

MARCH - APRIL 2023

PEAKY NEWSLETTER



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

OMG It's March already

This is the third newsletter for 2023. We had a ball at the first social event of the year. More to come. And as the days get shorter, our torches will be needed for our nighty walks. Start checking your torches now.



Sunday 12 March 2023 / 6.30am - 11.00am. Mt Annan walk. Register

<https://www.campbelltown.nsw.gov.au/WhatsOn/CampbelltownCityChallengeWalk>

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>

Sunday 2nd April 2023 3am Daylight Savings ends. Turn your clock back one hour.

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

Monday 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

A fabulous day was had at this picnic. Robyn organised some fun games such as fill a sponge with water, run to a bucket, squeeze sponge out, then another person tries. The transfer pool noodle race was on as well as golf putting and the dangerous rolling pin throwing! Thanks to Robyn for organising, Brian for bringing some extra shade and Russell for BBQ cooking.



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. The position can be shared between two people. Please consider nominating.

Wednesday walks - a trial

The first Wednesday walk was really well attended, with 15 Peakies walking in Lugano. Our second walk at Heathcote had 11 attending. Our third salad 11 people at Ramsgate on a windy much cooler day.



Sue Rose

One of our members was recently in the paper for her volunteer work in the hospital.



Sue Rose is a volunteer at St George Hospital's Emergency Department and says since she retired, she wanted to do something worthwhile with her time.

"I've always believed if you can help, you should," Sue said.

Sue is happy to do whatever needs to be done, from chatting with patients, to helping settle their babies or restocking the coffee and tea. Sue spends her time checking on everyone to see what she can do to help.

For more information visit: <https://www.seslhd.health.nsw.gov.au/.../get.../volunteering>
Hospital volunteers are well supported by the Volunteer Manager at St George Hospital. If you're interested in becoming a volunteer, please email: SESLHD-STG-Volunteers@health.nsw.gov.au or call (02) 9113 4728 during business hours on Monday and Thursdays. See less

Social Walk on Wednesday

Our first walk on Wednesday in February took us across the harbour, where we walked from North Sydney to the Mosman Rowers club for lunch. Some walked 4 Km, others walked the 6 Km.

A good roll up. See the photos below.



Picnic Recipe



Gluten free, no cooking. This slice was at the picnic a few weeks ago.

SLICE INGREDIENTS

18 (350g) medjool dates, pitted
1 cup (125g) pecans
1 cup (100g) almond meal
½ cup (75g) cocoa powder, sifted
1 tsp vanilla extract
2 tbs strong espresso coffee
1 tbs maple syrup
2 cups (240g) walnuts

ESPRESSO GANACHE

½ cup (35g) cocoa powder ½ cup (80ml) maple syrup
¼ cup (60ml) coconut oil, melted
1 tbs strong espresso coffee

1. Lightly grease an 18cm square cake pan and line with baking paper. 2. Place dates, pecans, almond meal, cocoa, vanilla, espresso, maple syrup and cup walnuts in a food processor and whiz until well combined and the mixture comes together. Transfer to a large bowl
3. Add remaining walnuts and stir to combine. Press mixture evenly into the prepared pan. Chill for hour or until firm.
4. For the ganache, place all ingredients in a bowl and whisk until smooth
5. Spread ganache evenly over chilled brownie, then chill for 30 minutes to set. Cut into bars to serve

Vouchers

Reminder, if you have purchased vouchers last year, please use them; they have no expiry date.

Daylight saving ends

Daylight saving ends on Sunday April 2, 2023 3am.
We will need our torches for Tuesday and Thursday walks.



NEWSFLASH - Peaky COTTON T-Shirts

Our Uniform Co-ordinators, Anne and Jan, are now taking orders for anyone interested in a pure cotton orange short sleeved t shirt.

They come in round neck only in both ladies and mens sizes and will come with the complete logos. This is an alternative for those unable to wear the t shirts currently on offer. The price for each will be approximately \$35.

If you wish to order please complete the form at walking by Saturday 4 March.

Happy Birthday

March

Julie Hawkins

Di Craven

Liz Drew

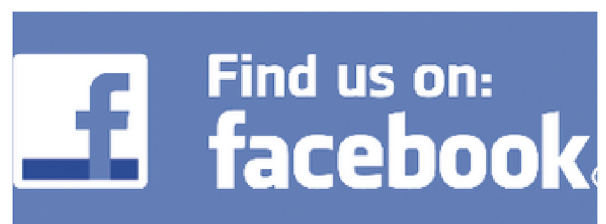


April

Robyn Sullivan

Angela Thornhill

Denise McKay



END