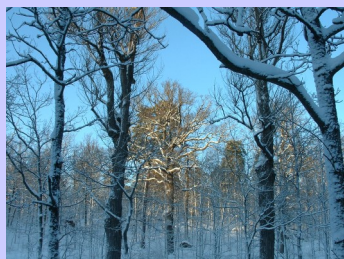


Modbury Meanderer

****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 Woolworths

Listen only to leaders



INSIDE THIS ISSUE:

Social round up	2
Speakers	2
Birthdays	2
MY Trip	3
	3
About TTPWG	4
Funnies	4

NEWS AROUND THE TRAPS

Well I was very lucky to miss such a lot of the rain and freezing weather. It was so warm and as we were exercising lots, we ran out of clean clothes—wonderful to do all the washing at Broome! But it sure is hard to warm up, even inside.

For all of you who have had to grin and bear it, make sure that you are looking after yourselves. I am still bringing in lemons and mandarins—great vitamin C. It is important to still drink plenty of water to flush out any bugs. Remember if you are not well, please don't come to walking—keep your germs to yourself, and rest and get over it more quickly.

T-Shirts

Remember if you would like a T-Shirt see Renata and she can order one for you.

Information sessions

The Best Vintage—Modbury Uniting Church, 576 Montague Rd 2-4 pm Wed 31st July. Dementia Australia—understanding of dementia and strategies for preventing and reducing risk
 For more info call Lyn 0421130788.

Para Hills Community Club (Salisbury Council 8406 8368)

- Planning Ahead – Advance Care Directives – Office of the Public Advocate
- Organ Donation – by Donate Life
- Independent Living Centre
- My Health Record – by Adelaide PHN

Call for more info

FOR SALE

Bob Battersby has sold his caravan and has a couple of items for sale.

Towing mirrors and caravan cover (suit up to 22 foot)

If you would like more information please give him a call on 0407717779

Social Round up

Investigations are continuing to see if we will have a mid year lunch and when and where it will be. Listen out for information.

We will discuss at the Committee meeting in a couple of weeks. We will also set a date for the AGM.

Walking Cards:

10 walks for \$18

20 walks for \$30

If you shred your paper take it straight to the pet shop at Elizabeth Shopping Centre. 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:

- Donut King
- Muffin Break
- 42nd St
- Perfect Cup
- Gloria Jeans
- Cibo

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

Small BBQ and Gas bottle \$10

Big BBQ—\$20 (\$50 bond)

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

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

Birthdays

Jun: Purita, Sigrid, June, Betty, June, Miranda, Jillian, Carol, Liz, Ian, Joyleen, John, Glenda

Jul: Anne, Jeanette, Carmel, Teresa, Mountaha, Wendy, Janet, Anne, Jessie, Pat, Anglea, Beverly, Kaye, Christine, Marlene, Jan, Sandra, Roger, Tom, Carol, Margaret, Des

Aug: Peter, Rob, Joan, Ruth, Pauline, Janette, Petra, Maxine, Thea, Joan, Janet, Helen, Bill, Roland, Danni

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

Margy and Bronwyn are marriage celebrants and can hatch, match or dispatch. They can also sign off on Advanced care directives, but this time needs to be booked as it takes about half an hour—cannot be done in walking time.

MY TRIP

Well of course the big news is that I came back! My manager at work had 5 weeks leave, came back on the Friday and resigned on the Monday! Decided that there were lots of things on his bucket list and he was not going to do them if he was still working. Good on him. We should all try and fulfil bucket list items whilst we can.

Dennis and I drove up through the Centre of Australia, stayed underground at Coober Pedy; visited Ayers Rock, the Olgas, Kings Canyon (what a great walk around the rim), Stanley Chasm, Ellery Big Hole and Simpsons Gap. Had quite an adventure with a hitchhiker who had to suspend his walk along the Larapinta trail—too long to tell here but ask me about it if you want a laugh. Really surprised by Alice Springs—clean, much bigger than I thought and plenty to do. From there up to Tennant Creek—not a good idea to stay at the main hotel in town on pension day—only time we were a bit frightened—not a place to go out at night!!

From there onto Katherine and the Kimberley. Wow how beautiful is Australia? The ride into the Bungle Bungles is as rough as they said it would be—if I had false teeth, I think they would have been knocked out of my mouth! But the glamping in the Wilderness lodge was amazing—Cathedral and Echidna gorges—beautiful and so different even though only 30 kms apart. Had my first helicopter flight over the bungle bungles—freezing with no door. Next bucket list item was Horizontal Falls in a small plane (landed on Cockatoo island—only about 1 km long very interesting on a windy day! 65 km boat trip to the amazing horizontal falls—we were lucky to be there on a 10.9 metre tide. In 5 hours it goes up and then drops back down. Lots of fun on the boat. Saw some people in rubber duckies off a cruise ship—very brave. We then returned to the island and flew over the same area we had been in the boat. Great to see it both ways.

Another bucket list item—camel riding on Cable Beach. I was very glad to see that they have a platform for us to climb onto then onto the standing camel—better for their joints. Ours was called The Professor and was a rescue camel (no gonads) and was rather portly—I could barely get my little legs around him ha ha! Another bonus was that all the women got a pair of pearl earrings.

We then went to Geike Gorge, near Fitzroy Crossing, the first of our gorges. The Ord River cruise was amazing—all day, reflections, crocodiles, scenery all beautiful, and then finished off with an amazing sunset. Then onto Katherine and our trip along the 3 gorges. They have had so little rain (only 300mls instead of usual 1000) that we could not swim in the pool at the base of the waterfall cos it had already stopped! Kakadu and the yellow river cruise was next. The number of beautiful birds we saw was fantastic, including the jabiru. What a wonderful restful paradise. On the way back we called into Nourlangie Rock where we saw the best aboriginal carvings ever, including the ones that were on the \$1 note.

Onto Darwin for the V8 race—fabulous, shaded large tents on a slope so nobody got in your way, free water and reasonable food. Next morning off towards Adelaide—12500 kms later we were home!

Tea Tree Plaza Walking Group

PO Box 530
Modbury SA 5092

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



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

A Vampires Bad Night

A vampire bat came flapping in from the night, face all covered in fresh blood and parked himself on the roof of the cave to get some sleep.

Pretty soon all the other bats smelt the blood and began hassling him about where he got it.

He told them to nick off and let him get some sleep, but they persisted until he finally gave in.

OK, follow me, he said and flew out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a huge forest. Finally he slowed down and all the other bats excitedly milled around him tongues hanging out for blood. "Do you see that large oak tree over there?" he asked.

"YES, YES, YES!!!!" the bats all screamed in a frenzy.

"Good!" said the first bat, "Because I didn't."

AM I getting to that age?

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walked over to me and asked, "What brings you in today ? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

TBC