

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

Benefits of walking in the morning

There was an article in the Advertiser the other day that said that a morning walk has far reaching benefits for your health. When we take a brisk walk in the morning, we are quickly activating our body's systems. Pulse rate rapidly increases, perspiration begins to flow, and we suddenly feel a level of alertness about ourselves and our environment. This improvement in mood may last throughout the day.

In no time at all, by moving your body in the form of a morning walk, you have taken yourself from lethargy to high energy. Circulation and hormonal balance improve while your'e feeling of mental sharpness and general refreshment skyrocket. The trick is that by using energy to exercise, we actually become more energetic

Studies show that by consistently walking in the morning at a brisk pace between three to four miles per hour, we **can reduce our chances of suffering from heart disease by as much as 40%.**

When we do go on a brisk walk, the activity makes our hearts work a little harder, and, as a result, this essential organ becomes fitter. Studies have shown that walking lowers the risk of a second heart attack after suffering from one. Additional benefits from walking include a lowering of blood pressure from the improved blood circulation that walking provides. Walking is a fantastic way to address high blood pressure, hypertension, heart attack and stroke risk because the activity strengthens the heart and generally improves cardiovascular health.

So keep up the walking!

COMMITTEE PERSON

Carol our long serving wonderful committee person has decided to resign from her position to concentrate on her health and wellbeing. She has been a tireless contributor to the mall walking group over more than 10 years and we would like to thank her for all her hard work. The group would like to ask if anyone would like to step up and take over the role. Please see John Jarrad if you are interested.

ANNIVERSARY

This Friday is the 18th anniversary of the mall walking group at TTP. What an amazing feat that the group is still going strong after all these years. People come and go , and some come back again, and some have been here from the start.

WELL DONE TO ALL!

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Social Round up

Australia Day Brekky

This event was held on Saturday January 26 and we had the best weather that we have had in years. We nearly had a setback when we had been told that we could not have the amplifier there, but we sang the national anthem anyhow—not very good but we made a valiant attempt! John will look into it for next year.

ST PATRICK'S DAY DINNER

Friday 15 March 2019; *Tea Tree Gully Uniting Church Hall*, 600 Milne Road, Banksia Park

Dinner 6pm - \$10

Please bring your own cutlery, plates, drinks and glasses.

Meal and cake will be provided .

****Please Note:**

This is an alcohol-free venue, but alcohol free wine or champagne OK*

Names and money from Feb 22

EASTER

Hard to believe that the next event after that will be Easter. We will have some Easter eggs on the preceding Tuesday and Friday. If anyone is looking for buckets or little bags for children or grandchildren, my daughter Elise may be able to help you out with the names of your choice. You can see me to order or go to the facebook or webpage: bwdesigns01.com.au

Marion Beach walk

Sunday 17th March 2019 **Time:** 10:00am onwards

BYO plates, cutlery, chairs, drinks, sunscreen

Names taken from Feb 22

Birthdays

Mar: Marian, Joan, Shirley, Coral, Joan, Michael, Sheila, Margaret, Brian, Dawn, Pauline, Joan, Helga, Judith, Rosemary

Apr: Jenny, Alan, Pauline, Carol, Nora, Betty, Terry, Christina, Alice

May: Ida, Geof, Anne, Pam, Ian, Ronda, Shirley, Helen, Shirley, Vicki

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.

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.

WORDS OF WISDOM -The World's six best doctors—Steve Jobs (co-inventor of Apple) died a billionaire at age 56 in 2011. This is from his final essay:

I reached the pinnacle of success in the business world. In some others' eyes, my life is the epitome of success. However, aside from work, I have little joy. In the end, my wealth is only a fact of life that I am accustomed to. I realize that all the recognition and wealth that I took so much pride in have paled and become meaningless in the face of my death. Material things lost can be found or replaced. But there is one thing that can never be found when it's lost - Life.

Treasure love for your family, love for your spouse, love for your friends. Treat yourself well and cherish others. As we grow older, and hopefully wiser, we realize that a \$300 or a \$30 watch both tell the same time. You will realize that your true inner happiness does not come from the material things of this world. Whether you fly first class or economy, if the plane goes down - you go down with it.

Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth, that is true happiness! Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not the price. Eat your food as your medicine, otherwise you have to eat medicine as your food.

The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and friends. Maintain them in all stages and enjoy a healthy life.

WINTER!!! These emails are from a dear friend who I have had the pleasure of knowing for about 25 years.

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise.. How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

Your kids are becoming you.....but your grandchildren are perfect!

You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

You miss the days when everything worked with just an "ON" and "OFF" switch..

You tend to use more 4 letter words ... "what?" ... "when?" ...???

What used to be freckles are now liver spots. Everybody whispers.

~But "Old" is good in some things:

Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!! Thanks Eileen.

Tea Tree Plaza Walking Group

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Contact: Walk Leader
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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

Blonde joke

Two sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock. Upon leaving with \$600, the brunette tells her sister, 'When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home.'

The brunette arrives at the man's ranch, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$599, no less. After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office, and says, 'I want to send a telegram to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home.'

The telegraph operator explains that he'll be glad to help her, then adds, it will cost 99 cents a word. Well, after paying for the bull, the brunette realizes that she'll only be able to send her sister one word. After a few minutes of thinking, she nods and says, 'I want you to send her the word 'comfortable.'

The operator shakes his head. 'How is she ever going to know that you want her to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her just the word 'comfortable?'

The brunette explains, 'My sister's blonde. The word is big.

She'll read it very slowly... 'com-for-da-bul.'