

MARCH - APRIL 2024

PEAKY NEWSLETTER



Sponsored
by



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

It is already March, the year is going fast (again)! Torches and red lights on your back are now required for our walks as the nights are getting darker. See the safety guidelines on the next few pages. A reminder about the next Social event, Monday April 1st, Wollie Creek walk ending at the Bob Hawke Brewery at Marrickville. Further details via email later. There is also a local walk planned for those not going to Canberra. And don't forget Mt Annan on Sunday 10th March. See calendar of events later in this newsletter.



AGM – 7 pm Tuesday 9 April 2024

All members will be emailed an invitation to attend the Annual General Meeting of Peaky Striders Inc together with a draft agenda and accompanying papers. This will be held in the auditorium at the Maso's, starting at 7pm.

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

Nominations for committee positions are now open and close on 2nd April 2024. A reminder that Cheryl will be retiring from her role as Morning Tea co-ordinator, so please consider nominating.

Also, if you have an item for general business, please advise Secretary Di Craven via email by 30 March 2024. RSVP (catering purposes) by 6 April 2024.

Don't forget the committee is open to and welcomes suggestions from all members so please voice your opinion on what you would like to see introduced or removed from Peaky walks and events. It is important to provide feedback to the committee so that all Peaky activities are in keeping with members' wishes.

Anne Wilson 25 walks for 2024

Anne Wilson is the first of the Peakies to complete her 25 walk card for 2024.

Congratulations Anne!



Mystery walk

On Wednesday February 28, Peakies enjoyed the Oatley Point mystery walk.

The weather was warming up and the views of the George's River were gorgeous.

Thanks Di, for these photos.





Wednesday walks start at 7am due to hot weather (months of January February and March). In April walks start at 8am.

Sunday 10 March 2024 - Mt Annan walk. Starts at 8.00am. Cost \$19.50
Team Peaky Striders has been created. Some of the Peakys take a picnic lunch and stay for a short while later and enjoy the park. Everyone is welcome.

<https://www.campbelltown.nsw.gov.au/Whats-On/Campbelltown-City-Challenge-Walk>

Friday 22 to Sunday 24 March 2024 - Canberra Peace walk.

Saturday 23 March 2024 - Chinese Gardens walk, for those not attending Canberra.

Monday 1 April 2024 - Easter Social walk, Wolli creek walk ending at Bob Hawke Beer and Leisure Centre. More details later via email.

Sunday 7th April 2024 3am Daylight Savings ends. Turn your clock back one hour.

Tuesday 9 April 2024 - Annual General Meeting.

Monday 10 June 2024 (June long weekend) - Social walk.

Sunday 21 July 2024 - Sutherland to Surf fun run.

Sunday 11 August 2024 - City to Surf fun run.

Friday 13 to Sunday to 15 September 2024 - City Bay Run weekend Adelaide.

Thursday 10 October 2024 - Daylight savings celebration. \$10 voucher for dinner at Masonic club after walking.

Saturday 30 November 2024 - Christmas event. Date to be confirmed.

Thursday 19 December 2024 - last walk for the year and Presentation night.

Tuesday 14 January 2025 - walking resumes.

Safety Guidelines

Walkers are responsible for their own safety and should always keep this in mind. Enjoy the company of friends and the challenge of achieving your goals, but being aware of your personal safety must be always at the top of your mind.

Do not wear dark clothing. Our reflective Peaky T shirts help us to stand out to traffic, especially when walking in the evening.



If your Club shirt is in the wash DON'T wear a dark clothing – only LIGHT COLOURS so you can be seen.

Please wear proper walking shoes such as joggers or cross trainers.



So you can be seen – and we all love to be noticed – please wear your FLASHING LIGHT and carry a bright TORCH.



Do not wear headphones, airpods or anything else that impedes your senses. You must always be aware.

Walk on the path where there is one. If the path at the side of the road narrows, only cross onto the road when it is safe to do so. Cars travel at high speed and drivers only have a split second to react if you are on the road. If the road is the only place to walk then ensure it on the RIGHT HAND side so approaching cars can see you coming and you can see them. Your torch will alert cars that you are ahead.

Drink plenty of water.



Safety Guidelines continued.

If you feel fatigued or unwell - do not continue. Tell a committee member via text or let another member know before you head back. Go home and rest so you can walk another day!

If you are asthmatic, please ensure that you have your medication with you at all times.



As much as we all love our little darlings – NO CHILDREN & NO PRAMS – they need our attention 24/7 and this is your time!

Skin is waterproof so NO UMBRELLAS – stops you from using your “power arms & restricts vision ahead and they are good “eye pokers”

We know they are man’s best friend – NO DOGS –they can run faster than us!

Please download the Emergency App to your phone. The Emergency+ app is a free app developed by Australia's emergency services and their Government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services

<https://emergencyapp.triplezero.gov.au/>



WOW POSTMANS CRUISE 7 February 2024

A lovely day on trains, boat, then trains. Company great, nice food and lovely scenery. Some went to the pub at Brooklyn after the cruise. Others went for a coffee at Central train station. Some had a long wait at Central to get home. A lovely day. Thanks Di for organising.



WOW POSTMANS CRUISE 7 February 2024 cont.



Social event - Games afternoon 11 February 2024

We were lucky, a coolish day was just right for our games afternoon. Everyone was given a coloured dot which meant they were in that colour team. Each team played the 5 games for 20 minutes. The games played were Finska, Giant Djenga, worst case scenario, UNO and blowing the ball on a table through a straw to the cup. Laughter could be heard throughout the day. Brian, Tom and Jan had the biggest tower built before it collapsed, 23 levels (See photo). When afternoon tea was served, Judi announced the most enthusiastic player was Carol and the winner of the most puff was Cheryl. Another enjoyable social occasion.

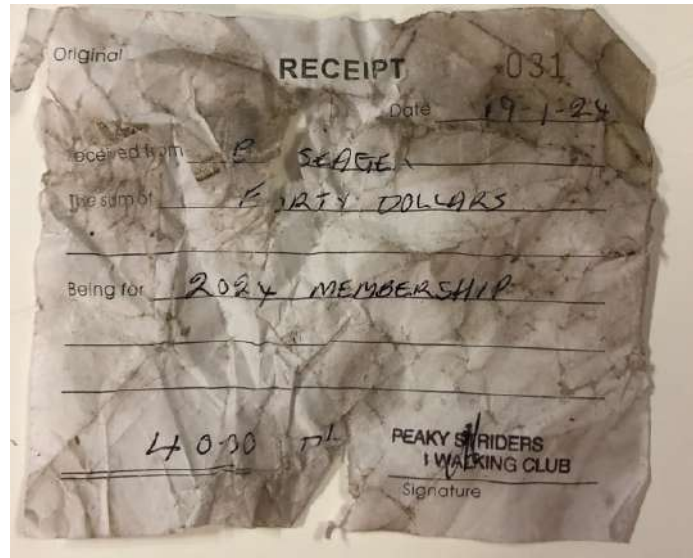


Social event - Games afternoon 11 February 2024 cont.



Committee member tidbits

Many of you know that committee members work hard (and play hard!). Check out the lengths our treasurer Maureen, will go to, to rescue a Peaky membership receipt. Maureen had misplaced it, but was finally found when her robot vacuum cleaner bin was gone through by hand. Definately above and beyond call of duty.



Diane, our secretary has a special birthday coming up very shortly. It's good to know that these types of birthdays are celebrated like a festival. Di and a few very long term peaky friends started early celebrations recently. (Images taken from Facebook)



Reminder ..Vacancy - Refreshments morning tea co-ordinator

After 10 years Cheryl will be retiring her role as Refreshments Morning tea co ordinator as of April 9 2024 (the AGM). The Refreshments Coordinator duties are:

1. Arrange the Saturday morning tea roster for supply of refreshments including filling hot water pots
2. Maintain stock supplies for tea, coffee, sugar etc. and supply milk each time.
3. Collect money for morning tea and distribute as required.

Talk to Cheryl to what this entails and please nominate if you are interested. This role can be shared if you wish.



Happy Birthday

March

Di Craven (special birthday)

Liz Drew

April

Robyn Sullivan

Angela Thornhill

Iris Mendoza

Denise McKay



END