

AREA EXPLORER CAMP

The 2008 Explorer/Network Camp will take place on the weekend of the 17-19th October. The weekend will be based at Llangorse Lake. The Friday and Saturday night will have a disco. The Saturday will have 3 two hour activity sessions doing, canoeing, kayaking, bellboating and rafting. The session will be based on your skills so you will not be taught the basics if you already know them. The Sunday will be based on team challenges. The cost is £35 which includes transport, food and all activities. All money needs to be in by 3rd Oct.

SUMMER HOLIDAYS

I hope you all have a fun and safe summer holiday and look forward to seeing you all back at explorers in September.

DIARY DATES

Day	Date	Event	Where	When	Cost
Sunday	14/9/2008	Young Leaders Training	The Hub	10.30-5pm	Free
Monday	29/09/2008	Shooting Course(8 Weeks)	1 st Radyr	7pm	£12
Thursday	06/10/2008	Archery Course (6 Weeks)	Bayden	TBC	£12
Friday	17/10/2008	Area Explorer Scout Camp	Llangorse	6.00pm	£35
Saturday	18/10/2008	Area Explorer Scout Camp	Llangorse	-	-
Sunday	19/10/2008	Area Explorer Scout Camp	Llangorse	4pm	-

CONTACT

JULIAN JORDAN - District Explorer Scout Commissioner (DESC)

Post
4 Amalfi House,
Ffordd Garthorne,
CARDIFF
CF10 4DA

Phone/Text 07712 894224

Email Explorers@EastandSouth.org.uk



NEXT ISSUE SEPT 08



OUTLOOK

Information for Explorer Scouts in East and South District



July 2008

FETE

(Service)
7th June 2008

Thanks to all the explorers and leaders that came along to the fete we raised £240 which will pay for all the new cooking equipment we have. Thanks for your support.

SUN RUN

(Expedition)
4-6th July 2008

Well done to all who ran/walked the moon or sun run this year on a really horrible night with the wind blowing and the rain pouring. You have achieved on a massive scale even if you did not finish as long as you did your best. The times are listed below:

Moon Run Times		Sun Run Times	
Colin Chapman	2:18	Simon Rhys Morris	9:20
Jason Barnes	2:18	Daniel Drummond	Finished at Check point 5
Chris Brooks	2:18	Chris James	Finished at Check point 5
Luke Glover	3:00	Ben Garland	Finished at Check point 5
Kieran Brady	3:01	Frazer James	Finished at Check point 3
Philip Andriola	3:02	Joshua Smith	Finished at Check point 6
Huw Fullerton	3:02	Ben Johnson	Finished at Check point 6
Daniel Gallaher	3:02	Lewys Barry	Finished at Check point 6
Ben Morris	3:06		
Nicholas Gale	3:06		
Mark Harwood	3:06		
Ishaak Saleem	3:42		
Rebecca Hillard	3:50		
Alice Boswell	3:50		
Matthew Braham	3:51		
Jessica Phillips	3:51		
David Rudling-Smith	3:52		
Harry Jones	3:53		
Joe Lucas	3:53		
Joshua Haze-Davidson	3:53		
Rebecca Smith	4:33		
Tomas Thorne	Finished at Check point A		
Scott Bennett	Finished at Check point B		
Sarah Jones	Finished at Check point B		
Harry Bowler	Finished at Check point A		
Oliver Banks	Completed Route		

Young Leaders Training

(Service)
14th September 2008

The next young leaders training will take place on Sunday 14th September at The Hub, Maitland St, Cathays. The day is for ALL young leaders. For those who have not done module A it will start at 10.30am, for those who have done module A the day will start at 12 noon. The day will finish at 5pm. The cost of the day is FREE. Please remember that Module A is mandatory for all under 18's who help in any way with a section.

SORTING KIT

(Service)

Over the summer holidays we will be moving a lot of the district and unit kit to our a new storage place. We will need help from explorers so if you can help email or call Julian. It will count toward your service for Duke of Edinburgh.

SUMMER CAMP 2008

(Residential)
23rd-28th August 2008

Due to the lack of numbers for Summer Camp 2008 I have cancelled it. Please look out in early September for the 2009 summer events. Sorry to the guys who did want to go.

Lord Mayors Own

The Lord Mayors Own presentation takes place in early September. All awards must be awarded before mid August to be presented on the evening, so if you are close to completing your award please get it signed off before the summer so you can attend.

CUBJAM 09

We are looking for a few explorers to attend CUBJAM 09 at Gilwell Park between 23rd and 29th May 2009. The event is for Cub Scouts and the District will be sending a group of cubs to the event. We would like some explorers to go to help with running the contingent. The cost for leaders and explorers is £125. It will count as a service or residential project for Duke of Edinburgh. All interested explorers should contact Julian by the 29th July. There will be fundraising to try to lower the cost of the trip.



We will be in Cardiff on the 16th July
Temple of Peace
Cathays Park
Cardiff
CF10 3AP

3PM – 7PM

Here we'll film your one minute speech which will be then submitted as your entry. **If you are under 16 yrs old we cannot contact you directly without your parents / legal guardian's consent. There is a consent form attached which is to be completed by your parents / legal guardian, you need to bring this with you on the day.** If your parents / legal guardian wish to know more about the programme they can contact our offices between 10am - 6 pm Mon – Fri on: 0161 244 3570 where a member of our team will give them more details about the show and the filming process.

Before preparing your speech please read the rules and tips in this booklet.

Things to do:

- **Please read the following rules.**
- **Fill in the enclosed application form and parental / legal guardian consent form and bring them with you to our filming Open Day.**

The Speaker is a positive series and at its heart is the desire to provide teenagers with not only a voice, but also to inspire them and increase their self-esteem and confidence. The Speaker will be a once in a lifetime experience for the applicants.

HERE ARE SOME TIPS FOR WHEN YOU ARE PREPARING YOUR ONE MINUTE SPEECH.

DO's

Be Yourself!

Choose a topic that you're interested in and passionate about. That could be on anything from Beyonce to bullying or EastEnders to the economy.

Do your research! Find out some interesting facts on your subject to captivate and educate your audience.

Be prepared. Think about the structure of your speech and make sure you have a beginning, middle and an end.

Practise, practise, practise – make sure you are really familiar with your material. You'll come across as far more confident.

Rehearse your speech and get honest feedback from your friends and family.

Don't use notes. They'll only serve as a security blanket and make you more nervous.

Take your time. Don't talk too fast or try to cram everything in. Less is more.

Be aware of your body language – it's best to avoid over using your hands.

Make sure you time your clip carefully. If your speech is too short or too long it will be disqualified. Your speech must be a minimum of 45 seconds and a maximum of 1 minute 15 seconds long.

DON'Ts

Don't wear your school uniform, make sure you are wear clothing you are comfortable in and use language that you would normally use.

Don't make any racist or sexist remarks and do not swear.

Don't attack the reputation of any individual.

Don't copy. Your speech must be your own work - you can't copy someone else's speech and pretend it is your own.

Do not, dependant on your age, discuss 15 or 18 films or games, or post water-shed programmes.

Don't include the following on your speech:

- Your full name,
- Your street name/area,
- Telephone number/address/website address
- Which school you go to.

Don't Wear Anything That Would Narrow Down Your Location When You Come To Be Filmed E.G A Jumper That Gives A Clue To An Association Or Group That You May Belong To/Your School Uniform

FOR FULL DETAILS GIVE JULIAN A CALL