



DC's Column

Hello to everyone. I do not have much to report this month, mainly due to the fact I have been away for most of it. But I must relay a story, so if you are sitting comfortably, I shall begin.

There I was sitting on an island just off the coast of Africa doing my best impression of a red whale lying next to the pool with a glass of "orange" in my hand when it happened..... "Hello" said a voice, I looked up and there it was standing in front of me, an Explorer Scout from the UK. Of all the hotels in all the world, I had to choose the one with an Eastbourne Explorer Scout on holiday with his family. This just goes to show that you can never let your guard down, even when hiding in Tenerife!

The Cub skills day went well and all the reports are GOOD, Cubs and leaders both learning Scouting together. Thanks to Tracey and leaders from all Groups for putting on another great event.

May has some events both at District and County level that I am sure you are going to enjoy, so let us hear your views and write in to the newsletter with your comments. Thanks, Clive.

Clive Hatcher (DC)

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Adult Training

Getting Started Completed:

Paul Koc - Assistant Bandmaster, Kingfisher Band

Training

There have been some comments passing around that there are not enough courses being put on, especially for First Aid and Child Protection. To date, for 2008 there are

6 full Child Protection courses and 3 Child Protection refresher courses set (3 have already gone) and 3 full First Aid courses and 5 First Aid refresher courses listed with two more just being confirmed. I think the biggest problem is that people seem to be leaving booking modules or training sessions until the last minute and then wonder why they can't get on them! It has always been stated verbally and many times within my section of the District Newsletter that you need to book early to guarantee a place and in some cases to make sure a module is not cancelled. Also, we are finding that people are booking on courses and then not turning up. This is particularly happening to the First Aid courses, which wastes places for people who could have attended.

It is not just myself, as the LTM, that is responsible for keeping records of leaders training that needs to be updated, like CP or First Aid. Each individual should have your own record and your GSL / GC should also have a record. It only takes a phone call or an email to find out when things expire. Please take this into consideration before complaining that there are not enough courses available, and, importantly, please plan ahead.

Module 16

Yet another good module with some 20 or so people on the course held at Bushy Wood. The themes this year included Harry Potter, Pirates, Christmas & Disney, which made the Saturday evening meal different. Well done to all those who took part and joined in the spirit of things and hopefully a few more will enjoy the experience next year.

Module 18

To those of you who need this module - just a reminder that it is being held at Bushy Wood on 27th September 2008. This is an all day course. It may seem a long way off but time flies by so book on it now.

Gordon Titherly (LTM)
01323 508402

Acorn Hike

The Eastbourne District Acorn Hike is running again this year on the 28/29th June, organised by myself and Marc Fallon(11th Eastbourne GSL). As you all know it is a competition that requires a lot of volunteers to run it. We need some help to set up on the Friday evening, mark the camping skills on the Saturday evening and clear up on the Sunday, and if anyone can help run a checkpoint on the hike, please contact me with the days/times that you would be able to help. Please pass this on to anyone who does not receive a newsletter. Many Thanks.

Graham Clark (SL - 23rd Eastbourne)

clarkgraham@sky.com

District Scout Shop

A big thank you to everyone who has supported the District Shop during the last year. I am pleased to tell you that, having paid back our set up loan last year, we have now given £1500 to the District. We have asked that this money goes towards the cost of new climbing facilities at Bushy Wood. Many of you will have seen the Adventure Equipment Catalogue which came with the latest Scouting Magazine. The prices for tents and other camping equipment are very competitive and we can also give Groups a 10% Discount on these prices. Due to lack of space (have you seen the size of our store cupboard?) we cannot stock camping equipment but are happy to order items for you. Remember that, unlike commercial shops, all our profits will benefit Scouting in Eastbourne.

Maggie Collins (Shop Manager)

Tel: 01323 504334

Directory Amendments

Tony Bremer - ACSL 1st H/Park.

Address changed to :

22 Coleridge Walk, Eastbourne, BN23 7QJ. 'Phone unchanged

Peter Wood - GC 23rd Eastbourne.

email address changed to:

a.wood267@btinternet.com

No need for Confusion!

On behalf of the "2010 Committee", I have been asked to respond to Simon Bremer's enquiry in last month's issue regarding the centenary of Eastbourne District and our celebration of it. I am, of course, only too pleased to clarify the position. Eastbourne District Scout Council was formed in October 1909 and was Warranted on 20th June 1910.

So, whilst it is true that the year 1989 was the 80th year of formation, the actual anniversary was not until October, which was why a special Service (led by the Bishop of Lewes) was held at Holy Trinity Church in October 1989 to celebrate. However, as we feel that October would not be a very good month for a celebration camp of the magnitude we are planning, we decided instead to opt for celebrating the centenary of our District in June 2010, not only because that will be our "official" Birthday, but also because we hope the weather may be a little more clement. I hope this puts everyone's minds at rest.

Frank Woods (ADC GD)
01323 504870

Eastbourne District Scout (Fellowship) First Aid Team

Well with the summer nearly upon us, yes I know it is still spring, but as the days are getting warmer we thought we would start a short, series on common First Aid complaints and their easy prevention and treatment. The first of this series will be focused on sunburn, you may now see the link with the opening sentence!

Many of you have been on First Aid courses and First Responses run by the EDSFAT training coordinator, Ian Lewis and, as he states, sunburn is one burn that is totally preventable and as leaders we should not allow our young people to suffer from it when in our care.

As most people will know it is easily preventable. As Scouts it is difficult to prevent ourselves going outdoors, that is what Scouting is about, but there are things we can do to make it safer. The first prevention is to cover the skin so it is not directly exposed, be careful here as many light weight,

cool feeling fabrics still let some of the harmful UV radiation reach the skin. The second prevention is to apply a suitably high factor sun cream to all exposed areas. Any factors less than 12 offer very little prevention. For our young people, outside for most of the day, factor 20 and above are more appropriate. You can get factor 50 cream that does not leave any white, allowing the young people to keep their carefully controlled appearance whilst still getting protection!

One thing that is most important with sun cream is that applying it once is not enough, depending on the factor applied you may need to reapply every 2 hours, this is what catches most young people out, REMIND THEM TO REAPPLY. Always reapply after watersports, even if the cream says it is water resistant.

Always remember that sunburn can also happen on cloudy days, especially when doing watersports. The water reflects what little UV radiation is getting through the cloud. (Applying sun cream to prevent windburn is also good practice as it acts as a barrier cream.)

Let us hope for the sun this summer but also for a sunburn free summer. Remember, COVER UP, APPLY AND REAPPLY.

The treatment is similar to all burns in that the affected area should be cooled. For anything severe medical attention should be sought.

More information can be found on the NHS Direct Website at:

<http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=355>

If you have any comments or suggestions of other areas you would be interested to hear about please do not hesitate to contact us.

www.edsfat.org.uk
scout_team@hotmail.com

EASTBOURNE SCOUTING NEWS

The deadline for contributions for the June edition is 21st May

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Overland Hike

Congratulations to the five Scouts from the Eastbourne District who entered the 2008 Overland Hike. Nathan, Liam, Kurtis, Lewis and Sam, all from 1st Willingdon, first had the task of deciding which of them was going to volunteer to join up with three scouts from 14th Brighton to make up a team instead of walking with friends. Sam stepped forward straight away (he's like that) and agreed to do it. The remaining four were doing well in the event until the penultimate stage of day one when the light had all but gone... I'm told that they were just about to work out where they were when they came across another group in trouble (who were also lost) and stopped to help them. The organisers later praised their actions in responding to the emergency by setting up a tent, getting everyone warm and summoning help, but unfortunately all of this meant that they were out of the competition. Sam, on the other hand, walked with the team from 14th Brighton, made some new friends and managed to achieve 5th place in the competition – a fitting reward for his selfless volunteering. For a "scratch" team taking part in the event for the first time this was a fantastic result. I just know they're all itching to take part again next year as Explorers. Well done all!

Andy Cole, SL 1st Willingdon

District Diary

- May 10 CS Oakleaf Hike
- May 11 BS Bronze CSA Reception
- May 12 SLs Meeting – 19.30
- May 12 CSLs Meeting – 19.30
- May 14 Fellowship AGM – 19.30
- May 14 Appointments – 19.30
- May 17 County CS Activities Day
- May 17&18 Bushy Wood Working W/E
- May 19 GSLs/Commissioners – 19.30
- May 25 Mayor's Parade
- Jun 2 Bushy Wood Mangemt – 19.30
- Jun 5 Awards Panel Meeting – 19.30
- Jun 6-8 Cub Scout District Camp
- Jun 9 District Executive Meeting- 19.30
- Jun 12 ES Team Meeting – 19.30
- Jun 16 Appointments – 19.30
- Jun 28/9 Scout / Explorer Sct Acorn Hike
- Jun 28/9 Gilwell 24 (Explorer Scouts)
- Jun 29 Cool Dude Day (Beaver Scouts)
- Jul 3 BSLs Meeting – 20.00
- Jul 7 District Team Meeting – 19.30
- Jul 7-11 Football Heats (Scouts)
- Jul 11 District Social + AGM - 19.45
- Jul 12 Football Final (Scouts)