

SEPTEMBER - OCTOBER 2025

# PEAKY NEWSLETTER

*Bi-Monthly newsletter of Peaky Striders Inc*  
[www.peakystriders.org.au](http://www.peakystriders.org.au)



Spring has sprung. Hopefully we can now have some mild and sunny days after all the rain we have had.

The next WOW walk is on Wednesday 3<sup>rd</sup> September at the historic Carrington hotel at Katoomba. Sounds like a lovely outing.



**Saturday 6 September 2025 Paint n sip. 43 Ada St Oatley  
1.30pm \$40.**

**Friday 31 October/ 2 November 2025 - social weekend away,  
Mittagong. Book now.**

**Sunday 7 December 2025 - Christmas dinner 5pm onwards,  
save the date**

**Wednesday 17 December 2025 - Last walk for the year**

**Thursday 18 December 2025 - Presentation night, no walk**

**Tuesday 13 January 2026 - 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.**



# Sutherland to Surf - Sunday July 20 2025

Sutherland to Surf was a lovely day and Peakies that walked enjoyed the scenery and company.





## City to Surf - Sunday 10 August 2025

No Peakies walked this year, but Paul Tam volunteered at the start. The weather was not that kind.

Paul said “It's dry for the elite group then rain again from green .... I can't believe people still coming at 10am. Gate closed at 9:50am. Anyway fun. I am wet so not going to follow Orange to Bondi. Will miss the medal ... “

Paul shared some photos of his time at the race. From Facebook messenger.



## WOW The Archies - 6 August 2025

About 22 of us went to the Art Gallaeary to see the Archibald competition finalists and winner's. A look of confusion when reviewing the Archibald winner.

Most thought there were others just as worthy. The childrens gallery was always a delight, so much talent.

We went to Woolly pub for lunch. On the way home, Lyn M met Phillipe and Robyn. They too had been to the Archie's, albeit later than the Peakies main group.





# WOW The Archies - 6 August 2025



## WOW Temple visit - 2 July 2025

The weather on their day before was atrocious. Even on the day there was wild weather. This did not deter 19 Peakies from taking the train to visit the temple. We were very lucky; the rain stopped when we walked from the train station to the temple and back. The tour was very interesting and very quiet as the temple was closed to the public, but not to us. Thanks Carol K and Henry for a very enlightening trip.





## WOW Temple visit - 2 July 2025





## Social Event, Thai restaurant - 5 July 2025

A delicious dinner at a Thai restaurant. Plenty of food and fantastic company.





# What happens to you after walking for an hour?

- After 2 min: Heart rate rises, joints warm up
- After 5 min: Blood flow improves, brain wakes up
- After 10 min: Mood lifts, blood pressure drops
- After 20 min: Fat burning begins, insulin improves
- After 30 min: Stress lowers, heart strengthens
- After 45 min: Body burns stored fat, muscles tone
- After 60 min: 200-300+ calories burned, mind clears, immunity boosts

*Happy  
Birthday*  
**September**

*Carol Hamilton*

**October**

*Anne Wilson*

*Sam Ilardo*

*Barbara Seager (special birthday)*

*Gail Brown*

*Sue Garcia*

*Annetta James*

*Lyn Morriss*

*Jenny Hicks*

## Christmas Dinner

Don't forget our Christmas dinner overlooking the George's river on Sunday 7 December 2025. More details soon.



END