

SYDNEY NORTH WALES

Cwassell PASS

www.sydneynorthscouts.com

July 2020—Vol.2 Issue 18

WE'RE BACK!!

hether it's bringing the computer game to life or sliding down a whale's back—1st Seaforth embraced a face-to-face meeting with the joy of someone let out after a big lockdown.

For the full story see Page 4





NEW PROTOCOLS TICKED = BACK TO FACE TO FACE SCOUTING!

By Carolyn McGregor

Scouts were excited to be back at the Hall for the last two weeks of Term 2.

It was a rush to comply with all the protocols for cleaning, signage, sign in registers for contact tracing and cleaning compliance. We were eager to see how many youth members would come back. Attendance at our on-line activities was lower and not consistent, however we did have one new member join while in our on-line phase.

Favourite outdoor activities such as Capture the Flag & cart racing made a comeback, drawing all but two of our youth members back. Word of mouth, plus some local on-line advertising meant we had extra boys and girls trying scouts for the first time.

The last week of term included ideas for next term from the Troop Council plus separate smaller group campfires for the Cub Scouts.



The Sausage Sizzle returned for the Scout's end of term fun, plus they also made and iced cupcakes for dessert.

We are lucky to have a hall that can host 48 people under the 4m² rule, so there's plenty of room for social distancing. Also being situated in Blackman Park, adjacent to bike paths and bush trails gives plenty of options for activities outdoors.

Fingers crossed, more activities will open up in Term 3!

ACTIVITY IDEA—WOODEN BLOCK ROBOTS

By Matt Phillips

st Cherrybrook Cubs made these wooden robots the week they returned to the Scout Hall following a term of remote programming.

The toy blocks proved an affordable way for the Cubs to improve their hammering skills and allowed for lots of creativity when designing their robots. Many Cubs made 2 or 3 robots.



Skills: Woodworking skills including hammering a nail safely, option to sand or stain raw timber.

Activity Duration: 20-30 mins

Materials: Wooden toy blocks, wood glue, flathead nails, rhinestone stickers, black textas.

Equipment: Hammers and safety goggles (each Cub brings along).

Cost: \$20/Pack. Option to save by recycling old blocks.

Tips: Flathead nails are easier to hit. Hammer first, then decorate, then glue.

Badgework: Making a wooden toy contributes towards Handcraft Level 1, Handyworker Level 1 and the Handcraft sections of the Bronze and Silver Boomerangs. For the NYP it can contribute towards earning a Milestone in the Personal Growth or Creative challenge areas.

Remote programming option: Parents could collect a paper bag with materials from outside the hall and Cubs could complete at home simultaneously.

1ST SEAFORTH-FACE-TO-FACE

By Chris Pickard

he 1st Seaforth Cubs are meeting "face to face" but we are keeping to outside or external activities until our hall is cleared for post-covid use.

One such activity was bouldering. On Tuesday 30th June, 19 of the 1st Seaforth Cubs went bouldering at Umbrella Nine Co (UNCo) in Warringah Mall.

UNCo opened after hours to allow us exclusive use of their climbing facilities, There are no ropes, no harnesses, no hardhats, no waiting for a belay, just challenge after challenge of low level bouldering activities all protected by very thick crash mats.

Every single Cub had a blast. No-one was left out, even the ones that often don't join in, got right into it, and at the other end of the spectrum we had no arrogant "I can do it all".

All of the cubs climbed until I had to tell them it was home time, and when I did tell them it was home time, they all climbed to the top of the penguin so that I couldn't make them stop.

The interactive wall was perhaps the most popular. Like being inside a giant video game, images are projected onto the climbing surface and climbers play against each other or the wall itself, chasing ghost owls or playing climb pingpong.

All Cub Groups in the area should try this out.

web page here:- https://umbrellanineco.com.au/













A COVID-19 LEADERSHIP PROJECT

By Katelyn Cleary

am Katelyn, from 1st Asquith Scout Troop. For the leadership component of my ASM, I designed a badge, with a COVID-19 theme, that I would sell to local Scout Troops to raise money for the COVID-19 clinic in my local hospital,



Hornsby Ku-Ring-Gai Hospital. I actually designed several badges and had a poll within my scout group to decide on the design to be used. We initially ordered 300 badges with the aim to visit each of the Benowie Scout Troops to sell them.

It soon became clear that I wasn't going to be going out to local Scout Troops to promote my badges, as the number of COVID-19 cases were still high and we were still in lock-down. With the help of my family, I put together a promotional video and an online store where people could purchase the badge. We had this put together just in time for our local Mindari meeting, where a Leader from my troop spoke about my project to other Leaders in the district – at the meeting the project received really positive feedback. Another Leader promoted the badges on a number of Region and State Facebooks groups, including the 1st Facebook Scout Group Australia. In the space of 2 days we have over 50 orders for badges. The afternoon after the Mindari meeting and the post on Facebook, my family sat with me and helped me fill the many orders we had received. We still had many badges left but the amount of orders coming in over the following weeks was steady.

NSW Scouts promoted the project on the NSW Scouts Facebook page and we saw another huge spike in the amount of badges being ordered. I only thought the badges were going to reach scouts in my local district, maybe to Sydney North Region if I was lucky, but I never thought that there would be orders from every state in Australia, and even, at the time of writing, a few orders from the United Kingdom. We ordered another 400 badges, which felt amazing, as I was worried we weren't even going to sell the original 300. Over 500 badges have been sold, which has already raised over \$1,000, well over the target I set for my project.

This project wouldn't have been possible without the immense support I received from my family, my Scout Leaders, and the Scouting Movement. Whether the order be for one badge or 10 badges, I appreciate every single one of them, because, not only were they helping me on my journey to complete my ASM, but the money is going towards our incredible frontline workers who we have needed the most during this terrible pandemic.



It is not too late to support my project and our frontline heroes. You can order badges for \$5 each (plus postage) from

https://katelyn-scout-asm-leadership-project.square.site





NZ Jamboree 2019-20

By Seth Leggatt

ello, I am Seth and I am a Scout in the troop of Normanhurst, Sydney North.

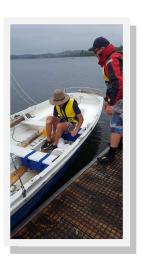
I would like to tell you about my experiences at New Zealand Jamboree. I am blind, but this doesn't mean that I am unable to participate in anything, and I enjoy participating in Scouts. A Scout Jamboree is a large gathering of Scouts who camp in tents and have fun doing activities like abseiling. After participating in Australian Jamboree, I had the opportunity to go to an International Jamboree in New Zealand.



New Zealand Jamboree was held between the 26th of December 2019 - 6th January 2020. I was part of the Australian contingent, the group of people going to the Jamboree from Australia, and we flew on a plane from Sydney Airport to Auckland University to stay for a while in their hotel.

The camp was broken up into troops, and each troop had a name and a number. My troop number was W15 and my troop's name was "Space Ducks."

When we arrived at the Space Ducks camp site in Hamilton, New Zealand, the first day was spent getting to know each other and setting everything up. I had a lot of fun, and I think my favourite activity was jet boating and I have no least, favourite activity. I made many friends along the way, both from New Zealand and

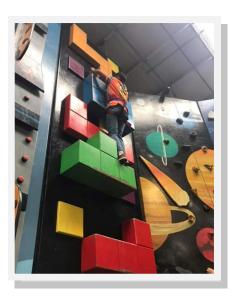




Australia. I took my Ukulele along and even got some money from Scouts while playing on the street. I also got a few badges to add to my collection of badges by playing outside my campsite. The best times I can remember was hanging out with my friends and Jet Boating.

I also managed to drive a car while people pushed it, drove a quad bike and shot a rifle. The worst time I can remember was saying goodbye, which was hard after spending 10 days together.

In conclusion, New Zealand Jamboree was one of the best times in my life and I can't wait until I get to go on my next Jamboree. I would also like to credit my Mum for paying, my friends who



NZ Jamboree (Contd.)



Ken and Seth at International Night

made the time over there funny and enjoyable and most of all, the Scout Leaders who ran the event and who made all this possible for me and all the participants. Thank you and I can't wait for another adventure.

Scouting is inclusive and diverse

Ken Paton

As a leader and a member of NSW Special Needs Team and going to the NZ Jamboree last Christmas, I was asked by the Contingent Leader if I would have Seth, a Scout from SNR, in my patrol in troop W15. Seth has been blind most of his life and loves scouting.

I first met Seth when he was a Cub when I accompanied my spouse Beth, who is the RC Special Needs, SNR to help leaders with a few ideas to make Seth part of the group.

The leaders at his group made Seth's time an easy one. Since then I have seen Seth at Scout Hike and AJ2019 accompanied by great support group of Scouts and Leaders.

Even though Seth had survived these events I asked his Mum to fill in a support plan which the special needs team developed to help not only me but other Leaders in the host troop, to understand how to help Seth survive the NZ Jamboree.

Talking to his Mum before the Jamboree , she said that there was a little disappointment coming back from AJ2019 because Seth was restricted in what he was allowed to do. To this I replied, it wouldn't happen in NZ and it didn't.

Seth participated every activity his patrol did. Swimming, boating, rock climbing, abseiling, zip lining, shooting, archery, even playing his ukulele at the international night.

Scouts NZ accommodated everyone

I enjoyed the jamboree with Seth and so did the Troop.



EXPRESSIONS OF INTEREST

MENTAL HEALTH FIRST AID INSTRUCTORS

Scouts NSW is embarking on an exciting program to provide mental health first aid training to our members.

As part of the program delivery aspect, we are seeking and calling for **Expressions of Interest** for suitable candidates to be trained as **Accredited Mental Health First Aid Instructors in Teen MHFA and Youth MHFA**. Scouts NSW has up to 16 positions available for MHFA Instructors.

Successful candidates will be able to satisfy the selection criteria listed below to become a MHFA Accredited Instructor (listed below) and be prepared to attend a Mental Health First Aid Australia Instructors training course which involves a 5 day course, usually in Sydney.

Accreditation is an external qualification and subject to successfully completing the instructors training course and assessments undertaken by Mental Health First Aid Australia.

External Training Courses are scheduled for Sydney as follows;

Teen MHFA Instructor 28 September to 1 October, 2020. Youth MHFA Instructor 2 November to 6 November, 2020.

Successful candidates can expect to have their accreditation instructor training course expenses covered by Scouts NSW.

Ideally, we are seeking candidates from all Scouts NSW Regions to provide Mental Health First Aid training on a regional basis.

Expressions of Interest should include statements addressing the criteria below and a resume that outlines your experience, as well as your preference for either Teen or Youth Instructor.

If you believe you are able to undertake such a role, please forward your Expression of Interest to; mhfa@nsw.scouts.com.au

marked as PRIVATE & CONFIDENTIAL and titled, Mental Health First Aid Instructor.

Expressions of Interest will close on Friday, 31st July 2020 at 5.00pm.

SELECTION CRITERIA

MHFA Instructor training applicants need to demonstrate they meet the following selection criteria:

- 1. Good knowledge of mental health problems and their treatments.
- 2. Personal or professional experience supporting people with mental illnesses.
- 3. Respectful attitudes towards people with mental health problems.
- 4. Enthusiasm to deliver MHFA courses.
- 5. Excellent group facilitation and communication skills.
- 6. Knowledge of mental health services.
- 7. Good interpersonal skills.
- **8.** A business plan or organisational support to conduct MHFA courses.
- 9. Hold a valid Working With Children Check from your state / territory of residence.
- 10. Capacity and willingness to travel to train cross regions.
- 11. Willingness to participate in regular debriefings and skills development as part of the State MHFA Team.

Willingness to utilise your learned skills at major regional, state and national events.

 ${\it Expressions of Interest must be in writing, explaining clearly how you meet the Selection Criteria.}$



2020 JULY—AND COUNTING

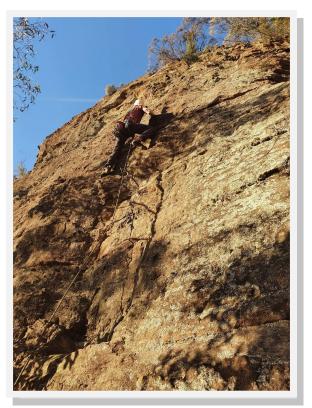
Rover

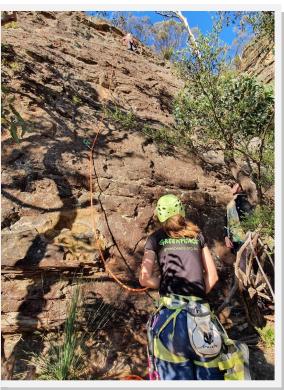
By Lucie Malone RRC PR Co-ordinator

s we crack halfway through a year that many would never have dreamed possible or even described as 'hellish', the Rovering community and its members continue to stay nothing but strong. Words like 'challenging', 'innovative' and 'creative' have instead emerged and can be actively seen throughout our programs, as the temporary, face-to-face restrictions failed to discourage the Sydney North Region Rovers. Instead, units chose to adapt to a new normal of both online and offline activities.



Traditional nights and program 'go-to's' were transformed, while an array of new favourites were similarly born. Craft nights across the region were common with the classic 'stitch and bitch' sessions turned digital. Bob Ross became a close friend as units embraced their creative side, painting and colouring a gallery-worthy collection. More and more master chefs emerged with bake nights frequenting the screens region-wide, not to mention the fabulous formal dinner parties from the comfort of one's own home. New skills were learnt, taught and shared, ranging from t-shit folding to the Swedish language, origami of all kinds and even a spot of DJing. While events, small and large, were repeatedly postponed, inter-unit nights and even inter-region nights online saw units continue to socialise among one another, drawing new connections stronger than ever.



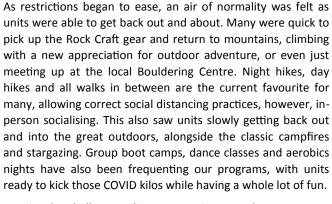


Turramurra—rock-climbing in Blue Mountains

2020 JULY—AND COUNTING (CONTD)



Forest—cleaning and mowing at the Barra Brui activities hall



Despite the challenges, this year continues to throw our way. The Rovers of Sydney North continue to thrive and strengthen more than ever. Physical distancing proved challenging at first, but the innovative mindset and creativity of our members meant Scouting could continue. We embraced the IN, but now are more than ready to embrace the OUT, with overnight restrictions lifting, allowing units to camp together and once again explore their adventurous nature. While a new version of normal still exists, we are so excited to see what the rest of 2020 has to offer, with overnight adventures, social events, moots and more, slowly resuming, yet; better than ever.



Epping—day hike to Jerusalem Bay



ALL ABILITIES - GREAT NEW NAME

Mel Howells—Scout Leader



ey there Scouting family! Just a word or two to update you on some changes to our Scout Group.

Firstly, some of you may know that our Group has changed from 1st Cromehurst to **Sydney North All Abilities Scout Group.** Yes, after a long hard decision was made to change our name, we then struggled to find a new name that better reflected who we are, what we do and how we operate. We are all excited about our new name and we have had some fantastic positive feedback about the change of name from both the scouting fraternity and the community.

Sydney North All Abilities is a Regional Scout Group offering scouting adventure, skills and fun to youth with special and additional needs. We are updating our skill set to the new scout programme, YPR and are excited about how the new one will allow our Scouts to achieve higher awards within the scout system. Our aim is to transition youth into mainstream scouting where possible or if the member wishes, stay with our group. The good news is that now we are able to accept siblings into our Scout Group which will make it easier for families that have more than one child.

Our group programme includes all scouting skills, activities and adventures that mainstream follow. We modify badge criteria to suit the Scout and address the personal goals for all our members. As scouting is about 'youth led', we encourage our members to be involved in programming, to try new activities, go beyond their own expectations and to learn leadership skills. Providing life skills for all our members is an important part of their scouting journey and enables them to better participate in society and become independent.

Our future aim is to grow our Scout Group from just Scouts to include Venturers. So if you are thinking of a change, try Sydney North All Abilities Scouts, we would love to have you on board with a great bunch of members, parents, supporters and leaders.

We have been continuing our meetings online via Zoom and currently learning Auslan and Key Word signing. We are all enjoying the online meetings as it is helping us to stay connected. We are versatile and love finding creative ways to meet the goals of our members.

If you know of any youth that would benefit from our Scout Group, please contact us. If you know of anyone or yourselves, that would like to join us as a Leader, do not hesitate to let us know. We have a new Assistant Scout Seader who has brought us lots of skills and youthfulness!

If your Scout Group would like to join forces for an activity, we'd love to have you! Happy scouting!

1-2 HARBORD-WE'RE OUT AND ABOUT



Scouts hike in the mud around Cromer bush



Joeys raft racing at Manly Dam





Scouts rubbish pick-up



Scouts night hike and fire at Manly Dam



Scouts night hike Manly to Curl Curl via 'The Tunnel of Death"!



Joeys/Cubs/Scouts—bush care at Curl Curl Beach

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1ST MOSMAN-DIGITAL DOOR DROP

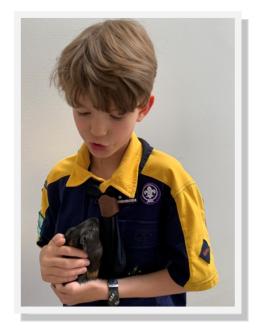
or years, Cubs from the 1st Mosman Scouts group have slogged Mosman streets, dutifully knocking on doors and rattling tins for the Salvation Army's Red Shield Appeal.

This year, with Covid-19 social isolation restrictions, the annual national fundraiser transformed into a digital door drop, forcing the Cubs to get a little more creative.

They each made a flyer introducing themselves, printed some out and delivered them into their own neighbours' letter boxes, by sanitised or gloved hand.

In just a few days, the enthusiastic band of girls and boys had raised an astonishing \$705.





Hello! My name is James, I am a Cub at 1st Mosman Scouts, and I live in Mosman. Here I am with my guinea pig, Mason.

Every year on this weekend, my Cub Scout group usually goes doorknocking in Mosman and Cremorne for the Salvation Army's Red Shield appeal.

Due to Covid-19, we cannot knock at your door this year - but you can still help us raise money for shelters for homeless people, families in poverty and protecting people from physical and mental abuse. <u>Could</u> you please donate to our page!



Hi! My name is Felix, I'm a Cub at 1st Mosman Scouts and I live in your neighbourhood.

Every year on this weekend, my Cub Pack usually door-knocks in Mosman and Cremorne for the Red Shield appeal.

With Covid-19, we can't knock at your door this year - but you can still help us raise money for shelters for homeless people, families in crisis and protecting people from physical and mental abuse. <u>Please donate to our page!</u>

Any donation is welcome and appreciated.

1. Go to: digitaldoorknock.salvationarmy.org.au/find-a-fundraiser

2. Type into the search box: 1st Mosman Scouts - Cubs

3. Follow the easy steps THANK YOU!

HORNSBY GANG SHOW SINGS ON

By Lauren Webb





or many of the cast, rehearsal teams, production team, and support departments Hornsby Gang Show has become a way of life and a welcome creative escape where new skills and friendships are built and renewed year after year. However, when the decision was made to cancel the 2020 show in accordance with Covid-19 restrictions, Director, Bec Canty, and her Production team were determined to keep the cast connected and engaged despite the difficulties associated with being unable to gather face-to-face. In response a range of opportunities were created for the cast, including Zoom meetups and quizzes, and a range of workshops put together to target specific performance skills. The first workshop was recently carried out by the singing team and involved teaching an array of vocal harmony parts to the cast via Zoom. This was a great success and led to the completion of a project which encouraged cast members to submit a video of their individual vocal parts which, when stitched together, created a beautiful video rendition of 'I'm Yours' by Jason Mraz. This video, and the incredible teamwork and communication displayed between the Cast, Singing Team, and Production Team, is a wonderful reminder of the connection and personal development that can be achieved in a youth led movement despite isolation and adversity. In the coming months the Cast of Hornsby Gang Show can also look forward to an Acting Workshop and a Dance Workshop, which will continue to provide them with a fun creative outlet while building important performance skills that they can take with them into the 2021 Gang Show season and beyond.

Watch the talented cast of Hornsby Gang Show sing *I'm Yours* by Jason Mraz here! https://youtu.be/KFOn5IoaaXo



Hornsby Gang Show - I'm Yours

We've been busy while in quarantine! With strict social distancing measures in place and a cancelled performance season, the cast of Hornsby Gang Show 2020 w...

youtu.be

CAITLIN EDEN AWARDED HER GREY WOLF AWARD

By Darren Heath

st Hornsby Heights Cub Caitlin Eden luckily managed to complete all the requirements of her Grey Wolf Award, including her hike along the Blue Gum Trail, in late February before our activities were restricted.

Caitlin loves a party, especially a Grey Wolf Presentation, so we had to hold off until we could get back together to celebrate. It was a slightly different presentation – held outside the Scout Hall, with individual cupcakes and food. It was a great celebration for Caitlin though and she was officially Invested in to Scouts on the same night.

Well done and BRAVO to Caitlin on her great achievement and we hope she shows as much enthusiasm and commitment in Scouts as she did in her 3 years in Cubs.



CONGRATULATIONS CAITLIN !!!

1ST LINDFIELD TACKLES THE GREAT NORTH WALK

ornsby to Berowra seems like a train ride away not a hike away. But for us scouts of 1st Lindfield it was. On a crisp Saturday morning on the 4th of July, I threw my much to heavy hiking bag in the back of my mum's car. Filled with only the essentials, or at least my essentials, about 15kg of my essentials. As I drove to Clarinda St in Hornsby, I saw my fellow scouts already there (almost) egging to leave, packs filled to the brim and standing around (COVID compliant) one of our Scout Leaders (Mark), ready to leave. I 'huddled' into the group listening to Mark talk to us about safety and whatnot. I grabbed a compass from the back of his car and off we went. We were split into two groups a 15-minute difference in effect as our group descended into the unknown.

We travelled to our first point, aware of our position on the map, or at least we thought we were. Grant, another Scout leader, was sceptical of our position and so after several consultations, we decided we were only at point 2 of 24, ouch. After several hours of hiking through beautiful bush and many encounters of people walking with *no* packs, we stopped for a lunch break at a nice little waterfall and proceed to dig in our packs. A lovely Nutella wrap was sufficient for me while others enjoyed their various meals, such as tuna wraps and sandwiches. Well, lets just say our bags were much lighter after lunch. While we were eating our meals, we got a surprise visit from a very adorable dog



who decided to join us on our walk. The rest of our walk was quite uneventful, just pretty scenery and lovely views. By the time we were at point 10 everyone was quite tired. We took a series of short breaks and made our way towards the campsite until we had a lost scout. It is ok we found him (I think). We found him and continued on our way to the campsite, feet, hips and ankles aching. (By now the groups had merged into one). At point 15 we were ready to die (our campsite, Crosslands Reserve, was at point 16), almost there, walking along the side of the river until we arrived, finally at our campsite. We threw our bags on the ground and lounged around on the soft grass waiting

By Ari Dixon

for the adults to arrive – slowpokes.

We found a suitable area to set up a campsite (we were camping there as separate families that night, as the Troop couldn't be on an overnight activity), but before we set up camp Mark congratulates on completing Day 1 of the hike and gives us some tips on what to do next time. Everyone then sets up their tents and prepares to cook dinner (keeping our social distancing), an assortment of foods was on the bench, from curries to stews to butter chickens, we all ate our dinners enjoying our meals and straight away I was ready for dessert. After dessert we got ready to light the fabled scout fire, we sat around for hours talking and laughing until we were ready to sleep, we had a huge day ahead of us.



After a freezing night's rest in what felt like sub-zero temperatures, we were ready for the next Scouting day. Bodies full of breakfast and shoes (mostly) dry we were off for our second day of hiking. We exited the camp at around 8:30 am and we made our way towards the 17th point on our map. We walked along a creek/river near mangroves.

It was an uneventful walk, but still, there was plenty of whinging. We knew there was a steep inclination coming ahead so we rested, preparing ourselves for the journey ahead. Then we walked up the hill, step after step, backs, hips, legs and feet aching. We didn't talk much as we were too tired. Finally we got to the top of the hill, only to find that after a few 100 metres there was a much harder one to conquer again. But very slowly and painfully we got to the top of this treacherous beast. The rest of the hike was smooth waters, easy, flat and enjoyable. We laughed and talked all the way to Hornsby Station where we sat and waited, (not after we took a wrong turn), but we got there sore and tired and I am sure that everyone enjoyed themselves.



Imagine your child having to miss out on this fun

Well, some do!



Scouts NSW has established the Family Support Fund to ensure youth from families of financially disadvantaged backgrounds or who are experiencing financial stress can participate fully in Scouting.

For more information or to make a donation, go to: https://www.nsw.scouts.com.au/familysupportfund/

DISABILITY INCLUSION e-CONFERENCE

We're hosting a series of online disability inclusion sessions to consider how we can make Scouting (and Guiding) more inclusive for all the communities that we serve.

Join us online for a festival of ideas to strengthen disability inclusion within Scouting. Eight online Zoom sessions will be held between Tuesday 28th July and Saturday 8th August. Topics will include:

- Understanding anxiety
- Reasonable adjustments for Achievement Pathways
- Practical strategies for inclusive Scouting
- Sensory awareness
- National Disability Insurance Scheme (NDIS) and Scouting
- Showcase of successful disability inclusion
- Q&A discussion on 'burning issues'

Sessions are open nationwide and designed for youth leaders and supporters from all sections.

To express your interest, please complete the Google form at the link below:

https://forms.gle/vGt87niYai9EebeX7

Once received more details and registration links for each of the eight Zoom sessions will be sent.

Editorial

Please send submissions for Compass whenever you have something ready. If you miss the current edition we will hold it over for the next one. We are very pleased to receive fantastic articles submitted by a growing number of our youth members. The attention to detail and the quality of their writing is outstanding—keep them coming.

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