

SPECIAL FEBRUARY 2023

PEAKY NEWSLETTER



Sponsored
by



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

Happy Lunar New Year

This is the second special newsletter for 2023. Peaky Committee members met in January 2023 and major events agreed. See below.



First quarter events:

Sunday 19 February 2023 11am Social event. Picnic at Moore Reserve \$10 per person.

March 2023 Mt Annan walk. Date not available as yet.

Friday 24 March to Sunday 26 March 2023 Peace walk Canberra.

Members head to Canberra on Friday 24/03. Most members stay at Pacific Suites, 100 Northbourne Avenue, Braddon, Tel: 6262 6266. For more information go to <https://aussiepeacewalk.com.au>

Tuesday 4 April 2023 Annual General Meeting No walk, supper supplied 7pm.

Sunday 10 April 2023 Social walk.

Other Peaky subsidised walks are Sutherland to Surf, City to Surf, Mt Annan and Oatley Fun run. Dates of these events yet to be finalised.

Other social events will be organised after the new committee is selected at the AGM.

Social event Picnic Sunday 19 February 2023

Where: MOORE RESERVE PICNIC AREA CLOSEST TO THE BOAT RAMP AT SOUTH HURSTVILLE (KYLE BAY WALK MEETING SPOT)

DATE - SUNDAY 19TH FEBRUARY

TIME - 11 AM

BYO DRINK. WE WILL BE HAVING A BBQ AND PEAKY COMMITTEE WILL SUPPLY FOOD

COST - \$10 PER HEAD. PLEASE PAY INTO THE PEAKY STRIDERS INC BANK ACCOUNT

GAMES AND PRIZES

BYO PICNIC CHAIRS ETC.

AS WITH ALL OUR SOCIAL FUNCTIONS FRIENDS AND FAMILY ARE VERY WELCOME.

ANNUAL GENERAL MEETING

Tuesday 4 April at 7pm is our Annual General meeting.

There is no walk that night but to encourage attendance each member will receive a stamp for attending in uniform. Please submit any agenda items you may have to Secretary Diane.

Robyn, our current social secretary, is retiring from this position. Please consider nominating.

Wednesday walks - a trial

From February 2023, Peaky Striders is trialling Wednesday morning walks from 8am. The walk will use our Saturday morning routes, so the meeting places will match the Saturday morning walks. These are scheduled Peaky walks so usual practice will be in place. You will wear your uniform, pay \$2 for your walk and receiving a stamp.

No morning tea will be officially scheduled on the program. Members can make their own arrangements if they want to. We are trialling an 8am start and will assess how this goes especially in relation to traffic and parking.

The first Wednesday of each month will not have a Peaky walk scheduled as many members enjoy the social Walk on Wednesday (WOW) outings.

The Committee decided to add an extra morning walk to increase the choices for our members. We hope you will give them a go and we'll be asking for your feedback in June near the end of the trial.

Presentation night awards

Club Awards 2022

Some members were not able to attend Presentation night, so on the first walk the following people received their prizes.

Liz Drew
Jenny Hicks
Shirley Carr
Tom Carr
Maureen Connelly



<----- See this sad person? So early in the year,
no stamp for this walk.
Paul forgot his card; it's a record according to
the keeper of the stamp, Brian.

Reminders for all our walkers

SAFETY FIRST

With covid still around, 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 joggers or cross trainers.
- No children or prams. No umbrellas. No dogs.

Lastly, smile and enjoy your walk!