



**P.O Box 530, MODBURY 5092**

Welcome to our Newsletter – **Issue 59 December 2020** - being the final one for 2020.

Many things have happened – fires, pandemics, lockdown and everyone affected within their area and families.

Brightness is being we are back and now using the Covid QR code if you want but also having your name marked off as usual. This is correct for compliance with the new Covid-19 requirement.

**HAPPY EVENTS:**

- Members who have or will be celebrating a special birthday in October, November, and December.
  - October – Carole Sangster 80 and Margaret Godfrey 80,
  - November – Janice Turl, Lorraine Hales, Nancy Marchant, Heather Ryan all 80, Sheelagh Ebert 85, Patricia Hincks and Heinz Gremmert both 90,
  - December – Lenore Hoffmann 75, John MacKenzie 85 and Barbara Sutter 80
- Christmas Luncheon – changed date but now on with about 50 attending (thank you Carol)
- Christmas Breakup Breakfast – 18<sup>th</sup> Dec, looking forward to this which will be well attended too.
- Return to Walking Tuesday 12 January 2021.
- Australia Day Breakfast – still to be confirmed

**VERY IMPORTANT NOTE:**

Bronwyn, Margy, Anne and Tania – what would we do without them! They want everyone to congratulate themselves for great cooperation and return to walking – which we all missed.

- Each of our registered fitness leaders have designated patrol areas for your safety:
  - One is downstairs
  - One between Cibo and Coles
  - One between Cibo, Big W and Myers

But – could our lovely Walkers please assist in the following to make their role easier:

- Keep them updated on your medical or physical changes that may impact you at walking please! They have spent hours updating the data base which is only as good as information they are given – for your safety.
- Members with complex health issues are encouraged to access **Medic Alert Bracelets**.

- Carry up-to-date list of health issue and medications, possibly using **St. John's Ambulance book** in your bag. Even have two lists of your doctor's prescribed medications on you – **1** for you and **1** for us.
- Maybe your Chemist has their own app. Install it on your mobile phone (if you carry one), it will list all your medications.
- **ICE (IN CASE OF EMERGENCY)** - have contact numbers on your mobile, for if you are unable to communicate **OR** a paper list in your bag.

#### **EMERGENCY EVACUATION PROCEDURES:**

If alarm sounds **prior to 8.30am** and we are required to evacuate the plaza, please leave via the nearest exit and make your way to:

- Undercover **carpark** outside the food court/**Woolworths**
- Carpark outside the **Big W** entrance
- Car park outside **Harris Scarfe** entrance.

A leader will be waiting in each area to check off all members and notify emergency services if anyone is missing.

This is why it is important to **check-in with a leader** even if you arrive late. If there is a Covid alert, an emergency or an evacuation and you have not checked in, the leaders will not be looking for you. If you decide to leave before 8.30am, let one of the leaders know. (after 8.30am you are on your own).

**WALKING GROUP TEE SHIRTS:** - please see Renata:

Ladies - \$20                      Men - \$20 (with pocket add \$5)

Members are also encouraged to wear a walking group tee shirt and badge as this identifies you as a walker and helps in an emergency. Westfield Management also like us when we walk around early as it aids in their security.

#### **WALKING AREA DISTANCES AT TTP:**

Ground floor – 400 metres.

Top floor (Inc. all exit areas) 1.5kms

Top and bottom floor lap – 1.9kms, 2 laps – 3.8kms, 3 laps – 5.7kms

#### **SPECIALS:**

The butcher on the ground floor which is under new management and now called SA GOURMET MEATS is happy to give members some discount on purchases at any time. The owner is Damian and just tell the staff you are from the walking group.

#### **FINAL NOTE:**

If you have any concern, questions or would just like to talk about things, please catch up with Bronwyn or Margy at walking.