

NOVEMBER - DECEMBER 2022

PEAKY NEWSLETTER

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



Approaching the end of 2022

This is the last newsletter for 2022. What an interesting year. Lots of changes in Covid regulations and the opening up of travel....

On Saturday 3 December we have our Christmas function at Bitton at Oatley. Hope to see everyone there. Thank you to our wonderful committee for a wonderful year celebrating 30 years of Peaky Striders.



Christmas function: Saturday 3 December 2022 6.30pm, BITTON RESTAURANT, MULGA ROAD, OATLEY WEST

To attend you must wear white. This goes for the blokes as well. If you can't do ALL white, get as close as you can. As well as wearing white, I am asking that part of your outfit comes from a charity store. This can be your entire outfit or just an accessory, but to be eligible for a prize you must have proof of purchase i.e. a docket.

Cost: \$65 p.p for a two course meal. (Drinks extra 10% surcharge). Partners are welcome.

RSVP: Please reply with full payment by **November 15th**. Monies to be paid into the Peaky Striders Inc. account. Make sure name is on the transfer.

Thursday 15 December: End of year presentation will follow the final walk for 2022.

Tuesday 10 January 2023 Walking resumes.

Walk on Wednesdays - WOW

These walks are not official Peaky events, but are a lovely way to spend the first Wednesday of the month. Anyone welcome, friends, family and others! Let a member of the committee know if you want to be added to the WOW email list.

September WOW

On the first weekend in September a dozen or so Peakies and friends walked in the National Park then had lunch at the club at Bundeena. A lovely day.

It was Antoinette's first WOW since retiring, and she and Di saw a whale!

BUT.. note to self, don't wear white shoes on a muddy track.

Some photos of the day below.



October WOW

What a different day October WOW was! It poured. So Jen Howard quickly thought of another option, the Museum of Sydney. The display was of Sydney over time. There was even an image of Forest Road in Hurstville.

Thanks Jen for organising.



Member profile - Linda Sainsbury



1. What suburb do you live in and how long for? Have you lived elsewhere especially if outside Sydney?

I currently live in Mortdale. I have lived here for 5 and half years. As a child I have lived in numerous suburbs within NSW including a short time in Tumbarumba and Newcastle.

2. Whether you work (and at what) or are you retired? What work did you do?

I work full time as an Admin support officer for a government department. It will be 30years next year!

3. Family – partner, husband, children, grandchildren, pet?

I have one child and 4 grandchildren. They are a blended family.

4. When did you join Peakay Striders and how did you come to join?

I joined Peakay Striders in January 2022. I saw the Peakay Striders advert in the local paper.

5. How many walks now done and what are your goals?

I have completed 18 walks so far. My goal is to walk more frequently.

6. Hobbies/sport eg. Photography, cards, dance, tennis, golf, bowls, sewing, cooking etc?

Do you have a great recipe to share?

I enjoy nature and beach walks. Since working from home I like to prepare myself healthy snacks and lunches. I knit scarfs for local charities.

7. Participation in walks like the City2Surf, Great Ocean Road, Camino?

No participation in any specific walks.

8. Other travelling done to anywhere, particularly if with other groups that include hiking, walking etc.

I have completed part of the Great ocean road walk a number of years ago with one of my closest friends. The view was amazing! And I have also stayed in a cabin at Cradle Mountain and did some short walks around Dove lake and through the St Clair national park. It was picturesque. On our walks we were lucky enough to see some wombats and a platypus and lots of bird life.

9. Anything else you can think of?

I feel very lucky to have had the opportunity to join this walking group and to meet new friends. Thank you everyone for making me feel so welcome.

A timely reminder!

Dust If You Must

by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

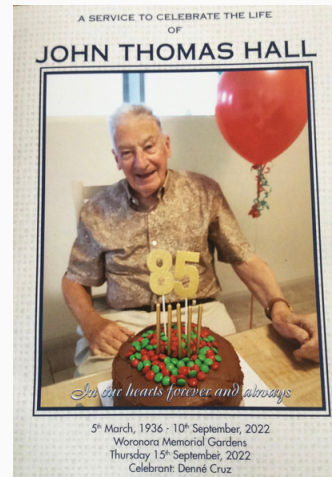
A family that plays (walks) together stays together!

Anne Wilson sent this photo of her friends and family completing 28km 7 Bridges walk. A fantastic feat.



Vale John Hall

A sad day for the family of former Peaky Strider walking group member. John Hall died on 10th September 2022. He was remembered fondly by members as a lovely man who walked fast!



Happy Birthday

November

Maureen Connelly (significant birthday)

Maria Campagna

Charmaine Austen

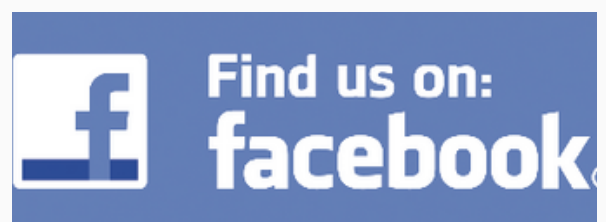
December

Margaret Mayhew

Helen Galanis

Glenn Williams

Cheryl Lucas



END