

INTERCHANGE

Vol. 30 No. 10

A MAGAZINE FOR VENTURERS & ROVERS

November 2009

Westralgon Venturers investing 5 new members @ Funshack, Morwell

Kangaree 2010	Cuboree 2010
10th/11th April	27/09 - 01/10

Cub Leader WANTED

- Cub Leader Wanted for 1st Bentleigh Cubs
- Currently meet on a Wednesday night
- At Patterson Road, Bentleigh at 7pm
- We are looking for an energetic leader to guide this group - full support will be provided from a very enthusiastic committee and team.
- Please ring Brigitte on 0411 562008 or breiche@bigpond.net.au

Tall ship sailing at Australian Venture 2009 - Venturers "dressing the yards" - photo by Caitlin Parsons, Castlemaine Venturers

SET YOUR SAILS FOR 2010! ARE YOU PLANNING NOW?

- NEED IDEAS FOR PROGRAMS?
- NEED AWARD SCHEME IDEAS?
- CANNOT FIND ANY RESOURCES?
- WANT TO RECRUIT MORE MEMBERS?
- WANT TO PROMOTE YOUR UNIT?
- WISH TO ORGANISE YOUR UNIT?

INSIDE - HINTS ON HOW TO PREPARE A PROGRAM

INTERCHANGE - ON TRIAL

This is the 5th month of the trial – any comment?.

"All Victorians enjoying Scouting"

INFO BOOK 2009

BE INFORMED!

Distributed with the February Scout Magazine, and on www.vicscouts.asn.au the web version was updated on 01/04/09, 01/07/09 and on 01/10/09. These quarterly updates should reduce long term errors being perpetuated and the volume of changes at year end.

A draft calendar of events is now on the web.

Extracts from Branch Newsletter, Oct. 2009

Branch Commissioner - Health

I am pleased to advise that Barb Brook, former DC Banyule, has agreed to take on the role of Branch Commissioner (Health) as a valuable addition to our Branch team

The field of Youth and Adult Health is an increasingly important part of what Scouting should be offering our members and their families - in fact, All Victorians; and assists us to address our Priority 2, recognizing and embracing societal issues.

Long Service emblems, now up front

The placement of Long Service and Good Service Award emblems is being changed with the introduction of the new, smaller blue background emblems.

Bob Taylor, Chief Commissioner

District Commissioners and Friend's conference.

Saturday 30th January 2010

Mark this date in your diary now! A day not to be missed. Full details are being finalised and will be available shortly.

Government House Open Day

The Governor and Chief Scout, Professor David de Kretser and Mrs de Kretser are hosting an open day at Government House on Australia Day next year.

Scouts in Action Week - First Aid

Every Scout of every age can be part of Scouts in Action Week - First Aid, 26th -30th April next year. Some exciting programs and resources are being planned by National. Programs are aligned to each Section's Award Scheme.

Research project on boys and their peer groups - what influences peer acceptance

There has been very little research in this area and it is an important area of investigation that may help parents, schools, Scout Leaders and the community understand further the nature of peer groups and self-esteem amongst boys in year 8 and 9, when peer groups become so significant.

One of our Scouting parents is a Psychology Masters student at Swinburne University undertaking a research project on what influences peer acceptance amongst 14 and 15 year old boys and how this impacts on their wellbeing. In order to analyse these factors with confidence she needs a substantial amount of boys to fill out an online questionnaire.

One of our six strategies is "societal issues recognised and embraced" and so I comment this survey to you. Scout Leaders, could you particularly promote this initiative?

The Scout Shop online

The Scouts Shop is your online destination for all your Scout gear needs at the best prices...with fast delivery.

Snowgum has listened to your feedback, and explored the best sites looking for ideas that will help them deliver a personal, safe and easy-to-shop site that lets you shop your own way. The address of the shop is <http://www.thescoutsshop.com.au>.

Alistair Horne, Executive Manager & General Secretary

Volunteer Grants 2009 – new money is available

As at 2nd October 2009, we have received 298 confirmations of application from the Department of Families, Housing, Community Services and Indigenous Affairs.

This is an excellent result compared to the 230 applications lodged in the previous round. We are pleased to assist you in making the application. Let's hope we are as successful with the application as last year.

Due to a change in the Department procedure this year, we

INTERCHANGE – YOUR COMMUNICATION & RESOURCE SERVICE!

- Aim:** to provide communication & resource material for Venturers & Rovers.
- Content:** the Editor reserves the right not to publish material that is contrary to or conflicts with, recognised Scouting practice.
- Contributions:** articles, photographs, reports, cartoons etc are most welcome, preferably submitted via email, but postal is acceptable.
- Postal:** INTERCHANGE, P.O. Box 774, MOUNT WAVERLEY, VICTORIA, 3149.
- Email:** interchange@vicscouts.asn.au
- Due date:** the due date for contributions is the last day of the month preceding the monthly issue (ie 30th June for July issue); this permits inclusion of info from the BRC (4th Wednesday), VVC (1st Tuesday) and BCs' meetings (1st Wednesday); for mailing (quarterly) and posting to the web (monthly) the next Monday - which will be the 13th of the month, *at the latest*.
- Distribution:** it is published up to 11 times a year by the Scout Association, Victorian Branch.
printed copies are mailed to each Crew and Unit in February, April, July and October; all 11 monthly issues are on the web.
- Web Page:** you can view 3 pdf versions of each issue: two versions with all photos and graphics – either full or low resolution, and one without photos and graphics on the web site at: vicventurers.com – go to the **Newsletter page for back copies from 2001**
- Advertising:** all general Scouting activities are promoted free of charge, but a fee may be charged for major fundraising events.
- Printer:** KWIK KOPY, 426 Burke Road, Camberwell, 3146. (W) 9889 0666 (F) 9889 4783.

no longer receive a copy of your application when the Department sends a confirming receipt of your Group's application. To date, we have only received 192 copies of applications sent to vg2009@vicscouts.asn.au. We need your details (the grant applied for, and how much); this will greatly enhance our ability to assist your Group.

Aluminium Cans and Scrap Collection

Sixty Scout formations have expressed interest in taking part in this initiative, subject to more information being received. A letter will be sent shortly to these Groups to advise the status. Thank you for your effort and we will let you know when more information becomes available.

Tom Hartley, Chairman of Branch Executive Committee

EasyGrants service - help us to help you

We subscribe to the 'EasyGrants Newsletter & Grants Education Service' which each month publishes a listing of available grants tailored to community groups, schools, local government and government agencies. There are often grants that could suite scouting but we need your help to chase them down. Click [here](#) for more information.

IGA Ritchies Community Benefit Card

The Victorian Branch is working with IGA Ritchies and their Community Benefit card offering. Participating Groups will receive 1% of the sales through these outlets when the cumulative monthly purchases from the Community Card cardholders exceed \$1,000 per month. More detail will be available after the completion of further negotiation.

John Peck,

Chairman Fundraising & Sponsorship Sub – Committee

Changes in the Committee of the Far Future Chair

It is with pleasure that I announce a change in the Chair for the Committee of the Far Future. Adrian Ohlsen, previously facilitator to the Committee, is to take over as Chair. I will continue as Sponsor to the project, still taking a keen interest in the progress of the Committee. The change will enable me to develop other ideas and concepts in line with my role as Assistant Chief Commissioner, Strategy. Please give Adrian your full support and encouragement as he takes on steering this most important work.

Margaret Tremewen

Assistant Chief Commissioner – Strategy

Thank you for supporting Camp Warringal - Wind up torches

Thank you so much to all of you who have supported Camp Warringal, the Banyule District Camp site, by buying the wind up torches with the AJ2007 logo to support site that was damaged in the black Saturday bushfires. There are still some left. Special price is 2 for \$5. Please ring Barb 9499 5569 to arrange pick up or delivery.

Barb Brook, Branch Commissioner – Health

Training and Development Calendar 2010

In an effort to assist with your 2010 planning, the Adult Training Calendar for 2010 is [attached](#). If you have requests

for any other type of training, please chat to your ARC Adult Training and Development.

Brian Geary, Branch Commissioner – Training

Gilwell Reunion

This year's meeting will be held at Gilwell Park, Gembrook in the Training Ground from Friday 22nd January to Sunday afternoon 24th January, culminating in the Annual General Meeting. Please wear your uniform if you have it, otherwise, your Gilwell Scarf, woggle and beads. The theme for this year is "Return to the Jungle Book".

The Committee extends its invitation to you to attend, and asks that you circulate this email and its attachment as widely as possible amongst your Scouting colleagues.

Denise Evans, 1st Gilwell Park Scout Group

King's and Queen's Scouts

Australian Queen's Scout Association (AQSA) has been able to build up a list of recipients of the King's Scout Badge and its successor (since 1952) the Queen's Scout Badge.

The list has been built up using information from many different sources, but is known to be incomplete, and many addresses are incorrect!

One of the projects next year is to continue updating this Register of King's Scouts and Queen's Scouts. This is a mammoth task, as we believe there have been possibly more than 15,000 recipients.

William Wells, Chairman, AQSA

Scout Scuba, dive in at the deep end

Do you have any thought to do some water activities with your Group? How about give scuba diving a try?

Scout Scuba Victoria has a special program for the rest of the year and also regular courses such as Open Water and Advance Open Water. Interested?

Trevor Clark, Scout Scuba

Submitting items for the next newsletter

Scout members wishing to have items published in the next newsletter should send them to newsletter@vicscouts.asn.au. All contributions are welcome but please be aware that for space considerations, editing may occur.

Newsletter Editor

Upcoming Events - November

Tue 3	Melbourne Cup holiday
Fri 6 / Sun 8	Mallee Rovers Mud Camp - near Mildura
Wed 11	Remembrance Day
Fri 13	West Coast Region ARAP
Sat 14	Joey Zoo Day
Sat 21	Australian Scout Medallion Presentation
Sun 29	Hoadley Hide 2010 site visit

**THE GOVERNOR'S SPEECH at the
QUEEN'S SCOUT AND GUIDE AWARDS,
GREAT WEST LAWN, GOVERNMENT HOUSE.**

Saturday 3rd October, 2009

*Sherryne Cadd (QS) with the Governor,
Chief Scout of Victoria, Professor David de Kretser*

Mrs Noella Kershaw

State Commissioner of Guides Victoria

Mr Robert Taylor

Chief Commissioner, Scout Association of Australia,
Victoria Branch

and **Mrs Eleanor Taylor**

Scouts and Guides, Distinguished Guests

Ladies and Gentlemen

I would like to acknowledge the traditional owners of this land, the Kulin Nations, and pay my respects to their elders both past and present.

I am delighted to welcome you to Government House on this special occasion for the presentation of the Queens Scout and Guides awards. These are achievements that have demanded years of commitment, awards that are understood in every corner of the world, a very public recognition that reflects the significant personal development you have undergone.

While the qualifying standards for achieving the Queen's Scout and Guide Awards are clearly stated in Scouting policy, the personal characteristics of a young person who holds such an award are far more intangible.

All of you are vastly different – individuals in the truest sense of the word – with unique personalities, dreams and aspirations. Some may try to define you as a group – I will instead try to define the common threads that unite you.

Perhaps the words I am looking for are character, integrity and maturity or perhaps responsibility, aptitude and leadership. As I considered this further, I came across a word that perfectly suited all of you – **potential**. With the proliferation of technology into every aspect of our lives, our world is becoming smaller and the advancement of many aspects of our existence is progressing at an incredible rate. Yet we face challenges that require people with a vision and the tenacity to deliver. The world is in desperate need of intelligent, thoughtful leaders with the moral courage to steer our planet into a sustainable way of living. The **potential** you have demonstrated by being here today fills me with

confidence that you are ready to embrace the challenges of the modern world.

Note, however, that potential has strong connotations of the future – of probability, of possibility. This award, while utterly worthwhile and deserving of our praise, is just the beginning of your bright future. I can assure you that the world has many who have failed to fulfil their potential, people who have stood still along their developmental pathway. Given the pace of change in our world, you will be challenged to develop a policy of life long learning that will give you the stimulus and knowledge to take you on a journey to fulfil your potential as our leaders of the future in whatever direction that you choose to take.

To further add to the weight that already rests on your shoulders, perhaps we should add the task of responsibility. To the Queen's Scouts and Guides - you now have an added duty, a responsibility to represent the award and the wider movement for *every day of the rest of your lives*. While others may see this as a burden, I know that you see it as an opportunity – a chance to spread the message of Scouts and Guides and use the skills you have learnt to make a positive impact on the world in which we live.

Finally, I would like to extend my congratulations to your parents and your leaders who through their time, commitment and encouragement, have enabled you to achieve these awards.

I wish you all the best for your future and I look forward to meeting as many of you as possible later this morning.

Thank you.

Chief Commissioner's response to the Governor's speech,

QUEEN'S SCOUT & GUIDE AWARDS, Saturday 3rd October,

Governor & Mrs de Kretser, it's a pleasure to be here in the ballroom of Government House.

We are here to celebrate the achievement of Queens Scout, the BP Award, the Queens Guide and Olive Baden Powell Awards which are the significant achievements of the older sections of our two Movements. They are a bench mark and a rite of passage in our youth members lives.

We look around this building and speculate how long it has this been here.

Longer than our two Associations, which for Guides is a hundred years in 2010 and Scouting which reached the century 2 years ago.

Today is an important benchmark for our youth but what of the future and Governor I would like to thank you for the directions where you indicated you believe our two Movements should go.

To the youth before us, you are the key people who reached important milestones and for which the future beckons.

It's great to see some of the Venturers with the Scout Medallion around their neck, proudly wearing their achievement in the Scout section and what of the future in Rovering.

I noticed one of the Rovers is wearing a Leader Wood badge and that's terrific, because one of the focus of both Movements is service to the Community, and service within ourselves.

One of the challenges we have in our Movements is to have encourage younger adults to take up the challenge of looking after our youth and I encourage Venturers on the age of eighteen to go back and assist as an assistant Cub Scout Leader, or an assistant Scout Leader while Rovers can become assistant Venturer Leaders when they turn twenty.

We need more younger leaders to undertake a role and here's the opportunity for you people here

who've reached these important bench marks in the Movement to contribute further in the future by ploughing back your experience.

This is a great day for you all, and also for the many people I can see here before me in this great Ballroom, the parents, the supporters. It is very important to recognize and appreciate our close association to the Crown with the presentations by the Governor of the Queen Scout & Guide Awards and also the recognition of the our Founders through the Olive Baden Powell Guide and the BP Rovers Awards and we have the pleasure of the Founders grandson, the Hon Michael Baden Powell here with us today.

Governor and Mrs de Kretser thank you for hosting us. It's a great pleasure to be here at Government House and also of having you present the Scout Adult Recognition Awards at Gilwell a fortnight ago. We appreciate your kind words and will try to take up the challenges you have presented to us.

Thank you.

WE WOZ WRONG

OCTOBER I/C HAD THE INCORRECT CAPTIONS!

5 proud Eastern Region QS

4BP and a QS

INTERCHANGE

A trial has been conducted to provide Interchange in soft (electronic) copy only, two months out of three.

This means that:

- *the first month of each quarter (commencing July 2009) a printed copy will be mailed to each Unit and Crew as previously, as well as being posted on vicventurers.com, and*
- *the second & third months (commencing August & Sept. 2009) will be on the web only - usually by the 3rd of the month.*

Tell your Scouting mates to look for Interchange on the web from the 3rd of every month.

What will not change:

- *the same information and resources will be sought and included; so*
- *keep submitting your ideas!*

Why the trial?

- *to reduce printing efforts;*
- *to reduce printing costs;*
- *to reduce our environmental impact;*
- *to reduce significant delays in the distribution & handling of print copy;*
- *to encourage all to cut & paste what they need and distribute the info & resources to others promptly.*

What will change:

- *whilst we were restricted to 16 pages for postage and handling, we can now provide more information and resources; and*
- *we will be able to provide it more promptly.*

There are now 3 electronic versions:

- *the full pdf version (high resolution) with photos and graphics is usually 15 to 30 meg, so it may take time to download;*
- *a new pdf version (low resolution) will be provided commencing with the July 2009 issue, which will have the photos and graphics in low resolution – maybe 2 to 5 meg; and*
- *a smaller “sans pics” pdf (ie without pictures) is provided – usually less than a half meg.*
-

VICTORIAN VENTURER COUNCIL

ARE YOU IN THE INFO LOOP?

- *Venturer Web & Resources - www.vicventurers.com*
- *Vic Venturer E News - venturer.news@vicscouts.asn.au*
 - *National E News? - www.scouts.com.au/register.asp*
 - *Nat Youth E News? - scoutsnyc.com.au/newsletter*
- *The latest Venturer news can be found on vicventurers.com - check the Calendar page for the latest calendar of courses, events etc and Newsletters page for current/previous issues*

Calendar 2010?

In the October issue of Interchange we listed the South Metro leadership Course incorrect! - it should have been 6th to 8th August 2010.

Also, the South Metro QS Dinner will be on Monday 6th September 2010.

What happened in Oct?

**JOTA-JOTI 2009
16-18 October 2009**

Were you involved – maybe in 2010?

What's happening in Nov?

Leadership Course (Killer Klowns)

November 20-22nd @ Healesville.

Killer Klowns in Healesville!!!!

The annual Killer Klowns from Outer Space Leadership Course hosted by Yarra Valley Region leaders pitches its giant circus tent of mayhem at Healesville on November 20th-22nd for another year.

Applications have already been received but there are some space left. Come and be a graduate for the Yarra Valley Klown Academy.

Venturers get to experience a range of activities based around Leadership styles, Communication, Planning and organising, Effective speaking, Decision making and Self management. Venturers are able to try out their newly

developed skills in a variety of situations including some great project management activities like designing the Association PR Van as well as running around the bush playing an inspiring version of 'follow the leader'. (Squeezing through trees and under cars is amazing fun apparently)

Highlights of the weekend include meeting a tonne of cool new people, seeing the Killer Klowns from Outer Space movie (a cult classic), earning the elite "Cant sleep Klowns will eat me" t-shirt and enjoying the formal dinner where everyone had a good laugh at all the pictures taken over the day.

Nearly everyone from the course will be catching up at VG to relive the highlights of the river crossings, leeches, mad stretcher making skills and of course the phenomenon of midnight Klown dancing..... So don't delay in applying today.

Contact Calum Dyer ph 0418 501 561 or slade_1@tpg.com.au

Relay 4 Life on 14th/15th Nov.

Caitlin Parsons and Pippa Wiener (the plastic suit girls) are inviting you to attend and participate in the Castlemaine 2009 Relay 4 Life on **14th/15th Nov.**

This is a great way to knock over some Queen Scout work while having enormous amounts of FUN!

- Since the aim of the Relay 4 Life is to raise money, it would be great if everyone could help fundraise, you don't have to go out and make millions, just ask around for some donations, because every little bit counts!
- Hope to see you all there! If you want any more information or you'd like to express your wishes to attend, Email Pippa and Caitlin on

catering.venturers@gmail.com

SCOUT SCUBA VICTORIA

14th November 2009 Try Dives - Ballarat

12th December 2009 – Group Boat Dive

6th February 2010 Group Shore Dive

27th/28th February 2010 - Try Dives At "Anything Goes" - Drouin

21st March 2010 – Try Dives Sunbury

10th/11th April Scuba Camp Mornington Peninsula

26th June – Try Dives

16th October – Try Dives

Open Water & Advanced Open Water courses are run on a regular basis.

Or

If you have a large group who wish to do a Try Dive then give Scout Scuba a call

Bruce Ellis

abc.venturers@vicscouts.asn.au or work 54282669

Trevor Clark

trclark@ssc.net.au or mobile 0408035511

Due to popular demand, the SRESU will be conducting the next Amateur Radio Foundation Training Course at Wattle Glen in November 2009. The course is typically suitable for mature Scouts, Guides, Venturers, Ranger Guides, Rovers, Rangers, Leaders, Parents etc.

Please ensure this message is relayed to your Scouts, Guides, Venturers, Ranger Guides, Rovers, Rangers, Leaders, Parents without delay.

Please ensure the attached flyer is displayed in your hall.

Any queries, please give me a call...

Philip Adams

Scout Radio and Electronics Service Unit (Victoria).

P O Box 269 Box Hill Victoria. 3128

Ph: 03 94383013 (AH)

Ph: 03 9262 1073 (BH)

Ph: 03 9262 1777 (Fax BH)

Ph: 0418 398 813 (Mobile)

[http://www.sresu.asn.au/](http://www.sresu.asn.au)

Radio Callsigns that may locate me:

Amateur: VK3JNI

VKS737-Mobile 8422 (Selcall 8422)

Outpost: VNX72

What's happening in Dec?

Vic Gathering 50th Anniversary

- To mark the 50th Anniversary of VG / MG we are holding a 'battle of the bands'
- Prizes on offer! - More details to follow.
- Check the vicgathering.asn.au website - as more details become available.

UNIT MANAGEMENT COURSE

SATURDAY 12th DECEMBER 2009, 8.00am/5.00pm

Note: You do not need to be a member of your Unit Council to attend.

Only 4 members per unit will be allowed.

Closing Date: 4th December 2009

Only 30 places are available on this course – any applications may be rejected

Location: South Metro Region, Mackie road, East Bentleigh

Cost: \$15.00 Per Person

Other Information:

- Uniform must be worn on arrival and departure
- BYO lunch for Saturday
- Morning and Afternoon Tea will be provided
- Further information will be sent prior to the Course date

Bring With You:

- Notebook & Pen
- Copies of your Units – Constitution, Programs, Newsletters etc.
- **Your Passport** – Very important

Contact:

- **Betsy Earl** Home: (03) 85213360
- **1/38 Flinders Street, Mentone 3194**
- bearl@slv.vic.gov.au

W.F. Waters Dinner Sat. 24th October 2010 Recipient Speech by Belinda Henderson

Firstly I would like to congratulate my fellow awardees; I've had the pleasure, of working with most of you, socialising with you, or sitting along side you at the BRC table.

I have to admit I was a little surprised, when I received my nomination.

Had I undertaken outstanding service to the Rover Section?

I didn't know that giving service also meant having such a fantastic time.

I feel very lucky, for being rewarded for spending time with great people, all working together and having fun. And of course spending a great amount of time, at the beautiful Mafeking Rover Park.

I suppose you can tell from my citation, that I have a bit of a soft spot for the Mudbash Committee. I knew when I attended my first Mudbash I would somehow become involved on the committee. I never thought that one day I would be Chairman, and I certainly never thought I would be crazy enough to do it twice.

Mudbash was definitely a two way relationship; Mudbash gave me confidence, leadership skills and allowed me to build many friendships with people whom I would possibly have never spoken too.

I gave Mudbash, too many weekends and meetings nights to count, the belief that motorsport would return and thrive in the Rovering Section and like every good chairman, my credit card.

But I loved every minute of it and after Seven years on committee it was very hard to take a back seat this year.

Although this only gave me time to stop and reflect on how proud I was. Thanks to a group of hard working dedicated Rovers, Mudbash has been rebuilt from the ground up and continues to grow bigger and better every year, ensuring it will be the Premier Rover Event for years to come.

I would like to thank HRRC for my nomination, My crew, Berembong for being so understanding over the years, and allowing me to achieve everything I set out to. My Parents, for allowing me to use home as somewhere to simply eat, sleep, in between work and meetings.

And finally I'd like to thank anyone who has ever worked along side me on a committee, it's been great, I've had a ball.

W.F. Waters Dinner Sat. 24th October 2010 Recipient Speech by Sarah Austin

When I opened the envelope that contained a one page letter that started with the words Dear Sarah, Congratulations, my first thought was that someone was playing a practical joke. Then two little badges fell out and I realised it must be true.

Over the past 7 years I have spent my time in Rovers doing whatever it was that interested me, from joining region executives to partying, to working on my BP and generally just having fun. So to receive an award for having fun and participating in things I am passionate about seems more apt than receiving one for outstanding service to the Rover Section.

But what is this thing we call Service, the oxford dictionary defines it as the act of helping or doing work for another or for a community; Muhammad Ali referred to service to others as the rent you pay for your room here on Earth, and Marian Wright Edelman said that Service is the rent we pay to be living. It is the very purpose of life and not something you do in your spare time. When it comes to Rovers and Service I feel that Marian is the closest. As Rovers we are constantly searching for that free weekend, to spend doing something for ourselves, worried that we spend too much time focused on Rovering, and that we will burn out before we turn 26.

Is this the real definition of the Rovering motto of Service? Rather than search for little old ladies to help across the road, or community projects to get involved in, have we simply forgotten that service to others begins when we offer to do something for the person next to us? Have we become too focused on searching for the glory that is found at the end of service rather than the act of service itself?

I never set out in my Rovering career to become a WF waters recipient, to me it is not something you can add to a to-do list, it isn't something you can earn, work towards, it is a bonus prize along the way. Do I count what I have accomplished as service to the Rover section, well I suppose now I have to, I used to just count it as the things I was interested in and wanted to accomplish in 8 years. Things that I did so no one else had to, or needed to. It was, to me, the right thing to do.

As a section we are seen as many things, but the question that we need to ask now is, how do we see ourselves? If we have overlooked the amount of service we do for those around us each day, perhaps we are overlooking how we define service, and possibly how we define ourselves.

To all my fellow recipients I could not imagine a more appropriate group of people to receive this award with, having worked with many of you in various roles and for various reasons over the years. Congratulations to you all and all the best for the future.

To everyone and anyone who has ever spent time working on a region, a committee or an office bearers team with me thank you for your tireless work, support and the fun times.

To my family, I love you, I'm sorry and don't worry there are only 10 months left.

To my crew, my second family and my second home, for your unconditional support thank you. I couldn't have asked for a better group of people to call my friends.

Long live the Berembong Love!

Team Max at the Shepparton and Wodonga Shows

Team Max worked at the Shepparton Show on Saturday and then again at the Wodonga Children's Festival on the Sunday.

Shepparton Show was rewarding as Max received many enquiries about Scouting.

Wodonga Festival was much larger than we anticipated.

12,000 people went through the gates during the day.

We leveraged well off the Rad Rock climbing wall coz everyone thought it was part of the Scouts activity.

Both days exhausting, hot, dusty and very long days but the kids from the Youth Media Team did a great job helping Max.

We have now exhausted our supplies of every bit of PR collateral!!!!

Max and his Mate

Ten Top Tips for the New Venturer Award Scheme

Lots of Leaders and Venturers are asking "what's all this new Venturer Award stuff and how does it affect me?" Here's some tips to sooth your frazzled nerves.....

1. Don't panic – the changes are not as dramatic as you may think. There are new badges, amended requirements, better opportunities, less paperwork and a different badge chart.

2. Change is inevitable – embrace it – there are lots of new opportunities in the Queen's Scout and Endeavour Award levels which allow Venturers greater choice to experience and focus on different challenging activities.

3. Should I change or stay with the Diamonds?

- In the end YOU decide with the help of your Unit Leaders and DVL.
- For new Venturers coming in to the Unit, the New Scheme is where your journey in the Award Scheme starts from 2009.
- If you have a few badges under your belt (or on your shirt in fact), you are encouraged to convert as you might be close to the Venturer Award.
- Those who are around 17 years with a couple of Diamonds and well advanced towards Queen's Scout - keep going as the transition is 24 months.
- Converting is really simple with the 2 main changes in Environment and First Aid.

4. No Diamonds! – Now 3 levels

Participation Individual Effort Specialisation

- Sure, the Diamond badges and certificates are gone, the Venturer Award and Endeavour Badges are new and the Award Tapes are only Maroon or Green.
- The groups of activities that they represent remain under those group headings so Community Involvement, Outdoor Activities (name changed from Adventurous Activities), Personal Growth and Leadership Development are pretty much the same.
- Get a copy of the new chart (or look in the new colour Venturer Record Book) and spot the differences.

5. NEW offers more choices – Go For It.

Level 1 & 2 activities still exist. The Level 2 activities are in the QS and offer you the same flexibility as in the past. What is new (and very exciting) is that the Endeavour Award spreads itself across most of the Award Areas and allows specialisation in many more opportunities than in the past. If your passion is theatre, music, the Arts or with Service groups (i.e. SES, CFA, etc) then make the move and go for it.

6. Venturer Award – how can I get there?

The Venturer Award takes the fundamental areas of the Award scheme that Venturers NEED to experience and gives you a taste of Venturing both individually and in a group. It is basically done within the Unit as a part of

your weekly program and other weekend /special activities. The main changes are in Service (now in both VA & QS), First Aid (Level 2 required) and Environment (based around the Scout Environment Charter).

It should take most Venturers 12-18 months after Venturing Skills to complete as it's about lots of participation (and having fun with the Unit).

7. Certificate II – This is another pathway in your life outside Scouting that's essentially a BONUS with Venturer Award. All your work in VA = Certificate II accreditation. You have to prove by Unit Council Minutes or Award Proposal Forms that the Unit has approved your activities, have certified copies and fill out a form so that your work can be endorsed. The **BIG WIN** is that Certificate II is a recognised qualification and may soon be claimed as a credit for VCAL or VCE. Imagine how thrilled your parents will be to have you doing Scouting and homework at the same time.....

8. Less paperwork – how's that?

Yep, the Venturer Award is basically awarded and approved by the Venturer Unit; as they maintain the Award Scheme standards and approval records. That's means a bit more work for the Unit Secretary and VL, but the "War and Peace" QS folders are no longer mandatory (but still fine if you want to include photos, etc to remember the fun times). Some guidelines have been given by Branch and this is one area where your feedback has invoked changes.

9. Endeavour Award is a whole lot more

The Endeavour Award is not just a new name and badge to replace the Major Interest Award. Endeavour is across almost all parts of the award scheme (not just working in a community organisation as in the past). You will have to complete the activity you choose at Venturer and Queen's Scout levels BEFORE you start the 50 hours of the selected activity for the Endeavour Award.

Think Big – Captain James Cook's ship and a Space Shuttle share the same name - this is a pursuit, activity or service area that you are really passionate about and may want to continue for a long time into the future.

10. What else is in it for you???

The Award Scheme gives you a whole host of experiences to develop your life skills – vocations, service to others, peer review, setting challenges for yourself (and for others) as well as having the opportunities to undertake great activities, improve your social life and build experience and confidence in yourself.

The Award Scheme is all about making the most of your time whilst you are a Venturer – the badges and the activities are all apart of the self achievement and you can do as little or as much as you like – as long as you have fun along the way!

Peter Datson, DVL - Yarra Batman Venturer Council

Potential Activities for Districts and Units

Eskimo Rolling (kayaking) – Conducted by members of the South Metro Canoe Team, \$10 for scouts, \$20 for non scouts. Kayaks, PFD's and paddles can be provided by prior arrangement at a reasonable cost. Is held at the Don Tatnell Leisure centre, Cnr Warren Rd and Brisbane Terrace, Mordialloc. Bookings essential, Contact Jimmy on 0410 561 159 or eskimorollingnights@gmail.com Potential dates include Sep 4, Oct 2 & Nov 6.

Scout SCUBA – Try Dive Days in any pool you like– Scout Scuba was going to try and hold a Try Dive Day on August 29th at Queenscliff but they no longer have access to the pool. There are dates scheduled for 12 Sep & 14 Nov (check for locations) Cost is \$15 which includes safety briefing, loan of gear, 30 mins in a heated pool and a certificate and BBQ after. If you have access to a local Pool of about 2 metres depth Scout Scuba will happily come to you.

Try Dives are for any member of the Scouting family aged over 12 (including parents) & are run by externally qualified instructors who carry their own insurance. For additional details on Diving Camps contact Trevor Clark ph 97444600 or trclark@ssc.net.au

Pen-Pal Program – Venturer Award citizenship

Scouting has always promoted international peace, understanding and cooperation through encouraging contact between young people from various countries and cultures. The Pen-Pal Program offers a means of communicating with other Scouts abroad and provides an "international experience" without necessarily having to leave town. The traditional concept of writing a letter has now given way to youth Members all over the world from Hong Kong to Peru to UK to Zimbabwe requesting links with Australian Scouts via email which is perfect for time poor Venturers and maybe even their Award Scheme. ☺

This is a fun way of learning about the life and culture of a Scout in a foreign country. It may result in a close friendship being established and perhaps even an exchange visit. If your Venturers would like to organise a pen-pal, contact the Pen-Pal Program National Coordinator, Kelly Johnson, int.penpals@scouts.com.au

Stand Up Paddle Boarding St Kilda - Scout offer

There was a special deal for the Scout Association that may still be valid of \$30.00 per student (50% discount). This offer is for a group lesson (which is normally \$60.00 per person) and includes the following:

- Experienced instructors (1 instructor per 10 Scouts)
- Paddleboards

- Paddles
- Wet suits
- Booties
- Wet Shirts
- Life jackets
- Helmets
- Sun Screen

Anyone interested in learning more about what is on offer, please do not hesitate them to at www.supb.com.au.

As this is a new sport and largely unknown in Australia they are happy for people to visit them and access whether this will be a suitable activity Venturers - Scouts.

They currently have arrangements with some government and private schools and council youth programs.

They are also willing to offer our staff a summer special of \$50.00 for a group lesson (with a friend) or alternatively board hire at \$25 per hour.

Please feel free to post this within the Venturer section.

Contact details are: Phil Cooper - Stand Up Paddle Board St Kilda - 0416 184 994 - info@supb.com.au

Blue Diamond 2010

Want to hear the best kept secret in Venturers?

A very large number of those Venturers being awarded their Queens Scout over the last few years all went to the same camp together. They had a great time, made friends they will keep for life, and got about 20% of their Queens Scout work done in a long weekend.

Wow, one camp that can help you get your Vocations, Unit Management and the course work part of Leadership. Also you have a 'getting to know you party', the biggest sit down dinner you've had maybe ever, and you get to have a fantastic weekend.

What is the camp – it's the Blue Diamond Weekend. The next one starts Friday March 26th 2010 and will be held at Treetops Scout Camp at Riddle's Creek.

The 1st applications (only accepted with a deposit) have already been taken. There are a maximum of 24 places on the course, maximum of 3 persons per unit allowed, and we usually are sold out by December.

So where do you get an application form?

Vicventurers.com.au of course.

Wanted

Venturers who want to change the world!

We are looking for Venturers who want to improve or "fix" Venturers, and/or the entire Scouting movement.

Applications are now being accepted for the Branch Venturer Youth Council (BVYC), and Branch Youth Council (BYC).

BVYC will consist of YOU, 2 Venturers per Region, 1 elected, 1 appointed, for every Region in Victoria. They will meet – in person 4 times a year (think subsidised travel to fun locations – the first a Beach Camp, lots of great people, and a chance to change the world) and they will also meet electronically as required.

2010 face to face meeting dates are: 6/7 Feb, 16/5, 15/8 & 21/1.

BYC is a little different – representatives of Joeys, Cubs, Scouts, Venturers and Rovers meet together to advise and maybe guide the future of Scouting in Victoria. This committee will meet early next year.

Application forms for both are available from vicventurers.com.au, or your District Venturer Leader

Next Generation Seminar Sat 13 June 2009

Chris Young attended this semina:

Summary

The seminar was aimed at parents to inform them about issues and risks impacting youth (5 – 25) in Aus today and how to handle them. The seminar was attended by about 800 people the majority working or volunteering in education, social services and youth.

From a Scouting perspective it was very informative, well presented and relevant. The intent of the organiser is to move from 1 seminar in each city/year paid by attendees to many seminars paid by Gov as a preventative strategy for youth problems.

Agenda

Duration	Topic	Expert Speaker
30min	Parenting Tips & Traps How to Manage the Difficult To Control Teenager, Q&A	Dr Michael Carr-Gregg Adolescent Psychologist
30min	Internet & Cybersafety Important and Useful Information for Professionals Involved in the Care of Children and Teens, Q&A	Susan Mclean Cybersafety Expert

30min	Media and Sexualisation Mental Health Implications, A Look at the Evidence and What Can We Do As Professionals, Q&A	Julie Gale Founder of Kids free 2 b kids, Writer and Performer
30min	Alcohol & Drugs What You Need to Know and How to Manage the Teen Who May Be Using or Abusing, Q&A	Paul Dillon Drug and Alcohol Research and Training Australia
30min	Sex and Teenagers The role of the Professional	Dr Sally Cockburn GP, Health Commentator
60min	Panel Common Cases and Situations and How to Manage Them, More Q&A	

Speakers & Key Points

Parenting Tips & Traps

- Maintaining good communications with your children is critical to being able to help them
- All youth will take risks as a normal part of development and you need to be able to make them aware of risks without telling what they can't do
- All parents should set firm boundaries, consequences for exceeding and follow through on implementing the boundries, most don't and so youth who exceed legal boundaries don't understand why they get into trouble.
- Youth depression is a growing problem and all parents need to be able to identify some of signs. It can be defined as a feeling of severe sadness over weeks that often the person cannot identify any cause for.
- Your local GP is the best place to go to help you diagnose if a youth has a significant health problem, use them. They have quick tests for diagnosing depression and other mental disorders.

Internet & Cybersafety

- Parents should not allow computers to be in bedrooms, only in common areas of the house where visual supervision is possible
- Cyber filters are not fool proof
- Only direct supervision of the computer screen can inform parents if the computer is being used sensibly and in a balanced fashion b/t social networking, homework etc
- Facebook/Myspace are OK tools for those above 13 yrs, below this age it not allowed by the companies who run these sites. They should always be set to private. On average their benefits outweigh the risks.
- Sexting (the sending of explicit pictures by phone/e-mail) has grown rapidly in 12-15 age group, in part b/c sex is being used by media at much younger ages and innocent youth don't understand the potential ramifications.
- If anyone is found with such an image on any media they can be charged with possessing child

pornography, that's right even if you did not ask for the photo, the Law does not distinguish.

Youth Drug's & Alcohol

- Problems in this area have actually decreased over the past 20 years, in contrast to the media portrayal
- Alcohol is by far the largest issue, it's use has remained steady in terms of volume of issues, Cannabis is seen as less cool and ICE usage is increasing, but below 5% of population
- 20% of those aged 20 yrs have never consumed alcohol, A key lesson here, we need to make "not drinking" acceptable and welcomed. The Baby boomer and Gen X age group mostly assume all youth will drink and encourage it.
- Alcohol is 50% cheaper than 20 Years ago, a \$24 bottle of Vodka will get 3 girls drunk in ½ hr.
- Many youth are not educated on how to help a person who has consumed too much alcohol, too many drown in their own vomit b/c no one put them in the coma/side position.
- Many youth report they don't call for help because they think they will be in trouble with the police or their parents.
- The police do not automatically attend when an ambulance is called.
- Trying to sober up a person with a shower is the most dangerous thing you can do, unstable people in a room with water, glass and concrete hard surfaces often results in serious injuries.

Media and Sexualisation

- Many examples of fashion photo's now depicting 8-12 yr olds in provocative poses
- Some "variety" shops look like toy stores on the outside also stock sex material and present it next to child toys
- Teenage magazines instruct girls how to please their boyfriends with oral and anal sex.
- Radio, TV, Billboards have NO gov't controlled standards, it's all volunteer standards and rely on Public complaints to set the boundaries, so if you don't like it call and complain. It does work.

Dr Feelgood

- Many youth don't consider oral sex as real sex.
- Oral (Type 1 herpes) can be transfer to Genital (Type 2 herpes) through oral sex
- Youth need to be educated to never have oral sex if either person has a cold sore or open lesion.
- Type 1 herpes is easily treatable with antibiotics
- Type 2 herpes is for life.

Further Information

<http://www.gennextseminars.com/index.html>

WORLD YOUTH FOUNDATION PARTNERS SEACHANGE

TO GET 1 MILLION YOUTH ACROSS THE REGION TO JOIN TOGETHER FOR PERSONAL AND COMMUNITY CHANGE

We are glad to announce that **World Youth Foundation** is supporting South East Asian Youth for Change (SEACHANGE) movement and we all together are part of a historical movement where 1 million of youth across the region will join together for personal and community change! The Foundation's brief summary is at:

<http://blog.youthsays.com/seachange/2009/09/15/world-youth-foundation/>
<http://www.yes2009.asia/wyf.html>

Do you support personal *change*?

Have you thought of *changes* that your country needs?

Would you like to discuss with Biz Stone, Co-founder of Twitter of how he is *changing* the way world communicates?

If you answered all those questions YES, let us know! Log on www.youthsays.com/seachange and say YES for CHANGES!

By doing so you will get connected to projects, organizations, businesses, and leaders who can help you with the change you want to see.

By pledging for change you stand a chance to engage with global change icons at Youth Engagement Summit 2009, 16-17th November which is the most engaging youth summit ever!

You will sit and discuss about changes in SEA region with co-founder of Twitter Biz Stone, Marketing Director of Facebook **Randi Zuckerberg, Amitabh Bachchan** and many other business leaders and change agents.

Your collective pledges for change will be produced to a first-of-its-kind youth initiated public report presented to

every leader in business, government and media out there for them to know what change each segment of youth wants to see.

This report is also presented at the [Youth Engagement Summit 2009](http://www.youthengagementsummit2009.com) (<http://yes2009.asia/>) YES2009 is giving youths who participate in the Youth Report up to 500 free trips* to the Summit

By saying YES for change you stand a chance to come to Kuala Lumpur on November 16th -17th and speak about the changes with global change icons:

- **Biz Stone** co-founder of Twitter,
- **Randi Zuckerberg** Marketing Director of Facebook,
- **Sir Bob Geldof** the founder of Live Aid and Live8,
- **Amitabh Bachchan** Bollywood megastar, movie director and television host,
- **Dato' Seri Tony Fernandes** Malaysian entrepreneur and founder of Tune Air,
- **Nando Parrado** The ultimate survivor and inspirational speaker,
- **Garry Kasparov** Russian living legend of chess,
- **Lorraine Hahn** Noted former presenter for CNN and CNBC.

[free trip includes flight ticket, airport pick-up, accommodation, food, sightseeing in Kuala Lumpur & summit passes, all together worth USD 2500]*

This is historical movement and you are part of it! Say YES on www.youthsays.com/seachange your voice is important for all Southeast Asian Region!

[Recommend it to your friends](#) and increase your chances to meet all global change icons.

Issued by World Youth Foundation

For more information please contact:

Ms Varsha Ajmera
Chief Operations Officer
World Youth Foundation
Mobile No : 019-6665028
Tel. No : +606 2320911
Fax No : +606 2323911
Email : wyf@po.jaring.my

To join the World Youth Foundation Egroup please visit : http://groups.yahoo.com/group/wrld_youth_foundation/join

THINK GREEN... please consider the environment before printing this email.

**RECRUITMENT & RETENTION,
OR,
GETTING THEM IN, KEEPING
THEM, AND ADDING VALUE,
OR,
KEEPING THEM IN SCOUTING
FROM JAMBOREE TO VENTURE!**

I know there is no need to preach to the converted on the value of what Venturing has to offer for teenagers, but it is nevertheless timely to document it yet again for some who may be undergoing conversion!

The next 6 months offer the Venturer section some remarkable opportunities to attract and retain teenagers to join us, so let's make the best of it by:

- Getting them in, using Pre and Post Jamboree activities;
- Keeping them in, with our fantastic programs of activities; and
- Helping them add even more value through their individual award pursuits, whether it be
 - Queen's Scout,
 - Certificate II,
 - Duke of Edinburgh or
 - just plain having fun (always an acceptable activity!).

**GETTING THEM IN - PRE & POST
JAMBOREE ACTIVITIES**

Every three years, a significant number of the Scouts attending the Australian Jamboree will be eligible to join Venturers soon after that event.

This is an ideal opportunity for every Unit to undertake some early Public Relations or promotional (same thing) activity to ensure that the Scouts move in to a Unit, early the next year.

Has your Unit taken this opportunity already, or is it planning to initiate some promotional activities to ensure that the Scouts are aware of the existence of Venturing as a progression of Scouting after Scouts,

that they know the location of the local Venturer Units; that they have the freedom to choose which Unit they may join; and most importantly, that they know several members of the local Unit(s), the Leaders and the District/Zone Leader (Venturer Scouts)?

Now that is certainly a mouthful, but rather than just tell you what you should do, please consider the following suggested methods of promoting the Venturer Section:

District Venturer Leaders

- Ensure that Scout/Venturer progression is discussed at each District Commissioner & Group Leader meeting, at least quarterly
- Include an item on the District/Zone Venturer Council agenda for a review of each Units recruitment activity – an interesting exercise with surprising results
- With the District Scout Leader, organise a 13 year old camp – why not set the example to all Leaders, showing that the District Leaders are working together
- Use the TRY Venturing badge as an enticement – after all, it is free of charge!
- Obtain a listing of the birthdates of each Scout in the District – send them a 13.5 birthday letter!
- Have the District/Zone Venturer Council "allocate" Scouts to Units, whilst respecting the Scout's freedom of choice
- Have Venturers represented and involved at District Scout events – they can even use it for their individual award aspirations
- Monitor the "drop out" rate, and determine reasons for departures or "non arrivals" – another interesting exercise that can reveal areas of opportunity for improvement (a polite term for identifying weaknesses)
- Provide some incentive to Units for their increased recruitment and retention rates – make up your own local award – even better, donate it yourself and keep the naming rights!
- Organise an evening for each Unit to promote itself to 13 year old Scouts and their parents – hosted by the two District Leaders – yet another opportunity to be seen as a team

Venturer Leaders

- Ensure that Scout/Venturer progression is discussed at Group Council meetings – it is your meeting, so make your stance known
- Visit the Scout Troop and join in their activities – this will fit in to your 2 hours a week!
- Approach the Scout Leaders to develop an understanding of each prospective recruit for the Unit – what are their interests, how can you meet them – it most likely will make your unit even better
- Develop a joint plan for to assist the Scout moving to Venturers – SL & VL working together as a team
- Ensure that the Scout Leader will advise you if a Scout is about to leave the Troop – sometimes this can occur well before the usual age of transition, so identify the problem before it eventuates
- Include Linking and TRY Venturing activities in both section programs – this also provides opportunities for Venturers to further their own award scheme and development.

Unit Councils

- Ensure that you have a register of all 13 & 14 year old Scouts – naturally, treated with privacy
- Organise a visit of the Unit Council to the Troop one evening – get out and be seen, let them know who the movers and shakers in the Unit are – this makes the transition later on that much easier – plus, you get supper
- Invite the Troop to a Unit activity, preferably a suitable activity in which they can join, and not just listen! eg. round robin practical demos of lightweight hike gear, canoe equipment, lightweight cooking, caving etc.
- Invite the Troop to a Queen's Scout presentation – one of your best PR opportunities, so make it work for you
- Make "Going Up" ceremonies a significant event, at an interesting location – open your mind to try new and exciting locations and timings, to make it a memorable event
- Ensure that your hall or meeting place is welcoming to new members
- Have some Venturers assist at a Scout Camp, or District activities
- Act as instructors or examiners for Scouts (with the approval of the SL of course)
- Have activities for 13 year old Scouts, at least twice a year – easily built in to your program

- Find out how you can help the Scout Leader – you will be surprised
- Provide PR info of Venturer activities, remembering to reassure the Parents of Scouts that you really are a nice group to be involved with
- Have an effective Link Badge system, using TRY Venturing as well
- Have a mentor system for 13 year old Scouts

WHATEVER YOU DO,
KEEP THEM IN
SCOUTING.

ARE YOU PLANNING 2010 NOW?

SOME HINTS ON HOW TO PREPARE A PROGRAM

OUR YOUTH PROGRAM IS THE TOTALITY OF:

- *what young people do*
(*Activities*)
- *how it is done*
(*Method*)
- *why it is done*
(*Purpose*)

PREPARATION FOR PROGRAMMING

- As the Leader, you are the genie
(like an elf, but not a genius) that needs to get things started!
- Prepare the resources listed below,
but do not use them during the brainstorming session

BRAINSTORMING

SOME BASIC RULES:

- Get the Unit/Crew together in a good setting
- Encourage ideas to flow for activities
- Brainstorming ideas should remove all boundaries
- List every idea, no matter how wild or obscure
- Do not be tempted to evaluate any at this stage
- Conduct a vote as to how many want which activity
- Possibly allocate 3 or more votes per person
- Prioritise all of the activities as per your voting
- Now, consider what is practical, ie \$, time etc
- Congratulations, you have brainstormed a great list of potential activities for the Program.

What follows now, is to include various criteria and resources as part of your planning process, to modify your brainstormed wishlists in to a practical program for the Unit – this is where your earlier homework (as the genie) becomes invaluable to provide some reality and structure to the program. This includes:

- **BASIC PROGRAM CRITERIA**
- **ESSENTIAL ACTIVITIES**
- **RESOURCES - IDEAS**
- **RESOURCES - SOURCES AND CONTINUOUS PLANNING**

Basic Criteria - *ask the following of each brainstormed activity – will it contribute to:*

- The Unit development
- Variety
- Balance
- Imagination
- Interest
- Participation
- New Skills
- Understanding
- Knowledge
- Revision
- Fun
- Organisation
- Review – go back and start again!

Essential Activities - *are the following at least considered:*

- Award Scheme
- Camping
- Ceremonies
- Community Service
- Community Development
- District/Zone/Region/Branch activities
- Games & Stunts
- Group activities and events
- Hiking
- Outdoor Activities (non camp...)
- Regular meetings
- Unit Activities
- Visits etc

Resources – Ideas - *have the following available:*

- Venturer Scout Handbooks
- Previous issues of Interchange
- Program book
- Unit Records
- Scout magazines
- Reference materials
- Ideas from other Leaders
- Leader imagination (now there's a thought)
- Newspapers, periodicals
- D/ZVSC, RVSC, BVSC ...
- TV programs etc

Resources – Sources - *some further thoughts:*

- Other Leaders
- Service clubs
- Activity Advisers
- Hobby clubs
- Life Be In it
- Business people

- Trades people
 - Essential services
 - Professionals
 - Government Departments
 - Telephone directories
- Parents, friends, relatives.....

CONTINUOUS PLANNING

OK, you have developed a program, but what happens now is that it needs to be monitored constantly:

WHO is involved – the Unit Council

ROLE of Leaders – to support the U/C

INDIVIDUAL goals – are these covered

ONGOING PLANNING

- **Long term** – plan 12 months ahead
- **Medium** – 3 monthly (term) programs
- **Short term** – follow up 3 weeks ahead

Alpha Activities -some ideas for your program,

Some good, some not so so send in your own ideas for us to add to the list

A

Archery
 Abseiling
 AIDS
 Alcohol
 Aid Agencies
 AGM (interesting)
 American Evening
 Archaeology
 Aerobics
 Art
 Acting
 Aviation
 Agricultural
 Adult Literacy
 Aikido
 Aquarium
 Athletics
 Aluminium recycling
 Astronomy
 Award Scheme
 Age Concern
 Australia Red Cross
 Abortion
 Arms Race/Control
 Arts Council
 Aero Club
 Aust.Youth Council

B

Basketball
 Baseball
 Belly Dancing
 Balloon Debate
 Board Games

Ballroom Dancing
 Brass Rubbing
 Backwoods Cooking
 Bring-a-friend Night
 Baby Sitting
 Ballet
 Beachcombing
 Beekeeping
 Bird watching
 Birth Control
 Boating
 Bowling
 Beekeeping
 Bathpushing
 Bivouacking
 Botany
 Barn Dance
 Buddhists
 Baden Powell
 Blue Light Disco
 Bloodsports
 Blindfold Meeting

C

Climbing
 Canoeing
 Carry a Ladder
 Charity Collection
 Civil Defence
 Car Maintenance
 Crazy Challenge
 Crazy Whist
 Christian Aid
 Chocolate Tasting
 Casualty Makeup
 Cycling

Campfire(leadership)
 Conversation
 Community Service
 Canyoning
 Cycle Treasure Hunt
 Chinese Cookery
 Cameras
 Car Rally
 Church Parade
 Caving
 Cricket
 Cruising
 Cub Scouts
 Cooking
 Clothes
 Co-operative games
 Censorship
 Car Wash
 Clay Pigeon Shooting
 Child Poverty
 Consumerism
 Civil Liberties
 Capital Punishment
 Crime in the Community
 Camping
 Church Council Meeting
 Court Visit
 C.E.S.

D

Dry Slope Skiing
 Debates
 Disability
 Drugs
 Driving
 Duke of Edinburgh

Disco
 Drinking
 Diving
 Discussions

E

Expeditions
 European Travel
 Environment
 Executive Training
 Elections
 Exchange Visit
 Editing (newsletter)
 Effluent
 Elderly
 Electricity
 Enamelling
 Engineering
 Equipment
 Examiners (badges)
 Equestrian event
 Eggs
 English Folk dancing
 Ecology

F

Fencing
 Food
 Famine
 First Aid
 French food/customs
 Fundraising
 Fire
 Fishing
 Family Planning

Fauna & Flora
Forestry
Field Studies
Friends of the Earth
Footpath Survey
Flower Arranging
Fireball Soccer

G

Gadgets
Games
Gardening
Giving
Gliding
Gold Prospecting
Gem Fossicking
Guides-
Green Issues
Grid References
Go-Karting

H

Horse Riding
Hockey
Hiking
Hostelling
Health
Hoe-Down
Hot Air-Ballooning
Hair Cutting
Handball
Handy man
Home help
Hinduism
Horoscope

I

Inviting Speakers
Investitures
Ice Hockey/Skating
Indoor Games
Ice Sculpture
Illness .
Incident Hike Insurance
Initiative Course
Income Tax
Interviews
Inland Waterway
International Activs

J

Jet Skiing
Jousting
Jelly Race
Judo

Jamboree
Join-in-Jamboree
Japan
Jargon
Jazz
Judaism
Justice
Joey Scouts

K

Kite Making
Krypton Factor
Knotting

L

Lawn Mower Race
Life Saving
Lightweight Cooking
Land Yachting
Lawn Bowls
Library
Language
Link/Unit
Law and Order

M

McDonalds Crawl
Media Relations
Mountaineering
Motor Racing
Motor Cycling
Magazine
Museums
Mock Trial
Mixed Hockey
Meal Out
Musical Evening
Map Reading
Model Aeroplanes

N

Non-Alcohol Drinks
Nuclear Debate
Nuclear Anything
Newsletter
National Trust
Nature Conservancy

O

Organising Things
Origami

P

Parties
Pioneering
Pottery
Pyromania
Parascending
Physical Training
Photography
Pen Friends
Paper
Promise & Law
Public Speaking
Politics
Palaeontology
Pollution
Progressive Dinner
Planting
Power House
Pizza Hut
Parliament House

Q

Queen's Scout Award
Quilting

R

Relationships
Recruitment
Railways
RAAF
Radio
Progressive Dinner
Religions
Rock climbing
Recycling
Ropes Course
Raft Race
Role Playing
Rambling
Resources

S

Sailing
Socialising
Rifle Shooting
Skittles
Skeet Shooting
Sex
Survival Techniques
Self Image
Swimming
Square Dancing
Shelter
Square Dancing
Scavenger Hunt
Swimming
Orienteering

Screen Printing
Sauna
Sweet Making
Surfing
Sand Yachting
Stamps
Skiing
S.E.S.
Spot Lighting
Steam Museum

T

Table Tennis
Triathlon
Talent Competition
Tourism
Terrorism
Third World
Trade Unions
Tasting
Ten Pin Bowling
Train Museum
Tram Museum

U

United Nations
UNICEF

V

Volleyball
Video

W

Water Skiing
Wine Tasting
White Water Activities
Waterworks
Western Plain Zoo

X

Something Xciting?

Y

Yachting
Youth Hostels
Youth Clubs
Youth Forums

Z

Zoo Visit

Check the Novemebr 2009 issue of Scout Magazine

Lighten the Trip Fantastic

Continuing a series of articles reprinted with the approval of the author, Peter Thomas. Peter is the Venturer Scout Leader at Otway Sea Venturers, Lake Tuggeranong Sea Scouts, and the Chair of Scouts ACT's Bushwalking Committee, Yerrabi. We are thankful for the opportunity to reprint these articles, the copyright of which remains with Peter.

WALKING TECHNIQUES

The vast majority of us do not have the luxury of living, working or studying outside an urban environment. We're so used to walking on flat terrain (footpaths, corridors, roads, etc.) that when we walk through the bush we have to actually consciously think how to do it. It's pretty embarrassing and painful to crash and burn on a flat piece of open firetrail but it does happen.

FLAT TERRAIN WALKING

(TRIP ON THE HIKE? CATASTROPHIC!)

The kilometres just seem to disappear on flat ground. You tend to switch off and start contemplating life. The navigation is neglected and conversations start to involve more than two people. However, complacency can lead to accidents. These tips will help to minimise mishaps.

- ➔ Always lift your feet. You're not walking on a concrete footpath or a bitumen road. It's far easier to lift your feet than to lift your entire body after a fall.
- ➔ Don't step on anything you can step over. Don't step over anything you can step around.
- ➔ Test any rock or log to make sure it won't slip before committing your weight to it.
- ➔ Use a trekking pole or hiking staff on a flat track to give you more stability.
- ➔ Be particularly wary of bridges, puncheons (those short stumpy thingies over swamps), walkways and steps. Wood can get very slick in the rain or when there is a frost.
- ➔ Step carefully on wet leaves, mossy rocks or a wet sloping ground. Shorten your stride and place your boot securely on the surface before taking the next step.
- ➔ When travelling in scrub avoid branches lashing back from the person in front by keeping well back but still in sight. In dense scrub, keep very close to

avoid losing each other and catch the spring back branches.

UPHILL WALKING

(TRIG THE GOAL? CLASSIC!)

The best views are definitely at the top of the furthest mountain. And that mountain is only accessible by putting one of your feet slightly higher than the other over and over again. Getting there can either be a mild workout or a daunting ascent. Try these tips and soon you'll be able to enter in your track notes "... without oxygen!"

- ➔ Focus on consistent, steady movement. It's not a race. There's nothing like reaching the top of a mountain but if you have to lie there for twenty minutes while you recover, it may lose some charm.
- ➔ As the early European explorers discovered, you follow spurs up and creeks down. Avoid gullies and stay on the ridgelines.
- ➔ Look for natural "steps" made of rock and walk with your heels down as much as possible. This takes the strain off your calves.
- ➔ Stop now and then and watch the view unfold as you ascend. This is not a rest. It's part of the experience to enjoy your environment changing around you.
- ➔ Use a trekking pole or hiking staff to help "pull" you up.
- ➔ Learn the "rest step." On a really steep track, the rest step can keep you moving steadily and decrease the amount of rests you'll need to have. Here's how:

Start by putting all your weight on the downhill leg that you keep straight. Lock your knee to transfer the weight from your muscles to your bones. Pause momentarily on the downhill leg. This gives it a momentary rest. Step up, placing all of your weight on the other leg, which then becomes the downhill leg. Pause again, giving your other leg the same chance to rest. Slightly increase or decrease the length of the rest depending on how you feel.

DOWNHILL WALKING

(WRAP THE KNEE IN PLASTIC)

Walking uphill is hard work. However, you're not likely to hurt yourself doing it. Downhill is different. Your knees and ankles take the impact of your body plus your pack and you can injure yourself very easily. Here are a few ways to lessen the impact.

- ↘ Resist the temptation to break into a gallop. The only things that will slow you down are friction caused by your body's contact with the ground or an unyielding eucalypt.
- ↘ On downhill legs, your feet will slip about a bit inside your boots. This increases the possibility of blisters. Before beginning a descent, tighten up your laces around your ankles. This will keep the weight off your toes. Put some duct tape or Band-Aids on any "hotspots" you may have on your feet.
- ↘ Take a break now and then and admire the view while you still have one. Treat any new hotspots on your feet as soon as you feel them.
- ↘ Use a hiking staff or trekking pole to support your descent. This will lessen the impact on your knees and ankles. Bushwalkers with knee problems should consider having one in each hand.
- ↘ Take it slowly. Make sure each foot lands squarely before putting your weight onto it. Don't lock your leg. Flex your knee to allow your leg muscles to absorb the weight of each step.
- ↘ On rough or rocky tracks, plan a route that will give you the shortest practical steps. It may take longer to reach the bottom but time saved rushing down will be lost in recuperation later.

RIVER CROSSINGS

(DIP IN THE CREEK? ECSTATIC!)

Stream crossings can be gangs of fun. Even shallow streams. Here are some precautions you can take to ease the crossing and protect yourself from accidents.

- ⚡ Don't be afraid to decide you're not going to cross.
- ⚡ Waterproof your pack and your gear as much as possible. Check your route on your map and pack everything in plastic bags before you leave home.
- ⚡ Be wary of crossing at the narrowest point. It is often the most dangerous because the current is strongest there. A wider, shallow crossing is safer.
- ⚡ If you are thinking about crossing a river near the end of a long day, consider waiting until morning. Rivers tend to drop slightly over night due to the cool. Setting up camp with the possibility of wet gear is not fun. It's better to get wet during the day when the sun and your own movement can help dry you out.
- ⚡ Long pants have more drag on you than shorts. Cross in shorts or even in your underwear. Once across, you can warm up by dressing in your dry clothes.
- ⚡ Always wear something on your feet when crossing creeks, streams or estuaries. Wear your boots or your camp shoes. Skinning your ankles on a rock makes it hard to put your boots back on. Water shoes are good. Give them some consideration if you're coast walking or likely to encounter more than one river.

- ⚡ Release your hip belt and sternum strap when fording. You can easily discard your pack if you lose your footing or are knocked over. It's easier to recover your pack and gear downstream than your life.

- ⚡ When crossing rapids on your own, face upstream and move sideways like a crab. Hold a hiking staff or trekking pole in front of you to keep three points of contact with the riverbed. Move only one point of contact at a time.

- ⚡ When crossing rapids in a group, face across the stream, link arms and move forward in a line. The strongest person should be on the upstream side of the line so they can break the current for the rest. Look after your smaller party members by putting them in the middle of the line.

Who hath smelt woodsmoke at twilight?

Does everyone in your CRUNIT have an opportunity to See/Read INTERCHANGE each month?
Why not suggest they check this list off as they pass it on.

UNIT CHAIRMAN	CREW LEADER
VENTURER LEADER	ROVER ADVISER
SECRETARY	SECRETARY
TREASURER	TREASURER
---	---
---	---
GROUP LEADER	GROUP LEADER
FINALLY, THE UNIT LIBRARY	FINALLY, THE CREW LIBRARY



Back issues of Interchange since 2001 - viccenturers.com

**Change of address? Please let us know, c/o:
P.O. Box 774 Mount WAVERLEY 3149 or
INTERCHANGE@VICSCOUTS.ASN.AU**

Identify the risk and possibly decide not to do the activity
– in this instance. do not launch.

If undeliverable return to
INTERCHANGE
PO Box 774
MOUNT WAVERLEY VIC 3149

INTERCHANGE

PRINT POST APPROVED
PP 326852/00002

**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**