

# *Weight Reduction Clubs of Queensland Inc.*

*Unity is Strength*



**COMBINED CLUBS  
NEWSLETTER**

**DECEMBER 2022**

# **WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.**

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*FROM THE EDITORS DESK*



I was very sorry to miss Convention this year. I missed all your happy faces, all the wonderful talks and my sore face from laughing and smiling so much. The New Year rushes toward us. Christmas first I intend to enjoy it this year a day off and then back on track and I do intend to succeed next year. We have a new Grandchild due in the New Year and also a new Great Grandson so our family have been very friendly.

I wish you all a Joyous Christmas and a Safe and Happy New Year.

*Keep on, Keeping off Ann*

meRry  
chRiStmas

## 5 ways to stop snacking after dinner – Column by Annette Sym.

Did you know many overweight people tend to eat most of their calories after the sun goes down?

Snacking after dinner can wreak havoc on those trying to lose weight. When I was overweight, I had a real issue with eating after dinner and it was something that I had to work on as I was losing my weight.

I was always so busy during the day that I would forget to eat or just grab something on the run. Needless to say, I'd get to the end of the day and realise I was hungry! Unfortunately, I then grabbed for the wrong food.

Poor nutrition and inadequate calorie intake can also contribute to lack of energy and tiredness. If you can relate, I'm happy to tell you there is a solution. Changing the habit of snacking after dinner could have significant results on the scales and your general feeling of well-being.

If you're anything like I was, this habit is so ingrained into your daily routine that you are wondering how you could possibly change it. Here are 5 simple tips to get you started:

1. **Plan your meals** – Knowing what to eat each meal makes it so much easier to have nutritious meals and snacks. Take 10 minutes on the weekend to write your menu plan, then shop the list. You'll find 28-day menu plans in books 5 and 6, follow along or use them for inspiration.
2. **Fibre up** – Fruit and vegetables provide a great source of nutrients and are also packed with fibre which will help you to feel full for longer. Aim for 5 serves of vegetables (a serve = ½ cup) and 2 – 3 serves of fruit a day.
3. **Manage the mid-afternoon slump** – If you're eating well throughout the day but still feel tired mid-afternoon there's a good chance your body needs a protein hit, not a chocolate bar. Try a slice of cheese on a Ryvita to get you through the afternoon; or my personal favourite is 20g of peanut butter with some carrot sticks.
4. **Have healthy snacks on the run** – Rather than reach for a sweet fix at the shop, pack a snack to take with you. Fruit such as bananas are easy to eat on the run or take a handful of almonds in a ziplock bag.
5. **Drink more water** – We can often mistake dehydration for hunger. Staying hydrated will help you stay on track with your eating plan.

Another reason people tend to eat late at night is for emotional reasons. If you resonate with this problem, here are 5 bonus tips to help you kick the habit:

1. **Make fruit your after-dinner snack.** If you're hungry you'll eat fruit, otherwise you'll know your 'hunger' is emotional.
2. **Close the kitchen.** If you don't have a door, turn out the kitchen light and make it a no-go zone after dinner to avoid temptation.
3. **Get out of your head.** Don't listen to the voices telling you "I've had a big day, so I need a treat" or "I deserve some chocolate". What you deserve is to be slim and healthy.
4. **Find better ways to manage your emotions.** Food is just food - it isn't going to fix your problems or make you feel better when you're upset, stressed, or worried.
5. **Take up a hobby.** Having something to do with your hands will provide an emotional release and take your mind off eating.

Ultimately you decide the food you put into your mouth, and you can also make the choice to become your own cheer squad. Decide today to support yourself with healthy habits and make choices that produce healthy results.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE are available online or in all good bookstores. Visit [www.symplytoogood.com.au](http://www.symplytoogood.com.au) for more tips, recipes, and weight loss tools. Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.



## Fish Italiano

**SERVES: 2 | Cooking for 1 or 2 people | Difficulty ★☆☆☆☆**

**1/3 cup tomato small dice**  
**1/3 cup green capsicum small dice**  
**1/4 cup onion finely diced**  
**3/4 teaspoon crushed garlic (in jar)**  
**3/4 teaspoon dried Italian Herbs**  
**1/4 cup (30g) fresh parmesan cheese grated**  
**3 tablespoons Panko breadcrumbs**  
**cooking spray**  
**2 x 150g boneless fish fillets**  
**2 teaspoons no-added-salt tomato paste**



Preheat oven 220°C fan forced.

**1:** In a small mixing bowl combine chopped tomato, capsicum and onion. Add garlic and herbs and combine well.

**2:** In a small mixing bowl combine parmesan cheese with breadcrumbs.

**3:** Place fish fillets onto a flat baking tray that has been coated with cooking spray then spread 1 teaspoon tomato paste over top of each fish fillet then spread the vegetable mix evenly over top of each fish.

**4:** Divide crumb mix evenly over the two fish fillets. Press down to make crumbs sit firmly.

**5:** Spray tops with cooking spray then bake in oven for 15-20 minutes or until cooked in centre of fish and crumbs are browned. Cooking time will depend on the thickness of the fish.

Suitable to be frozen.

### NUTRITIONAL INFORMATION

PER SERVE		FISH
FAT	TOTAL	7.3g
	SATURATED	3.4g
FIBRE		2.7g
PROTEIN		37.4g
CARBS		11.9g
SUGAR		3.2g
SODIUM		364mg
KILOJOULES	1110 (cals 265)	
GI RATING		MEDIUM



**DIETITIAN'S TIP:** Fish is low in fat, high in protein and omega 3 fatty acids. Research suggests that two serves a week will reduce the risk of chronic diseases including heart and diabetes.

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Join Annette each Thursday at 2pm AEDT for her Symply Too Good Facebook cooking show. Brush up on your cooking skills and discover new recipes. Shows are saved to the top of the page so you can watch later or head to the Symply Too Good YouTube channel to watch.

## 5 COOKING TIPS FOR GOOD HEALTH - COLUMN BY ANNETTE SYM

The secret to long term weight loss success is to include the food you enjoy. Knowing how to make your favourites into low fat versions will help you to enjoy your food and not feel deprived. Making simple changes to how you cook can achieve major health benefits and also shift those unwanted kilos.

### Here's 5 cooking tips to get you started:

**1. Cut the fat.** Put the dripping and butter away and instead use cooking spray. Baking paper is also a very clever way to prevent food from sticking to a pan without having to add fat. Give the deep fryer away and instead grill, barbecue or bake.

**2. Build the flavour.** Many dishes taste good because they are loaded with lots of fatty ingredients. To make a dish come alive I use fresh herbs to enhance the flavour, such as basil, coriander, mint and parsley. When using dried herbs and spices you need to use sparingly as they can be quite strong; start small and work your way up. My favourites are cumin, coriander, basil, oregano, turmeric, paprika, tarragon and chilli and don't forget a little freshly ground pepper can really add flavour to a dish.

**3. Watch the sodium.** I always use salt-reduced stock powders, but these still have a high sodium count, so be careful you don't overdo it. Many packaged and canned goods are high in sodium, look for low or no-added-salt varieties.

**4. Make healthier creamy sauces.** I love using evaporated light milk to make creamy sauces. Thicken with cornflour and remember don't over-boil as it may cause the milk to separate. You can use this canned milk to replace cream for most sauces and in some desserts. A low fat substitute for coconut milk can be made by adding add a teaspoon of coconut essence to the canned milk.

**5. Bake the low fat way.** Low fat baking can produce heavy cakes. To avoid this happening, I use 1 x 110g jar pureed apple Heinz® (found in baby food section) and add a teaspoon of bicarb soda instead of oil or butter in a cake or batch of muffins. When you add the bicarb soda to the apple puree it will froth. Apple sauce gives the moisture that butter or oil would normally give, but has no fat so this is a great way to cut down the fats when baking.

The key to healthy meals is not to eliminate the foods you love but to find a healthier way to make your favourite recipes. You'll find over 800 deliciously healthy recipes in my 9 cookbooks.

Annette's cookbooks SYMPPLY TOO GOOD TO BE TRUE are available online or in all good bookstores. Visit [www.symplytoogood.com.au](http://www.symplytoogood.com.au) for more tips, recipes and weight loss tools.

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## Chinese Beef

**SERVES: 4 | Book 5 | Difficulty ★★☆☆☆**

500g lean rump steak cut into strips  
1 teaspoon crushed garlic (in jar)  
1 teaspoon crushed ginger (in jar)  
cooking spray  
¼ cup water  
1 medium sized onion sliced  
1½ cups small cauliflower florets  
1 cup red capsicum sliced  
1 cup (95g) snow peas  
1 x 227g can water chestnuts drained  
5 tablespoons teriyaki marinade sauce  
2 teaspoons soy sauce 43% less salt  
2 teaspoons salt-reduced chicken stock powder  
1 tablespoon cornflour  
1 cup water



- 1: Fry steak with garlic and ginger in a large non-stick frypan or wok that has been generously coated with cooking spray until cooked. Remove from pan and leave to one side.
- 2: Respray frypan then add ¼ cup water and cook onion and cauliflower for 3 minutes stirring frequently.
- 3: Add capsicum, snow peas and water chestnuts into pan and sauté until vegetables are cooked to your liking.
- 4: Add marinade, soy sauce and stock powder to pan and stir well.
- 5: Add cooked steak back to pan and reheat.
- 6: Blend cornflour with water, pour into pan and stir well until boiled.

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

**NOTE:** An adapted version of this recipe is also in **Cooking for 1 or 2 people**

Suitable to be frozen.

### NUTRITIONAL INFORMATION

PER SERVE	RUMP
FAT TOTAL	6.3g
SATURATED	2.1g
FIBRE	3.0g
PROTEIN	28.8g
CARBS	17.4g
SUGAR	5.4g
SODIUM	621mg
KILOJOULES	1009 (cals 241)
GI RATING	MEDIUM



**DIETITIAN'S TIP:** Even though reduced salt products are used in this recipe it is higher in sodium (salt) than generally recommended for people with diabetes. However traditional recipes for stir fry's are much higher in sodium thus making this a better option.

## 10 TIPS FOR STAYING ON TRACK DURING THE FESTIVE SEASON – Column by Annette Sym

The next few weeks can be a difficult time to stick to your healthy habits. Embracing the holiday spirit often leads to overindulging, overeating and little to no exercise. I know that holidays are a time to relax and take time out for yourself, but this doesn't mean abandoning all the hard work and progress you've made this year.

The good news is, it is possible to relax with family and friends and still stay on track. And I'm speaking from experience here, I've had many Christmases in my healthy weight range, some I even lost weight.

### Here are my 10 tips for staying on track

1. **Always eat breakfast.** I've put this first because it's the key to staying on track with your daily meals.
2. **Choose healthy meal options.** And watch your portion sizes.
3. **Fill up with fibre.** Include lots of salads and vegetables with your meals.
4. **Be prepared.** Put healthy snacks in your handbag such as fruit and muesli bars. This way you won't be tempted with convenience foods when out and about.
5. **Avoid temptation.** If snacking on high fat foods such as chocolate and chips has been a problem in the past, don't eat them or take a small serving and don't go back for seconds.
6. **Drink lots of water.** Thirst is often mistaken for hunger, so make sure you're drinking 2 litres a day.
7. **Limit alcohol.** Don't let it become a daily thing and, if you can, avoid it all together.
8. **Increase your exercise.** This will help to counteract any additional calories you consume.
9. **Don't eat just because you can.** Learn to say "no thank you" to well-meaning friends and family.
10. **Keep your goals at the forefront of your mind.** Take time to reflect on all the progress you've made towards your goals. This will help to keep you motivated.

### Getting away

If you're planning a road trip it pays to be aware of the pitfalls. A typical highway roadhouse menu is filled with fast food, that's fried and not so healthy, as are the typical drive through options. My advice is to skip these all together. By planning ahead, you can have healthy food the whole family will enjoy.

### Here are 5 suggestions to pack in the esky for healthy highway food:

1. Sandwiches with healthy fillings.
2. Fresh whole fruit or individual fruit salads.
3. Nuts such as almonds, cashews or walnuts or trail mix.
4. Finger foods such as my Mini Quiches (book 4) or Savoury Muffins (book 2).
5. Baked goods from my cookbooks.

Staying active is a great way to burn off extra calories.

### Try my 5 great ways to be more active on holidays:

1. Get outdoors and play games with the kids or grandkids.
2. Swim or take advantage of water sports options such as kayaking.
3. Hire a bike to explore the local area.
4. Go for bush walks or take an evening stroll.
5. Make use of public facilities such as tennis or squash courts.

I hope these tips help you to stay healthy and happy throughout the festive season. Enjoy every minute of the holiday season and don't forget to pack your good intentions.

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## Mini Christmas Cakes

Difficulty ★★★★★

MAKES: 4

**¾ cup (125g) mixed dried fruit**  
**½ teaspoon ground mixed spice**  
**¼ cup water**  
**¼ teaspoon bicarb soda**  
**¼ cup cooked mashed pumpkin (Kent)**  
**2½ tablespoons (25ml) brandy or rum**  
**1 egg white**  
**½ cup self-raising flour**  
**cooking spray**  
**2 red glace cherries (optional)**  
**12 whole blanched almonds (optional)**



Preheat oven 180°C fan forced.

- 1: Place dried fruit, spice and water in a small saucepan, boil 2 minutes. Stir in bicarb then leave to cool.
- 2: Combine fruit mix, pumpkin and brandy in a mixing bowl using a wooden spoon.
- 3: Add in egg white beating in well.
- 4: Gently fold sifted flour into mixture in one go, treat as a sponge, DO NOT BEAT as this will make the cakes tough. The less the mixture is moved, the lighter the cake will be.
- 5: Spoon mixture into 4 holes of a muffin tin that has been generously coated with cooking spray.
- 6: Cut glace cherries in half and place in centre of each cake. Decorate each cake with 3 almonds around cherry (optional).
- 7: Bake 25 minutes. Leave to rest for a few minutes then turn onto a wire rack to cool.

**NOTE:** In hot/humid weather it is best to keep cake refrigerated.

**NOTE:** Original recipe from book 2, serves 16.

**Variation:** For a lower fat count omit almonds and save 1.0g fat per serve.

Suitable to be frozen.

**Nutritional information:** fat 2.2g, saturated fat 0.2g, fibre 2.8g, protein 4.2g, carbs 36.0g, sugar 22.8g, sodium 203mg, kilojoules 801 (cals 191), GI rating – medium.

**DIETITIAN'S TIP:** Lots of fruit, fibre, carbohydrate and kilojoules. Christmas comes but once a year and for people aiming to lose weight or with diabetes having this cake once a year is enough.

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## WEIGHT REDUCTION CLUB OF BOONAH INC.

October 3th    Weight Reducer Gail 1.3  
                    Graduates Denise V. and Kerry both spot on.

October 10th    Weight Reducer Gwen 1.1  
                    Graduate Helen

October 17th    Weight Reducer Maxine  
                    Graduates Denise V.

October 24th    Weight Reducer Shirley 1.4  
                    Graduate Denise V.

October 31st    Weight Reducer Shirley 1.9  
                    Graduate Denise P.

Monthly figures for October Weight Reducer Shirley 3.3  
                    Graduate Denise V.

Shirley also received her 4 stone palette badge.

We had a visit from our local S.E.S. Interesting talk. We gave them a donation of \$300.

During October we had a visit from Breaking the Cycle a local group that teaches young people to drive, enabling them to sit for their licence. We donated to them \$200.

November 7th    Weight Reducers Chris and Janelle both lost .6  
                    Graduate Denise S.

November 14th    Weight Reducer Maxine 1.3  
                    Graduate Denise V. Spot on.

November 21st    Weight Reducer Doreen 1.3  
                    Graduates Denise V. Kerry and Jan all spot on.

November 28th Weight Reducer Maxine 1.1  
Graduate Denise V.

5 of our members attended Convention this year. A great time was had. Guest Speakers were very informative. We congratulate Board of Management on a job well done.

On the 5th December we held our Christmas Luncheon at Simon's Tavern.

It was lovely to welcome 3 ladies from Board of Management and 2 ladies from Ipswich Evening. I think a good time was had by all. Our club voted Shirley to receive the Inspiration Award. To date she has lost over 26kg.

She is definitely an inspiration to us all. Congratulations Shirley.

### My quotes for the month.

1. If you don't go after what you want, you'll never have it.
2. If you don't ask the answer is always NO.
3. If you don't step forward you always in the same place.

Wishing one and all a Safe and Blessed Christmas.

Gail



## MT WARREN WEIGHT REDUCTION CLUB

### DECEMBER 2022

HO, HO, HO! and welcome to our last edition of the newsletter for 2022!! Oh my, where did this year go? Seems like just a little while ago I was doing the first newsletter for the year and now, here I am doing the last!! I hope everyone's plans are well underway for the Festive Season (or maybe more appropriately, the "Silly Season"!) So, sit back, enjoy this read, hopefully get some inspiration of some sort, either food related or weight related from other's successes and slide into Christmas with a whoop and a cheer and perhaps a sneaky Xmas toast between you and Santa's elves!! Merry Christmas one and all. xx

#### Weight Details:

Sept: 4 meetings	1 <sup>st</sup> Moira Welch 2.7kgs	<u>GROUP: LOSS</u>	<u>GAIN</u>	<u>TOTAL</u>
		-29.5	+11.7	-17.8kg loss
Oct: 4 meetings	1 <sup>st</sup> Moira Welch 3.1kgs	<u>GROUP: LOSS</u>	<u>GAIN</u>	<u>TOTAL</u>
		-19.9	+22.5	+3.4kg gain
Nov: 5 meetings	1 <sup>st</sup> Kim Perryman 3.1kgs	<u>GROUP: LOSS</u>	<u>GAIN</u>	<u>TOTAL</u>
	1 <sup>st</sup> Moira Welch 3.1kgs	-37.8	+20.6	-17.2kg loss

In September we set a club goal to achieve together, which was quite, shall we say, adventurous, of a grand total of 18kgs. We did extremely well and only missed the mark by a tiny 200grams! Great effort Mt Warren. We like these group challenges as it encourages us to try to do well individually, but also for the benefit of the group as a whole. October turned out to swing the other way, but only by a few kilos. And then as a club we rallied again in November and had some big numbers swinging in the right direction again with another loss over the 17-kilo mark! Another fantastic month and great losses from many individuals working together as a team!

#### GROUP BIRTHDAYS:

SEPTEMBER: Sandy Spence 12<sup>th</sup>, Sandy Perryman 16<sup>th</sup>

OCTOBER: Gael Maude 9<sup>th</sup>, Steve Williams 13<sup>th</sup>, Dianne Lamb 19<sup>th</sup>, Julie Beddow 29<sup>th</sup>

NOVEMBER: Moira Welch 6<sup>th</sup>, Kim Perryman 7<sup>th</sup>





### NEW MEMBERS:

Something which is always really nice to see is the club growing and the acquisition of some new members. Over the past couple of months, we have gained three new members who have joined our ranks to hopefully gain the support they need to achieve their personal goals. These lovely ladies are actually all returned members from times gone by, so it's nice to see some familiar faces coming back through the doors for that support. We welcome Moira Welch, Letitia Carey and Jan Morris. Lovely to have you with us ladies!!! Good luck on your journey.

Of these ladies, Moira is off to a flying start and has been very consistent with her weight losses each week. She has already achieved the loss of her first stone on 1.11.22 (6.4kgs)!! Well Done Moira! Keep up the great work. Very inspirational. As at the 29.11.22 Moira has lost weight every week since joining..... 12 weeks in a row! WOW!!

As well as some inspirational new members amongst us we also have a great collection of Graduates and Post Graduates who we all aspire to be like! Recently two of our Post Graduates were presented with an award where they each received a beautiful bunch of flowers, a lovely certificate and a shopping gift voucher to spoil themselves with. These two ladies have worked very hard to stay at goal for a number of years. They both still regularly attend meetings, encourage other members, are active in our "community" group and are always supportive of those that have a longer road to travel.....(like myself!!).....I'm kind of lucky that one happens to be my mum! I have constant support and encouragement!

Glenys Douglas achieved her 6<sup>th</sup> Post Graduate on 16.8.22 (Reached her goal 7.8.17)  
Sandy Perryman achieved her 5<sup>th</sup> Post Graduate on 25.10.22 (Reached her goal 5.11.18)



Glenys Douglas



Sandy Perryman

Both pictured here with our President Heather Jewell

## CLUB MEETINGS

Our weekly club meetings are always lots of fun and I know for sure that I always look forward to my Tuesday nights. I love catching up with all our members and hearing how their week has been and listening to the highs and lows. Learning from those that may have done things a little better than me or a little bit differently, and they have had success with, is always helpful!

Here is a rundown on our weekly meetings since our last newsletter in September:

**4<sup>th</sup> October, 2022:** On this night we had a lot to get through. We had our Monthly Awards and we also set up new Buddy Groups which were to take us right through until the end of November. We all love Buddy Groups, as they are motivating, not just amongst the group, but amongst the club! Heather puts a lot of time and effort into allocating points and collating them each week for each group, depending on things like group attendance, whether most group members lost weight that week, did we all achieve our own personal goal we set, did we reach the goal set by Heather for the club etc. So basically, the Buddy Groups are an inter-club competition with a small prize awarded right at the end to the group with the greatest number of points!! We also got our usual Fact Sheet, that Heather puts a lot of time and effort into. Tonight's sheet was all about "Ways to stay motivated to lose weight". Very informative, varied and realistic information!

**11<sup>th</sup> October, 2022:** On this night those that wished could get their measurements taken, so that they could keep a record of their progress as they go on their journey. One of our lovely members is a dressmaker, so we can always guarantee we are being measured accurately and in the same place next time! It's a good thing to keep a track of as sometimes the weight might not necessarily be coming off on the scales as you wish, but the centimetres could be dropping!!\_ This Tuesday night we also had some members do some cooking for us to try. We all like recipe sampling nights. We come, weigh in..... then eat!! One member cooked us Annette Sym's Creamy Tuna Bake, another did a Curried Cabbage dish and one lady did a Peach Pudding! Lovely way to finish the night! We also got our usual Fact Sheet which was on the Health Benefits of Spring Vegetables. Lots of information on many different vegies and their Vitamin benefits to your body.

**18<sup>th</sup> October, 2022:** Tonight's discussion was all about Sugar.... why we should avoid it and how: To cut it out of our diet there were many practical tips, including -

- \*Stop buying processed foods
- \*Don't keep treats in the house
- \*Choose whole, fresh fruit over juice, dehydrated, or other fruit products
- \*Try dark chocolate
- \*Cut out soda
- \*Avoid mixed alcohol drinks

Some may find this one a challenge, but definitely worth the effort!!

**25<sup>th</sup> October, 2022:** Tonight was an in-house Awards Night. Our committee kindly put on a lovely dinner for all members who were able to attend. The hall was set up beautifully, with tables set with tablecloths and flowers. Throughout the night as well as awards being handed out there were raffle type prizes drawn by lucky numbers. Lots of great prizes were taken home by many happy winners. One of the most popular awards given on the night that everyone wholeheartedly agreed with was the "INSPIRATION AWARD".... For Being a Valued Member of Club. This award was chosen by our Treasurer, Sandy Spence and went to a very deserving Steve Williams.



Sandy Spence with Steve Williams



Sandy Meeds 3<sup>rd</sup> Tess Steel 2<sup>nd</sup> Gael Maude 1<sup>st</sup>

These ladies were our Achievers for Most Weight Lost in a Year

**Well Done Ladies!!**



**1<sup>st</sup> November, 2022:** This was Melbourne Cup Day and as such we only had a weigh-in and go meeting, as many of our members were out to lunches and functions that were still running or were down the coast etc. and they were unable to get to club. So only a small number of people actually weighed in and there was no Fact Sheet!



**All convention attendees out to lunch before arriving at our accommodation**  
**Friday 4<sup>th</sup> November**

**8<sup>th</sup> November, 2022:** So tonight, was an exciting night for 13 Mt Warren members coming back from **Convention!!** We had bragging rights, to tell the rest of the club that we had WON the Talent Quest as "Heather's Happy Clappers"!! All the time and effort we put in, trying to learn the routine ... the laughter, the mistakes, the prowess, the giggles, the 'muscle memory' that Shelley said would eventually get us through!! All worth it in the end. So much fun... and thankfully this year, no wardrobe malfunction from our main man Steve!! We also had a talented bunch of ladies who participated in the Skit... Di, Trish, Glenys, Katie and Esther all put their best foot forward and did a great "Halloween" dress-up! They looked great. Awesome effort girls!



**Mt Warren in all it's glory ready to entertain the masses on Friday night!**



As we were nominated last year to organise and run the Friday night entertainment, we had spent many a Tuesday night after meetings, getting together and discussing our plans around games, puzzles, quizzes, and how best to occupy the time and minds of those attending Convention. We all looked great and very professional in our black pants and new purple club T-shirts with our feather head piece on our head!! From the reaction and participation of the attendees I think everyone involved had a great time... certainly hope so!



Glenys, Di, Trish, Esther & Katie



Di and Glenys



"Heather's Happy Clappers". So much fun and laughter.  
Took out the win for the Talent Quest for 2022!!

On the Sunday were the awards. We also claimed a few of those. The highest award winner was Katie McKinnon who won the award for the most weight loss for someone who was new to Convention (8kg), Steve Williams came in third with a weight loss of 8.1kg for Achiever of the Year Convention Awards. Sandy Meeds claimed a certificate for her 5kg loss and Gael Maude as well for her 3kg loss. Trish Roulstone won a Mini Achiever Award for losing 1.9kg (this is for those that have under 10kg to lose)

**Big Congratulations and Well Done to all our Mt Warren WINNERS!**



**Katie Mckinnon with her trophy. Good Job!!**

As well as that huge amount of sharing with the rest of the club, we actually had a proper meeting this night!

Our Fact Sheet this night was all about overcoming weight loss excuses! Basically, what it boiled down to was that there is an excuse for everything. But if you really want something, you need to commit and make a firm decision, get someone to help you, an exercise buddy, a friend to do some cooking with... just change your priorities and make yourself the focus of what you want to achieve!!

**15<sup>th</sup> November, 2022:** We had a Quiz Night this week. These are always fun. They are something different than just the usual meeting and they get us all interacting. Our Fact Sheet this week was full of so much useful information. On one side was lots of ideas about what to do with left over foods that may have another life in them! Some examples were:

- \*Turning bread into breadcrumbs or croutons
- \*Dry old mushrooms to use in casseroles or risotto
- \*Freeze stock in ice cubes for future use for soups, sauces, gravy etc
- \*Capsicums- chop or slice remaining part of the capsicum and add to pizza toppings, pasta sauces, stir fries etc. - all very interesting ways of using leftovers rather than just throwing them out!!

**22<sup>nd</sup> November, 2022:** This week's Fact Sheet was all about Menu Planning and keeping a Food Diary. So many members said how beneficial they find it to keep a diary of what they are eating throughout the day. That way you don't 'forget' anything, you remain accountable to yourself and it's an honest way to keep track of your intake through the day. It's also important to include things like what time you ate, how you

we're feeling emotionally, where you ate, what you ate, who are you eating with etc. The more information included when starting out on the food diary journey, the better. You will start to pick up patterns in maybe, your behaviour, timing of when you are the hungriest throughout your day etc... all things you can work with to control and possibly tame if they are becoming a problem with your weight loss journey!

**29<sup>th</sup> November, 2022:** So, tonight, was the end of our Buddy Groups. Heather now has the daunting task of tallying up all the numbers to see which group comes out on top as the winning bunch of Buddies!!! Just saying, I think my group did really well. We supported each other through the last 9 weeks and encouraged with positivity and motivation.

Our Fact Sheet tonight was very timely, considering the time of year! It was all about Xmas Tips. It started out with a fair warning to us all that "traditional party food is often high in fat and adding alcohol to the mix can spell disaster for a slimmer"!! WELL...Merry Xmas to you!!

After hitting us in the face with that little pearler it did go on to give us some good ideas for some healthier Christmas party ideas:

- \*Dips are always popular - use cottage cheese and serve with veggie sticks & rice crackers

- \*Fresh prawns are a good option (obviously only for those that like them!!)

- \*Sushi is a great finger food - great variations are available on this - lettuce wrapped tuna etc.

- \*Avoid deep fried foods!!

- \*Fruit platters are a winner

- \*Savoury slices are great - and can usually be made in advance

- \*Include something sweet - Annette Sym has plenty of sweet treats throughout her books

- \*Add some Christmas flair - fruit mince pies, muffins, white christmas, christmas cake & pudding - again reference Annette Sym

**6<sup>th</sup> December, 2022:** Tonight, is again another Monthly Award night. These are great as they acknowledge those members that have worked really hard throughout the month and achieved great weight loss results. Well done to tonight's achievers. (I'm typing this prior to the 6<sup>th</sup> December, so unfortunately don't have the winner's names for you.....but well done whoever you are and enjoy your little monetary reward!!)

**13<sup>th</sup> December, 2022:** This is one night we all look forward to! We are all getting dressed up and going out to share a meal together to celebrate the end of the year, almost the end of club for the year and to say Happy Christmas to all. This year we are dining at The Beenleigh Tavern. We did have our dinner here last year as well, and everyone agreed that it was great, so we chose to go there again.

We always joke about looking at what people are choosing from the menu. Are they making wise food choices - or are they going for the hot chippies and gravy!! I know where my decision lies - and I'm not sharing that information here.....



But let me just say that I hope that everyone enjoys their meal and has a great time sharing this night with each other. See you next Tuesday for our last weigh in for 2022!!

**20<sup>th</sup> December, 2022:** LAST MEETING OF THE YEAR: This is our last weigh in and meeting for the Year of 2022! It has gone by ridiculously quickly! So, the only sting in tonight is that we have to weigh in and many have probably started attending Christmas parties and gatherings and getting on the scales five days before Santa arrives is probably not high on your agenda! Well, the only consolation I have, is that it's the last time for the year, so if it's that scary, just hop on, let your friendly weight recorder fill in your card and don't look at it until the New Year when that will be your starting weight!!! HAHHAHA....probably not the greatest tactic! Honesty is the best policy. Know your weight, be mindful of what you're eating and drinking over the Festive Season, really enjoy yourself and think how great you'd feel coming back to group in the New Year a slightly lighter being!!! That's my plan anyway. I don't want to ruin the good work I've been doing lately! On this night we are having a Secret Santa game that we play each year. It's silly but great fun and also confusing for some! Everyone goes home with a special gift; we bring a plate of food to share and have some raffles drawn. Great wind-down and awesome way to finish for the year.

I'd just like to personally thank Heather for all the work she does for our club. I realise she has her team, and people like Gael, Sandy S, Sandy M, Jeanette certainly do not go unnoticed. I love our club and thank my mum for helping me take my first steps through the door about 3 years ago now! My weight loss is a slow journey, but this is the only program I have EVER stuck with.... even through the ups and downs, and I think that is because the club is so supportive and motivating. So, from the bottom to the top... if it did exist that way, Thankyou!!

ENJOY YOUR BREAK EVERYONE. STAY SAFE AND MAKE WISE CHOICES IN ALL THAT YOU DO. BE KIND TO YOURSELF AND ONE ANOTHER (OR SANTA WON'T COME TO YOU)

It's been a pleasure to bring Mt Warren to life in writing for each newsletter. As you can probably tell from the length of some of my editions, I'm never short of a word or two!! This is true in life as it is in writing! Pretty sure that's how I ended up in this role for our club. Anyway, I hope in some small way whoever reads the newsletters gets something from what I contribute each time.

So, the Christmas trees are up, some presents may be under them already, the cats are jumping and chasing the baubles off the tree, the weather is definitely heating up for a hot Summer....which at our house means kids in the pool all Xmas day! So Merry Christmas and have a very Happy New Year everyone. Xoxo  
Kindly put together for you all by:



Kimmy and Lottie (this thing takes me days & she lies on the bed behind me the entire time!!)

Mt Warren has their first meeting for 2023 on January 10<sup>th</sup>. So, I'm looking forward to catching up with my club family then and hearing all the lovely Christmas stories and new memories that were created! Bye for now!



### Christmas Fare - Recipe Christmas Cake

Serves 14 – with almonds – 245 Cal/1.6g fat  
Without almonds – 237 cal/0.5g fat

#### Ingredients:

2 cups SR flour	1 cup mashed pumpkin
1 1/2 cups sultanas	3/4 cup raisins
1/2 cup currants	1/2 cup mixed peel
1/2 glace cherries (halved)	1/2 cup raw sugar
2 level teaspoons of mixed spice	1 level teaspoon of bicarbonate soda
1 cup water	1/2 cup of brandy or rum
3 egg whites	1/4 cup blanched almonds

Place dried fruit, sugar, spice and water into a saucepan and bring to boil for 3 minutes. Stir in bicarb soda and let cool. Add brandy and flour and fold until ingredients are combined. Pour mixture into a cake tin that has been coated with cooking spray. Decorate the top with almonds and bake for 55-60 minutes. In hot humid weather it is best to keep the cake in the fridge.



# Eye on Eagleby



Christmas is here again but just before we get there, November saw some members enjoy convention with all the fun and games.

Friday evenings challenges was loads of fun making everyone use their brain to construct a tower with spaghetti to hold a marshmallow.

Saturday night

fancy dress saw some incredible costumes and spectacular talent.



**DON'T THEY LOOK GREAT**

**Winners at this year's convention**



**Well done everyone**

**Already looking forward to next year,  
it is a great weekend.**

**Hope to see more members attend.**



### *My secret to staying on track this party season*

*If you find it hard to stick to your healthy eating plan at this time of year, I'm here to help.*

Party season is in full swing. Invitations to family gatherings, work parties and events or long-overdue catch-ups with friends are filling up your diary.

It's a challenge to stay on track at the best of times but trying to lose weight with constant distractions adds another level even for the most committed person. And at this time of the year, it can be tempting to let your healthy lifestyle plan go to the wayside. But I guarantee if you choose this option and give up on your weight loss now, come January, you'll be so disappointed with yourself.

So instead of falling into a heap, I have got some great suggestions that'll mean you can still enjoy all this season has to offer but it won't derail your weight loss efforts.

*Here are my 5 simple tips to help keep you on track over the festive season and start 2023 with a smile on your dial:*

#### *1. Check your diary*

At the start of each week check what social events you have on. By doing this you can be proactive with your planning for the week. The key is to look at the events as a fun time, it's not just about the food. If possible make something from my cookbooks to take to events so you know you have a healthy option.

***Remember, in the words of Benjamin Franklin, "if you fail to plan, you're planning to fail."***



#### *2. Plan your menu*

Write a menu plan for the week considering the social gatherings you have planned. If you're going out for dinner, ensure you have a light lunch or vice versa – if you're out to lunch, have a light dinner. On the quiet days that week have fewer calories to help compensate for the outings.

***Remember, there are menu plans in [book 5](#) and [book 6](#) if you need more structure,***



#### *3. Keep exercising*

When checking your diary at the beginning of the week, make sure you include your exercise sessions for the week. Don't just skip the session if your social engagements clash with your exercise times, reschedule it. This is the time when you need to increase your exercise to help with all the functions and extra eats and drinks.

***Remember, don't leave exercise to chance, write it in your diary.***



#### 4. Stay hydrated

Thirst is often mistaken for hunger. So, make sure you're getting your 8 glasses a day. You're always thirsty when you arrive at an event so make water your first drink and include several more glasses during the event. I always ask for a bottle of sparkling water with a wine glass and fresh lime.

***Remember, don't drink away all your calories, instead aim to have more alcohol-free days in your week.***

#### 5. Try my secret weapon

So, this one is my personal saviour... I use my shakes to fill the gaps. For example, if I'm going to an event that has finger food, I have a shake before I go, because I know that finger food is often deep-fried or covered in pastry.

If I've been out to lunch, I'll have a shake and a couple of rice cakes with salad and cheese for dinner. You only need one large meal a day and my shakes give you the freedom to have a balanced day even if you're out and about socially.

Most importantly you're not compromising your health because my shakes are filled with loads of vitamins and minerals that will help you get through the busy time without falling in a heap.

#### *Quick facts about my shakes*

Contain 15g of protein and 7g of fibre to keep you feeling fuller longer

Just 158 calories per serve and 99% fat free

Convenient just add cold water and shake

5-star Health Star Rating

4 delicious flavours, including a dairy-free option

14 single serve sachets per pack

Samples are available [HERE](#)

#### *A few final words*

I've had many, many years of balancing this time of the year and the key is having a plan as you head into the silly season. If you don't plan you may find that you compromise yourself by grabbing food you know isn't healthy.

There's so much more to enjoy at this time of year so don't make food the top priority. Enjoy this magical time of year and remember – Nothing tastes as good as being slim and healthy feels. **Annette Sym**

*Merry Christmas*

***Till next time, Unity is Strength.***



Leone Ward (Secretary)



for



## ARANA WEIGHT REDUCTION CLUB - OUR YEAR IN SHORT REVIEW

11 January marked the enthusiastic beginning of another year of Club activities.

At our AGM in February, Jean Hoffmann retired from the position of Treasurer of our Club after 27 years but continues to participate in and enjoy club life. What a legend ... and a wonderful example of staying power, dedication and loyalty!

During the year, we welcomed three new members, but sadly farewellled our only male member.

Meeting topics were many and varied and included *Create New Habits; Hacks to improve your Health; Making the Right Food Choices; Do Fasting Diets Work; Ten Proven Ways to Reduce Belly Fat; What is a Healthy Serving ... Really!; Spring Clean Your Kitchen and Health; Your Food Pharmacy – Can Food Really be Used as Medicine; Causes of Weight Fluctuation; Healthy Food Swaps; How to Boost your Vegetable Intake; Reducing Food Wastage; Cinnamon; Make Healthy Eating the Easy Choice and Easy Food Swaps to Cut Calories (Kj).*

Quizzes and regular group discussions after talks proved popular and were always a source of helpful and valuable information, new ideas and experiences, product recommendations and handy hints.

Guest speakers during the year included Ian Therkelson from the Stroke Foundation and Kim Wright, a Health Exercise Lifestyle Professional.

Nine of our members attended the Achiever of the Year Award lunch and enjoyed the food, fun and festivities.

We had our own "Good Health Cup" (on Melbourne Cup Day). Firstly, everyone participated in an exercise in estimating and pouring the amount of a standard "alcoholic" drink into different sized glasses. For the "race", each member was allocated a blurb on a different "super food" (including uniquely Aussie ones) and its benefits, read them out and then the papers were crunched up, placed in a container and thrown wildly out on to the floor - the one that went furthest was declared the winner.

Three of our members attended the WRCQ Convention, and on 8 November, Di Thompson (Convention Newbie), with a little help from Chris Gollagher & Jean Hoffmann, spoke about and gave us a taste of the highlights of the "camp" from her perspective. Dressed as a hippie (Fancy Dress, Saturday night), she had us up dancing, exercising or just moving to music ... a segment which has been continued just prior to the start of our meetings each week and seems to be enjoyed by all if the smiles on everyone's faces are any indication. She tested our brains with a quiz or two and also baked and provided samples of a three ingredients fruit cake which Kim McCosker (guest speaker) had spoken about. It was also announced that Jean had won the Val Neuendorff Post Graduate Competition and Chris had come third. Hopefully, Di's presentation will encourage others from our Club to attend next year.

Once again, we decided to support the *Share the Dignity* "It's in the Bag" drive in November. After a late start, we were still able to donate 20 Adult, 1 Mum & Bub and 3 Teen bags ... 24 in all.

Our club is blessed with 23 lovely ladies who support and maintain our warm, caring and friendly club. We wish everyone a very happy and joyous Christmas season and every good wish for 2023.

Beth Blake - President