

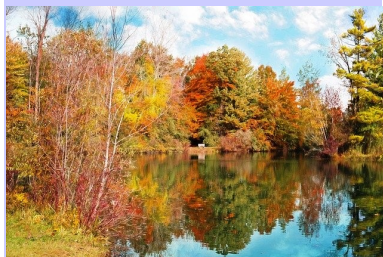
Modbury Meanderer

****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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Climate Medicine.

A local General Practitioner, Dr Kate Wylie, has established a website (the website link is listed below) that has some useful information about climate medicine that may be of interest to some members of the TTP walking group.

As well as succinctly addressing the increasing detrimental health aspects, the website provides some insights regarding the causes of the increased rate of climate change.

Dr Wylie has recently presented short informative talks, followed by an interactive question time, on Climate Medicine at the TTG Civic Centre library.

If you think it may be worth having Dr Wylie present to TTP walkers, please indicate your interest and a representative of the TTP walking group will make further inquiries.

<https://www.climatemedicine.net/about-1>

After the horrible fires, I received this from a friend and thought it was worth passing on.

I love a Sunburnt country, a land of sweeping plains.
 But I've gotta tell ya mate, I like it better when it rains.
 The countryside is dying and there's just no end in site,
 and just to rub salt in the wounds, the bush has caught alight.
 The landscape is on fire from Brisbane to the Gong
 And everybody's asking "where the hell did we go wrong?"
 But we can get through this one if we help each other out,
 take care of your neighbour, that's what Aussies are about.
 The rain is going to fall again, the good times will return.
 But living in Australia means at times it's going to burn.
 So if you need a helping hand, just give a mate a call.
 We're all here to help you out and catch you when you fall.
 The RFS, the SES, the firey's, and police,
 all put their lives upon the line to help to beat this beast.
 So hats off to these heros and thanks for all you do
 And I hope when this is over, we can make it up to you!

Thanks to all who gave generously to the bushfire appeal. Our last donation of \$300 went to the Tea Tree Gully CFS

We also received a letter of thanks from Prue O'Donovan for the generosity from our knitters.

Social Round up

Marion Beach walk and BBQ

When: Sunday 15th 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

Names being taken now if you would like to attend. Friends welcome as long as their name is on the list.

St Patricks Day Lunch

When: Monday 16th March from 12 pm

Where: Highercombe Golf Club

101 Paracombe Rd

Cost: \$20 for members (subsidised by committee)

This is looking like being a great event. Rob Wain has done a great job (and he has got a couple of others helping out as well) to get some really good raffle presents, including a voucher from Caffe Primo.

If you would like to go on the Des's bus it will be \$15 for both ways.

Names and money being taken for both now.

Birthdays

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

Apr: Pam, Jenny, Alan, Pauline, Carol, Nora, Betty, Terry, Christina

May: Ida, Geof, Anne, Pam, Ian, Ronda, Shirley, Helen, Shirley

Walking Cards:

10 walks for \$18

20 walks for \$30

If you shred your paper take it straight to the pet shop at Elizabeth Shopping Centre. 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
- Perfect Cup
- 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.

Strength training can help protect the brain from degeneration 11 February 2020

Brawn can be good for the brain in at-risk older people

For the first time, an intervention - lifting weights - has been able to slow and even halt degeneration, over a long period, in brain areas particularly vulnerable to Alzheimer's disease.

Researchers have found that six months of strength training (lifting weights) can help protect brain areas especially vulnerable to Alzheimer's disease up to one year later.

The team, led by researchers at the University of Sydney, conducted a clinical trial for older people at high risk of Alzheimer's disease due to mild cognitive impairment.

Mild cognitive impairment involves a decline in memory and other thinking skills despite generally intact daily living skills, and is one of strongest risk factors for dementia. People with mild cognitive impairment are at a one-in-10 risk of developing dementia within a year.

The message is clear: resistance exercise needs to become a standard part of dementia risk-reduction strategies. Professor Michael Valenzuela

The long-term study found that strength training led to overall benefits to cognitive performance, benefits linked to protection from degeneration in specific subregions of the hippocampus. The hippocampus is a complex structure in the brain with a major role in learning and memory.

The hippocampus subregions targeted by the strength training were those especially vulnerable to Alzheimer's disease. In the control condition, where no strength training was undertaken hippocampal subregions shrunk by 3-4 percent over the 18-months, whilst those undergoing strength training saw only 1-2 percent reductions, and in some areas, none at all.

Strength training is a type of physical exercise that requires repetitive contraction of the major muscle groups against an opposing force, typically a free weight or using gym equipment. Participants in this study did supervised strength training for just 90 minutes in total each week, over two or three weekly sessions.

"Our research shows that strength training can protect some hippocampal subregions from degeneration or shrinkage for up to 12-months after the training has stopped," Dr Broadhouse said.

"Hippocampal segmentation is difficult because the borders between structures are sometimes unclear and even anatomists will debate where to draw the line, so we restricted our analysis to those subregions where the data is consistent," Dr Broadhouse said.

"This is the first time any intervention, medical or lifestyle, has been able to slow and even halt degeneration in brain areas particularly vulnerable to Alzheimer's disease over such a long time," said Professor Valenzuela, from the [Sydney Medical School](#) in the [Faculty of Medicine and Health](#).

"Given this was also linked to protection from cognitive decline, the message is clear: resistance exercise needs to become a standard part of dementia risk-reduction strategies," he said.

What a wonderful recommendation for Strength for life. If anyone wants more information about attending a class at one of the 105 SFL sites across SA please see Jeanette

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

The American Navy Cook.

An Admiral visited one of the ships of the line under his command. While eating breakfast with the crew, he was impressed to see the Naval insignia stamped on every biscuit. He went to the Chief Cook to ask how this feat was done, so it could be used on other ships under his command. The Chief Cook replied, "I'd be glad to share that with you, Admiral. After each biscuit is cut, I just slap it here against my belt buckle which bears the Navy insignia." Horrified the Admiral exclaims, "That's very unhygienic!"

The Chief Cook shrugs and replies, "Well, If that's the way you feel, sir, I suggest you avoid the doughnuts."

If My body was a Car

If my body was a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull... But that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it. Almost every time I sneeze, cough or sputter, Either My Radiator Leaks or My Exhaust Backfires