

Modbury Meanderer

Editor—Jeanette Richards

RETURN TO WALKING

It is very important that walkers get a return to walking form signed by their medical or allied health practitioner, if away due to illness that resulted in hospitalisation, any surgery, or injury that is being treated by a physiotherapist/ chiropractor. This is very important for risk management and our public liability, and also it gives peace of mind to walk leaders. You can get this form from Jeanette. If you know you are having treatment/surgery, get it beforehand so that the practitioner can sign when they think you are ready to return to walking.

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WISED UP TO WALKING

Walking for two and a half hours a week can significantly improve memory problems in the over-50s, according to a new study.

The study, led by the newly-appointed Chair of Old Age Psychiatry at the University of Melbourne, Professor Nicola T Lautenschlager, was published in the international Journal of the American Medical Association last month.

The Fitness for the Ageing Brain Study, conducted over 18 months at the University of Western Australia, is believed to be the first in the world to demonstrate that moderate exercise can positively affect cognitive function. Professor Lautenschlager describes the results as very promising.

“We found the improvement in memory occurred not only during the six month trial but also six and 12 months after completion of the supervised physical activity program,” she says.

“We have known for a long time that exercise is a great way to improve cardiovascular health, but it may be that in future exercise can also be recommended to protect against the ageing brain.” “We believe this trial is the first to demonstrate that exercise can improve cognitive function in older adults at risk,” Professor Lautenschlager says.

“Unlike medication, which was found to have no significant effect on mild cognitive impairment, physical activity has the advantage of other health benefits such as preventing depression, quality of life, falls, cardiovascular function and disability.”

So keep on walking

Trading area

If anyone has any wool or “stuffing” so that the ladies can continue making their trauma teddies, please give to Dawn or Jillian. Dawn is also taking any old cards you may have.

If you are looking for a “fitness Strider” please see me and I will direct you to Joy who will give all details.

Social Round up

2009 Events

January 26—Australia Day Brekky Thorndon Park

Wow this could not have been a better morning! The weather was great and we had a terrific turnout. It was lovely to see some of our newer people take part.

A big thank you to all the guys who tirelessly cooked for the hordes. It was all very yummy and there was plenty of food

March 13—Bus trip Heritage Park Lobethal

Travel to Gumeracha—Morning tea, then travel to Melbas Chocolate factory, lunch at Hahndorf Old mill, free time; Travel to Lobethal markets

Cost \$46. Collecting money 21/2/09

April—Home theatre event. There may need to be 2 sittings due to limits on numbers

May—Warrawong Sanctuary—details to follow

Jun—Festival Theatre behind the scenes tour

Speakers

Friday 6th February Michael Butler Re Funerals

Tuesday 7th May -Bob Henschke Re Stories of old

Friday 5th June—Tom Hoey Re Fire safety in the home

August to be announced

Tuesday 8th September

Brenton Miegel— Re Wills power of attorney and guardianship

Birthdays

February: Renata, Lyn, Pam, Denise, Nancy, Mary, Sandra, Priscilla, Adelia, Shirley, Meri, Glenice, Judy

March: Marian, Shirley, Edna, Helen, Michael, Dawn, Jill, Pauline, Joan, Helga, Judith, Rosemary, Rae

April: Janet, Carol, Robert, Mavis, Joan, Meri, Janice, Jessie, Curt, Christina

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

2nd week is downstairs

3rd week: Billy Baxters

4th Week: 42nd Street

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.

TWO GLASSES OF WINE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 glasses of wine theory...

A professor stood before his philosophy class with some items on his desk in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'YES.'

The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things; your family, your children, your health, your friends, and your favourite passions; things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else; the small stuff.

If you put the sand into the jar first', he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the good things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18 holes. Do one more run down the ski slope. There will always be time to clean the house and fix the disposal. Take care of the golf balls first; the things that really matter. Set your priorities.

The rest is just sand.'

One of the students raised her hand and inquired what the wine represented.

The professor smiled. 'I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend.'

BANANAS

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. A banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

PS:

Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit !

Tea Tree Plaza Walking Group

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**A big thank you to Frances
Bedfords' office for the
continued support & printing of
the newsletter**

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
With renovations due to start soon, these distances will change again.
The manager says that it should not affect the walkers much at all.

VANILLA SLICE—Warning, these are not low calorie, but yummy!!

LINE A DISH WITH ALFOIL, PLACE SAO BISCUITS IN DISH.
IF YOU HAVE A 22CM SQUARE DISH. IT TAKES 3 ROWS OF 3 BISCUITS.

MIX 1 PACKET OF COTTEES INSTANT PUDDING WITH 600MLS CREAM, PLUS 100 MLS OF MILK TO MAKE 700 MLS. ADD ICING SUGAR TO SWEETEN.
POUR OVER BISCUITS.
COVER WITH A LAYER OF SAO BISCUITS.
SPREAD A THIN LAYER OF ICING ON TOP.
SET IN THE FRIDGE.

CHEESE CAKE SLICE

1 PACKET SCOTCH FINGER BISCUITS
250GM CREAM CHEESE
½ CUP LEMON JUICE
400GM CONDENSED MILK
300ML CREAM

LINE BASE AND SIDES OF A DISH WITH FOIL. (I USE 22CM SQUARE DISH)
COVER WITH BISCUITS
BEAT CREAM CHEESE AND JUICE UNTIL SMOOTH.
ADD CONDENSED MILK.
WHIP CREAM UNTIL PEAKS FORM.
STIR INTO CHEESE MIX.
POUR OVER BISCUITS. SPRINKLE CINNAMON ON THE TOP IF DESIRED
KEEP COVERED IN FRIDGE. BEST MADE 2 DAYS IN ADVANCE.