

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

Happy New Year to members on behalf of our Committee. We have had our first meeting for the year and want to keep you informed of our progress. On reviewing our budget we need to make you aware of the running costs associated with this incorporated group.

Your \$2 (Tuesday/Friday) session fee needs to cover a number of important areas: Insurance, Leaders wages, administration costs, as well as providing subsidised functions that are great for friendship such as Breakfasts, Beach Walk and when our budget allows, 'free' walks. We have been lucky to negotiate a reasonable price for a cup of coffee from the various outlets. But as with all things costs are increasing and we need to reconsider our economic outlook to cover all these enjoyable items.

The Committee also appreciates the assistance provided by Francis Bedford's office in printing the newsletter and our Welcome Pack and Tony Zappia's office for printing all the documentation for last year's AGM all which helps to keep our costs down.

Thus we may not be able to offer as many frequent 'free' walks and may need to consider an increase our daily walking fee. Whilst we have a healthy membership there are times when we all are not able to attend as often as we wish and this shows on our bottom line. With consistently high numbers of walkers each session so far this year our position is reasonably healthy. However, the Committee will continue to monitor the Group's financial position and to ensure that we do remain financially viable.

I am happy to discuss or answer any questions and to consider any comments or feedback members may wish to provide.

John Jarrad, President

INSIDE THIS ISSUE:

AGM	2
Speakers	2
Birthdays	2
What to eat before Bed	3
	3
About TTPWG	4
Jokes	4

Marion Mall walkers Beach Walk and BBQ

Sunday 30th March 2014

At Seacliff (Angus Neill Reserve). Walk starts at 10.00 AM

Bring your **CUTLERY & PLATES. CHAIRS, TABLE, DRINK, HAT, & SUNSCREEN.**

Food Supplied

Names will be taken from Tuesday 11th March

Social Round up

Australia Day Breakfast

As usual this was a great event, not even spoiled by the extremely hot weather. We were a bit more spread out trying to find some shade!

I do believe we are becoming more patriotic every year and it was great to have the sound system and good music! Thanks to Carmen

Valentines Day

Valentine's Day on Friday 14th February for Devonshire Tea at Strawberry Farm Kenton Valley. This was a terrific outing in spite of "the great flood" and the social committee will look at it being an annual event.

St Patricks Day Supper

St Patrick's Day Function is to be held on March 14th at Pius X Catholic Church Avoca Street Dernancourt. From 6pm.

Cost is \$8—byo drinks

Chicken Salad, Crusty Bread, Esthers Irish dessert, unlimited coffee

Last day to pay Friday March 7

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 7th Feb - Danielle Grant from Masonic Homes – This was not very well attended but those who did, said it was informative.

Friday 4th April - Colin speaking on Stroke Prevention.

Birthdays

March: Marian, Joan, Shirley, Irena, Michael, Sheila, Dawn, Pauline, Raelene, Rosalie, Joan, Helga, Judith, Rosemary, Raelene

April: Jenny, Alan, Janet, Edna, Carol, Robert, Susan, Nora, Ray, Janice, Jessie, Terry, Curt, Christina

May: Ida, Geoff, Margaret, Anne, Iain, Ronda, Shirley, Joan, Helen, Shirley, Vicki, Graham, Max, Joyce

What to eat before bed

From early birds to night owls, we all can agree that when we finally lay our heads on the pillow we'd like to actually go to sleep, thank you.

Nothing is more annoying than insomnia, and the evidence is piling up that sleep is essential for good health. Although the research is a bit spotty when it comes to which foods help or harm sleep, anecdotal evidence does suggest that certain items consumed right before bedtime are more likely to be "sleep promoters" while others may be "sleep stealers," says Russell Rosenberg, Ph.D., CEO of the National Sleep Foundation. Here's a list of potential good guys when it comes to getting some shut-eye.

BEST

Cherries

Cherries are one of the few natural foods to contain melatonin, the chemical that helps control our body's internal clock, says Keri Gans, a registered dietitian in New York City and author of *The Small Change Diet*. One study—albeit a small one—found that drinking tart cherry juice resulted in small improvements in sleep duration and quality in adults who suffered from chronic insomnia. (And travelers often take melatonin capsules to combat jet lag). Why not a few cherries, tart or otherwise, to promote sleep.

Jasmine rice

Jasmine rice ranks high on the glycemic index, meaning the body digests it slowly, releasing glucose gradually into the bloodstream.

A 2007 study in the *American Journal of Clinical Nutrition* found that consuming jasmine rice four hours before bedtime cut the amount of time it took to fall asleep in half when compared with eating a high-glycemic-index meal at the same time interval. The authors speculate that high-glycemic-index meals may up the production of tryptophan.

Fortified cereal

Carbs in general are good for sleep but it's not a great idea to binge on a box of cookies before bedtime (or anytime).

Instead, try a bowl of Kashi or shredded wheat which contain "good" or complex carbs. Even better, cereal goes well with milk which has its own sleep-promoting qualities. "That's two for the price of one," Rosenberg says.

Other complex carbs are quinoa, barley, and buckwheat.

Bananas

Bananas help promote sleep because they contain the natural muscle-relaxants magnesium and potassium, says Gans. They're also carbs which will help make you sleepy as well.

In fact, bananas are a win-win situation in general. "They're overall health promoters," says Rosenberg. "We need potassium for cardiovascular health and cognitive functioning."

Sweet potato

Sweet potatoes are a sleeper's dream. Not only do they provide sleep-promoting complex carbohydrates, they also contain that muscle-relaxant potassium.

Other good sources of potassium include regular potatoes (baked and keep the skin on), lima beans, and papaya.

Valerian tea

The root of the valerian plant has been shown in some studies to speed the onset of sleep and improve sleep quality. Some people hold that valerian tea along with motherwort, chamomile, and catnip brews, none of which contain caffeine, will help make you drowsy.

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



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

SCOUSERS JOIN FERRARI

The Ferrari F1 team fired their entire pit crew yesterday." This announcement followed Ferrari's decision to take advantage of the British government's 'Work for your Dole' scheme and employ some Liverpudlian youngsters. The decision to hire them was brought about by a recent documentary on how unemployed youths from Toxteth were able to remove a set of wheels in less than 6 seconds without proper equipment, whereas Ferrari's existing crew could only do it in 8 seconds with millions of pounds worth of high tech equipment. It was thought to be an excellent, bold move by the Ferrari management team as most races are won and lost in the pits, giving Ferrari an advantage over every other team. However, Ferrari got more than they bargained for. At the crew's first practice session, not only was the scouse pit crew able to change all four wheels in under 6 seconds but, within 12 seconds, they had re-sprayed, re-badged and sold the car to the McLaren team for 8 cases of Stella, a bag of weed and some photos of Lewis Hamilton's bird in the shower.

A woman was asked,

"When you are a ripe old age, and if you had to pick one, which would you choose: Parkinson's or Alzheimer's?"

This wise lady answered,

"Definitely Parkinson's -- better to spill half my wine than to forget where I put the bottle."