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Newsletter October 2010

October is Breast Cancer Awareness Month at Curves Goulburn

Breast Cancer Awareness month is one of the biggest events on the world-wide Curves Calendar and we are supporting this important event with a number of activities for you to enjoy.

- ♥ **The BCA Numbers Game** is always popular, simply buy a number for \$5 to be in the running to win! Only 100 numbers available so be quick to get your lucky number...\$250 goes to our Breast Cancer fund and \$250 to one lucky winner!
- ♥ **Decorate a Bra...** show your creativity and ingenuity with an entry in this fun competition. All entries will be displayed in the Club and then at the Curves Relay for Life camp. A People's Choice vote at Relay for Life will decide the winner. Decoration may be glued, stitched, painted or dyed and preferably non-perishable! Entry fee \$5 per bra.



- ♥ **Penny Wars** is on!!! War will be declared on October 18th and will continue until a truce is called at 10.30am on Saturday October 30th. Whose side are you on? "Awesome AMs" led by Marea or "Perfect PMs" led by Sandee? There will be sabotage and mayhem as both teams fight to win, 5c at a time so start saving your 5c pieces, get your family, friends and work colleagues to save them too. The aim: collect as many 5c coins as possible and sabotage the opposition with higher coins and notes. All 5c pieces have a positive value but anything higher has a negative value. The side with the highest tally wins! Full details in the club.

- ♥ **Girls Night In:** For *Girls Night In* this year we are supporting a n event being held at the popular *Green Grocer* venue on 20th October 2010



- ♥ At 6:30pm. A Guest speaker will be present on the night and lucky door prizes will be given. The night is held by Estelle Anderson.

Tickets are available at the desk.

This will be an interesting and fun night ... Get tickets early for you and your friends/family... this event sold out quickly last year.

- ♥ **Share this fabulous offer....** Each year Curves clubs around the world work to raise awareness and millions of dollars to beat breast cancer. This year we will waive the service fee for all new members from October 18th to 31st with proof of a mammogram or donation to the Cancer Council of Australia.

This is a fabulous offer and we want to encourage you to raise awareness and share this opportunity by telling your friends, colleagues and family about Curves. Any Curves Goulburn member who introduces a woman to us who then joins Curves will receive a gift pack (as displayed in the Club).



★ Birthday Stars ★

Congratulations to our October Birthday Star Kelsey Betts who completed 21 fabulous workouts during September. Best wishes for a **Happy, Healthy Birthday** to Kelsey and to all our October Birthdays.



Got your *Diane* magazine?

The latest issue of *diane* magazine has arrived, full of information, motivation and entertainment. Catch up with us for your monthly review (a.k.a. weigh & measure) and pick up your complimentary copy of *diane* magazine—your free Curves Members' magazine...

Relay for Life

It's not too late to join the team but if you can't be on the team then you can still help by sponsoring your fellow Curves members & staff at http://relay.cancercouncil.com.au/2010/goulburn_2010. The Curves Goulburn team is currently in 2nd place on the fundraising board with \$665.



Curvette applications

Last days to submit your application for Curvette of the Year. Entries close 15th October. More information in the club. Our coaches will be very happy to help you with your applications.

Curves is not for Sissies !!



Curves Not for Sissies Day was held for the first time in Australia on the 18th September. A group of Curves members and staff celebrated "Not for Sissies" day by donning "Not for Sissies" T-shirts and fronting up at Divalls truck depot to raise some money for Breast Cancer by washing trucks. Pictured is our group of **awesome** Goulburn (*not Sissies*) Curves women.

Recipe Corner

Chicken & Vegetable Pasta Salad



Number of Servings: 4
Preparation Time: 15 minutes
Nutrition Info: Calories: 266; Fat: 17g; Saturated Fat: 3g; Protein: 12g; Carbohydrates: 16g; Fibre: 2g; Cholesterol: 81Mg; Sodium: 790Mg

Ingredients

- 1 cup shell pasta
- 1 cup sliced black olives
- 1 cup chopped cooked chicken
- 1 cucumber, peeled & chopped
- 3 green onions, chopped into 2cm pieces
- 2/3 cup low fat Italian salad dressing
- 1 red capsicum, chopped
- 1/4 cup sunflower seeds (optional)

Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, cooked chicken, green onions, capsicum, olives and cucumber.

Pour dressing over salad and toss to coat. Chill for 2 hours before serving; sprinkle with sunflower seeds if desired.

Recipe from MyCurves.com

Survival of the Fittest

Competition Results

Congratulations to all our dedicated Survivors who put in the workouts that enabled them to stay "on the island" throughout September.

The winner of our Survival Pack, which included a free month's membership, was Kim Scott!!

The overall winner of the competition — and the fabulous holiday prize including swimming with dolphins — will be announced on the 9th of October and as soon as we hear it will be posted in the club.

It was wonderful to read all the testimonials that participants wrote about their Curves experience and personal achievements.

