

Modbury Meanderer

Editor—Jeanette Richards

Christmas Breakup

This year the last walk will be on Tuesday 14th December.

As the breakfast is at 8 am on the 17th, there will just be a shortened walk—no roll, no fees. Walking will resume in the New Year on Tuesday January 4th.

Of course people may continue to walk over the holiday period, there will just be no instructors

**Merry
Xmas to
all**



HYDRATION

As we have now had a few days over 35 degrees I thought it was timely to talk a little about fluid intake.

Not drinking enough fluids can cause:

- tiredness,
- decreased muscle activity, and
- loss of concentration.

1. Drink fluids before exercise.
2. Exercise causes sweating, fluid loss and hence weight loss and this continues after exercise has finished particularly in hot weather.
3. We could lose half a kilogram (500grams) in weight on a warm day, mainly due to fluid loss, requiring fluid replacement of 750 mls.
4. In general, during and after exercise, drink enough to replace at least one and a half times (1.5 times) the amount of fluid (weight) lost during exercise (Smartplay and State Training Services information).

Thirst is not an indicator of dehydration. When you feel thirsty you are actually already dehydrated.

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Lions Xmas cakes

These can be purchased from Beth McKinnon again this year. Costs: 1.5 kg Large \$13.00, Small 1 kg \$10.00.

For Sale

Double wool 2 layer underlay; mini Jumbuck brand
Queen size 153 x 203 cm
Half price \$200 ono. See Bill Devine

Thank you

Thanks to all the instructors who have done a great job this year, the Committee and Social Club whose work is greatly appreciated.

Social Round up

Christmas Luncheon

This was held on Tuesday November 23rd at Para Hills Community Club. Food was lovely and plentiful!

Christmas Breakfast

Café Primo will host this again this year on Friday December 17 at 8 am. (last day of walking). Tickets will be pre-purchased this year costs:

Full BF Cereal, Hot buffet, Toast, Tea/coffee/juice	17.00
Light BF Toast, Pancake, Tea/coffee/juice	3.50

There will be a performance by a very famous group.

A little taste of whats on next Year:

19th April—Vili's
Adelaide Town Hall
Warrawong

Thanks to the Social Club for all their good work this year. It would be great if all recognised that without their commitment the events just wouldn't happen.

Speakers

8th February—Chris Muldoon (RSB)

8th April—Errol Chinner—Pt Adelaide cont.....

7th June—SA Police, Paul Bryant

5th August—Home sustainability

Birthdays

November: Betty, Barry, Geoff, Ken, Nancy, Heather, Bev, Jill, Mary, Keith, Sheelagh, Patricia, Lucy, Evelyn, Robin, Beryl, Kay

December: Jill, Val, Dorothy, Elizabeth, Naomi, Des, Joy, Chris, Pam, Sylvia, Kay, Elaine, Barbara, Bev

January; Lynette, Peter, Dawn, Ros, Doreen, Diana, Mary, John, Glenys, Annette, Muriel, Ann, Val, Mary, Jane, Carol, Kay, Marion, Barbara, Janet, Dorf, Naomi, Margaret

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: Your choice

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.

Revenge of the Mall Walkers

Sep 1, 2001 - © [Jenna Doscher](#)

Clad in nylon jogging suits, sneakers and fanny packs, squadrons of seniors are waking at the crack of dawn to mosey to their favorite shopping centers for a little exercise. Complete with committees, coffee and snapshots of the grandkids, a subculture of mainly elderly folk have invaded malls throughout America during the wee hours of the morning. The Mall Walkers (not to be confused with a Stephen King novel) take their daily jaunts seriously

This is not a new phenomenon. In fact when the first completely enclosed mall in the United States opened in the Minneapolis suburb of Edina in 1956, mall walkers turned up there almost immediately. Minneapolis doctors actually counseled patients recovering from heart attacks to exercise at the mall where they could avoid the danger of extreme temperatures.

With consumerism at an all-time high in the 1980's, mall construction skyrocketed. Coupled with America's obsession with weight, more and more people flocked to the nearest climate-controlled oasis. Older Americans especially enjoyed the safety and socializing the enclosed space provided. Today with over 1,500 malls in the United States, walking has become a serious sport to some as they fight for their right to...mall walk.

In a southwestern suburb of Chicago, one Evergreen Plaza tried to squash their mall walking legions back in February with a notice proclaiming: "The mall will no longer be available to walkers."

The man responsible for this lockout...a Mr. Bruce Provo, managing partner of a company that owns the mall, stated in his exile order, "We can no longer turn a blind eye to the realities of the world we live in." Some "realities" he referred to included walkers hogging prime parking, demanding free Christmas gifts and the dirtying of buffed floors.

Angry and frustrated, mall walkers united. Within days, news vans bombarded the mall, broadcasting interviews with the downtrodden walkers. The walkers even sent out a letter to many of the 125 merchants at Evergreen Plaza, threatening to take their business elsewhere. Local malls in the area lured shoppers away with promises of refreshments and meditation classes for their mall walkers.

Within a week, Provo crumbled and mall walkers were welcomed back to Evergreen Plaza. The seniors won the battle for climate-controlled strolls around The Gap and Mrs. Field's. And mall owners of America learned they can't mess with grandma.

I have reprinted this recipe by request as it is just so easy.

VANILLA SLICE—Warning, these are not low calorie, but yummy!!

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 TO MAKE 700 MLS. ADD ICING SUGAR TO SWEETEN (I don't).

POUR OVER BISCUITS.

COVER WITH A LAYER OF SAO BISCUITS.

SPREAD A THIN LAYER OF ICING ON TOP.

SET IN THE FRIDGE.

Tea Tree Plaza Walking Group

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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



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.

A Couple of funnies

Having served his time in the Marine Corps, a man became a school teacher, and before school started he injured his back. He was required to wear a plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't even noticeable. On the first day of class, he found himself assigned to the toughest students in the school. Walking confidently into the rowdy classroom, he opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he took a stapler and stapled the tie to his chest. He had no trouble with discipline that year.

Tongue in cheek

For centuries, Hindu women have worn a dot on their foreheads. Most of us have naively thought this was connected with marriage or religion, but the Indian High Commission in Canberra has recently revealed the true story. When a Hindu woman gets married, she brings a dowry into the union. On her wedding night, the husband scratches off the dot to see whether he has won a:

A - Taxi licence in Adelaide
B - Convenience store in Melbourne
C- Service station in Perth,
D- Kebab shop in Brisbane
E- Take away cafe in Sydney

If there is nothing there, he must stay in India and take a job answering telephones giving technical advice to Telstra and Optus customers in Australia.