

1st BEDFORDVIEW SCOUT TROOP

DISA ROAD, BEDFORDVIEW

www.1stbedfordview.org.za

GPS Co-Ordinates: 26° 10' 12" S 28° 08' 29" E

PO BOX 16117

DOWERGLEN

1612

17 January 2015

Ref: Troop 2015/01

Dear scouts and parents

2015 Announcements:

News:

A very warm welcome back after what I trust was a restful and rejuvenating festive season. I trust that 2015 will be a productive and fruitful year for all of you.

The troop has been very busy since our last newsletter and as a result we have a “bumper” newsletter with plenty of news and information on upcoming events.

Though we all learnt that we do not know carols nearly as well as we thought, at the District Carols by Campfire the district managed to collect two large boxes of food which were donated to the Colonel Roland Home for the Deaf and Blind Aged. These were handed over to the home on Christmas Eve to help make for a special Christmas for the residents of the home.

A very successful cycle camp was held in the Drakensberg over December, with scouts having a great deal of fun and learning a thing or two in the process, including the importance of pitching tents correctly when inclement weather threatens and why mud fights are not always a good idea. Far too soon the camp was over and as a result the end-of-year camp scheduled for this year will be slightly longer in duration.



Douglas hands over food to the Colonel Roland Home

Douglas Grossett completed his Adventurer Badge over the holidays and successfully completed a PLTU Course. Douglas did the troop proud at the course and has been invited back to help run the next course as staff. His patrol will no doubt see the

be prepared....

Troop Scouter:
Assistant Troop Scouters:

Andrew Campbell 084 758 4189 (advcampbell@mwebbiz.co.za)
Stephen Westhoff 084 744 9100 (StephenW@cubicool.co.za)
David Nunn 082 453 8607 (dave.nunn@bidfood.co.za)

benefits of Douglas' PLTU training and I hope to see all of the PLs go through a PLTU course in the not-too-distant future.

Martin Kleer has also just completed his Pathfinder Badge – well done! Other good news is that some scouts have literally “earned their stripes” – Douglas Grossett is now a full PL, receiving his PL stripes and Michael Omand has been awarded his second stripe.



Congratulations to everyone and keep up the good work!

2014 was a particularly successful year for the troop and I hope that 2015 will see us building on this success and lead us to new highs. Scouts reopened on Friday, 16 January 2015 and despite several school functions we had good attendance, an excellent omen for the year.

Jarod, Michael and Cameron take a dip at Cycle Camp.

White Stripe Dinner:

If you have got a white stripe sewn on your uniform, you should have received an invitation to the Northrand District White Stripe Dinner, to be held on 24 January 2015. If you have a stripe but have not yet received an invitation, please contact me urgently.

Link Camp 2015:

Every year the troop runs a camp designed at completing the requirements for troop membership, allowing new members to become fully invested scouts as quickly as possible.

This year that camp will take place on 30 and 31 January 2014 and will cost R60,00 per person. If you have a friend who is keen on joining scouts I would recommend that he put down his name for the camp as this is a great way to see what scouting is about and to complete membership requirements on a “no obligation” basis.

If anyone would like more information on the Link Camp please let me know as quickly as possible. There is a separate letter with all the information required for the camp which has already been sent out to various cubs and recruits already which I can forward to you.

Sabie Adventure:

The Phoenix Rover Crew has invited 1st Bedfordview to join them and other East Rand Troops on a tubing adventure down the Sabie River in Mpumalanga in February. A copy of the invitation is being sent out with this letter with more information.

The cost of the camp is R120, which covers camping fees only. This excludes food and transport to the venue. Badges cost R20 a badge.

If you are interested in the Sabie Adventure, please let your PL know by no later than 25 January 2015. Depending on the interest, we will then put together a team for Sabie and will look at coordinating transport and food arrangements.

As you can imagine it is quite a bit of work organising food and transport, so please rsvp timeously. The invitation states that friends and family are invited, but please note that as this is a scout event alcohol and illegal substances are prohibited.

BP Sunday:

This year we will be hosting the annual BP Sunday celebrations and as such I would request that all scouts make a concerted effort to attend the festivities.

A separate letter will be sent out setting out all the details in due course, but the event will take place on Sunday 22 February 2014 and should be over by lunch time. We will be having a “scout triathlon” which cubs and scouts can enter after the BP Sunday service and food will be on sale.

Schools are presently being approached for permission to allow cubs and scouts to wear their full scout uniform to school on Friday 20 February 2014. Please take photos of you in your uniform at school doing something awesome, the best photo will win a campfire blanket badge which has been to the top of Mt Kilimanjaro.

Airsoft:

Douglas Grossett has organised an airsoft match for members of the troop on 21 March 2015. Airsoft is similar to paintball but uses non-metallic pellets instead of paint balls.



A letter with details of this event will be sent out shortly, but if you are interested please pencil 21 March into your diaries.

Changes to Year Planner:

Early this year a number of events on the District Calendar were moved by District. In addition, the dates for the World Jamboree in Japan have been finalised and Stephen and Dave have asked for the Dads and Lads to be moved as they will be completing

their Warrant Courses at the same time as the original dates for the camp. An updated year planner and year-at-a-glance has been sent out with this letter reflecting these changes.

In a nutshell here are the changes:

- 1) The District Boot Hike has moved from 21 February to the weekend of 5 – 7 June (to be run with the District Orienteering Competition);
- 2) The World Jamboree will be taking place from 20 July to 9 August;
- 3) The Dads and Lads moves to the weekend of 7 – 9 August
- 4) The District Canoe Polo moves a week to 11 October;
- 5) The District First Aid Competition has moved to 11 October (to be run with the District Canoe Polo Competition);

World Scout Jamboree:

One or two places have opened up for the 2015 World Scout Jamboree in Japan. If you are 14 or older on 25 July 2015 and are interested in possibly attending the Jamboree please let me know asap. At present four scouts, one guide and one scouter from the 1st Bedfordview family are already attending the Jamboree and are looking forward to visiting Tokyo, Mt Fuji, Kyoto and of course the Jamboree itself in southern Japan, so you will be in good company. The cost of the Jamboree is R35 000,00, which includes flights, food, accommodation, all activities and transport in Japan and the cost of the Jamboree itself.

Jamboree Fundraisers:

Attending the Jamboree is an expensive business. Two fundraisers are currently being run for the Jamboree and are being co-ordinated by Michelle Kleer.

Firstly, there is a raffle being run with fantastic prizes, including a weekend away at the Pine Lake Resort, a Spa voucher for two, a double bed duvet with pillows and a breakfast for four compliments of City Lodge. Tickets cost R10,00. Sent out with this newsletter is a raffle sheet. It would be appreciated if you could try and sell raffles and return the sheet with the proceeds by 31 January 2015.

The second fundraiser is also good for the environment. A large textile recycling bin has been placed outside the hall. Second-hand clothing and other textiles can be placed in this and the recycling company will pay for the clothing based on weight. If you have any jumble please bring it along.

Several of the Jamboree candidates will also be



meeting at the hall at 17h30 next Friday going door-to-door to ask neighbours to recycle their old textiles. This is not an official scout activity but if you would like to assist Michelle and the Jamboree candidates please let her know and meet at the hall at 17h30 next Friday. Michelle can be contacted at michelle.kleer@gmail.com or 084 827 3969.

The World Jamboree is run every four years and the attendees for this year's Jamboree helped raise funds for attendees at the Jamboree four years ago. In 2019 the World Jamboree will be held in the USA and I am sure that you will want the support of the younger scouts when it is your opportunity to represent South Africa at the Jamboree.

Annual Consent Forms:

A reminder that you need to submit your duly completed original annual consent form by no later than 31 January 2015. Scanning or faxing is regrettably insufficient, we require the original form with your parent's or guardian's original signature. Scouts who have not submitted their forms by 31 January 2015 will regrettably not be allowed to take part in ANY scout activities until they have done so.



Phakamani meets Micky Mouse on Cycle Camp

The forms should be given to Dave Nunn, who will be responsible for consent forms in the future. If you need me to email you an annual consent form, please let me know.

Annual Subscriptions:

At the AGM last year annual subscriptions were set at R1 580,00 per scout. Visitors to the troop only become liable for subscriptions once you are invested, such fees being charged on a *pro-rata* basis.

Invoices are in the process of being dispatched to invested scouts and payment can be made into the Group bank account, the details of which are as follows:

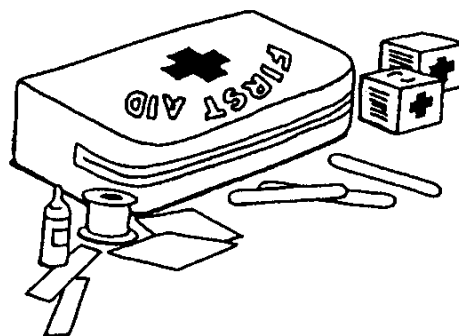
1st Bedfordview Scout Group
Standard Bank Eastgate (018505)
Account Number 022 646 221
Reference: 2015 subs + your name

Payment can be made on an annual, monthly or quarterly basis. Please advise Zelia Cardoso of your preference in this regard at Zelia.Cardoso@macsteel.co.za. Please also send any proof of payment to Zelia.

If you have more than one child as a member of the group, you qualify for a 5% discount on fees. The group includes the 1st Bedfordview Cub Pack, 1st Bedfordview Scout Troop, 1st Bedfordview Guide Company and the Nomad Ranger Guide Company. This discount needs to be claimed from Zelia, please send her details asap if you feel you qualify for the discount.

CPR:

CPR is a skill that every scout should learn, simply because it means that you have the power to save a life. Doctors are constantly looking to improve CPR and due to research there has recently been a drastic change to the CPR regime which you have been taught at scouts up until this point. If you know how to do CPR, please pay attention to this little section of the newsletter so you can adjust how you do CPR to the new regime. If you do not know CPR, we will teach you the new regime next time we teach CPR.



Most of you will remember how to do CPR by using “SABC” (Safety, Airway, Breathing and Circulation / Compressions). Current medical thought now places much more emphasis on blood circulation and chest compressions than before and chest compressions are done BEFORE breaths under the new regime if CPR is required (ie if there is no pulse). The following is a summary of the steps to be followed under the new regime:

- 1) Approach the scene properly and Safely as before with the 3 H’s (check for Hazards, assess the patient (Hello) and call for Help.)
- 2) If the patient is conscious he does not need CPR. Treat him for his injuries if he asks for help and monitor his breathing in case he falls into unconsciousness.
- 3) If the patient is unconscious or falls into unconsciousness, check his pulse. If he has a pulse, commence with AR (Artificial Respiration) and keep monitoring his pulse in case you need to commence CPR (Cardio Pulmonary Resuscitation). He does not need CPR if he has a pulse as his heart is still pumping.
- 4) If he has no pulse, start with chest compressions (the old “C” from “SABC”. Remember to landmark (place your hands correctly) as you were taught. Do 30 compressions. The compressions should be fast – about five every three seconds.
- 5) If you there is no pulse and you do not know CPR, keep doing the chest compressions. If you know CPR (you all should!) then after the first round of compressions open the victim’s airway (the old “A” of “SABC” and give him two breaths (the old “B” of “SABC”). Check that the air is getting into the lungs (ie that the chest rises – Look, Listen and Feel).

- 6) Even if the chest is not rising, do another 30 chest compressions. Keep alternating between breaths and chest compressions in a ratio of 2:30. If the chest is not rising obviously check that the airway is properly open. If you know how, you may want to try an abdominal thrust if the airway is blocked. The main thing if you cannot get air into the patient is to keep going with the chest compressions.
- 7) Keep going for about two minutes (you should manage about 5 cycles in this time). Then check for breathing and a pulse. If there is no breathing, continue with CPR, checking the patient every two minutes. Start each cycle with compressions (in the old regime you started with an open airway and 2 breaths).
- 8) If the patient wakes up you can stop CPR. Remember to put him in the recovery position as quickly as possible. Remember to keep monitoring his breathing in case he falls into unconsciousness again.

In essence, the big change to CPR under the new regime is that instead of “SABC”, you now use “SCAB”. Remember that your **Safety** is the most important, it is better to have one patient unattended than a patient and a would-be-rescuer who now also needs rescuing!

Hopefully you will never need to use CPR, but if you do, make sure you know how to do it properly!



Soon-to-be Jamboree Participants Michael, Keanan, Douglas and Martin at Carols by Campfire

Scout Golf Shirts and Caps

A number of scouts have indicated that their troop golf shirts are getting too small for them. As our stocks of these shirts are getting quite low, we will be putting in an order for more shirts and caps with the supplier shortly.

If you anticipate wanting a new golf shirt or cap in the near future please let me know what you want and what size shirt you take (if you are ordering a shirt) by 6 February

2015 so that we can make sure we have stock for you. Parents and other people associated with the group who want to identify with 1st Bedfordview are also welcome to order golf shirts or caps too.

Though prices will only be known once we have finalised our order, we anticipate shirts costing in the region of R100 per shirt and caps in the region of R80 per cap.

Patrol Points:

Here are the points to date for the inter-patrol competition.

Kudu	212
Sable	233
Springbok	376
Wildebeest	215

Springbok's lead is largely due to advancement work – each advancement badge earns a patrol 50 points and Springbok has had two scouts earn advancement badges in the last month. So dust off your green cards and get a badge on your shoulder!

Upcoming Activities at a Glance:

January

- 24 White Stripe Dinner
- 25 Deadline to rsvp for Sabie Adventure
- 30 – 31 Link Camp

February:

- 6 Programme away from hall – Swimming
Deadline to order new golf shirts and caps
- 13 Programme away from hall - Orienteering
- 13 - 15 Sabie Adventure
- 22 BP Sunday
- 27 District Gala

March:

- 13 – 15 Patrol / Troop Hike
- 20 Programme away from hall – Rafting
- 21 Airsoft Activity
- 27 End of term programme (probably Lazer Quest)

If you have any questions, please do not hesitate to contact me.

Yours in scouting

Andrew Campbell