

Australian Rural Leadership Program

Course 8

The Kimberly Experience

May 3rd to 15th - 2001

Report - Syndicate 1

“2001 Leadership Challenge”



Paul Weller Leann Wilson
Sandra Phythian Anne Alison
Stefan Henggeler Kim Martin

Facilitator:
Steve Coleman

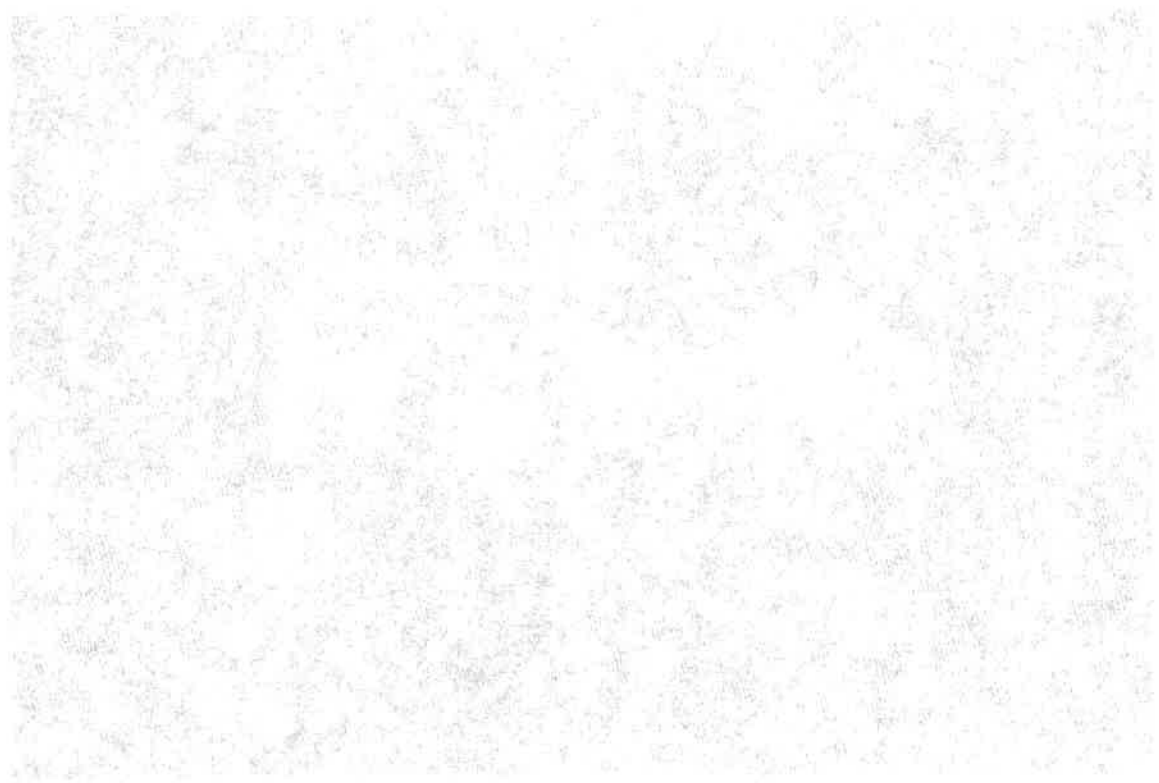
American Rural Leadership Program

Class 8

1st Session: Introduction
July 22 - 23, 2001

Session 2: Leadership

"2001 Leadership Challenge"



Group Journal – Kimberley Experience 2001

Syndicate 1: “01 Leadership Challenge”

Group Vision:

To further develop rural and regional Australia through challenging, learning and growing our leadership skills

Group Members:

Name	Industry	Region
Anne Alison	Grains	Mendooran NSW
Stefan Henggeler	Cotton	Narrabri NSW
Kim Martin	Horticulture	Bairnsdale VIC
Sandra Phythian	Seafood	Margate TAS
Paul Weller	Dairy	Lockington VIC
Leann Wilson	Dept Main Roads	Barcaldine QLD

STANDARD OPERATING PROCEDURES (SOP)

SOP - OH&S

- The person who feels threatened holds up hand and demands review
- Check in every meal with each member to assess physical and emotional well being
- Group members to watch out for symptoms anxiety, exhaustion, moods changes etc.
- Commitment to support the distressed person and to accommodate their needs
- Ensure that equipment is adequate and all safety rules and adhered to, including vehicle checks
- To provide adequate food and water

Daily - SOP

- Check in for well being
- Role assignment (OH&S, leader driver etc)
- Communications twice daily
- Task
 - Context - big picture
 - Purpose / aim
 - Quality (standards)
 - Quantity
 - Resources – fuel, money
 - Constraints – OHS, time

SOP - Emergency

- Identify problem
- Identify safety hazards
- Identify resources and potential solutions
- Discuss strategies
- Implement strategies and actions
- Refer to Safety Manual

Key points

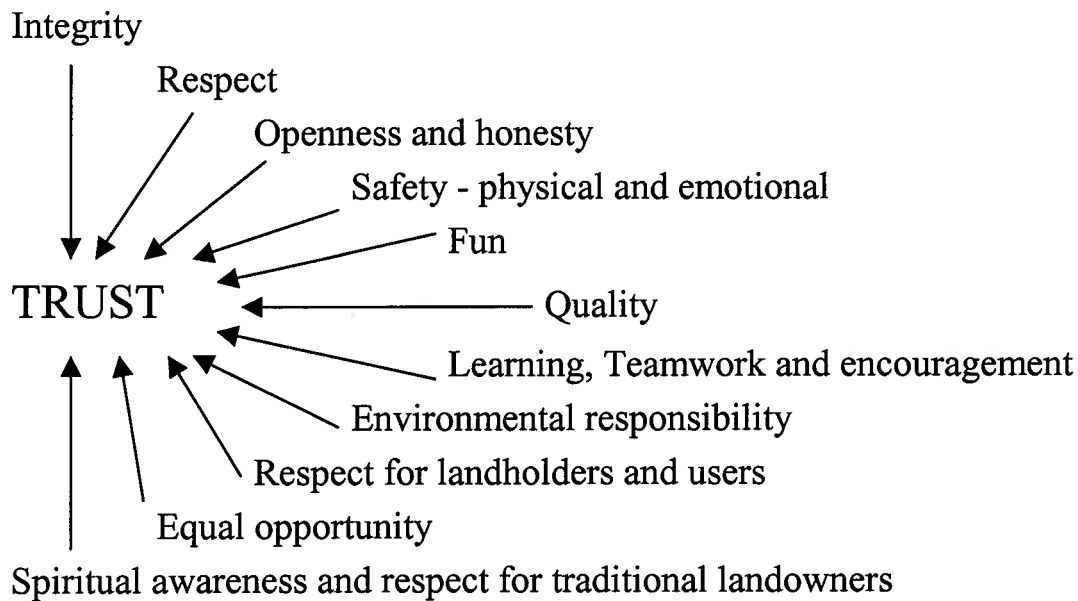
Do not panic
Identify location if required
Call for emergency assistance if required
Mark for aerial spotting if required
Remove people from danger zone without endangering yourself
Implement priorities for survival (see manual)
Never leave team members alone.

SOP – Communications

- Call in twice daily at 09:15 & 17:15. Contact JQ on satellite telephone on 0404 845379
- Dial and let ring out 5 times. If no response and there is no urgent problem, relocate for better signal
- If unsuccessful, retry next schedule time

In case of emergency and HQ is contactable call KNX 0891 691122 and give them HQ number to pass on information.

Group Values:



Group Objectives:

- To give each syndicate member opportunities to develop and practice leadership skills and styles.
 - For each member to provide constructive feedback
 - To maximize learning opportunities
 - To achieve tasks in the time frame outlined
 - To be challenged and personally enriched satisfied, motivated and inspired.
 - To ensure safety and well-being of all people involved.

Community focused objectives:

- To develop the understanding of different communities/rural industries within Australia
 - To take responsibility within our communities/industries, drawing on the skills acquired in this course and on each other's knowledge base.
 - To establish and maintain the ARLN within our group.

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After arriving in Kununurra, we travelled up the Ord River by boat to the Lake Argyle Tourist Village (LATV). After a initial briefing and a short group activity, five small teams of six people (Syndicates) each were formed by Mike Beckingham.

Our group (Syndicate 1) consisted of Sandra, Anne, Leann, Stefan, Paul and Kim. The team was advised that Steve would be our facilitator. We spent 10-15 minutes each after the group was formed to introduce ourselves. After being briefed by Steve about the facilitators role we were given our green course books and red safety books. The entire team each read their manuals which were quite long. We found that we had several objectives to achieve within a tight time frame. These objectives were to identify a name for the team and to develop collective values, vision and objectives. The team worked together through this exercise. In order for the team to proceed, we needed to make a submission to venture capitalists for finance. The finance would be required to purchase mandatory equipment before we could leave our current location. We had a deadline of 6am to leave our current location. The submission had to include a financial budget, our vision, values and objectives, our standard operating practices and emergency procedures. The process took several interviews with feedback from our venture capitalists having us work further on our submission. After completing a successful submission, we were provided with a vehicle, trailer and finance. We located our vehicle and trailer easily, however we had a problem with the finance. After a significant budget proposal had been made, we were only given a small amount of money.. At this stage there were 4 team members awake and working on the exercise. Paul and Leann elected to do a sleep shift so we would have 2 drivers ready for departure between dawn and 6 am.

Our grand finance package included \$ AUD 40.00 and \$S160.00. No purchases could be made in currency other than AUD. This meant we had inadequate funds to purchase our mandatory equipment. It took some time to overcome this problem, and there was only one real solution. Rather than each team competing against another, each group had to work together. All teams pooled funds to purchase equipment and divided remaining funds and equipment between them. A group overall team effort was made to establish navigation to point A.

Personal and Group Key Learnings:

- After initial chaos, it was recognised by some participants that only teamwork in the big group would lead us to a good outcome. They started seeding the idea of pooling the money together and worked slowly on the different groups to let the idea grow. Nobody was pushing a good idea too hard to create too much resistance.
- Developing a common strategy for the big group and pooling the all the money together achieved an excellent outcome. Every group ended up with enough equipment and money to start the journey.
- Focussing on others than only on the benefit of our own syndicate

S.O.P. 4/5/01

Going to: Kununurra Shopping – Negri Crossing

Vehicle: Registration 1APN415 - White Land Cruiser and Trailer registration - 9RW 101

Persons: Paul, Leann, Sandra, Kim, Ann, Steve, Stefan

Route: E or N Ord River - River Crossing – River Tributary = Lola Creek, 50kms m boundary of Purhululu. 129 01 17 8'



Negri River Crossing

Day 1: L.A.T.V. TO NEGRI RIVER

Friday, 4 May 2001

Team Leader: Leann

Dawn came, vehicles were loaded and drivers woken up. A late departure occurred due to SOP for the day needing writing a revision; we did our daily "check-in" on the road. Vehicle check was done prior to departure.

Our team proceeded to Lake Argyle Tourist Lodge turnoff. The two drivers took our vehicle without trailer but with facilitator to Kununurra to purchase food. We had \$AUD 70.00 available. The remaining team members rested or slept. Upon Paul and Leann's return we had a quick breakfast and headed off. We proceeded per our SOP route. Our drivers swapped shifts during in accordance with rule. We broke for a lunch break and some additional sleep so we could continue to our destination with a new driver. We arrived at Checkpoint 1 at 1:55pm - however this was WA time and not NT! We were late. We had further negotiations and underwent safety checks before being given the okay to cross the river.

We found a suitable campsite on the banks of the Negri River. Kim impressed us by catching three fish using marshmallows for bait.

Personal and Group Key Learnings:

- **Never assume anything** and always work with the facts. This was particularly evident as we navigated our way through the Kimberley. An example was when we thought the time of arrival was WA time and in fact it was NT time. The key is to seek clarification when the information is not clear.

S.O.P. 5/5/01

Vehicle: Registration IAPN 415 - White Land Cruiser and Trailer registration 9RW 101

Persons: Paul, Leann, Sandra, Ann, Steve, Stefan, Kim

Coordinates: 933 254 our sheet 4160 quarry right hand side Road - Duncan Range Right auto Buchanan Highway to Hall Creek, where we will do more shopping. Great Northern Highway until we cross the Landrigan at 25 2' 21 00'. Continue along road until we reach 933 254.

ETA: 5pm. All equipment will be taken, if we don't arrive on time we will call at 17.15, if not contacted we will continue trying to contact by telephone, so we expect others to leave their phones on

Resources: phone, first aid kits, qualified first aid certificate, 30l waters, food for 3 days.

Team Leader: Paul

The day began with a visit from Brian Thomson @ 5.00am to find out if we had to present group 4's report this evening. By the time we addressed an emotional issue of one of our members as well as pack the team decided to skip breakfast and have a 'food bar' on the run. Once in the vehicle we began our check in and Steve introduced team to the concept of jumping in our 'rescue mode'. We discussed the concept length. Prior to our check in it was brought to our attention we hadn't completed the SOP. We stopped immediately and completed this oversight. The team immediately started the vehicle log. Continued on the Duncan Road outer Halls Creek. Much of the discussion centred around better procedures and discipline to achieve better outcomes for the team. Negotiated outcomes were that discussion would be made the evening before the event or day proceedings. Surprisingly there was a bit of traffic on the road, & the creeks continue to flow over the causeways. Approximately 15mins of our travelling time was lost due to helping some local people with a car problem.

On arriving in Hall Creek we decided to buy diesel but the first two fuel stations were out of diesel. We were the third time lucky. The team also exchanged Singapore dollars A\$40 for \$50 Singapore. The groceries were purchased and the team made their way to check point 2.

To check point 2

After driving the estimated distance from Hall's Creek we were concerned that we couldn't find the correct turnoff. We had already noted that the maps didn't correspond. We were also very aware that we were running out of time to meet our SOP. We became very concerned but continued due West. Then we realized that the Bohemia map was very outdated and that the road could have changed. After a couple of 180^o turns, we finally arrived at the checkpoint, dead on time and right on dusk also.

We cooked a meal with all the other groups and then did the presentation on group 4. After a welcome to their country by Viviane and Joe, Mike briefed us to our next adventure. There would be no sleep that night!! Our challenge was to navigate our way down a creek, over a waterfall, into the Mimbi community country. We appreciated that our team was functioning well.

Personal and Group Key Learnings:

- **Allow people to show emotion** without running to their rescue, this is helpful for them to express the way they are feeling and helps bring the issue out.
- The implementation of a **structured management process** provides the basis of efficient and professional teamwork as well as allowing for good personal interaction.
- **Team effort gets results – assist those with weaknesses**

S.O.P. 5/5/01

Exercise on foot - transport method and vehicle

Participants: Leann, Sandra, Kim, Paul, Anne, Stefan and Steve

Going to Co-ord 890 280

Route: To Millard Creek 932 253 on to 919 259 then onto the vehicles at 902 268. Then in vehicle to 890 280.

ETA 1hour after first light

Vehicle 1APN415, White Land Cruiser

Resources: 1st aid ticket holder, contingency plan - teams 3 & 5.

Contingency: If not on time other teams will be waiting ½ hr and back track if we have not arrived.

HQ- if we do not arrive, contact team 5 (middle team)



Waterfall Walk

Day 2 (cont.):

WATERFALL WALK TO BASE CAMP

Saturday, 5 May 2001

Team Leader: Kim

We were the last of the three groups to leave the camp as designated. We met with the first group that had taken the wrong track so we waited 15 minutes for them to move on. We then turned back and followed the creek. We met up with the group in front again and waited first 30 minutes and then when we caught up to both groups in front we rested and slept for two hours while they moved on. The gorge was absolutely spectacular in the moonlight.

Day 3

Sunday, 6 May 2001

After realizing we were going to have to get wet we considered our options and after some time decided we needed to strip off to our underwear to save our clothes from getting wet. There were some feelings of embarrassment at taking our clothes off, but this quickly dissolved as we became accustomed to the idea that it was a necessity to descend the waterfalls without getting our clothes wet. The team had to work through this challenge. We were stripped of nearly all layers (literally). Swimming with strangers in the moonlight in our underwear really does brake down barriers!

The team functioned well with those who were confident assisting those who were not. Some were not confident swimmers so they were helped in any deep water. There were also a number of difficult descents, which individuals on their own would not have considered at all, but as a team we approached each obstacle with calm and confidence due to the total trust in those who had the physical skills. It was never a question of if we would undertake a task but just how would we do it. Many of the descents took time to negotiate but we managed to conquer each challenge. We experienced many physical obstacles that night, which were overcome with team effort. Many memories were gained that night.

We continued following the creek and were beginning to express concern when we couldn't find the road crossing the creek. We eventually found it and walked into where the vehicles were parked at daybreak. Because we hadn't had the necessary sleep to allow us to drive the vehicle, Stefan and Anne walked onto base camp to report in by the required time.

It was not until we had reached camp and spoken to the first two groups that we realized that we were the only group to descend each of the waterfalls. The other two groups went around the most challenging descent.

We moved the vehicle up to base camp and had a quiet day.

Personal and Group Key Learnings:

- **Sharing a Vision and Objectives** leads very quickly to **Trust**
- **Shared Vision & Trust** is powerful and enables groups of people to achieve goals that would not be possible as individuals. Many of the tasks undertaken were only possible because of a group sharing the same goals and values.

S.O.P. 06/05/01

Method Vehicle and on foot
Participants Sandra, Leann, Anne, Kim, Stefan, Paul, Steve.
Going to 917 279
Route Proceed from base camp via vehicle to 904 268. On foot through cave system to 917 279
ETA 8.15am
Vehicle IAPN 415 White Land cruiser
Resources 1st aid kit, Guide, 1st aid ticket holder, cave pack, life jackets, helmet, rope, Light, whistles, stove, candles, sleeping bag, food and water, change of Clothes
If not on time JQ to commence action midmorning to locate within caves

Notes for Cave Exercise

- enter cave at 904 268
- traverse to 917 279
- stay within 10m of water course
- enter at a time when we are ready
- must be at entrance before last light
- go through the cave systems in 2 separate groups (groups 1 and 5) and exit in the order we went in
- vehicles will be moved so secure gear well in trailer
- vehicles must be packed and ready to shuttle at 8pm
- to have our day packs or gear needed
- have SOP ready by 8pm and leave under windscreen wiper
- leave key under left front wheel
- sat phone checks at normal time
- check out from camp prior to leaving
- no landmarks
- our facilitator will be with us
- sand shoes maybe too light, Hiking boots are preferable
- it will be cold, wet and there will be snakes
- some areas are confined
- take first aid kit

Team Leader: Anne

We drove to the entrance of the cave system before sundown. We had a dinner of banana Johnny cakes in the company of Joe Ross who had cut his foot the previous evening in the caves with another group which prevented him from accompanying our group. We were once again behind Group 5 so waited for some time for them to proceed from the entrance of the caves.

We made our way through the birthing caves following the water current. For those who were concerned about swimming in deep water we used a bedroll for a float. We could not determine how to follow the water stream as it came through the rocks. After considerable time trying to work out another way, we exited to the side of the caves to light a fire and warm up. We then looked on the outside to try to find how the water flowed from the outside into the cave system. Although we found some water it was not moving and there didn't seem any current to determine whether or not it was the same stream that was flowing through the caves. We entered the caves again and after a few minutes it dawned on us that we had to follow the watercourse and not necessarily the stream.

Daily Log – Day 4

Monday, 7 May 2001

Coming out of the first cave we faced a swamp with layers of slime we had to get through. Nobody was keen on that idea but Kim bravely took the lead and went in first to find the creek flowing behind it. At the stroke of midnight we celebrated Stefan's birthday with banana Johnny cakes (with a match for a candle). We continued up the creek and travelled through the second cave system in super quick time by following the current. Although the water was deep the less confident swimmers did not balk at the considerable swim in a confined headspace.

We were becoming more confident in our ability to meet challenges head on. We passed the group in front of us who had back tracked some distance and were resting. We then entered the third cave system. We were becoming weary and hoped to be able to travel through quickly, however it soon became evident that it wasn't going to be so simple. Stefan looked for a way out. He could see the vehicles and so had an idea of which direction we had to go to get out.

We were becoming extremely cold and tired so we decided to pull up, light a fire to warm up and have some sustenance in muesli bars. We decided to camp until morning as we were becoming confused in the maze of caves. We were joined by Group 5 who were extremely jovial and entertaining. Whilst two of their members looked for the exit to the system the others joked around our campfire, with two of them falling asleep whilst standing. This incident is one which our group recalled many times during the rest of our time in the Kimberley. It initiated a strong bond between the two groups.

When the two "scouts" returned our group also heard the directions to exit the system. Group 5 left at very first light. Our group waited for sun up and admired the spectacular rock chasms before finding the way out.

2015-2016 Season

2015-2016 Season

S.O.P. 07/05/01

- Method** Vehicle and on foot
- Participants** Sandra, Leann, Stefan, Anne, Kim, Steve, Paul
- Going to** Gallery Canyon
- Route** Direct from base camp to Gallery Canyon
- ETA** 9 am
- Resources** Vehicle 1APN 415 White Land cruiser, 1st aid kit, water, food, sat phone, fishing line

If not on time JQ to take action mid morning if not at arrival point.

2015-2016 Season

2015-2016 Season

2015-2016 Season

Day 4 (cont): THE CAVES

Monday, 7 May 2001

Personal and Group Key Learnings from the Caves:

- **Challenging your fears** and grow. This was important for many people who had real fear regarding some of the activities. Trust was generated in the team and by doing so we encouraged each other through difficult tasks that as individuals we would have walked away from. If you explain the situation well enough you can expect a positive response.
- In cave three, there was a time we did not recognise that some of the team members were at the limit of their physical capacity (cold, wet, tired). It showed us the importance to constantly **observe the physical and mental condition** of the team members.

Day 4 (cont.): ABSEILING

Monday, 7 May 2001

Team Leader: Sandra

We had breakfast at the vehicles and rested for some time before making our way back to base camp. The “birthday boy” cooked superb curried rice for lunch.

During the afternoon we drove to the access of the second cave system for an abseiling session with our friends from Group 5. Unfortunately we were running out of daylight so the actual abseiling was a little rushed. There was significant hesitation from some team members however all but one overcame their fear to abseil the rock face. The trust, encouragement and support provided by the team members gave those with concerns the courage to “take the plunge”. The sun had set and the full moon had risen by the time the last person descended – how exhilarating!!

We returned to the camp and had a tasty damper baked by Leann and celebrated Stefan’s birthday once more. We then turned in and slept normal hours for a change.

Personal and Group Key Learnings:

Having had two groups together for the abseiling exercise, the number of people being prepared for the task was too big. The **individual needs for some team members were not being recognised and addressed**, which led to significant hesitation by some participants.



After our emotional and spiritual Session

S.O.P. 09/05/01

Method Vehicle

Participants: Sandra, Leann, Anne, Paul, Stefan, Kim, Steve

Going to : Halls Creeks (From Base Camp Mimbi)

Route: Great Northern Highway

ETA: 11 am

Resources: Vehicle IAPN410 - Trailer 9RW101 First aid kit, sat phone, water and food.

If not on time MB or JB to take action by 1pm if not arrival point.

We drove back to the entrance to the second caves for a spiritual and emotional session. As we entered the area we followed indigenous protocol, with Leann leading us in a welcoming ritual. We were moved by the experience of participating in a timeless ritual in such a spiritual place.

Steve asked each of us to prepare a timeline of significant events in our lives, and suggested that we use objects to illustrate our stories. Some members were very open and took the risk of letting the others have some insight into their past and their souls. It was a very emotional experience that bonded the team closer together.

Personal and Group Key Learnings:

- This session required a high degree of **emotional trust** within the group, which became more evident during the whole Kimberley session. At times different members of the group dealt with highly emotional issues and each time the other members respected the concern of the emotional member without going into rescue mode.
- **360° feedback** was used to provide feedback on your daily leadership style. This type of feedback is the most valuable and this system should be implemented in our work roles. It will determine the critical issues fast.

The other teams arrived and had lunch, which was followed by Mike giving a briefing on what was to take place in Halls Creek and the anticipated trek over the Carr Boyd Ranges.

Once the briefing was completed we returned to base camp and collected our gear for our “solo” night. Steve dropped us along the road, which crossed the Mimbi Creek at 500 metre intervals. Two intoxicated fellows driving past stopped to speak to one of the team members, who became distressed as a result and walked back to base camp.

Day 6: MT PIERRE TO HALLS CREEK

Wednesday, 9 May 2001

The next morning we prepared for our departure from Mt Pierre for our journey to Halls Creek. We travelled in convoy to Halls Creek where we fuelled up and shopped.

We had lunch at the Halls Creek Rodeo Ground with the KAPA - Kimberley Aboriginal Pastoral Association. Members of KAPA outlined how they are working with Supermarket to Asia on a supply chain project. The individual stations are proposing to form a co-operative to supply cattle to Roebuck Plains for fattening and shipping to Asian markets. The station owners and managers were passionate about their stations and the KAPA project. Members of ARLP outlined the course to give the KAPA committee an understanding of the course.

We enjoyed magnificent steak and rib bones very kindly supplied by Mark Gordon, Koongie Park. Leann prepared a jam roll but after all the beef we decided to save it for our trek. The bond within the full group was becoming stronger with everyone camped together at the racetrack facilities. The hot water was appreciated by all.

Mike gave a more thorough briefing of the Carr Boyd Ranges trek and each team discussed their proposed route with him.

S.O.P. 10/05/01

Method: Vehicle, Boat, Walking

Participants: Sandra, Ann, Leann, Stefan, Paul, Kim, Steve.

Going to: Point RV 569 220

Route To: From Halls Creek (7.30am), Boat from smoke creek 128 38'E, 16 30'S to Pint Pot Bay (6310) drop off point. Walk to (5813) (5660/1440)(5510/1860), (5600-2070) (RV)
Thursday night between (5813) & (5600-1505)

ETA: 12pm Sat 12/5

Resources: Vehicle 1APN 410, First aid kit, Food, Water, Sat Phone, Compass, Matches

Bar and presentation Sat night, progress to point X (577 227) by Sunday 16.00

Seem to be missing a section here from point rv to point x

If not on time: we will contact by sat phone @ 12pm. JQ to take action by 4pm if we have not arrived.

Water Management Plan:

- Do not leave any water supplies/creeks without filling bottles up
- Every six hours do a water stock take
- Commitment to measure health conditions via urine log and general well being
- Minimize walking during heat of day
- At the point where we have only one litre per person left switch to survival mode

Snakes:

- Mark snake site with crossed sticks and advise all people in vicinity
- 1st aid as defined in safety manual

Water Crossing Plan:

- Waterproof relevant gear
- Check for dangers before crossing

Injury

- First priority: 1st Aid
- Try contact JB or MB via Sat Phone
- In life threatening situations call in rescue immediately

Evacuation:

- Lay out space blanket at center of LZ (landing zone) for helicopter
- Heliworks (telephone number in book) only to be advised for serious injuries only
- Create smoke to indicate wind direction

Communications Strategy:

- Record whereabouts of other groups, including time contacted
- Call in times as was before: 18:00. If no contact at sched time - assumption that everything is OK unless emergency beacon is activated.
- Signal mirrors and smoke fires are further communication aids

Leader: Paul

Leann's 40th birthday - what a place to spend it! The morning was very cool and damp from the dew. We revised what gear would be necessary for the trek, and packed what wasn't required into a trailer. We journeyed in convoy up the highway to Turkey Creek. We decided to celebrate Leann's birthday with an ice-cream each, however our extremely limited funds meant we could only afford a water iceblock each. Steve kindly supplied an overdraft, which later was transferred to a grant, so that we could have a Billabong each – what luxury! However envious was the rest of the big group! We continued through the Argyle Diamond Mine to Lake Argyle where we boarded a boat to take us to our drop off point. Leann had made a jam roll the previous evening but as we gorged ourselves on beef we couldn't eat it then, so we had it for lunch while we traveled on the lake. Our group was the first to be dropped off, and the big group wished us well and sang "Happy Birthday" to Leann.



We made our way around the edge of the lake by going close to the ridge line until we could aim towards the creek we intended to follow. We encountered two bulls and a snake as we made our way to the gorge area where we planned to camp. We came across JB who was busy fishing at the gorge. We climbed around the gorge and descended again at the other end to reach our camp site. The descent was quite steep and one of the members picked wild passionfruit to have as a treat following the evening meal.

Kim quickly fished so that we could offer a special meal to the "birthday girl". Meanwhile Stefan scouted to check the route we were to follow the next morning. The evening meal was memorable because Steve magically produced some special treats which were very much appreciated as a pleasant change to our normal diet of rice, pasta, damper and rolled oats.

Evacuation

- lay out space blanket @ centre of LZ for chopper (Heliworks # in book) only to be advised for serious injuries only
- create smoke to indicate wind direction

Communications Strategy

All calls to be very brief and switch off immediately afterwards. Calls to include group no, location & grid reference and state of the group. One call for 2-3 groups if possible

Fri - scheduled time 6pm. For emergencies phone open 5.55-6.05am and 11.55-12.05pm

Sat - telephone open 6am and 12noon or later ETA at RV is 12noon Saturday. If problem with phone we find another group and follow their route to maintain contact.

Facilitator will approve deployment of EPIRB in an emergency. If Mike's phone fails, Group 1 is the fall back communication. Group 1 is to leave phone on and other groups will ring ½ hr after their designated schedule. Group 1 will also have a UHF radio, which will be used at 5.45am, 11.45am and 5.45pm to contact Mike. If there's a problem with Mike's phone on standby 0625 to 0635am, 1225 to 1235pm and 1830 to 1900.

Group 1 telephone no: 0404 845 370

Group 2 telephone no: 0404 845 511

Group 3 telephone no: 0404 845 522

Group 4 telephone no: 0404 845 375

Group 5 telephone no: 0404 845 372

UHF Channel 150

Route description for Group 1

63/10 - the critical drop-off point

624/110 - actual drop-off

easy walk, some dense vegetation in creeks

avoid by staying at the foot of the hills

58/13- stayed north of circle of ridges to

570/132- Camp 1: good camping spot, no mosquitoes despite being a creek.

start at daylight along creek to

567/135- very steep climb (challenging) to lunch (06:10-11:10 for 1km) @

559/136- Walk along side of knobs-better to stick to ridges and go up and down rather than on side of hills Group 2 @

553/173- walk along ridge to

552/195- descend to creek rest of ridge - reasonably steep along creek to

565/220- shortcut across ridge to RV @

569/220-

Day 8: CARR BOYD RANGE CROSSING

Friday, 11 May 2001

Team Leader: Stefan

Before first light Stefan led us up the creek to where we were to commence our climb. The climb was in three very steep stages. Due to the steep slope we rested regularly and consumed muesli bars. At one stage Leann slipped a considerable distance and injured her knee, which plagued her for the rest of the journey. Just before we reached the spot where Steve imagined there was a stylish coffee shop, Sandra had an asthma attack. Luckily we were over the most difficult climb.

We were very relieved to reach the top of the steep climb. Many were exhausted so we stopped for lunch and a rest as the heat was beginning to effect us. We then continued a gentle undulating climb as we navigated our way through the ridges and saddles to where the main ridge commenced.

The going was very rocky and Leann due to her injury was assisted by Stefan. Once on the main ridge our hike was straightforward. We continued until we ran out of daylight and made our camp on the ridge. We were aware that we getting low on water so it was used sparingly. After a tasty meal of instant noodles with dried peas Steve surprised us with a bottle of port. We yarned around the campfire as we enjoyed the indulgence of the port.

Day 9: CARR BOYD CROSSING

Saturday, 12 May 2001

We left camp at first light after a muesli bar breakfast (to save water). We continued our way down the ridge. We found a grinding stone as we walked. When we realized that we were going to have to climb to follow the ridge we decided to take a steep descent to the creek below. We slowly descended down to the creek and stripped to our underwear to enjoy a refreshing swim. As we did so we could see another group coming along the creek thinking it was another team. We then realized that they were not part of the ARLP and were surprised they did not greet or speak with us.

Personal and Group Key Learnings:

- **Team Work** is critical to successfully achieving goals. By dividing up the tasks we were able to share the responsibility amongst the team. Identifying individuals strengths and weakness and assigning tasks.
- **You can survive on very little** if you have to.

We continued along the creek to RV, where we had an earned wash in the rock pool and rest, as well as an enjoyable banquet with the Chairman of the ARLF, David Crombie. Every group presented their journey and learnings over the last 8 days.

After a good night's sleep, we spent most of the Sunday Morning working on our personal vision: **"The perfect Day somewhere in the mid term Future"**

Later on we joined together as a big team and crossed the gorge to Point X. The task was to get JQ through to Point X without getting wet.

Personal and Group Key Learnings – Visioning Exercise:

- **Visioning** is a means of planning your future. We worked through some questions that asked us what our future looked like and then identified 3 things that we need to act on now to make this happen. This is a useful process that could be implemented with our families.
- It took a bit getting used to work in the big team again. Some of our team members are more comfortable to work in small team.

Overall Personal and Group Learnings

- The entire Kimberley session was not only a great exercise to sharpen up our team and leadership skills under physical constraints, it was also a **very spiritual and emotional journey**.

We had the great opportunity to learn about aboriginal protocols and had the privilege to gain some insight into the history and life of our indigenous community.

One of our team members has very strong connections to the land we travelled through. Those connections were reinforced during the journey and some very strong emotions were experienced as the person came to terms with the feelings and fond memories tied to the land and the life in northern Australia.

- Better understanding of others and their comfort zones was an important learning. The physical nature of the session demonstrated that some people were within their comfort zone whereas others were well out of it. For a team to operate effectively it is important that everyone understands that not everyone has the same level of comfort with the challenges encountered.
- Empathy, and emotional and physical support are required to ensure that the team accomplishes each task without damaging the self-esteem of any individuals.

1. 關於「 」的說明，下列何者正確？

(A) 係指「 」而言，其範圍應以「 」為準。

(B) 係指「 」而言，其範圍應以「 」為準。

2. 關於「 」的說明，下列何者正確？

(A) 係指「 」而言，其範圍應以「 」為準。

(B) 係指「 」而言，其範圍應以「 」為準。

3. 關於「 」的說明，下列何者正確？

(A) 係指「 」而言，其範圍應以「 」為準。

(B) 係指「 」而言，其範圍應以「 」為準。

(C) 係指「 」而言，其範圍應以「 」為準。

(D) 係指「 」而言，其範圍應以「 」為準。

(E) 係指「 」而言，其範圍應以「 」為準。

(F) 係指「 」而言，其範圍應以「 」為準。

(G) 係指「 」而言，其範圍應以「 」為準。

(H) 係指「 」而言，其範圍應以「 」為準。

(I) 係指「 」而言，其範圍應以「 」為準。

A BIG
“THANK YOU”
FROM SYNDICATE 1

Goes To

The Spouses and Families of the Participants
for their generosity and support, and for taking care of the “real life” while we are away

The Sponsors,
who are investing the necessary funds and trust into the participants and make it possible for us to
take part in this “once in a lifetime” opportunity!

The Employers
who are giving us the time to stay away from work

Mike, JQ & the Canberra Connection, JB and his Team
for the absolutely fantastic experience you provided for us!

And a very special “Thank You” to **Steve “Stray Dog” Coleman**, who “facilitated” us safely (both
physically and emotionally) through the Kimberley and provided us with very appreciated treats!



The View Back to the Future!

