

JULY -AUGUST 2022

PEAKY NEWSLETTER

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



Peaky Striders 30th Anniversary

**MURDER MYSTERY, SATURDAY 27 August 2022 at Gardens on Forest, 764 Forest Road
Peakhurst, 6.30 pm doors open, seated for dinner at 7pm**

Preparations for our Murder Mystery Night are well underway. All invitations have now been distributed and therefore you all should be on the hunt for your outfits. For those who have not put in a deposit, the books are now closed, but if you wish to still come, Robyn Sullivan can put you on a wait list just in case someone cannot make it.

Some exciting news:

- * there will be a lucky door prize and
- * a prize for the best dressed
- * on arrival you receive a free drink
- * your allocated seat will be on display as you enter
- * the winner of the murder mystery has the chance of a prize of a weeks holiday in Fiji for 5 people. More information on the night.



Sounds great, doesn't it?

If you haven't paid the final amount for the dinner, please pay by Friday 22nd July.

There are two ways to pay:

- 1) Pay by exact cash in an envelope with your name and amount on the front to Maureen Connelly (Treasurer) or Robyn Sullivan (Social Secretary).
- 2) Via bank transfer (preferred), ensuring that your name is in the "Payer name" field.

Please let Robyn Sullivan know any **dietary requirements** by Friday 22nd July.

Parking: There is no parking on the premises. Please park in the side streets, eg Prospect Road, Collaroy Avenue or on Forest Road.

Save the dates



Saturdays 2, 9, 16, 23, 30 July: Peaky Saturday walks begin at 8am

Sunday 17 July: Sutherland to surf: See <https://sutherland2surf.com.au/>. Peakies will receive back 50% of the early bird entry fee if they wear their uniform and walk. Please enter your name on the sheet at walking if you are attending Sutherland to Surf walk.

Sunday 14 August: City to surf: See <https://city2surf.com.au/>. **Join the walkers after the walk at Oatley Pub 1pm for Pizza. Cost for members \$15, non members \$18.** Please enter your name on the sheet at walks if you are attending Oatley pub. The list is for catering purposes, so if you are walking and attending Oatley pub, then add your name too.

Saturday 27 August: 6.30 p.m: 30 years of Peakys celebration. Gardens on Forest, Peakhurst

Christmas function: to be arranged, watch this space.



Newsflash

Peaky beanies are now available for winter.

Cost \$17.00

See Anne or Jan at walking for yours!



Royal Botanical Gardens Ghost Tour - Saturday 28 May 2022

Antoinette Ilardo reports



What do you do on a Saturday night before you head off for dinner? Well, you walk the paths of the Royal Botanical Gardens in search of spirits, or what they are more commonly known as ghosts. An unusual activity which I was looking forward to as I really did not know what lay ahead of us.

The Peakies were met by Ian and Juliette at the entrance gates to the Garden; they were appropriately dressed as early settlers of the Colony. The sky was now black with lightning and thunder in the distance, adding to the atmosphere of the spine-tingling adventure we were about to embark upon. The bats had begun to shriek too.

We were divided in two groups and my tour guide was the charming Ian. Once past the gates, we walked along the shadowy tree lined paths, crept past gloomy ponds and tiptoed through eerie grottos, with only our trusted torches showing the way. Ian would recite the spinechilling stories of the dead along the way. The Garden is quite spooky at night when you are talking about the dead. We visited many buildings in the Garden but one in particular, Rathborne Lodge is where I truly felt an encounter. The story is that a lady spirit lives there and appears in the window. People have felt her presence on the staircase however it was in a room of this Lodge that I believe I did feel a strong tap from behind on my right shoulder.





It was interesting to learn that there are several people buried in the Garden. One tomb is in a pond, several convicts are buried in the first farm plots of the colony and there is a story that the children of a ferry and boat collision back in 1927 leave their wet handprints along the sandstone wall which edges the Garden.

We were also fortunate to get an amazing view of our beautiful Harbour Bridge and Opera House lit up for the Vivid festival from a vantage point within the Garden.

On completion of the tour, I was to be the only Peaky to have encountered an unexplainable phenomenon or no one else owned up.

Following this wonderful story telling adventure, we headed down to Siena Marina at Woolloomooloo for dinner. The choice of food was extensive. We all enjoyed our meal and the evening out in our glorious city. Thank you to Robyn for organising the tour and the dinner

Member Profile: Sue Henderson



- 1. What suburb do you live in and how long for?** Peakhurst Heights, 6 months. Previously Sutherland Shire. Have you lived elsewhere especially if outside Sydney? Auckland, NZ for a couple of years.
- 2. Whether you work (and at what) or are you retired? What work did you do?** Still working, bookkeeper for a construction company.
- 3. Family – partner, husband, children, grandchildren, pet?** Small but close family, adored scruffy terrier dog called Max, no children.
- 4. When did you join Peak Striders and how did you come to join?** Joined about 6 weeks ago. I learnt about Peak Striders from my neighbour, Cheryl Lucas.
- 5. How many walks now done and what are your goals?** I think I've done about 6 walks. No particular goals, just general fitness.
- 6. Hobbies/sport eg. Photography, cards, dance, tennis, golf, bowls, sewing, cooking etc? Do you have a great recipe to share? Reading, walking, sewing, gardening.** Sorry, no recipe - for me cooking is a necessity, not a hobby!
- 7. Participation in walks like the City2Surf, Great Ocean Road, Camino?** Nil - I prefer dog friendly exploration of the local area.
- 8. Other travelling done to anywhere, particularly if with other groups that include hiking, walking etc.** Routeburn Track - 3 day, 32km walk in the stunning Fiordland National Park on the South Island of New Zealand. It was a fantastic experience.
- 9. Anything else you can think of?** Peak Striders group has been incredibly welcoming - a great bunch of people. Thank you!



At our Easter function a few members asked for the recipe of Cheryl's Greek Easter biscuits. Well, here it is:

Koulourakia - Greek Easter biscuits

375g (2 cups) castor sugar

250g unsalted butter melted

4 eggs, separated

1 teaspoon baking powder (place in flour) Rind 1/2 orange

1 kg self raising flour

1/8 cup warm milk (2 teaspoons) 1 teaspoon vanilla essence

Egg wash (yolk only)

Icing

Icing sugar about 1 cup

1/2 to 1 tablespoon lemon juice

Method

Beat egg whites until peaks form, set aside

Beat melted butter, egg yolks, and castor sugar till combined

Then add egg whites

Slowly add milk, vanilla essence and orange rind. Add half the flour and mix well

Then add remaining flour, knead together.

Mixture should not stick to the hands. If mixture does stick to the hands, add a small amount of flour until it is not sticking.

Get a small amount of dough and roll out then twist. Place on tray lined with baking powder and brush with egg wash.

Place in moderate (about 160 deg C) oven until golden brown, depends on size, about 20-25 minutes. Ovens vary, so check biscuits regularly.

Makes about 46 biscuits.

Icing

Mix icing sugar with lemon juice giving a very runny mixture. Cover cooked cooled biscuits with icing. This amount of icing covers about half a batch, leaving the other half icing free.

Spit to Manly walk - Monday June 13 2022

It was a stunning day for a walk. The weather was fine and the views brilliant. 12 Peakys walked, and 12 joined the walkers for lunch. As Glenn Williams told me "Gail did it in 2hrs 50 mins the rest of us did it in 3 hrs including morning tea at the aboriginal carvings. Lots of steps up and down"



Happy Birthday

July

Jennie Davie

Sue Rose

Judi Mealey

Terrie Spence

August

Jenny Howard

Henry King

Linda Sainsbury

Dawn Black

Robin Donnadieu



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