

SEPTEMBER - OCTOBER 2026

# PEAKY NEWSLETTER

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



Spring has sprung, and the weather is very warm.

The next Social event is on Sunday 13<sup>th</sup> September at Government House. Please contact Judi if you are going, as final numbers are needed.



**Sunday 13 September 2026 - Social event, Government House**

**Sunday 6 December 2026 - Christmas lunch.**

**Wednesday 16 December 2026 - Last walk for the year**

**Thursday 17 December 2026 - Presentation night, no walk**

**Tuesday 12 January 2027 - 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 19 July 2026

Sutherland to Surf had perfect weather for a walk or run. Four Peakies participated, Anne Wilson, Alana Green, Paul Tam and Phillipe Donnadieu. Phillipe actually ran, rather than walked. According to Glenn Williams, Anne Mattison, Glenn and Ronan (Glenns grandson) were there to cheer them on. Congratulations to all of you.



## Manly walk - 5 August 2026

From Di Cravenon Facebook "Manly Beach was stunning on this winter's day. Our WOW group enjoyed morning tea at Shelley Beach and lunch at The Steyn. Thanks Patsy & Glenn Williams for organising."



## Haberfield Rowers club - 1 July 2026

On Facebook, Glenn Williams said “Enjoyable WOW from Chiswick to Abbotsford followed by lunch at the Rowers Club. Thanks Anne and Jan for a great day.”



# Exercise opinions

My grandpa started walking five miles a day when he was 60.  
Now he's 97 years old and we have no idea where he is.

I like long walks, especially when they are taken by people  
who annoy me.

I have to walk early in the morning, before my brain figures  
out what I'm doing...

Every time I hear the dirty word 'exercise', I wash my mouth  
out with chocolate.

I do have flabby thighs, but fortunately my stomach covers  
them.

The advantage of exercising every day is so when you die,  
they'll say, 'Well, he looks good doesn't he.'

If you are going to try cross-country skiing, start with a small  
country.

I know I got a lot of exercise the last few years ..... just getting  
over the hill.

We all get heavier as we get older, because there's a lot more  
information in our heads. That's my story and I'm sticking to  
it.

Every time I start thinking too much about how I look, I just  
find a pub with a Happy Hour. And by the time I leave, I look  
just fine.

# Friendship



Definition of friendship: A friend who removes dogs poo off your shoes with a stick, thus preventing a bad smell in your car.

*Happy  
Birthday*  
**September**

*Carol Hamilton*

**October**

*Anne Wilson*

*Sam Ilardo*

*Barbara Seager*

*Sue Garcia*

*Annetta James*

*Lyn Morriss*

*Jenny Hicks*

## Christmas Lunch

Don't forget our Christmas lunch on Sunday 6 December 2026. More details soon.



END