

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

Listen only to leaders



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Nuclear meeting

Frances has asked us to advertise a meeting they are having to discuss the finding of the Royal Commission re the nuclear industry. Guest speaker will be Kevin Scarce.

Details:

When: Thursday March 17

Time: 6:45 pm—8 pm

Where: John 23rd Church, 50 Reservoir Rd

Phone: 8264 4482 to book

It is unfortunate that this meeting is the same time as the St Patricks Day dinner!

Easter

As there will be no walking on Friday 25th March, Easter eggs will be given out this Friday (18th) and also Tuesday 22nd. Please feel free to wear bunnies ears, tails, earrings or even a bunny suit if it takes your fancy!

Terry Trainor would like to thank all the walkers who attended Joys funeral and for the kind words and to the person who loaned the book "Fatal Shore" to Joy could they please ring him on 8396 0001 so that he may return it

Heard of "Hatch, Match and Dispatch"?

Well for any of these events you can count on **Bron** and **Margy** to plan and conduct a personalised ceremony.

We are **Authorised Civil Celebrants** and available for Weddings, Funerals, Naming Ceremonies, Renewal of Vows...or any other life celebration. **Bron** 0402 449 258 **Margy** 0409 133 465

Company Craft and Coffee Club's BIG MORNING TEA to be held on Thursday 26 May 10.30am to 12 noon at the Tea Tree Gully Uniting Church Hall Milne Road Banksia Park. For more details contact Renata Jarrad 82649393 or 0403001142.

Looking for a Handyman?

For all those jobs that you don't have the skills or time to complete; like gardening, paving, lawn installation, flat packs, painting or just general home maintenance, call **Luke on 0401001237**.

Social Round up

St Patricks Day dinner is on Thursday 17th March at st pius church hall, Avoca St Dernancourt at 6 pm.

Marion walkers Beach walk at Angus Neill Reserve, Esplanade, Seacliff on Sunday March 20th; free - just bring your drinks, plates, cutlery and chairs.

Mystery trip on 1st of April , cost \$59 per head includes morning tea and lunch.

Friday April 15- trip to Guan Yin statue, cost per head \$68 including morning tea and lunch.

Carol will be taking names from this week.

If you would like an entertainment book, please give your name and numbers to Jeanette.

Speakers

Tuesday 12th April—COTA Speaker Consumer Directed Care, which is about choices to how you would like to live as you age. This includes how to complete advanced care directives

Birthdays

Mar: Marian, Joan, Shirley, Michael, Sheila, Brian, Dawn, Pauline, Rosalie, Joan, Helga, Judith, Rosemary, Raelene

Apr: Jenny, alan, Edna, Carol, Bob, Susan, Robert, Nora, Ray, Terry, Christina, Alice

May: Ida, Geoff, Margaret, Anne, Iain, Ronda, Shirley, Helen. Shirley, Vicki

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
- Cocolat

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.

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

Mitchells Adventure (located 2nd level near Coles) is offering TTPWG members up to 10% discount. All they need to do is say they are from the walking group.

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.

Regrets

The top five regrets followed by excerpts from the book (**Source:**The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing).

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

"This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realize, until they no longer have it."

2. I wish I hadn't worked so hard.

"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence."

3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

4. I wish I had stayed in touch with my friends.

"Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again."

The reason I put this in the newsletter was because the walking group has recently lost a couple of "true fighters". These walkers both had cancer, and for more than 5 years each was determined to "beat" the disease. They were incredibly strong people with a will to live that saw them survive much longer than anyone thought they would. They endured terrible pain through countless rounds of chemo, but still they fought hard to stay alive. They will be remembered as proud and strong and positive til the end.

This brings me to the other side of this incredible bravery: people who have a condition/injury which is made worse with negativity; those who give up just because life gets a little hard; those who have arguments over petty little things which then divide friendships—what a waste of time!

My sermon is now over, obviously I have been thinking too long and hard recently, but just remember:

Every man dies. Not every man really lives. ~*Braveheart*

You live longer once you realize that any time spent being unhappy is wasted. ~Ruth E. Renkl

When your life flashes before your eyes, make sure you've got plenty to watch.

Tea Tree Plaza Walking Group

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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

FUNNIES

Mujibar was trying to get a job in India. The Personnel Manager said, 'Mujibar, you have passed all the tests, except one. Unless you pass it , you cannot qualify for this job.' Mujibar said, 'I am ready.'

The manager said, 'Make a sentence using the words **Yellow, Pink, and Green** . '

Mujibar thought for a few minutes and said, 'Mister manager, I am ready.' The manager said, 'Go ahead.'

Mujibar said, 'The telephone goes **green, green**, and I **pink** it up, and say, **Yellow**, this is Mujibar.'

Mujibar now works at a call center. No doubt you have spoken to him. I know I have.