

# South Newton Golden Anniversary Challenge



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**South Newton is our County Camp and Training Centre. It opened in 1971 and has been a home of many memories since. This challenge celebrates 50 years of South Newton and is split into 5 sections, one for each decade since it became part of Girlguiding Renfrewshire.**

### **To earn the badge...**

<b>Rainbows</b>	1 activity from each section + 1 more from any section
<b>Brownies</b>	1 activity from each section + 2 more from any section
<b>Guides</b>	2 activities from each section + 2 more from any section
<b>Ranger + Adults</b>	2 activities from each section + 4 more from any section

Different challenges are available to different sections This is denoted by a dot underneath a corresponding letter. Also make sure to ask your leader how they would like to see your evidence!

### **Go for Gold**

There is an optional Gold section with an add on badge. This is completed at South Newton once you have completed the main badge.

### **Accessibility**

Activities can be adapted as needed as long as it stays true to the spirit of the clause. A black and white version of this document is available from unit leaders, our website, or by contacting [marcomrenfrewshire@gmail.com](mailto:marcomrenfrewshire@gmail.com)

### **Safety First**

Some activities require extra care and attention. Please get help if you feel you may need it. This includes when using sharp objects, working in the kitchen, and more.

# The 1970s

This is the decade that Girlguiding bought South Newton, aspects of Girlguiding have changed since then like uniforms, badges and games. Try some of our 1970s inspired activities...

	Clause	Resources	Section				
			R	B	G	R	A
1	Guides could earn their Dairymaid badge by looking after dairy cows. Practice how to milk a cow using a vinyl glove.	See Appendix 1	●	●	●	●	●
2	Guide and Brownie ties changed to cross over style in the 1970s. Before then, the tie was folded and tied behind the neck with a reef knot. Try to: <ul style="list-style-type: none"> <li>• Fold a necker in the long tie style</li> <li>• Tie a reef knot</li> <li>• Tie a reef knot behind your back</li> </ul>	See Appendices 2 and 3		●	●	●	●
3	Brownies and Guides had a 'kit' in their pocket for emergencies. Guess what each item on the list was for. Would you need it now or what you would use instead?	See Appendix 4		●	●	●	●
4	Make a lava lamp.	See Appendix 5	●	●	●	●	●
5	Dress up in 70s style and take a picture to show your leader. Look at icons such as the Bay City Rollers, Kate Bush, Shirley Bassey, or someone else.		●	●	●	●	●
6	Cheese fondues were very popular in the 70s. Make a fondue using traditional or more modern ingredients (eg chocolate).			●	●	●	●
7	Make a flipbook to show something moving or growing.		●	●	●	●	●
8	In the 70s Brownies could earn their House Orderly badge. Complete 3 of the following: <ul style="list-style-type: none"> <li>• Clean a toilet</li> <li>• Wash a basin or sink</li> <li>• Polish your shoes</li> <li>• Clean a cupboard</li> <li>• Sew on a button</li> </ul>		●	●	●	●	●
9	Girls did not have computer games at home in the 70s. Girls played board games and street games. Try playing two board games and two street games from the 70s that are new to you.	Examples: Hopscotch, Rollerskate, Kerbie, Skipping games, Mother May I? Ludo, Dominos, jigsaw.	●	●	●	●	●
10	When staying at South Newton, girls would use Scouts Pace to walk to church on Sunday. Practice using Scouts pace to travel to your meeting place or school.	Scouts Pace: walk for 20 paces, run for 20 paces, repeat.	●	●	●	●	●

# The 1980s

The '80s were all about big hair, clothes and jewellery. We also had the introduction of Rainbows in 1987. Give some of these activities a try!

	Clause	Resources	Section				
			R	B	G	R	A
1	Research fashion trends and icons of the time and design a fabulous '80s outfit. Look at celebs such as Princess Diana, Toyah, and Sade for some inspiration.		●	●	●	●	●
2	Have an '80s style picnic with friends/family. You could include jam or meat/fish paste sandwiches, Angels Delight, Quavers, Skips, Pink wafers, diluting orange squash, custard creams, jelly and ice cream...		●	●	●	●	●
3	Big jewellery was in fashion in the '80s. Try making some chunky jewellery to compliment your outfit.	See Appendix 6	●	●	●	●	●
4	On TV the Wombles kept Wimbledon Common tidy, finding new uses for items they found. Make something useful for your bedroom by recycling items that would usually be thrown away (not clothing).		●	●	●	●	●
5	Guides could learn sewing skills for their Stitchery badge. Make a fabric coaster with 3 different embroidery stitches on show.	See Appendix 7		●	●	●	●
6	Reading was rewarded by the Reader or Book Lover badge. <ul style="list-style-type: none"> <li>Tell your leader about 3 books you have enjoyed and why.</li> <li>Read 3 books of different genres.</li> </ul>	Examples: Nature, Travel or a Foreign Country, Poetry, Science, or History.	●	●	●	●	●
7	Did you know that over the years each part of South Newton has been named? Complete the word searches to learn more.	See Appendix 8		●	●	●	●
8	Cheese and Pineapple hedgehogs were popular at parties in the '80s. Make a traditional one or bring this classic party dish up to date.		●	●	●	●	●
9	Recreate an '80s hairstyle. You can try it on your own hair, a friends, a dolls, or draw it.		●	●	●	●	●
10	Make your own wrapping paper using an A4 sheet of paper. Why not try spatter painting, water-resistant painting with a candle, or potato printing.		●	●	●	●	●

# The 1990s

There were many technological advancements in this decade. Dance songs were popular and the Guiding Promise was also changed in 1994. Which of these 1990s activities will you try?

	Clause	Resources	Section				
			R	B	G	R	A
1	Try playing some computer games that were popular in the '90s that are new to you.	Examples: Frogger, Minesweeper, Solitaire, Lemmings, Space Invaders, Worms.	●	●	●	●	●
2	In the late '90s we met Jessie the Cowgirl in Toy Story 2. Write a short story with Jessie as the main character.			●	●	●	
3	The Hubble Telescope was launched into space in 1990. Find out about some of the amazing discoveries it has made. Make and launch a bottle rocket.	See Appendix 9	●	●	●	●	●
4	Frozen yoghurt was very popular in the '90s. Make a frozen yoghurt in a zip lock bag.	See Appendix 10	●	●	●	●	●
5	In the film Home Alone, Kevin makes traps and obstacle courses to catch unwelcome visitors. Use your imagination to design and make a water, ball, or marble run.		●	●	●	●	●
6	South Newton has a lot of wood for making gadgets. Make a useful gadget for a weekend at Guide camp.	See Appendix 11	●	●	●	●	●
7	For the Farmer badge, Guides showed how to look after bees. Plant a bee-friendly garden or window box. Draw a picture of what it will look like when it is fully grown.		●	●	●	●	●
8	The Guide Friendship badge celebrated the Worldwide community of Girl Guides and Girl Scouts. <ul style="list-style-type: none"> <li>Find out how many WAGGGS World Centres there are, their names, and where they are in the world.</li> <li>Learn how to tie a friendship knot</li> </ul>	See Appendix 12		●	●	●	●
9	TV adverts in the '90s for snacks and drinks had very catchy jingles. Find and listen to some of the jingles then make and record one for your favourite snack	Examples: Club biscuits, Coco pops, Milky way, Coca Cola, Cornetto etc.	●	●	●	●	●
10	New dance crazes of the '90s included Saturday Night and the Macarena. Try some dance crazes from over the years with your friends.	Examples: Slosh, Cha-cha slide, 5,6,7,8 , Time Warp, Superman, Agadoo, YMCA.	●	●	●	●	●

# The 2000s

The year 2000 signalled the start of the new century. Music downloads became available with iPod's and new technology. Mobile phones started to look more like they do today.

	Clause	Resources	Section				
			R	B	G	R	A
1	The New Year in 2000 was called the Millennium and was marked with lots of fireworks. Create a collage of the celebratory Millennium fireworks.		●	●	●	●	●
2	Guides showed skills in finding their way for the Pathfinder badge. <ul style="list-style-type: none"> <li>Draw a map of your walking route from home to school. Mark places of interest.</li> <li>Plan how to get to Glasgow City Centre by public transport from your home, arriving at 10am and returning by 3pm.</li> </ul>				●	●	
3	A new TV hit in the '00s was Come Dine with Me, part of which involves planning entertainment for guests who come to your house for dinner. Plan an evening's entertainment for 4 guests.	Different people will like different things, so make sure to have different types of activities.	●	●	●	●	●
4	For the Healthy Lifestyle badge girls worked on staying healthy. Try 2 of these clauses: <ul style="list-style-type: none"> <li>Keep a record of your water intake.</li> <li>Learn how to practice good posture.</li> <li>Make a game about healthy eating.</li> <li>Make an advert that shows why it is important to look after your feet.</li> </ul>			●	●	●	●
5	Create an easy yoga plan with 4 or more poses. Follow it for at least 1 week.	Yoga with Aru, Yoga with Adrienne, Faith Hunter, and Cosmic Kids Yoga on YouTube.	●	●	●	●	●
6	Try creating nail art on yourself or a friend, or design nail art using the hand template.	See Appendix 13	●	●	●	●	●
7	Food styling is the art of presenting food to look its best in magazines or on TV. Style a plate of food to look more appealing.		●	●	●	●	●
8	iPods made it easy to create playlists of songs. Create a playlist of 10 songs from the '00s by female singers/groups.			●	●	●	●
9	There were lots of TV programmes during this time that involved having to complete challenges and assault courses. Create an assault course for you and your family/ friends to complete.	Try and include a minimum of 5 obstacles e.g. skipping ropes, a ball or a beanbag.		●	●	●	●
10	Have a retro teddy bear afternoon tea party. Take a selfie with your guests and your hats.		●	●	●	●	●

# The 2010s

The promise was changed in 2013 to the promise we make now. We became more sustainable and more accessible. Why don't you try some of our 2010s activities?

	Clause	Resources	Section				
			R	B	G	R	A
1	Design a mobile phone or tablet cover.		●	●	●	●	●
2	Make and film your own music video, or make a vlog of your day.		●	●	●	●	●
3	Write your promise in 2010s text speak. What is the least number of characters needed for it to still make sense? Also complete our challenge in the appendix.	See Appendix 14		●	●	●	●
4	A vegan diet, eating only plant-based foods, became popular in the 2010s. Plan and make a 2-course meal suitable to serve to a friend eating a plant-based diet.				●	●	●
5	Upcycle an old t-shirt or vest top into a shopping bag or a pillowcase to take to South Newton.			●	●	●	●
6	Find out about Jack Munroe who has a food blog about her and her son eating on £10 a week. They campaign against poverty. Make a shopping list for a week to include breakfast, lunch, and dinner for £10. What meals would you make?	<a href="https://www.cookingonabootstrap.com/">https://www.cookingonabootstrap.com/</a>			●	●	●
7	Design a JoJo Bow for your hair and make it as colourful as possible.		●	●			
8	Make a friendship bracelet and give or send it to a friend/relative you have not seen during lockdown.		●	●	●	●	●
9	Find out about Greta Thunberg and what she campaigns for. Commit to doing something new to help her cause and carry it out over the next 4 weeks.	See Girlguiding's #PlasticPromise for ideas and inspiration.	●	●	●	●	●
10	<ul style="list-style-type: none"> <li>Learn and perform a Cup Song.</li> <li>Make a pyramid cup stack, collapse it and rebuild it as a race against a friend.</li> </ul>		●	●	●	●	●



# Go For Gold

Ready to go for gold? Complete the two clauses below. Badges can be requested on booking South Newton and will be issued on receipt of payment.

	Clause	Resources	Section				
			R	B	G	R	A
1	Visit South Newton in 2021 or 2022.	This can be an evening visit, residential, camp, or anything in between.	●	●	●	●	●
2	Complete the South Newton Wide Game in a box.	This resource can be found at South Newton.	●	●	●	●	●



## Appendix 1

# Milking a “Cow”

### You Will Need

- Container or glass
- Clean rubber or vinyl gloves
- Water
- Needle

### How To

1. Take a needle and prick the end of one finger of the glove. Depending on the thickness of your gloves, you may need to stretch the hole with the needle in a circular motion to widen the hole.
2. Fill the glove with water and tie the open end of the glove so that it holds the liquid without spilling.
3. Now the fun can begin! Grasp and squeeze the finger downward to simulate milking a cow. You can attempt to fill a small glass with the “milk.”

Tip: If the water is coming out of the hole too fast you can pour it back into a glass and thicken it with some flour before pouring it back into the glove to try it again.

## Appendix 2

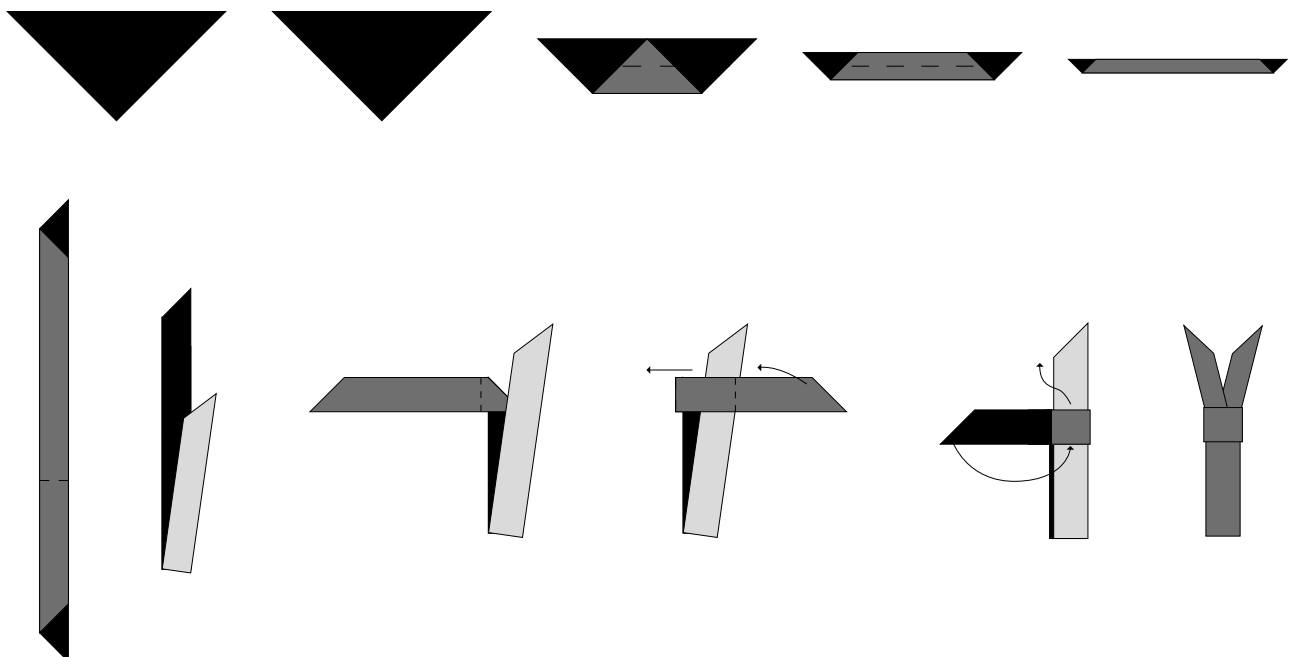
# Folding a Guide Tie

### You Will Need

- A large square/triangle of fabric (you can use neckties, hair scarves, a sling etc)

### How To

1. Iron your fabric so it is flat. If you are using a square piece of fabric fold it into a triangle. Lay the triangle tie out flat on a table with the long side closest to you and the point facing away from you.
2. Fold the point towards you once, so the point touches the hem of the long edge, then fold that short side towards you to the hem again, then a third time. You will then have a long narrow strip of fabric around 2 inches/6cm wide, with pointed ends.
3. Fold the tie in half along its length about a third of the way down. Have the long edge behind the short edge.
4. Fold the long end at a right angle away from the short edge so they are perpendicular. Fold it across the short edge, and around the back, and back to the front. Tuck the remaining length up through the loop at the front.
5. It should now look a bit like a necktie but with a square end at the bottom, and two ends sticking out of the top. Take a little time now to adjust the length of the tie, and neaten it up its looks around the knot. You might have to adjust the length of the fold in step 3 to get it to the right length.
6. Once it is neat, then tie the ends of the tie at the back of the neck using a reef knot, and pin the (freshly polished front and back!) Promise Badge in the middle of the tie, halfway between the knot and the bottom. When worn, the bottom of the tie is meant to sit about three fingers above the belt.



## Appendix 3

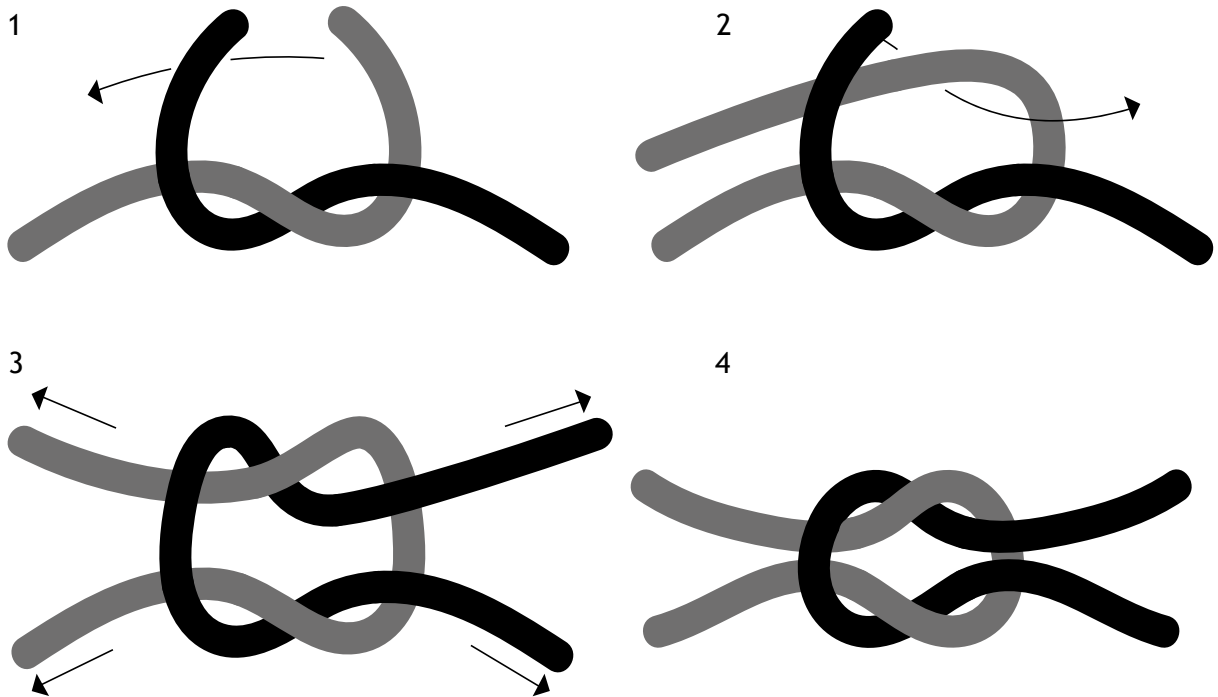
# Tying a Reef Knot

### You Will Need

- Two pieces of string or material

### How To

1. Cross the blue and pink ends.
2. Pass the pink end through the blue loop,
3. Pull the ends to tighten.
4. The knot is complete



## Appendix 4

# Kit List of Yesteryear

Item	Purpose	What would you use now?
Two pence piece	To make a phone call from a phone box	
Pencil	To write with	
Small notebook	To write in	
Piece of string	To tie a bandage or in place of elastic in an emergency	
Safety pin	To hold a bandage or in place of elastic during an emergency	
Cotton hanky	For hygiene reasons and as a bandage in emergencies	
Elastoplast or plaster	For small cuts	
A copy of your Promise	A reminder of standards and to promote Guiding to others	
One item of your choice	An item that helped you be prepared for anything (such as a screwdriver)	
Your hat with your name on it	Complete uniform and labelled so as not to mix up	
Clean fingernails	For hygiene reasons	
Hair tied back	For safety reasons	
Guide skirt	Mandatory knee length	
Wearing a watch	To tell the time	

### A Guide also had to know all of the Guide laws by heart (1970s version):

- A Guide is loyal and can be trusted.
- A Guide is helpful.
- A Guide is polite and considerate.
- A Guide is a friend and a sister to all Guides.
- A Guide is kind to animals and respects all living things.
- A Guide is obedient.
- A Guide has courage and is cheerful in all difficulties.
- A Guide makes good use of her time.
- A Guide takes care of her own possessions and those of other people.
- A Guide is self-controlled in all she things, says, and does.

## Appendix 5

# Lava Lamp

### You Will Need

- Sunflower oil (equal to half your container)
- Water (equal to half your container)
- 10-15 drops of food colouring of your choice
- A clear and empty container such as a bottle or jar
- A funnel or measuring jar (optional)
- A spoonful of bicarbonate of soda or one tablet of Alka seltzer

### How To

1. Fill your container halfway with oil. You might need to use a funnel or measuring jar for this.
2. The remaining half will be filled with water and food colouring. Mix these together separately and add this to your container of oil leaving one inch at the top.
3. Leave it to settle. What happens?
4. Put in your bicarbonate of soda or Alka seltzer.
5. Watch your lava lamp fizz!



Image source: <https://andianne.com/archives/diy-lava-lamp-for-kids>

## Appendix 6

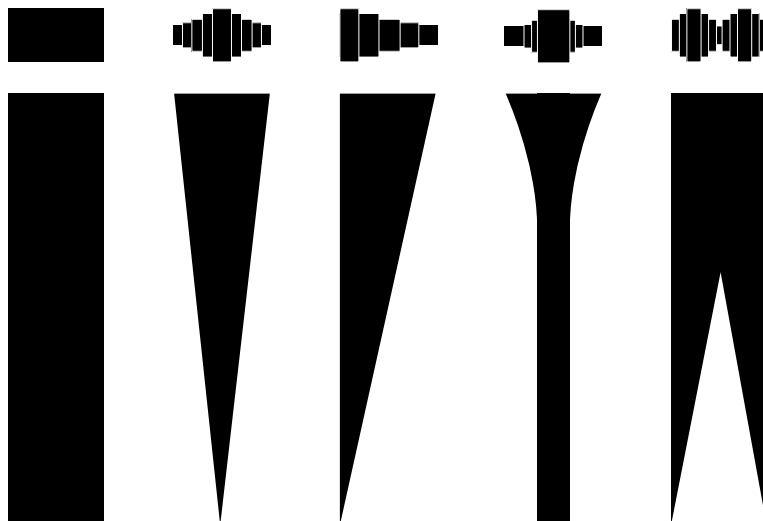
# Paper beads

### You Will Need

- Magazine pages
- Scissors
- Glue
- Ruler
- Pencil
- Toothpick
- Thread or fine string
- Optional- Extra craft beads for decoration
- Optional- Clear nail varnish

### How To

1. Cut magazine pages into strips of various widths. Different shapes will result in different shaped beads as seen below.
2. Begin to wrap your piece of paper around the toothpick, after a rotation add some glue to hold it together.
3. Continue to wrap your strip of paper around the toothpick until it reaches your desired thickness. You might need to add more glue as you go. Secure the last 1cm or so with some glue to prevent it from coming apart.
4. Remove the toothpick and allow to dry. Repeat until you have your desired amount of beads.
5. Optional- Coat each bead in clear nail varnish to strengthen the bead, and leave to dry,
6. Once the beads have dried, string them onto your thread to make into a bracelet or necklace, You can add as many or few beads as you like, and you can add other beads if you have them.
7. Secure with a knot and enjoy your funky new jewellery!



# Basic Embroidery Stitches

## You Will Need

- Needle and embroidery thread
- Fabric
- Scissors

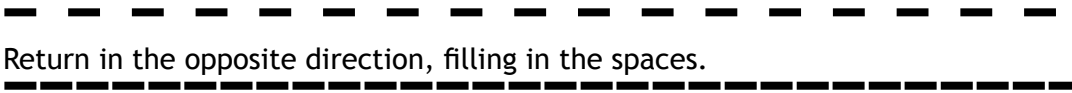
## Running Stitch

- Take the needle in and out along the line being stitched. Keep the stitch lengths even on the top.



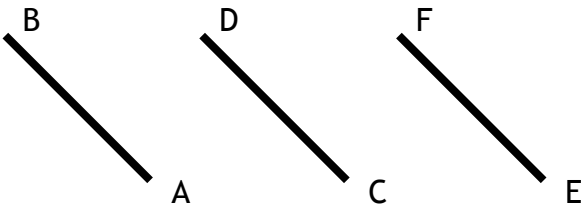
## Double Running/Holbein Stitch

- Complete a running stitch.
- Return in the opposite direction, filling in the spaces.



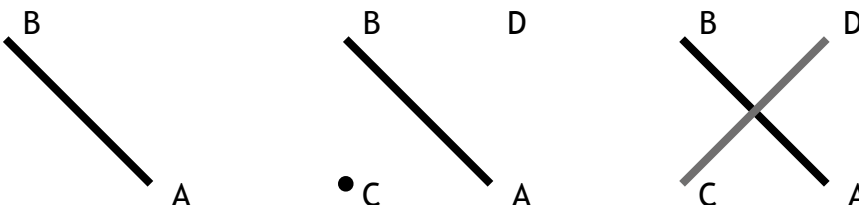
## Straight Stitch

- Bring the needle up at point A and then down at point B.
- Come up at point C and then down at point D.
- Repeat as desired.



## Cross Stitch

- Bring the needle up at point A, and then down at point B, creating a diagonal stitch.
- Bring the needle up at point C directly below the end of the first diagonal stitch.
- Complete the cross by bringing the needle down at point D.



- To make a row of cross stitches, work diagonally in a straight line, then back in the other direction





# South Newton Wordsearch 1

V Q L A N G H O U S E Z K Z O T A W H X  
 A R D O C H C G R Y F F E N F U J L P N  
 K A R G V A W L B Q Q F G O W O R R A Y  
 T P R F X G D J X K E I L K B D K N L F  
 Z E I D Z B E S C R C S M W U K A U L A  
 C S E E G E L K M V D C A C H E E B N R  
 O C R G N O M U D R L P H M C G L L Q M  
 P K Y Z E U W X I E C A N W O O A Y M H  
 J O B K D Z D A O O L N W E G L D T S O  
 J Q T X Z C L D N X K Q P F T Y S H V U  
 Q E S R T E E Q M N O S N A M P R S Z S  
 O W A B E C F U Y W X A N Z R B I W U E  
 J M E Y I Q R Z L N H O A P N V U O C P  
 A C Y T D R E P W W T D P D I R M O D M  
 V T L E A S D A L E S A N Q D W H D R N  
 Y A Y Y Y J A S L S K Y E W G R O C U E  
 S H G E D A H D K J A U S O J O I A M O  
 R G M G G E D E B O C N A V J J U I S I  
 X I I Z J I E C I F C F B E I C Y J K R  
 J G A H M X G Z V M N B Y T K A O P H V

Dietz Den	East Byre	Lomas	Farmhouse	Ardgowan
Muirsdale	Langhouse	Gigha	Easdale	Clyde
Gryffe	Lairds Loft	Skye	Drums	Blythswood
Ardoch	Murray	Middleton	McLeod	Freda
	Manson	Nana	Yarrow	

Appendix 8

# South Newton Wordsearch 2

C S N F S B S C Q F I L B U N K B E D M L V A X D  
X N P A S P F A L N P P R E A V Z O A N W C O W K  
U E G B M U D Q H R Q X N L A K P C R U T A N O J  
G M U F O A D Z B W M U E E Y I A P L N M M Y S Y  
D M I R V H T U O M F G O V E A C Q Z F W P F A N  
R A D I E S M R M I D G E S S U K H J H A F Z M P  
I R E E P G W B O S K X Q N Z C H O R E S I B O S  
X G S N K L L O Z L E Y T S H A O S C D H R I L E  
O O A D J A M U B S S O T I E L L X M X L E W F I  
R R D S N E Q T L N Z O I E H Z I I A T Q I Z A N  
K P P K Z O N E H H I N E S S V D T W R Q T I C W  
E Y E B R J A G K H C A H P W N A D N E E H E P O  
L T T M N D G B A V A O R N I Y Y W U E Y M L U R  
D O L V E D Z R S K P B U G J H V G G S T A X Z B  
H A B R T T G J L T A R H N R F T X B H T R A S A  
K C S G S H M I J D I T P F T B J J S E A S V R K  
M A J C A R E R G C F Q X M A R M Z S X H H E D V  
Y M S E O P S E V E O C T T S D Y W O L D M A Z O  
A P R F T O S W A S H I N G U P C S C A D A Z C A  
O I I M H V K S T Z S A C N X H G E I P H L Y O R  
M N P A C Y T I I V E D L A Z O R B S D N L J A C  
U G I B N V Q V N R P H F A R M H O U S E O U Z H  
X H O C E C X B W G V D U I L M Q L F K J W G R E  
F W H C R O T B I D N C J W H S E M A G E Y X S R  
G R S P F H F F G C L I M B I N G K G V O W K O Y

- |             |                |              |           |           |              |            |
|-------------|----------------|--------------|-----------|-----------|--------------|------------|
| Campfire    | Tent           | Bunkbed      | Lomas     | Farmhouse | Plates       | Elevensies |
| Torch       | Friends        | French Toast | Leaders   | Guides    | Brownies     | Rainbows   |
| Marshmallow | Washing Up     | Chores       | Patrols   | Camping   | Pack Holiday | Trees      |
| Countryside | Zorbs          | Climbing     | Games     | Fun       | Archery      | Jenga      |
| Cooking     | Blanket        | Badges       | Programme | Spag Bol  | Midges       | Uniform    |
|             | Midnight Feast |              |           |           | Mud          |            |

Appendix 8

# South Newton Wordsearch Answers

## Wordsearch 1

V Q L A N G H O U S E Z K Z O T A W H X  
A R D O C H C G R Y F F E N F U J L P N  
K A R G V A W L B Q Q F G O W O R R A Y  
T P R F X G D J X K E I L K B D K N L F  
Z E I D Z B E S C R C S M W U K A U L A  
C S E E G E L K M V D C A C H E E B N R  
O C R G N O M U D R L P H M C G L L Q M  
P K Y Z E U W X I E C A N W O O A Y M H  
J O B K D Z D A O O L N W E G L D T S O  
J Q T X Z C L D N X K Q P F T Y S H V U  
Q E S R T E E Q M N O S N A M P R S Z S  
O W A B E C F U Y W X A N Z R B I W U E  
J M E Y I Q R Z L N H O A P N V U O C P  
A C Y T D R E P W W T D P D I R M O D M  
V T L E A S D A L E S A N Q D W H D R N  
Y A Y Y Y J A S L S K Y E W G R O C U E  
S H G E D A H D K J A U S O J O I A M O  
R G M G G E D E B O C N A V J J U I S I  
X I I Z J I E C I F C F B E I C Y J K R  
J G A H M X G Z V M N B Y T K A O P H V

## Wordsearch 2

C S N F S B S C Q F I L B U N K B E D M L V A X D  
X N P A S P F A L N P P R E A V Z O A N W C O W K  
U E G B M U D Q H R Q X N L A K P C R U T A N O J  
G M U F O A D Z B W M U E E Y I A P L N M M Y S Y  
D M I R V H T U O M F G O V E A C Q Z F W P F A N  
R A D I E S M R M I D G E S S U K H J H A F Z M P  
I R E E P G W B O S K X Q N Z C H O R E S I B O S  
X G S N K L L O Z L E Y T S H A O S C D H R I L E  
O O A D J A M U B S S O T I E L L X M X L E W F I  
R R D S N E Q T L N Z O I E H Z I I A T Q I Z A N  
K P P K Z O N E H H I N E S S V D T W R Q T I C W  
E Y E B R J A G K H C A H P W N A D N E E H E P O  
L T T M N D G B A V A O R N I Y Y W U E Y M L U R  
D O L V E D Z R S K P B U G J H V G G S T A X Z B  
H A B R T T G J L T A R H N R F T X B H T R A S A  
K C S G S H M I J D I T P F T B J J S E A S V R K  
M A J C A R E R G C F Q X M A R M Z S X H H E D V  
Y M S E O P S E V E O C T T S D Y W O L D M A Z O  
A P R F T O S W A S H I N G U P C S C A D A Z C A  
O I I M H V K S T Z S A C N X H G E I P H L Y O R  
M N P A C Y T I I V E D L A Z O R B S D N L J A C  
U G I B N V Q V N R P H F A R M H O U S E O U Z H  
X H O C E C X B W G V D U I L M Q L F K J W G R E  
F W H C R O T B I D N C J W H S E M A G E Y X S R  
G R S P F H F F G C L I M B I N G K G V O W K O Y

## Appendix 9

# Bottle Rocket

### You Will Need

- Empty and clean squeeze water bottle with a sports cap
- Cardboard/paper
- Two straws, one wider than the other
- Scissors
- Glue/cellotape

### How To

1. Design and cut out a rocket out of paper or cardboard
2. Decorate your bottle, to give it a bit more colour.
3. Cut your wider straw in half.
4. Seal one end of your wider straw with the cellotape, making sure that no air can escape from the top. This straw needs to fit over the top of the other thinner straw.
5. Attach the wider straw to the back of the rocket. Secure it with cellotape
6. Place the rocket into the cap of your bottle and squeeze the bottle hard, this should shoot your rocket into the air. You can also blow into the bottom straw to make your rocket fly.
7. How far can you get your rocket to fly?



Image: <https://rainydaymum.co.uk/rocket-craft-and-experiment/>

# Frozen Yogurt

## You Will Need

- Small strong zip lock bag
- 118 ml (½ cup) plain, low-fat yogurt
- A selection of fruit (soft fruits such as berries work best)
- 3.7 litre large strong zip lock bag
- 473 ml (2 cups or 10-12 cubes) crushed ice
- 59 ml (¼ cup) salt
- Kitchen towel (optional)
- Spoon (for tasting the yogurt)

## How To

1. In the small bag combine the yogurt and fruit. Seal the bag well (pressing out most of the air inside) and squeeze the yogurt and fruit together so that they mix well.
2. In the large bag combine the ice and salt.
3. Now the freezing can begin! Put the small bag of yogurt mix into the large bag, and seal the large bag.
4. Shake and move the ice around the yogurt bag, so that the yogurt in the smaller bag starts to feel solid. This should take 10 to 15 minutes.
5. Remove the small bag from the ice-salt mix. Pat the bag dry on a kitchen towel to make sure no salt gets into your yogurt (otherwise you'll have a very salty dessert).
6. Using a spoon, scoop some of the frozen yogurt from the small bag and have a taste.
7. For an even quicker snack, you can use this method for freezing shop-bought sugar-free, low-fat fruit yogurt. Or why not try experimenting with milk, smoothies and fruit juices?

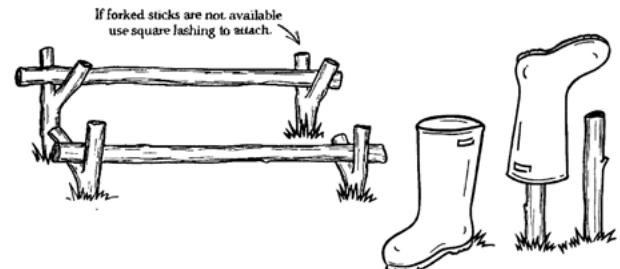
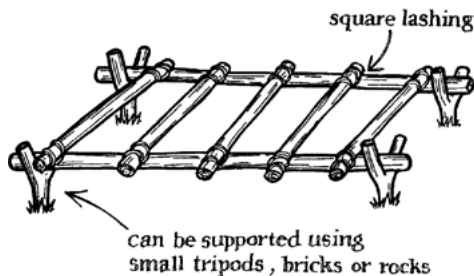
# Useful Gadgets

## You Will Need

- Sticks
- String

## Tips for good Gadget Making

- There is no right and wrong way to make gadgets, improvise where needed.
- Make your gadgets on the first day of the camp so you can use them immediately and during the whole camp.
- Use a mallet to hit upright supports into the ground. Use an axe to make the ends of the sticks pointed.
- Uprights will go into the ground more easily if you use a tent peg to make a small hole in the ground first.
- Make sure that there are no sharp ends on gadgets as they could injure people and damage other equipment.
- Check the stability and strength of a gadget before using it: try pushing it to make sure it will stand up.
- Always dismantle gadgets at the end of the camp. Keep the wood and rope you have used - if it is in good condition - for your next camp.



## Bedding and Kit Racks

Bedding and Kit Racks are used to keep personal belongings off the ground, at the far end of the tent, where the groundsheet does not cover the grass. It stops kit from getting damp. A frame with a couple of crossbars is raised above the ground using vertical supports. The supports can be small forked uprights or small tripods or the frame can be attached to small stakes, which have been placed vertically in the ground, using square lashing. Alternatively, bricks or rocks can be used with the frame resting on top: the bricks or rocks need to be moved each day to air the grass beneath them. Other ways of making a bedding rack include using driftwood raised on small rocks or bricks, or an upturned wooden box. These need to be moved to allow the grass beneath to air.

## Shoe Racks

A shoe rack can be placed beside the bedding rack to keep shoes off the damp ground and deter creepy crawlies. In many ways they are similar to pot racks but the horizontal poles should be at different levels.

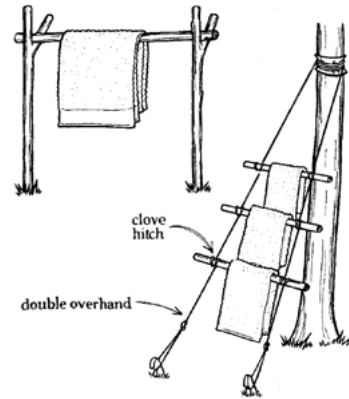
## Wellie Pegs

Wellie pegs or wellie sticks are placed outside tents to keep wellies clean and dry when the groundsheet is in place. They are simple vertical stakes driven into the ground and wellington boots are placed upside down on them. The sticks should be long enough so the wellies do not touch the ground. They should be close enough to the door of the tent so that you can reach out and get their wellies without having to set foot outside.



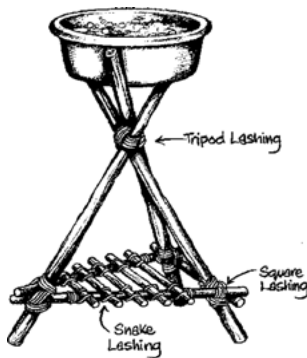
## Clothes Hangers

These are used to keep clothes unwrinkled and aired. One way to do this is to find a piece of wood with several side branches close together which can be trimmed. This is lashed to the central pole as shown.



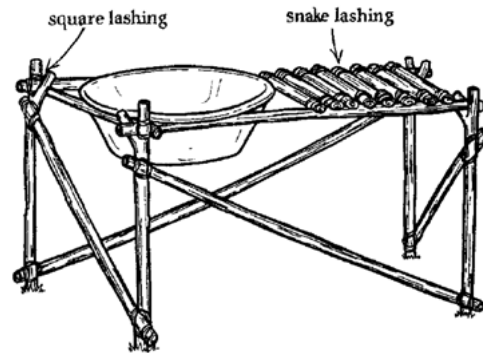
## Towel Rails

Towel rails are essential and one should be placed inside or outside the wash tent and one beside the kitchen area. Towels should be hung outside the wash tent to air in good weather.



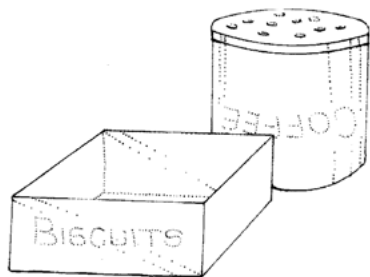
## Wash Stands

At camp it is useful to make washstands to support bowls of water so that everyone can wash properly. Stands can also be made for washing-up bowls; washing-up bowls must be kept separate from the bowls used for personal washing for hygiene purposes.



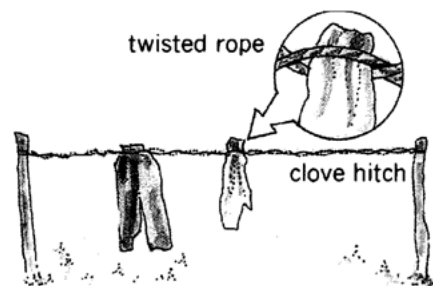
## Washing-up Table

You can make a wash-stand (described above) and a separate draining board. Alternatively, a purpose-built gadget that holds the bowl and has a draining rack is easy to construct.



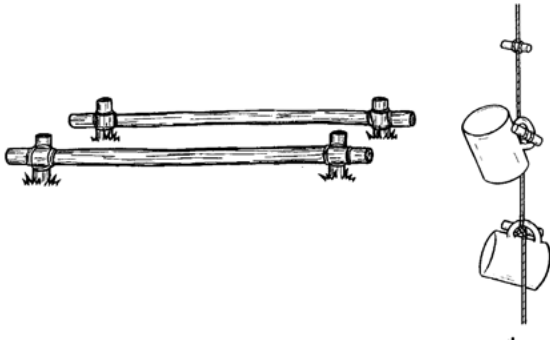
## Grease Trap

A grease trap can be made from an old tin can with holes punched through the bottom using a hammer and a nail. You will need one per Patrol.



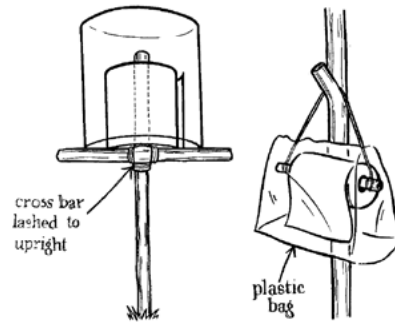
## Washing Line

This simple gadget is essential for drying tea-towels and other items that can get wet while at camp.



## Pot Racks

This keeps cooking utensils off the ground so stops the ground from being marked and means the pots are kept in a hygienic way. Bricks or small rocks can be used to raise the poles off the ground or to support a small plank of wood. If you are using bricks or stones you must move them around so that the ground does not become marked.

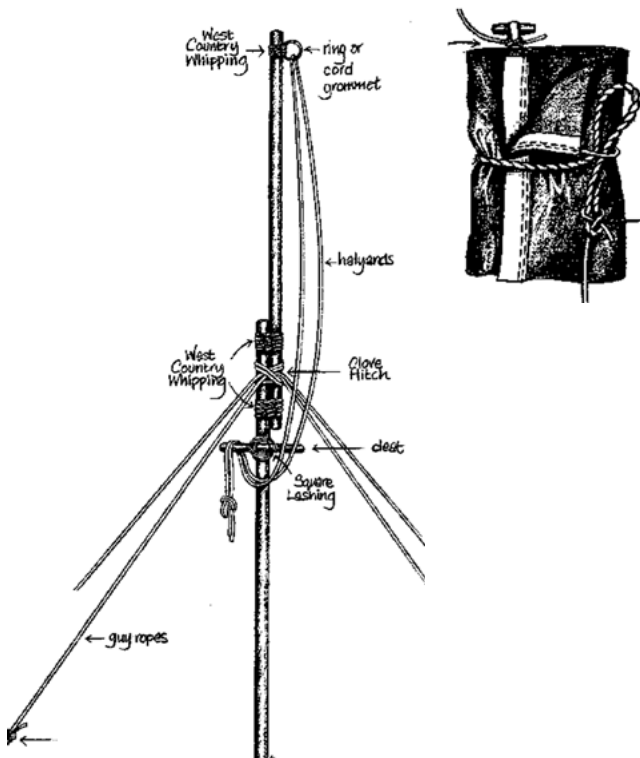


## Toilet Roll Holder

If you are taking your own toilet tents it is helpful to have some way of keeping toilet rolls clean and dry.

## Mug and Canteen Bag Holders

A suitably forked stick can be used to make a mug or canteen bag holder, or small toggles can be attached to a piece of taut rope using a clove hitch.



## Traditional Flag Pole

Make a basic flagpole for camp using Square Lashing, West Country Whipping and Clove Hitches.



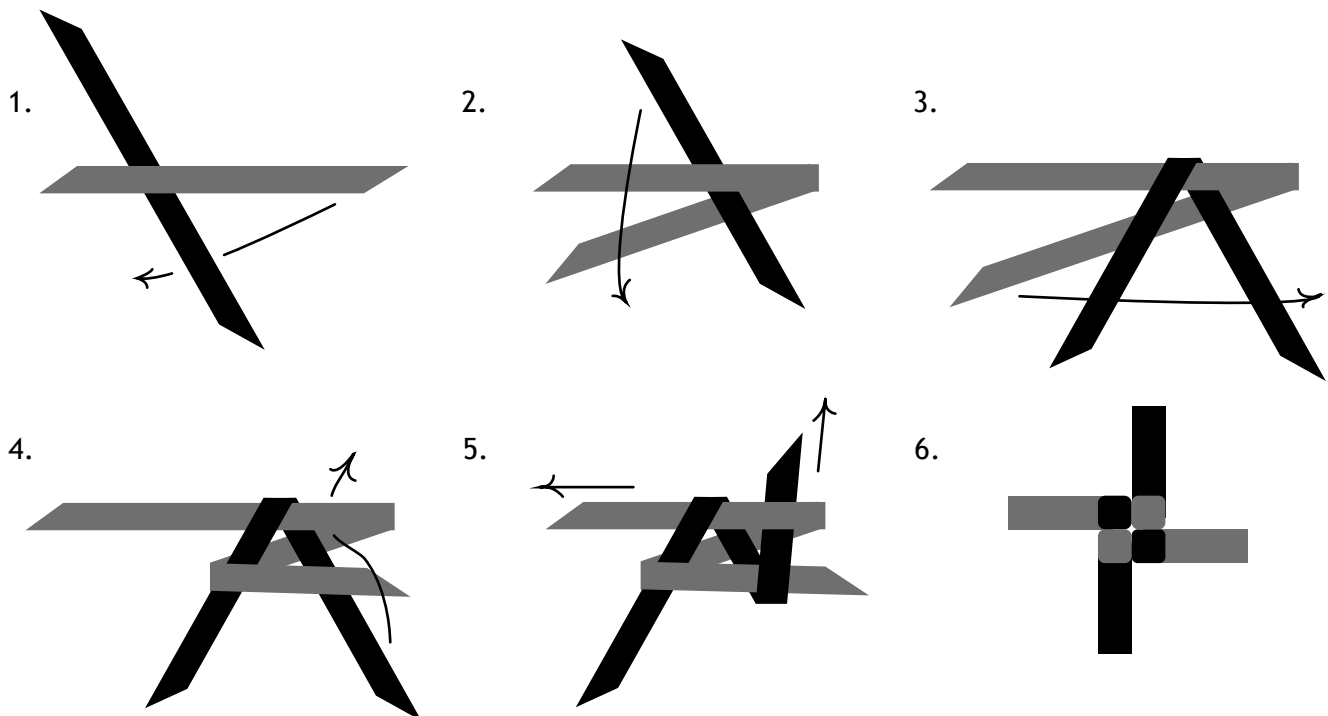
# Friendship Knot

## You Will Need

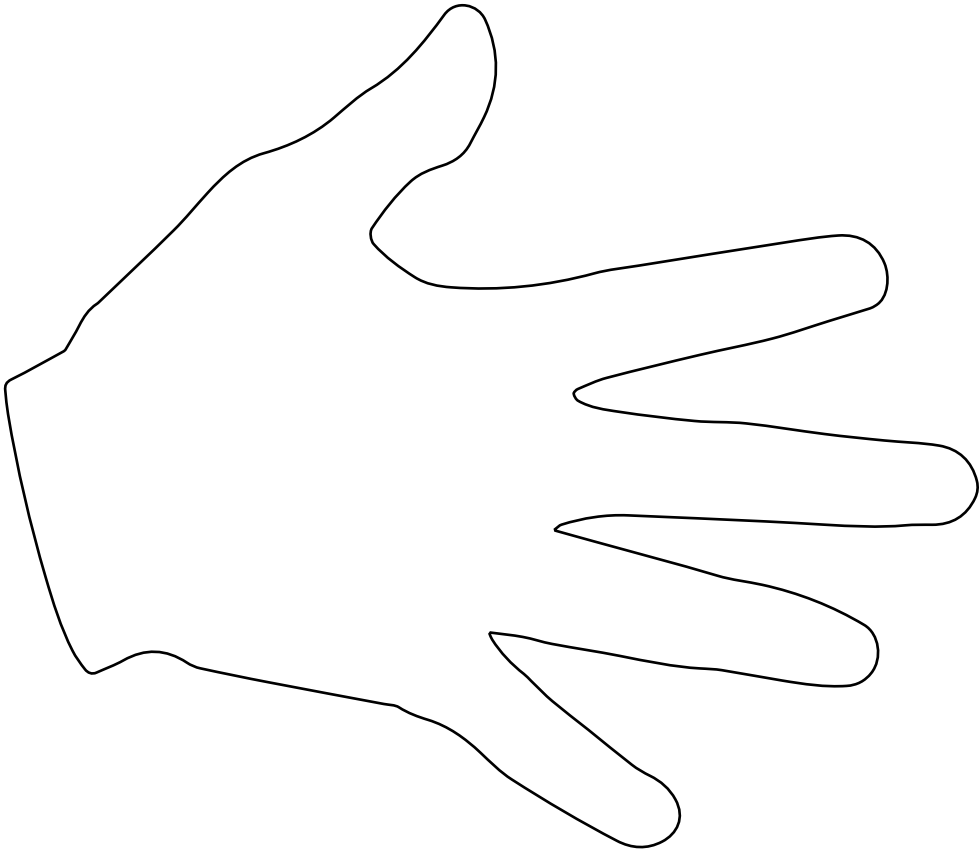
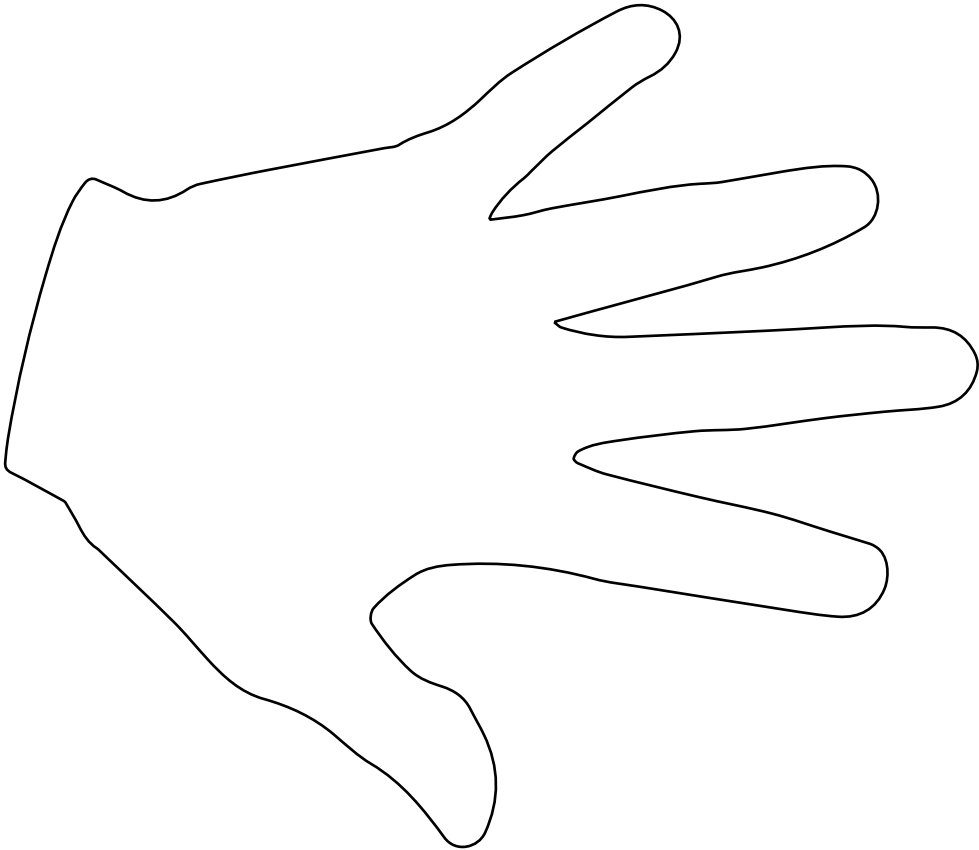
- Necktie or two pieces of ribbon

## How To

1. Cross the straps and pass the blue end under the pink one.
2. Take the pink end down.
3. Take the blue end to the right forming a "Z".
4. Pass the pink end through the blue angular loop.
5. Hold and pull the ends to tighten. You might need some help with this.
6. The knot is made!



# Nail Art Template



# Text Speak

When people started texting on their phones, the keypad looked like the one below (alphanumeric). To create words, you had to click on the keys eg for YES you would click on (9 x 3 times) = Y, then (3 twice) = E, then (7 x 4 times) = S. To make it easier people started to leave out vowels in messages. Eg HPY for happy and Thx for thanks.

## Challenge 1

Write your Girlguiding Promise without vowels. Can you still work out what it says? How many letters in total for your short promise?

## Challenge 2

By using the keypad shown as your code-cracker, work out what these messages are...

- 22 777 666 9 66 444 33 4 88 444 3 33 7777
- 7 777 666 6 444 7777 33 22 2 3 4 33
- 222 2 6 7 333 444 777 33 7777 666 66 4
- 7777 666 88 8 44 66 33 9 8 666 66
- 44 2 7 7 999 22 444 777 8 44 3 2 999



# Badge Order Form

Badges should be ordered through units by unit leaders.  
Badges cost £1 each plus postage

Number of Badges Required \_\_\_\_\_

## Postage

Up to 5 Badges	£1.15
6 to 20 badges	£1.65
21 to 40 badges	£2.15

Leader \_\_\_\_\_

Unit \_\_\_\_\_

Division \_\_\_\_\_

Address to be posted to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date cheque sent \_\_\_\_\_

Signature \_\_\_\_\_

Cheques to be made payable to Renfrewshire Guide Ass South Newton. Please forward your form and cheque to Mrs M. Foley, 14 Ben Hope Avenue, Paisley, PA2 7ND.

Badges will be issued on receipt of payment and once demand is established.