



Stephanie Brake from SRS Wakeful, Woking has been selected as one of the two Lord Lieutenant Cadets for Surrey for 2008.

She will accompany the Lord Lieutenant of Surrey on all her appointments, some of which will include Royal visits. It is a great honour that we were asked to be included in the selection.

Save a Baby's Life

Jess Capron – SRS Waterwitch (Poole)

Do you do Babysitting? If so read on!!!!

Jackie, a friend of Jill (our Skipper) came to one of our meetings to teach us some basic first aid skills. Before we got to Sea Rangers, we had no idea what we were going to do. All Jill had told us was that we needed to bring a blanket.

When we arrived, Jackie handed each of us a manikin baby. We all became quite attached to our babies and gave them names! We learnt how to hold a baby if it was unconscious but breathing, then what to do if it stopped breathing. Jackie also taught us what to do if the baby choked. She quickly showed us what to do for adults and children too.



This is a 2-hour course offered by the Royal Lifesaving Society UK at the end of which we all received a certificate. We had a great time and we would recommend it to everyone.

SRS Wakeful

SRS Wakeful currently has a group of Sea Rangers doing the Bronze and Silver levels of the Duke of Edinburgh Award Scheme. They are working towards their awards and to completing their rowing expeditions this year.



Two Rangers who gained their DoE Silver award last year are now working toward their Gold Award. They have just finished the Service section, when they acted as support crew to a young woman, Claire, who was carrying out her expedition by wheelchair. This proved to be a very rewarding trip.

Founder President's Award 2009 For Sea Rangers and Young Officers

The Founder President Award Scheme provides an annual bursary of approximately £1000. It is awarded to provide training for a Sea Ranger or young Officer judged to be the most suitable to take part in an adventurous activity which will extend her experience of team work and mutual reliance, and further strengthen her abilities and sense of responsibility.

If you would like to apply for the bursary, please talk to your Senior Officer for further details and the application pack. Alternatively, this can be downloaded from the website at www.searangers.org.uk.

Closing date: **12th September 2008**

Olive Richardson Knotting Trophy 2009 for Cadet Sea Rangers

The challenge for the 2009 Olive Richardson Fancy Knotting Trophy is to design and make an eco-bag using knots.

- Any type of bag can be made, for example a shopping bag, a handbag, a shoulder bag, a gardening bag etc.
- The bag is to be made from any ecologically friendly material.
- Accompanying the bag must be a note describing what makes it eco-friendly and what sort of bag it is.

Closing date for entries **6th June 2009**

Word Search

Hidden in this grid are 30 boating terms. How many can you find – reading across, up, down and diagonally? To help you these are the hidden terms:

Baler	Bung	Crutches	Mainsail	Port	Stretcher
Boom	Centreboard	Fender	Mast	Rudder	Stroke
Bottom	Cleat	Halyard	Oar	Sheet	Thwart
Boards	Cockpit	Jib	Painter	Starboard	Tiller
Bow	Cox	Keel	Pintle	Stern	Tow
					Transom

A	P	Z	C	B	M	T	F	E	N	D	E	R	B	R
B	O	W	V	L	R	H	A	D	K	C	L	O	Q	S
B	R	A	T	X	A	W	N	O	I	J	T	P	P	I
S	T	A	R	B	O	A	R	D	M	T	A	W	T	O
C	Q	C	A	U	N	R	K	L	O	D	E	Y	I	K
O	R	R	N	N	D	T	E	M	N	M	S	B	L	P
C	J	U	S	G	C	D	B	S	S	T	E	M	L	I
K	P	T	O	W	V	O	E	T	E	R	A	O	E	N
P	E	C	M	D	A	U	X	R	K	S	F	O	R	T
I	J	H	I	R	T	S	N	E	T	T	G	B	C	L
T	W	E	D	S	H	E	E	T	S	T	R	O	K	E
F	G	S	B	H	O	L	F	C	L	E	A	T	H	A
M	A	I	N	S	A	I	L	H	A	L	Y	A	R	D
X	J	G	D	R	A	O	B	E	R	T	N	E	C	O
Y	H	Z	U	B	A	L	E	R	E	T	N	I	A	P

Frobisher's Cocktails

Frobisher Cadets would like to share these recipes from a brilliant Cocktail evening we had at Skipper's house.

Kathleen's Kocktail

1/3rd Orange juice
1/3rd Pineapple juice
1/3rd sparkling grape juice
Slices of orange & lemon
Ice

Mix together in jug. Decorate glass by dipping rim in drink then in sugar. Fill glass. Serve with a straw.

Shannon's Surprise

3 parts apple juice
2 parts bitter lemon
1 part ginger ale

Mix ingredients in a jug.
Crush ice in a high ball glass. Pour juice over.
Decorate with slices of apple and lemon



Elizabeth's Christmas Mulled Grape Juice

450 ml grape juice
70 ml water
Sugar to taste
1 cinnamon stick
1 clove
Juice of one lemon

Put all the ingredients in a saucepan, bring nearly to the boil then turn the heat down and leave for ½ hour. Stir occasionally, with a wooden spoon. Remove spices and serve in heat proof glasses. Garnish with fruit.

Hope's Four Square

1 part apple juice
1 part lemon juice
1 part pineapple juice
1 part orange juice

Shake well with crushed ice. Garnish with fruit on a cocktail stick

Try them, they're great!

Passenger on a Canoe

Ann Jeffery – Skipper, SRS Achilles (Reading)

Giving a lift” to a friend in this way, is fine if the “passenger” is trusted, since they could easily capsize the paddler, and it feels more “tippy” for the paddler. Having both people’s weight near the centre of the kayak makes it easier to manoeuvre; the passenger is largely out of the water and can see what is happening.



Another option to rescue a swimmer is to have them hold the bow loop of the kayak with their hands, keep their head to one side and wrap their legs around the kayak from below.

This looks rather odd, seeing the “passenger's” legs mainly, but is quick to do for both the paddler and person being rescued. The “passenger” feels secure, as they are effectively embracing the kayak and the paddler is in no danger of capsize – it’s just harder work paddling!

News from SRS Great Harry

Last summer a new group of Cadets joined the crew, who after a couple of meetings working on their knots spent one meeting designing and another making their entry for the Olive Richardson Knotting Trophy. We came up with a pair of knotted and beaded earrings and were really surprised to find that these had won the competition.



In April we helped man the 6-mile water station at the London Marathon.

After an early start, we put on our red caps and t-shirts and started opening the hundreds of water bottles on our table. Several blistered hands later we had our packed breakfast before watching the elite runners (who have their own water supplies) come past.

When the rest of the runners started to come through it took a while before anyone took our water, but then we became so busy that all plans of spotting as many famous people as possible went out of the window as we tried to make sure that we had a bottle ready for everyone who wanted it.

Several bottles were dropped (and a few playfully thrown back over us by the runners) but we did our job really well and had finished handing out all our bottles while the scouts at the table next to us were still trying to get their bottles open.

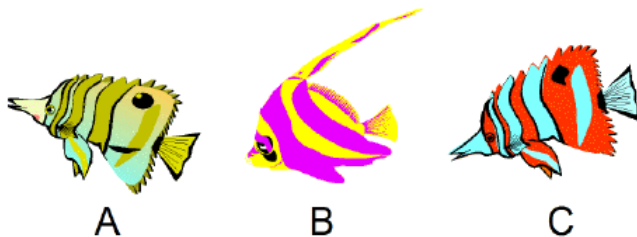
After watching the rest of the runners come through we went back to the yacht club for our packed lunch and a hot drink before going home.



FISH FRIENDS

Katie keeps three pet tropical fish. From the picture and clues below, can you match the position of each fish (A, B, C) with its name and age (6, 7, 8 months)?

1. Fish A is younger than Angel but is older than Jaws (who isn't pictured at B).
2. One fish is named Bubbles.



Position	Name	Age
A		
B		
C		

Knots and Lots of Stuff

"Knots and Lots of Stuff" is for you. Why not tell everyone what you are doing in your crews! No matter how small the story, shout about it!!

Send or email:

Natalie James
70 Blandford Road,
Hamworthy, Poole, Dorset
BH15 4BD

E: nuttienata@hotmail.co.uk

Closing date for articles for the next issue **1 September 2009**