

NOVEMBER-DECEMBER 2021

PEAKY NEWSLETTER

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



First Walk Oct 19 Post Covid Lockdown



Sponsored by



Great excitement as we gathered together for the first time in three and a half months, even rain and wind did not deter us.

With the State rapidly opening up we're all set to go again and are following the NSW Health guidelines which can be viewed on www.nsw.gov.au/covid-19/easing-covid-19-restrictions/80-percent.

The air of uncertainty is still with us but for now all we can do is hope that our plans are not disrupted again. With that in mind –

Christmas Party Lunch Cruise remains booked for Saturday **December 4**. Details will be emailed to you as they become available, but in the meantime talk to Social Secretary Robyn Sullivan if you have any questions.

End of year presentations will follow the Samuel Street walk on **Thursday, December 16**.

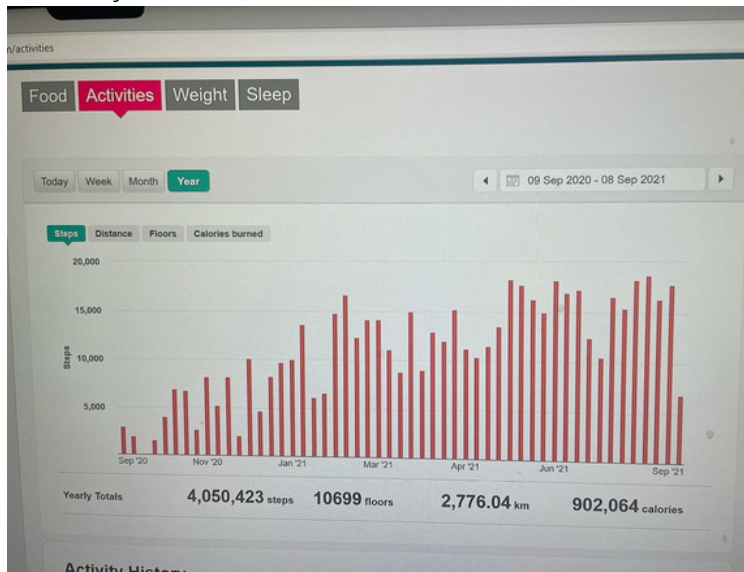
Home Stretch

Now we are back to our regular walking schedule, it's time to look at our walk counts.

Having lost 48 walks due to lockdown and 6 prior to that due to rain, (a total of 54 out of 148), our goals need to be realigned to the possibilities that are left to us - **20 walks in November and December** - so make the most of it and do every one of them!!!

Unfortunately, many of us hoping to go up to the next level of achievement in the 100 Club will have another year in which to reach their goals but, hey – we can cope with that! In the meantime, enjoy your Peaky walks and companionship and keep aiming for those awards.

Whilst many of us have walked regularly during lockdown, according to Robin and Philippe's fitbit they walked/ran 2776 kms in the last 12 months. This is certainly up there and worthy of congratulations to both of you.



A hint for Christmas



One Christmas, a mother decided she was no longer going to remind her kids to send thank you notes. Consequently, the kids' grandmother never received any thanks for the Christmas cheques she sent to the kids.

The very next Christmas, all the kids stopped by in person to thank their grandmother for their cheques.

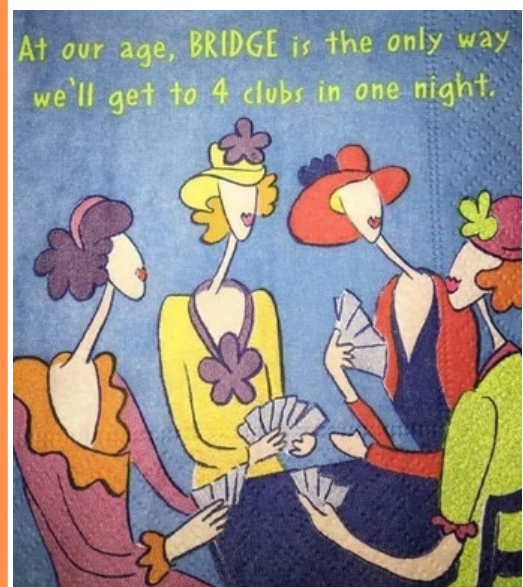
When asked by a friend what caused this change in behaviour, the grandmother replied, "Simple. This year I didn't sign the cheques."

Margaret

has kept herself busy and sent in a collage of her trips during August and September 2021



and the mood expressed by some of her friends



Member Profile - Jean Facey



I was born in Melbourne. We lived on a farm at Eltham Victoria. In 1939 moved to Sydney when father was transferred.

I went to Kogarah Home Science School. Early teens I played comp tennis as well as vigoro, cricket, softball, squash and basketball. Played night comp at Sans Souci with Ron, my sister and her boyfriend.

Went to Perth when 18 and worked in Boans Department Store in what was called 'the bank' when pneumatic tubes (or cash carriers) use to carry customers' payments from the sales assistant to the cashier in the bank, and then carry the change and receipt back again to the sales assistant.

Ron and I married in 1958, bought land and built our home at Peakhurst South in 1962.

We had 4 beautiful children – Steven, Peter, Colleen and Debra who gave us 4 grandsons and 4 granddaughters. Sadly, we farewelled our dearly loved son Peter in 2016.

Took up golf with Ron and had great travels with groups around the State, and with senior vets to Fiji, New Zealand and Perth – had lots of wins. Still playing tennis, joined Peak Striders in 2009 and made lots of great friends.

PS: I just want to reach 1000 walks before I get old!!!!

Fancy That - a brew just for us!!



The Social Brewers want to share their love of craft beer and the sense of community it can bring. They say: 'We love great quality beer. Beer that tastes great. Beer that you know is carefully crafted using nothing but the best ingredients. We also love our local area. The St George region in Sydney is full of history and home to a multitude of vibrant communities. We're going to be the ones to bring craft beers to our backyard'.

They have a few beers up and running highlighting local stories, including ours! The can says:

Striders are a well-known phenomenon around the streets of Peakhurst. Resplendent in orange they're more common in the summer months, but they've been spotted right throughout the year. Always approachable and refreshing, this fresh Session Ale is designed to be enjoyed and won't slow you down too much. Whether you're enjoying one on your driveway with your neighbour after finishing the lawns, or after finishing your daily "huffy puffy", Striders Session Ale is sure to hit the spot.

Para Olympian Connection

Tokyo, September 5

Vision-impaired runner **Jaryd Clifford** won the **silver medal** for Australia in the Men's Para Marathon on the last day of the Para-Olympics. He was accompanied by able-bodied guides: **Vincent Donnadieu** ran the first half, then **Tim Logan** took over and ran with Jaryd to the finish line. A fabulous achievement for all three runners and a very proud moment for our Peaky friends, Robin and Philippe.

Vincent's Proud Parents



Robin and Philippe

The Three Amigos



Vincent said: "The role of the guide is much more than just keeping them running in the right direction. Fundamentally our role as guides is to relay as much visual information as possible, which is a surprisingly involved process. Jaryd's vision worsens as he fatigues and the more we can convey to him, the more he can focus on running. The most crucial thing I needed to communicate in the marathon was counting Jaryd into corners and drink stations so that he could stay hydrated. We also talked about what pace we were running at and the positions of other athletes in the field. Running the shortest line and avoiding smaller ground obstacles like manhole covers can often be done by adjusting tether tension to direct Jaryd.

My preparation in the lead up to Tokyo was definitely less than ideal. Shortly prior to my departure for the acclimatisation camp in Cairns, I developed serious fever symptoms and was bedbound for a week with a small patch of pneumonia. The next hurdle was when Covid crept into Canberra. I was flown up to Cairns prematurely in order to avoid ACT's snap lockdown. While I waited on negative Covid test results, I was allowed to train by myself but started developing achilles paratenonitis in my left foot.

I was closely managed by the experienced medical staff and made it to the start line alongside Jaryd, and guided him to the half-marathon point. The guide change over with Tim was tricky given that we were in a pack situation - I had to make sure I had my exit strategy before letting go of the tether to ensure I didn't impede any of the other visually impaired athletes.

Being a Paralympic guide and representing Australia for the first time was truly special to me. I'm honoured that Jaryd placed his trust in me in spite of my problematic preparation, but I think that's just a testament to the strong bond shared by an athlete and their guides."

Community Project - Saving Glenlee

Listed on the National Trust Register, Glenlee is a 2.5-hectare historic property on the Lugarno Peninsular and is currently under threat by a developer. Plans for a 31-lot residential subdivision, removal of over 200 trees, demolition works and construction of 2 roads through the property were submitted, firstly to Georges River Council and then to the Land and Environment Court. Currently hearings are ongoing.

Community outrage has resulted in the formation of The Friends of Glenlee Association Incorporated which will try and stop this development and also convince government at all levels to provide the funds to buy Glenlee as green space for the community so that the family owners are paid for the property.

The proposed development will destroy the irreplaceable Aboriginal Heritage and Early Settler history, cause devastating environmental damage to the area, river system, adjoining Heirdrich Heritage Reserve and create major traffic congestion on roads not designed for through traffic.

Foreshore Wildlife Corridor

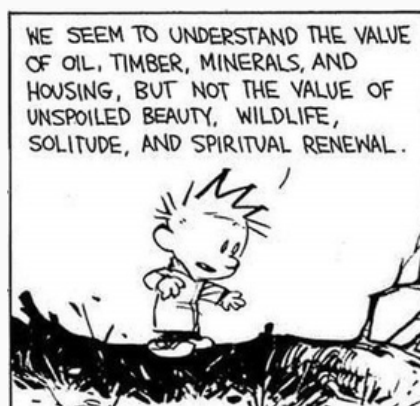


Endangered Species Habitat

Glenlee (also known locally as Lugarno Farm) is unique bushland, undeveloped for well over a century leaving us with a level of biodiversity rarely seen in suburbia. It has been part of the district's heritage for over 110 years and is a culturally and environmentally significant piece of foreshore on the Georges River with a very diverse habitat for hundreds of species (including many endangered).

The Matthei family purchased the property in 1908 and have been careful custodians of this living history ever since. It is an irreplaceable treasure and must be saved for future generations. To learn more about Glenlee's history and the campaign to save it go to

www.saveglenlee.com



Here's to the good life!



Judi Mealey says, this is what my retirement looks like for me. I am enjoying spring flowers in the back yard,

January newsletter
will be delayed
until after
committee meeting
on January 7



From Jean's Garden



After the year we have had, this festive season will certainly be special.

On behalf of the Committee I wish you all a very happy Christmas with family and friends and hope Santa brings you everything you wish for yourselves.

Cheers, Carol K



Happy Birthday

November

Charmaine Austen

Maria Campagna

Maureen Connelly

Mandy Sigurnjak

December

Jean Facey

Helen Galanis

Cheryl Lucas

Margaret Mayhew

Glenn Williams



COULD BE A LONG XMAS EVE...



Find us on:
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We will resume walks in 2022 on January 11

END