

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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10 Years of Tea Tree Plaza Mall walking

It is hard to believe that it was 10 years ago (in October 2004) that the mall walking group became an incorporated body and began in its new form.

A committee was formed and Graham Adams (god rest his soul) became the first Chairperson, and steered the group towards the future.

There have been quite a few people on the committee over the years, and several incarnations of the social club as well.

There have been many instructors on the books, loved us and left us, but Jeanette and Margy are still here, like it or not!

Some of our walkers have passed away, and some have moved on to new ventures, but we have a wonderful group of core walkers who are with us week in, week out.

Our coffee places have changed hands over the years and I don't think any of them are originals, but they still provide us with very reasonably priced coffees and teas and are very much appreciated. Peter Nutter, who owned the downstairs newsagency has just retired, but he had been a constant over the years, always with a smile and hello.

Some of the children who visited us regularly must be in their teens by now—it is great that we continually get a new crop coming along.

I think the most important part of the walking is the friendships that have developed and grown over the years. It means that singles are now able to travel, go to shows and the movies, and there is always someone to have a cuppa with and give comfort and support when it is needed.

The other constant in the life of the mall walkers has been Frances Bedford. Those who were not around when we had our somewhat turbulent breakaway to become TTP mall walkers, would not be aware of the huge part that Frances played in our formation, her level headedness and knowledge that she willingly shared.

She continues to support our group and always tries to attend our important functions (I do even believe that she almost arrives on time!! - just joking Frances). We hope you are there for a long time.

Well guys, here's to the next 10 years!

Watch this space for more on our 10 year celebration.

Social Round up

St Patricks Day Supper

What a great event. Lots of fun and food. A big thanks to all involved

West Terrace Cemetery

Tuesday June 3rd. Arrive by 10 am. If driving park near the "little House" and I don't mean the toilet! If taking the bus, M44 goes along West Terrace, get off at J1

Op shop Tour

Tuesday July 8. \$55 includes lunch and morning tea. Pick up will be across from the Council Offices (Karadinga) at 9 am.

As both of these are on a Tuesday, there is still plenty of time to walk first Money collected week starting 17th June.

Mid Year Luncheon

Friday July 25 at the Windsor Hotel at 12 pm.

3 course meal will be \$20

Money to be collected from July 7th

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.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

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

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.

Speakers

Friday 6th June - Royal Society of the Blind
It's a walking freebie

Friday August 1st—Debbie Adams from the Flying doctor

Birthdays

June: Judy, Purita, Sigrid, Judy, Betty, June, Miranda, Jillian, Carol, Sandra, Liz, Janet, Maija, Glenda

July: Anne, Jeanette, Wendy, Todd, Janet, Anne, Jessie, Helen, Rae, Beverly, Christine, Marlene, Roger, Tom, Carol, Margaret, Des

August: Peter, Rob, Peggy, Joan, Pauline, Janette, Petra, Thea, Joan, Helen, Rexene, Bill, Roland, Roslyn

How to stay well in winter

Boost your diet

Eating foods that are high in vitamin C will help keep your immune system strong, so include fruit and vegies such as lemons, kiwifruit, capsicum and broccoli in your weekly shop.

If you're struggling to get the recommended two serves of fruit and five serves of vegies each day, try juicing them. Nutritionist Zoe Bingley-Pullin recommends making juices that consist of two-thirds vegetables and one-third fruit. A blend of carrot, beetroot, spinach and lemon is a stress-busting combination that will boost your immune system.

Ensure your diet also includes plenty of lean meats, fish, poultry, low-fat dairy, legumes, wholegrains, nuts and seeds, and use lots of herbs and spices.

Exercise regularly

It's vital to keep your workout regimen up during winter, with a recent study showing that a moderate level of regular exercise has a long-term cumulative effect on immune response.

Lead researcher Professor David Nieman from Appalachian State University in the US reported that study participants who went for a brisk walk several times a week reduced the number of sick days they took by about 40 per cent.

"Regular aerobic exercise, five or more days a week for more than 20 minutes a day, rises above all other lifestyle factors in lowering sick days during the winter cold season," Professor Nieman says.

But don't go overboard. Overly strenuous exercise releases the stress hormone, cortisol, in the body, which can weaken the immune system.

Stay connected

Socialising helps strengthen your immune system by keeping you active and reducing your stress levels, so avoid the temptation to rug up on the couch all winter.

Invite friends over for dinner or host a games night, visit local museums and art galleries, wrap up warm and go for a walk in the park with your family or plan a cinema date with your partner.

Scrub up

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness as it limits the transfer of bacteria, viruses and other microbes, according to the Mayo Clinic in the US. This is important during winter when we tend to cough and sneeze more frequently. Wet your hands and lather up with soap for 20 seconds to help dislodge germs and rinse well under running water.

Sleep well

Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body.

Create a relaxing bedtime routine, such as listening to soft music or soaking in a warm bath. Avoid watching TV or using your computer just before bedtime and turn the lights down low an hour before you turn in for the night, as it will boost the release of melatonin in the brain.

Also try to go to bed and get up at the same time every day, even on weekends.

Tea Tree Plaza Walking Group

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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

Jokes

IF MY BODY WERE A CAR...

If my body were a car, this is the time I would be thinking about trading it in for a newer model.

Most of my moving parts could do with being oiled. I've got bumps and dents and scratches in my finish

And my paint job is getting a little dull .. It's difficult to start me, once I'm parked.

Sometimes I forget where I am supposed to be going. My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are all stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But that's not the worst of it: Almost every time I sneeze, cough or splutter, either my radiator leaks or my exhaust backfires!

*****My wife and I had words, but I didn't get to use mine. As if!***

A smile - is a sign of joy.

A hug - is a sign of love.

A laugh - is a sign of happiness.