

SEPTEMBER-OCTOBER 2021

PEAKY NEWSLETTER



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

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Where in the am I?

*Did you know?
Did you guess?*

*Did you wish you were
a traveller right now?*

What a lovely challenge we have had over the last five weeks when Robyn S posted some treasured memories of the exciting places she has visited. Our quest was to have a guess at where she could possibly be. It certainly brightened our days in this overly long lockdown and helped keep our spirits up. Places and those first past the post are shown below and on page 5.

The Pied Piper
Hamelin Germany



Diane Craven

West Cork Ireland



Terrie Spence

Olympia Greece



Shirley Carr

Hampton Bridge Kangaroo
Valley Australia



Denise McKay

Sound of Music Gazebo
Salzburg Austria



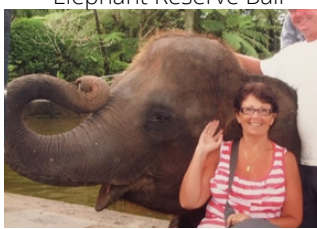
Denise McKay

Funnel of USS Arizona sunk
in Pearl Harbour Hawaii



Diane Craven

Elephant Reserve Bali



Terrie Spence

William Shakespears House
Strathford Upon Avon UK



Brian Craven

Karanda Railway Cairns Australia



Carol King

These two had everyone stumped - no correct answer received



Camels, Lighthouse Beach
Port Macquarie Australia



Mick standing beside Actor Michael
Douglas' boat, Canne Film Fest France

The *World* then became focussed on local Peaky festivities which again tested our brain power. These memories reinforced how desperate we are to restart our walks and social activities - can't come soon enough! The snaps and the results of the competition are on page 5.

Lockdown Snippets

After two months in lockdown, thought you might be interested in how some Peakies have kept themselves from going round the bend. Lots of ideas for the next month and any future lockdowns!



Zoom Parties



Diane blowing out candles at grandson George's 4th birthday party

Sadly Robin D has had a lonely stint in hospital (no visitors allowed) but thankfully she is home now recuperating with Philippe's TLC.



Craft



Dawn's creativity coming to the fore

Dog Walking



Annetta and Milo going for a stroll. Milo is certainly enjoying lockdown with all that extra love and attention he is receiving.

Zumba On Line



Maureen loves Zumba
www.zenergi.com.au

More Lockdown Snippets

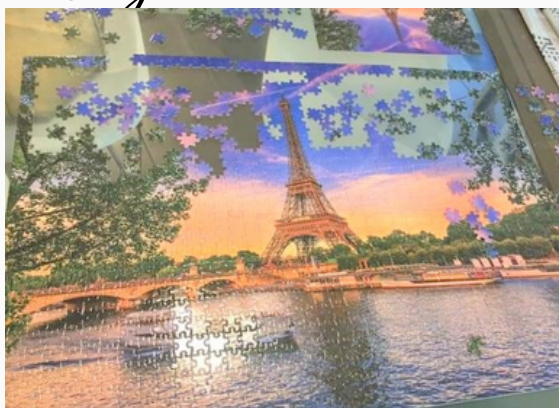


YouTube Qigong



Carol and Henry are into gentle exercise and have progressed beyond beginners now

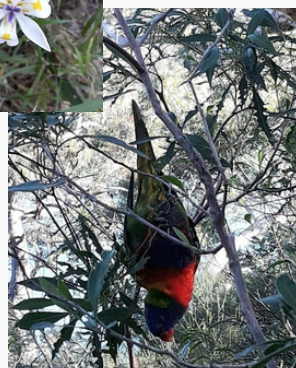
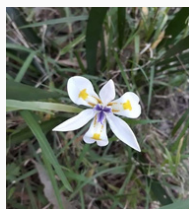
Figsaw Puzzles



Robyn S wiled away many hours putting Paris back together again



Local Walks



Peakies continue to pound the pavements in their own areas and Julie has taken some great photos along the way. We do live in a beautiful part of the world

Cooking - yum yum



Cheryl cooking a batch of pumpkin scones *no samples* but she has shared a delicious Amish Cinnamon Bread recipe on page 6 for you to try

Gardening



Jean admiring her handiwork in the front garden. All our gardens should be worthy of a prize in the full bloom of Spring. Denice B and Jen Howard are putting their hands up for one!



Olympic Tragicics

Hottest Games in History



What a bonus the Olympics have been- inspirational stuff. Turned us into TV addicts for a few weeks without feeling guilty about it.

Olympic Racewalking Tokyo

in hot, humid conditions

Peakies in comparison with those strange looking walkers -

One of our fastest walkers Paul posted on Sat 14/08 he had done 10km under 90 minutes = 9min/km

Our slowest walker Carol K does 5km in 60 minutes = 12min/km

Gold Medal winner **50km** walk (David Tomala Poland)

3:50:08 = 230 mins = 4.6min/km

Gold Medal winner **20km** walk (Massimo Stano Italy)

1:21:05 = 81mins = 4.05min/km

Women's Gold Medal winner **20km** (Antonella Palmisano Italy)

1:29:12 = 89mins = 4.45min/km

Why does it look strange? the rulesthere are only two rules that govern racewalking. The first dictates that the athlete's back toe cannot leave the ground until the heel of the front foot has touched. Violation of this rule is known as *loss of contact*. The second rule requires that the supporting leg must straighten from the point of contact with the ground and remain straightened until the body passes directly over it. Peaky rules are much easier, more relaxing and beneficial to our bodies!!!

and some Peakies are working through the pandemic

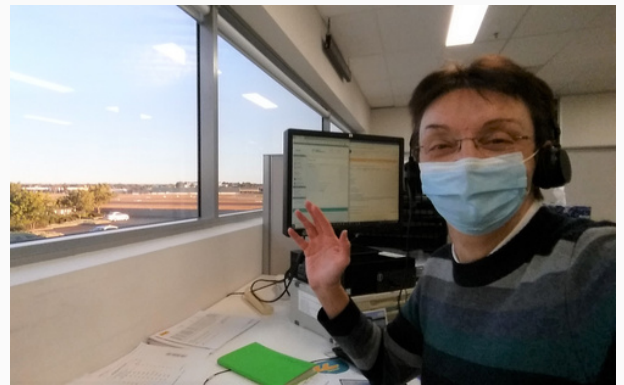
At Home



Henry reluctantly at home doing computer work on his website - not his forte but he is improving with practice (and Carol's help)

Charmaine Austen, Sam Brassington, Shirley Carr, Anne Mattison, Glenn and Patsy Williams have been working at home and coping as best they can.

At Work



Liz Drew TOLLing very hard organising distribution of covid vaccines - no time out to look at that view!

Maria Campagna, Jennie Davie and Kate Horn have also been occupied working throughout this time.

Di Craven has spent some of her time keeping in touch with Peakies checking how they are going, and a few of the responses she received have been included in the newsletter. Well done Diane. Congratulations Gail Brown, Helen Galanis and Judi Mealey who are now retired. Job done!

continued from page 1

25 year Anniversary Cruise 2017



Lyn Morriss

Gold Coast After Party 2002



Brian Craven

Rookwood Necropolis June 2021



Carol King

Narabeen Lagoon Walk June 2018



Carol King

Boer War Memorial Canberra Aussie Peace Walk March 2021



Carol King

HARS Aviation Museum Albion Park April 2021



Carol King

Good on all those who had a guess even though your timing may not have secured you a place. Overall winner is Carol King. A big shout out of thanks goes to Robyn S for taking the time to entertain us and share her extensive photo albums with us.

and, thinking of memories, did you realise that most of Generation 60+ were also home schooled in many ways

Home Schooling in Days of Old

My mother taught me to APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me RELIGION. "You'd better pray that will come out of the carpet"

My father taught me LOGIC. "Because I said so, that's why."

My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the shops with me."

My father taught me IRONY. "Keep crying and I'll give you something to cry about."

My mother taught me about HYPOCRISY. "If I told you once, I've told you a million times, don't exaggerate."

My mother taught me about ENVY. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about RECEIVING. "You are going to get it from your father when you get home."

My mother taught me WISDOM. "When you get to be my age, you'll understand."

My father taught me about JUSTICE. "One day you'll have kids, and I hope they turn out just like you."

My mother taught me about HAIR STYLING. "If you don't eat your crusts your hair won't curl."

My mother taught me about GEOGRAPHY. "Eat your dinner, just think about those starving children in Africa."



125gms butter	Cinnamon sugar
1 cup sugar	$\frac{1}{3}$ cup sugar
1 lge egg	1 tsp cinnamon
1 cup buttermilk	
2 cups plain flour	
1 tsp baking soda	

Cream together butter, sugar and egg.
 Add buttermilk, flour and baking soda
 Mix in a separate bowl, sugar and cinnamon
 Put $\frac{1}{2}$ the batter into loaf pan
 Sprinkle $\frac{1}{2}$ the cinnamon sugar over the batter
 Add remaining batter and the rest of the cinnamon sugar.
 Swirl with a knife
 Bake at 160° for 45-50 mins or until cooked

A blank canvas

Well, the covid lockdown has certainly stuffed the Peaky calendar for the rest of the year. With Sutherland2Surf cancelled and our Christmas in July cruise postponed to December 4, the only thing left is **City2Surf** on **17-24 October**, now to be a **virtual fun run**.
 If interested, check www.city2surf.com.au and register to receive information on the event as it becomes available.

The only certainty is that **daylight savings** starts again at **2am Sunday October 3**. Whether we are able to hold our annual pizza night remains to be seen.

Jen Howard's personal calendar



This is my plan for today..... just chilling



Birthday Celebrations - *have a fabulous day everyone*

September: Gail Brown, Laura Furfaro, Sue Garcia, Jenny Hicks, Kate Horn, Sam Ilardo, Annetta James, Lyn Morriss, Barbara Seager, Anne Wilson

October: Carol Hamilton, Judy Jaeger

Tip from Carol K



THANK YOU one and all for stuff you've sent me or posted on Facebook without which this newsletter would indeed have remained a blank canvas.

Carol K



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