

JULY-AUGUST 2021

# PEAKY NEWSLETTER

*Bi-Monthly newsletter of Peaky Striders Inc*  
*[www.peakystriders.org.au](http://www.peakystriders.org.au)*



## Mystery Walk - Half Pacers

Photo by Carol King



Sponsored by



## Saturday, May 15

Peakies always look forward to Carol H's mystery walks and in this one she has surpassed herself.

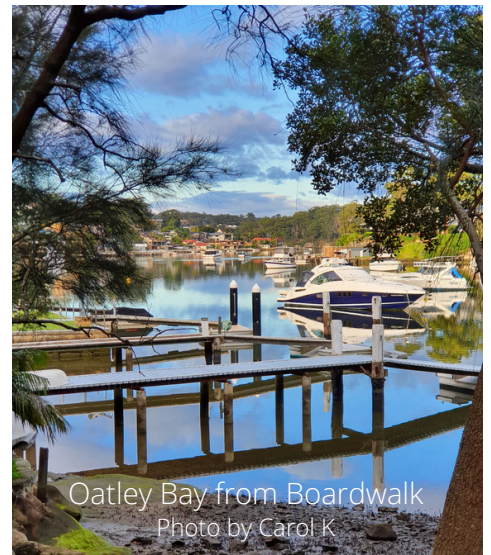
We started off in Moore Reserve with the half pacers heading in a different direction to the full pace group, but both ending up with a delightful bush walk through Poulton Park.

This area is awash with beautiful homes and both groups enjoyed exploring new streets as well as some familiar ones. We then headed off into the bush and most were amazed to discover that Poulton Park is more than great playing fields. The



bush track wound its way through a gully and was a bit rocky in parts but very doable with the aid of our sticks. It was so refreshing to walk amongst the ferns and creeks and simply enjoy the scenery that one expects to see in the country, not in suburbia.

Heading back to the cars we took the memorial boardwalk (which commemorates some of the tragedies and events that have occurred across the Navy, Army and Air Force when participating in peacetime operations) with tranquil views across Oatley Bay, after which the local coffee shops were beckoning where we gathered to finish off a wonderful start to the weekend. Thank you, Carol H.



Oatley Bay from Boardwalk  
Photo by Carol K

## Long Weekend Social Event June 14 - Rookwood Necropolis

Diane's comments say it all -

"Robyn Sullivan, thanks for organizing Peakies great day out enjoying the Rookwood Heritage Tour. Gothic architecture, moving memorials, notable residents, fascinating tales of mishaps and mayhem, funerary symbols, old and modern commemorations, restoration works and ecological projects kept us entertained."

A wonderful tour followed by lunch at Dooley's Lidcombe has us all looking forward to the next social event.



St Michael The Archangel Chapel



Photo by Diane



Photo by Carol K

## Goals



As we are now half way through the year it is time to see how we are going towards the 100 club. A good many of us are well on track but others might like to reassess and do those few extra walks to reach their goal.

Congratulations Anne Wilson and Margaret Mayhew for being the first to reach 25 walks, and Jan Coghlan for being the first to do 50. Since then, another 7 members have hit the 50. There are only 69 walks left to do this year (provided lockdown ends 09/07/21), do your sums and see how close you can get to those rewards.

## What's the 100 Club?

**Each member can earn a reward for every 25 walks completed during the calendar year. The rewards are presented to members at our annual presentation night which is held after the walk on the last Thursday of the program for the year. Members earn rewards for filling up their card and once you achieve 100 walks in the year there is a bonus reward. These rewards are an encouragement to walk regularly and frequently throughout the year.**

**We also have member awards which recognise members' participation on an ongoing basis from year to year. Every walk counts towards your award. At the end of the year members who have achieved a significant number of walks are presented with their award. Every member can achieve these awards as they are based on your participation and not performance (you don't have to be the fastest walker).**

## Winter Warmers



## Corella Pear & Parsnip Soup

1 tbs olive oil, 1 brown onion finely chopped  
60g unsalted butter, 1kg parsnips chopped  
350g Desiree potatoes chopped  
1.5L (6 cups) chicken stock, 4 Corella pears  
1 bay leaf, 1 tbs brown sugar  
300ml pure (thin) cream  
¼ cup (25g) walnuts toasted & chopped  
1 tbs chopped flat-leaf parsley  
Toasted bread, to serve

Heat oil in a saucepan over medium-low heat. Cook onion, stirring, for 3-4 minutes until soft. Stir in 40g butter until melted. Add parsnip and potato, cover and simmer over low heat for 25-30 minutes until vegetables are soft. Season.

Meanwhile, preheat the oven to 200°C. Peel, core and quarter 3 pears. Place on a baking tray with the bay leaf, then sprinkle with sugar and dot with remaining 20g butter. Cook in the oven for 20 minutes until tender, but not coloured. Remove and allow to cool slightly. Using a slotted spoon, transfer pear to a processor and whiz until smooth. Add cream and whiz until combined. Set aside.

Place the parsnip mixture in a blender and blend until smooth. Stir in the pear puree until combined and season to taste.

Divide the soup among bowls. Finely chop the remaining pear and sprinkle over the soup with the walnuts and parsley. Serve with bread. Serves 6.



# Coming Up

## COVID LOCKDOWN IN PLACE UNTIL JULY 9

All future plans are flexible and dependant on covid safe restrictions on the day.

### Gold Coast - July 2-4 CANCELLED

Disappointment reigns for 13 Peakies who were heading north to enjoy a busy but fun weekend. Reintroduced covid restrictions meant a reluctant change in plans.

### Sutherland2Surf - July 18

Several members are planning to participate in this 11km fun run/walk from Sutherland to Wanda Beach at Cronulla. It is not too late to join them so check it out on [www.sutherland2surf.com.au](http://www.sutherland2surf.com.au)

### Christmas in July - July 24

Robyn has organized this fabulous social event - a lunch cruise (12.30-3.30pm) with Vagabond Cruises, Kings St Wharf, Lime Street, Sydney (Cost: \$65pp).

You are invited to come aboard and sway to the rhythms of live Christmas carols, jazz and pop covers as you indulge in a delicious seafood and carvery lunch followed by warm Christmas pudding with custard, fresh seasonal fruit, coffee and tea. Enjoy a glass of bubbly from the fully licensed bar and let time pass you by as you embrace the spectacular harbour views! There will be prizes and giveaways for the **ugly sweater comp!**

### Walk Tip - Safety First

Visibility is the key to safety so please, when walking at night out of uniform, wear clothing light in colour (easy to see) not dark in colour (hard to see). Traffic needs to be aware of you, and your fellow walkers need to see you so you can stay safe.



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