



Aragón Express

January 2012

Welcome to 2012, Aragón is beckoning!

Numbers

We closed our books on 31st December with something of a sense of relief. Interest in our expedition to Aragon has been extremely high and we were starting to wonder if we would be able to accomodate all those wishing to come!

The headcount: we have 105 Explorer Scouts, 7 Scout Network members and, by the time we have finalised the leader team, around 40 Adult Leaders, 150+ !

We have managed to confirm ferry bookings for 14 MPVs and their passengers, a further group will be driving down through France with the camping equipment and activity kit; kayaks, canoes, bikes, etc.

Important Dates for your diary!

Friday 10th February; Final date for returning D of E forms (see below)

2012			
January	February	March	April
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May	June	July	August
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September	October	November	December
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April; Commence canoe/kayak training

Sunday 1st July; Final Briefing, Parents & Participants

Sunday 12th August; Depart for Aragón 2012

Sunday 26th August; Arrive back in Berkshire



Important Newsletter News!

Since the last newsletter the mailing lists have been revised so it is very important that we know that everyone who should be getting a copy is getting one.

If you are a PARENT please check that your child is also getting the e-mail

If you are a PARTICIPANT please check that your parent is getting the e-mail

IF NOT, please e-mail bill.carter@berkshirescouts.org.uk with details and we will sort it out.

Important Expedition stuff!



In view of the much larger number of participants this time and the limited number of qualified assessors available we will have to do some careful planning in order to meet our objectives. Consequently we need to know which participants wish to carry out a D of E expedition and at what level as soon as possible.

If you wish to do a Silver or Gold D of E expedition or equivalent Scout Award you must fill out and return the **Aragon 2012 Expedition Questionnaire** by Friday 10th February. There is a copy that you can print off and mail at the end of this newsletter or, preferably, there is a Word document on the website that you can download and e-mail, see <http://www.berkshirescouts.org.uk/files/aragon2012/DofE.doc>

Health and Travel Insurance

European Health Insurance Card



You will need to have a European Health Insurance Card (EHIC). This provides evidence of your entitlement to treatment, if required, within the Spanish National Health Service. If you don't already have a card or you need a new one (check the expiry date) go to the Department of Health website <https://www.ehic.org.uk/Internet/home.do> and fill in the online form; your card should arrive in about a week. The card is FREE, avoid any site that makes a charge for applying for you!



Health and Travel Insurance

In addition we will be arranging health and travel insurance with Unity Insurance Services, a wholly owned subsidiary of The Scout Association.

A summary of the health cover (in addition to that provided under the EHIC) is as follows:

- Personal Injury - up to £5,000
- Medical and Emergency repatriation expenses - up to £10,000,000.
- Hospital stay benefit abroad - up to £400

The main items covered in the Travel section of the policy are as follows:

- Personal Belongings - up to £1,000 (limit of £250 for valuables/£250 any one article, pair or set)*.
- Money - up to £1,000 for Scout Party leaders, £200 for other Insured Persons aged 16 or over and £150 if aged 15 or under
- Credit Card Misuse - up to £1,000
- Loss of Passport - up to £1,000
- Disruption - up to £1,000 for any one journey (maximum £75,000 for all Insured Persons any one Journey)
- Travel delay - up to £60
- Missed Departure - up to £500
- Personal Liability - up to £2,000,000

Please note the limits on personal property; think carefully about bringing items such as digital cameras, phones, etc. that might exceed the values above.

You can find the key facts on the Unity Insurance Services website <http://www.scoutinsurance.co.uk/>

This Months Spanish Recipe

Since the time of its discovery, the Spanish have been *obsesionados* (obsessed) with chocolate. Chocolate drinking establishments are called **Chocolaterias** and serve the sweet, rich beverage, with cakes and pastries as an accompaniment. So enamoured were the Madrilenos with the drink that they asked the Pope to change the rules of fasting to exclude chocolate!



Berkshire Scouts Activity Expedition to Spain

Churros con Chocolate is the traditional breakfast in Spain. This style of hot chocolate can be extremely thick, often having the consistency of warm chocolate pudding.

Luscious Spanish Hot Chocolate

(Selfish indulgence, serves one)

- 250 ml whole milk
- 1 Tablespoon cornstarch
- 2 Teaspoons Dutch-processed cocoa powder
- 1-2 Tablespoons of sugar (or less if you prefer)
- pinch of salt
- a drop vanilla extract
- 35-50 g semi-sweet chocolate, chopped



Directions

1. Pour the 200 ml of milk into a small, heavy-bottomed saucepan.
2. In a small bowl, combine the cornstarch, cocoa powder, sugar, and salt. Add the remaining milk to form a smooth paste.
3. Heat the milk over medium heat and add cocoa mixture just before the milk boils.
4. Allow to boil gently, stirring constantly for one minute or until slightly thickened.
5. Remove from heat and stir in vanilla and 8 ounces of the chocolate. Stir until chocolate is completely melted and combined. Add more chocolate, little by little, to taste.
6. Relax and enjoy, with a churros for the true Spanish taste!

For those of you who need their chocolate fix to be quick and easy we have the following alternative recipe:



Easy Thick Spanish Hot Chocolate

- ½ pint/285ml milk
- 1 tbsp cornflour
- 1-2 tbsp sugar
- 2-3 tbsp cocoa powder (The better the quality, the better the taste)

1. Put all the ingredients in a saucepan and heat, whisk continuously.
2. As it comes to the boil it will become thick and creamy.
3. Zap any lumps with a hand blender.
4. Taste and add more sugar if required.
5. Pour into small teacups and serve.
6. Repeat 6 above!

Note:

Alternative sweeteners may be used: honey, brown sugar, cane sugar etc. You can also spice up your hot chocolate by adding a sprinkle of cinnamon, coffee granules, vanilla or maybe a pinch of chilli!

And for a low fat version you can skip the churros, donuts or cake (but why would you?)

Literary Corner

This month we are going visual with the suggestion of a quiet night at home with a DVD.



The Way

Martin Sheen, James Nesbitt Deborah Kara Ungar, Emilio Estevez

Director: Emilio Estevez,

The Way is a powerful and inspirational story about family, friends, and the challenges we face navigating this ever changing and complicated world. Martin Sheen plays Tom, an irascible American doctor who comes to St. Jean Pied de Port, France to collect the remains of his adult son (Emilio Estevez), killed in the Pyrenees in a storm while walking El Camino de Santiago, also known as The Way of Saint James. Tom decides to embark on the historical pilgrimage to honour his son's

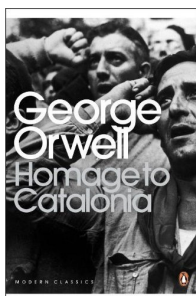


Berkshire Scouts Activity Expedition to Spain

desire to finish the journey. What Tom doesn't plan on, is the profound impact the journey will have on him and his "California Bubble Life". Inexperienced as a trekker, Tom soon discovers that he will not be alone on this journey.

This is a moving story set in a fantastic setting: the Spanish mountains. The story takes us through countryside very similar to where we will be spending our 2 weeks. El Camino Frances, has 4 branches one of which passes through the Pyrenees in a neighbouring valley near Jaca.

For December we suggested some non-fiction:

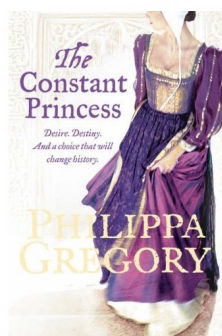


Homage to Catalonia

by
George Orwell

This book tells the story of Orwell's time fighting for the Republican side during the Spanish Civil War from late 1936 through 1937.

In October we suggested something for the historical romantic:



The Constant Princess

by
Philippa Gregory

A splendid and sumptuous historical novel telling of the early life of Katherine of Aragon.

If you have a favourite book or film with a Spanish connection let us know and we will add it to the list so others may share your enjoyment.

Need to get some kit? Give Cotswold a try



Cotswold Outdoor and The Scout Association have teamed up to offer Members some special discounts.

20 per cent off for leaders

15 per cent off for youth members

To obtain the discounts, leaders need to show their appointment card, whilst Explorers will need to bring along their Scout scarf (or their Explorer Leader!).



Berkshire Scouts Activity Expedition to Spain

Useful Links!



Passport Information: www.direct.gov.uk



European Health Insurance card: www.ehic.org.uk



Duke of Edinburgh's Award: www.dofe.org

Our Website: www.berkshirescouts.org.uk/aragon2012

Our Campsite, Morillo de Tou: www.morillodetou.com

The Scout Association: www.scouts.org.uk

Unity Insurance Services: www.scoutinsurance.co.uk

Payment Schedule

Our preferred option is:

£50.00 Deposit with Confirmation,
£100.00 per Month, December through June

Payment options

- Cheque (payable to Berkshire Scouts Expeditions)
- Electronic Transfer (see bank detail below)

Please use the participant's name as reference on electronic transfers or write it on back of cheques.

Electronic Transfers to:

Bank Barclays, Newbury
Account: Berkshire Scouts Expeditions
Acct No: 40801607
Sort code: 20-59-14

If you have any questions regarding Administration and finance then please contact: bill.carter@berkshirescouts.org.uk

To contact the Management Team:

General enquiries: aragon2012@berkshirescouts.org.uk

Expedition Website: www.berkshirescouts.org.uk/aragon2012

Facebook page: Berkshire Scouts Aragon 2012



Berkshire Scouts Activity Expedition to Spain



Aragón 2012
Expedition
Questionnaire



Please complete and return to bill.carter@berkshirescouts.org.uk by Friday 10th February at the latest.

Name: _____

Unit: _____ District: _____

Explorer Scout Leader: _____

Are you registered for DofE: _____

Through which organisation:
Scouts/School/Other _____

Award Levels Completed: _____

Expedition Level requested:
Silver/Gold or Queens Scout Award _____

Already in an expedition group with others also going to Aragon? _____

If so, who?

Member 1: _____

Member 2: _____

Member 3: _____

Member 4: _____

If not, don't worry, we will help arrange a group for you.

E-mail to: bill.carter@berkshirescouts.org.uk

OR

Mail to: Berkshire Scouts Expeditions, 52 Loosen Drive, Maidenhead, SL6 3UT

