

WEEKLY PROGRAM



Regional Victoria

You can undertake face-to-face outdoor Scouting in small groups. Before undertaking any outdoor activities please remind yourself of the latest Scouts Victoria Covid-19 update <https://scoutsvictoria.com.au/covid-19-lockdown-faq/>

Don't take this week too seriously either. Let the youth members be outdoors, laugh and have fun together!

Metropolitan Melbourne

For our Units in Metropolitan Melbourne in Step 2, unfortunately there is no face-to-face Scouting yet.

REGIONAL PROGRAM

OUTDOOR COOKING

If you have the opportunity for outdoor cooking on a campfire here are some great recipes to try. Ensure your fire safety measures are in place.

Apple Spice Delight

Core an apple.

Fill the hole with sultanas or dates and sprinkle with cinnamon.

Wrap in foil and cook in coals.

Chocolate Banana Surprise

Peel a strip down a banana to expose the inside.

Cut a small groove in the exposed banana and add a piece of flake, or chocolate buttons and small marshmallows, or sprinkle with Milo.

Replace the peel, wrap the banana in foil and place it in hot coals for about 10 minutes, turning frequently.

Chocolate Jaffas

You will need:

- 1 pack chocolate cake mix
- 4 to 6 large oranges
- 1 egg
- 3/4 cup milk (for the cake mix)

What to do:

Cut off the top of an orange (but do not throw it away).

Using a teaspoon, gently scoop out the flesh without breaking the skin.

You do not need the flesh or juice.

Make up the cake mix following the instructions on the pack.

When the orange is hollow, pour the cake batter into the orange about half full.

Place the lid of the orange back on and carefully wrap in foil.

Place on the embers of a fire for about 15 minutes and turn frequently.

Damper

You will need:

- 4 cups self-raising flour
- 50 grams butter
- 1 cup caster sugar
- 1 tablespoon cinnamon
- Water for soft dough

What to do:

Mix the flour and butter to make crumble (and add more butter if required).

Add sugar, cinnamon and water to make a dough.

Recipe 1: 4 cups self-raising flour, 600ml buttermilk

Recipe 2: Self raising flour, milk, pinch of salt

Make a scone dough with the ingredients, and add more flour if the mixture is too wet.

Wrap the mixture in a double thickness of foil and place it in hot coals for 10 - 15 minutes, or it can be cooked in the oven at 220 degrees Centigrade.

Damper is cooked when it sounds hollow when tapped.

Or roll a piece into a long strand and wind it around a green stick which has had the bark etc. scraped off and dipped in butter. Cook holding the stick over the hot coals.

Variations:

To the basic mix you can add sultanas, mixed fruit, grated cheese, chopped apples, and dates.



METRO MELBOURNE PROGRAM

Our meetings should be short but fun and engaging as possible. As Unit Leaders you will know where that point is with your Scouts.

Codes and Signals

Codes, ciphers, invisible writing, secret languages and backward alphabets have fascinated people for centuries. They have been used by kings, soldiers, spies, pirates and they will quickly capture the imagination of each and every Scout.

When using codes it is most important that everyone has a chance to participate.

If the code work is done on a Patrol basis, try to ensure that one or two Scouts do not dominate to the detriment of the others. Perhaps each Scout could send a message to another Scout.

Here are a few codes and ciphers for you to try.

Reverse Writing

NUF SI GNITUOCS = SCOUTING IS FUN

Reverse Alphabet

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

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

HXLFGRT RH UFM = SCOUTING IS FUN

Number Alphabet

Give the letter A any number

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

9 10 11 12 13 14 15 16 17 18 19 20 21
22 23 24 25 26 27 28 29

V W X Y Z

30 31 32 33 34

27, 11, 23, 29, 28, 17, 22, 15. 17, 27. 14, 29, 22.

S C O U T I N G I S F U N

Message Stick

Wrap a piece of streamer around a cylinder (broom handle, lunch wrap tube etc). Write a message. Take the streamer off and the message ceases to make sense.

For the message to be read it must be wound onto the cylinder. Too easy? Try giving the Scouts cylinders of different diameters. The message won't work until they find the cylinder of correct size.

Number Box

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I/J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

Use the grid references to find the letter. For example 13 is the letter C, 45 the letter U.

43, 13, 34, 45, 44, 24, 33, 22. 24, 43 21, 45, 33,

S C O U T I N G I S F U N

The Scouts can modify any of these codes to make it their own and as an extra challenge see if the Scouts can make up a completely new code to share with the Unit.

INDOOR COOKING

Have you tried these simple cooking recipes?

Chocolate spiders

You will need:

- 100g packet Chang's fried noodles,
- 2 tablespoons crunchy peanut butter;
- 200g block of cooking chocolate,
- 1 packet silver cachous

What to do:

Microwave the chocolate and peanut butter for about 30 seconds (on high).

Continue at 5-second intervals until melted through, then mix well into a smooth paste.

Add noodles and mix through.

Drop dessert spoonfuls onto a tray lined with greaseproof paper.

Add silver cachous for eyes.

Refrigerate until set.

Monte Carlo biscuits

You will need:

- 1 1/2 cups self-raising flour,
- 125g margarine,
- 1/2 teaspoon lemon juice,
- 3/4 cup sugar,
- 1 egg,
- 2 teaspoons custard powder
- A pinch of salt



What to do:

Melt the margarine, add the sugar and mix to a creamy consistency.

Beat in the egg and add the lemon juice, custard powder and flour.

Roll the mixture into small balls, place on a greased oven tray, press down with a fork

Bake in a moderate oven for 10 minutes or until golden brown.

Scones

You will need:

- Self-raising flour
- 1 cup milk
- 1 egg
- Sugar

What to do:

Beat the egg, add the milk and add sugar to taste.

Add the self-raising flour until you have a firm dough.

Roll out and cut into rounds with a scone cutter or glass.

Bake in a hot oven at about 270° for about 10 minutes.

Cheese chip biscuits

You will need:

- 60 g butter
- 90g grated cheese
- 1 cup crushed potato chips
- 1/2 cup plain flour
- Pinch of dry mustard
- Pinch of pepper

What to do:

Melt the butter in a saucepan, add the grated cheese, chips, flour, mustard and pepper, and warm until the cheese melts. Mix well.

Roll heaped teaspoonfuls into small balls and flatten with the fingers.

Place on greased oven trays and bake in a moderate oven for 10-15 minutes or until crisp.

Makes about 20.

Pizza

Use pizza bases or pita bread.

Place pizza sauce, shredded ham, cheese, pineapple pieces, mushrooms and capsicum on a table and allow the Cub Scouts to choose their own toppings to make a pizza of their choice.

Cook in the oven or electric fry pan.

