

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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Mall walking Personnel

I sometimes think too much about things, but I have made some observations at mall walking lately. There are some walkers who go above and beyond the call of duty, even when there is lots going on in their own lives.

1. One of those is Jillian, our Vice President. In most committees this is the desired position to have, as they don't usually do much—they are just in the wings in case the President is away or too busy. But not Jillian—she is involved in everything, from taking names for events, wrapping and naming gifts, making teddies, helping at events, and providing amazing supper for committee meetings.
2. Carol, our amazing committee person—probably does more than anyone else on the committee. She is on the social committee, organises events, takes names and money for these; organises her own events such as Melbourne Cup. She is the one who rings around for me to check up on people who haven't been for awhile. Carol also is the one who organises cards for those who are unwell, have lost loved ones or just need a pick me up.
3. The third person is not on the committee, but just does so much. I am talking about Renata (wife of John who also does lots but behind every man is a woman helping him). Renata does all the birthday cards, organises the T-shirts, gets cheap tickets for events, organises her own bus trips which walkers are welcome to attend and helps out at events—she has got more lists than anyone I know and juggles it all!

These people help a group to run as smoothly as it does, and if it wasn't for them there would be no social activities at all. Think about that next time your birthday is mistakenly forgotten, your name is not on a list, your meal is a bit late coming—if you can't say something nice don't say anything at all, or you might find that there is nothing happening!!

The instructors are also wonderful—their counselling skills are appreciated by many. Sometimes people just need confirmation that what they are doing is right, or some information that they have not been able to source. Instructors are here to help.

THANKS HEAPS FROM ALL OF US.

Good luck to Frances on her 20th Anniversary—we support you no matter what you decide to do.

New website hopefully will be up and running this weekend, Have a look and let me know what you think.

Social Round up

Escape Travel—Domestic and NZ.

Caffe Primo Tuesday 26th September—marked off from 7:15 am and talk starts at 7:30. They will provide coffee and cake.

Beach Walk at Largs Bay

Sunday October 8 from 10 am. Walk first, Food supplied. Please bring drinks, chairs, plates, cups, cutlery. Give name to Carol by Tues 3rd October

Melbourne Cup Lunch

Tuesday November 7 from 12 pm. ****Please do not come into Hotel before 11:45 am** If you have booked you will get a seat!**

Cost: \$55 for 3 courses, sweeps etc, Carol has the menu. To be booked and paid in full by November 3

Xmas lunch has been booked for Wednesday November 22. More details to follow.

End of year Brekky will be a Primo on Tuesday December 19 and last walk will be on Friday Dec 15. We will return to walking on Tuesday January 9.

SPEAKERS

None until next year—please let Carol know if you have a particularly good speaker and she can contact them.

Birthdays

Sep: Dorothy, Jan, Lorraine, David, Damian, Alison, Dianne, Shirley, Anda, Wendy, Margaret, Yvonne, Trish, Ros, Jim, Jan, Pam, Geoff

Oct: Esther, Kay, Betty, Leslie, Jean, Margy, Pat, Audrey, Bron, Joan, Cathy, Janice, Nelleke, Patricia, Fran, Janet, Margaret, Mary, Beth, Christine, Tony

Nov : Alan, Jan, Betty, John, Lorraine, Geoff, Nancy, Heather, Bev, Mary, Sheelagh, Patricia, Trevor, Evelyn, Robin, Heinz,

Walking Cards:

10 walks for \$18

20 walks for \$30

If you shred your paper 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:

- Donut King
- Muffin Break
- 42nd St
- Michels
- Cocolat
- Gloria Jeans

Your Walking Group have available for members to hire - at very reasonable rates the following items:
 Small BBQ and Gas bottle \$10
 Big BBQ—\$20 (\$50 bond)
 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 2nd 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.

Gut Transit time big indicator of digestive health

HELEN FOSTER, bodyandsoul Sunday Mail September 16, 2017

A lot happens to food in the time between you chewing it and its appearance out the other end. Every single mouthful has to make its way through your stomach and round the seven meandering metres of tubing that make up your small intestine, during which nutrients are absorbed and toxins are extracted. What's left then enters the 1.5 metres of the large intestine, where trillions of bacteria get to work extracting anything else useful that's left behind. Reactions that occur here also produce nutrients including vitamin K and other helpful compounds that we now know impact everything from our immunity to our mood.

"The gut is more than a mere food processing system and it needs time to do all its work on food effectively," Professor Kerryn Phelps, a leading medical academic and author of *The Mystery Gut*, says. It can take between 4 and 11 hours for food to pass into the large intestine (6 to 8 is average), and it will spend up to 70 hours there before being excreted (the average is 40) – the exact timing depends on your metabolism and what you've eaten, and it may vary day to day. The sum of these 2 figures is your gut transit time or GTT. Your own highly personalised piece of plumbing.

"Ideally it should be about 12-48 hours in total," nutritionist Despina Kamper says. "If food passes through faster than this you won't absorb the optimum number of nutrients; if it passes through much slower, too much water is drawn from the stool which makes it harder to pass, causing issues like constipation and associated concerns such as haemorrhoids or diverticulitis [inflammation or infection of the colon wall]."

But these aren't the only downsides – a group of Danish researchers recently discovered a slow transit time also affects the gut at a cellular level.

THE BACTERIA CONNECTION

Those trillions of bacteria that feed on the contents of the large intestine have a preferred fuel: carbohydrates found in the fibre we take in from wholegrains, fruits and veg.

As they consume these carbs they create healing by-products that fight inflammation and help restore the mucus layer that protects the intestine against toxins.

However, a slow gut transit time can have a negative effect on this process, as researcher Henrik Munch Roager from the National Food Institute at the Technical University of Denmark explains: "The bacteria run out of carbs to consume and start to feed on any leftover protein instead, which changes the by-products." So, rather than the bowel-restoring compounds, they instead generate by-products from protein degradation such as ammonia and sulphur compounds, which at high concentrations might damage the cells of the bowel directly. Even worse, the lack of dietary fibre also means the bacteria start to feed on the protective mucus layer of our intestinal cells, causing it to become thinner. This is problematic since a thinner mucus layer makes the intestinal cells more prone to DNA mutations, thus increasing the risk of developing colorectal cancer. Knowing and adjusting your gut transit time is therefore an essential part of maintaining good health.

HOW TO TEST YOUR OWN GTT

The length of a person's gut transit time depends a lot on their diet, but there are other elements involved. Diabetics, for example, often have slower transit times as high blood sugar can decrease sensitivity in the nerves that control bowel movements, and having an underactive thyroid slows many bodily functions, including the bowel. Regularly suppressing the urge to go to the toilet can also result in your bowel holding stools for longer. Women have a naturally lazier large intestine than men, while high levels of stress will speed up transit time in men and women.

The appearance of your poo can give clues about extremes of gut transit time – tiny nut-like pellets that are hard to pass signify a very slow transit time, while diarrhoea can suggest as little as 10 hours have passed between eating and evacuation.

Outside of these extremes you'll need to do a simple test to determine your own GTT.

"Simply eat 1 tablespoon of sweetcorn or a lot of beetroot and see how long it takes for you to notice corn kernels or a bright pink colouring in the stool," Kamper says.

"But don't just look once – you need to see how long that hangs around for. It might be that you see the first glimpses in a healthy 18 hours, but if you're seeing corn kernels 72 hours later then your bowel is still sluggish."

IMPROVING YOUR TRANSIT TIME

The results of your DIY digestive check-up will help reveal how you should react. Phelps says that a bowel that regularly moves too quickly needs to be checked by a doctor as there might be a medical cause – for example an allergy, intolerance, IBS, inflammatory bowel disease or long-term infection.

More common, though, is a sluggish bowel that needs help speeding up, and that can easily be tackled at home. It probably won't surprise you to learn that the number-one way to do this is to increase the level of fibre in your diet. Fibre actively speeds up how fast food moves through the gut. In fact, to reach the 25-30g of fibre recommended daily you'd need to eat two Weet-Bix with a pear (10g), three cups of vegetables (about 12g) and 1 or 2 cups of brown rice (3g each) daily – and that's a mix of high fibre sources. Most of us consume far lower fibre options. Hydration is also key as water makes up about 75 per cent of faeces. Water also swells fibre, increasing its ability to stimulate the gut wall.

Exercising speeds up gut transit time as well.

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



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

HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

Phillip Hewitson, an elderly man, from Norwich UK, was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light, but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" He said "No," but some people are breaking into my garden shed and stealing from me. Then the police dispatcher said "All patrols are busy. You should lock your doors and an officer will be along when one is available." George said, Okay." He hung up the phone and counted to 30. Then he phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well you don't have to worry about them now because I just shot them." and he hung up. Within five minutes, Six Police Cars, a SWAT Team, a Helicopter, two Fire Trucks, a Paramedic, and an Ambulance showed up at the Hewitson`s' residence, and caught the burglars red-handed. One of the Policemen said to Phillip, "I thought you said that you'd shot them!" Phillip said, "I thought you said there was nobody available!" Don't mess with old people!!