

SEPTEMBER - OCTOBER 2023

PEAKY NEWSLETTER



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

This year is going fast. We are now in the final third of 2023. There are a few more social and walking events left in this year. So come along and enjoy.



Thursday 5th October 2023 Pizza night at Masos after walking to celebrate daylight savings. The pizzas look good (a few members have tried them).

Sunday 8th October 2023 Oatley Park fun run <https://www.oatleyparkfunrun.com/>
Paul Tam has registered Peakies as a Team.

Friday 3, Saturday 4 November 2023 Bundanoon Social weekend. Come down to a beautiful part of the world and enjoy walks, glow worm caves and stay at Bundanoon Hotel. En-suite rooms are priced between \$149 to \$179 per room per night. The social sub committee is planning a fun weekend. The hotel has put rooms on hold under "**Judi Mealey: Peaky's Striders Walking Club.**" If you would like to call or email to make a formal reservation in your own name and provide credit card details in order to secure the booking. The room cost is not deducted from the individuals credit card until the morning of the checkin being Friday 3rd November. Bundanoon Hotel Address: [6-18 Erith Street Bundanoon NSW 2578](https://www.bundanoonhotel.com.au) P: 02 4883 6005.

Saturday 2 December 2023 6pm Christmas function at 16 Foot Sailing Club. Save the date. it's an early start for dinner so you can enjoy the lovely views of the river.

Thursday 14 December 2023 last walk for the year and Presentation night. Details to follow.

Tuesday 16 January 2024 Walking resumes.



Reminder: Arrive 10 minutes before the walk starts so you can get a stamp and review the map to see where you are going (take photo on phone if needed). Have your mobile phone (and torch at night) on you when walking and ensure emergency contacts are easily accessible on your phone. If you are ahead of the pack, please do double ups so there is no one left behind. Safety first.

Blankets for Wrap with Love

We have some talented members. Maureen, our treasurer volunteers at Meals on wheels, plays Rummikub with a 96 year old (and loses sometimes), does Zumba dancing, treasurer at Probus and Peaky Striders. In addition, she knits these squares to be made into blankets. As Jenny Hicks emailed me “Our very clever treasurer has been very creative.

I have completed the sewing for Wrap with Love at the local library.” See the photos below.



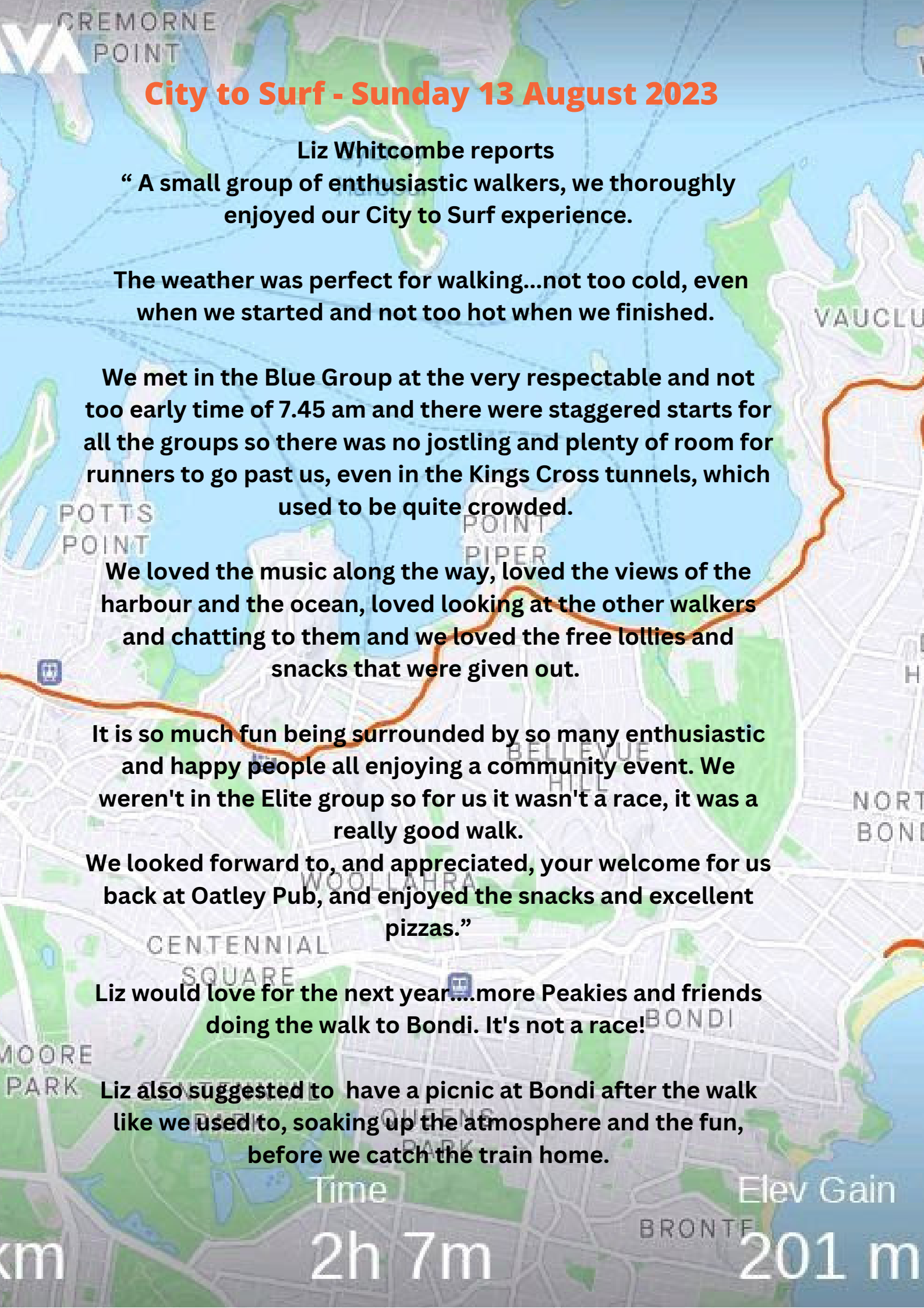
Maureens husband, Ray has been in the 2nd August St George Leader local newspaper. Ray worked for St George Football club for many years. He is the person on the right with the red cap in the photo below. I'm sure the photo brings back many memories for Ray.



Sutherland to Surf - Sunday July 16 2023

Sutherland to Surf had mixed weather. Liz Whitcombe had just come back from Spain and was waiting in the rain at Cronulla for Peakies to finish. Meanwhile our Peaky participants were in fine form and weather close to the start (except Paul, he got wet). After the race, a few of us met at Terries place for home made soup and bread. Yummy.





City to Surf - Sunday 13 August 2023

Liz Whitcombe reports

“ A small group of enthusiastic walkers, we thoroughly enjoyed our City to Surf experience.

The weather was perfect for walking...not too cold, even when we started and not too hot when we finished.

We met in the Blue Group at the very respectable and not too early time of 7.45 am and there were staggered starts for all the groups so there was no jostling and plenty of room for runners to go past us, even in the Kings Cross tunnels, which used to be quite crowded.

We loved the music along the way, loved the views of the harbour and the ocean, loved looking at the other walkers and chatting to them and we loved the free lollies and snacks that were given out.

It is so much fun being surrounded by so many enthusiastic and happy people all enjoying a community event. We weren't in the Elite group so for us it wasn't a race, it was a really good walk.

We looked forward to, and appreciated, your welcome for us back at Oatley Pub, and enjoyed the snacks and excellent pizzas.”

Liz would love for the next year...more Peakies and friends doing the walk to Bondi. It's not a race!

Liz also suggested to have a picnic at Bondi after the walk like we used to, soaking up the atmosphere and the fun, before we catch the train home.

Time

2h 7m

Elev Gain

201 m

City to Surf - Sunday 13 August 2023 cont.

The Peaky walkers



Kate and Anne

Liz, Denice, Jan, Carol and Anne



At Oatley pub Denice said she enjoyed seeing the men dressed only in the budgie smugglers, Jan said she loved seeing the children walking with their parents. Kate said she found it challenging keeping up with her Mum as Anne has long strides, but she managed it.

The non walkers welcomed the walkers back and all enjoyed good company and good food. Til next year!

Member profile - Tom Carr

Tom has been a Peaky member since 2010.

He's currently one of the Uniform coordinators and for many years has looked after our website. Thanks Tom for all your work.



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

I live in Picnic Point and have done so for 36 years. I have been in the area for almost my entire life. My parents moved to Revesby Heights when I was about 6 years old. Over the years I have lived in other parts of Sydney and we also spent 12 months in Adelaide.

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

I retired in April 2020 just as COVID hit after working in the IT industry. My final role was as IT manager for an international container terminal. As some of you may know I returned to work in April this year to assist the company in their transition period. I retired again in August.

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

Happily married to Shirley (Lee) since 1987, we have 2 adult boys, Andrew and Nick. Nick is married to Chloe and they have a wonderful almost 12 month old boy, Oliver, our first grandchild.

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

Shirley and I joined Peakies in 2010 at Shirley's suggestion. Shirley's friend from a Zumba class recommended Peakies as a good group to join.

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

I reached 1000 walks last year and now I am up to about 1050. My aims are to continue walking for fitness and fun.

6. Hobbies/sport eg. Photography, cards, dance, tennis, golf, bowls, sewing, cooking etc? Do you have a great recipe to share?

I do enjoy cooking and I try and do most of the cooking at home.

A favourite recipe I use regularly is for a Japanese Green Avocado Salad.

<https://www.smh.com.au/goodfood/recipes/japanese-green-avocado-salad-recipe-20170918-gyjcoo.html>

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

I have taken part in most of the Australian walks in the past, including Gold Coast and Melbourne and most of the Sydney walks. A favourite is the Mt Annan walk. Not doing any extra walks at the moment as my knee is playing up with Osteoarthritis and I have been having treatment but have restarted regular walking recently.

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

I have travelled to Asia, UK, NZ and USA with work.

Shirley and I have travelled UK, Europe and USA as tourists, however most recently we have taken to cruising. We have cruised to Asia, NZ, the Pacific Islands and around Australia. Our next cruise later this year will be down south around the bottom of Australia.

Social walk Auburn gardens - 2 August 2023

Another stunning day. A group of Peakies took the train out to Auburn Gardens. We have been there before during the Cherry blossom festival. Last time we were there were so many people it was hard to get a picture of the cherry blossoms. This time is just before the festival started and hopefully we could see some cherry tree blossoms were out. Success, as you can see. Some blossoms were out.

As Denise McKay said “ A lovely day out with my Peaky Walking Group by train and walking to Auburn Botanical Gardens. We walked along Duck 🦆 River Walkway from Clyde Station to Auburn Gardens. Such a beautiful peaceful place to enjoy.”

And Diane Craven wrote “We saw Cherry Blossoms, enjoyed a cuppa and cake, laughs, great company, a peaceful walk and delightful gardens on our WOW outing.”



Did you know?

Riverwood station has a new car parking station. You can park your car there for up to 18 hours then use the train for the car parking cost of your train ticket. To qualify for free Transport Park&Ride parking, you must: 1) Park your vehicle in the dedicated Park&Ride car park and 2) Complete a trip on public transport by tapping on and tapping off with the same accepted Opal card or credit/debit/Opal card linked to a Transport Connect account. Exit the car park within 18 hours of entering.

See <https://transportnsw.info/travel-info/ways-to-get-around/drive/parking/transport-parkride-car-parks> for more details.

Happy Birthday

September

Judy Jaeger

Sue Henderson

Carol Hamilton

October

Anne Wilson (special birthday)

Sam Ilardo

Barbara Seager

Gail Brown

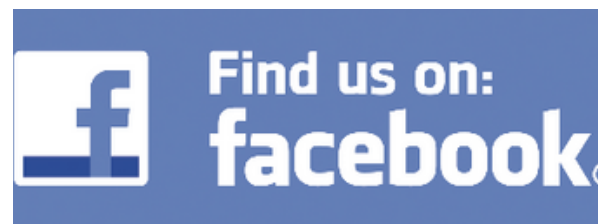
Sue Garcia

Laura Furfaro

Annetta James

Lyn Morriss

Jenny Hicks



END