

# 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

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## New Committee

The AGM is done and dusted for another year and the change to the constitution passed. This will mean that there will be an expectation that members will be regular walkers. Of course if there is a valid reason for a walker to be away for long periods of time, say for extended holidays or illness, hospitalisations etc , as long as they have notified Jeanette or another walker, and they have passed on this information there is no problem.

### Committee:

President:	John Jarrad
Vice President:	Jillian Buckerfield
Secretary:	Carmen Walker-Galpin
Assistant Secretary:	Jillian Buckerfield
Treasurer:	Bill Castle
Assistant Treasurer:	Chris Mardon
Committee Person:	Carol Van Kalken

**Social Committee:** Esther and Kay, Carol helper

\*\*TTP Management are talking about providing T-Shirts for walkers. Please let me know if you would wear it if that was the case, as it is not fair to get them and then not wear them\*\*

## TRADE CORNER

### Work Wanted

Home Maintenance, paving, retaining walls, flat packs, kitchen installation, stormwater—Phone Luke (Jeanette's son in law) on 0401001237. Email: [havinga@internode.on.net](mailto:havinga@internode.on.net)

### Michael Micallef electrical

#### No job too small and concessions available

Mobile 0433800695. Email [micallef michael@ymail.com](mailto:micallef michael@ymail.com)

### For Sale:

Caravan 1987 Windsor 15ft  
Twin beds, pull out awning  
\$8000 Mary Schmidt  
See Jeanette if interested

## Social Round up

### Beach Walk at Largs Bay

This year the walk will be on 13<sup>th</sup> October 2013 commencing 10am – BBQ is at the shelter shed on the left of the jetty. BYO chairs, drinks and tables if you need.

Names being taken for the next week—numbers needed to cater for the BBQ

### Melbourne Cup

Carol is taking names for this event to be held at Modbury Hotel. Cost is \$50.

### Xmas Luncheon

Thursday 21st November 2013 Christmas Lunch

Venue , costs etc to be confirmed. More information at a later date

### Xmas Breakfast

Breakup Breakfast at Café Primo on Friday 20<sup>th</sup> December 2013. Tuesday 17th December will be the last official walk for 2013 and will recommence on Tuesday January 7th 2014.

### **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 John Jarrad**

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

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## Speakers

Fri Nov 8—Sara Hennessy-Mead from Alzheimers

Carol has not booked speakers for next year yet, so if there is someone you would like her to contact, speak with her.

## Birthdays

**October:** Esther, Teresa, Kay, Leslie, Jean, Bronwyn, Pat, Audrey, Bron, Bob, Janice, Nelleke, Fran, Janet, Mary, Betty, Beth, Chris, Tony

**November:** Betty, Barry, John, Ken, Geoff, Nancy, Heather, Bev, Mary, Keith, Sheelagh, Patricia, Trevor, Evelyn, Robin, Heinz, Kay

**December:** Kevin, Dorothy, Max, Des, Pamela, Sylvia, Kay, Barbara, Natasha, Raelene

## Don't worry be happy

### Do things for others

Our generosity is hard-wired to the reward mechanisms in our brains. When we give our time, energy and kindness to others it not only helps them, it's also great for our wellbeing too.

### Family and Friends

When it comes to happiness, our nearest and dearest really matter. Research shows people who have strong relationships with a partner, family or close friends are happier, healthier and live longer. And it works both ways - for us and for them too

### Local Community

Connect and spread happiness in your local community

### Be a Happiness Activist

The research from positive psychology is very empowering. It shows that our actions can have a big impact, not only on our own well-being but on the happiness of those around us

### Keep learning new things

### Connect with people

### Take care of your body

### Notice the world around you

### Have goals to look forward to

### Find ways to bounce back

### Take a positive approach

### Be comfortable with who you are

### Be part of something bigger

### MEDICATIONS

I am determined that I will reach you all one way or the other! I still have some walkers who have not given me a **CURRENT list of their medications. People have said they have no changes but I want to make sure that I have the right information, so please give me a list of your medication as soon as possible. You can either email me or hand the info to me at walking. This info is only shared with the instructors so that we are best able to manage situations should they arise.**

Ta

**Tea Tree Plaza Walking Group**

PO Box 530  
Modbury SA 5092

Contact: Walk Leader  
Jeanette Richards  
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.

**Amazing**

How much did the Massachusetts Turnpike Authority pay the Ornithological Behaviorist to solve the problem???

Researchers for the Massachusetts Turnpike Authority found over 200 dead crows near greater Boston recently, and there was concern that they may have died from Avian Flu. A Bird Pathologist examined the remains of all the crows, and, to everyone's relief, it was confirmed that the problem was definitely NOT Avian Flu.

The cause of death appeared to be vehicular impacts. However, during the detailed analysis it was noted that varying colors of paints appeared on the bird's beaks and claws. By analyzing these paint residues it was determined that 98% of the crows had been killed by impact with trucks, while only 2% were killed by an impact with a car. MTA then hired an Ornithological Behaviorist to determine if there was a cause for the disproportionate percentages of truck kills versus car kills.

The Ornithological Behaviorist very quickly concluded the cause: when crows eat road kill, they always have a look-out crow in a nearby tree to warn of impending danger. The conclusion was that while all the lookout crows could say "Cah", none could say "Truck."

That, my friend, is the best piece of knowledge I will be passing out today!!!