

# Success with Slimming World



**RESULTS:** Tracy Kedney became a consultant with Slimming World after her own success on the plan

I have always had to keep an eye on my weight as it fluctuated by half a stone or so and even after my two pregnancies I got back in shape. It was never easy and because I loved my food it was hard work.

In 2000 I gave up work to be at home with the children and slowly but surely the pounds crept on. I tried many times to lose weight but nothing seemed to work. I just gave up trying and the pounds turned to stones.

I really didn't like what I looked like and buying clothes was a nightmare. There are very few photos of me from this time because I avoided it at all costs and usually volunteered to take the photo's!

The final straw came last April, we had a few days of really hot weather but I just couldn't go out without a jacket or cardigan on. It was scorching, everybody was out in shirts and shorts, yet there was I covering up and sweltering.

In the past I had heard so much about Slimming World and the great success stories from my friends and family in Liverpool. I knew Slimming World had come to Ireland and there was a group near me so decided to give it a go. I was a woman on a mission and was so desperate I showed up for the group a day early! So still

not put off I went back the following day.

The plan just seemed too good to be true. Because I didn't have much faith in it working for me because of past experience I told nobody apart from my husband what I was doing. I had lost 10lb within the first 5 weeks and people began to notice, I felt good but didn't feel like I was dieting at all. The whole family could enjoy chilli con carne, spaghetti bolognese, roast dinners and lots more all done the Slimming World way. I knew then that I could do this for life and not as a quick fix.

As time went on the pounds were still coming off and the compliments were flying. Buying clothes this Christmas was amazing, everything I tried on fit me without a problem. I couldn't believe I was buying size 12. It's about 15 years since I was that size and I never dreamed I would ever wear a size 12 again.

I loved the plan so much I have just completed the latest training and am looking forward to helping lots more people with their weight issues. I have become a Consultant and have taken over a group in the Green Isle Hotel on Mondays from 9th April with sessions running at 9.30, 11.30, 3.30, 5.30 and 7.30. Please contact me on 085 712 5138 for further information.



Michael Whelan

Old Bawn resident and Tallaght historian, writer and poet Michael J Whelan has been selected to read at this year's Poetry Ireland Introductions Series - which will be staged in the Irish Writers Centre, Parnell Square, this May 24.

Michael, who will read from his collection of poems about his United Nations Peacekeeping service in Lebanon and Kosovo, has encouraged members of the public to attend the public readings.

A member of Virginia House Creative Writers Group and Platform 1 in Rua Red, Michael is the author of three publications and his poems and short stories have been published in literary magazines including The Moth, Cyphers and Crannog as well as newspapers and journals and he regularly contributes historical articles to magazines.

His literary achievements include being awarded joint second place in the Patrick Kavanagh International Poetry Prize 2011 and shortlisted in the Jonathon Swift Creative Writers Awards 2011 and the Doire Press 1st International Fiction and Poetry Award 2012.

Michael has described the Poetry Ireland Introductions Series as a great platform for local writers and has encouraged residents to support the readings on May 24 at 6.30pm.

Further details are available on [www.poetryireland.ie](http://www.poetryireland.ie).

# Poet's corner

**Gallopili** by Michael Whelan

*Today I stood above the Aegean Sea  
listening for echoes I could not hear.  
The silent tempo of the ground  
resonates still on unnatural landscapes.  
The zig-zag lines where dead men toil  
dug deep into blood smeared soil,  
buried now with their bones  
on beaches and gullies where once  
they fought the Turk,  
stormed the shores and hills as if thrown  
against the wind by Agamemnon  
himself.  
The silence bade me look towards Troy  
across the Straits from Helles.  
I still could hear no voice, nor thunder in  
the sky  
except the launching waves pushing  
ancient  
pebbles up the beach to rest,  
where once they drowned the hearts of  
men.  
Then behind me I could feel it,  
the noise of peace and echoes of war  
in a thousand monuments to the dead,  
stretched out in marching order.  
And there, watching me my shadow  
took on the specter of a ghost and  
spoke,  
'Like Hector I was the defender  
brave and virtuous - but of Irish stock,  
I am the soldier my country forsook.'  
And in response I said  
'I have come at last to pay my respects,  
I have come to take you home!'*

# minimarathon

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