

# 1ST SANDLEHEATH SEA SCOUT GROUP



# WATERLINES

Jan 2011

*New Year Edition*

## *White Water Kayaking*



**Above: Lee Deakin kayaking on Dartmoor**

The last day of October and 6 willing adventurers Tom Collings, Bryn Phillips, Raffi Gracie, Harris Harden, Lucy Waterman and Lee Deakin headed off to Dartmoor for the first of this season's Sandleheath White Water trips run by Ross and me. I am pleased to report the trip was a complete success and lots of smiles ensued.

It is always difficult to judge what the river levels on Dartmoor will be like on the day, and consequently, what rivers may be available to paddle. One of my favourite Grade 2/3 runs is the River Walkham, heading into the River Tavy – this is on the southern edge of Dartmoor, through scenic wooded valleys and, above all, it is so quiet and sees few paddlers.

I had been monitoring the forecasts all week, but it looked as though the rain would be too little too late for a Walkham trip – but the first smile of the trip arrived when I checked the rain gauges (on the web) first thing Sunday morning to find that a load of wet stuff had dumped on the moors overnight. It wasn't forecast but, sure enough, it was there – and having to have the wipers on during the long drive is always an encouraging sign for us paddlers.

We always break the journey for a hearty cooked breakfast on the way – fuelling up to ward off the cold on the rivers. As the rain continued to tip down we began to share concerns that there might be too much! The downside of a Walkham trip is the extra travel time and long shuttle logistics. But on our arrival we were greeted with near perfect water levels. We kitted up and had a briefing.

For Tom and Lucy, this was the first moving water they had been on – and this was all new and perhaps a little daunting! Lucy eyed the water rushing past the bank with obvious trepidation but I

knew what excellent paddlers she and Tom had both become over the summer. Ross and I had no qualms, besides we were joined by a couple of my friends (Vic and Viv) to help with the shuttles and any rescues that might be required!

There were a few swims (Lucy, Bryn, Lee) but that didn't dent any spirits. I will 'fess up' to the fact that Lee's swim was the result of my jostling to share a bit of wave surfing. We ran the river cautiously – we couldn't afford an incident considering the lack of daylight hours – and I think I may have disappointed a few when I banned the running of the infamous 'drop slot'.

They all paddled very well indeed – Bryn and Raffi having paddled on Dartmoor before 'styled it'. The three fearless 'munchkins' (Lee, Tom and Harris) charged at every wave and surfed themselves silly. Lucy needs a very special mention – one of the youngest I have ever taken on G2/3. She was nervous but showed real courage (it takes much more courage to run a river when you have nerves to beat as well as the river). Lucy has the makings of a great kayaker and I don't think we have put her off!

We didn't get off the river until 4pm and drove back across a dark moor, getting home by 8pm. Tom slept soundly in the Landy! All tired, all smiling. High fives all round.

Graham Bland – Kayak Instructor

# On-shore training: Safety weekend

Over the weekend of 11<sup>th</sup> and 12<sup>th</sup> December the Group ran RYA First Aid and VHF (DSC) Radio Operators courses. This was a repeat of a similar weekend run at a similar time the previous year, which proved to be very successful. These courses provide qualifications that are needed to run the activities that the group offers. They were attended by Leaders, skills instructors and a few of the Scouts and Explorers. It is a testament to the quality of the instructors that we have that we are able to provide these “in-house” rather than having to pay for members to obtain them elsewhere.

Thank you to Tom and Richard who provided these write-ups of the courses.



**Above: Richard Quinn on the First Aid Course  
Below left: participants on the VHF course**



On 12<sup>th</sup> December Jimbo ran a VHF radio course. I, along with six other people, attended. Throughout the day the course was very informative, moving at a steady pace. I was the youngest on the course (aged 14) and surrounded by adults. However, I found that everything was explained clearly enough so that I could understand it. When I didn't understand I wasn't afraid to ask for help as everyone was supporting each other.

I took this course so that I can use the qualification in the future, when dinghy instructing and when I take yachts sailing.

Tom Collings – Scout

I took part in the First Aid course run by Jimbo and Stephen last Saturday and it was great fun. We had the chance to practise wrapping bandages around each others heads and arms and learnt to make a sling. We also practised CPR on dummies. What I found most useful about the course was the DR S ABC as it is really easy to remember and would come in very useful in a medical situation. Jimbo and Stephen were great to give up their own time to give everyone who took part in the course a fun and educational day. I know I was not the only one who enjoyed the course whilst learning so much. I now have a better idea about what to do in an emergency.

Richard Quinn – Scout

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## Resus. Update

The update is really that there is no update. Every 5 years the Resuscitation Council (UK) normally issues new guidance on the protocols that we should follow. The introduction to the guidance issued at the end of 2010 says “The adult basic life support algorithm is unchanged from 2005”. In other words the basic CPR sequence taught on First Aid courses over the next 5 years should be the same as the sequence that you have been taught previously.

There are some subtle changes in the emphasis and wording used by trainers, but nothing very substantial. There are also changes to the advanced sequence used by medical professionals.

There is also now increased emphasis on getting

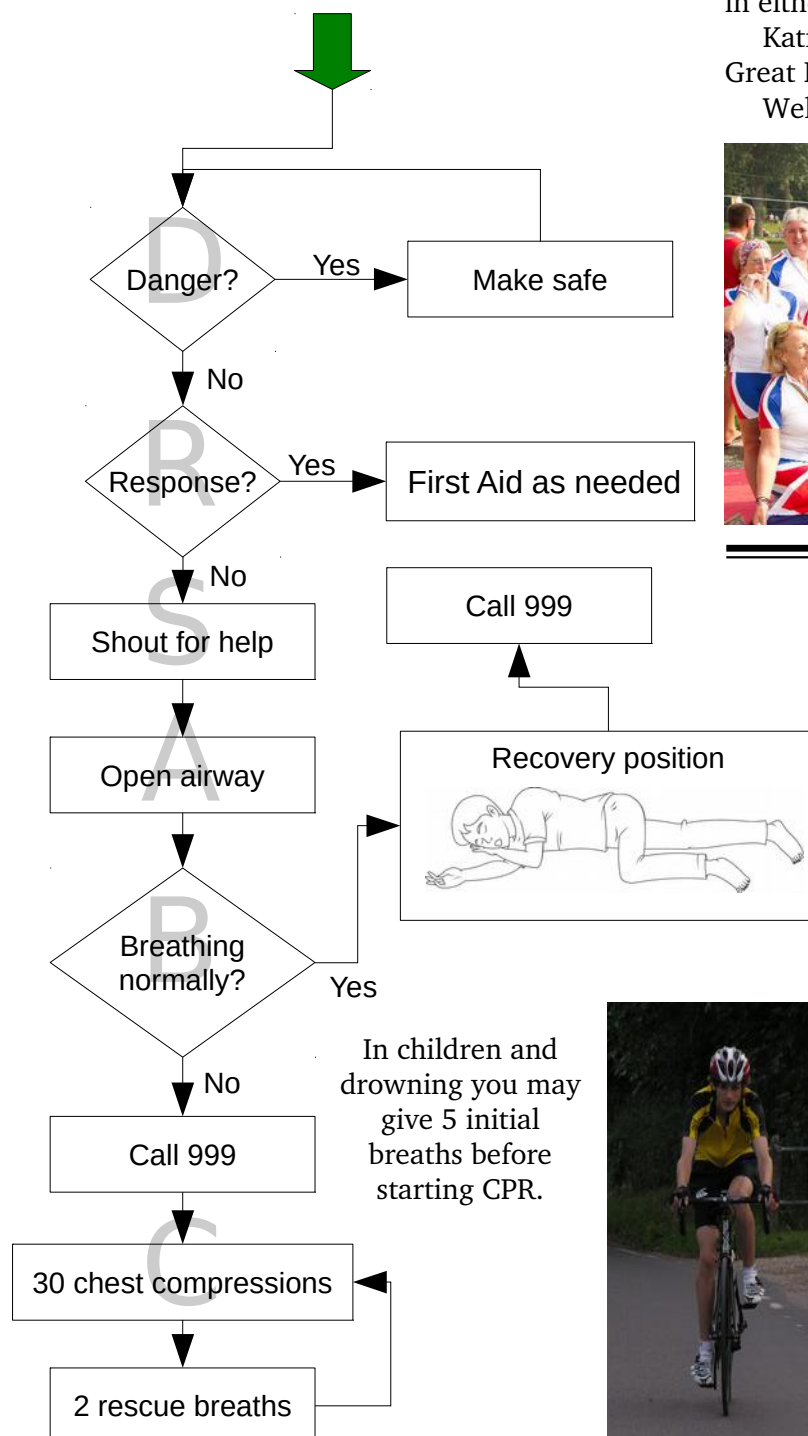


untrained bystanders to at least attempt the chest compression component of CPR. Evidence suggests that this is simple enough to be explained to someone quickly (for example over the phone). Chest compressions on their own can help and could be enough to save a life. The full sequence, including both chest compressions and rescue breaths, is best if you been taught it. More details are available at:

<http://www.sja.org.uk/sja/first-aid-advice/life-saving-procedures/faqs-to-resuscitation-changes.aspx>

As a reminder to those of you have have received training, the up-to-date basic sequence is shown below.

Stephen White – First Aid Trainer



# European Dragon Boat Championships

The European Dragon Boat Championships were held from 13<sup>th</sup> – 15<sup>th</sup> August in Amsterdam. Sharon Miller (Assistant Scout Leader) competed as part of the Great Britain Senior Women team. They achieved an excellent 2<sup>nd</sup> place in the 200m event and 3<sup>rd</sup> place in the 500m event. Their times were excellent and they weren't far behind the Germans in either event.

Katrina Miller, Explorer, competed as part of the Great Britain U18 team.

Well done to both of them!



# Land's End to John o' Groats

Another big “well done” to Sam Giles, who completed a cycle ride of nearly 1000 miles from Land's End to John o' Groats to raise money for cancer charities CCLG (Childhood Cancer and Leukaemia Group) and CLIC Sargent. Sam was determined to do something outstanding to raise money for these charities after seeing two of his class-mates from Bishop's Wordsworth School die of cancer.

Sam raised about £4000 for his charities.

<http://uk.virginmoneygiving.com/samgiles>



# Cubs and the Camp-fire Circle



Above: Cubs & Brownies using the camp-fire circle built last year using funding from ACRE

One of the most used additions to the groups assets in 2010 was the camp-fire circle at the Scout Centre. Even, without a fire cubs naturally gather around it. However they have enjoyed it throughout the year as it was intended. We have cooked 'Smores' (2 chocolate digestives with a melted marshmallow squeezed between - once you've had one you want 'smore') almost every time a fire has been lit! On Guy Fawkes night we shot our flaming ballistae (each six made a mini pioneered ballister firing a meths fuelled bamboo cane javelin - yes a risk assessment was done!) from around the circle. Many sausages were sizzled and songs were sung particularly with our guests, the Alderholt Brownies, earlier in the year (see photo). The cubs are again looking forward to enjoying the magic created around our camp-fire circle throughout 2011.

Richard Farr – Akela

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# D. of E. Award

As reported in the last edition of Waterlines, two members of the group have recently received their Gold award. Well done to Josh and Richard.

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Call 08451 30 20 10 - Visit [www.scoutsappeal.com](http://www.scoutsappeal.com)



Left: Richard at St James's Palace after his D. of E. Gold certificate presentation.



Right: Josh with Adam Jollans and Mike Baxter



Left: Richard and Josh with Russ Parke in The Great Hall, Winchester, at their County award presentation.

# Solent Regatta

We had a brilliant day at the Solent Regatta at Testwood on 25<sup>th</sup> September. A big WELL DONE to the Scouts and Explorers who competed. The Scouts had amazing results and an armful of trophies, coming away as overall winners.

Lots of big smiles too. We had the best scouts on and off the water without a doubt.

Thanks to everyone who helped (John Hinton, Nick Poyntz-Wright, Louise, and as usual David Miller, Stephen White and David Chadwick running everything).

Outstanding performances from Brendan and Lucy (hope you were embarrassed going up so many time for trophies), but excellent results from everyone.

Ros White – Group Scout Leader



Above: Raffi and Katrina sailing a Feva at the Blashford Regatta

## Blashford Solent Sailing Regatta

### Scout Overall Results

Place	Team	Points
1 <sup>st</sup>	9 <sup>th</sup> Lymington	3
2 <sup>nd</sup>	4 <sup>th</sup> Eling	14.7
3 <sup>rd</sup>	1 <sup>st</sup> Sandleheath	24.7
4 <sup>th</sup>	10 <sup>th</sup> Christchurch	42.8
5 <sup>th</sup>	6 <sup>th</sup> Hamble	68.7

### Explorer Overall Results

Place	Team	Points
1 <sup>st</sup>	Avon Valley	17
2 <sup>nd</sup>	9 <sup>th</sup> Lymington	41
3 <sup>rd</sup>	6 <sup>th</sup> Hamble	47.7
4 <sup>th</sup>	10 <sup>th</sup> Christchurch	60.7
5 <sup>th</sup>	4 <sup>th</sup> Eling	69.4

### Scout Overall Results

Place	Team	Points
1 <sup>st</sup>	1 <sup>st</sup> Sandleheath	123
2 <sup>nd</sup>	9 <sup>th</sup> Lymington	121
3 <sup>rd</sup>	4 <sup>th</sup> Eling	119
4 <sup>th</sup>	6 <sup>th</sup> Hamble	103
5 <sup>th</sup>	2 <sup>nd</sup> Fareham	101
6 <sup>th</sup>	13 <sup>th</sup> Southampton	64
7 <sup>th</sup>	10 <sup>th</sup> Christchurch	63
8 <sup>th</sup>	1 <sup>st</sup> Park Gate	43
9 <sup>th</sup>	Milford & Keyhaven	41
10 <sup>th</sup>	25 <sup>th</sup> Southampton	27
11 <sup>th</sup>	2 <sup>nd</sup> Southampton	12

### Explorer Overall Results

Place	Team	Points
1 <sup>st</sup>	9 <sup>th</sup> Lymington	112
2 <sup>nd</sup>	Sea Dragon (Fareham)	100
3 <sup>rd</sup>	Relentless (Eling)	88
4 <sup>th</sup>	Atlantis	50
5 <sup>th</sup>	Avon Valley	33
6 <sup>th</sup>	6 <sup>th</sup> Hamble	30
7 <sup>th</sup>	Enterprise	27
8 <sup>th</sup>	Netley	7

# Basingstoke Canal Challenge

Lee won the Scout 6 mile category, getting a gold medal with a time of 1hr 10m (10 minutes faster than the 2<sup>nd</sup> placed Scout). This was a brilliant time, the fastest time of the day by anyone was 1:09. Brendan's time was 1hr 22m (4<sup>th</sup> place), James Waterman 1hr 36m (16<sup>th</sup> place of 36) and Lucy did 8 miles in 2hr 11m - 3<sup>rd</sup> fastest Scout over that distance.

Ros White – Group Scout Leader

# Jamboree Preparation

Three members of 1<sup>st</sup> Sandleheath Sea Scout Group will be attending the 22<sup>nd</sup> World Scout Jamboree in Sweden later this year. Richard Savage and Josh Cleall are both helping lead contingents from Hampshire, while Chloe Hinton will attend as a participant. They have all been busy preparing, including both fund-raising and training activities.

Many of you will have seen the calendars Chloe produced, using her own photographs, to raise funds. Another of her photographs won the under-16's category of the New Forest "Dream View" photography competition. Congratulations!

Regarding a recent training weekend, Chloe writes:

"I just thought that I'd tell you about my training weekend, just because Bear Grylls came and paid us a visit. We had heard rumours about it, and we were talking about it while we were cooking our breakfast, and a helicopter started circling around Ferny Crofts, and landed, and it was a classic moment, because we had just been talking about it.



Above: Bear Grylls and Chloe Hinton with the rest of her Jamboree Contingent at Ferny Crofts in October.

Below: Chloe's winning photograph. If you want more like this, then you should have bought her calendar!



Left: Joe Liddon at the Remembrance Day Parade in Fordingbridge.

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# Remembrance Day

Thank you to all the Scouts, Explorers and Leaders who went to the Remembrance Day Parade and Service at Fordingbridge.

We had a good turnout in numbers, appearance and behaviour.

I had comments on how well the Scouts behaved during the service (despite being behind the choir stall) and how nice it was to see so many young people there.

Well done.

Ros White – Group Scout Leader



# Scout Camp

Scout camp this year was held at Wimbleball Lake, on the edge of Exmoor, from 25<sup>th</sup> to 30<sup>th</sup> July 2010.

On Sunday 25<sup>th</sup> the Scouts and Explorers arrived on site. Tents were erected, then there was a break for lunch before the afternoon treasure hunt to explore the local area.

After dinner came the blind trail. The Leaders had to spend a while clearing nettles, but managed to produce a route that was fairly interesting with the usual climbing through trees and holes and down banks.

Monday was the first day of sail training for those that had opted for it, which turned out to be a fairly wet experience for most participants. Everyone else went for a kayak on the Bridgewater and Taunton canal.

On Tuesday the weather forecast was good so everyone went to Hurlstone point for climbing.

The Scouts were split into two groups. While one



Above: Sailing at Wimbleball

Left: Kayaking on the Bridgewater and Taunton canal



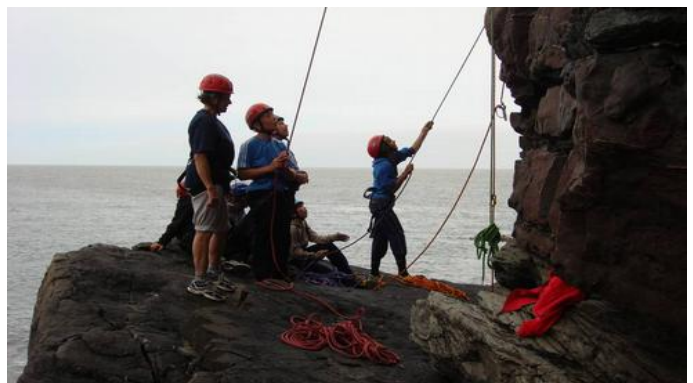
group climbed the others undertook a first aid session led by Penny and then went

for a short walk.

Climbing was good. The ledge we were climbing from was covered by the tide. We had to wait for it to retreat before we could finish setting everything up. It was initially a little slippery, but dried out quickly. The ledge provided a well constrained area that made it easier to supervise the Scouts belaying each other. Despite the small area we were able to rig 3 climbs that were not too difficult. There was also one more difficult climb, with a slightly awkward overhang followed by a slab with relatively few holds. This was able to challenge the more able climbers.

The final group to climb were the Explorers. The tide stayed out long enough for everyone to do as much climbing as they wanted before we de-rigged. While we were doing this the Explorers were fascinated by someone that had come to the same area of rock to do some bouldering.

While the Explorers were climbing, the Scouts went to a swimming pool in Taunton.



Above: Climbing at Hurlstone Point



## Quiz Night

**Friday**  
**18 March 2011**  
**7.30pm**

**at Sandleheath Scout Centre,**  
**Station Road, Sandleheath SP6 1PF**

**Teams of 4-6 people**

Tickets £7.50 per head in advance  
(includes light supper)  
Available from 01725 510397

**Bring your own drink and glasses**

In aid of

**22<sup>ND</sup> WORLD SCOUT JAMBOREE SWEDEN 2011**  
**UNITED KINGDOM**



On Wednesday everyone went either sailing or kayaking on the lake in the morning, then in the afternoon came the ever popular low-ropes course. People that were not on the ropes course went on a local nature trail.

In the evening the Explorer Scouts got to bivvie on Dunkery Beacon, Exmoor.

Thursday was another day of optional sail training. For others there was rafting, followed by pioneering or an orienteering course around the site.

Rafting consisted of two teams, roughly made up of Scouts in one and Explorers in the other. The Scout raft floated beautifully and they paddled it across the lake at speed. The Explorer raft (shall we say a lightweight design) had failed spectacularly leaving the Explorers in the water amongst pieces of



**Above: On the low ropes course**

**Below: waking up on Dunkery Beacon**



home.

A more detailed report, and a greater number of photographs, can be found online at:

<http://www.sandleheathscouts.org.uk/events/2010/scout-camp/>

Stephen White – Assistant Scout Leader



**Above: The Explorer raft**

their now deformed creation.

Those taking part in the pioneering built a swing.

The Scouts and Explorers visited Minehead, where people had the opportunity to explore the shops, play crazy golf and eat an early fish and chip lunch. After that came the journey



**Below: the rope swing constructed as a pioneering exercise**

**Below left: water activities on the reservoir**





# Congratulations

To former Leaders James Bennett and Jane Esmond who returned from New Zealand briefly in October to get married in Fordingbridge. We hope they have a long and happy life together.



# Editorial

Thank you to all who sent me text and photographs for this edition. There are photos from Gordon Currell (Remembrance Day), Sonia Vaughan (below), Graham Bland (front cover), Chloe Hinton (Jamboree report), Pat Savage (D. of E. Report) as well as photos from me and a few I'm not sure who to credit.

I know there have been many other activities since the last newsletter. However without reports to go with them it is difficult for me to include them. It only needs to be a couple of paragraphs long.

Finally, I noticed that this is the second consecutive issue to feature a picture of a member of our Group with the Chief Scout, Bear Grylls. So the challenge is on for someone to make it three in a row!

Stephen White – Editor

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## Group Programme

<b>March</b>	Saturday, 12th – Sunday, 13th Friday, 18th	Scout Caving weekend Quiz Evening, Jamboree Fund- raising (Scout Centre, 19:30)
<b>April</b>	Sunday, 3rd Sunday, 30th – May 1st	District Pat Cross Trophy  District St George's Day activity/camp (Bragger's Wood)
<b>May</b>	Saturday, 14th – Sunday, 15th	Wye canoe/kayak weekend
<b>June</b>	Friday, 17th – Sunday, 19th	Cub Camp (Harry's Island)
<b>July</b>	Saturday, 9th Friday, 29th – August 4th	Solent Sea Scout Sailing Regatta (Spinnaker)  Scout and Explorer Camp (South Wales)
<b>September</b>	Saturday, 17th Sunday 25th	Solent Sea Scout Main (Pulling) Regatta (Testwood) Basingstoke Canal Challenge
<b>November</b>	Sunday, 13th	Remembrance Sunday



Above: Beavers enjoying water activities at Spinnaker, June last year

Waterlines, Jan 2011

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<http://www.sandleheathseascouts.org.uk/>

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## *Useful Phone Numbers & Addresses*

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