



# Hunter & Coastal Region From The Pouch



Term 2 2006

**Advertise your business or hall in our next issue of From the Pouch for just \$15 or \$40 a Year.**

### Hopping Highlights

Mothers Day Program page 3

Mother's Day Craft page 5

Fun Day forms pages 9 & 10

Peanut and sting allergies page 11

Quiz page 14

Make a kite page 16

Send us a new craft to share, tell us your news, and ask us your questions.

**Just send it to:** Marilyn Hocking  
117 Bagnall Beach Rd, Corlette NSW 2315  
Ph. 49811828.  
Email: moani@bigpond.com

### Rambo Photo's



### A Message from Moani .....

We are under going changes to our magazine again. Districts are producing the magazine now. I would like to acknowledge Lower Hunter for this edition of the magazine, do hope you enjoy and I do apologise as it is my fault it is a little late. Recently I was at Rambo it was wonderful to see so many groups in camp. Events like Rambo etc can be hard work for those who are running the bases. Toward the end of Rambo I was feeling exhausted, we had worked on the base both days no-stop. I had watched all weekend the endless rows of people going through the jumping castle "The Adrenalin Rush". The team I had been working with had obviously checked out the castle. At the end of the weekend all of us went over and asked if we could have a turn (what was I thinking) As I lined up with my partner I started to have second thoughts the entry point for the castle now looked small, all I could see when I looked inside was a steep upward vertical climb. Well I went through the castle and yes some of it was a squeeze (not that I am that big) at the end I fell out of the castle in a fit of laughter on the grass, along with the rest of the team. We laid them completely puffed out (maybe a sign of age) but in fits of laughter. On the way home I kept smiling every time I thought of it and surprisingly I did not feel as tired as I had earlier. Sometimes as Leaders we do forget to let our hair down and enjoy too! We can get entrenched in the hard work side and forget one important thing "Scouting should be fun for all including you"! So next time you are doing something with the kids allow yourself to have a little play too, it is good for the soul!

We are getting closer to our Regional Fun Day. Now is the time to talk to your parents about the fun and experience of Fun Day. Don't forget to get the Joey Scouts to submit a design for our badge. The winner will be announced at the fun day.



**Happy Hopping.....** **Moani,**  
Regional Commissioner Joey Scouts  
Hunter and Coastal Region

## Calender Dates

### Training

Basic Leadership 2 – Glenrock May 19-21 - Closes April 28 - Cost \$95

Basic Leadership 1 – Glenrock June 3-4 – Closes May 12 – Cost \$95

### Events

Easter April 14-17

Anzac Day April 25

Rambo 6 May 6-7, Glenrock. Camping has now closed, day trippers are most welcome on Saturday, Sunday or both days.

Mothers Day May 14

Queens Birthday June 12

World Scout Day August 6, Camp Kanangra Nord's Wharf

"Act as though it were impossible to fail."

Ralph Waldo Emerson (1803-1882)



RAMBO 6

6 – 7 MAY 2006

**GLENROCK SCOUT CENTRE**



RAMBO 06 is going to be bigger and better than ever. Loads of great activities have been planned for the event. Stuff that all the sections can do. Some of the activities include:

Flying Fox  
Earth Balls  
Scavenger Hunt  
Maze



Water Slide  
Caving  
Rope Bridge  
Horizontal Bungee



Canoeing  
Jumping Castle  
Camping



### Sleeping arrangements for Joey Scouts

Joey Scouts are not permitted to sleep in a tent by themselves, there must be parental or guardian supervision at all times.



# Joey Mob Program Planner

Attendance:

/

Attendees / Total

<b>Theme</b>	Mother's Day	<b>Meeting</b>		<b>Date</b>	
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Time	Activity	Leader	Equipment Required etc.
00	<b>Opening Parade</b>		Promise/Law/Prayer/ Flag
05	<b>Set the Table Relay</b>		Table, chairs, tablecloth, plates, forks etc
10	<b>Cooking – Pikelets</b>		Pancake mix, jam, cream
25	<b>Afternoon Tea</b>		Pikelets, jam, cream, tea/coffee
40	<b>Red Card Relay</b>		Two decks of cards
45	<b>Balloon race</b>		Lots of Balloons
50	<b>Pass the Orange Under Chin</b>		Oranges
55	<b>Closing Parade</b>		Promise/Law/Prayer

General Comments
Send out invitations to Mother's day night week prior, (if mum's cannot come maybe a grandmother could).

**Games :**

**Set the Table Relay**

Break Joeys into small teams to set the tables for the Afternoon Tea later.

**Red Card Run**

Divide the Joeys into two teams. With the help of a parent show cards from the deck — red card they have to run to a marker that you have set and back again, show them the next card. If black go to the end of the line, if red run again.

**Balloon Race**

Line players up in teams, Mother, Joey, Mother, Joey.... On 'GO' the balloons is passed along the line between the knees. NO HANDS! You can play this game with a team of parents and team of Joeys.

**Pass the orange under the chin**

Line players up in teams, Mother, Joey, Mother, Joey.... On 'GO' the Orange is passed along the line between the chins. NO HANDS! You can play this game with a team of parents and team of Joeys.

## **Pancake Mix**

You'll need

1 cup of plain flour      1 egg      1¼ cups milk

Method:

Sift flour

Break egg

Make a well in the middle of the flour

Add egg (whole)

Stir in flour gradually from the sides

Add milk, a little at a time

When half the milk is used and the flour is moistened

beat well to remove all lumps and make it light.

When quite smooth, add the remainder of the milk gradually (Best if allowed to stand before use).

## **French Toast Fingers**

*Surprise your mum with breakfast-in-bed on Mother's Day!*

1 egg

1 tablespoon low-fat milk

2 slices whole wheat bread

cooking spray

powdered sugar and cinnamon for topping

Preheat oven to 180.

Spray a sheet pan with cooking spray and set aside.

Cut each slice of bread into four strips, lengthwise. You'll have eight strips in all.

In a small bowl, combine egg and milk and beat with a fork until frothy. Dip each strip of bread in the egg mixture and coat completely. Lay the strips on the cooking sheet. When all strips have been dipped and laid on the sheet pan, place in oven and bake for about 12 minutes until brown. Sprinkle lightly with powdered sugar and cinnamon and serve!



At age 4 success is . . . not peeing in your pants.

At age 12 success is . . . having friends.

At age 17 success is . . . having a drivers license.

At age 35 success is . . . having money.

At age 50 success is . . . having money.

At age 70 success is . . . having a drivers license.

At age 75 success is . . . having friends.

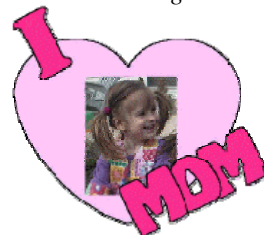
At age 80 success is . . . not peeing in your pants.

## Picture Frames for Mum

*You can put these frames on a desk, hang them on the wall, or attach a magnet to the back and hang them from the fridge or file cabinet.*

### MATERIALS NEEDED

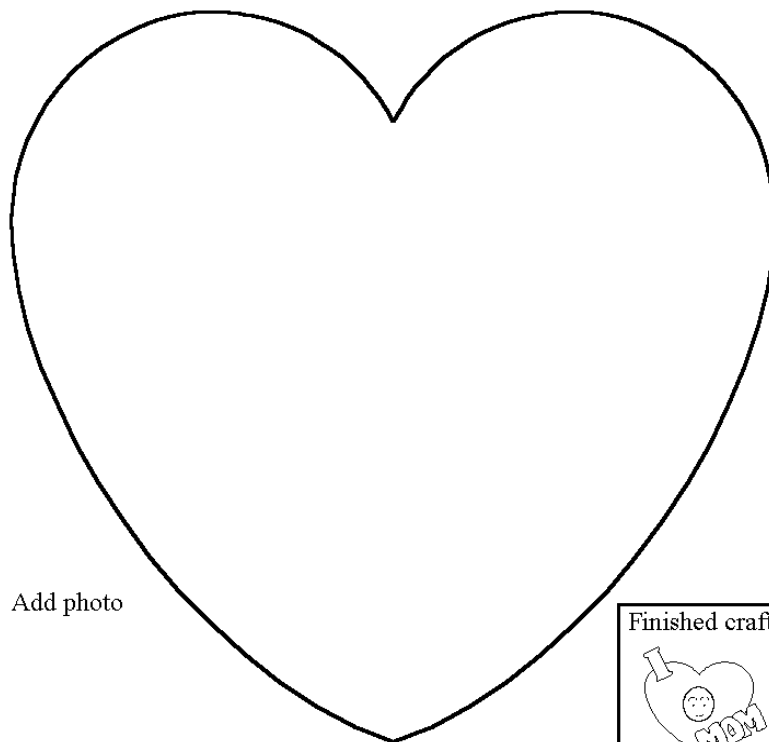
- Printer
- Paper (I prefer construction paper or cardstock)
- Scissors
- Something to colour with if not printing colour templates
- Wool or ribbon if hanging from the wall or magnet if hanging on fridge.
- Photograph of children (with or without dad).
- Piece of cardboard (optional)



### INSTRUCTIONS

- Print out the template of choice (see below for the various options).
- Glue the template to a piece of cardboard if you want it to be sturdier. You can use cereal or other boxes, posterboard or the cardboard that comes in packages of nylon stockings.
- Colour and cut out the template. Younger kids may need help with this.
- Glue the decorations to the main frame. You can add decorations of your own or just use the template ones.
- Trim the photograph as necessary and glue to the back of the frame.
- Attach wool or ribbon if hanging the photo or a magnet as desired.
- Feel free to decorate further with sparkles, sparkle glue, sequins or anything else the kids can think of.

I MOM



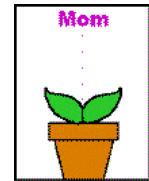
Add photo



"Children have never been very good at listening to their elders, but they have never failed to imitate them." *James Mark Baldwin (1861-1934)*

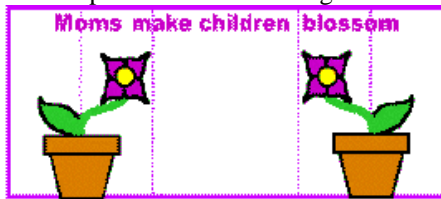
## FOUR FOLD CARDS FOR MOTHER'S DAY

This card has a secret message inside when mum opens it up!

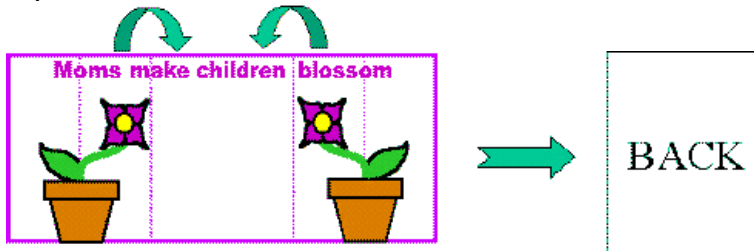


### INSTRUCTIONS

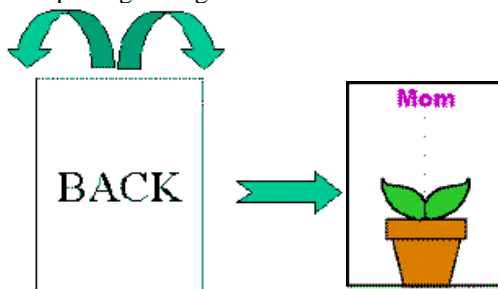
- Print template and cut out along the outside line, to give one large rectangle (see below)



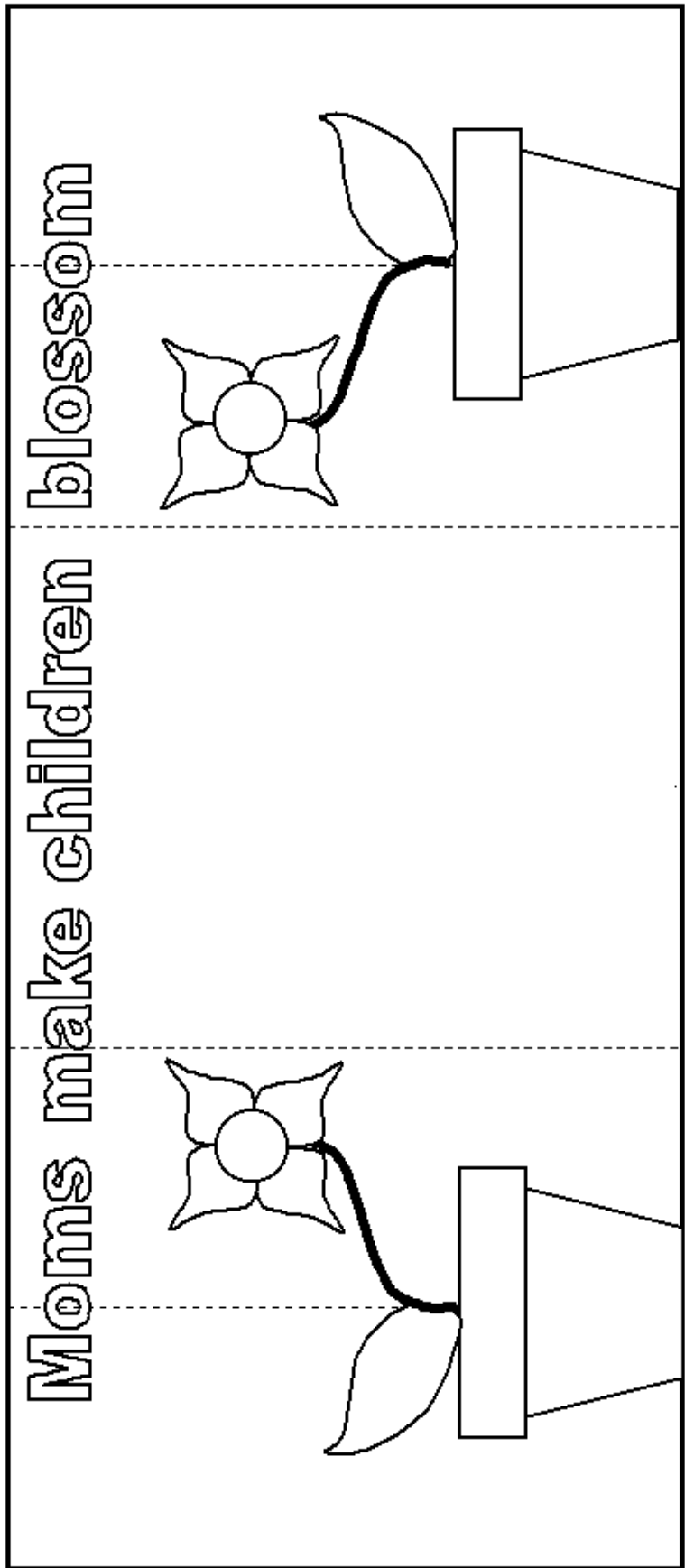
- Colour template pieces if you choose the B&W version
- Optional: glue a photo of the child or write a message to mum in the centre blank square.
- Fold inward along the inner most dotted lines and you'll end up looking at the back of one of the flaps



- Now fold outward along the outer most dotted lines and you'll end up with a card that says Mum and has a sprout growing out of it



- When mum opens her card she'll see the photo and/or secret message inside!



Fold card forward along inner most dotted lines and backward along outermost dotted lines.

Write a little note on the blank space in the center or glue a small photo of the child.

When you've done this, the front of the card should look like a flower pot with a sprout and the word Mom

Open the card to reveal the secret message.

# Hunter & Coastal Joey Scout Fun Day 2006

## Joey Scouts "Mad Hatters" 15<sup>th</sup> Birthday Party

### Celebrating 15 years of Joeys

### Jesmond Park 17<sup>th</sup> September 2006



Start time: 10:00 am  
Finish time: 3:30pm



Costs:

\$ 8.00 per Joey & sibling  
\$4.00 per leader

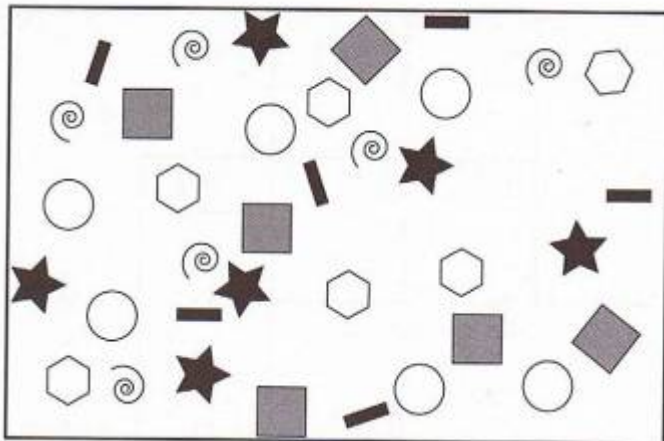
*Joeys to wear a "Mad Hatter's" hat, Leaders to dress up as something from Alice in Wonderland.*

**NOTE: Badge competition – A4 page to be done by Joeys (no computer designs) to District leaders by 24 July.**

Sausage sandwiches and drinks will be available during the day for Parents and Family members for a small donation. Money raised from the sales will be given to a Hunter Children's Charity. Due to numbers and time frame Parents will not be able to purchase lunch during the scheduled break for Joey Scouts, sibling and Leaders

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### The Great Divide



Using four straight lines divide this rectangle into six areas (it isn't necessary for any area to be of the same size or shape as any other), each containing one of every different symbol.



*Hunter & Coastal Joey Scout Fun Day*

## **Joey Scouts “Mad Hatters” 15<sup>th</sup> Birthday Party 17<sup>th</sup> September 2006 @ Jesmond Park**

**Dear Joey Scout and Parents / Carers**

Our Regional Fun Day for Joey Scouts & Families will be held at **Jesmond Park, Jesmond, on the 17th September 2006**

Commencing at 9.30 am (registration 8.30 am)

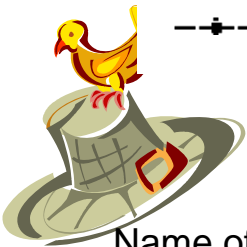
Our theme this year is “**Mad Hatters Birthday Party**”, where we will be celebrating 15 years of Joey Scouts. There will be many attractions for the Joey Scouts to enjoy on the day, with lots of fun to be had by all!!!!

**Fees for the day are as follows:**

**Joey Scouts and Participating Siblings \$8.00** this includes lunch, badge and activities.

Sausage sandwiches and drinks will be available during the day for Parents and Family members for a small donation. Money raised from the sales will be given to a Hunter Children’s Charity.

Please fill out the coupon below and return to your.



### **Joey Scout Leader by 4 August 2006**

Name of Joey Scout Mob \_\_\_\_\_

Name of JS \_\_\_\_\_ Membership No \_\_\_\_\_

Name Paying Siblings \_\_\_\_\_

No of Parents/Adults \_\_\_\_\_

Amount enclosed Joey Scout \$ \_\_\_\_\_ Siblings \$ \_\_\_\_\_

**Total Amount enclosed \$ \_\_\_\_\_**



*Hunter & Coastal Joey Scout Fun Day*  
**Joey Scouts “Mad Hatters” 15<sup>th</sup> Birthday Party**  
**17<sup>th</sup> September 2006 @ Jesmond Park**

## **Mob Application Summary**

Name of Mob \_\_\_\_\_

Leader's Name \_\_\_\_\_

Contact phone no. \_\_\_\_\_

	No.	Cost	Sub Total
Joey Scouts		\$8	\$
Siblings (paying)		\$8	\$
Leaders		\$4	\$
Parents / Others		nil	
Total:			\$

**All payments to reach the Regional Office**  
**by 11<sup>th</sup> August 2006**

**Please forward this Summary and (preferably one)  
cheque payable to “Scouts Australia”. (Please do not  
send in the individual forms.)**

### ***Regional Office***

1/518 Hunter St, Newcastle

### ***Postal Address***

PO Box 854

The Junction NSW 2291

Scouts Australia (New South Wales Branch)  
**LEADER NEWS - ON THE WEB**  
Members Support Team  
***PEANUT AND STING ALLERGIES***

The number of children, and adults, with sting and peanut allergies is on the increase. Sting allergies are easier to guard against with wearing shoes - long sleeves and staying away from bees etc. On the other hand nut allergies are very hard to protect against because people can come into contact with peanuts in so many accidental ways.

Peanuts, a cheap source of dietary protein predominantly ingested as peanut butter, have indeed become one of the world's most allergenic foods. They are, unfortunately, progressively finding their way into more and more food products either directly, or by indirect contamination of food products during the manufacturing process. Peanut may be designated on a food label in a less easily recognized term such as "hydrolysed vegetable protein" or "groundnuts". It is important to realize that for the sensitive person, this is a lifelong allergy, and that even trace amounts can kill. Sensitization may possible occur during a pregnancy when the mother overindulges in or perhaps even just eats peanut products, and peanut proteins have even been found in breast milk.

A child with a peanut allergy can die in as little as 3 minutes from contact with anything including food or drink containing peanut derivatives. A kiss on the cheek by someone who has eaten peanuts, or simply peanut dust residue can cause a reaction. Some even react to paper handled by someone eating peanuts or a knife handle that has only been wiped not washed.

**WHAT IS MY LIABILITY?**

If you have not been advised of a child's health problems you can only be expected to do what you know.

**BUT** If you have been informed that the child has a particular problem there is a requirement on you to seek information on what to do. This means talk to the parents and find out what they want you to look for and how to treat it.

The type and style of treatment can vary between health professionals. Parents can have their own beliefs, and demands as to what they want for their child, therefore its important to talk to those who can usually provide the best information covering a child's specific reactions and the most effective first aid ... **THE PARENTS.**

**WHAT TO DO?**

**We suggest that;**

- **You meet with the parents to discuss and to write down the details of what to do and when, preferably in dot point, so you can copy it and give it to leaders who might be involved with the child now or in the future..**
- **Possibly have the parents explain the allergy at a parents meeting, even to the youth members.**
- **You put a total ban on nut products coming to the hall or on outings etc.**
- **Remember to tell new parents about the ban.**
- **Keep a reminder in your Group Newsletter.**
- **You put a reminder of the ban on each 'Permission Form' for outings and camps.**
- **You keep an Anaphylaxis Shock Plan, checked by the family's doctor. (ATTACHED)**
- **Whilst even 5 years old know when to self administer, its important that you can identify the unconscious child and the appropriate Epipen.. They are usually stored in a plastic container very much like a toothbrush box from a vanity bag set. We suggest you have the parents stick the child's photo on the box OR you can put one on held in place by an elastic band. Then you know if a child has been knocked unconscious or it is the child with the allergy.**
- **You be VERY aware that the danger age is teenage years when youth at these ages take on a dare or have just moved out from the protective eyes of their parents and miss reading the ingredients etc.**
- **Some say peanut cooking oil is alright for some. We suggest canola or rape seed oil for cooking.**

**Again ask the mother.**

**WHAT HAPPENS ?**

Things swell, muscles tighten and people have difficulty in breathing until sometimes they can suddenly no longer breathe, there are other worrying signs listed below its called:

**The Allergic (Anaphylactic) Shock Reaction**

This reaction to peanuts stings or other allergies can begin and proceed rapidly, occasionally proving fatal within minutes. It must be treated with adrenaline HCL (epinephrine) immediately at the first signs of reaction, and the reaction may recur after initial therapy so that ongoing observation and care are required. Possible symptoms of reaction to peanuts or stings may include (not necessarily in this order):

- sense of foreboding, fear, or apprehension
- running nose, voice change

flushed face, hives, swollen or itchy lips, mouth, eyes, or tongue swelling  
tightness in mouth, chest or throat  
difficulty breathing or swallowing, drooling, wheezing, choking, coughing  
vomiting, nausea, diarrhoea, stomach pains  
dizziness, unsteadiness, sudden fatigue, rapid heartbeat, chills  
pallor, loss of consciousness, coma, death

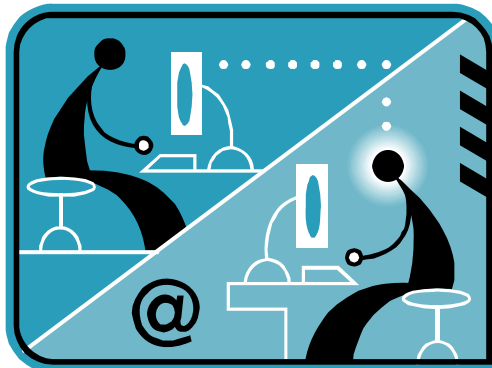
#### **TREATMENT**

Remove them from the allergen including washing the part or, if ingested, rinsing the mouth out, if conscious. **Most people with this allergy know when, and how, to administer treatment.** They need your support and the ability to get them to professional help, this ideally should be a hospital or an ambulance, It is rare that a carer has to administer the epipen, but essential if the victim appears to be losing consciousness or an inability to breath. Remember that epipen dose is comparatively safe, and better than death. You should also ask parents about the use of asthma puffers as an extra supportive treatment, some doctors suggest this in some cases. If they suggest its use find out which type.

*For more fact sheets see*

<http://www.nsw.scouts.com.au/SupportGuides/default.aspx>

## **Get on Line**



**Chat with your Regional Commissioner & fellow Joey Scout Leaders.**

**Monday nights 8pm to 9pm.**

**[www.scoutreach.com](http://www.scoutreach.com)**

#### **Have You Ever Wondered?**

Where do they get the seeds to plant seedless watermelons?

Why is it that no matter what colour of bubble bath you use the bubbles are always white?

Why do we always want to grow up when we're young and be younger when we're old?

Are unripened oranges called greens?

Do fish get thirsty?

Do penguins have knees?

How do you get off a non-stop flight?

If nothing sticks to Teflon how do they stick Teflon to the pan?

If swimming is so good for your figure, how do you explain whales?

Isn't it a bit unnerving that doctors call what they do "practice"?

You know that little indestructible black box that is used on planes, why can't they make the whole plane out of the same substance?

Why is lemonade made with artificial flavouring, while dishwasher soap is made with real lemons?

## **BP Bash – Blackbutt Reserve**

What a hot day but loads of fun had by all. We saw many Joeys Scouts, Cubs Scouts, Scouts, Venturers, Parent's & Siblings enjoying the activities at the Regional Joey Scout base. The tattooing was very popular and the sherbet ran out just after lunch. Many thanks to all the leaders and parents that offered their time to help out.



### **One liners**

- 🌀 A clean tie attracts the soup of the day.
- 🌀 A computer beat me at chess once. But, it was no match for me at kick boxing.
- 🌀 A diplomatic husband said to his wife, "How do you expect me to remember your birthday when you never look any older?"
- 🌀 Age is a question of mind over matter. If you don't mind, it doesn't matter. (Satchel Paige)
- 🌀 A journey of a thousand miles always begins with one step. (ancient Egyptian proverb)
- 🌀 A kid's idea of a balanced diet is a hamburger in each hand.
- 🌀 Always remember you're unique, just like everyone else.
- 🌀 A more expensive tennis racket will not make you a better player.
- 🌀 How long a minute is depends on what side of the bathroom door you're on.
- 🌀 Time is what keeps everything from happening all at once.
- 🌀 Yesterday today was tomorrow yet tomorrow today will be yesterday.

## **2006 World Scout Day**

**6 August 2006**

**@**

**Camp Kanangra, Nord's Wharf**

Registration due by June 1 at Region Office  
Check with group leaders if your Mob is interested in attending.

**"The best vitamin for making friends? B-1" Anon**

**General Knowledge Quiz**

Fifteen Questions to test your general knowledge – how will you score?



1. What kind of creature was the dodo?  
a. Bird      b. Reptile      c. Mammal
2. The trachea is another name for which part of the body?  
a. Thymus      b. Windpipe      c. Larynx
3. Which is the world's longest river?  
a. Amazon      b. Nile      c. Mississippi
4. Who discovered penicillin?  
a. Alexander Fleming      b. Robert Boyle      c. Joseph Lister
5. Which metal is usually alloyed with silver to make it sterling?  
a. Gold      b. Bronze      c. Copper
6. Kathmandu is the capital of which country?  
a. India      b. Nepal      c. Tibet
7. How many red stripes are on the flag of the USA?  
a. Seven      b. Fourteen      c. Twenty-one
8. Which gas makes up 78% of the Earth's atmosphere?  
a. Oxygen      b. Hydrogen      c. Nitrogen
9. How many strings has a violin?  
a. Eight      b. Four      c. Six
10. Which day is named after the Norse god of thunder?  
a. Thursday      b. Wednesday      c. Tuesday
11. Who wrote *Gone with the Wind*?  
a. George Elliot      b. Alice Walker      c. Margaret Mitchell
12. Of what is dermatology the medical study and treatment?  
a. Blood      b. Bones      c. Skin
13. In a rainbow, which colour appears between yellow and blue?  
a. Orange      b. Indigo      c. Green
14. The Sahara desert covers approximately how many square miles?  
a. 350,000      b. 3,500,000      c. 35,000
15. How many wives had King Henry VIII of England?  
a. 6      b. 7      c. 8



# A Prayer For All Children

We pray for all children  
Who put chocolate fingers everywhere,  
Who stomp puddles and ruin their pants,  
Who sneak cake before dinner,  
Who can never find their shoes,  
Who bring us sticky kisses,  
Who squeeze toothpaste all over the sink,  
Who shove dirty clothes under the bed  
Who slurp their soup,

We pray for all children  
Who have no blanket to hug  
Who go to sleep hungry  
Who have no room to clean,  
Whose monsters are real,  
Who no longer bother to cry.

We pray for all children  
Who can't find bread to steal  
Who never get dessert,  
Who will eat anything,  
Who will never go to the circus,  
Who live in an X-rated world.

We pray for all children  
Who want to be carried  
And all those children who must ,  
For those we never give up on  
And those who don't get a second chance,  
For those we smother  
And for those who will grab the hand of anyone  
Kind enough to offer.

"As you grow older, you'll find the only things you regret are the things you didn't do."

Zachary Scott (1914-1965)

## Solutions to puzzles

### General Knowledge Quiz

1. a
2. b
3. b
4. a
5. c
6. b
7. a
8. c
9. b
10. a
11. c
12. c
13. c
14. b
15. a

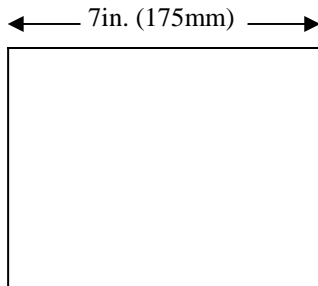
Puzzle No 15



**Square Mini Kite** (some of preparation for kite may need to be done beforehand).

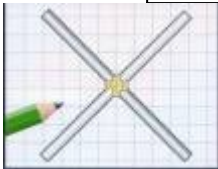
Equipment Needed

- ❖ Square of tissue paper
- ❖ Two different colours of tissue paper (example: orange and yellow)
- ❖ Two straws
- ❖ Scissors and pencil
- ❖ Masking Tape
- ❖ Double sided tape
- ❖ Flying cotton/line & handle
- ❖ Large needle



7in.  
(175mm)

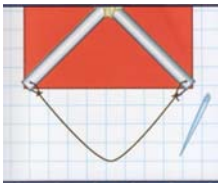
1. Draw a square, 7in. x 7in. (175mm x 175mm) on the tissue paper and cut it out.



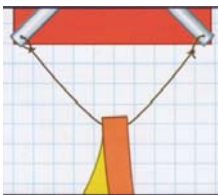
2. Cut two straws 7in (175mm) and mark each in the middle. Line up the marks and attach the two together with masking tape



3. Stick double sided tape along each of the spars and attach them with each end in a corner of the square



4. Cut a 10in (250mm) length of flying line. Use a needle to pierce holes through the ends of two straws and the kite itself. Get an adult to help. Feed the line through the holes and tie a knot in each end.



5. Fasten the Orange and Yellow tails together at one end with double sided tape. Loop the tails over the line and attach them with tape as shown



6. Cut another 10in (250mm) length of line and attach it to the remaining two corners on the reverse side in the same way as in step 4. Cut an 3.25 in (80mm) length of flying line and tie one end halfway along the long length. Tie the other end where the spars cross.



7. Attach your flying line to the point where the two lines are tied together.

