

Modbury Meanderer

****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

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AGM 2012

Well another AGM has come and gone. A big thank you goes to the outgoing President, Graham who has been at the helm for the last 8 years. We will miss him and also the Vice President Keith, who has been very active especially at BBQ's. Lets hope we still see their happy faces around at mall walking.

Thank you to the incoming President—John JARRAD AND Vice President—Damien McMahon. No doubt they will receive help in the interim from the outgoing guys, and of course there is always me to help!

Thanks must go again to Hoyts who allow the walking group to use the Theatre.

Secretary: Rob Sharpe
 Ass Secretary: Jillian Buckerfield
 Treasurer: Bill Castle
 Ass Treasurer: Chris Mardon
 Committee person: Carol Van Kalken
 Social committee: Esther Jordan, Kay Morrison, Yvonne Castle (retiring)

Traders Corner

Michael Micallef electrical

No job too small and concessions available

Mobile 0433800695 Email micallef michael@ymail.com

Bricklayer—Murray McDonnell. All areas

Ph: 8341 0979 Mobile: 0402081247

Email: murraym2010@optusnet.com.au

Dressed for Success Melinda Hay

53 Hampton Rd Keswick

Ph: 8371 5705 Mobile: 0418910016

Email: melinda@dressedforsuccess.com.au

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Social Round up

September 11th Dolphin Explorer

Well a better day could not have been had! How good was the weather and I am told that dolphins were everywhere.

Beach Walk

To be held at Largs Bay on Sunday 21st October, all welcome. This is a free event. Names will be taken at the beginning of October.

Xmas Lunch

November 21st at The Windsor Hotel—more details to follow

Xmas Breakfast

Xmas breakfast will be on Tuesday December 18 at Café Primo.

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

- Donut King, Café Combo and Michels

2nd week is downstairs

3rd week: Upstairs—Cibo and 42nd Street

4th Week: Upstairs

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.

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

Speakers

November 2nd—Police Personal and property safety.

If you have any ideas for speakers for 2013 please tell Carol. She usually books them in January for the rest of the year.

Birthdays

Sep: Joyce, Lorraine, Damian, Shirley, Wendy, Margaret, Yvonne, Patricia, Rosslyn, Ros, Hazel, Jan, Pam, Judy

Oct: Esther, Pat, Teresa, Denise, Kay, Leslie, Margy, Jean, Pat, Audrey, George, Bron, Janice, Nelleke, Fran, Janet, Betty, Beth, Chris

Nov: Betty, Barry, John, Ken, Geoff, Nancy, Heather, Bev, Mary, Keith, Sheelagh, Patricia, Val, Lucy, Trevor, Evelynn, Robin, Heinz, Kay

Choosing a Healthy Future

WHAT IS HEAL™

The Healthy Eating Activity and Lifestyle program is a lifestyle nutrition and fitness program that supports people to develop healthier eating and physical activity habits.

HEAL™ offers a 2 hour group session for 8 weeks. The session will consist of 1 hour of gentle exercise and 1 hour of lifestyle education. One-on-one health consultations with a trained HEAL™ facilitator will be provided at the start of the program, after the 8 week program and at 5 and 12 months after starting the program. This will assess current fitness, plan an appropriate exercise program and measure and assist ongoing progress.

HEAL™ PROGRAM BENEFITS

The program is specifically designed for people who are not currently physically active, or only do a small amount of physical activity.

It can help you manage things like

- Weight
- Type 2 diabetes
- Heart disease (including high blood pressure or high cholesterol)

WHERE: Golden Grove Recreation & Arts Centre

WHEN: 10am—12pm on Wednesday's

COST: Free

Bookings are essential.

If you would like more information on how to join or for someone you think could benefit, please contact:

Nutrition Professionals Australia, ph 8227 1000

Healthy Communities, City of Tea Tree Gully, ph 8397 7396

*****This may be an opportunity for those struggling with their weight or a chronic condition like diabetes to take part in a free program*****



Tea Tree Plaza Walking Group

PO Box 530
Modbury SA 5092

Contact: Walk Leader
Jeanette Richards
08 8263 8158
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
With renovations due to start soon, these distances will change again.
The manager says that it should not affect the walkers much at all.

Funnies

A painter by the name of Paddy Murphy, while not a brilliant scholar, was a gifted portrait artist. Over a short number of years, his fame grew and soon people from allover Ireland were coming to him in the town of Doolin, County Clare, to get him to paint their likenesses.

One day, a beautiful young English woman arrived at his house in a stretch limo and asked Paddy if he would paint her in the nude. This being the first time anyone had made such a request, Paddy was a bit perturbed, particularly when the woman told him that money was no object; in fact, she was willing to pay up to \$10,000.

Not wanting to get into any marital strife, Paddy asked her to wait while he went into the house to confer with Mary, his wife.

In a few minutes he returned. "T'would be me pleasure to paint yer portrait, missus," he said "The wife says it's okay. "I'll paint ya in da nude alright . but I has to at least leave mesocks on so I has a place to wipe me brushes."