

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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AGM SEPTEMBER 4 2015

Another AGM has come and gone. There were no changes to any of the positions but just in case you are unaware:

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, Kay and Carol

UPDATING OF DETAILS

We are nearly there! As you have all heard, this has been a long drawn out process, and just about all have had at least one change. It was very important to finally get these details correct, as for years that has not been the case. I apologise for being curt at times but it is extremely important that these details are right. Thank you for your cooperation.

Bits and Pieces

Company Craft and Coffee Club Bus Trip with Eureka Tours to Kadina/Wallaroo area .

Thursday 24 September 2015, all day trip, 8.15am to 5pm leaving TTG Uniting Church Milne Rd Banksia Park.

Cost is \$67 and includes morning tea at Salt of the Earth Café at Pt Wakefield, lunch at Coopers Alehouse Wallaroo

Visits to Kadina Keepsake Craft shop and Moonta Craft Co-op and Coffee Barn.

If you are interested in going contact Renata after 7pm by 15 September on 8264 9393

Do you live in a retirement village?

Would you like to have a wine tasting afternoon/evening in the comfort of your village, with the opportunity to purchase wines at wholesale prices.

If so contact Gavin Cook, Vine 2you 0409625642

Fran Gilbert is after a white wardrobe (2 door) in good condition. Her contact number is 8262 6491.

Social Round up

Xmas in July

Thursday 9th July

Walkers Arms Buffet from 12pm. \$15 per head

As usual a terrific array of food and if anyone went home hungry they were not trying hard enough!

Mystery tour

The mystery tour on 10th July was very good, even though there were only a few members who attended

Beach walk

This year the beach walk at Largs Bay will be held on Sunday 18th October.

Names will be taken from Tuesday 29th September.

Xmas lunch

This event is still in the planning stage and more details will come later

Xmas Breakfast

Friday 18th December at Café Primo. More details will follow.

Speakers

Friday Sept 25th—Pennie Taylor, dietician

October—tbc

Birthdays

Sep: Joyce, Lorraine, Jan, Damian, Shirley, Anda, Wendy, Margaret, Yvonne, Patricia, Sandi, Rosslyn, Ros, Jim, Jan, Pam, Geoff

Oct: Esther, Kay, Leslie, Jean, Margy, Pat, Audrey, Bron, Janice, Nelleke, Fran, Janet, Mary, Betty, Beth, Chris, Tony

Nov: Alan, Betty, Barry, John, Geoff, Nancy, Heather, Bev, Mary, Sandy, Sheelagh, Pat, Trevor, Evelyn, Robin, Heinz, Kay, Kathryn, Dick

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.

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.

The gut-brain connection

A recent article in [ABC Science](#) notes that stress and anxiety during childhood can adversely affect our gut health, which in turn affects our mental health as adults. This was discovered through research conducted with mice, which found that transplanting gut bacteria from mice stressed when they were young could encourage anxiety-like behaviour in some adult mice recipients.

In other research with human participants, reported in the Huffington Post, neurobiologists found that prebiotic supplements designed to boost good bacteria in the gut may have an anti-anxiety effect through altering the way people process emotion. Probiotics and prebiotics are now being studied for their potential reduction of symptoms of anxiety and depression.

Best ways to gut health

Probiotics and prebiotics are active components found in some foods and supplements, which can help to restore good gut bacteria.

Probiotics are found in fermented foods such as yoghurt, kefir, tempeh and kim chi. Prebiotics are found in food fibres that move through the digestive tract and feed the good bacteria.

Foods rich in prebiotics include:

- Onions, leeks and celery
- Bananas
- Garlic
- Green vegetables
- Wheat bran, rye-based breads, barley and whole oats



Reducing stress is also critical for keeping gut bacteria healthy – relaxation techniques, meditation, slow movement such as yoga and tai chi, exercise, time spent in nature, massages and bubble baths can all help with this.

How to build creative inspiration

- **Collaborate** Go on a journey with someone who is as different to you as chalk and cheese. I am inspired by the dialogue between two different bodies, two different minds, two different ways of expressing a single idea.
- **Observe** I observe my surroundings acutely – an animal in the city streets, a man in the wilderness.
- **Displace yourself** I am always inspired by things that are placed in an unfamiliar territory.
- **Find stories** I am inspired by stories of people, of communities, of different cultures, of new history that we are writing or forming. Mostly, I am inspired by children and their grandparents: the way their faces dance.
- **Let go** The subconscious part of myself creates far more interesting things than the conscious part can ever dream of.

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

An elderly gentleman....

Had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%
The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect... Your family must be really pleased that you can hear again.'
The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'
Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator.
On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'