
Leaders Letter March 2024

1 message

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To: jevansact@gmail.com

6 March 2024 at 05:41

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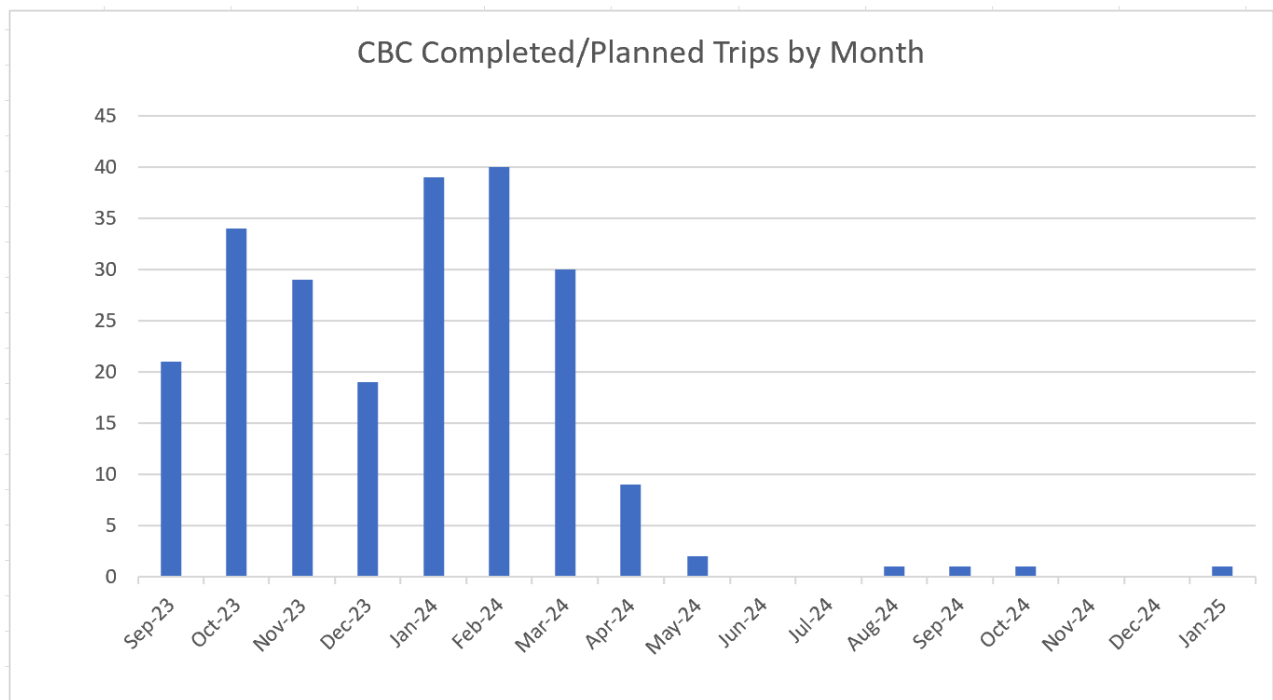


Practical Map and Compass Navigation participants pause to learn about 'Callum Brae'

MARCH 2024 LEADERS LETTER

Yuma CBC Activity Leader

Another monster month of activities in February, the **activity program** topping out at 40 completed trips.



Trips were led by Jenny Arnold, Jeff Bennetts, Garry Boxsell, Greg Buckman, Andrea Coomblas, John Danaro, Irene Davies, Gerald Dodgson, Allan Donnelly, Linda Groom, Jenny Horsfield, Rob Horsfield, Diana Kirby, Meg McKone, Dick Morton, Sal Ozugul, Mark Peirce, Phillip Starr, Andrew Struik, Sandra Teffer, Keith Thomas, Tim Wright, John Evans.

Many activities book out very quickly. With 86 leaders on our books, there's plenty of **opportunity for inactive leaders** to pop their boots back on.

Thanks again to Jeff Bennetts who organised a great series of **Thursday evening rambles** from late October through to the end of February. And, of course, to the wonderful walk leaders who contributed.

New walk leader: Michael Clisby



Michael joined CBC in mid-2023 and has completed over 50 walks.

“After I retired in 2020, I started doing simple walks around inner Canberra with friends. Over time, these became more challenging and interesting.

After joining CBC, my eyes have been opened to the unlimited possibilities in my backyard! I'm keen to develop my leadership skills and hope to give back some of the pleasure in bushwalking I've found in CBC!”

Michael's first-led walk was yesterday.

New walk leader: Kirk Hone



Kirk joined the CBC in 2023 and has participated in five club events. Discovering a passion for hiking during a working holiday to Tasmania, he has completed many of the better-known and more obscure walks on the Island State. More recently, before joining the club, he was an event organiser with a Canberra hiking and outdoors meetup group, and led over fifty walks with that group. Kirk prefers long day walks and multi-day hikes, is fascinated with the Indigenous and early European History of Kosciuszko National Park, and is particularly keen to share and develop his knowledge of the park with fellow club members. Kirk's first-led walk is on 6 April.

New walk leader: David Abela



David Abela joined the CBC in 2022 after having retired from full time work. He was a very active walker and member of the club back in 80's and 90's and is now raring to get back into bushwalking once again in his retirement.

"I have very fond memories of so many great walks that I did with the CBC all those years ago, throughout the Brindabellas, the Snowys, the South Coast and the Blue Mountains. I just love the outdoors and continue to spend lots of time now on extended walking, cycling and kayaking trips. I've completed lots of multi-day walks, cycle tours and paddling tours in many parts of Australia and overseas and have many more long adventures planned!

One of my personal goals in the next year or so is to solo walk the Camino Santiago Frances which starts from Le Puy in France (around 1600 kms over 10 weeks or so).

I'm looking forward to leading lots of future walks with the CBC and in the longer term, hope to organise maybe some overseas walking adventures as well."

David's first-led walk is on 21 April.

Don't lose your walkers!

I was recently asked about the Club's protocol for dealing with lost walkers. You can read about it in [Guidelines](#)

for Participants.

As a Leader, you can pre-empt such a situation by giving clear instructions in your pre-walk briefing:

- Explain the intended route using a map
 - Appoint a tail end Charlie that no walker lags behind
 - Count the party at every stop
 - Emphasise that it is the primary responsibility of each walker to maintain visual contact with the person ahead of them. Before eye contact is lost, call out so the entire party can regroup.
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The Club's **2024 Training Plan** continues to deliver. Allan Donnelly recently presented an excellent and practical footcare and snake bite compression bandaging and immobilisation session to 13 leaders. Participants split into pairs and applied snake bite compression bandages to each other, and a practical scenario of a remote area snake bite situation was dealt with. Thank you, Allan, for sharing your knowledge and experience. Allan's protocol for snake bite can be viewed here.

Help!

A series of half day Practical Map and Compass Navigation exercises is running in Callum Brae Nature Reserve. Each repeat is designed for a small number of participants. It works best when there is nearly 1-to-1 mentoring. (Terrylea Reynolds, Meg McKone, Rob Horsfield have already helped, and Di McDean will on 27 March.) Can you help me? All you need to bring is your flatbed compass and a smile; I'll supply you with route card, map segment and the answers! Please let me know.

Do you have Ambulance cover?

I recently read in a local hikers' Facebook group of a snake bite and helicopter extraction. Fortunately the hiker is well (suspected dry bite), but there was mention of a \$13,000 bill.

Do you have ambulance cover? It may be included in your private health insurance, else it can be taken out separately.

What happens when you trigger a Garmin inReach SOS?

See here.

Talk with a living legend

There are a number of 'living legends' in our Club, members who have a vast knowledge of bushwalking skills, experience and places. Talk with them at every opportunity and something will rub off. Here's an excellent offer:

"It's heartening to see all the super trips that leaders are putting on the program. However, there are some beautiful areas where we used to walk, and for various reasons they are no longer being programmed.

As an ageing bushwalker who can longer do exciting off-track walks, I'd be happy to meet with younger leaders who'd like to expand their repertoire of walks to areas that are within striking distance of Canberra for a weekend or several days. I can show you routes I've taken on maps, and have some trips illustrated in Google Photos albums which I can send via email to give you and idea of what the areas look like.

Areas include:

Southern Blue Mountains (including Mt Colong); The Blue Breaks (SE Blue Mountains); lower Ettrema and some of its western tributaries; The Tuross River and Jillicambra Mountain; the Genoa River, Wollemi National Park."

Meg McKone
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Hiking or Bushwalking? That is the question

Bushwalking NSW, our peak body representing clubs in the ACT and NSW, recently conducted an outdoor adventure terminology survey. Some interesting results [here](#). CBC's image and attractiveness (particularly to younger people) can be influenced by the terminology we use.

Please contact me if I can assist you in any way.

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