# Colo Bulletin

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9/11/18







### High Ropes Course

I found the High Ropes very fun. My favourite was by far the giant swing. I found the 'Leap of Faith' very fun also. I think this activity pushed me outside my comfort zone the most, especially when you would stand on the pole and it would be wobbly and you had to try and keep your balance even when you're six meters up in the sky.

I learned that it's okay to be out of your comfort zone but you just can't think about failing. You have to think about doing it right and then doing it well. You have to put one hundred percent into it and you should be good, because if you do fail it's fine. You can learn from your mistakes and say that I did give it my all

I was very surprised at Dylan (Derwin) Kim going on the big swing called the 'Gut Wrencher'. I saw Edwards Symons extend his comfort zone when he did the 'Leap of Faith'.

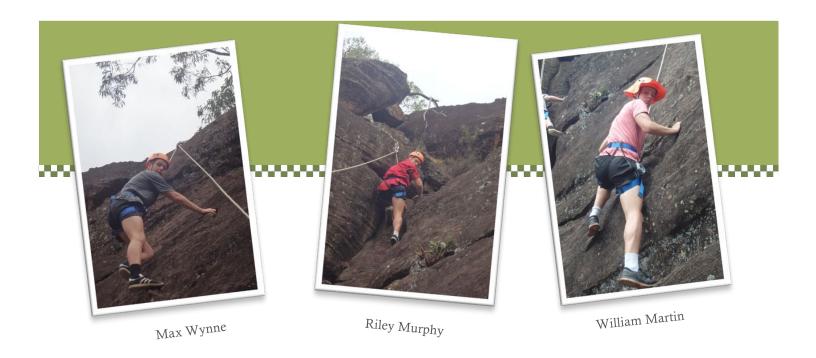
I thought that Thomas Conlon was very nice to other people and encouraging people to just do it.

By Christian Volpato

Top Right: Going for a 'Leap of Faith'

Top Left: Jarrah Ronan and Christian Angelucci finally lose their battle with gravity in 'Crate Stack'

Bottom Left: Max Wynne and Jarrah Ronan belay with Luke Clarke looking on



## Rock Climbing

After putting on harnesses and helmets we made our way to the Colo climbs. We started at 'Yellow Streak' and almost everyone had a go at trying to complete the hardest climb at Colo. I was really impressed with Riley Murphy, Xavier Horton and Edward Symons who all gave their best efforts. One of the hardest parts of

the climb was lowering our friends to the bottom. Sir helped us do it and I felt a great deal of responsibility when doing it.

Our last course was the 'Long Climbs'. I was very out of my comfort zone as the climb was about 24 metres high. At first I didn't really want to try but as the day went along I wanted to do more and

more. I later did this climb and it was much easier then I would have thought.

I was very impressed with Edward Symons and Xavier Horton who both gave a fantastic effort during the day and on every climb.

By Max Wynne

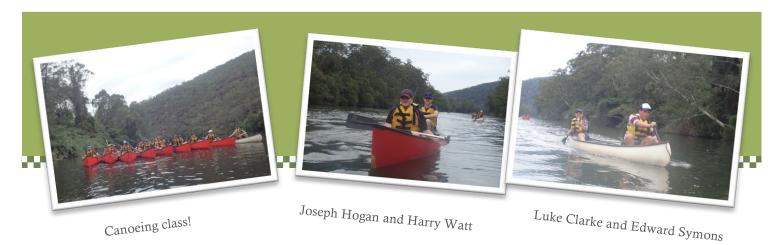
#### Cooking On Fires

On the first night when we arrived to Colo we were put to the challenge with the task of cooking on fires to make hamburgers and nachos. This was a great experience where we were to rely on ourselves to cook and eat the food.

The most challenging part of the whole process was to start the fire without it being blown out by the wind. Although we had a few challenging encounters we all had good fun and had great food for the two nights we cooked on the fires.

By Luke Clarke





## Canoeing

On Tuesday, we went out at around 9 o'clock to head on a long and trying adventure down the pristine Colo River. We started out in a 20-minute bus ride down to the bridge where we were to unload the bus with all the canoeing gear and the food for the day.

We got to the launch site and we had to wait around for 40 minutes because we had to learn the correct way to paddle and to play a few games that helped with the correct holding of the paddle.

When the other Colo staff arrived at the launch site we then started to launch the canoes one by one until all ten canoes were all on the water and ready to go. The first stretch of the paddle was trying because the current was going the opposite direction that we were traveling.

Just as we were preparing to stop Riley Murphy and Thomas Conlon fell into the river. We stopped for an hour and after we had all had a swim we decided to continue on down the river. With the current behind us we arrived to another

spot where we had a swim and some biscuits. After that we headed down the stream a bit further until we were told to put the paddles down and just lay back and drift away and let the river take us downstream.

This time really showed me the way that if you leave the city for a bit of time, you understand how peaceful and beautiful the world is outside the city buildings.

By Luke Clarke

## Mountain Biking

