



Modbury Meanderer

Jeanette's Wish list

****Evacuation Rules****

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders. Leave by your nearest door & head to one of the points:

- 1 In carpark out from Millers
- 2 In carpark out from movie theatres
- 3 In parking area out from Jetty Surf.

Listen only to leader

- 1 Thou shalt always get a Doctors clearance before returning to walking if you have had a hospitalisation, major injury or illness that has resulted in you missing walking. We would not be taking due care if we did not insist on this.
- 1 Thou shalt notify Jeanette if your health or medication changes throughout the year. The other instructors will have copies of the forms with them at the sign in desk—please complete.
- 1 Thou shalt always sign in children, grandchildren, friends who accompany you on the walks. There is no charge but their names need to be on the list in case of a fire drill or evacuation.
- 1 If you see a coned off area it is there for a reason—please do not walk through it—there could be a dangerous situation in the area

I would like to thank all the wonderful instructors and committee for their great work again this year. To the walkers have a great Xmas and New Year and heres to another good one next year.

TRADE CORNER

Not enough time to do jobs around the house?

Home Maintenance, paving, retaining walls, flat packs, kitchen installation, stormwater—Phone Luke (Jeanette's son in law) on 0401001237. Email: havinga@internode.on.net

Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

For Sale:

Caravan 1987 Windsor 15ft
Twin beds, pull out awning
\$8000 Mary Schmidt
See Jeanette if interested

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Social Round up

Xmas Luncheon

Thursday 21st November 2013 Christmas Lunch at Modbury Hotel was a great success. Everyone said that the food and service was great. It was remarked to me that a couple who could not get a seat with their usual friends sat with another group, and had a ball. It really is a terrific opportunity to meet new walkers. Why not try it at the breakfast!

Xmas Breakfast

Breakup Breakfast at Café Primo on Friday 20th December 2013. Tuesday 17th December will be the last official walk for 2013 and will recommence on Tuesday January 14th 2014.

Australia Day breakfast will be on Monday 27th January at Thorndon Park from 8 am.

St Patricks Day March 14th at the Pius X Church at Dernancourt—more details later

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:

As the group is so big, we can not all get to sit in the one venue. Businesses who support the mallwalkers are:

- Café Combo
- Donut King
- Muffin Break
- 42nd St
- Michels

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.

Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

Enquiries to John Jarrad

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

Speakers

Speakers have not been booked in yet for next year. Is anyone interested in:

- Diabetes information
- Better Balance/falls prevention
- Healthy cooking for older people
- Retirement village information
- Any other ideas?

See Jeanette or Carol

Birthdays

December: Kevin, Dorothy, Max, Des, Pamela, Sylvia, Kay, Barbara, Natasha, Raelene

January: Lynette, Peter, Dawn, Ros, Doreen, Diana, Mary, John, Sharon, Glenys, Muriel, Ann, Jean, Carol, Kay, Marion, Joan, Barbara, Janet, Naomi, Ronald

February: Renata, Pam, Bob, Denise, Carmen, Mary, Sandra, Priscilla, Adelia, Shirley, Marj, Glenice, Judy

Recipes

VANILLA SLICE

LINE A DISH WITH ALFOIL, PLACE SAO BISCUITS IN DISH.
 IF YOU HAVE A 22CM SQUARE DISH. IT TAKES 3 ROWS OF 3 BISCUITS.
 MIX 1 PACKET OF COTTEES INSTANT PUDDING WITH 600MLS CREAM, PLUS 100 MLS OF MILK. ADD ICING SUGAR TO SWEETEN. (I DON'T FIND I NEED THIS) POUR OVER BISCUITS.
 COVER WITH A LAYER OF SAO BISCUITS.
 SPREAD A THIN LAYER OF ICING ON TOP. SET IN THE FRIDGE. BEST MADE DAY BEFORE

CHEESE CAKE SLICE

1 PACKET SCOTCH FINGER BISCUITS
 250GM CREAM CHEESE
 ½ CUP LEMON JUICE
 400GM CONDENSED MILK
 300ML CREAM

LINE BASE AND SIDES OF A DISH WITH FOIL. (I USE 22CM SQUARE DISH)
 COVER WITH BISCUITS
 BEAT CREAM CHEESE AND JUICE UNTIL SMOOTH. ADD CONDENSED MILK.
 WHIP CREAM UNTIL PEAKS FORM. STIR INTO CHEESE MIX.
 POUR OVER BISCUITS. SPRINKLE CINNAMON ON THE TOP IF DESIRED

KEEP COVERED IN FRIDGE. BEST MADE 2 DAYS IN ADVANCE.

MINI MERINGUES

1 Large egg white, 12 ozs icing sugar
 Cover microwave plate with baking paper. Lightly beat egg white, then sieve icing sugar over it. Stir well until you have a thick mixture, like soft fondant icing. You may have to add more sugar or beaten egg white to get consistency, but do so in tiny amounts.
 Roll into 8 balls, microwave on high for about 1 minute, watch them swell. Let them cool, eat as they are with whipped cream.

GREEN BREAKFAST SMOOTHIE

- 1/2 firm ripe avocado
- 1 ripe banana, sliced
- 1 kiwifruit, peeled, chopped
- Large handful baby spinach leaves
- 310ml (1 1/4 cups) low fat milk (cow, soy, almond, rice or coconut)
- 1/4 tsp ground cinnamon
- 2 tsp honey, 1/2 cup ice cubes

Place all ingredients in a blender and blend until smooth, thick and creamy. Divide between 2 glasses, serve immediately. Tip: try adding a tablespoon of protein powder for long lasting energy throughout the day.

This is for after you have eaten the recipes above!!!!!!!!!!

Tea Tree Plaza Walking Group

PO Box 530
Modbury SA 5092

Contact: Walk Leader
Jeanette Richards
Mobile: 0405630039
Email: jr829452@gmail.com
www.mallwalking.net

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



A big thank you to Frances Bedfords' office for the continued support & printing of the newsletter

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

Jokes

A man asked an American Indian what was his wifes name. He siad”She called five Horses”The man siad that was unusual. The old Indian answered It old Indian name—it mean she nag,nag,nag,nag,nag!

A new employee calls the help desk to complain there’s something wrong with her password. She says whenever she types the password it just show stars. Those asterisks are to protect you, said the help desk guy, so if someone is standing behind you they won’t be able to read the password. Yeah but they show up even when there is no-one standing behind me!

A lawyer boarded an airplane in Halifax with a box of frozen crabs and asked a blonde flight attendant to take care of them for him. She took the box and promised to put it in the crew's refrigerator. He advised her that he was holding her personally responsible for them staying frozen, mentioning in a very haughty manner that he was a lawyer, and proceeded to rant at her about what would happen if she let them thaw out. Needless to say, she was annoyed by his behaviour. Shortly before landing in Toronto , she used the intercom to announce to the entire cabin, "Would the lawyer who gave me the crabs in Halifax , please raise your hand?" Not one hand went up so she took them home and ate them. Two lessons here:
1. Lawyers aren't as smart as they think they are.
2. Blondes aren't as dumb as most folk think.