

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



March 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
--------	------------------	------------------------	--------------

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.)

**40 Edgeware Street
LYNWOOD WA 6147
ABN: 23946934673**

Phone: 9451 6588

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

Hello to all.

By now all clubs will have re-opened for 2019, and as it is nearly the end of February you will be looking for your Slimmer of the Year entrant.

PLEASE MAKE SURE YOUR ENTRANT AND YOUR MEMBERS ARE AWARE OF THE TIME AND DATE. SUNDAY APRIL 14TH doors open at 9.30AM

If your entrant is unable to attend - arrange for the president or a member to receive any awards as sometimes they stay in the office for a long period of time when no-one claims them. As this is a special event on the calendar, we would really like **ALL entrants** to try and attend.

Clubs! If you have any events or news you would like to share do not hesitate to let us know so we can share it in the newsletter.

The public liability forms have been sent out. Please try and return them with payment as soon as possible.

Last week some of our federation members along with members from Swan Bassendean club and Evelyn McCartney attended the memorial service for EVELYN KOLENDENSKI. Her daughter and families did a memorable celebration of Evelyn's life. There was perhaps about 100 attending and a hearty afternoon tea was provided. A sad but loving tribute to a lovely lady.

Moore River has invited Sheila and myself to their 25th birthday celebrations in February (the invite was in the last newsletter) for anyone wishing to attend. CONGRATULATIONS Moore River!!!

We are still looking for a 2019 Country Forum host. Any takers??

We also would like invitations to visit your club, to get new ideas and see how they are run.

The following is clarification of the Slimmer of the Year awards.

1st-2nd-3rd get special trophies.

The winning entrant's club president is presented with a replica of the Daphne Hugo trophy; the club gets this trophy only once irrespective of how many times the club's entrant wins, it is in recognition of the entrant's club, as without their support the entrant might not do so well! The club then engraves successive winners on this replica. The perpetual trophy is engraved and kept in the federation office.

Till next time.

Aileen.

HAPPY BIRTHDAY MOORE RIVER



Kingsway Tavern - Darch February 22nd 2019.

Today, Aileen and myself are here at the invitation of the Moore River club who are celebrating their 25th birthday.

The tables are very stylish with handmade place mats, copies of their 1996 cookbook and pretty little plants in floral containers.

35 past and present members are enjoying a lunch with the PR representative from the Shire of Gingin, Helen Sutherland.

Jai Watson and Dot branch –president and vice president respectively, welcomed all and made several presentations including Life membership and

Loyalty awards as well as a thank you of an engraved clock to Dot for all her hard work. Dot and Pauline Shelton being original club members.

Anne Stroud –a past member and Dot Jones a current member did an excellent photographic display of all graduates as well as a history of the club and its members of the past 25 years.

The lunch finished with a lovely cake that stained our lips blue!!

Everyone who assisted in making the day a pleasurable one was thanked, and Aileen and I would like to convey our congratulations from the federation committee.

Shelia – State Secretary

SUNSHINE SLIMMERS GERALDTON

Hello to everyone from sunny Geraldton. I hope the weather hasn't been too hot for you.

We are very pleased to report that we have a lovely new member in Ann Chambers who is the daughter-in-law of one of our long-time members, Pat Chambers. Welcome to our club Ann and here's hoping you enjoy it as much as we do.

Remember we are all here to support you and one another.

We'd also like to welcome back another member in Jan Eastough, so lovely to have your bright and bubbly personality with us again.

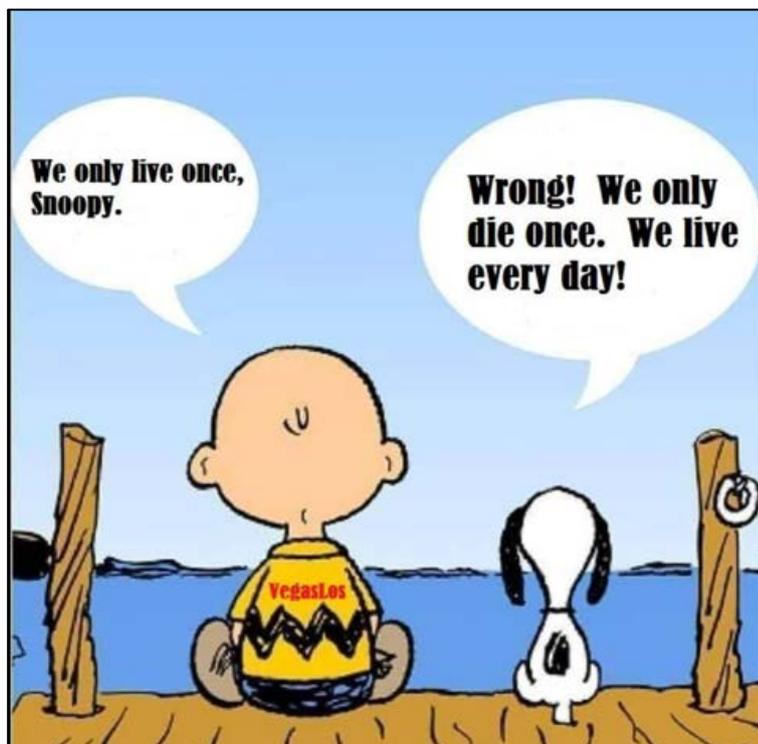
Our Princess of the month was the Lady herself Jan Eastough with a great loss of 2.4 kilos.

We are also very happy that we have reached another 100 kilo loss on the barometer. Well done ladies. A lot of hard work but we finally got there.

Our thoughts go out to all the people of Queensland with those terrible floods. One could not imagine what they have gone through.

That's it for now ladies. Hope you all have a happy and healthy month. Till next time.

Regards
Pat Underwood
Secretary



CANNINGTON WEIGHT WATCHERS

We didn't have a good start back after the Christmas Break unfortunately, we had a very high gain of 45.4 kilos and a loss of 12 .8 kilos.

Our highest loss over the Christmas break was Beryl Lane with a loss of 1.9 kilos.

Well done Beryl, an amazing achievement.

Our Graduate over the break was Carol Jackson staying closest to her goal weight. We awarded 3 other members on their loss: they were drawn from a bucket, Rosa F, Maria T & Betty F. A wonderful effort by all these members that managed to lose weight or stay the same over the holidays season.



Cannington has started a new competition which is like the Apple tree (runs the same ways) except we are all on a cruise ship. If we gain weight or miss a meeting, we fall into the water. We need to be good swimmers and hope no sharks are nearby.

We would like to Thank Phyllis Pask and her daughter Michelle for coming up with the idea and making it for us. Thankyou ladies 😊

So far over the weeks we are balancing our gains & our losses. We hope to have it way down by the end of the year, that is the goal.

We celebrated our first graduation for 2019. Our Lovely Rosa Fantasia has reached her goal. Well done Rosa 😊

Tea towels have been awarded for losses of 1 or more kilos - Maria Terandetti, David G, Cheryl Cappelli, and Rosemary.

Highest weight loss winners - David Gerstorfer, Rosemary Johnson
Graduates for the week winners - Carol Jackson, Stella Kessey.

Our January Achiever for the month was -Vicky Rochford losing 3.1 kilos

Our graduate for the month was Helena Gladwell
Well done to these members.

It's wonderful to have you all back again and our club is a wonderful atmosphere with happy supportive members.

Thankyou also to the Committee members for the great work you all do.

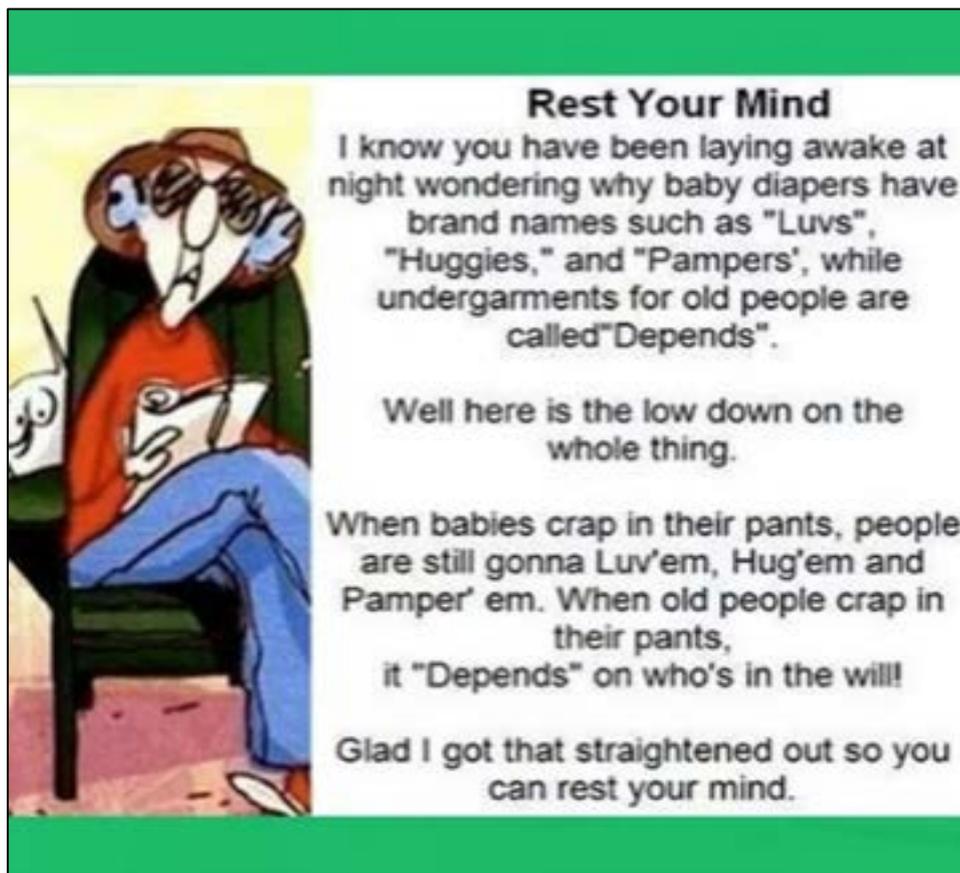
We would also like to thank The Canning Districts Social Club for lovely venue we have. If anyone from any other club is interested, they host dance nights on Sat & Sunday nights Rock n roll & country music - fun fantastic nights. You do not need to know how to dance either. All welcome. Members get discounts but prices are very reasonable for a great night out. Please ph 94517316 for more information. Address is 30 Morgan street, Cannington.

Have a fantastic month February. Try to focus on your goals & how you can reach them.

Until next time

Jenny

Cannington Weight Watchers



BELMONT WEIGHT WATCHERS

My holiday break went on a little longer than planned so this is a catch-up edition! Elizabeth was Queen of the Month for November and Gail got a Gold Star in December. All grads maintained their goal weight.

We ended 2018 with a Christmas lunch on 11TH December featuring delicious food and heaps of raffle prizes plus a visit from a certain red-suited gentlemen. Thanks to everyone who contributed and helped with the many tasks that made this a wonderful afternoon.

The New Year brought new members and we welcomed Lindy and Julie H. We also had a celebration for new grad Pam as she completed her waiting period. The weigh in at our first meeting in 2019 showed that everyone enjoyed their Christmas treats a bit too much! Fortunately, we were soon back on track. Elizabeth, Shirley, Ros and the club overall received a 4-week weight loss daisy. Glynis also received a daisy and went on to a green 6-kilo loss award. Well done everyone!

We don't usually have cake for birthdays which is a good thing as it seems like half the club had their big day: Beryl, Jean H, Anne, Sue, Linda A, Diane, Elizabeth, Jean C, Pam and Gail all got our enthusiastic rendition of "Happy Birthday" and a small gift.

Our plans for the year include a coach trip and of course the Biggest Morning Tea. More about both next month.

Regards
Maggie

In Memoriam - Janet Jones



Belmont club members were saddened by the news of Janet's death on 17th February. Janet was a founding member when the club began in 1970. Though she had to leave for a time due to work commitments, she returned and was an active member until her illness last year. Many other club members will remember Janet as she especially enjoyed the Country Forums and attended most years. Our deepest condolences to her family and friends.

SLIMMER OF THE YEAR



Sunday April 14th 2019

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 22nd March.

CLUBS please send your money for the lunch, into the office no later than Friday 5th April 2019.

Please come and support your entrant

BYFORD DAYTIME WEIGHT WATCHERS

I hope you all had a lovely Christmas and are now settling into the new year and losing weight.

Finishing off last year our December Queen of the month was won by Queen Kerry in the main group with a loss of 1.7 kg, Princess Cath lost 1.6 kg to be second, and princesses Michele and Nola tied for third place with a loss of 1.4 kg. King Alan varied by 0.1 kg to win in the grads, and there was a tie for 2nd place with a variance of 0.6 kg between Princesses Lyn, Margie, and Marg L.

Our annual Christmas competition was won by Nola with 104 points, Keith came second with 90 points and Christine third with 87 points in our main group. In the grads Alan won with 118 points, Marg L was second with 85 points and Margie third with 83 points.

Our Three-monthly Queen was won by Queen Nola with a loss of 3.4 kg in the main group, second was Princess Gladys with a loss of 1.8 kg and third was Christine with a loss of 1.1 kg. The Grads was won by King Alan who varied by 0.4, Princess Margie varied by 0.7 kg to be second and Dorothy varied by 0.9 kg to be third.

Nola won \$10 for losing weight for five weeks in a row, now making it **25 weeks** in a row.



Christine has now reached her target and is now a keeper in waiting.

Our February Queen of the month in the main group in first place is King Keith with a loss of 7.5 kg, and in second place is Princess Gladys with a loss of 2.0 kg and third is Princess Trish with a loss of 1.7. In the Grads with a variance of 0.4 kg at first place is Queen Margie, second is Princess Brenda who varied by 0.7 and in third place Princess Dorothy varied by 0.9 kg.

Best wishes to everybody for a happy, healthy and successful new year.

See you next month

Take care

Cath

ESPERANCE WEIGHT WATCHERS

The year has started off well for three members. Gloria Beach lost during the break with Jessika Walsh close behind with 3.4 kg off Elaine Mason received an Encouragement award for a loss of 1.8 kg.

Lauren our weight recorder has started a new competition for us, Bingo is its name and it works like this. Members weigh in for 6 weeks and at the end of the 6 weeks all members will be issued with a Bingo card with all their numbers, then we will play Bingo prizes for various lines etc then a full card. If you lose weight each week you could end up with a Bingo card with 18 numbers, this encourages everyone to lose weight to get the extra numbers, monies paid by everyone will be divided up among the winners of the Bingo.

Rose has now reached her goal weight, Rose has chosen The Golden Orient Restaurant for her celebration Luncheon well done Rose. Suzie brought up an idea to raise funds for the RFDS. Weight Watchers Calendar girls (above the norm) this is on the agenda for the future.

We have 2 new members on our team, Jillian Beale and Suzette McKay both ladies have lost over a kilo since joining. The cooking for two cookbooks have now been distributed, 4 of our members have cooked from it and were more than pleased to share the results at an in-house luncheon in the near future.



Here is a recipe for a quick cheese sauce provided by Suzette, cubed cheese rolled in cornflour slowly add low salt chicken stock, stir until boiling.

Bye until next time
Warm Regards
Jeanette.

SPEARWOOD WEIGHT WATCHERS (Phoenix Foxes)

Well here we are already into February.

It only seems like yesterday we were all getting ready for Christmas.

We had a nice break over Christmas and came back on the 14th January. We all enjoyed a lovely Christmas dinner at the Brushfoot Café in Success early in December. We always have a Christmas hamper to which all members contribute. We also have a Kris Kringle to the value of \$10.00. A beautiful meal was had by all and everyone enjoyed themselves immensely.

I know it was sad Hamilton Hill had to close, but guess what 6 ladies from their club have joined us. The ladies have only been with us for a couple of weeks, but we have welcomed them and hope they feel comfortable with the Phoenix Foxes.

As a get to know you we all decided for us to explain a little about ourselves which everyone enjoyed.

Our Past President Alan Stewart hasn't been very well of late, so we all wish him well and a speedy return.

On a happier note we have a beautiful young lady as our Slimmer of the Year entrant. I am quite sure a few of you will be going to the function on Sunday 14th April

Megan our entrant is a very hard-working young lady and deserves all the credit we can bestow on her.

In closing I wish all fellow weight watchers a happy and healthy year and remember, if you see someone without a smile on their face give them one of yours.

Till next time from your secretary Gaye Ranford of the Phoenix Foxes.

HOW TO STAY MOTIVATED

Column by Annette Sym

People often ask me how to stay motivated. We've all been there, at the start of the week we're gung-ho and ready to conquer the world and by the end of the week we've fizzled out and don't want to play anymore.

I believe there are five keys to staying motivated. They are: 1. Know your why. 2. Have a plan. 3. Take action. 4. Reward your efforts. 5. Believe in yourself.

Let's take a closer look.

Know your why. Do you know your why? Think about what your daily life would be like if you were to lose weight. What excites you the most about this new life? That's your why!

Have a plan. Decide what has to change. One of the first things I did was to start having breakfast. Today I never miss breakfast and it's easier now I have my Breakfast Shakes.

Write a menu plan each week, so you know what to eat and how much, and include some exercise in your week.

Take action. All the good intentions in the world will not help you to lose weight, you need to take action. This is where healthy habits come into it. Create healthy habits like the one's in the plan above and be consistent with them. Then even on days when you feel less than motivated, your healthy habits will be there to get you through the day.

Reward your efforts. I had 35 kilos to lose, which seemed almost impossible, so I broke it down into 5 kilos lots. These mini-goals made it seem so much more achievable. Reward yourself each time you achieve one of your 'mini-goals' - just make sure it's not a food reward! Treat yourself to something special; perhaps a ticket to the movies, a new nail polish or a new piece of clothing.

Believe in yourself. I know you can do it, but do you? Just one little glimmer of belief is all it takes so get started. Ask yourself "what if it was possible, would it be worth giving it a go?" Absolutely it would, because you're worth it. Forget all those failed diets from the past; it's what you do today that counts. Look to your future in a positive way.

A few final thoughts

When you're having a tough day, look for ways to stay motivated so you don't give up. Look at the positive things that you will gain instead of focusing on the negative. Surround yourself with like-minded people and take things day-by-day, bit-by-bit, kilo-by-kilo.

Stop waiting for the perfect moment, take the moment and make it perfect! If I can do it, so can you!

Have you heard? Annette's new cookbook - **Cooking for 1 or 2 people** - is OUT NOW! Annette's SYMPLY TOO GOOD TO BE TRUE cookbooks are available online.

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

RECIPE: CHICKEN PESTO PASTA

Chicken Pesto Pasta

SERVES: 6 | Book 5 | Difficulty ★★☆☆☆

3½ cups (300g) penne pasta

PESTO

2 teaspoons pine nuts

½ teaspoon crushed garlic (in jar)

1 tablespoon finely grated parmesan cheese Kraft®)

2 tablespoons water

½ teaspoon salt-reduced chicken stock powder

½ bunch (45g) fresh basil leaves

1 teaspoon virgin olive oil

SAUCE

500g skinless chicken breast

cooking spray

2 teaspoons crushed garlic (in jar)

1 medium size onion diced

2 cups mushrooms sliced

4 tablespoons no-added-salt tomato paste

2 teaspoons salt-reduced chicken stock powder

2 tablespoons cornflour

½ cup skim milk

1 x 375ml can evaporated light milk

pepper



1: Cook pasta following instructions on pasta packet, leave to one side.

2: Pesto: Place pine nuts on a flat sheet of foil and brown under griller (be careful as they burn easily). Place all pesto ingredients into either a small blender or stick blender to blend until a paste is made. Leave to one side.

3: Sauce: Cut chicken breasts into bite size strips.

4: Sauté garlic and chicken in a large non-stick frypan that has been coated generously with cooking spray until browned.

5: Add onion and cook 2 minutes. Add mushrooms and cook a further 2 minutes.

6: Fold tomato paste, pesto and stock powder into mix, combine well.

7: Combine cornflour with skim milk, pour into pan with evaporated milk, bring to boil, pepper to taste.

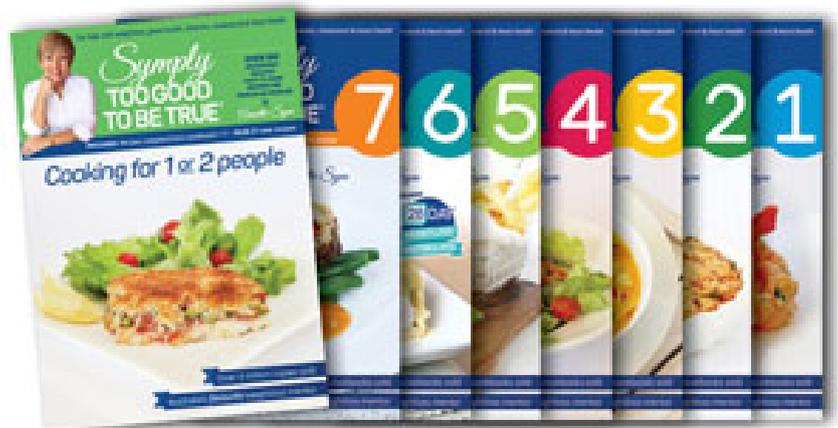
8: Add cooked pasta to pan, combine well. Once boiled take off heat as evaporated milk can separate when over boiled.

Suitable to be frozen for 2-3 weeks.

NUTRITIONAL INFORMATION

PER SERVE

FAT	TOTAL	5.2g
	SATURATED	1.7g
FIBRE		3.1g
PROTEIN		32.7g
CARBS		47.1g
SUGAR		10.7g
SODIUM		267mg
KILOJOULES		1553 (cals 371)
GI RATING		LOW



DIETITIAN'S TIP: Pasta is a low GI carbohydrate food. However, it is still important that people with diabetes moderate their serving sizes to minimise fluctuations in blood sugars. This serving size is ideal for most people with diabetes.

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
printed herein.



An official Publication of Weight Watchers Federation WA (Inc.)
Newsletter DEADLINE: 21st of the month