

Modbury Meanderer

Editor—Jeanette Richards

Your new Committee

Well another AGM has been done and dusted. Several positions were up for election and your committee is now:
President: Graham
Vice President: Bill
Secretary: Robert
Treasurer: Chris
Committee Person: Carol
 Thank you for all the wonderful work you all do to make TTPMWG so successful



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Revisiting Emergency Procedures

Point 1

We need to reaffirm the exits where the Leaders and Committee will gather members and record their presence and safety.

The EXITS will be:

Lower level Out from Primo in the car park

This will incorporate the exits for : Primo, Subway and Woolies

Upper level In the car park between the Big-W exit and Just Specs exit and near the Footbridge

This will cover the exits for: Big W, JR Surf, Just Specs

Upper level In the under-cover car park near Millers exit

This will cover the exits for: Strand Bags, Millers, Harris Scarfe, Post Office

Leaders WILL NOT be at other points.

Point 2

Members must evacuate from any exit near to them as soon as the request is made over the PA System but we would prefer the above exits to be used.

Whichever Exit a member uses, the member **MUST MOVE TO MARSHALLING POINT AND** get their name checked off a list held by the Leader at one of the nominated points.

If members decide to leave the walk before 8.30am on any day they must advise a leader.

New Risk management policy will be distributed to all members once all points have been finalized.

Membership Form

It has been brought to the committee and leaders' attention that members may have forgotten what the clause on the membership form says. Every member has signed that when they joined:

I understand that Mall Walking Instructors and/or the Management Committee intend to take all safety precautions possible, including calling an ambulance in a critical emergency, but cannot accept any responsibility for loss or damage to personal property or personal injury. Accordingly I release Mall Walking Instructors and/or the Management Committee from all liability, which they would bear, in relation to the loss of or damage to, personal property or personal injury to me, sustained through my participation in Mall Walking.

Social Round up

August 11th Tuesday: Athelstone Football Club

Mid year Luncheon was a very good event. Food was wonderful and it was great that it was subsidized by the committee

Social Committee

I would like to again thank the outgoing Social committee for their tireless efforts over the last 12 months. As we have said on numerous occasions the group would not be as successful without our social outings.

The new committee:

We are very lucky that Keith and Shirley have decided to stay on and they have been joined by Trish Sharpe and Carol Van Kalken as a helper when needed.

Beach walk is on Sunday October 18th at Largs Bay. Names will be taken week of 29th September

Xmas Breakfast will be at Café Primo on Friday December 18th. More details next newsletter

End of year lunch will be on Thursday November 26th at Para Hills Community Club. More details later

Speakers

Friday 6th November—Laurie Eddie Re Scams

Birthdays

August: Marie, Joan, Pauline, Wendy, Janette, Jean, Carmel, Thea, Joan, Janet, Joy, Helen, Rexene, Bill, Roslyn, Bill

September: Joyce, Lorraine, Betty, Shirley, Wendy, Margaret, Bob, Yvonne, Patricia, Rosslyn, Ros, Hazel, Jan

October: Esther, Pat, Teresa, Kay, Margy, Pennie, Jean, Patricia, George, Colin, Bron, Bob, Janice, Fran, Janet, Shirley, Betty, Beth, Christine, Lynne, Tony

Also I would like to apologise to Margaret for forgetting her birthday at the end of July. Hope you had a great day.

Walking Cards:

10 walks for \$18

20 walks for \$30

Don't forget Carol is still collecting stamps for charity.

If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.

Coffee roster:

1st week of the month is downstairs

2nd week is downstairs

3rd week: Billy Baxters

4th Week: 42nd Street

Your Walking Group have available for members to hire - at very reasonable rates the following items:

BBQ and Gas bottle \$5

Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each

Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

Enquiries to Bill Devine.

A NURSE'S REPLY

This is a reply to the poem that was included in the previous newsletter.

What do we see, you ask. What do we see?
 Yes, we are thinking when looking at thee.
 We may seem to be hard when we worry and fuss,
 but there's many of you and too few of us.
 We would far more have time to sit by you and talk,
 to bath you and feed you and help you to walk,
 to hear of your lives and the things you have done.

But time is against us, too much to do -
 Patients too many, and nurses too few.
 We grieve when we see you so sad and alone,
 with nobody near you, no friends of your own.
 We feel all your pain, and know your fear,
 that nobody cares now your end is so near.

But nurses are people with feelings as well
 and when we're together you'll oft hear tell,
 of the dearest old Gran in the very end bed -
 And the lovely old Dad, and the things that he said.
 When we think of your lives, and the joy that you've had.

When the time has arrived for you to depart,
 you leave us behind with an ache in our heart.
 When you sleep the long sleep, no more worry or care -
 there are other old people and we must be there.
 So please understand if we hurry and fuss,
 there are so many of you and too few of us.

ONE-LINERS

1. A sharp tongue can cut your own throat.
2. If you want your dreams to come true. you mustn't oversleep.
3. Of all the things you wear, your expression is the most important.
4. The best vitamin for making friendsB1
5. The heaviest thing you can carry is a grudge.
6. One thing you can give and still keep is your word.
7. If you lack the courage to start, you have already finished.
8. One thing you can't recycle is wasted time.
9. Ideas won't work unless YOU do.
10. Your mind is like a parachute it functions only when open.
11. The Ten Commandments are not a multiple choice.
12. Sometimes we are so caught up in who's right and who's wrong, that we forget what's right and wrong.

Thank you to Pam O'Neill for providing these.

Tea Tree Plaza Walking Group

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Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



Distances—TTPlaza

Ground floor-400 mtrs
Top floor (including all exit areas) 1.5 km
Both top and bottom 1.9 kms
2 laps=3.8 kms
3 laps=5.7 kms
2 bottoms & a top 2.3 kms
3 bottoms @ a top 2.7 km
With renovations due to start soon, these distances will change again.
The manager says that it should not affect the walkers much at all.

AMAZINGLY SIMPLE HOME REMEDIES—(JUST KIDDING)

1. IF YOU'RE CHOKING ON AN ICE CUBE, SIMPLY POUR A CUP OF BOILING WATER DOWN YOUR THROAT. PRESTO! THE BLOCKAGE WILL INSTANTLY REMOVE ITSELF.
2. FOR HIGH BLOOD PRESSURE SUFFERERS ~ SIMPLY CUT YOURSELF AND BLEED FOR A FEW MINUTES, THUS REDUCING THE PRESSURE ON YOUR VEINS. REMEMBER TO USE A TIMER.
3. IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN YOU'LL BE AFRAID TO COUGH.
4. YOU ONLY NEED TWO TOOLS IN LIFE: WD-40 AND DUCT TAPE...
IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40.
IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.
5. IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.

Thank you

Thanks to all those who donated Cups/mugs for the bushfire victims BBQ in Victoria. They have enough now.
As mentioned at the AGM, over 500 trauma teddies have been presented to the Modbury Hospital—what a wonderful effort!