

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

JUNE 2023

WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.

ALL OTHER MAIL

WRC of Qld Inc
P. O. BOX 1000
SLACKS CREEK QLD 4127
Phone 0421 774 806

Email: wrcq1@hotmail.com
Website: www.wrcq.com.au

ALL NEWSLETTER MAIL TO

Ann Green
20 Spitfire Avenue
Strathpine 4500
Phone (07) 3205 7712

Email: greens_bakery@hotmail.com

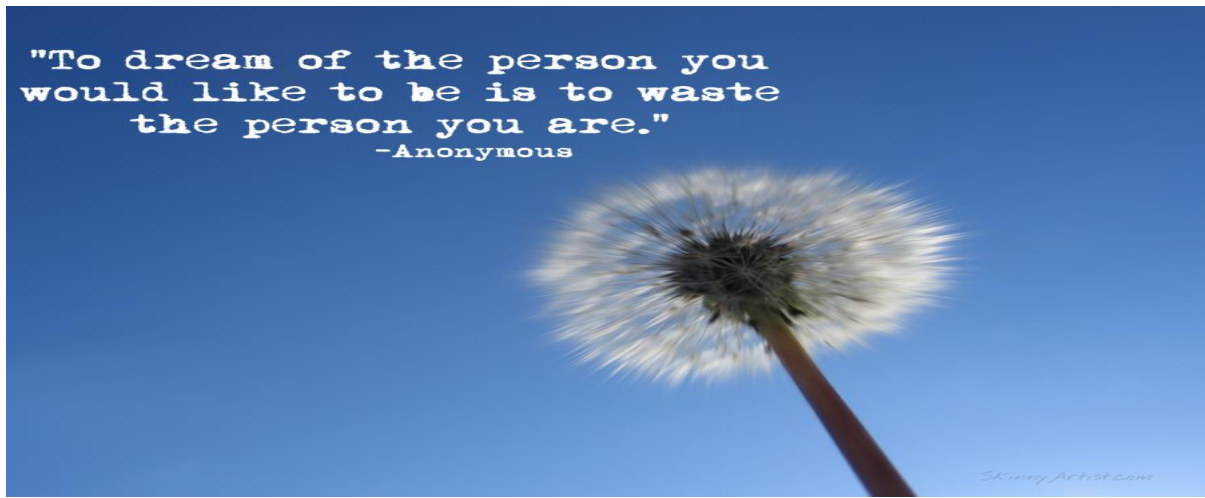
<u>STATE PRESIDENT</u> Dianne Christensen Mobile: 0407 173 800	<u>STATE VICE PRESIDENT</u> Trish Taylor Mob: 0402 345 786
<u>STATE SECRETARY</u> Kay Killeen Mobile: 0421 774 806	<u>STATE TREASURER</u> Lyn Guy Mobile: 0414 380 525
Ann Green	Diane Spence
Chris Taege	Sharyn Cronin
Gail Falkenhagen	

DISCLAIMER

This publication accepts no responsibility for the accuracy or reliability of articles or advertising contained herein, statements made or opinions expressed in this Combined Clubs Newsletter nor do we necessarily subscribe to the views expressed or implied by contributors. Neither is any guarantee implied or expressed as to the good conduct or practice of advertisers herein. This publication reserves the right to refuse acceptance of any matter considered unsatisfactory for publication.

Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



We have had a wonderful natural event happening in the tree in our neighbour's garden. Our neighbour has a number of large fir trees in his yard and at the very top of one of these a pair of spoonbills have set up a nest. You would think that being wading birds they would nest beside the water but no they nest at the top of the tallest tree around. We have watched as the babies grew and finally they took them on trial flights before returning to the nest. One day they were all gone but for the last week one has been coming back to sleep. This morning he was finally gone, it has been wonderful to watch from my back step.

I hope you are all enjoying the cool weather and you are working on your goals. Convention is coming and I look forward to seeing you all again as I missed the last one due to Covid.

Keep on, Keeping off

ANN

6 powerful tips for long-term weight loss success!

Column by Annette Sym

Losing weight can be a challenging journey that requires patience, commitment, and dedication. While getting started may seem easy, sticking to a weight loss plan for the long-term can be difficult. However, with the right mindset and strategies, it is possible to maintain a healthy lifestyle and achieve long-term weight loss success.

In this article, I share some tips to help you stay on track with your weight loss. By implementing these strategies, you can build healthy habits that will support your weight loss goals and improve your overall well-being.

While it may take some effort and commitment to stay the course, the benefits of a healthy lifestyle and achieving your desired weight are well worth the effort. What have you got to lose but kilos 😊

Here are 6 powerful tips for long-term weight loss success!

1. **Set realistic goals:** It's essential to set achievable goals that are measurable and attainable. Don't aim for quick fixes, but rather focus on making long-term healthy lifestyle changes.
2. **Keep a food diary:** For the first few weeks I suggest that you write down everything you eat and drink each day. This will help you track your progress and make you more mindful of what you're eating. Remember all my recipes have a full nutritional breakdown which will help you keep track of your daily intake.
3. **Plan your meals:** Plan your meals ahead of time and prepare healthy snacks to avoid temptation. Meal planning also helps you stick to a balanced diet. You'll find 28-day menu plans in books 5 and 6 to help you.
4. **Exercise regularly:** Incorporate exercise into your daily routine. It doesn't have to be high-intensity workouts; even a brisk daily walk or light yoga session can make a big difference.
5. **Stay motivated:** Find ways to keep yourself motivated, such as rewarding yourself for reaching milestones, joining a support group, or tracking your progress through a fitness app. When it comes to weight loss, people can be motivated either by *moving towards* a desired outcome (e.g. being able to play with the kids or grandkids) or by *moving away from* an undesirable situation (e.g. being out of breath when you walk up a flight of stairs). Which motivates you more?
6. **Don't be too hard on yourself:** Remember that weight loss is a journey and setbacks can happen. Don't beat yourself up, instead use setbacks as an opportunity to improve.

A few final words

Staying on track with your weight loss can seem daunting at times. However, by monitoring the six steps outlined in the tips above you can achieve your weight loss goals and maintain a healthy lifestyle. These healthy habits will help you stay the course and achieve long-term weight loss success. And if committing to all six seems overwhelming, pick one to work on each week.

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

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

Symple Brownies

SERVES: 16 | Book 7 | Difficulty ★☆☆☆☆

4 egg whites
 1/3 cup skim milk
 4 tablespoons (60g) Flora® Light margarine melted
 1/2 cup cocoa (Plaistowe®)
 1 cup gluten free icing sugar
 1 cup hazelnut meal (ground hazelnuts)
 1/4 cup chopped walnuts
 cooking spray

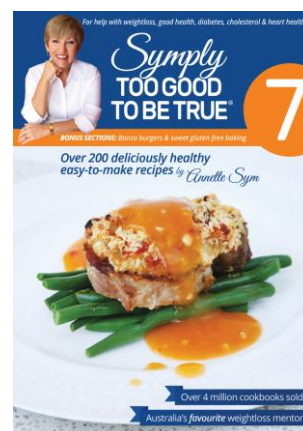


Preheat oven 180°C fan forced.

- 1: Beat egg whites in a medium size mixing bowl for 2 minutes using an electric beater.
- 2: Combine milk with melted margarine then pour into bowl and combine.
- 3: Add sifted cocoa and icing sugar and beat on low speed until blended.
- 4: Add hazelnut meal and walnuts and combine.
- 5: Coat a square cake tin (20cm) with cooking spray then a sheet of baking paper to fit base of cake tin. Pour mixture evenly into tin.
- 6: Bake 40-45 minutes or until firm to touch in centre. Leave to rest for a few minutes then place onto a wire rack to cool. Once cooled slide onto a flat surface and cut into 16 squares.

Suitable to be frozen.

Nutritional Information:		
PER SERVE		
FAT	-TOTAL	8.2g
	-SATURATED	1.0g
FIBRE		1.1g
PROTEIN		3.1g
CARBS		10.0g
SUGAR		9.2g
SODIUM		38mg
KILOJOULES		518 (cals 124)
GI RATING		MEDIUM



Dietitian's Tip: Several population studies have shown that people who consume nuts regularly are less likely to suffer from coronary heart disease. This is due to nuts being high in HDL "good" cholesterol and omega 3 fatty acids.

© Annette Sym 2023 | SYMPLY TOO GOOD TO BE TRUE BOOK 7 | Used by permission from author



7 WAYS HOMEMADE SOUP CAN HELP IMPROVE YOUR HEALTH

Column by Annette Sym

It's no secret I love soups, in fact, I enjoy them all year round. There are lots of benefits to making homemade soups. You can use up the limp veggies in the bottom of the fridge to make an economical meal. It's easy, just chop up all the ingredients and throw it in a pot with some stock and just let it simmer away until cooked. There are also many health benefits in a hearty bowl of homemade soup.

Here are 7 ways homemade soup can improve your health:

1. **You'll get more fibre.** By adding lots of fresh veggies to the pot you'll increase the fibre which helps to improve digestion and keep you regular.
2. **You're more likely to get your daily 5 serves of veg.** This will mean you're getting more nutrients and less likely to succumb to winter colds and flus.
3. **You can reduce the saturated fat.** Traditional soups are made on the higher fat cuts of meat. By choosing lean meat for soups, you can considerably reduce the amount of saturated fat. Switch high saturated fat coconut cream for evaporated light milk and coconut essence.
4. **It fills you up.** The combination of protein and fibre from the veggies will help to keep you feeling fuller for longer. This means you're less likely to go hunting for treat foods after a big bowl of soup.
5. **It's a comfort food without the extra calories.** In winter, we tend to crave high fat stodgy foods which contribute to weight gain. Healthy homemade soups can provide all the comfort without the fat.
6. **It can be made ahead and frozen.** Soups are easy to freeze into individual serves for workday lunches or easy dinners, meaning you can have a healthy meal on the table in minutes and not resort to takeaway.
7. **You can lower the sodium.** Many canned or packet soups are high in sodium which can increase blood pressure and cause us to retain fluid. By choosing reduced salt stock or no-added-salt ingredients you'll have a healthier option.

A few final suggestions for added health benefits:

- Consider adding beans or legumes – these are a good source of protein, healthy carbohydrates, and fibre. They also contain many essential nutrients.
- Serve with grainy bread with a light scraping of Flora Light margarine.
- Forget adding sour cream – low fat natural yoghurt is a much healthier option.

If you prefer to follow a recipe, I have 24 delicious soup recipes in my 9 cookbooks for you to enjoy.

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



Hearty Vegetable Soup

SERVES: 10 | Book 3 | Difficulty ★★☆☆☆

1 medium onion diced
 2 teaspoons crushed garlic (in jar)
 cooking spray
 2 cups carrot sliced
 2 cups celery sliced
 1 cup small florets broccoli
 6 cups pumpkin diced (Kent)
 $\frac{3}{4}$ cup dried soup mix (barley/split peas etc)
 2 tablespoons salt-reduced vegetable stock powder
 12 cups water
 pepper



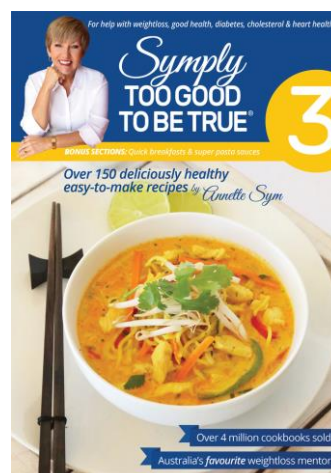
1: Sauté onion and garlic in a boiler that has been generously coated with cooking spray for 1 minute. Add all other ingredients and simmer for 1½ hours. Stir occasionally to avoid soup sticking.
 2: Mash ingredients in the pot using a potato masher until a thick consistency is achieved. Pepper to taste.

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE

FAT	TOTAL	0.7g	
	SATURATED		0.3g
FIBRE		4.4g	
PROTEIN		6.1g	
CARBS		15.7g	
SUGAR		6.1g	
SODIUM		226mg	
KILOJOULES		399 (cals 95)	
GI RATING		LOW	



DIETITIAN'S TIP: Packed with vitamins and minerals, this soup is sure to please everyone! Canned soups can be high in sodium. Homemade is a better option.

© Annette Sym 2023 | SYMPLY TOO GOOD TO BE TRUE BOOK 3 | Used by permission from author



Eye on Eagleby

Welcome to June.

Now that we are into winter don't forget to keep up your water intake.

EVENTS CALENDAR 2023

June

5th Truth about Sugar

12th Avoiding the Afternoon Slump

19th Park- Bring morning Tea.

26th. Ways to reduce Food waste.

July

3rd Exercise at Home

10th Look good Feel good.

17th Club Birthday Lunch – Eagleby Tavern

24th Park – Bring morning Tea.

31st How to eat well for a Healthy Heart



Monthly Weights for May

Loss: 24.7kg

Gain: 34.5kg

Overall Gain: 11.2kg

Top Achiever: Stacey 3.0kg

Runner Up: Leone 0.8kg

Maintaining Achiever: Jenny

The truth about sugar

Author: [Brooke Delfino - Dietitian \(BSc Nutrition \(Hons\), APD\)](#)

First published: Aug 2022

[Save to favs](#)

[Favs List](#) [PRINT](#)

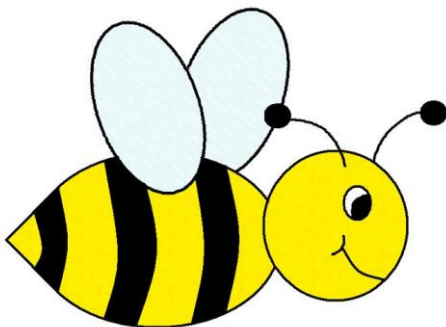
Most of us think of sugar as the white stuff we add to coffee or the sweet stuff that makes cakes taste so good.

But sugar comes in many forms and is often hiding in seemingly healthy foods, too. Sugar is basically

a carbohydrate. As well as the refined, processed sugar you buy for baking, healthy foods like fruit, milk and even some vegetables (corn, potatoes, peas) are also sources of natural sugars. With so much noisy 'talk' out there about sugar, we give you the facts.



Not all sugars are created equal.



Fruit, vegetables and whole grains are an important part of a healthy diet, so the natural sugars in these foods are not the ones you need to worry about. That's because whole natural foods are also a source of valuable vitamins, minerals, antioxidants and fibre. Also, these

foods do not promote tooth decay the way other sugars do. They also take longer to enter your blood stream, so are less likely to cause blood sugar spikes and sudden slumps that can wreak havoc with your mood, energy levels and appetite.

On the other hand, added sugars (white sugar, honey, syrups and even fruit juice) are more of a health problem. Known as 'free sugars' as they have no cell wall and gush into the blood stream causing energy spikes and crashes. They also lack nutrients, which is why they're also called 'empty kilojoules'. They're frequently added in concentrated form to packaged foods such as biscuits, so your consumption of them is also multiplied.

Some believe 'natural' sugars (rice malt syrup, coconut sugar, agave nectar) are better for you, but the body treats them just the same as refined white sugar. Which is why they, too, are classified as 'free sugars' and should be limited, in accordance with World Health Organization (WHO) guidelines.

How much is too much?

We're consuming about 60g of added (free) sugars every day. That's about 14 teaspoons. Apart from being bad for our blood sugar levels, excess sugar causes tooth decay, and foods with high sugar concentrations, such as chocolate, biscuits, soft drinks and cakes, are also high in kilojoules, which can lead to weight gain.

WHO dietary guidelines recommend limiting our added sugar daily intake to six teaspoons for adults and three teaspoons for children. Given that a standard 600ml bottle of soft drink has around 16 teaspoons of sugar, this recommendation may be a big ask for many people!

Most people have no idea how much sugar they're eating each day because most of it's hidden in processed foods. Reading the ingredients list is the best way to discover how much added sugars are in a product because ingredients are required by law to be listed in order of quantity. This means if sugar, in its various forms and different names (see below), appears in the first two or three ingredients, it's likely the food product is high in added sugars.

Sugar in disguise

When you're out shopping, here are a few sugar names to look out for in the ingredients list:



Agave nectar, Brown sugar, Caramel

Coconut sugar, Fructose, Fruit juice concentrate

Glucose, Golden syrup, High fructose corn syrup

Honey, Invert sugar, Maltodextrose

Maple syrup, Palm sugar, Raw sugar

Rice malt syrup

Sugar claims

Beware, too, of cunning food manufacturing tactics. Here are three common marketing claims to be sceptical about when shopping:

100% natural sugar

This is confusing since all sugars (unless they're artificial sweeteners) are 'natural' because they are all sourced from plant extracts. For instance, white sugar is derived from the sugar cane plant, but this doesn't mean it's healthy for you.

- **No added sugar**

This usually means no refined, white sugar has been added. It does not mean there is no sugar naturally occurring in the product (as is the case with fruit juice), or that other forms of sugar, such as rice malt syrup or honey, haven't been added to the product.

- **50% less sugar**

This simply means a food product has half the amount of sugar than a standard product. Since this claim is usually used for products high in sugar (cordial, jelly, lollies), halving the sugar does not necessarily mean the product is low in sugar.



5 ways to tame your sweet tooth:

- Use fruit for sweetness Add fresh or frozen fruit to plain cereal, desserts and baked goods. Leave the skin on whenever possible to increase your fibre intake.
- Limit sugary drinks and lollies These provide no nutrients, so you're better off quenching your thirst with water. If you add sugar to tea and coffee, cut back slowly so you can adjust to this change.
- Break the habit of daily cake Replace this morning or afternoon tea treat with fresh fruit and yoghurt or another nutritious sweet option.
- Choose unsweetened food varieties. opt for plain yoghurt and add fruit for sweetness. Or drink plain milk instead of flavoured varieties and look for breakfast cereals with the lowest amount of added sugars or, even better, no added sugars.
- Skip bottled sauces and dressings Drizzle balsamic vinegar and olive oil over salads, and use lemon, garlic, and herbs to flavour meals instead.

Do I need to quit sugar?

While we should all be mindful of our sugar intake, there's no need to completely avoid sugar for good. As seasoned dieters may be all too aware, the more deprived you feel, the more likely you'll crave (and binge on) the foods you're missing. The key is moderation. Eating (and thoroughly enjoying!) a slice of cake on a special occasion is not going to ruin an otherwise healthy diet.

This is why HFG occasionally uses small amounts of sugar in our cakes, biscuits and other dessert recipes. Our goal is to ensure you can enjoy sweet treats in modest portions on special occasions, but not every day. In accordance with WHO recommendations, the sensible, healthy approach is to focus on making minimally processed whole foods the basis of your everyday diet.



Till next time, Unity is Strength.
Leone Ward (Secretary)

"Do your own thing on your own terms and get what you came here for."
-Oliver James



Be a Smart Shopper

Compare packaged foods per **100g**

	GOOD	OKAY	POOR
Total Fat	Less than 3g	3 – 20g	More than 20g
Saturated Fat	Less than 1.5g	1.5 – 5g	More than 5g
Sugar	Less than 5g	5 – 15g	More than 15g
Sodium	Less than 120mg	120 – 600mg	More than 600mg

Also choose foods high in fibre (3g or more per serve).

WEIGHT REDUCTION CLUB OF BOONAH INC.

April Weights.

- 3rd. Weight Reducer Maxine .7kg
 Graduates Denise V, Chris & Helen all spot on.
- 10th. My mistake I forgot to put them down
- 17th. Weight Reducer Shirley 1.0 kg.
 Graduate Denise V. Spot on.
- 24th. Weight Reducer Doreen 1.0kg.
 Graduates Marilyn, Helen & Chris Spot on.

 In April we held our annual clothing sale. Each member brings in clothes that no longer fit or they do not want. We sell items for \$2/\$3 each. This year we made over \$300 for our club. Nice to have some of the Ipswich Club ladies attending, grabbing a bargain.

May Weights.

- 1st Weight Reducer Gwen .6kg
 Graduates Helen, Denise V, & Chris. Spot on.
- 8th Weight Reducer Nobody achieved a loss over .4
 Graduates Denise V, Kerry, Jan & Helen.
- 15th Weight Reducer Debbie 1.1kg.
 Graduate Denise V. Spot o
- 22nd Weight Reducer Gail 1.2kg.
 Graduates Denise V, Helen & Kerry. Spot on
- 29th Weight Reducer Louise 1.2kg (Louise is a new member)
 Graduate Margie Spot on.

 In May we had our Annual Mothers Day Stall where members bake and sew. We raised over \$3000. which we give back to the community. So far we have donated \$300. to the Salvation Army Red Shield Appeal and \$300. to Days for Girls an organisation that provides sanitary necessities & toiletries to under privileged women and girls in 3rd world countries.

 Our lovely Shirley achieved her 5 stone palette badge meaning she has lost over 32kg. Congratulations you are a SUPERSTAR!!!

We are starting to think about Convention. A few of us have started saving and putting our heads together for the Talent Quest.

Diet Motivational Quote.

“It’s not about perfect, it’s about **effort**.
And when you bring that effort every single day, that’s
where **TRANSFORMATION** begins”.

Regards Gail.



Never
Never
Never
Give Up

WEIGHT REDUCTION CLUB of STRATHPINE

We did a weigh in tonight for our “Spring into Spring” competition. This year we are doing a trip around Australia. Each week, for the next three months, we will move around the map following an itinerary that we each arrange. The only stipulation is that you must lose weight or stay the same to move to your next destination. There will be twelve stops with Brisbane being the first and last stops.

We run this competition to help our members to control their weight during winter and to give them the best chance in the competitions for Convention. Here's hoping it will have the desired effect and that we will all do well.



Caboolture Day

This is Percy.

We get to take home Percy if we have put on weight one week, he helps to get it off the next.

Percy gets a raw deal at time. Once he spent a whole week in a member's lunch box never to see the light of day to the next week.

Our President Dawn bends him every which way but loose. We have been going to report her to the RSPCA.

April Awards

No of weigh-in 85

Losses 27.5KG

Gains 20.3 KG

Net loss 7.2 KG

Achieve off the month Carol 1.8 KG loss

Top Dog Christine 3.3kG loss

Letters Pearl *Alyson * and Carol R

2 KG or over Christine and Greg.

Encouragement award

Georgina .

Half stone loss Patricia

One stone loss Patrica .

Graduate Lindsey

Post graduate June

10 year badge Doris .

May Awards

Number of way in 115.

Losses 23.4kg

Gains 29kg

Net gains 5.6 kg

Achiever of the month Bob Aitken loss 1.5 kg

Top dog - Trish Richardson loss 1.5 kg

Encouragement award, Doris Ryan

Letters Shannon * May O and Judy L

Graduate Lindsey

Postgrad , June

Snake competition, Shannon and Carol



Our beautiful President Dawn received her 20-year badge. Well done Dawn she achieved this on the 5/3/2023 and received her badge on the 12/4/2023.

We celebrated The Biggest Morning Tea on the 24/5/2023 .

Had great attendance with 25 members and 3 guests.

Money raised was \$438.65 Well done to us .

Kind regards

Caboolture Day .



Biggest Morning Tea 2023





The Gumnut - Ipswich Eve - March

Welcome to our first newsletter of 2023 The Gumnut

We have had an exciting year so far what with the new committee and the committee settling into its new roles. Congratulations once again to our achievers of the month for February -Tammy and Sue. And our Post Graduate of the month Val.

We have some great guest speakers for the month lined up for this year. Here's what we can look forward to

April – Rachael, Qualified Naturopath May – Loz, Life coach

June – Kerry, Better over 50's July – Neighborhood

watch

If a cookie falls on the
floor and you pick it
up...
that's a squat, right?

In between our great guest speakers, I'm sure we will have a lot of fun with drumming, exercise and the occasional lesson once we have worked out this technology thing. If there is any topics you would like discussed or something that you have questions on, please please don't hesitate to bring this to the meeting.

Our main aim at the moment is to get more members to join our club. We still have plenty of flyers in envelopes to be distributed, if any members are interested, we still have half-size flyers to go on noticeboards.

We are sending information to the editor of Ipswich to get a write up about our wonderful club also to get a notice placed in the community noticeboard all in the endeavor to get more members. If anyone has any other ideas on spreading the word, please feel free to share.

Recipe of the Month

Overnight Oats

1/2 Cup Rolled Oats

1/2 Cup any Milk

1/4 Plain or Greek Yoghurt

1-2 Tsp Maple syrup or Honey or your preferred sweetener 1 tsp Chia Sees (optional)

Toppings of your Choice—Berries, Peanut Butter, Cacao, Jams, Apple & Cinnamon

Add oats, milk, yogurt, maple syrup, chia seeds, vanilla and sea salt into a jar or storage container with a lid. Stir ingredients together. Place in the fridge overnight. If you're in a rush you can shorten the soak time to 2-4 hours.

The next morning (or when ready to eat), remove lid and give oats a big stir. If they seem too thick you can add a little more milk to loosen the mixture. Top with your favourite toppings and enjoy. You can eat the oats straight from the jar or pour into a bowl for serving.

Important Dates:

April - Rachel—Naturopath Chat

May -Loz—Life Coach Chat

June - Kerry—Better over 50's Chat

The Gumnut - Ipswich Eve - April

Congratulations once again to our award winners at the Achiever of the Year Dinner Miriam, Val, Dot, Chris and Poldi, very well-done ladies.

Congratulations also to our March Achievers of the Month also our Achievers of the week for April well done to all of you for not eating too many of those lovely chocolates from the Easter Bunny.

Rachelle the Naturopath came to speak to our members about the relationship between Gut health and weight loss this was very interesting and informative. There is still some of her handouts available for anyone that missed out on her talk.

Our Mother's Day raffle is coming up so please start bringing in your prizes as it will be lovely to see a big table for our raffle.

On the 23rd of May we have another guest speaker her name is Loz she is a life coach, so we look forward to having her speak to our members.

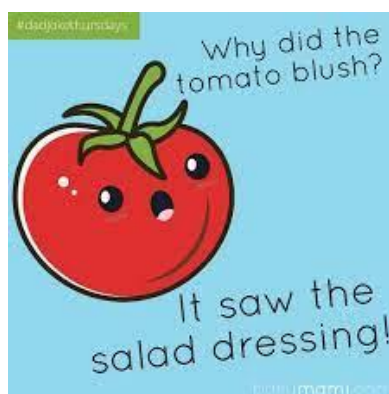
Our recipe book is still looking a little thin so please bring in those recipes with calorie count on if possible, also if you have come across a product that you have enjoyed that is low in calories please bring in the empty packet so that we can show the other members for them to enjoy as well.

We can now have T Shirts made with our Club Logo on at a cost of \$45 if you wish to order one, please give Jodie your chest and length measurements.

Recipe of the Month

Lemon Pesto Chicken

- 1 Bottle of Basil Pesto
- 4 Chicken Drumsticks
- 4 Chicken Thighs
- 2 Lemons



Using your fingers, gently lift skin away from each drumstick and thighs to form a pocket and fill each with a teaspoon of pesto. You could also place a slice of lemon under the skin.

Cook for approximately 30mins or until fully cooked. Serve with lemon wedges and salad or vegetables.

The Gumnut - Ipswich Eve - May

Winter has definitely arrived with a vengeance and losing weight is definitely not easy when we all like to enjoy good hearty stews etc to warm ourselves up.

Congratulations to our Achievers of the month Miriam and Dot also to all our Achievers of the week well done Ladies.

Kerry from the Over 50's will be our Guest Speaker in June.

We will be having a soup tasting night on Tuesday 13/6/2023 the recipe is listed below I do hope everyone enjoys it and tries it, only 107 calories per serve plus bread or croutons of course.

Our Club will be having a Christmas in July celebration on the 18th July with fruit cake and shortbread and 3 trees with scratchies on them for raffles please put this date in your diaries and come along for a fun night.

We will be starting our members drive soon so please get your Tshirt orders into Jodie as members who are helping me on the stalls will look great if we are all in our Club Tshirts.

RECIPE

CREAMY CARROT AND GINGER SOUP

Carrots 450grams
Ginger 2tbs fresh minced
Coconut milk 1/3 cup
Turmeric 1 teaspoon
Onion 1 small
Garlic 1 – 2 cloves
Olive oil 1tbs
Salt and Pepper to taste
Low salt Vegetable broth 600ml

Cats secretly alter your clothes during the night, to make you think you have got fat



In a large pot heat the olive oil over medium heat. Add sliced onion, a good pinch of salt and pepper, cook for 3 minutes, or until the onion starts to soften. Add carrots and cook for further 5 minutes. Add ginger, garlic, turmeric mix well and cook for another minute.

Add broth, coconut milk, and bring to boil. Reduce heat and simmer for about 20 minutes until the carrots are cooked through and soft. Stir occasionally.

Remove from heat, check consistency, depending on personal preference you can add or reduce the amount of liquid before blending. Cool slightly and blend until smooth, taste test and adjust seasonings.

Caboolture Night – WRCQ
F.A.T. Club News
Fervently Attempting Thinness Club!

Pledge & Motto

Our Pledge

- ✓ I will use my intelligence to reduce sensibly
- ✓ I will put food in its proper place in my life
- ✓ *And not use it to comfort me for my frustrations and misfortunes*
- ✓ *To which over-eating will only add*
- ✓ I will help and encourage my fellow-members to do likewise

Our Motto

Unity is Strength – We will Never, Never, Never Give Up.

May Results / Awards

Number of Weigh-Ins: 47

Loss – 11.1 kg Gain – 16.4 kg

Net gain – 5.3 kg



May Winner	Trish 1.6
May Runner-up.	Gary 1.0
Post-Graduate	Leonie

CONGRATULATIONS!



Diary Dates

6:00pm - 7:30pm



June 5 Meetings

1	Measurements
8	Awards
15	Committee Meeting
22	Meeting
29	Meeting



May

Chris



Page 2: Healthy eating word search.
Page 3: Benefits of cauliflower.
Page 3 A riddle.
Page 4: Presidents thoughts.

Name: _____ Date: _____

Healthy Eating

V G L U C O S E N R Y S F A B V T F A E L B V X
Z C H O L E S T E R O L B C G E D D Q L S L R Q
E T O B E S I T Y E V B E L T G D R J T N H T C
U R M S H W Q M R I I R V C O E B B T H E Q A C
W D K E A O H U P N M A I T C T Y S O U L I P O
A A M A O L T S V N Q Y T F W A X O Z G L Q D I
P L W R S F E C I Q Q B C A A B O S Z A D J T C
U A V I O D I L M I X S A A A L R W R B T E S S
O T M I C O D E L U U Q E X Z E Q B C L E K H B
K E Z J K O D S P G C Y B K N S H B C U D Y T H
W X D T P L E D A S E T A R D Y H O B R A C I T
N F R W T B C R S A Q E F O O D P L A T E M U G
M R B I J I N X Q A M R Y G I E B V L E W U R N
W U H I H I A H N I I U F R U I T Z F O O I F E
S I N I T I L D V S Z S J F I D Y Z C I N C S R
L T Y U J M A D F G H S T O V C F T N P B L U T
F S Q O M E B F H N C E O G S E R S Y N P A R S
W T Y Z R G D M P I H R M U E S U Y O X K C T I
A D G B K Q R I Y E N P B L Q L T Z F E K S I P
L V I Y X V H X B T J D N I I S Z F O F J D C A
H F A R R X X L X O M O R N X R R Q M B N U H F
T P O Q C S M H Q R X O Q D J V H M R A X I C A
N U T R I E N T S P P L W A U U N G T G C X R T
W P Q F L W V Y J I G B Q S L A R E N I M Z O M



Blood Pressure
Balanced Diet
Carbohydrates
Citrus Fruit
Latex Fruits
Cholesterol
Food Plate
Vegetables
Be Active
Bloodflow
Nutrients
Minerals
Strength
Calcium
Glucose
Insulin
Muscles
Obesity
Protein
Fibre
Fruit
Sugar
Diet
Fat

BENEFITS OF CAULIFLOWER,



Cauliflower is one of several vegetables in the species *Brassica oleracea* in the genus *Brassica*, which is in the Brassicaceae (or Mustard) family. It is an annual plant that reproduces by seed. Typically, only the head is eaten – the edible white flesh sometimes called curd

Cauliflower helps in reducing the risk of digestive problems. It contains fiber that may help in preventing digestive conditions like, constipation and inflammatory bowel diseases.

Cauliflower is effective in reducing the risks of chronic illnesses. Just like any other cruciferous vegetables, it contains antioxidants such as carotenoids and flavonoids which help in protecting the body cells from harmful free radicals. (in other words eat your veges.)

Oh no a riddle.

Riddle: A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?



Presidents Thoughts.

(Don't worry they are not much)

Hi all, Last Thursday was our usual meeting, and I could barely get a word in. You were all chatting and showing photos of things on your phones. No one seemed to be sitting there on their own and you know what....it was awesome!! That is why we get together every week, not to sit there and listen to me but to support each other, encourage each other and just be there. We are already winners, regardless of what the scales read. Keep up the great work. Di.



My cat just cause there was space.

EXECUTIVE COMMITTEE

President: Di S

Vice President: Leonie J

Secretary: Daphne M

Treasurer: Tara N

Weight Recorder: Cathy P

COMMITTEE MEMBERS

Host: Gary S

Hostess: Pauline M

Newsletter Editor: Lynette T

Ass Weight Recorder: Chris P

DATES TO BE REMEMBERED

Board of Management Meeting	2 nd Friday of every month
<u>CONVENTION</u>	
Bookings open	On receipt of booking booklet
Cost of accommodation	\$265.00 per person
Day Visitors - Saturday	\$130.00 per person
Nominations for Rita Heath Competition Close	Friday 1 st September, 2023
Last date for cancellation with a refund.	Friday 6 th October, 2023
Final payment	Friday 6 th October, 2023
Raffle Tickets & Monies	Friday 6 th October, 2023
Medical Forms returned by	Friday 6 th October, 2023
Nominations for Qld vs Nsw, Individual and Post Graduate competitions close.	Nominations will be taken from entries send in for all competitions by Pat Taylor
Fancy Dress & Talent Quest	LETTER Q
Annual Convention	October 20 th – 22 nd
Office Orders must be in by	1st FRIDAY OF THE MONTH
Newsletter Articles must be in	by 2 nd Wednesday of the Quarter, March, June, September & December