

MARCH - APRIL 2026

# PEAKY NEWSLETTER



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by



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

## AGM change of date and venue

The second newsletter for 2026 is a short one. Due to the unavailability at the Masonic club, the AGM is now a on Thursday 19 March at Di and Brian's place 23 Beaumaris Crescent Mortdale at 7pm. A light supper will be served. This is an important meeting as Maureen Connelly is stepping down as Treasurer,. Maureen is willing to help whoever puts up their hand. All members are invited to nominate to be part of the committee and contribute to running your club.

Please think about volunteering.



**Saturday 7 March 2026 - Ten pin bowling. See Judi's email.**

**Thursday 19 March 2026 - AGM, 23 Beaumaris Crescent Mortdale 7pm.**

**Sunday 22 March 2026 - Mt Annan walk.**

**Friday 27 to Sunday 29 March 2025 - Canberra Peace walk.**

**Monday 6 April 2025 - Easter Social walk, more details soon.**

**Sunday 19 April 2026 - MS walk.**

**June 2026 - Social walk.**

**Saturday 20 June 2026 - Five Lands walk.**

**Sunday 19 July 2026 - Sutherland to Surf.**

**Sunday 9 August 2026 - City to Surf.**

**Sunday 25 October 2026 - 7 Bridges walk**

**November 2026 - Oatley Fun run TBA.**

**Late November/Early December 2026 - Christmas event. Date to be confirmed.**

**Wednesday 16 December 2026 - Last walk for the year**

**Thursday 17 December 2026 - Presentation night, no walk.**

**Tuesday 12 January 2027 - 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.
- Skin is waterproof so NO UMBRELLAS – stops you from using your arms & restricts vision ahead and they are good “eye pokers”
- Don't walk if the rain has been set in most of the day as the paths and roads are slippery and dangerous



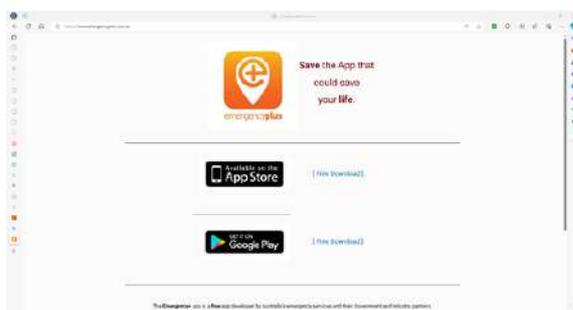
## Safety Guidelines cont.

- If you feel fatigued or unwell - do not continue. Tell a committee member via text or let another member know before you head back. Please return to base with another member. 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!
- We know they are man’s best friend – NO DOGS –they can run faster than us!
- **If no Committee member is present, then the walk is cancelled.**
- **If there are less than 5 walkers including the Committee member, then the walk is cancelled.** Safety is optimised by walking in a group.
- 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 4 February 2026

“ The Hungry Point Cliff top walk was enjoyed by 20 Peaky's and friends on a beautiful summers day. Lunch was at Parc Pavilion which finished off our first walk on Wednesday (WOW) for 2026” Di Craven from Facebook. Thanks Di for organising.



## Did you know?

Cows have best friends.

Bananas are berries.

A tigers roar can be heard 2 miles away.

All planets spin counter clockwise, except for Venus.

Chocolate was one used as currency. (Ancient Myans and Aztecs)

You can't hum while holding your nose.

A jiffy is an actual unit of time, 1/100 of a second.

Sharks have been around longer than trees (400 million years compared with 350 million years).

## Happy Birthday

### March

*Di Craven*

*Liz Drew*

*Colleen Gallagher*

### April

*Karen Tam*

*Dympna McKenny*

*Robyn Sullivan*

*Angela Thornhill*

*Denise McKay*



END