

# 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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**Administration Matters**

Just making sure that walkers know that if they are away for a medical reason (other than a cold or gastro) they will need to get a clearance to return to walking. If you have a musculoskeletal injury, and are being seen by a physio then they can clear you to come back. Please don't return until you are fit enough. The return to walking form is on the website.

If you change medication, Doctor, get a new condition/injury or have a new person as your emergency contact it is essential that you let me know so that I can record that on file.

**AN APRIL DAY**

They sailed across the ocean, to a far off foreign land.  
 To a place we call Gallipoli, a little piece of sand.  
 That's where the Aussie diggers went, that's where they made their stand.  
 The rifles fired and the cannons roared, it put them to the test.  
 The diggers fought so bravely, for they were Australia's best.  
 But we will not forget those men, our children we will teach.  
 About the proud young soldiers, who fell upon that beach.  
 Now rest in peace brave ANZACs, wherever you may lie.  
 Across the lonely ocean beneath a Turkish sky.  
 Each April we will stand with pride, as the vets go marching past.  
 With the spirit of those ANZACs, for-ever more to last.  
 Let's bow our heads And we shall also pray,  
 for Australia's sons who gave their lives, So very far away.  
 And I guess that is the reason why, we have an ANZAC day. April 25<sup>th</sup>.  
 A poem by G Pudie, Kathy Brunners father

**For your information**

**WALKING GROUP TEE SHIRTS**  
 Ladies - \$20 Men's - \$20 If sown pocket required add \$3.  
 Orders with money taken by Renata Jarrad.

**CHRISTMAS TREE FESTIVAL**  
 Old birthday cards and old blown light globes wanted.  
 These can be given to Renata.

**Easter Gifts**

My daughter Elise is making some lovely gifts for Easter, especially for the grand kids; Special decorated Egg Cartons, Easter Buckets,. She also does decal designs to go on bottles, cups Photo above Let me know if you want more info.

## Social Round up

Australia Day Breakfast was unfortunately the first one that we had to cancel at Thorndon Park.

### Marion Beach walk and BBQ

**When:** Sunday 18th March from 10 am.

**Where:** Angus Neill Reserve  
Esplanade Seacliff (approx. 1.2 km south of  
Brighton Jetty

**What to bring:** Chairs, tables if required, hat, water, sweets  
coffee/tea, cutlery, cups

## SPEAKERS

In the process—please let Carol know if you have a particularly good speaker and she can contact them.

## Birthdays

**Mar:** Marian, Joan, Shirley, Michael, Sheila, Margaret, Brian, Dawn, Pauline, Joan, Helga, Judith, Rosemary

**Apr:** Jenny, Alan, Pauline, Carol, Susan, Nora, Betty, Terry, Christina, Alice

**May:** Ida, Geoff, Michael, Anne, Pam, Ian, Ronda, Shirley, Helen, Lorraine, Shirley, Vicki

**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
- 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.

Mitchells Adventure (located 2<sup>nd</sup> 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.

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.

## **DO YOU HAVE KNEES? ARE THEY BOTHERING YOU FOR SOME UNKNOWN REASON?** *An article by Daniel Jordan, LifeForce Physiotherapist*

This article just came across my desk and I thought it interesting and maybe useful.

Meet the hamstrings. They're a wonderful muscle group that are involved in almost every functional movement we make. They're excellent at keeping us from getting ahead of ourselves and keeping us well-grounded. But are your hamstrings doing the right thing by you and your knees? Read on, friend, and learn what (possibly) ails you!

Knees are a simple joint in that they essentially only bend and straighten (and can rotate a little). As such, the knee joint itself is usually not to blame when pain is experienced in the knee; the knee joint is stuck in the middle of the hip and ankle, with nowhere to run, and nowhere to hide. There are many other parts of the body that can contribute to knee pain, such as the ankles, the hips, calves, quadriceps, lower back and, you guessed it, hamstrings.

In this article we're going to discuss the role that the hamstrings have in correct and incorrect functioning of the knee joint, and how things can go wrong. We'll also talk about what you can do to begin to fix your knee issue.

### **THE ROLE OF THE HAMSTRINGS IN KNEE PAIN**

When the hip and the ankle joints are functioning correctly, there's seldom any reason for knee pain. If you read the previous section, you'll know that the hamstring plays a role in controlling all three of these joints (hip, knee and ankle), and so you can imagine how dysfunctional hamstrings could cause pain in one or more of these three joints.

In general, your muscles act not only to move joints, but also to stabilise them. The hamstrings are no different; they help to position the hip, knee, patella and ankle, so that everything works in perfect synergy. If they are tight, weak, imbalanced or any combination of the above, they will eventually knick-knacker your knees. They can have a direct effect, by causing misalignment, extra joint compression, increased joint strain, or increased ground reaction forces, or indirectly by causing other muscles (eg quads, glutes or calves) to work incorrectly and thus cause irritation and pain. In the short term, this can cause discomfort, and in the long term, it can cause more serious injuries such as, but not limited to: meniscal (cartilage) tears, patellofemoral (kneecap) pain syndrome, and bursitis (a bursa is a fluid-filled cushion - these are usually found at sites of friction).

### **HOW CAN I FIX MY KNEE PAIN?**

This information is general only, and obviously not applicable to everyone, depending on their actual needs.

If you have dysfunctional hamstrings, and therefore dysfunctional knees, you likely need an exercise program set up specifically for you to strengthen, loosen and improve the control you have over your hamstrings. Any physio worth their salt will tell you that solely treating the knee joint when there's knee pain will not be enough to help you meaningfully improve your symptoms or function.

## 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

### Some Funnies

**I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD".**

### **How to get into Heaven from Scotland**

I was testing the children in my Glasgow Sunday School class to see if they understood the concept of 'getting into Heaven'. I asked them, "If I sold my house and my car, had a big jumble sale and gave all my money to the church, would that get me into Heaven?" "NO!" the children answered.  
"If I cleaned the church every day, mowed the garden and kept everything tidy, would that get me into Heaven?" Again, the answer was a resounding "No!"  
"Well, then, if I was kind to animals and gave sweets to all the children, and loved my husband, would that get me into Heaven?" Again, they all answered "No!"  
I was just bursting with pride for them. I continued, "Then how can I get into Heaven?"

A six year old boy shouted, **"Yuv got tae be dead"**