

**P.O Box 530, MODBURY 5092 – Web: www.ttplazamallwalkers.net**

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**Welcome to our Newsletter – Issue 61 May 2023.**

Covid 19– we are still very cautious and aware of keeping ourselves healthy.

Our numbers are varying due to a variety of reasons, but we are still going very strong thanks to our members and leaders who are vigilant to our every changing needs.

10 new members have joined the Walking Group so far this year which is fantastic.

Our Management Committee Members who keep the Group running smoothly are:

President: John Jarrad

Vice President: Jillian Buckerfield

Secretary: Carmen Walker-Galpin

Assistant Secretary Ian Dunlop

Treasurer: Bill Castle

Assistant Treasurer Dick Smithson

Committee Person Renata Jarrad

Walk Coordinator Bronwyn Spartalis

**SAFETY**

It has been a trial with the TTP renovations and we thank our walkers for being careful and mindful as you tip toe through the changing floor surface. Again, with your safety in mind we can’t reinforce strong enough keeping our leaders informed about your contact details, health conditions and medications. If things change, please notify Bronwyn or Margy. Thanks to the members who regularly do this.

Please remember that each of our registered fitness leaders (we have 3 rostered for each walk session) have designated patrol areas for your safety:

* + One is downstairs
  + One between Cibo and Coles
  + One between Cibo, Big W and Myers

**ICE (IN CASE OF EMERGENCY)** - have contact numbers on your mobile, **OR** a paper list in your bag.

TTP Security mobile number is 0420 974 896 (add it to your contacts)

We caution you to take care with the **escalators and travellators** – if you have a fall on one of these, your injuries will be substantial and significant – please use the lifts if you are unstable and, if you are using the escalators, please use the handrail.

**Just a reminder about EMEGENCY EVACUATION PROCEDURES:**

If alarm sounds **prior to 8.30am** and we are required to evacuate the plaza, please leave via the nearest exit and make your way to:

* Undercover **carpark** outside the food court/**Woolworths**
* Carpark outside the **Big W** entrance
* Car park outside **Harris Scarfe** entrance.

A leader will be waiting in each area to check off all members and notify emergency services if anyone is missing.

This is why it is important to **check-in with a leader** even if you arrive late. If there is a Covid alert, an emergency or an evacuation and you have not checked in, the leaders will not be looking for you. If you decide to leave before 8.30am, let one of the leaders know – either personally or get a friend to pass on the message. (After 8.30am you are on your own).

Checking in and paying the walk session fee also ensures that you continue to be a financial and active member. It also allows the leaders and committee to monitor our membership numbers and follow up on members who have stopped coming. If for a medical reason or you are going on holidays for an extended period, it is a good idea to let the leaders know so you can be kept informed and up to date on group activities and continue to receive your birthday card and other benefits.

If you also know of anyone on the sick list, please let Renata know so she can send a card.

**COMMUNICATION**

We use a range of methods to communicate with members about opportunities and processes – newsletters, emails, text messages and of course the sharing of information during warm up on Tuesday and Friday.

To ensure you remain up to date, please consider the following…

*Check and read emails regularly* – if you’re worried about scams the subject line will always include ‘Mall Walking’ in it. If you don’t seem to be receiving the emails, check your spam/junk folder or talk to Margy.

Turn up for *warm up* and listen to what’s being announced. Since many of us struggle with our hearing (getting older has its drawbacks!) members need to refrain from talking while Bron is sharing information – it stops others hearing what’s being said and is quite inconsiderate.

**WALKING GROUP TEE SHIRTS**: - please see Renata:

Ladies - $20 Men - $20 (with pocket add $5)

Members are also encouraged to wear a walking group tee shirt and badge as this identifies you as a walker and helps in an emergency. Westfield Management also like us when we walk around early as it aids in their security.  
If you have lost your badge and need a new one, see John or Renata (cost $10).

**WALKING AREA DISTANCES AT TTP:**

Ground floor – 400 metres.

Top floor (Inc. all exit areas) 1.5kms

Top and bottom floor lap – 1.9kms, 2 laps – 3.8kms, 3 laps – 5.7kms

**SOCIAL ACTIVITIES:**

* The Company Craft and Coffee Club (located in the hall at the TTG Uniting Church and a number of whom are also walkers) is organising a **Big Morning Tea** again this year to be held at 10.30am on Thursday 25 May 2023 at the TTG Uniting Church allHHall, 600 Milne Road, Banksia Park. See Renata for further details. Walking Group members are invited to attend.
* They are also organising a **raffle** prior to the Big Morning Tea thanks to the Paradise 6 Quilters (walking group members) who have donated as prizes, 3 handmade quilts and 2 patchwork bags. There will also be 3 small wall hangings donated from the Craft Group with proceeds going towards Cancer Council.   
  Tickets will be $1 each and can be purchased individual or in a book of 5.
* There will also be a **lucky number cup** guessing game where you pay $2 and select a cup number on a sheet of 20. $20 goes to the person who selects the lucky cup number and $20 goes to Cancer Council. Renata has all the details.
* Tuesday is **HOYTS discount movie ticket day**– let the Committee know if you are interested in a group get together for a movie morning with bite to eat afterwards to continue our fellowship which is an important part of our Walking Group.

  Members enjoying the new furniture at the Plaza.

Thanks to the office of Olivia Savvas MP Member for Newland for printing our Newsletter.