

MARCH-APRIL 2022

PEAKY NEWSLETTER



Bi-Monthly newsletter of Peaky Striders Inc
www.peakystriders.org.au

AGM - Thursday April 7

All members will be emailed an invitation to attend the Annual General Meeting together with agenda and accompanying papers. This will be held at the Maso's **starting at 7pm**. Please submit any items you would like to see on the agenda for discussion to Secretary Di Craven via email.

Remember there will be no walk that night but all members attending in uniform will receive the normal walk stamp.

Save the dates

Covid policy permitting, sponsored club walks in 2022 are Mt Annan, Canberra Walk weekend, Mother's Day Classic at Cronulla, Sutherland2Surf, City2Surf and a regional walk event to replace the interstate event. This will be the 5 Lands Walk on the Central Coast, details to be discussed at the AGM.

Sunday March 13, Mt Annan:

There will be a 6km and 11km walk around the gardens - full information and registration details are on www.campbelltown.nsw.gov.au

March 25-26-27, Canberra Weekend

Full information and registration details are on www.aussiepeacewalk.com.au

ails

Easter - April 16 and 18

Easter egg hunt on Saturday and social walk on Monday - Centennial Park Mystery Walk followed by Pub Lunch. More details later.

Sunday May 8, Mother's Day Classic at Cronulla

There will be a 4km and 8km walk from Don Lucas Reserve behind Wanda Beach. Register at www.mothersdayclassic.com.au

Saturday June 25 - 5 Lands Walk Central Coast

Details will be finalised following AGM. In the meantime check out on www.5landswalk.com.au

Memories of our picnic day - 20.02.22

"Life is far too important a thing to talk seriously about" Oscar Wilde

Our picnic at Peter Depina Park was planned to make you forget about our everyday woes and just have a good old-fashioned laugh and catch up with good friends. And that is exactly what we did.

Who could not laugh at the sight of Paul Tam struggling to keep his "noodle" between his legs; the sight of Rus Spence racing in a pretty blue shirt clearly too small and handbag to match; Di Craven trying to maintain a correct walking posture whilst hanging onto her handbag for dear life. Maws and Sue were clearly having a "moment" when exchanging their "noodles" and Maws was "off to the shops" in her Matador hat and pink scarf! Rus Spence was caught cheating by using tree sap to glue the frisbee to his noodle but this was not discovered until team member Linnie Brannock could not deny her conscience any longer and confessed to his deception! Shame, shame, shame.



Four teams of six were formed with a designated Captain on each. Races included egg and spoon, three legged, rolling pin throwing and tunnel ball. Firstly, lets look at egg and spoon – where are my eggs? Mick went hungry Sunday night! Just kidding! Some very smart ties adorned some very ordinary legs in the 3-legged race – thanks Glenn, you certainly have good taste in ties. As for the rolling pin throwing – I really should have worn a hard hat having nearly been knocked out by Denice who clearly has a problem with

direction. Lastly tunnel ball – what fun and it showed that we still have a competition streak in us. The winning team each took home a melted giant chocolate Easter Bunny. Sorry – did not quite get that bit right.

Many thanks to Terrie for organizing the snake guessing comp. Denice B was spot on with her guess of 60 and took home the coveted prize of a jar of snakes. A big shout out to Jerry for helping with the judging of the rolling pin throwing and the issuing of any yellow or red cards for bad sportsmanship. I think he was "got too" as we went home with the same number of cards we arrived with!!! Our race starts were very professional with Premi taking charge of the pink whistle. Thanks mate.

I would be remiss if I did not mention Jenny Howard who was able to secure our spot very early in the morning before I got there. The nearby Norfolk pine was a perfect spot providing plenty of shade for us to have our sangers and wine. Anne Wilson provided me with plenty of company and help before going on an impressive walk for an hour or so. Well done.

I will finish off with another quote from Winnie-the-Pooh



"We didn't realise we were making memories; we just knew we were having fun"



Note: Many thanks to Robyn for her fabulous report and thanks to both Robyn and Diane for photos.



Liz Buckley sent Di a text over the weekend and she checked with her about sharing it. Liz is delighted for it to be in print so she can say hi to everyone.

Hi Di -

I have sent monies to rejoin Peaky Striders today.

Life here wasn't too bad during COVID. We are triple vaxxed. For exercise I'm doing Pilates, Aqua aerobics and line dancing. I'm lucky I'm in a group of dancers that if you make a mistake, you just move on.

Our grandchildren Hunter and Scarlett are full time and doing their best to keep us on our toes. Renee has had some health issues which she is overcoming.

We will be in Sydney at the end of March. So, hoping I will be able to walk (no rain). I will probably have to walk half pace now; my back issues are still problematic with more arthritis and I also have hand issues now in the mix. The longer I keep working at it just means the better life style I will have. Hoping to see you all soon.

Liz



Safety First

With covid restrictions easing off it is still wise to 'play it safe' and keep our *covid good practices* current. The health, safety and comfort of walkers in Peaky Striders is of paramount importance so here is an updated version of past reminders.

- Do not attend walking if you are unwell or experiencing covid symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Stay on the footpath wherever possible, and do not walk more than two abreast if on the road.
- Stop talking and pay attention when crossing busy roads. Use crossings and lights where available.
- If you are at the front of the pack and the group is too far spread out, do a double up and come back to the back of the pack. As well as keeping the group together, double ups are a great way to challenge yourself by gaining extra steps and improving your fitness.
- If you are at the back, do not take a short cut to catch up, as when the front walkers come back for you, they can't find you and this creates confusion.
- Don't leave the group without informing the leaders.
- Wear a flashing light during night walks and carry a torch.
- If your club shirt is in the wash, don't wear a black one – only light colours so you can be seen.
- Wear proper walking shoes such as jobbers or cross trainers.



No children or prams
No umbrellas
No dogs

Lastly, smile and enjoy your walk!



Morning tea reminder

After Saturday walks members like to get together for coffee/tea/eats, either in a café or alternatively in a park. This is optional and at your own cost but it is a great start to the weekend.

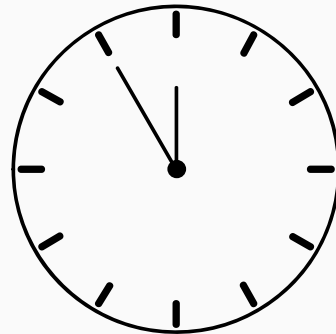
Park gatherings cost \$2.00 per person which covers cost of supplies and a roster is compiled for volunteers to bring food and water. If it is your turn remember to spend no more than \$20 for which you will be reimbursed. Any more than that you will have to bear the cost yourselves. Cheryl is the coordinator and she is happy to give new members all the information they need regarding food and the equipment that is supplied to make their rostered experience an easy and enjoyable one.



Autumn has arrived and darker nights will be upon us soon.

Remember to bring flashing lights and torches.

Daylight Savings End



2am Sunday April 3

Happy Birthday

March

Diane Craven

Liz Drew

Julie Hawkins

April

Denise McKay

Robyn Sullivan

Angela Thornhill



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