

Sponsored By



April 2021

# NEWSLETTER



[www.peakstriders.org.au](http://www.peakstriders.org.au)

Peak Striders Inc

*Peak Striders Walking Club*



*Peak Striders Walking Club*

## AGM – Thursday March 18

It was a great turnout from members despite the torrential rain. Covid distancing made for a less formal atmosphere and the business of both 2019 and 2020 years was covered with aplomb. All reports were well received and Robyn's nomination by the committee in 2020 as social secretary was endorsed. No new nominations were received for committee positions and all were re-elected unopposed. The meeting ended with a light supper after the following items were covered:

1. The special resolution for the adoption of a new constitution was passed with an amendment to correct references to a couple of clauses, and the secretary will now lodge the document with appropriate authorities.
2. Five-year pins were presented with congratulations to Denise McKay, Philippe and Robyn Donnadiou.
3. A social weekend that had previously been planned was put forward with three options for members to consider. Full details are included in a survey that had been circulated and it was agreed that responses indicating preferences were to be received by the social secretary by the end of Easter.
4. Results of the walk groups survey in early 2020 were presented. A very good response was received – 55% of the membership and more than 50% of those respondents agreed to keep 3 groups going, though keeping the coloured wrist bands in use was not supported. Questions were posed seeking suggestions for keeping groups together and asking what members do to improve pace and increase fitness. Good sensible answers were received and compiled which the committee continues to consider on an ongoing basis, and recommendations for improving fitness and other ideas are promoted periodically in the newsletter. **It is stressed the most important thing to remember is to keep doing double ups within each group for safety and to ensure no one is left behind.** Everyone is encouraged to take the step up to the next group as you improve. You can keep moving between the groups at any time according to how you feel on the day. The committee is very appreciative of the feedback received which helps in making sure all members are catered for, and everyone was thanked for their input.
5. The new Peak Striders website has been finalised and Tom demonstrated the ease with which it can be navigated. It is very impressive and is now live for all to see and use.
6. A suggestion was put forward by Judi Mealey that during the winter months the start time for Tuesday and Thursday walks be 6.30 pm. This was discussed at length and a decision made to keep the start time at 7pm.
7. A suggestion was put forward by Elizabeth Whitcombe that during the winter months the start time for Saturday walks be 8am. This was discussed at length and a decision made to trial the new time for the month of July after which a decision could be made based on the success or otherwise of an 8am start, particularly in relation to parking and morning tea issues.



## *Our Afternoon at the Tea House*

06/03/21

It was a gorgeous afternoon to wander through the gardens. It has been some time since a lot of us had been there, and it never disappoints. Twenty-one pretty ladies and one very brave stamp man (Brian) snapped away for about an hour, all eager to get that perfect shot to be entered into the photo comp, before settling down to a scrumptious high tea on the beautifully appointed verandah of The Tea House.

The afternoon is best expressed in photos, so enjoy the following selections of our experience.



The winner of the best photo, judged by fellow members at the AGM, was **Denise McKay** with her beautifully captured picture of an orange clivia.



## *More pics*

*Cheryl's daughter-in-law, Lenneke*



*Robyn and Terrie*



*One lost soul – Brian*



*Bats galore*



*Thanks to our wonderful Social Secretary Robyn for supplying report and photos.*



# Aussie Peace Walk

Canberra 26-28 March 2021



21km group starting at the Peace Bell

Paul, Greg, Philippe and Robyn started earlier so no photo



12/7km starting at registration

After the disappointment of last year's cancellation, the inaugural Rotary Aussie Peace Walk (the 30<sup>th</sup> Canberra Two-Day Walk) was a wonderful experience for all competitors. The new hosts can be well pleased with their efforts and feedback suggests the Rotary volunteers enjoyed it as much as everyone else. The staggered start times worked brilliantly and the weather was ideal for walking. Because of the last-minute changes to accommodation due to covid, Peakies were scattered over the area but managed to meet up at the right time and the right places.



A good crowd met up with Barb Seager for lunch at Kikis in the Grove on Friday which was a great start to the weekend. After finding our various places to stay, we again met up at Chez Frederic for dinner to partake of delicious Italian food (not French as the name suggests!) and on Saturday evening we feasted on an 8-course "Feed Me" tasting selection of Japanese and other Asian delicacies – this was a real treat.



Our Peaky walkers did us proud decked out in our orange shirts – we had three different groups on Saturday, 2 marathoners ahead of everyone and the 21kms starting earlier than the 12kms/7kms. As the 12kms passed a few volunteers along the way, the comments were – gee, more orange there sure is a lot of you! Congratulations go out to everyone as they all finished their routes, with particular mention of Paul and Greg who completed the marathon of 42kms. Quite a few backed up for more on Sunday doing the 12km or 7km while others went their own way, some for culture at the National Gallery to see the *Botticelli to Van Gogh Masterpieces* from the National Gallery London.

Warming up, off with white shirts  
From Official Site



Sunday morning starters



Those looking forward to doing it again next year should mark their diaries:

**25-27 March 2022**



It appears the most popular site along the routes was the Boer War Memorial as almost every Peaky took photos and from all angles. They are all impressive so I have just picked a couple and not sure whose they are.



---

**Other events** — Don't forget, Easter Egg hunt this Saturday and Albion Park social on Monday.

**Mount Annan- March 14** was cancelled due to rain.

**Mothers' Day Classic – May 9:** Mark this day in your diary. Registrations will be opening up in April and you can book a place online [www.mothersdayclassic.com.au](http://www.mothersdayclassic.com.au)

**Long weekend social event – June 14:** Mark this day in your diary and details will follow in the near future.

**Gold Coast – July 2-4:** Entries are now open. Go to [www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au) for details as there are several changes including no early bird fee. There is a 5km event on Saturday (\$70 fee) and a 10km event on Sunday (\$90 fee) and **entries close** a month beforehand on **June 4**. Please take note of the FAQ's regarding covid restrictions and what happens in the event of cancellation with regard to a refund of fees (less \$20 processing fee). A virtual GCM21 is also on offer.

Many Peakies are staying at Markham Court, 36 Australia Avenue, Broadbeach Qld 4218 – Tel: 07 5592 3111. Check with other members about travel and possible shared rooms.



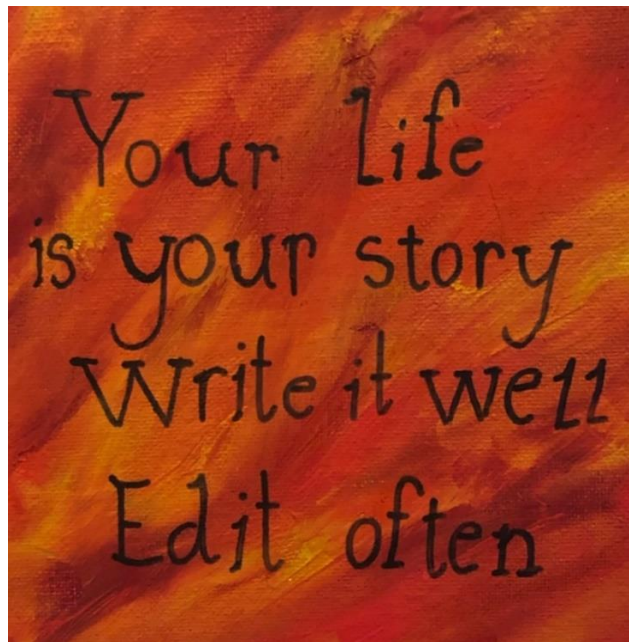
*April*

*Denise McKay  
Robyn Sullivan*

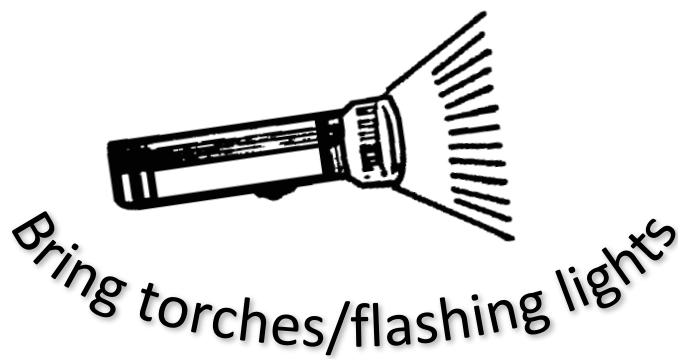


3.00am Sunday April 4  
move clocks back to 2am

Whilst grabbing a cup of coffee after a Saturday morning walk, Antoinette and Maria liked this saying and have shared it with us.



**It's getting dark out there**



## PLEASE NOTE

As from May, newsletter  
will be bi-monthly i.e.  
May/Jun circulated May 1  
July/Aug circulated July 1  
etc



*from the Peaky Committee*