
Leaders Letter July 2024

1 message

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Ice on the Mt Gudgenby slabs last week

JULY 2024 LEADERS LETTER

There's a lot in this one, including some very important issues. Please take the time to read and digest.

Winter Walking

A guest on a recent 'no bookings required' walk (not led by CBC) had to be treated for hypothermia. In cold, wet and icy conditions do check, both when you detail final arrangements and at the meeting place, that walkers are appropriately equipped and attired. Warm, layered clothing, wind and waterproof, beanie and gloves a minimum.

First Aid

Our Assistant Walks Sec, Garry Boxsell, has done some detailed research to add to his first aid knowledge and experience. He has produced a guide for us to consider when compiling our individual and group first aid kits. Do absorb and act on the recommendations [here](#). **Garry would value your comments.**

Congratulations to the 19 leaders and members who completed First Aid training on Wednesday 12 June.

A useful phone app mentioned by the trainer is Emergency+. Got it on your phone? It uses your phone's GPS feature, so will work in Airplane mode/out of reception (of course, you'd need reception or some other device to communicate your location to 000). Contains CPR videos.

iFirstAid is another good one. Steps you through common first aid situations.

Minimal Impact Walking

Thanks to CBC leaders who limit party sizes for off-track hikes in other than urban fringe environments. 6 is more than enough for multi-day adventures, perhaps 8 for day trips. The usual limit for track walking is 16.

New walk leader - David Donovan



David has enjoyed bushwalking in the ACT and surrounds for over 30 years. He started with the Duke of Edinburgh scheme, and hasn't stopped since, with most of his recent walks being with his wife and children. David joined the CBC in 2024 as it seemed a good way to get involved in more challenging walks and walk in places he hasn't been to. David's first-led trip was on Saturday 29 June. "There'll be more!" he said.

June Hikes and Adventures

Huge thanks to the following leaders who completed trips in June:

Jenny Arnold, Monika Binder, Mike Bremers, Cynthia Burton, Robin Cayzer, John Danaro, David Donovan, Jenny Horsfield, Rob Horsfield, Stephen Marchant, Quentin Moran, Dick Morton, Beat Oppikofer, Sal Ozugul, Mark Peirce, Terrylea Reynolds, Sandra Teffer, Ana Vrancic, Ian Wright, Tim Wright, John Evans.

Family Walks Coordinator

A number of years ago CBC life member Linda Groom introduced Family Walks to our Club. Toddlers Toddles and Family Explores provide wonderful opportunities to introduce children and families to nature.

Linda would like to provide the opportunity for another leader to take on this role, as from September's AGM. It's not onerous and several other leaders assist by providing suitable activities.

If you have children or grandchildren, or just a desire to see youngsters delighting in nature, this is a role for you. Linda will provide mentoring. **Do contact me or our President, Noelia.**

Are the "right" participants joining your hikes?

We are fortunate in CBC that few activities are advertised as 'no bookings required – just turn up'. As leaders we have the opportunity to vet bookings to try to ensure that each intended participant is capable of completing the hike safely and with the group.

But circumstance such as "I did not know it was going to be so steep and difficult", "I thought it was only going to be half a day, I need to get back before...", "it was only 9km I thought it would be easy" still arise.

What can we do as leaders?

- Activity description - Include plenty of detail in your Bilby activity description. For example, specify the Finish date and time. Select the Part-day walk tag if the activity is less than, say, 4 hours. Note that the Length is gradable km, ie. distance + 1km for every 100m of climb
- Vetting - If you don't know an applicant and need to match the participant's capability to the activity and the other party members, ask them via a private 1-to-1 Bilby Note to briefly share their recent walking experiences and current capabilities with you. You can also ask the Walks Secretary to list the applicant's previous activities or to seek a recommendation from another leader. In the end, a leader always has the right to refuse a booking
- Final arrangements - Give clear details in your final arrangements sent via the Bilby Message Board and tagging @everyone. Include items such as recommended gear and water, food, etc. to be carried
- Pre-trip briefing – remind participants of their obligation to inform you of any relevant medical conditions. Provide a private opportunity for them to do so. (After all, each of us ticked an Acknowledgement of Risks and Obligations box agreeing to do this when we took out/renewed our membership).

Public Engagement - Any volunteers?

In early October Namadgi National Park celebrates its 40th birthday. CBC has been invited to contribute some walks in the park, during the period 30 September to 6 October. We are currently sussing out what level of trips are required. Looking for a number of leaders to help out. **Please let me know if you can contribute.**

In 2019 we ran successful events inviting members of the public on 'Come and try it' hikes to Square Rock and the Orroral Valley. They were advertised as Facebook Events. There were 29 walkers, including 7 CBC helpers on the first and 30 walkers including 5 helpers on the second. They aimed to engage with the community and provide the opportunity to enjoy walking on

Country and, of course, to attract new members.



Happy walkers in the Orroral Valley, 'Come and try it' event

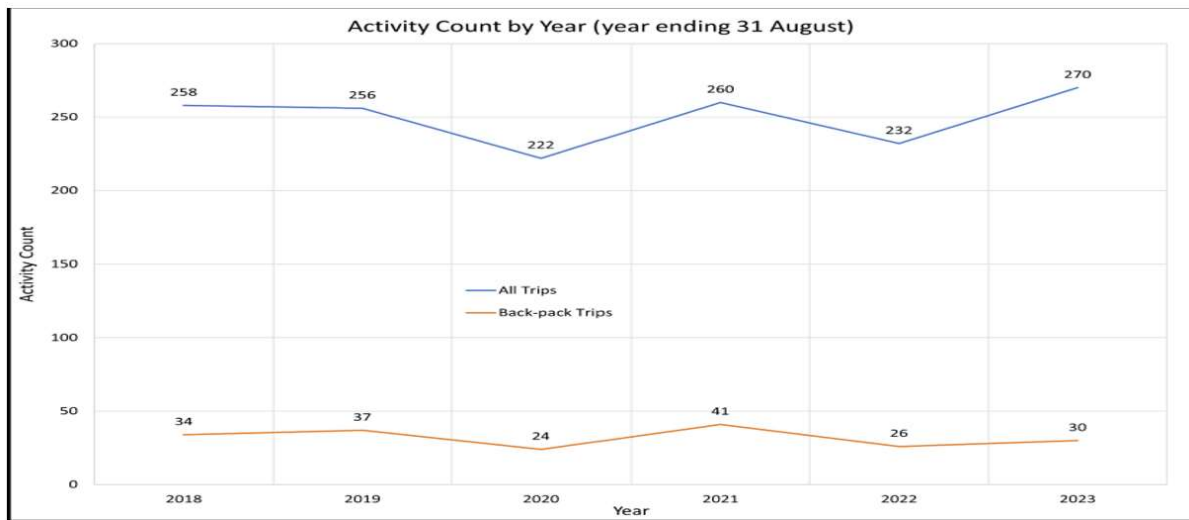
Would anyone like to organise a similar event? **Please let me know.**

What's your opinion – is CBC in danger of becoming a day-walk club?

I was recently walking with a club member who has many years of experience in CBC and other walking clubs. The above question was posed.

What do you think?

Our reference point, apart from seeing such a decline in other (interstate) clubs, was a graph produced for the 2023 AGM.



It showed the number of activity days of back-pack trips and the total number of activity days. Over the previous three years there was a decline in back-pack activity days and total activity days (although an uptick in the latter in 2022-23).

Has this decline continued in 2023-24 and, if so, what might be the contributing factors?

It's pleasing to report that in the statistical year, beginning September 2023 – end August 2024, even based on completed and planned activities to date, that this is **not** the case.

There is a dedicated group of leaders facilitating multi-day back-pack adventures, in the ACT and further afield in areas such as the Budawangs, on the coast and the Snowy Mountains, and overseas.

Come along to the AGM in September this year and see the completed metrics.

However, we should not relax. CBC continues to provide a smorgasbord of multi-day expeditions, 2-and 3 day back-pack trips, day- and part-day hikes. And that's not mentioning the wonderful 'car camps', adventure activities such as canyoning and kayaking, training opportunities, and involvement in joint club Wednesday Walks.

With your help, the Club will continue to address the issues of age profile regeneration, encouraging emerging leaders, membership growth and retention, continued training and simply providing a wide range of quality activities from which our 'broad church' of members and guests can choose.

And let's not forget what drives us – connection with nature, sharing some of our favourite spots with others, activities with like-minded people and "... getting out and breathing a bit of fresh air".

Bilby Enhancements

What do you think of the new Activities, (List View), Upcoming in Bilby? The developer continues to enhance the system. Access to all the upcoming activities at a single click! Drill down to the full activity description to get an idea of the Duration of the activity. A 'Single day activity' may be a part day activity.

(Details View), Upcoming gives you the activities in the way you've been used to.

Posts to the club Facebook/Instagram

The club encourages its leaders and members to submit a brief walk overview, including up to ten briefly-captioned photos, to the club via Facebook. These can be used to promote the club's outdoor activities. Any club event can be suitable for these posts, as the social, wellbeing and 'nature-connectedness' aspects of our events is all of interest to the public and thus enhances the profile of the club.

Google Drive cloud storage trial

The club is currently trialling Google Drive as a repository for event photos and video. From there this material may be posted to the club social media pages (Facebook and/or Instagram), and also used in the club magazine, as needed.

Our Google drive space is organised by year and month. A July folder has been added at: <https://drive.google.com/drive/folders/1ovthKxa9LmtL6DOIFqw8MhkioA243X90?lfhs=2>. You should be able to access this folder to upload your images/video, but if you have any issues please let us know via socsec@canberrabushwalkingclub.org

To upload your images, please:

1. Create a sub-folder in the relevant month, named as: ddmmyyyy_walk name
2. upload your photos (please select your ten best, and ensure photo file names caption the image, and ideally also include the photographer's first name, so images are accurately titled and acknowledged) to the sub-folder you created.
3. send an email, including a few lines of your post, to the Facebook admin via: facebook@canberrabushwalkingclub.org; please note Senfei Lam is our current Facebook Admin and she will post to Facebook when available.

The club Media team will also review the post and may make edits for brevity and clarity.

Please contact the Media team via: socsec@canberrabushwalkingclub.org should you have any questions.

Though Google Drive is our preferred method of collating and managing media for club activities, you are welcome to continue emailing your photos to the Facebook admin if this is more convenient for you.

Posting general guidelines can be found [here](#).

Bushwalking Manual

Good bedtime reading at <https://bushwalkingmanual.org.au/>.

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

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