

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

INSIDE THIS ISSUE:

Social	2
Speakers	2
Birthdays	2
Gout	3
	3
About TTPWG	4
Jokes	4

The Brain

Brain Plasticity

Dr Michelle McDonald, of Uni SA, emphasises the benefit to our brain of regular exercise and plenty of it. Serious exercisers apparently do better at learning new things, remembering things and problem solving.

Brain plasticity refers to the ability of the brain to change its structure and function in response to sensing, perceiving and learning. It was previously believed that the pathways and circuits in our brains are genetically pre-determined and essentially fixed. However, it is now well known that the brain has the ability to change, not only when it is developing from birth, but also in adulthood (Fast ForWord, 2011).

So guys keep up the exercise and don't be afraid to try something new.

Apparently ballroom dancing is great for balance, memory , burning calories and reconnecting!

Items for sale—

Antique Lounge Suite—fully restored 3 seater + 2 chairs \$700 ono
3 XL "A BRA" as seen on TV. Bought for \$99 sell \$30

LOGIC

A little boy was attending his first wedding. After the service his cousin asked him "How many women can a man marry?"
Sixteen the boy replied. His cousin was amazed—How do you know that?

Easy the little boy replied, all you have to do is add it up like the bishop said: 4 better, 4 worse, 4 richer, 4 poorer,

Social Round up

Beach Walk

This was another great event and didn't we turn on the weather. We had some very special guests from Germany who just thought it was a wonderful event. A big thank you to all the cooks and helpers—we couldn't do it without you.

Westfield Xmas Parade

It turned out a bit hotter than originally thought, so numbers were down a bit.. Those that walked enjoyed and some still managed to have some lollies left at the end.

Xmas Luncheon

Another great lunch was enjoyed by all.

Xmas Breakfast

Xmas breakfast will be on Tuesday December 20. The committee will make a decision about what form that will take on Friday.

I would like to take this opportunity to thank the social committee for the great work that they do. We really appreciate your efforts.



Have a great Xmas and New Year everybody. We will be thinking of those loved ones that we have lost this year, and to those who are ill at the moment, lets hope that you get better soon and are back with us in the New year..

Speakers

Carol will be putting next years program together soon, so if you have a speaker that you would like to see, please give her the details.

Birthdays

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

November: Betty, Barry, John, Ken, Geoff, Nancy, Heather, Bev, Mary, Keith, Sheelagh, Pat, Lucy, Evelyn, Robin, Heinz, Kay

December: Jill, Kevin, Dorothy, Des, Pam, Sylvia, Kay, Barbara

January: Lynette, Peter, Dawn, Ros, Doreen, Diana, Mary, John, Glenys, Annette, Muriel, Ann, Val, Jean, Carol, Kay, Marion, Barbara, Janet, Naomi, Margaret, Sharon

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.

Gout



Quite a few people have been complaining that they, or a friend have gout. Gout used to be something that men who drank too much alcohol got! But no longer.

- Gout is a common form of arthritis that affects about 70,000 people in Australia.
- It affects more men than women.
- Gout is the result of too much uric acid in the blood causing crystals to form around the joints.

Gout it is a common form of arthritis. The condition causes extreme pain in the joints – most often the big toe, feet, ankles and knees or less commonly the elbow, hands and other joints in the body.

Gout results from the build up of too much uric acid in the bloodstream – a waste product that the body normally rids itself of through the kidneys into urine. Although increased uric acid levels are usually due to the fact that the uric acid isn't being properly flushed from the body, some people simply have higher levels of uric acid in their body, a condition called hyperuricaemia.

Risk factors

Being overweight adds to the risk of developing gout as do the following lifestyle factors:

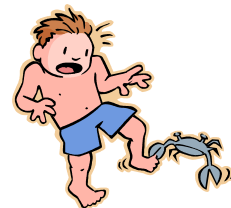
- Drinking too much alcohol.
- Not drinking enough water.
- Eating certain foods that promote levels of uric acid, such as yeast-containing foods.
- Trauma e.g. from undergoing surgery.
- The use of some diuretics which cause the retention of too much uric acid.
- Strict dieting.
- Hormonal changes.
- Consuming too much fructose.

How to prevent it

- Drink enough water to help excrete uric acid.
- Lose excess weight sensibly and gradually.
- Avoid certain foods advised by your doctor to reduce uric acid levels in your blood.
- Cut excess alcohol consumption.
- Increase exercise.
- Manage high blood pressure

Treatment options include:

- Pain relievers
- Anti-inflammatory medicine
- Colchicine
- Steroids
- Cortisone
- Resting the joints and ice packs applied to the area may also help



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

Some Irish humour

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.

The Irish have solved their own fuel problems. They imported 50 million tonnes of sand from the Arabs and they're going to drill for their own oil.

My mate's missus left him last Thursday, she said she was going out for a pint of milk & never come back! I asked him how he was coping and he said, "Not bad, I've been using that powdered stuff."

The police came to my front door last night holding a picture of my wife. They said, "Is this your wife, sir?" Shocked, I answered, "Yes." They said, "I'm afraid it looks like she's been hit by a bus." I said, "I know, but she has a lovely personality."

Two Irishmen find a mirror in the road. The first one picks it up & says, "Blow me I know this face but I can't put a name to it." The second picks it up & says, "You daft idiot it's me!"

Two Irishmen are hammering floorboards down in a house. Paddy picks up a nail, realises it's upside down & throws it away. He carries on doing this until Murphy says, "Why are you throwing them away?" "Because they're upside down," says Paddy. "You daft prat," replies Murphy, "save 'em for the ceiling!!"

Paddy's in jail. The Guard looks in his cell and sees him hanging by his feet. "What are you doing?" he asks. "Hanging myself," Paddy replies. "It should be round your neck," says the guard. "I tried that," says Paddy, "but I couldn't breathe."