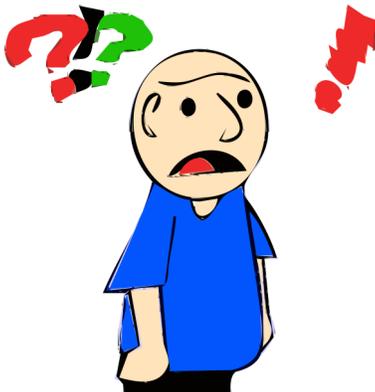


# Modbury Meanderer

## **\*\*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 Woolworths

Listen only to leaders



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## **The Drought**

Hi all, I have just come back from Broken Hill and Dubbo and seen the effects of the drought first hand. Broken Hill has had 22mm for the entire year. I never thought I would see kangaroos and emus walking the streets. My cousin is feeding and watering a pair every couple of days. From about Burra on the road kill was hard to believe—in some places they were on top of each other.

Families of goats roamed the roadsides, fighting for water and feed with the emus. Not sure what the kangaroos do. Road trains full of hay traverse the roads day and night trying to get to NSW to help those in need—one had rolled on a bend (those loads did not look too secure) - thankfully the driver was ok—not sure about the feed.

As discussed at the AGM, next Tuesday and Friday all monies collected from walkers will be given directly to farmers in need. If you have a card, can you please either donate or else not use the card, just for the week?

## **Handyman**

Have you got a list of odd handyman jobs to be done off your 'Things To-Do List'?

Elias (or 'Les') from Maintain Maintenance & Repairs has over 25 years experience. From changing tap washers, general repairs, minor carpentry work or metalwork, light fixtures, furniture/ goods assembly and many more. Message now for free after hours Quotes. 0458200921

Weekend work and pensioners discounts available!

Fees are quoted per job not per hourly rate.

## **RAWLEIGHS PRODUCTS**

These have been around for many years and have a great reputation. Antiseptics, muscle and joint pain salves, personal care products as well as aromatherapy and even gourmet spices. Dick Smithson, 8264 3166 can help you out with these. He will bring some along to mall walking.

## **For your information**

WALKING GROUP TEE SHIRTS

Ladies - \$20 Men's - \$20 If sewn pocket required add \$3.

Orders with money taken by Renata Jarrad.

## Social Round up

### Hello World:

Had their travel talk for Friday Aug 17 at 8 am. This was at the meeting room at Tea Tree Plus—about 45-50 people attended and the feedback was very good.

### AGM:

Tuesday 4th September—held at Primos Golden Grove, on the Golden Way at 7:30 am.

We were blessed with a full team of politicians attending (Blair Boyer and Tony Zappia) and as usual our wonderful patron Frances Bedford conducted the proceedings with aplomb, before she had to rush off to try and get Modbury Hospital working again! Good luck Frances!!

### COMMITTEE

**President:** John Jarrad

**Vice President** and vice secretary Jillian buckerfield

**Secretary:** Carmen Walker-Galpin

**Treasurer:** Bill Castle

**Backup Treasurer:** Dick Smithson

**Committee Person:** Carol Van Kalken

We will be having the CFS coming along end of October to present “How to be ready to evacuate” and other things.

## Birthdays

**Sep:** Dorothy, Jan, Eileen, Lorraine, David, Damian, Dianne, Alison, Shirley, Wendy, Margaret, Yvonne, Jim, Jan, Pam

**Oct:** Esther, Kay, Leslie, Margy, Pat, Audrey, Bron, Joan, Janice, Nelleke, Patricia, Fran, Janet, Margaret, Mary, Beth, Chris, Tony

**Nov:** Alan, Janice, Betty, John, Lorraine, Geoff, Nancy, Heather, Bev, Mary, Jill, Sheelagh, Patricia, Trevor, Evelyn, Robin, Heinz, Kay, Kathryn, Dick

### 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
- Cocolat
- Gloria Jeans
- Cibo

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.

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

Margy and Bronwyn are marriage celebrants and can hatch, match or dispatch. They can also sign off on Advanced care directives, but this time needs to be booked as it takes about half an hour—cannot be done in walking time.

## Resilience

If Gratitude is your top strength you are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express thanks. Gratitude falls under the virtue category of Transcendence which describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.

### Key Concepts

There are two types of gratitude:

- Benefit-triggered gratitude = the state that follows when a desired benefit is received from a benefactor.
- Generalized gratitude = the state resulting from awareness and appreciation of what is valuable and meaningful to yourself.

### Exercises for Boosting Gratitude

Write down three good thing that you are grateful for each day.  
Set aside at least ten minutes every day to savour a pleasant experience.”

### Overplaying and underplaying

If we underplay gratitude our focus tends to be more inward and more negative, and we can come across as selfish. Be careful of overplaying gratitude though, as you may appear gushy or insincere.

### MINDFULNESS

Mindfulness is about increasing our focus, engagement and openness. We advocate practising a form of mindfulness regularly, so that during times of stress or adversity we have the ability to focus on those things we can control, and take purposeful action.

While there are many types of mindfulness practice, we talk about two broad categories – informal and formal mindfulness. Informal practices are about savouring the moment, whatever you’re doing. Perhaps you’re walking, taking a shower or sipping a cup of coffee; informal mindfulness is about being present with that activity. Formal mindfulness, on the other hand, is about deliberately pausing your other activities and setting time aside to notice and observe what is happening within and/or around you.

People who do this regularly are better prepared for overwhelming or stressful moments, and can respond more effectively by asking questions such as “What can I control right now? What is most important? What can I change?”

The Womens Health Event today was amazing—Dr Fariba Willison gave an insight into womens issues and how easily many of them can be treated—and drugs are not always the answer.

Next newsletter I will have some more news on womens health issues, as well as contact details.

We learnt how to best use our assets as we age—what you can do with a scarf and a couple of safety pins. Make colour your friend (as well as good undergarments—hide a variety of sins!)

## 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

#### Theatre Seats for Pensioners

An old man lay sprawled across three entire seats in the theatre. When the usher came by and noticed this, he whispered to the old man, "Sorry sir, but you're only allowed one seat."

The old man just groaned but didn't budge.

The usher became more impatient.

"Sir, if you don't get up from there I'm going to have to call the manager. Once again, the old man just groaned.

The usher marched briskly back up the aisle, and in a moment he returned with the manager.

Together the two of them tried repeatedly to move the dishevelled man, but with no success.

Finally they summoned the police.

The officer surveyed the situation briefly then asked, "All right buddy what's your name?"

"Fred," the old man moaned.

"Where ya from, Fred?" asked the police officer.

With terrible pain in his voice, and without moving a muscle,

**Fred replied, "The balcony."**