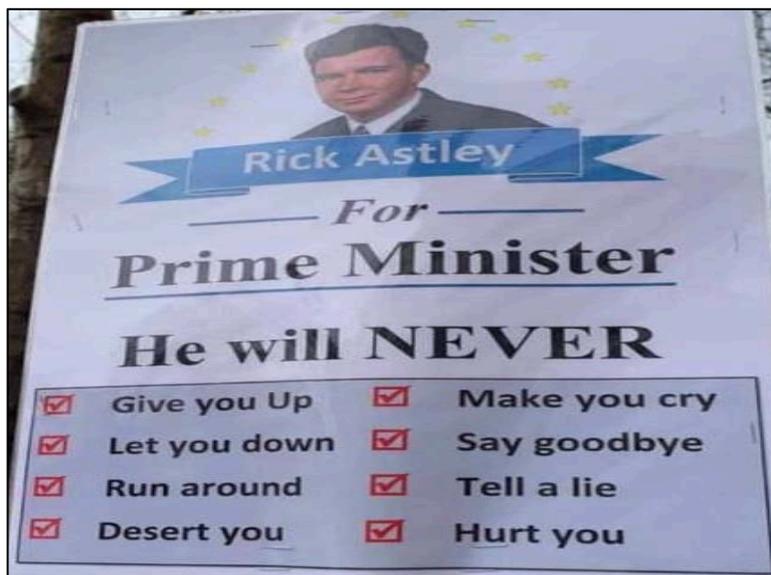
Kerry was unable to make it to the presentation and was very shocked and over the moon when she received her medal.

We are extremely proud of Kerry; she has been an inspiration to our club.

Kerry is extremely proud of her new body and we wish her well for all her hard work.

Regards

Kerry



Rick Astley English Song Writer - His 1987 song "Never Gonna Give You Up" was a number 1 hit single....

MAYLANDS WEIGHT LOSS SUPPORT GROUP

Congratulations to Gaye Roberts who was our nominee for the WW Federation Slimmer of the Year.

Gaye has been with us since 2010 and she achieved her goal weight with a loss of 12.3kg. Attached is a note of thanks from Gaye regarding the support she received from our Club.

A note from Gaye Roberts.

On Sunday 14th April 2019, Rosie picked me up and we headed off to Cannington for the Federation Weight Watchers Slimmer of the Year awards. I was proud to represent Maylands and receive a medallion. The company was great, food was good and it was great to socialize with members of other clubs.

I thank everyone who has helped me along the way, especially Dawn who was President when I rocked up in 2010, then the late Irene Snow. Lately Rosie has been my rock along with my precious little family.

My greatest achievement was Easter Sunday, when I was able to fit on the swing with my little grand daughter Emily.

So thank you one and all who have played a big part in my weight loss journey.

Gaye Roberts.

As was mentioned in the previous newsletter, we joined with Swan/Bassendean Club in an Inter-Club Competition. Unfortunately, we weren't the winners although we had success with our new member Bev, who came 2nd in the most weight lost. We hope to make amends in the next challenge against Swan/Bassendean in 2020.

We have had several former members return to our club, and we welcome Bev, Anne, Ginie and Stasia.

Coral
Hostess



CANNINGTON WEIGHT WATCHERS

We have had an up and down few months with our weights.

At the beginning of the year we came back with a Gain of 45.5 kilos.

At the end of April, we have made up for the gain and now are 34.5 kilo in loss so we are making a slow come back. But at least we are not negative.

Some of our outstanding members this year Highest losses for the weeks were Gabrielle, Fleur, Vickie, Lyn Connell Maxine, Linda Munro, David, Rosemary, Helena, Pauline, Caroline, Isabelle, Glenda

Our Achiever of the month (April) reaching a loss of 2 kilos or more and attending every meeting: Vicki Rochford 11.1 kilos. Well done Vicki on your continued weight loss goals.

We have given away many t-towels - Vicky, Gabrielle, Linda, Matthew, Shirley G, Maxine, Fleur, Helena, Trish, Janelle, Lyn D, Jean, Pauline, Anne Hamilton, Margret Byrne, plus more.

Graduates of the weeks: Carol Jackson, Ce Oxley, Margaret Mitchell, and Cheryl Capelli.

Well done to our Entrant in the Slimmer of the Year comp. Kath Bartlett with your achievement since joining our club. Also well done to the Federation Committee for all your hard work that goes into the setting up of these events and knowing that both Aileen & Sheila have not been well. Thank you for all you do.



We will be hosting a Biggest morning tea night; which is our way of donating to Cancer research.

We would like to wish our friend Nick a speedy recovery and we miss you & Rosa here at our meetings. Sorry to hear that Nick is not well.

Bye for now
Jenny

SUNSHINE SLIMMERS GERALDTON

Hi once again from sunny Geraldton. Reading other clubs newsletters from May mostly everyone was saying how they were feeling the cold and had the wood ready to stoke the fire. Today in Geraldton (Friday 17th May) is our first taste of winter as it's quite chilly and breezy. This week we have experienced the extremes. We have had days of 27 and 30 degrees and today it's 17 degrees outside. Roll on winter and also the much needed rain for our farmers.

We had an enforced break with Easter and then the following Thursday for Anzac Day. Then I was away in Perth visiting precious granddaughters, so it's hard to get back into routine but now we're back on track.

Our Princess of the Month was Pat Chambers with a loss of 1.9 kilos and The Runner Up was her lovely daughter in law with a loss of 1.3 kilos. Congratulations to these two wonderful ladies.

We had four ladies with no gains for the month and they were:

Pat Chambers
Mary Ryan
Michelle Cassin
Ann Chambers



We celebrated our Slimmer of the Year "Dympna Kipps" and Runner Up "Mary Ryan" with a lovely luncheon in our club rooms which we had catered for and we all had a wonderful time. It's so good to spend that special time with our members. In between all of these celebrations we do discuss healthy eating and also foods to avoid etc.

Our raffles are going great for Our Biggest Morning Tea which we celebrate on Thursday 30th May. Also a number of ladies have already sold and handed back our annual raffle books.



Hope all members had a fabulous Mother's Day. Until next month.

Regards
Pat

YORK WEIGHT WATCHERS

Easter was a great time for us all, with family and friends visiting. Our meeting before Easter was discussing the delights that the bunny would be bring to us, and how not to blowout on the feast of chocolate. After our tasting of hot cross buns, we had our Easter bonnet parade, well some of the designs were so great, we have a few Ladies with great imaginations. Chris won the winning bonnet.

Due to holidays, sickness and babysitting our current attendance has been very up and down for three months, but we are travelling along well.

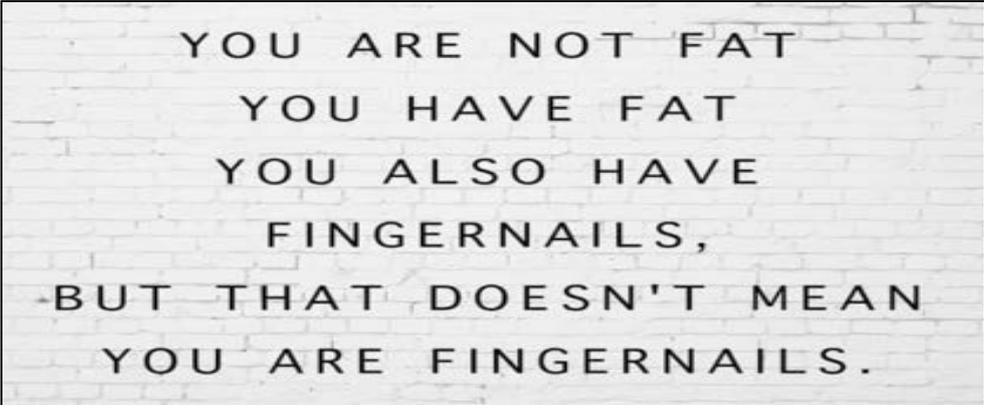
Our weight recorder Coral, is our shining light at the moment with sixteen weeks of consistent weight loss, an excellent member showing us all, with a goal we to can do it.

As to get everyone participating in our meetings we have started a monthly colour night and all of the Ladies come in that particular colour. Some of the highlights were, red night Alison came dressed as a stick of rhubarb and spoke on the goodness of rhubarb. Lois and Dot did yellow night, Dot spoke on corn and Lois talked on bananas and made hummingbird muffins which were yummy. For orange night we had carrot and ginger soup and the recipe was taken home by our members.

While we have been making our meeting enjoyable, we do discuss the pros and cons of food. We had a quiz on eating healthy (which our Club promote) discussion on omega 6 and omega 3 how and what to eat, and how not to let people sabotage your way of eating healthy.

It was lovely to read the news from Esperance, Marlene you do need congratulating on your achievement, well done also congratulations to all the Ladies in the slimmer of the year comp 2019.

Cheers
York Club



YOU ARE NOT FAT
YOU HAVE FAT
YOU ALSO HAVE
FINGERNAILS,
BUT THAT DOESN'T MEAN
YOU ARE FINGERNAILS.

WWF ANNUAL GENERAL MEETING and LUNCHEON

SUNDAY JULY 28TH 2019
Lynwood Wandarra Hall
Edgeware Stree
LYNWOOD



Doors open – 10.00 am
Guest Speaker – Dr

***Lunch will be soup and sandwiches supplied by
Weight Watchers Federation at no cost.***



PLEASE REMEMBER TO BRING
A MUG AND SPOON FOR YOUR SOUP

Any members who would like to have a craft/interesting stall at no cost please contact the Federation office ASAP. Spaces they are limited and will be allocated on a **first in first served** basis.



Nomination forms for the federation committee are also being sent out. Please consider joining the committee!!!

POSTIONS VACANT ARE: -

President, Vice President, Treasurer and general committee members

10 TIPS FOR SURVIVING WINTER WITHOUT WEIGHT GAIN Column by Annette Sym

Cold nights and mornings signal the end of the warmer months. With the onset of winter comes the desire for hot, hearty meals that are often made using cheaper, fattier cuts of meat. Add to this the likelihood of being house-bound on cold, rainy days and this can be a recipe for disaster for anyone on a weight loss plan.

If left unchecked, winter can be a time when you gain weight. So why not set some new goals and work out strategies to keep you on track before you get lost in baggy winter clothes that cover a multitude of sins.

My 10 tips for surviving winter without weight gain:

Think lean. When making casseroles or curries cut off all visible fat from meat. Buy only the leanest of meats and remove the skin from chicken or buy skinless chicken breasts.

Combat boredom. If you're stuck at home, eating the wrong foods out of boredom can be tempting. Instead of eating, phone a friend, catch up on chores, do a crossword or work on a hobby.

Snack sensibly. Some safe snacks to have in the pantry or fridge include raisin toast, crumpets, or my low fat cakes or muffins. A bowl of hot porridge or a high fibre cereal will also fill you up.

Warm up your lunch. Sandwiches can be unappealing in cooler weather, instead make jaffles or an open grill topped with 30% reduced fat tasty cheese.

Veg up. A vegetable soup is perfect if you are feeling hungry as it has very few kilojoules and almost no fat. Perfect for lunch or a healthy snack.

Eat your fruit. The fibre in fruit will help to fill you up, for a warm option why not try it stewed.

Rethink your drink. The calories in milk-based drinks add up quickly, use skim milk and limit to one a day. Switch to herbal teas that have no calories or hot water with fresh lemon is another refreshing option.

Stay hydrated. Thirst can often be mistaken for hunger, remember to drink your eight glasses of water each day.

Keep moving. Your body needs to keep active even if it is cold outside, exercise all year round. If it is raining then play music and do a work out at home, hire a walking machine or join a gym.

Watch you portions. Measure portions to ensure you are not over-serving. Limit your portion size by eating from a smaller plate or bowl.

Don't use the cooler months as an excuse to bulk up, use it as an opportunity to keep shedding the kilos and then when the warmer months come you can proudly reveal the new you.

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

Visit www.symplytoogood.com.au for more tips, recipes and weight loss tools.

Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.



Butter Chicken

SERVES: 6 | Book 4 | Difficulty ★★☆☆☆

800g skinless chicken breasts
cooking spray
1 medium size onion diced
1 teaspoon crushed garlic (in jar)
½ teaspoon crushed ginger (in jar)
1 teaspoon cinnamon
1 teaspoon tumeric
1 teaspoon dried coriander
2 teaspoons paprika
½ teaspoon cumin
⅛ teaspoon chilli powder
2 teaspoons salt-reduced chicken stock powder
4 tablespoons no-added-salt tomato paste
1 tablespoon cornflour



1 x 375ml can evaporated light mil

1: Cut chicken into bite sized pieces.

2: Coat a large non-stick frypan or wok with cooking spray, sauté chicken, onion, garlic and ginger until chicken pieces are nearly cooked.

3: Add all the spices and stock powder. Combine with chicken for 1 minute.

4: Add tomato paste and fold through chicken.

5: Blend cornflour with milk then add to pan and stir continuously, mixing well until boiled. Once boiled take off heat as evaporated milk can separate when over boiled.

Note: Serve with Basmati rice or noodles or for a lower carb option use glass noodles.

Not included in nutritional information below.

Suitable to be frozen for 2-3 weeks.

NUTRITIONAL INFORMATION

PER SERVE	CHICKEN
TOTAL FAT	4.5g
SATURATED FAT	1.4g
FIBRE	0.3g
PROTEIN	35.9g
CARBS	12.1g
SUGARS	9.3g
SODIUM	227mg
KILOJOULES	940(cals 225)

GI RATING TOO LOW IN CARBS TO SCORE A GI RATING



DIETITIANS TIP: This recipe does not contain butter but uses cooking spray, this lowers the amount of saturated fat and kilojoules making it an ideal food choice.

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BUSSLETON WASPS

Here we go again. Another month has gone by already. They say time flies when you are having fun but then again others say it's because we age. We do have a lot to look forward to don't we.....but I'll leave that for another day !

We are all feeling pretty buoyant this month, in more than one way... we actually lost 5 kilos between us all, after Easter too! Very pleased with ourselves. None were too eager to try out the other buoyancy though! Too cold, too many unknowns in the water. So instead we drowned our sorrows in hot tea and recipe swaps.

Talking of recipes, I wonder if any of you hoard recipes like I do. I have a plastic box full of my husband's nanas, my nanas and my own mother's collections and of course my own," one day I'll make these " collections. Some are still in pristine condition but I have to admit there's a lot that tell their own story.



Stains are another story and those hastily scribbled notes in anything that would write roughly notated in a corner. I can still see my lovely Mum with her post-war headscarf on, smoking with a dodgy dag of ash hanging from her Ardath cigarettes. Her hands in the bowels of the biggest bow: I we had rubbing lard and flour together. Those were the days and I swear things homemade tasted much nicer than bought stuff. Mind you buying a cake wasn't on any of our shopping lists then! Why I hang on to this box full of dreams I don't know and they are just dreams now. Family has all flown the coop and I'm on my own now so perhaps it's my source of memories more than anything. But... if you want an old fashioned recipe just ask me. My box is a source of wonder.

The change of weather brings its own culinary delights don't you think. Outcome the stock cubes or stock cartons. There's suddenly a rush on lentils and barley in the shop and all sorts of dried mysteries from goodness knows where. My preference is for butternut pumpkin 🍠 but I do like potato and leek too. It's so easy to knock up a good vegetable soup adding those pasta floaties with a side plate of crusty bread, and within kilojoules boundaries too, keeping away from the butter.



Our raffle money will be forwarded as soon as possible.

Keep well everyone. Exercise to keep warm. Put on an Ed Sheehan track and wonders will never cease!

Kind regards, Valerie hon sec/ treasurer.

BYFORD DAY TIME WEIGHT WATCHERS

What a result in the election on Saturday? Who would have guessed the result?

Now we have got Easter, Mother's Day and the election over it is time for some serious weight loss.

Congratulations to Keith for coming 5th in the Slimmer of the Year competition.

The results of our Easter competition: - Kerry came 1st in the Main group, with Karen 2nd and Trish 3rd. The Grads was won by Brenda, with Lidia 2nd and Margie 3rd.

Our three monthly Queen in the Main group was won by Queen Cath with a loss of 3.0 kg, second was Princess Gladis with a loss of 2.7 kg and third was a tie between Princesses Chris H and Sandra with each loosing 1.8 kg.

In the Grads, 1st was Queen Margie who varied by 0.4 kg, 2nd was Princess Marg L who varied by 0.5 kg, and 3rd was Princess Glenda who varied by 0.8 kg.

Our May Queen of the month was won in the Main group by Queen Karen with a loss of 1.7 kg, Princess Lynette was 2nd with a loss of 1.4 kg and 3rd was Princess Chris H with a loss of 0.5 kg. In the Grads, 1st was Queen Brenda who varied by 0.1 kg, 2nd was Princess Margie who varied by 0.2 kg, and in 3rd place we had a tie between Princesses Wendy and Marg L with a variance of 0.4.

On 2nd of May we held our A G M and Margie was returned as our President, Linley was returned as our Secretary, Wendy as our treasurer, Dorothy as our Weight recorder, Marg L as our Dial Watcher, and I (Cath) will continue to do the news letters.

See you next month

Take care

Cath

3 Steps to Break Sugar Addiction

Step 1: Eat at least three servings of non-starchy vegetables and 30 grams of nutrient-dense protein at every meal.

The easiest way to do this at breakfast is by combining a bunch of spinach, kale, mushrooms, peppers, onions, etc., with eggs or egg whites and ham or turkey in a scramble, frittata or omelette. (Note: Non-starchy vegetables are vegetables that can be eaten raw, and nutrient-dense proteins include seafood, grass-fed beef, lean conventional beef, poultry, eggs and low-fat cottage cheese or plain [Greek yogurt](#).) A less typical but quicker approach is to make a green smoothie. This is as simple as putting three to five large handfuls of spinach, frozen strawberries, low-sugar vanilla whey protein powder, water and some ice into a blender. Believe it or not, it tastes like a strawberry cream milkshake — you won't even taste the spinach.

For lunch, stir-fry or [giant salads](#) of mixed greens, romaine lettuce or spinach topped with chicken or salmon are excellent options.

At dinner, simply enjoy a double-serving of a protein-rich main dish (meat or seafood) and a triple-serving of a non-starchy vegetable side. Fill your plate with so much “good stuff” that you don't have any room for starchy fillers.

Step 2: Then eat whole-food fats and low-sugar fruits.

After increasing our intake of non-starchy vegetables and nutrient-dense protein, let's focus on filling any remaining room in our stomachs with whole-food fats such as nuts and seeds — especially exceptionally healthy cocoa/cacao, coconut, chia seeds and flax seeds. We can also enjoy low-sugar fruits, such as berries, and citrus fruits, like oranges and grapefruits, but keep in mind that if we are significantly overweight, we're more likely to reach our goals by focusing on whole-food fats rather than low-sugar fruits.

Step 3: Enjoy natural non-caloric sweeteners.

Natural non-caloric sweeteners, such as stevia, are not addictive, fattening or harmful. Other options are norbu, xylitol and erythritol. Feel free to use these as much as you like to sweeten beverages, desserts and sauces. Non-caloric artificial sweeteners such as Splenda, Equal or Sweet 'n Low should be avoided if at all possible, but are not nearly as addictive, fattening, nor harmful as caloric sweeteners like sugar and [high-fructose corn syrup](#).

A simple and effective three-step approach to avoiding addiction is to fill our lives and stomachs with so much of the good stuff, that we don't have any room for the bad stuff.





Father O'Reilly was driving home when he was stopped for speeding. The police officer smelled alcohol on the priest's breath and then saw an empty wine bottle on the floor of the car.

He said: "Father, have you been drinking?"

"Only water," replied Father O'Reilly.

The policeman asked: "Then how come I can smell wine?"

The priest looked at the bottle and said: "Good Lord! He's done it again."

A couple went on a diet to lose weight

Needing to shed a bit of weight, a married couple went on a diet that had specific recipes for each meal of the day.

They followed the instructions extremely closely, dividing the finished recipe in half for their individual portions. They both felt terrific and thought the diet was wonderful; they had never felt better, nor did they ever feel hungry.

As time progressed, the couple realised that they were, in fact, putting on weight and not losing it. They decided that they ought to check the detail of the recipes just one more time. It was then that they found their error.

There, in small print the couple saw, to their horror:

"Serves 6."

18 perks of being over 60

There are plenty of good things about being over 60, but here are a few of the best ones!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run – anywhere.
4. People call at 9pm and ask: “Did I wake you?”
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won’t wear out.
8. You can eat dinner at 4pm.
9. You get into heated arguments about pension plans.
10. You no longer think of speed limits as a challenge.
11. You stop trying to hold your stomach in, no matter who walks into the room.
12. You sing along with elevator music.
13. Your eyes won’t get much worse.
14. Your investment in health insurance is finally beginning to pay off.
15. Your joints are more accurate meteorologists than the national weather service.
16. Your secrets are safe with your friends because they can’t remember them either.
17. Your supply of brain cells is finally down to manageable size.
18. You can’t remember where you found this list.

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.

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