

MARCH - APRIL 2025

PEAKY NEWSLETTER



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

It's Autumn already. Time to get the torches out.

The second newsletter is a short one. On the next few pages we have the updated safety guidelines for our walking group, Bowling day and a WOW of a day at the theatre in February.



Friday 28 to Sunday 30 March 2025 - Canberra Peace walk.

Thursday 20 March 2025 - Annual General Meeting.

Monday 21 April 2025 - Easter Social walk, more details soon.

June 2025 - Social walk

October/November 2025 - social weekend away

Late November/Early December 2025 - Christmas event. Date to be confirmed

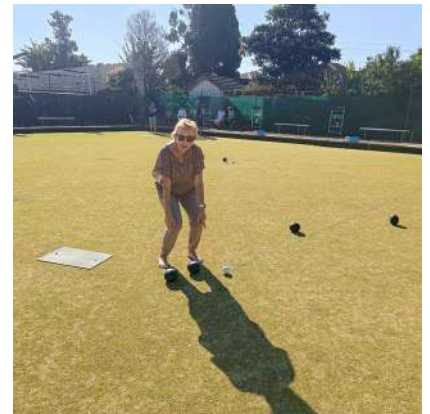
Wednesday 17 December 2025 - Last walk for the year

Thursday 18 December 2025 - Presentation night, no walk

Tuesday 13 January 2026 - walking resumes

Barefoot bowling Saturday March 1 2025

About 19 Peakies and friends enjoyed a very warm day at Olds park bowling club. We played in pairs with the winners of the pairs then playing each other. Liz Whitcombe was very impressed that her bowls (not balls!) were very near the jack. The eventual winners were Greg Mealey with Jean Facey and Anne Mattison with Robyn Sullivan. Congratulations to the winners and thanks Judi for organising.



Lynne Brannock presented the perpetual trophy from the previous barefoot bowls to Jean Facey. Enjoy the trophy Jean. Keep it for the next time.





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 power 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 5 February 2025

A tour of the State Theatre occurred on 5 February for many members. "The Palace of Dreams tour of the beautiful State Theatre had us enthralled for 2 hours. 100 years of cinema and theatre history told through this wonderful theatre." Di Craven from Facebook. Thanks Di for organising.



Did you know?

The Masonic club is changing to St George Leagues club. Your Maso's membership now needs to be changed to St George. Come into Maso's reception and they will update your membership card. Your new St George card can be used at St George Leagues, Arncliffe Scott's and Maso's. Do it soon so your full membership is transferred.

Happy Birthday

March

Di Craven

Liz Drew

Colleen Gallagher

April

Karen Tam

Robyn Sullivan

Angela Thornhill

Denise McKay



END