

\$2,500 win gives day care mum her dream



Vicki receives her cheque from Chris Riotto, with her children Amy, Rachel and Justin.

VICKI REYNOLDS of Oberon was delighted to receive the congratulatory phone call from the Managing Director of the Australian Lending Centre, Chris Riotto, advising her that she had won \$2,500 in a competition run through the company website, www.australianlendingcentre.com.au.

Vicki, who has lived in Oberon all her life, contacted the Australian Lending Centre to source a competitive loan to

purchase a seven-seater car for her home-based business as the Family Day Care Mum. She wants to take the children she has in her care on outings and was just finding it too difficult without a large vehicle.

Vicki Reynolds is one of many people Australia-wide who have contacted ALC for help. "At Australian Lending Centre we are here to help," Mr Riotto said. "We are not a bank, we treat our customers

as people, not just numbers. We have helped more than 15,000 customers over the past 15 years. With a wealth of expertise and invaluable experience, our friendly team is trained in a wide range of lending services."

Mr Riotto said anyone seeking a financial solution tailored individual needs, could phone the Centre on 13 81 88 or visit our website at: www.australianlendingcentre.com.au.

Taking off the kilos



Anne McLennan with Weightwatchers leader Natalie Coles.

WHO said that the cold Oberon winter means it's impossible to lose weight? The determined Oberon Weightwatchers group of around 15-20 people, have had excellent success with both the POINTS weight loss system, which includes measuring portions of food, and the CORE program, which includes eating foods from a nutritious range of food.

The group meets on a Wednesday nights at 5:30pm at the Anglican Church Hall and together they have walked a total more than 650kms through cold weather and snow.

There is no more proof needed that the system works than the obvious results. Anne McLennan has had enormous success since beginning the program in March this year, having already lost 16 kgs. Anne said that she was surprised that the program worked as effectively as it did.

"People think that it's too hard to lose weight, but its not," she said.

Anne said that her program involved sticking to the daily POINTS system, walking around 3 kms every day and drinking a lot of water.

"If you stick to the program, you will lose weight," she said.

"You don't have to go cold turkey on chocolate if you really love it. You can still have it and fit it into your program as a treat,"

Anne said that the effectiveness of Weightwatchers is the accountability of the group, and in her words "having a lovely leader like Nat".

Anne said she believes that people have a preconception of what weight loss groups are like, but in reality the group encourages its members to lose weight for themselves and adopt nutritious eating habits.

"Weightwatchers is not just for older people, but for young people also,"

Anne said that what she has tried dieting before, but the difference of Weightwatchers in learning effective ways of eating properly for the rest of your life.

"It's more about adopting a healthier lifestyle," she said.

OPTOMETRIST OBERON OPTICAL

Patricia J Arthur (BOptom UNSW)

Mondays 9.00am - 4.30pm

Starting in September
Saturday mornings by appointment

72 Dart St, Oberon. Ph:6336 1627

Over 28 years optical industry experience!

PERSONAL OVERDRAFT & VISA DEBIT CARD



OFTEN BETTER THAN A CREDIT CARD

PLUS - CONVERT TO A PERSONAL LOAN LATER!



13 24 40

www.reliance.com.au
Call us for a quick answer!



This image and message are for information only. It does not constitute an offer of any financial product. For more information, please contact your local branch or call 13 24 40. Terms and conditions apply. © 2008 Reliance Credit Union. All rights reserved.