

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



June 2017

Weight Watchers Federation Committee 2015/2016

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Secretary	Sheila Overton	<i>Forrestfield</i>	9453 6881
Treasurer	Shirley Sardelich	<i>Ellenbrook</i>	9276 7938

Metropolitan Committee

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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.

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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, May is here already - where does the time go?

Sheila and I were invited to **Byford Day** club so I could present a 20-year service badge to Margaret Bates. What an achievement. Heartiest congratulations from all at Federation. It was a lovely surprise for her.

The club was very well run and organised and after the meeting a very nice spread was put on by the committee and members (all low fat of course). Thank you all for a lovely morning.

On Wednesday, Sheila and I then visited **Moore River** for their AGM, was a lovely drive but we went to the wrong venue. Our fault of course, but we eventually got there and as a country town it is always harder to get new members but they have come up with some great ideas and with past president Dot Branch helping out I am sure they will do well.

They were able to fill their committee (which is always good) and they are all working hard to make their efforts worthwhile. Jae Watson their president was on holidays. We wish the club every success. After the AGM there was another spread! All low fat of course and very enjoyable and thank you ladies for inviting us.

That was a big week for us - 2 clubs in a few days, but we are always happy to visit. We are always interested in how clubs are run, what competitions you run and the prizes you give out. Remember, as the money belongs to the members you need to use it to reward them for their efforts. Especially if a member loses for a long time (months) it needs to be acknowledged with a special prize! It is very important to support our members in every way on their weight loss journey.

All clubs should now have their **Raffle books**. **Please make every effort to sell them.** We have kept the price down and would prefer that you didn't send any books back, **especially half sold books.** Thank you all for your support.



The Federation AGM is next on the 30th July at Wandarra Hall. Most positions are vacant as their 3 years are up and would support anyone willing to take a place on federation. Thank you also for returning the surveys we will talk about them at the AGM.



The COUNTRY FORUM will be held on 28th October at the MASONIC LODGE Wanliss St ROCKINGHAM. More details in next months newsletter.

One of our past Slimmer of the Year winners Kerry Galloway is having a major operation in May. We wish her well and hope for a speedy recovery.

Till next time
Aileen

WWF COMMITTEE NEWS



This month's members are from **Esperance** and **York**.

Shirley Grigson has been with Esperance club since moving from Katanning in 1974 and joining them in 1982 and has been weighing-in for 43 years!!

She is rumoured to be in her eighties but I have no confirmation about that! However, I do know that some of her fellow members are Joan Pigot, Ruby Lang and Bethel Norton who are (at last count) 88+years. Congratulations ladies. It seems that Joan and Ruby were born in the same hospital 5 days apart. Joan joined in 1984 and used to travel 120 kilometres every Thursday before she moved to the town. Beth was vice-president for 21 years before standing down and I have it on good authority that each and every member of the club plays their part. You are a credit to the Federation.

Shirley Finnerty is York club's oldest member at 80+ but I have no more info about her except she has been with the club/federation for over 40 years.

Corrections are welcome – but the facts are as given to me.
Till next time.

Sheila.

SORRENTO WEIGHT WATCHERS CLUB

We have lost a very much loved long-time over 30 year's member. NIKKI HILL was an ex-president, wonderful help & wonderful example for all of us at this club.

Nikki would have turned 90 years old in August & was still driving ladies to the club from the village they lived and always beautiful to look at.



We had a new Princess last month with Pat losing weight for 4 weeks in a row, and now have a 4 week competition for most weight lost in that time.

We had 3 new members during April which is great.

Regards to all

Delys

(Sec)

TOP TIP

Reasons why working towards a health goal in a group is a good idea:

- ▶ Sharing ideas
- ▶ Gaining inspiration
- ▶ Knowing that you're not alone
- ▶ Identify new goals
- ▶ Accountability to your goals

HAMERSLEY/WARWICK WEIGHT WATCHERS

Our guest speaker from the Heart Foundation gave us a very informative talk. The sharing his knowledge was of great value to us all.

Liz presented a talk on Portion Control. To demonstrate portion sizes, Liz used three tennis balls, serving sizes. Liz suggested that we bag up our nuts, rather than eating them straight from their bag or hand. Portion up 30g per Portion Control Snack bags, Almonds, walnuts sunflower seeds and nuts you eat.

Now that Easter and Mother's Day is behind us, members are determined to succeed in their weight loss journey.

Members are being more committed to physical activity, so great to see. Walking, bicycling, going to the gym and participating in community activities. Members are also starting to pay more attention to their physical health. It is very important as we age to be active for our mobility and our mental health. Well done ladies keep up the good work, it is worth it.

FOODS THAT HEAL

KIWI FRUIT	Good supply of fibre, healthy bowel movements, decreasing incidence of constipations, bloating and flatulence.
OATS	Helps remove cholesterol from the blood stream and reduces LDL cholesterol level.
TURMERIC	Helps to reduce pain, stiffness, arthritis and swelling of the joints.
GINGER	Treating nausea, vomiting, stimulates digestive juices and increases gastric mobility.
YOGURT	Contains Probiotics friendly bacteria, maintains gut flora. Linked to good immune function.
NUTS	Can lower risk of heart disease and risk of type 2 Diabetes by 30 per cent.

PEPPERMINT TEA

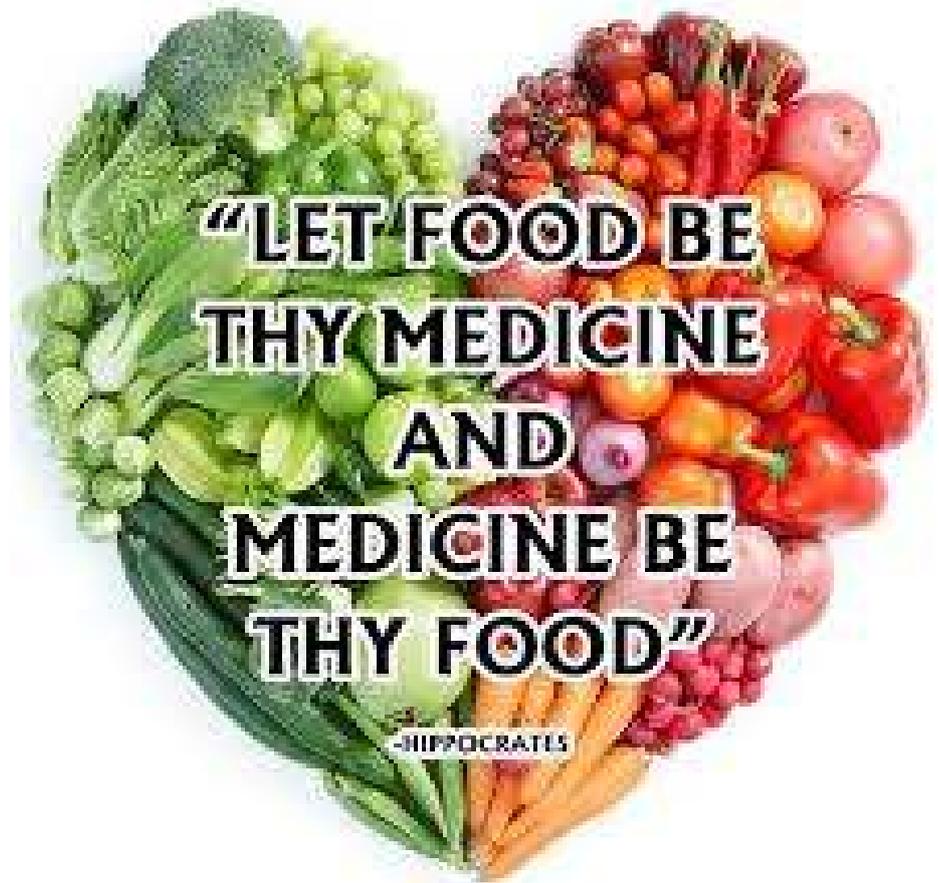
Contains Menthol oil that releases spasms, reduces bloating, pent up gas or flatulence.

TURKEY/CHICKEN

Protein, in rich in amino acid Tryptophan, helps boost the sleep – inducing hormone melatonin, produced by the brain serotonin.

Kind regards to all

Shelley



JUST A LITTLE
Reminder

Could the following groups please organise for someone to pick up their Slimmer of the Year Medallions from the Federation office.

Wanneroo Weight Watchers

Rockingham Weight Watchers

Westminster Weight Watchers

BUSSLETON WASPS



***Every snack you make
Every meal you bake
Every bite you take
I'll be watching you!!!***

I have had this in my brain for the last few days after I read it somewhere. So I am going to infect your brains too.... Have heard it is called a brain worm when you start the day with a particular melody on you mind! Boy mines a tin of worms.

The caravans are out on driveways being tarted up for their annual trek. Fuel tanks are filled and groceries stowed. Consequently, our numbers have been reduced this month.

Our lovely group of ladies are still doing their best not to upset the scales, which can be very hard at times, especially with cooler weather approaching. Hot soups are so much nicer with a slice of toast. Generally, though we usually manage to lose more weight than we put on

Wendy's aim to lose her excess weight has been achieved and her upcoming cruise will be all the sweeter. We'll see how sweet when she weighs in on her return!!

Sylvia has not been well. She has been having a bad trot these last few weeks. It will be good to have her back with us soon. Miss her laugh!

Several ladies are away on short trips and Lois has other commitments to deal with for a few Wednesdays.

They will soon be back cueing up to be weighed though.

That's all for now,
Kind regards
Valerie (Hon sec)

WWF ANNUAL GENERAL MEETING and LUNCHEON

SUNDAY JULY 30TH 2016
Lynwood Wandarra Hall
Edgewart Street. LYNWOOD
Doors open – 9.00 am

AGM
Annual General Meeting

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



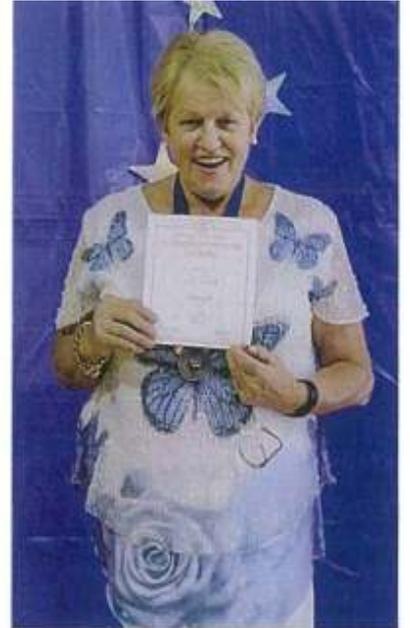
**PLEASE REMEMBER TO BRING
A MUG AND SPOON FOR YOUR SOUP.**

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.

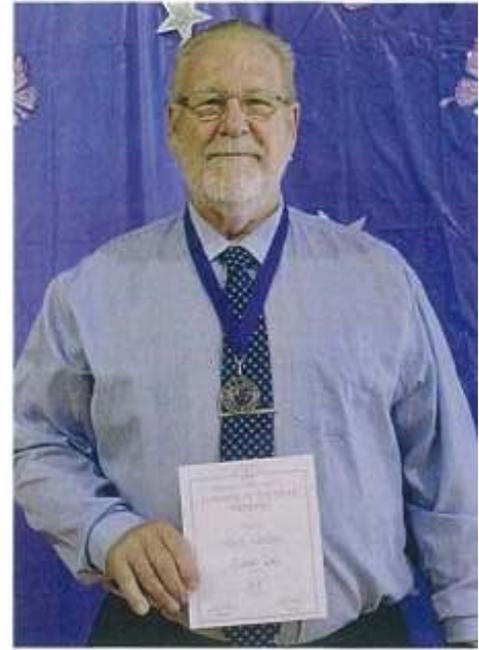


Nomination forms for the federation committee will also be sent out.

2017 WWF Slimmer of the Year Photos



Congratulations to all the winners



2017 Slimmer of the Year Photos





MAKING YOURSELF A PRIORITY – Column by Annette Sym

Most women run households, raise kids and hold down a job. I'm sure if you look up the definition of Mum in the dictionary it would read - female whose roles include counsellor, chef, taxi driver, entertainment manager, nurse and teacher.

What I've noticed is that many mums tend to look after everyone but themselves. That's very noble, however if their health starts to suffer the whole family unit will suffer as a result. Sound familiar? The solution is to make yourself a priority and by doing so everyone will benefit.

A healthy mum will have more energy, feel more motivated to cook healthy meals and be able to spend time doing things with the family. So here are some tips for all the busy mums out there and anyone else who never has a spare moment in their day.

- 1. Take responsibility for your health.** Your body is like a machine and needs to be maintained properly - mind, body and spirit. While you're busy taking care of everyone else's needs who is looking after you? The truth is, it's up to you.
- 2. Change your eating habits.** Eating poorly will make you feel sluggish, tired and leave you with no energy. Eating the right way will give you vitality and a feeling of wellness. Getting interested in healthy cooking and being smart about what you put in your mouth is a good start. Ask yourself next time you eat - will this food nurture or hinder my energy levels.
- 3. Include some exercise in your week.** I know this may sound strange when you're already feeling like you have far too much on your plate. However, exercise will give you more energy, get oxygen into your bloodstream and is also a good stress reliever. Start off easy with a few ten-minute walks each week and gradually build up from there. When you're fit and healthy life seems so much easier and you also set a good example for your children.
- 4. Put yourself first.** That's right, I said put yourself first, number one. Because if you aren't looking after yourself properly how can you look after others. This doesn't mean you're selfish but more that you are being smart as you're better able to manage the needs of your family if you are in touch with your own needs. Ask yourself if you often feel resentment? It could be because you are giving to everyone but yourself.
- 5. My final tip - Learn the word 'NO' and use it often.** Women are meant to be the nurturers, but this doesn't mean we are slaves. Learn to delegate and make everyone, no matter what age, responsible for jobs around the house. Say NO to requests from others if it means you are not putting yourself first.

Beef Stir Fry

SERVES: 4

- 1 teaspoon crushed ginger (in jar)
- 1 teaspoon crushed garlic (in jar)
- cooking spray
- 450g lean rump cut into strips
- 1 cup red capsicum sliced
- 1 cup small broccoli florets
- 1 cup snow peas
- 1 cup mushrooms sliced,
- 1 cup bok choy coarsely chopped
- ½ cup shallots sliced
- 2 tablespoons white wine
- 1 tablespoon soy sauce 43% less salt
- 2 tablespoons hoi sin sauce
- 1 dessertspoon white sugar
- 1 tablespoon cornflour
- 1 teaspoon salt-reduced beef stock powder
- ¾ cup water



- 1: Sauté ginger and garlic for 30 seconds in non-stick frypan that has been coated with cooking spray. Add beef strips and sauté until cooked. Drain and set aside.
- 2: Respray frypan generously with cooking spray and sauté capsicum and broccoli for 3 minutes then add remaining vegetables, toss until tender crisp.
- 3: Stir in wine, soy sauce, hoi-sin sauce and sugar into pan. Combine cornflour, stock powder and water together then add to pan, bring to boil mixing well.

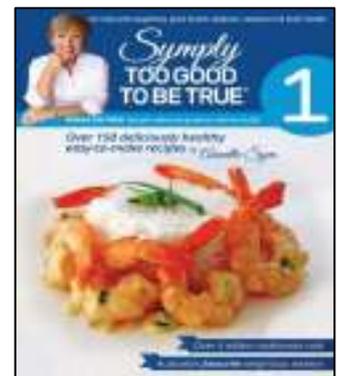
Note: Serve with Basmati rice or noodles (for a lower carb option use glass noodles).
Not included in nutritional info below.

Variations: Replace rump with 450g skinless chicken breast
or replace hoi sin and soy sauce with ¾ cup plum sauce
or replace hoi sin sauce with oyster sauce
or for a vegetarian stir fry omit meat and replace stock powder with vegetable stock powder and add 1 cup celery sliced, 1 cup carrots sliced and 1 cup bean sprouts extra.

Suitable to be frozen

Nutritional Information

PER SERVE		RUMP	CHICKEN	VEGGIE
FAT	TOTAL	5.5g	2.2g	0.5g
	SATURATED	1.9g	0.6g	0.1g
FIBRE		3.8g	3.8g	5.5g
PROTEIN		27.7g	30.1g	5.7g
CARBS		9.0g	9.0g	11.0g
SUGAR		5.6g	5.6g	7.5g
SODIUM		293mg	284mg	280mg
KILOJOULES		847 (cals 202)	765 (cals 183)	325 (cals 78)
GI RATING		<u>TOO LOW IN CARBS TO SCORE A RATING</u>		



DIETITIAN'S TIP: The Australian Dietary Guidelines recommend that lean red meat is eaten three times a week providing iron for oxygen transport throughout the body.

BELMONT WEIGHT WATCHERS

April

We held our AGM on 4 April. All office holders were returned.

Linda received the Phil Hicks trophy for her outstanding leadership.

Barbara received the President's trophy for the brilliant job she's done since taking over the raffles.

Joyce was our Grad of the Year and Bev received a Life Membership badge for 20 years' membership and service in many positions.

Congratulations and many thanks to the committee as the club can't function without these positions.

May

A big welcome to our three new members Miram, Cath and Claire.

Diane received a daisy for a 4-week loss but Linda received the dreaded black ribbon for the opposite.

Club members and friends enjoyed an outing to Toodyay and the Avon Valley. Planning is underway for our annual fundraising event: The Biggest Morning Tea on 20 June.

Regards

Maggie



SUNSHINE SLIMMERS CLUB – GERALDTON

Greetings from the Sunshine Slimmers club – Geraldton.

Sorry that I haven't been on board of late to write an article from Geraldton. I have been in hospital for the last month in Perth, and so everything went onto the back burner. But club members are still enjoying coming to meetings each and every week.

We had a graduate in a very surprised Pat Marsh. You always get a laugh out of Pat.

The club has its annual Cancer morning tea this Thursday, which is always a great morning for the members to help donate funds to such a worthy cause. Everything is donated by the members and all the proceeds go down to Perth for the Cancer Foundation.

Shirley Hunt is our Slimmer of the Year, this year, many congratulations to Shirley for such a great effort.

I too hope to be back on deck within the next couple of weeks.

Until the next time.

Regards from Florence.

Secretary



BYFORD DAYTIME WEIGHT WATCHERS

It looks like winter has arrived. Lots of lovely rain to help fill my rain water tank. Did you all have a nice day on Mother's Day? We raffled a beautiful cake that Lidia made and decorated for us. Margie was the lucky winner.



On the 27th April, our president, Margaret Bate, celebrated 20 years as a member. We had a Morning tea to celebrate which was attended by Aileen and Sheila from Federation office and also Elizabeth and Amelia who were past members.

Our three monthly Queen was won by King Ric with a loss of 6.9 kg, Princess Jill was 2nd with a loss of 3.3 kg and Marg L lost 2.4 kg.

In the Grads Margie was 1st with a variance of 0.3 kg, Lidia was 2nd with a variance of 0.9, and Brenda came 3rd with a variance of 1.1 kg.

On the 4th of May we had our AGM. Margaret Bates was returned as President, Dorothy was returned as Secretary, and Christine was returned as Treasurer. I was once more asked to look after the newsletters.

Our monthly Queen was won by King Ric with a loss of 3.5 kg, 2nd was Princess Jean C who lost 2.1 kg & Princess June lost 1.9 to come 3rd. In the Grads Margie varied by 0.1 kg to come 1st, Lyn varied by 0.7 to be 2nd and 3rd place was a tie between Marg B and Jan with a variation of 0.9 kg.

The results of a team competition are as follows.

The grads was won by "Prince Charming" (Margie, Lidia, Jan, Alan and Jane) Varied by 8.9 kg.

In the main group, Bashful (Trish, Ric, Glenda, Marg L & Dorothy) Lost 10.1 kg to win. 2nd was Sleepy (Cath, June, Annelise, Jill and Kim) 6.4 kg and 3rd was Happy (Keith, Sarah, Anna, Rosemary and Jean W) with a loss of 5.4 kg.

Take care,
See you next month,
Cath

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

\$10.00 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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