Issue 44

October 2002

Akela's Shout

THE NEWSLETTER FOR THE 9TH BARKING & DAGENHAM SCOUT GROUP

News in brief News in brief News in brief News in brief

All sections...non-uniform week allows you to get away with not wearing your uniform with proceeds going to the district charity.

Beavers - Line yourself up for the Connect 4 Competition (9th Nov.)

Cubs - Get training for the Cub Quiz (19th Oct.) and the Jungle Rally (16th Nov.)

Scouts - Prepare yourself for the Navigator badge (Oct/Nov.)

Winter Camp - Ask a leader for a form

Akela says...

Hi everyone, hope you are all fit and well.

Nothing much happened in September with regard to competitions and stuff. However there is a lot coming up in both the cub and scout sections. I don't know about the Beavers see Gaz or Julie.

We have not started the new programme in the cubs or scouts as we are finishing off the last few bits of the old badges that were started before the summer. Just a little reminder here, we do sometimes need the cubs and scouts to find some information for themselves regarding the different badge work and we do set them work to do at home. If you could encourage them to do this work they will get their badges quicker. I know there are cubs and scouts waiting for badges at the moment but unfortunately due to the change over we are having difficulty getting old and new badges, please be patient you will get them. Cubs should have a plastic wallet as part of their uniform and letters and homework should be in there. If your son or daughter has not got a wallet let me know. Scouts have a section for notes in their record books that they could use.

During November the scouts will be trying for their Navigator Badge which involves going hiking, can I please suggest that you get your son or daughter a good pair of hiking boots. See Baggy if you need advice about boots.

That's it from me, see you soon, take care

Akela

Fundraising

I will be doing Webb Ivory again this year but unfortunately this year I will have to ask for the money with the order because last year we had 2 people who didn't pay. We are trying to sort this out at the moment.

We will hopefully be having another quiz shortly, date and questions to be arranged.

If you would like to run any fundraising days, nights or you have any ideas about this subject then please feel free to either run the event or let us know your idea.

Contact Details

Scouts - www.scouts.org.uk **Scoutbase -** www.scoutbase.org.uk **County -** www.glne-scouts.org.uk
District Website - www.barking-dagenham-scouts.org.uk **Scouting Resources -** www.scoutingresources.org.uk

Mr T. (Group Scout Leader)
Ken Thompson
****
Dagenham
Tel: 020 ********

'Akela' (Cub/Scout Leader)
Rosemary Oakwell
****
Dagenham
Home Tel: 020 ********
Work Tel: 020 ********
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'Baggy' (A.C.S.L)
Darren Dowling
****
Dagenham
Mobile: ********
baggy@scoutingresources.org.uk

'Gaz' (A.B.S.L)
Gary Collins
Mobile: ********

Beavers

Tuesday 16th October
Non-uniform week
Cost 50p
All proceeds to the District Charity

Saturday 9th November
Connect 4 Competition
Details to follow

Saturday 29th November
Kids Kingdom Outing
Details to follow

Cubs

Tuesday 16th October
Non-uniform week
Cost 50p
All proceeds to the District Charity

Saturday 19th October
Cub Quiz
There can only be 6 cubs in the team. Akela & Baggy and will let the parents of the team have more details

Saturday 16th November
Jungle Rally
There can only be 6 cubs in the team. Akela & Baggy and will let the parents of the team have more details

Scouts

Tuesday 16th October
Non-uniform week
Cost 50p
All proceeds to the District Charity

Days out
Please keep these dates free, as your patrol will be hiking on one of them.

Saturday 26th October
Saturday 9th November
Saturday 23rd November

PL's and APL's should do all these dates.

Camps

Fri. 6th Dec. - Sun. 8th Dec.
Thriftwood, Cost £35
Open to all cubs/scouts/helpers/leaders

Please remember you can pay weekly or monthly for these camps to help you budget.

101 Things my leader forgot to tell me (part 1)

About expeditions...

Wear 2 pairs of socks
The best is a thin cotton/polyester pair next the skin, and thick woollen on the outside. The thin socks will stick to your feet, and the thick ones to your boots, any friction will be between the two pairs of socks and not to your feet so the heat can't build up and blisters won't form.
Make sure that they are not too tight or it will restrict blood circulation and you could get frost bite in cold weather.

Put talc on you feet
This will absorb some of the sweat and stop your feet from softening up or getting too hot, reducing the chances of a blister.

Rub Meths in your feet
Some people swear that rubbing a little meths or surgical spirit into your feet for several days before a hike will harden the skin, making it more difficult for blisters to form.

Rub vaseline in your feet
Sounds revolting but it works, it reduces the friction between your feet and socks so blisters won't form, however this is will wear off over a long hike and is only really useful in an emergency.

Learn to treat blisters
If you do get one know how to treat it. Check your first aid manual for this as it changes from year to year.

Clean and proof your boots every time you use them
Just walking down the road will wear off the proofing. If they are leather then polish them, or for man-made fibres check the manufacturers instructions or use scotchguard.

Do not EVER dry leather boots near a fire or hot stove
If you do the leather will harden, warp and maybe crack which will make them uncomfortable and leak. Stuff wet boots/shoes with newspaper overnight to dry them out. In a emergency you can use toilet roll or dirty clothes.

Don't wear Jeans or Denim
Denim holds water and takes ages to dry, if the weather is bad you will stay wet, get colder and colder and eventually you could die from hypothermia.

Put your waterproofs on as soon as it starts to rain
Putting waterproofs over damp clothes will keep the damp in long after it stops raining.

Get a good fleece
They allow your sweat to pass out but will keep you dry and warm. As you get more experienced find out about how they work and how to get the best out of them.

Co-ordinate compasses
Sounds silly, but make sure they all point in the same direction.

Don't take a big bar of soap
cut it down, or raid the bathroom for one of the little bars you get free in hotels. Similarly take an almost empty tube of toothpaste.

Artificial chamois 'leathers' make a good lightweight towel for hiking
Purpose-made green ones can be bought from 'outdoor' shops but cost a lot more

Pre mix coffee/dried milk/sugar in plastic bags before the hike
Cuts down container weight, use zip lock baggies and put them in a bin when used up.

Don't rely on mobile phones for emergencies
Sometimes they work, sometimes they don't, you won't know where they do work until you go there.