



Issue 3 March 2010

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Important Dates for your diary

Sunday, 11th 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

Time: 11:00 am

Expedition Training Programme



Canoe and kayak training will start on Monday 12th April and will continue every other week for 8 sessions; times will be 6:30 - 8:30pm.

There will be 2 training weekends, 26th/27th June and 10th/11th July.

- 12th April, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 26th April, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 10th May, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 24th May, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 7th June, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 21st June, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 26th-27th June, Expedition training, details TBA
- 5th July, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre
- 10th-11th July, Expedition training, details TBA
- 19th July, 6:30pm, Canoe/Kayak training, Wokingham Waterside Centre

Wokingham Waterside Centre, Thames Valley Park Drive, RG6 1PQ
www.wokinghamwatersidecentre.com

Help! I don't speak French!

[Pronunciation of the phrase is in brackets]

I am a Scout – **Je suis un scout.** [jer swee ern skoot]

Where is/are...(the toilets)? – **Ou est..(les toilettes)?**[oo ai..(lay twahlait)]
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When? – **Quand?** [kan]

What? – **Quoi?** [kwah]

How? – **Comment?** [koh-man]

Which? – **Lequel?** [ler-kail]

How long will it take? – **Il y en a pour combien de temps?** [eel-yohn-al
poor kohm-byern der tan]

And...

Try this French tongue twister!

Un chasseur sachant chasser sans son chien est un bon
chasseur.

Meaning: A hunter who can hunt without his dog is a good hunter.

Health Matters

In this section, this month, we would like to introduce an important member of our leader team, Lynn Palfrey. Lynn is a Community Pharmacist whose role routinely involves advising young people on a wide variety of health matters and concerns. With three teenagers of her own, she is well aware of the everyday problems they face. In addition, Lynn is a warranted Scout Leader and an open canoe coach.

If you are a parent concerned about specific aspects of your child's health care or, perhaps, the conditions in which their medication must be stored whilst we are in France, please feel free to talk it through with Lynn.

If you will be joining us in France and have any personal health concerns, either prior to leaving, or whilst we are there, Lynn will be happy to help.

To contact Lynn please send an e-mail with your phone number and suggested contact times to lynn@palfs.net and she will call you back.

Save money on your kit!



If you are registered for the Duke of Edinburgh's Award Scheme then you can save serious money on your kit purchases at Cotswold Outdoor. D of E participants receive a partnership card with their Record Book Pack. The card is valid until 19 May 2013 and entitles you to 15% off all full price purchases.



The official DofE kit lists can be found at www.dofe.org/go/expeditionkit/

The Highest Bridge in the World ... taller than the Eiffel Tower



About 1,125 feet at its highest point, it exceeds the spires of Notre-Dame in Paris. It is supported by piers up to 787 ft tall, and is made of over 3 million cubic feet of concrete and 36,000 metric tons of steel. The viaduct is held in place by 7 steel pylons 295 ft tall each, that give one the impression that it is hanging in the air. Enough numbers, they are as likely to cause vertigo as crossing the bridge !

Designed by British architect Norman Foster it took more than 500 workers from all over Europe to achieve this project. All criteria was carefully studied for the viaduct to withstand possible seismic activity and extreme meteorological conditions for centuries to come. The viaduct opened to traffic on December 16, 2004, 3 years to the day after the first stone was laid. Since then, it has welcomed up to 8,000 cars a day. The spectacle is extraordinary, as much for its grandiose scale as for the beauty of the landscape that reveals itself as you cross over this true work of art. It is a new iconic French image and is well worth the detour. We will make sure that you have the chance to witness it for yourself.

The King of cheese

France is well known for its smelly cheeses and we have the chance to camp next to the king of all. The first cheese to receive an AOC, though it is not the smelliest, it is well worth a visit and a taste.

Casanova supposedly said, "Roquefort was an extraordinary food with quasi-magical properties capable of restoring love or taking it to maturity". Indeed, legend has it that love was at the origin of the cheese. A young shepherd, left his flock and lunch to follow a beautiful young girl.... Want to know how the story ends and how lunch became smelly cheese? All will be revealed with a visit to the caves and the village of Roquefort. Be sure to wear a coat for the visit. The caves are constantly at a cool temperature below 9C!



For a place with an international name, Roquefort remains humble: a simple hamlet, with fantastic views over the nearby rocky Causses. To get into the mood, why not treat your family to a taste of France with the following recipe.

Cookery Corner

Pasta or gnocchi with walnuts and creamy Roquefort sauce

Serves 4

Ready in 10 minutes !!!! This is posh fast food.

Ingredients

1. 500g of pasta (linguine, penne, fusilli... your choice) or gnocchi, ready made potato dumplings available next to the fresh pasta.
2. 100g walnut pieces
3. 400ml of crème fraîche
4. 120g blue cheese (such as Roquefort or Gorgonzola), cut up



Optional, choose what you fancy:

- 2 spring onions finely chopped
- a handful of chopped parsley
- a handful of rocket or baby spinach leaves

Method

1. Cook the pasta according to the packet instructions.
2. Meanwhile, toast the walnut pieces in a non-stick pan over a high heat for 1-2 minutes, tossing occasionally until fragrant. Be careful not to burn.
3. Put aside.
4. Add crème fraîche to the pan and lower the heat to medium.
5. When it bubbles, stir in the blue cheese and heat until just melted. You can add the blue cheese gradually, testing to see how strong you want the taste to be.
6. Remove from the heat, toss with the pasta and chosen green bits and season to taste. You can add more cream if you find the taste too strong.
7. Serve and sprinkle with chopped nuts.

Meet the Leader Team

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

Ian Kirkham – Hillwalking and Climbing



Ian, in a favourite spot, high in the hills

A relative newcomer to Scouting, I joined as a Scout leader 10 years ago to support the group my children had joined. I followed my children through to Explorer Scouts and on to my current role as DC for Reading Central.

During that time, I have used my love of the outdoors and, in particular, my strong interest in hillwalking and climbing to encourage others.

I was a part of the leader team for previous county expeditions to Spain in 2006 and the French Alps in 2008, organising the climbing and Via Ferrata.

Besides the climbing and hillwalking, I have always enjoyed the practical scouting skills such as pioneering and camping.

For a living, I am a research and development engineer working for Ingres Corporation in their DBMS team; it's best not to ask what that involves as it avoids having to extricate oneself from a long and painfully boring explanation.

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

Useful Links

The Berkshire Scouts website www.berkshirescouts.org.uk
The Berkshire Scouts D of E page
www.berkshirescouts.org.uk/index_nav.php?cat=activities&sub=dukeofedinburgh
The Duke of Edinburgh's Award Scheme website www.dofe.org
Check out our campsite at www.campinglesrivages.com
For passport information go to the main Government portal www.direct.gov.uk
For European Health Insurance Card information go to the NHS website at www.ehic.org.uk
For details of our Scout travel insurance go to Unity Insurance at www.unityins.co.uk

**For any comments, questions or feedback on this newsletter please
e-mail bill.carter@ukgateway.net**