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## Leaders Letter April 2024

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**CBC Walks Sec** <walksec@canberrabushwalkingclub.org>  
Reply-To: CBC Walks Sec <walksec@canberrabushwalkingclub.org>  
To: jevansact@gmail.com

3 April 2024 at 06:10

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### APRIL 2024 LEADERS LETTER

[When a baby wombat twerks your hiking pole!](#) (23 second vid from TikTok)

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Yuma CBC Activity Leader

#### **New Walk Leaders**

Welcome to Julienne McKay and David Campbell. They are both experienced bushwalkers who lead trips for the Shoalhaven Bushwalking Club. We'll get to know them properly when they return from walking in the Grampians, South Korea and Scotland!

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#### **Activity Check-in**

It's great when a trip is successfully completed. We're well exercised, perhaps have visited a new area or feature, and the post-trip endorphins (or is it caffeine?) are flowing.

Don't forget to tell the Check-in Officer that all is good, by checking-in your activity **by 11am** on the day following its completion.

#### **How?**

1. Finish Activity in Bilby, marking attendances. This sets the activity as Completed in Bilby's list and the Check-in Officer can see at a glance that all is good.
2. In addition, if you had participants who are not recorded in Bilby (eg. a no bookings required trip such as a Wednesday Walk, or a walk-in that you decided to take), send a copy of the Acknowledgement of Risks and Obligations form to the Check-in Officer.
3. Forgetful? Get Bilby to send you a Finish activity reminder email. Do this by specifying an Approx Finish **date and time** in your activity description. It's also useful information to someone interested in your

activity, telling them approximately what time you'll be back in town.

Finishing your activity also generates attendance metrics with which we can gauge the health of our Club.

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### **Extra hard M/H Wednesday Walk**

A trial is underway of CBC-sponsored, ad hoc, leader vetted, capped numbers, extra hard M/H Wednesday Walks. The first activity has been scheduled on Wednesday 10 April **Deua NP: Looking for Cleatmore Cave**. The concept originated from discussion between walkers from multiple clubs on a recent trip. Wonderful idea from Monika.

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### **Health Limitations**

A party was recently attacked by aggressive European Wasps. Thankfully, no one suffered anaphylaxis.

Do you remember that box that you blithely ticked when renewing membership, or signing an Acknowledgement of Risks and Obligations form? It includes:

*advise the leader of any physical or other limitation, or any dependence on medication, that may require urgent attention during the activity*

It would be good as part of your pre-trip briefing, to remind participants of this. You could ask them to approach you privately whilst others are getting ready to walk. The importance of this increases for an overnight trip in remote areas.

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### **Share your Trip Plan/Route Card**

Around 30 members have completed a half-day Practical Map and Compass Navigation exercise. They're all primed to book on Rob and Jenny Horsfield's renowned Navigation Course when it is advertised. Many thanks to Terrylea Reynolds, Meg McKone, Rob Horsfield, Di McDean, Sandra Teffer and Garry Boxsell for providing mentoring help during the recent exercises.

But navigation requires practise, practise, practise. Would you be willing to share your trip's navigational bounds with participants? Or even let them have a go at leading a leg? Now you probably won't have a written route card (as the exercise participants did); it's all in your head. But at the pre-trip briefing, and at other times during the activity, you could share details such as destination, estimated distance, elevation change, expected going, map to ground features such as handrails, aiming points and catching features. Thanks for reinforcing the training.

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### **Upgraded Walking Tracks**

Into track walking? Many urban and urban fringe tracks are being upgraded by the ACT Parks and Conservation Service. Areas include North – Black Mountain Forest Loop Track (Stan's 'Hat Band'), Googong – Blue Tiles Track, The Pinnacle and Mt Painter Summit Tracks; South – Mt Arawang Summit area, some Mt Taylor tracks, Red Hill; TNR - Baraygnu Murawung Walk; Woodstock NR – Uriarra Loop Trail; Murrumbidgee Discovery Trail – Tuggers to Pine Island; CCT – Northern Section.

I recently checked out the [Granite Tors Walking Track improvements](#).

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### **Bushwalking NSW Leadership Training - available to ALL CBC members**

63 members have completed this online training. It's been removed from the Bilby activity list, but is always available via the [2024 Training Plan](#).

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### **Have you walked in Kowen?**

The Kowen area, in the ACT but to the east of Queanbeyan, provides different walking. From the Molonglo Gorge in the south, to ACT border markers in the north and the Glenburn Historical area in the east, it also has many pine trees. I recently came across an e-book on Amazon, '[Kowen: Trails and Tales](#)' by Peter Komidar. It's a great read and it rekindled my interest in the area. \$4.

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### New Facebook Administrator

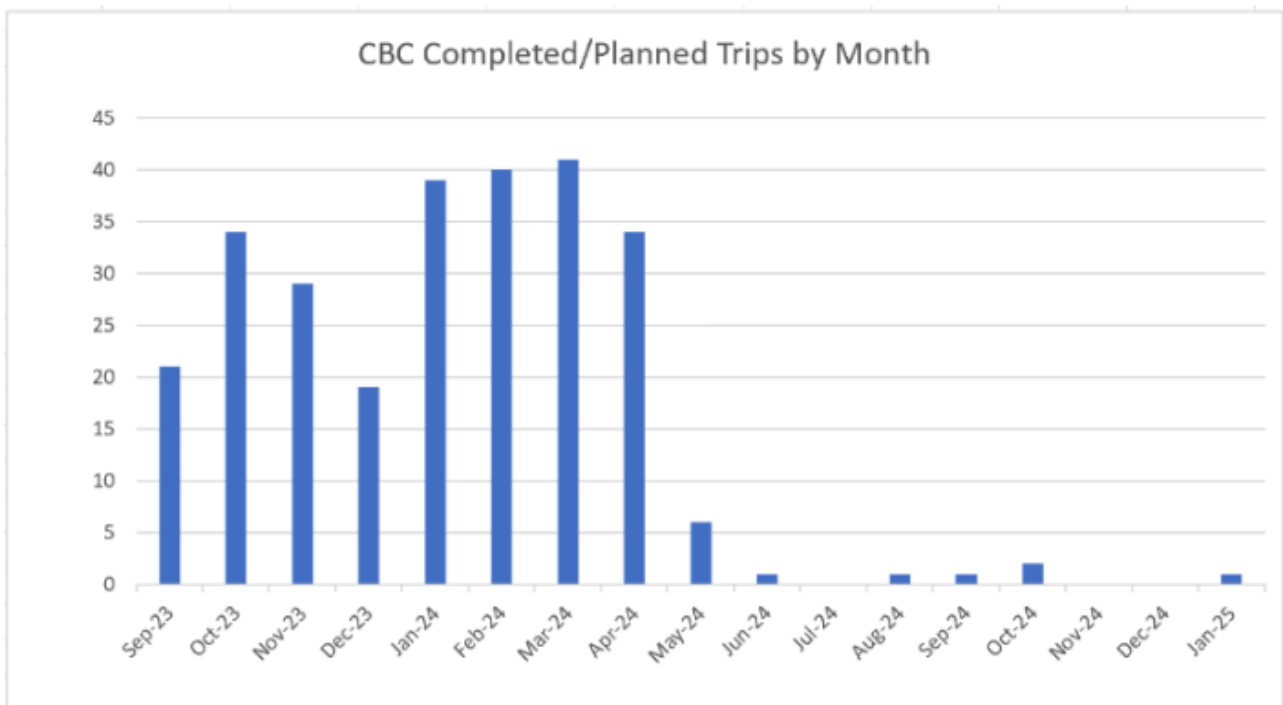
Lam (SenFei Lam) is our new CBC Facebook Administrator. Get a handle on what she does for us, and how you should submit your Facebook post requests [here](#).

Many thanks to Joe Carmona who has very ably filled the role to date.

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### March Walk Stats

Another monster month of hikes and other adventure activities. Keep it going as the weather cools down! Nothing happens without you wonderful leader volunteers – huge thanks.



During March trips were led by Jenny Arnold, Jeff Bennetts, Garry Boxsell, Greg Buckman, Cynthia Burton, Michael Clisby, Andrea Coombas, David Dedenczuk, Michael de Raadt, Gerald Dodgson, Roger Edwards, Linda Groom, Rob Horsfield, John Kelly, Stephen Marchant, Dick Morton, Sal Ozgul, Mark Peirce, Terrylea Reynolds, Phillip Starr, Andrew Struik, Keith Thomas, John Evans.

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

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