

# 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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## **2016—An overview**

Well another year has gone by, and it is hard to believe that the mall walking has been going for almost 16 years in one form or another. This year saw several of our members who were with us from the start, pass away, and while it was very sad, I think the walking group should be proud that it provided those people with a caring environment, enduring friendships, and also a place for the partners to feel supported when they returned.

The group continues to grow, and the website provides information for those looking for an alternative to outside walking.

Thank you to our wonderful committee who give freely of their time to ensure the walking group functions well and in the black.

Thank you especially to the social committee, who put in such a lot of effort to ensure a myriad of social opportunities are available to the walkers. The social side of the group is just as important as the walking and I believe the reason why the group continues to be so successful.

An especially big thank you to Carol, who does such a lot for the group, not only as a representative on the social committee, but she follows up walkers who have not been for some time; sends cards to those who have been unwell, had a baby, lost a loved one or just need a pick me up. Invaluable!

And finally without the wonderful, knowledgeable, empathetic instructors, the walking group would not be the most successful of all mall walking groups!

**\*\*Last official walk for 2016 is Tuesday December 13—you are free to walk in Centre after that but will be unsupervised.\*\***

## **Christmas Tree Festival**

Christmas Tree Festival will be held on Thursday 24<sup>th</sup> November, Friday 25<sup>th</sup> November 9.30am to 8pm and on Saturday 26 November 9.30am to 6pm in the Tea Tree Gully Uniting Church Hall Milne Road Banksia Park.

Buy: Biscuits, Cakes Plants, Produce Homemade gifts & Crafts

Come and See: Decorated Trees, Nativity Scenes, Wall Hangings Floral Arrangements **Entry: \$2 Donation** Children under 12 Free  
 Enjoy: Morning/Afternoon Teas & Light lunches

## Social Round up

Beach walk was held on Sunday October 16. Despite the terrible weather about 50 or 60 tough (or was that silly) walkers braved the conditions and had a lovely lunch. It is the first time we have not been able to actually have a walk beforehand!

Harbour Town bus tour on November 21st. If you have not paid your \$10 refundable deposit, your name will not be on the list to attend.

Xmas lunch will be held at the Modbury Hotel on Monday November 28 at 12 pm. There will be 3 courses and the cost will be \$25 for members and \$30 for non members. Social Club will take names and money from Tuesday 15th November and finish on Friday 25th November. Please have correct money in an envelope.

Xmas breakfast will be held on Friday December 16 from 7:45 am. Cost will be \$15 for members \$18 for non members and \$5 for children. Names and money will be taken from Friday 2nd December.

## Birthdays

**Dec:** Kevin, Ursula, Max, Carol, Betty, Ray, Pamela, Barbara, Kay, Natasha, Raelene

**Jan:** Lynette, Peter, Dawn, Ros, Christine, Diana, Mary, John, Bev, Sharon, Glenys, Rae, Muriel, Ann, Jean, Carol, Pauline, Julie, Kay, Joan, Janet, Anne, Naomi, Ron

**Feb:** Renata, Kaye, Pam, Bob, Carmen, Mary, Sandra, Priscilla, Adelia, Brenda, Shirley, Bev, Marj, Glenice, Judy

### 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 Ingle Farm. 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

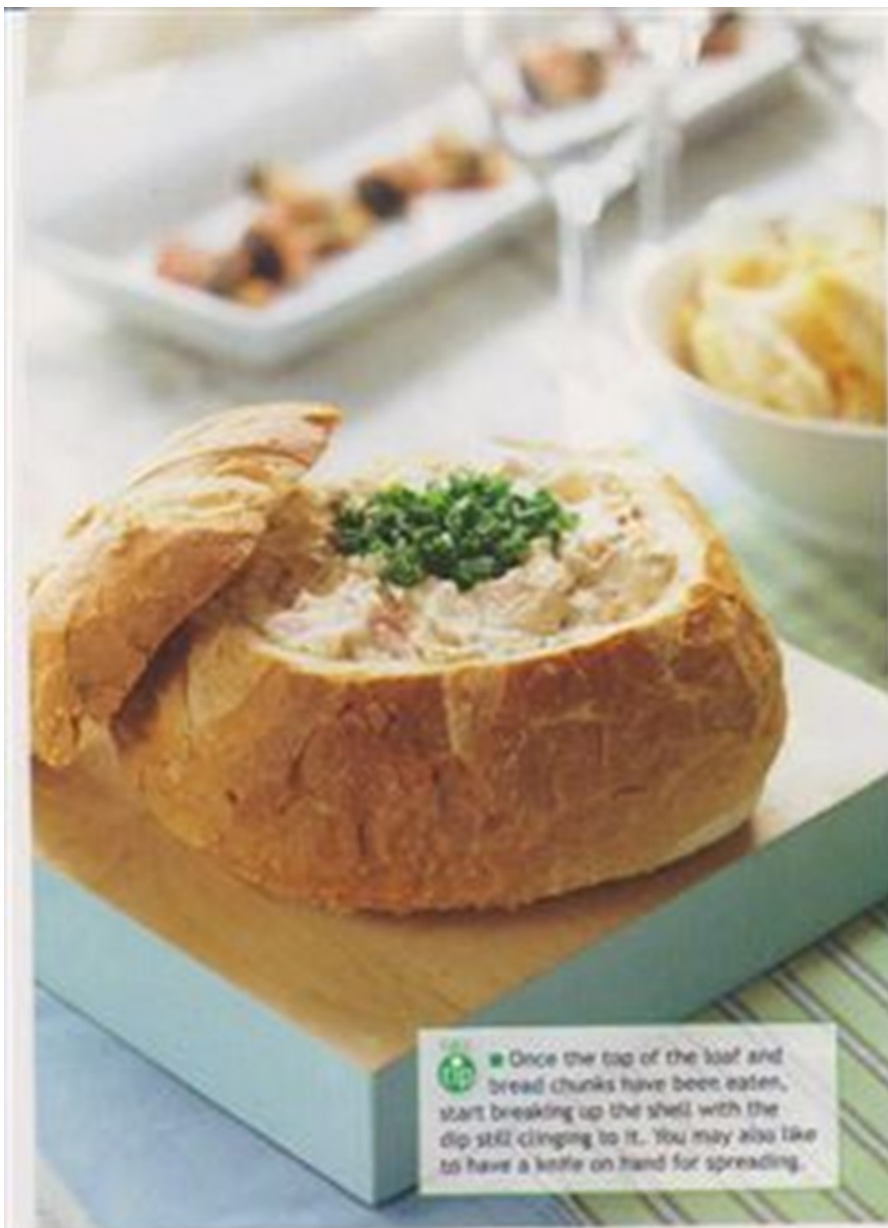
Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

Mitchells Adventure (located 2<sup>nd</sup> 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.

# COB Dip



**TIP** Once the top of the loaf and bread chunks have been eaten, start breaking up the shell with the dip still clinging to it. You may also like to have a knife on hand for spreading.

## Cobb Dip

Serves 8

Prep time 10 minutes

Cooking time 5 minutes

- 1 x 400g cobb or vienna loaf
- 500g light cream cheese
- 1/2 cup (95g) diced lean bacon
- 2 tomatoes, diced
- 1/2 small onion, diced
- 2 tablespoons mayonnaise
- 1 bunch chives, finely chopped

1. Preheat oven to 180°C or 160°C fan. Slice top off bread loaf and pull out chunks from inside to create a

shell. Place bread shell, top and chunks on a baking tray and bake for 5 minutes, until light golden, crispy and warm.

2. Meanwhile, place cream cheese in a bowl and microwave on high for 1 minute, until soft enough to mix. Heat a small frying pan on medium. Cook bacon for 2 minutes, stirring, until browned. Drain on paper towel. Add to cream cheese with tomato, onion, mayonnaise and half of chives.

3. Spoon dip into bread shell and top with remaining chives. Serve on a platter with bread chunks for dipping.

I Have retyped this as it was a bit small to read I thought!

This is a wonderful recipe from our Vice president Jillian.

She often uses the committee to try out new recipes and let me tell you we are willing victims! Jill added a bit of Sweet chili sauce to add a bit of bite.

Serves 8

Prep time - 10 minutes

Cooking time - 5 minutes

Eating time - very quick!

- 1 x 400g cobb or vienna loaf
- 500g light cream cheese
- 1/2 cup (45g) lean bacon
- 2 tomatoes, diced
- 1/2 small onion
- 2 tbsps mayonnaise
- 1 bunch chives, finely chopped

Preheat oven to 180 C or 160 C fan forced. Slice top off bread loaf and pull out chunks from inside to create a shell. Place bread shell, top and chunks on a baking tray and bake for 5 mins, until golden crispy and warm.

Meanwhile place cream cheese in a bowl and microwave on high for 1 minute until soft enough to mix. Cook bacon for 2 mins stirring til browned. Drain. Add to cream cheese with tomato, onion, mayonnaise & half of chives. Serve on platter with bread chunks for dipping. Once top and chunks eaten start on shell!

## 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

### FUNNIES

Paddy's in jail. The Guard looks in his cell and see's 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."

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!!"

Velcro — what a rip off!

A cartoonist was found dead in his home. Details are sketchy

Venison for dinner again? Oh deer!

Be kind to your dentist. He has fillings, too

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils.