

The Mitchell ^{ID} Walker

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Issue 76

March 2020

Mitchell Walking Group is a program of Broadford Living & Learning Centre inc. 158-160 High St, Broadford 3658

Just one report this month. Then we decided to cancel walks until the Covid 19 pandemic is over. I will share any stories you choose to send me, about how you are getting on in this uncomfortable and unfamiliar period.

Are you still out walking alone or with immediate family members? I have a few small items for this edition but hopefully others will contribute in time for the next newsletter. (Ed.)

Marysville/ Marysville Stevenson's Falls. Sunday 22nd March

It was an early start to the day, as the trip to Marysville was nearly 2 hours. In order to get a good walk in it was up and away from Kilmore by 8.30am. Met Paul and Arthur at Broadford and we then met the others at Marysville. Wayne and Val travelled together from Kinglake, and Karen travelled from Melbourne, we all arrived within a short time of each other. It's like all roads lead to Marysville.

Val and Wayne were having a coffee. Once we prised them out of there, we were on the track and walking, heading for Stevenson's falls. The track was wide and walking was easy with some undulation. Lovely treeferns along the way, and many different birds. I think we were all very

glad to be out and able to chat with one another, and realising this was possibly one of our last official walks for a while.

We were all very careful to keep our distance and not share food as we have done in the past. It's challenging to do the *no-hugs* thing, but we were all very careful.

The falls were delightful, water gushing over, this is the Marysville water supply and comes from a reservoir,. They have flood lights to light it up at night and apparently it is beautiful. We had a group photo taken here and Karen had her jacket over her face. While it don't look it, we were all well separated. We then walked onto the top



viewing area, which is steep and has plenty of switchbacks. I thought this would be a lovely area to sit and have lunch but there was no seating or even logs to sit on, so after a short snack we moved on. We divided into two groups, Wayne and Val went back down the falls, while Karen, Paul, Mary & Arthur continued on via Keppel outlook.

The forecast was for a showery day, and it was, with cloudy conditions. Now, clouds and lookouts don't really mix. There were momentary views, with the Cathedral Range in the background.



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The breaks we had were short, as time was getting away, but there's nothing like a rock perched over the valley as a site for having a cuppa. We saw some of the amazing regeneration, post the 2009 fires and the scars left behind. We met another bush walking club, enjoying the great outdoors. Marysville have a lovely memorial walk along the creek and it's worth considering for a visit some time in the future.

Wayne and Val had lunch and then went to Bruno garden,. The rest of us were still coming down the hill, aiming to get back to Marysville by 4.00 pm.

Thanks to all for their company and enthusiasm. It was Wayne's first walk, post op.. Well done. It was also Paul's first walk with our club, out front and bouncing along,. Great! Karen- Now you have been to Keppel lookout and the falls. Good effort! I know you love those steep down bits. Not! Val was out again with a cheery smile and delightful company as usual. And me. (Mary) I just love it all. Thanks again folks.

(Report by Mary)



Now that all walks are cancelled,

What are our members doing?

- ***Wilma has found a new walking partner.*** His name is Bee Gee and she adopted him from Epping Animal Welfare. He's 10 years old and had to have most of his teeth removed. Hopefully he'll be able to keep up with Wilma when they are out on walks together.



- ***Fred's been working on his Porche restoration,*** as well as keeping busy with Sandra delivering parcels for Australia Post. Every day until at least Easter.

No doubt with people not wanting to travel

around, there will be a greater call to have things delivered.. They have new rules on the delivery process to avoid unnecessary contact. No one gets to touch the scanner but them..

- ***Mary and Val went out for a bike ride,*** keeping at least 2 metres apart. They had a "magical" day, by all accounts.



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- **Wendy went for a walk** and these guys enjoyed the sunshine , with her.



- **John and Marg did the Mt Piper base walk** one day, for variety from their **daily local walk** along their street.



***** Please feel free to send in photos and descriptions of how you are keeping fit, during these difficult times.**

OTHER NEWS:

- I was very sorry to hear the other day that one of our walkers, Henri, has been found to be positive to the Covid 19 virus. He spent 3 days in Northern Hospital but is now recuperating at home, after what sounds like a very painful and frightening experience. He caught the virus while holidaying in Egypt. Fortunately his wife was found to be negative. If you wish to be updated on Henri's condition give Fred a ring on 0417 156 044, or Mary on 0428 479 469.
- If you'd like to be part of a group wishing to share their email addresses with each other, please let me know before midday on April 8th. I've been told that some people would like to be able to have closer contact with each other while walks have been suspended and people are in lock-down. I normally keep email addresses private. On Wednesday afternoon, 8th April, I will notify all the people who have responded, and share with them the email addresses of just the others who responded.

Next Planning Meeting: The Living and Learning Centre is closed for non-essential services and all meetings are cancelled until further notice.

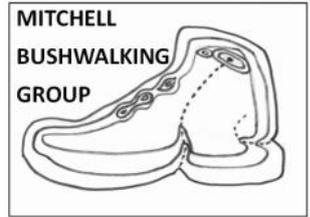
Proposed Walks. All group walks have been postponed until we are given *the all-clear* to restart them again by Bushwalking Victoria.

John Brissett (Secretary)

***** Membership application on the next page *****

Mitchell Bushwalking Group

MEMBERSHIP APPLICATION



<i>Contact details may be made available to leaders for the purpose of organising trips.</i>			
Name:	M / F Year born:		
Email:			
Postal Address:			
Phone:	Home:	Mobile:	Work:
Emergency Contact:	Name:	Mobile:	
Do you hold a Level 2 First Aid Certificate? Y / N		Date of qualification:	
Brief description of bushwalking/outdoor experience:			

Acknowledgement of Risk – Please read and sign (all members over 18 years must sign)

I am aware that my voluntary participation in any activity of this club may expose me to risks that could lead to injury, illness or death, or to loss of, or damage to, my property. These risks include, but are not limited to, slippery and/or uneven rocks, dislodged rocks, cliffs, exposure to weather and whiteout conditions, falling and hypothermia.

To minimize these risks I will endeavour to:

- Ensure that any activity I participate in is within my capabilities;
- Carry appropriate food, water and equipment for the activity;
- Advise the leader if I am taking any medication, or have any physical or other limitation which might affect my participation; and
- Make every effort to remain with the group during the activity and accept the instructions of the leader.

I have read and understood these requirements and have considered the risks before choosing to sign this Acknowledgement of Risk. I accept that in signing this form I will take responsibility for my own actions.

Name:	Signature:	Date:
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OFFICE USE ONLY	Receipt No:	Database updated Date:
Membership No:	Receipt issued Date:	Email notification sent Date:

The club membership year is 1st April 2017 to 30th March 2018. New members January-March pay half the annual subscription. Annual membership, which covers insurance through Bushwalking Victoria, is **currently under review**. For further information please email: mitchellwalksgroup@gmail.com

* This form could be posted with a cheque to **Secretary, Mitchell Bushwalking Group, c/o PO Box 76, Broadford 3658** OR Scanned and sent electronically to mitchellwalksgroup@gmail.com The membership fee could be paid via bank transfer to **Mitchell Bushwalking Group** at Bendigo Bank. The BSB number is **633-000** Account number: **160294047** Please write your surname in the details.