

# 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

## Handy Hints

Hull strawberries using a plastic straw.

Stop cut apples from browning by securing with a rubber band

Store bed linen sets in one of their own pillowcases

Make an instant cupcake carrier by cutting crosses in a box lid

Clean stains from tea cups with Sard Stain remover

### Pensioner Train Travel from only \$12!

SA Pension Travel Voucher—

Adelaide to Broken Hill \$12

The Ghan, Adelaide to Alice Springs \$143

Adelaide to Melbourne—\$39

Call 132147 or visit:

[Www.greatsouthernrail.com.au/concession](http://www.greatsouthernrail.com.au/concession)

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### Walkers Corner

FOR SALE

Pool Table, 8' x 4' Metal Frame, Slate Top

All Access + 2 sets balls, Wooden Cover

\$600 ono Ph: 8264 2467 Mbl: 0417 173 703

**Caking Mad** : Shop 7, 104 Elizabeth St Banksia Park for all your cake decorating needs. Phone 0437006258 Custom cakes made the old fashioned way.

**BITE Hair**—training Academy at Dewar Ave Ridgehaven. Cheap prices to have students cut, colour, perm your hair. Also massage and beauty treatments. See Jeanette if you are interested.

## Social Round up

### Beach Walk

With Marion—held at Brighton, on the Esplanade at

### St Patricks Day

Twilight chicken and salads. \$5 per head. 6:30 pm March 16 in Civic Park

### Mid Year lunch

Possibly Civic Park Restaurant—smorgasbord. More details to follow

### October—Dolphin cruise Details later

### Xmas Luncheon

Late November possibly The Windsor Hotel

### Xmas Breakfast

Xmas breakfast will be on Tuesday December 18.

## Speakers

April 3rd—Advanced Care Directives—how to get your affairs in order

May 1—Tanya King, White Lion for disadvantaged kids.

Jul—Continenence—The pelvic floor

Sep—TBA

## Birthdays

**February:** Renata, Pam, Bob, Denise, Nancy, Kaye, Mary, Sandra, Priscilla, Adelia, Shirley, Bev, Marj, Glenice, Judy

**March:** Marian, Joan, Shirley, Irena, Mike, Dawn, Pauline, Cheryle, Joan, Helga, Judith, Rosemary, Rae, Pauline

**April:** Jenny, Alan, Janet, Edna, Carol, Rob, Susan, Nora, Ray, Janice, Jessie, Curt, Christina, Audrey

**May:** Ida, Goeff, Margaret, Anne, Iain, Shirley, Joan, Helen, Shirley, Vicki, Graham, Max, Joyce, Lyn

### 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.

## SAFETY IN THE MALL

The incident which occurred on Tuesday 28<sup>th</sup> February involved 4 mallwalkers falling down the escalator. Some received quite nasty cuts and abrasions and severe bruising, but it was lucky that it was not more serious.

It highlights the fact that we all need to ensure that we are attentive whilst walking, especially around the escalators. Make sure that the feet are entirely on the steps, that you are holding the rail, and do not turn around to talk until after stepping off. If at all unsteady or unsure please take the lift.

The instructors and support team performed admirably, and the Security and ambulance were amazed at how calm the scene was when they arrived.

We wish all those involved a speedy recovery.

### FEMALE HEART ATTACKS

Women and heart attacks (Myocardialinfarction).

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack.. you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

'I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down. I hadn't taken a bite of anything since about 5:00 p.m. After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE gaining speed as they continued racing up and under my sternum (breast bone) This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening. I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment. I pulled myself up with the arms of the chair, walked slowly into the next room and dialed 000 and I unlocked the door and then laid down and waited for ambulance to come.

Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some anti-heartburn preparation and go to bed, hoping they'll feel better in the morning which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call 000 if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

**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**

**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.

**THESE REALLY WORK!! Just joking!**

AMAZING, SIMPLE HOME REMEDIES:

1. AVOID CUTTING YOURSELF WHEN SLICING VEGETABLES BY GETTING SOMEONE ELSE TO HOLD THE VEGETABLES WHILE YOU CHOP.
2. AVOID ARGUMENTS WITH THE FEMALES ABOUT LIFTING THE TOILET SEAT BY USING THE SINK.
3. FOR HIGH BLOOD PRESSURE SUFFERERS ~ SIMPLY CUT YOURSELF AND BLEED FOR A FEW MINUTES, THUS REDUCING THE PRESSURE ON YOUR VEINS. REMEMBER TO USE A TIMER.
4. A MOUSE TRAP PLACED ON TOP OF YOUR ALARM CLOCK WILL PREVENT YOU FROM ROLLING OVER AND GOING BACK TO SLEEP AFTER YOU HIT THE SNOOZE BUTTON.
5. IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN YOU'LL BE AFRAID TO COUGH.
6. YOU NEED ONLY TWO TOOLS IN LIFE - WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40.. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.
7. IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.