

### Breast Cancer Care

Thank you to all our members who generously donated Money, Time and Bra's for our Breast Cancer Care Appeal.

We have had huge success this year...

**Bra Recycling:** This year was the first year the Bra Recycling was introduced and WOW what a response!

**We collected 32kilo's in Bra's which is 5stone!!!**

Thank you to everyone who kindly emptied their drawers, to those who asked friends and family and even co-workers to donate also. BCR Textiles has agreed to donate £1 for every One Kilo of bra's donated so we collected £32.00! The Bra's will be given to a Student Charity who will take them to Third World Countries and also a UK Homeless Charity who will make use of them.

**Raffle:** This was a huge success with so many of you buying your tickets. The draw has now been done so please see the notice board for winner's details and see if you were one of the lucky ones!

**In Club:** We had lots of things happening in the club during our 2 week Diary. Thank you to the following people who helped make it a success:

- o Pampered Chef: Who did a Cookery Demonstration and let everyone sample some of the gorgeous treats on display.
- o Tina's nails: Who kindly offered Free File and Nail polish for everyone.
- o Coffee Morning: Thank you to everyone who wore Pink and especially Susan Thirwell who donated some delicious cakes and Cupcakes.
- o Reflexology: Many Thanks to Michelle who pampered the lucky members who got an appointment, everyone really enjoyed it! We even have a few snoozers.
- o Dance Group: Toni-Leigh's Dance group provided some fun entertainment on the Circuit and showed us all a few moves!
- o Quiz Night: Was a great night, thank you to the members who came with their friends, we hope you all had fun!

**We raised £817.74 this year!!! FANTASTIC!!**

Once again a massive thank you to everyone who kindly

### Share Your Services...

#### Do you own your own business?

Here at Curves Timperley we are here to help. We offer a service where you can advertise *your* business to over 400 women on a daily basis for very competitive prices. Feature in our new members welcome pack and appear in our monthly newsletter

Within our business guide you will have exclusive coverage for your business, with our policy of one business per trade. This is an opportunity too good to miss so

### New Weight Loss Classes...

Curves Timperley are launching the brand new and improved Weight Management classes. Our registered Dietician Nadia Rodman has been working over the past few years on our new program and we are ready to get it started in Timperley.

Best of all the classes are

**FREE!!!!**

Please see the notice board for more details on how you can secure your place.

Places are limited to 20 per class and it is first come first serve. If you miss out on the first class then please add your name to the reserve list for the next one.

The classes will take place in the club so please see the notice board for dates of each class each month.

So if you need that extra helping hand on how to loose weight or you iust want to

## Christmas Opening Hours

**Christmas Eve:** 9am – 1pm

**Christmas Day:** CLOSED

**Boxing Day:** CLOSED

**Monday 28<sup>th</sup> Dec:** CLOSED

**Tuesday 29<sup>th</sup> Dec:** 10am – 2pm & 4pm – 7pm

**Wednesday 30<sup>th</sup> Dec:** 10am – 2pm & 4pm – 7pm

**Thursday 31<sup>st</sup> Dec:** 10am – 2pm

**Friday 1<sup>st</sup> Jan:** CLOSED

**Saturday 2<sup>nd</sup> Jan:** 9.30am – 1pm

The last workout will be 30 minutes before each closing time!  
Monday 4<sup>th</sup> January 2010: Open As Normal.



Results for the Month of Oct:

### **Top Weight loss/inches**

**1<sup>st</sup>:** **Claire Sandercock** -12lbs and -8.75 inches

**2<sup>nd</sup>:** **Nicola Dace** -9.50lbs and -12.00 inches

**3<sup>rd</sup>:** **Pat Fallon** – 6.50lbs and 7.25 inches

Well done also this month to **Michelle Howard** -6.50 pounds and -2.75 inches, **Jacky Robinson** -5.50 pounds and -7.50 inches and **Michelle Gallagher** -5 pounds and -2.50 inches.

### **Top Attendees:**

Well done to Janet Chamberlain, Jan Chadwick, Jackie Robertson, Pat Fallon, Margaret Graham, Sarah Chapman, Sacha Byrne and Janice Walton, who were the top attendees this month, with 18 (plus) workouts!

**The club's total weight loss this month was 144.00 Pounds (10st 4bs) and 149.50 Inches. Fantastic!!**

**Well done to everyone who got weighed and measured this month.**

### **Thought of the Month**

"To feel 'fit as a fiddle', you must tone down your middle."

*Author Unknown*

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## **Recipe of the Month**



Smoky beef stew

### **Ingredients (serves 4)**

- 2 tablespoons plain flour
  - 700g gravy beef, trimmed, cut into 3cm pieces
  - 1/4 cup olive oil
  - 1 red onion, chopped
  - 2 garlic cloves, crushed
  - 2 medium carrots, peeled, chopped
  - 2 small red capsicums, chopped
  - 2 dried chipotle chillies stems removed, finely chopped (see note)
  - 1/2 teaspoon Mexican chilli powder
  - 400g can diced tomatoes
  - 2 cups beef stock
  - 425g can red kidney beans, drained, rinsed
  - 2 tablespoons chopped fresh coriander leaves
- warmed flour tortillas, to serve

### **Method**

1. Place flour in a bowl. Add beef. Toss to coat. Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add half the beef. Cook, stirring occasionally, for 2 minutes or until browned. Transfer to a bowl. Repeat with 1 tablespoon oil and remaining beef.
2. Heat remaining oil in pan. Add onion, garlic, carrot and capsicum. Cook, stirring occasionally, for 3 minutes or until onion has softened. Add chipotle chillies and chilli powder. Cook, stirring, for 1 minute or until fragrant.
3. Return beef and juices to pan. Add tomato and stock. Bring to the boil. Reduce heat to low. Simmer, covered, stirring occasionally, for 1 hour 30 minutes or until beef is tender.
4. Stir in beans. Simmer, for 5 minutes or until beans are heated through. Remove from heat. Top with coriander. Serve stew with tortillas.

## **November Promotion**

From the 16<sup>th</sup> November all new members can Join and get the **Rest of the Year Free!!**

So tell all your friends, family and co-workers about our great deal and get them shaping up for Santa!

With just over 7 weeks to go, the countdown is on!!!



**Got a friend who wants to join in the fun?? Just get them to give us a call and soon they can be achieving great results.**