

April 2020, Edition 47



## Virtual Orienteering

The Knox Street Orienteering Walkers do not walk together like many other Heart Foundation walking groups in Knox, but walk in teams of 2 to 5 people. However the group has been suspended until at least June 2020 and the previously advertised Active April Event was cancelled.

The Walk Organiser, David, emailed all members advising them that the monthly walks had stopped. However he mentioned that all the old orienteering maps are available on the Group's website. With many walkers staying home, the old maps can be used together with Google Earth or Maps on your computer, tablet or phone to do Virtual Orienteering!

Detailed instructions are on the Group's [website](#). Send your results to David and he will check them off against the master map and let you know how you went. If you want to compete against other members of your household you could also note the time it took you to complete the course. You might even become a VO Record Holder!

Street Orienteering has 5 'great' benefits: Physical exercise, Mental exercise, a Challenge, Social interaction and Fun. Unfortunately with Virtual Orienteering you miss out on 2 of them and you will have to make your own coffee afterwards instead of visiting a café, but it certainly still sounds like a lot of Fun!

If you or your group are interested in 'actual' street orienteering, contact David and he'll let you know when they are starting again. Mobile: 0419 337 311 or email [david@knoxsov.org.au](mailto:david@knoxsov.org.au) [Click here](#) to go to their website.



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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**ROWVILLE-LYSTERFIELD**  
COMMUNITY NEWS

### ► Knox Street Orienteering Walkers



The Knox Street Orienteering Walkers (*Knox SOW*) walking group is running two walks in *Active April*. They will be starting (and finishing) near the top of the hill in the carpark at Milpera

Reserve on Friday 3<sup>rd</sup> & 17<sup>th</sup> April. The group walks around the streets finding answers to 20 clues on a map. Each clue is worth different points, so the challenge is to maximise your score and be back within one hour. Team registration is from 10am and the walk commences at 10.30am. The cost is \$1 per person donation. After the walk they'll have a coffee and chat at Schokolade Café in the Studfield Shops on Stud Road.

Knox SOW is a registered **Heart Foundation**

walking group. They walk on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays every month. Full details are on their website: [www.knoxow.org.au](http://www.knoxow.org.au)

Booking for the *Active April* walk is essential. Contact Walk Organiser, David, on 0419 337 311 or [david@knoxow.org.au](mailto:david@knoxow.org.au) to find out the exact Start/Finish Location. If you are coming along for the first time you will receive training and be put in a team with experienced orienteers.

■ David Mallen



*Walking the Streets*



*Admiring the flowers*

# **Knox SOW NEWS**



14<sup>th</sup> April 2020

## **Virtual Orienteering**

Good to see you are enjoying 'VO walking' using Google Maps Street View. We are getting over 10 hits on our VO page per day. The most popular 'walks' are in the Wantirna and Wantirna South areas. Please let me know the time you take and I'll update the VO Records page. Have you done the Hawaii walk yet? <http://www.knoxow.org.au/virtual.html>

## **Google GPS Location record**

I was checking my Google account on the phone the other day as I wanted to stop Ads that are linked to my Google searches. I did this then came across the Google Location record. I clicked on it and a map of the world appeared covered in dots indicating where I had been since I bought the phone! It even recorded that I had been in Rome last year. Must have been when I turned the phone on to use Maps to find the Trevi Fountain.

I was about to delete this record but realised that if I got the Corona Virus it would be an excellent way for the Contact Tracers from the Health Department to find out where I had been and it may remind me of whom I had come into contact with. I left it on. It can be set to never delete or automatically delete records older than 3 months or 18 months. I changed to the 3 month setting.

The Location settings are found on the Data & Personalisation page at: <https://account.google.com>

## **New SOW walk areas**

We have to set some new courses for later in the year – when we are allowed to gather in groups again. If you have any preferences please let us know. The area should be relatively flat and the Start/Finish Location should preferably have off-street parking.