



Issue 2 February 2010

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**Important Dates for your diary**



**Thursday, 18<sup>th</sup> March – D of E Meeting**

This will be a meeting for ALL those who plan to complete a DofE expedition, at Bronze, Silver or Gold level, whilst in France. The meeting will set out the mandatory requirements and expectations of those taking part and will finalise expedition groups and methods of travel, i.e. walking or paddling.

If you are already registered with the D of E scheme, you should bring your record book with you. If you have yet to register, please do so as soon as possible; you can download the registration form from the following link.

[www.berkshirescouts.org.uk/files/file/DofEARegForm0109.pdf](http://www.berkshirescouts.org.uk/files/file/DofEARegForm0109.pdf)

**Location:** Wokingham Waterside Centre [www.wokinghamwatersidecentre.com](http://www.wokinghamwatersidecentre.com)

**Time:** 7:30 pm

**Sunday, 11<sup>th</sup> July – Final Briefing Meeting**

There will be a final briefing meeting for participants and their parents. We will be explaining the departure and return details, confirming your contact details during the event and outlining essential communications procedures.

**Location:** Boyne Hill Altwood Scout HQ, Maidenhead [www.bhascouts.org.uk](http://www.bhascouts.org.uk)

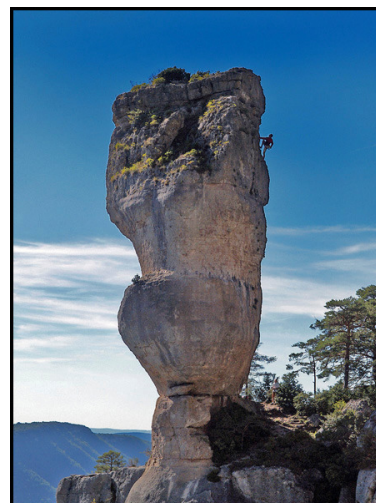
**Time:** 11:00 am

## Expedition Training Programme



Canoe and kayak training will start after Easter, at the Wokingham Waterside Centre, once the water is a bit warmer. Hillwalking training will be arranged for those doing their D of E expeditions on land; again, this will be after Easter.

The training programme will be outlined at the D of E meeting on the 18<sup>th</sup> March, (see above) and will be listed in detail in next month's newsletter.



## Help! I don't speak French!

[Pronunciation of the phrase is in brackets]

What is this? – **Qu'est-ce que c'est?** [kais-ker say]

What time is it? – **Quelle heure est-il?** [kail err ay-teel]

It is... – **Il est...** [eel ai]

Quarter past ten – **dix heures et quart** [dee-zerr ay kahr]

Quarter to eleven – **onze heures moins le quart** [on-zerr mwan ler kahr]

Half past eight – **huit heures et demie** [weet err zai der-mee]

I've lost my bag/wallet – **J'ai perdu mon sac/portefeuille** [jay pair-dew mon sahk/mon pohrt-fey]

## Health Matters

No special jabs are required for France but please ensure that you are up to date with the basics, particularly Polio and Tetanus.

**Polio:** You should have been immunised as a young child with a booster during your early teens; please check that you've had that booster.

**Tetanus:** This injection is now commonly combined with Polio so if you're up to date with Polio, you should be ok with this.

Berkshire is one of the 'hot spots' for tetanus and taking part in Scouting activities renders you vulnerable to this soil borne disease.

**Note for Leaders:** Both of these require booster jabs to ensure continued immunity, if it's more than 10 years since your last jab you should consider having a booster.

## Explore Zone

In between the planned activities you will have the opportunity to choose from a range of activities from the Explore Zone. These options will be varied and include cultural visits, organised tournaments, extreme adventures and chill out sessions. There will be an additional charge for the adventures and some elements of the cultural visits. Full details will be made available to you before you sign up for your chosen Explore option each day. Each edition of Massif News will feature a couple of the proposed activities. This month we are featuring Canyoning and Petanque.

**Canyoning** – Sometimes referred to as Gorge Walking, this experience will take you along the Tarn Gorge, in a wet suit (provided), over mini rapids, along the gorge face and jumping into deep rock pools. You will swim, scramble and slide your way along this exciting 2 hour course. This experience is available to suit a range of abilities – we hope to offer both extreme and “slightly” tamer options. Expect cold water and bring your own swim wear and water shoes (or pumps that can get wet). We expect this activity to cost in the region of 40 euros per person.



**Petanque** – is played all over France by people of all ages. It is extremely simple, just like horseshoes. There's a target, and you have to get your ball as close to it as possible. What makes it so appealing, is that you can be way ahead for a while, yet lose a second later because nothing is decided until the last player plays the very last boule. It is a relaxing game and is played with the attitude “if you don't win today, you'll win tomorrow, or next week or next year ...”. We will organise a lazy, team based, Petanque tournament during our stay for you to enjoy over a long, cool drink!

## Meet the Leader Team

Each month we feature a short profile of a member of our leader team.

### **Nick Green – Deputy Expedition Leader (Programme & Activities)**



My name is Nick and I am County Scout Network Commissioner here in Berkshire. For Massif20-10, I am responsible for organising the wide range of activities that you will be able to enjoy during our expedition next August.

I am a Sergeant with the Metropolitan Police, stationed in Ealing and I live in Warfield with my wife, Melissa, who works at Scout Association Headquarters, Gilwell. As

you can probably guess, Scouting tends to dominate much of our lives! I enjoy travelling, the photo is from a recent trip to Egypt, and a wide range of outdoors activities.

Over the past few years, I have been involved in a number of major International Scouting events including the 2007 World Scout Jamboree on Brownsea Island, where I was a member of the Diversity Team, and Wings 2009 where I was a Duty Officer, responsible for Safety and Security. I was also part of the leadership team of our last Berkshire County Expedition, Alps2008.

I am really looking forward to Massif20-10 and the opportunities and challenges that it will bring. It's excellent that, in addition to all those of you joining us for the first time, we are welcoming back so many of you who joined us in 2008.

See you all at the training sessions and then, for the big one, in August.

## Payment Details

A reminder of the payments schedule:

£50.00 with confirmation

£100.00 per month; January thro' June

By mail to:

Massif 2010, 52 Loosen Drive, Maidenhead, SL6 3UT

Cheques payable to: Berkshire Scouts Expeditions

By electronic transfer to:

Barclays, Sort Code: 20-59-14

Account Name: Berkshire Scouts Expeditions, Acct No: 40801607

Please use the participants' name as a reference and advise by e-mail to

[bill.carter@ukgateway.net](mailto:bill.carter@ukgateway.net)

## **Useful Links**

The Berkshire Scouts website [www.berkshirescouts.org.uk](http://www.berkshirescouts.org.uk)

The Berkshire Scouts D of E page

[www.berkshirescouts.org.uk/index\\_nav.php?cat=activities&sub=dukeofedinburgh](http://www.berkshirescouts.org.uk/index_nav.php?cat=activities&sub=dukeofedinburgh)

The Duke of Edinburgh's Award Scheme website [www.dofe.org](http://www.dofe.org)

Check out our campsite at [www.campinglesrivages.com](http://www.campinglesrivages.com)

For passport information go to the main Government portal [www.direct.gov.uk](http://www.direct.gov.uk)

For European Health Insurance Card information go to the NHS website at

[www.ehic.org.uk](http://www.ehic.org.uk)

For details of our Scout travel insurance go to Unity Insurance at

[www.unityins.co.uk](http://www.unityins.co.uk)

**For any comments, questions or feedback on this newsletter please  
e-mail [bill.carter@ukgateway.net](mailto:bill.carter@ukgateway.net)**