

State Lady Stradbroke

Cup 2021

Friday 29 – Sunday 31 October



Camp Preparation Booklet

Map

Lady Stradbroke Cup is at:

Britannia Park Girl Guide Campsite

210 Britannia Creek Road

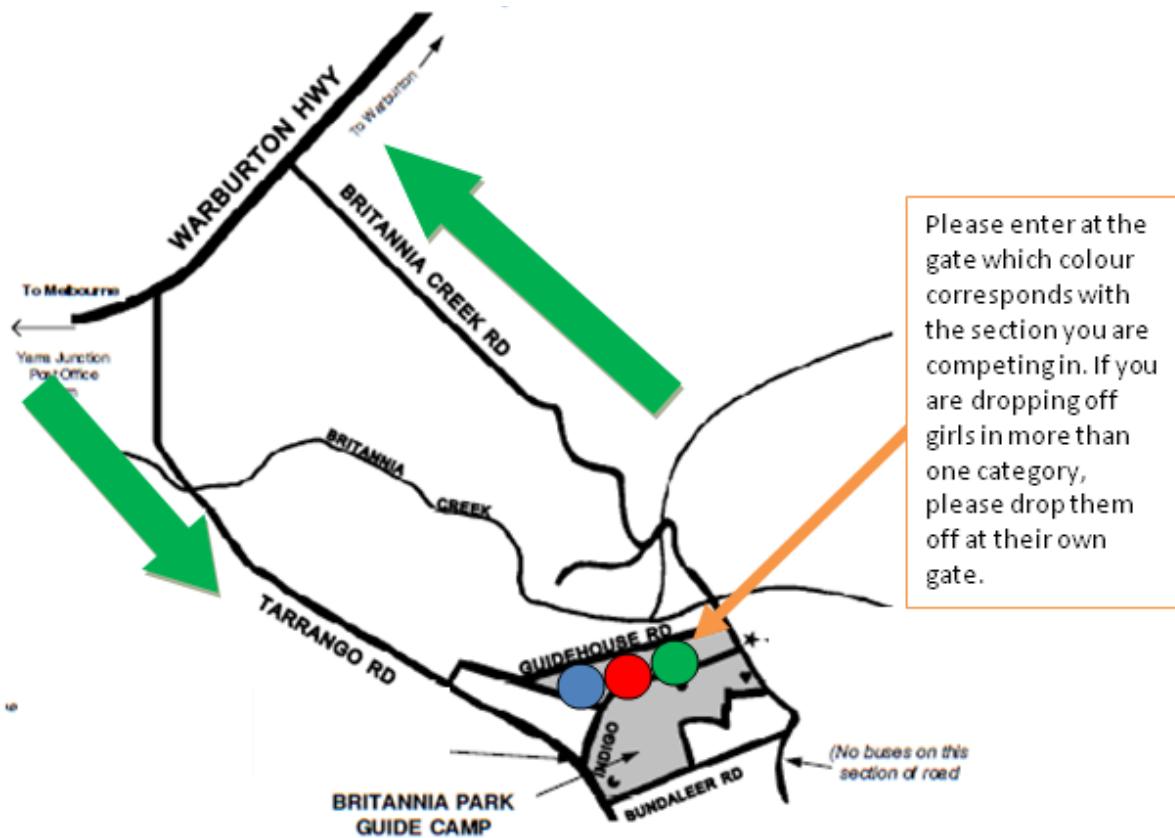
Wesburn 3799

Enter the campsite off Warburton Hwy via Tarrango Rd, and leave via Britannia Creek Rd.

Drop off on Friday 29 October 2021: 6pm

Pick up on Sunday 31 October 2021: 2pm

- * Km from Warburton Highway via Tarrango Road to:
 - * Guide House Road - 1.6 km
 - * Indigo Street - 2.1 km



If you get lost please contact:

Kate Ferguson - 0413 297 200

Felicity Parkinson - 0423 344 189

Britannia Park Campsite - 5967 1331

Program

Friday

6.00pm - 7.00pm **Arrive** at camp, sign in, and set up camp

*When you arrive, you need to go straight to **Event Sign in** (which will be sign posted) to hand in your **Health Form**. We will give your Patrol a letter with your site number; the name of your Camp Mum; and instructions about where to collect your equipment and other camp paperwork.*

9.00pm Whole camp **supper** at Patanga Shelter

9.30pm **Patrol Leaders' Meeting** at Patanga Shelter

9.30pm Prepare for bed

10.00pm **Bedtime**

Please respect the Patrols around you by staying quiet after 10.00pm.

10.15pm **Leaders' Meeting** in Patanga Shelter

Saturday

All campers to remain quiet and in their tents until at least 6.45am (except for bathroom visits).

8.00am **Breakfast**

All morning Continue setting up camp, first aid kit assessment, and prepare lunch

12.00pm **Lunch** (Leader eating with you - practise)

1.30pm **Afternoon activity** (See Information Booklet for your options!)

4.00pm **Whole Camp Meeting**

4.30pm Prepare for dinner

6.30pm **Dinner** (Leader eating with you - assessed)

9.00pm **Campfire** - meet at big log near Patanga Shelter

10.00pm **Bedtime**

Please respect the Patrols around you by staying quiet after 10.00pm.

10.15pm **Leaders' Meeting** in Patanga Shelter

Sunday

All campers to remain quiet and in their tents until at least 6.45am (except for bathroom visits).

8.00am **Breakfast** (Leader eating with you - assessed), and prepare picnic lunch

9.30am Breakfast completed, begin camp pack up

All morning **Pack up camp**

Note: All borrowed equipment needs to be cleaned and returned by 11.30am.

12.30pm **Lunch** (whole camp picnic)

1.30pm **Closing Ceremony** - participants only

2.00pm Parents/guardians arrive and Guides depart

You must sign out before departing

Menu

Remember: All meals (except for Friday supper) must be brought and prepared by your Patrol

Friday

Eat dinner before you arrive at camp

Supper (provided and cooked by Leaders for you)

One sausage in bread and a warm Milo

Dietary requirements provided at registration will be catered for

Saturday

Breakfast

Own choice: something that doesn't need cooking would be ideal

Lunch (Leader eating with you – practise)

Choice of bread (rolls, pita, bread etc.)

Meat, fish, eggs, cheese, or other protein

Selection of 4 or more salad vegetables

Cake or fruit

Hot and/or cold drinks

Dinner on open fire – weather permitting (Leader eating with you – assessed)

Meat (e.g. beef, pork, chicken) canned fish, or vegetarian option (e.g. legumes, egg, or tofu)

Potato, rice, pasta, or bread etc.

3 or more cooked vegetables OR 1 cooked vegetable and at least 4 salad vegetables

Hot cooked dessert with sauce, custard, or cream

Hot and cold drink options

Sunday

Breakfast on gas/butane stove (Leader eating with you – assessed)

Cereal and/or toast, and fruit

Hot breakfast of own choice

Hot and/or cold drink

Patrol Equipment

Don't forget to submit your [Patrol & Equipment Form](#) by Friday 17 September!

- Sleeping tent
- Kitchen shelter or tent
- Mallets
- Large tent pegs
- Trestle tables - 1 for food preparation and 1 for dinner table (preferred)
- Camp chairs (if eating around a table), or a tarp or 'sit-upons' (plastic squares)
- 'Uprights' (big poles) to hold food boxes off the ground
- Non perishable food in animal proof storage boxes
- Cold/perishable food in Esky with large bottles of frozen water and/or ice
- Kitchen utensils (pots, pans, tongs, chopping boards, knives etc.)
- 2 big bowls - hand washing and dishwashing
- Cleaning box - with detergent, sponges, soft soap, matches, bin bags etc.
- Patrol hygiene station - handwashing supplies, hand sanitiser, etc.
- Pot holders and tea towels
- Welding gloves/fire gloves (in addition to pot holders)
- Fire drum and grill - there must be at least 25cm between the ground and the bottom of the drum when it is set up
- 2 fire buckets with hessian
- Gas or butane stove and fuel.
- Gadget wood and rope, cord, stocking etc. (gadgets may be partly constructed before camp)
- Patrol first aid kit
- Lighting for your site
- Tarps
- Patrol flag and noticeboard
- Grease trap
- Firewood
- 2 rubbish bins (one for recycling) with secure lids+ garbage bags (lots!)

We can all work together to keep Britannia Park looking beautiful. **Patrols will need to take all of their rubbish home with them.** Please be mindful in your planning and shopping so that you bring only what you need and reduce waste, and make sure you bring garbage bags and secure rubbish bins.

Assessment

Lady Stradbroke Cup is a camping competition. The assessment is designed to help you learn more about camping, improve your skills, and encourage you to try your best at being independent! Assessment sheets will be available before the event, and sent directly to Patrol Leaders.

Assessment happens at various times throughout the weekend. The majority of the assessment is conducted while you are at your Saturday afternoon activity, so **make sure you leave your campsite looking great!**

Saturday dinner (cooked on an open fire) and Sunday breakfast (cooked on gas/butane stove) will be assessed by the Leader eating with you. If it's raining, you will cook dinner on your stove.

First aid assessment will be on Saturday morning. A gas safety quiz is also part of your first aid and safety assessment, and will be given to your Patrol on arrival at the event. The first aid assessment will require you to hand in the gas quiz and show the assessors your Patrol and personal first aid kits, spare shoes, beanie, and sunhat. You will also be asked a few basic first aid questions about skills covered in Girl Guide Handbooks 1-4.

Your Patrol will be assessed on:

- **PATROL** - Camp atmosphere, teamwork, and leadership
- **ORGANISATION** - Forms in on time, first aid kit, personal gear, bedrolls, personal hygiene, Patrol flag, and notice board designs
- **COOKING** - Menu and choice of ingredients, preparation, cooking, food storage and hygiene, presentation, taste, and clean up.
- **GADGETS** - Simple and complex gadget, flagpole, dillybag line, grease-trap and noticeboard (these can be partly constructed prior to camp)
- **CAMP LAYOUT** - Tent set up, kitchen area, equipment storage, fire safety and cleanliness

Remember: *Lady Stradbroke Cup is a competition, but this should not stop you enjoying yourself! FUN is the first priority and if at any time you need help, or are unsure about something, just ask your Camp Mum!*

Camp Mums

Although your Unit Leader will help you prepare for camp, **at camp your go-to person will be your 'Camp Mum'.** She will support you, help you to be independent, and make sure the competition is fair and unbiased. It is a brilliant opportunity to get ideas and advice, as well as get to know a different Leader. It might be daunting to begin with, but we are all friendly and eager to help you to do your best!

The role of a Camp Mum is to:

- Support and guide you through the weekend - not to do things for you!
- Provide you with advice where they see they could help you (we suggest you take their advice; perhaps by combining the advice with your original plan or the way you normally do things).
- Help you work through any issues or conflict in your Patrol by supporting you to discuss the issues and work out resolutions with your other Patrol members.
- Be the person to ask if you have any questions about what's happening or how to do things.
- Always act in a fair and friendly way!

If you need support working with your Camp Mum, please see your category Leader or the Lady Stradbroke Cup organising team rather than your Unit Leader.

Food Tips

- ✿ Make sure you read the menu requirements carefully and include all the listed elements. **If you follow the guidelines you will get more points!**
- ✿ Remember when planning your menu to take all the Patrol members' dietary requirements and dislikes into consideration.
- ✿ It is the Patrol Leader's responsibility to hand in a copy of the menu at the Friday night Patrol Leaders' Meeting, so that appropriate meal assessors can be allocated to your Patrol. Remember to include your Patrol name on the menu too!
- ✿ **One pot wonders** such as stew, casserole, stir-fry, or pasta dishes are great options for over an open fire. Google 'one pot meal' for endless recipe ideas! If you are more experienced, a more complex meal will earn you more points. However, don't try to be a 'MasterChef' and attempt something too tricky - a raw or burnt meal will not earn you many points!
- ✿ You'll feel more prepared if you've practiced cooking your meal before camp, either at home or at Guides over a stove. If you can, you could **practice on a fire at a Unit Camp or a camp skills day.**
- ✿ During Saturday lunch (your practice meal) talk to the Leader eating with you and ask lots of questions about how the meals will be assessed and the things you could improve! Use it as a chance to get advice and suggestions.
- ✿ Whether your dinner table is a tarp on the ground or an actual table, **think about having a centrepiece.** This is a decoration in the middle of the table and may earn you more points with your meal assessments. If you are making one from the things you find around the campsite, remember not to pick anything off trees or shrubs. You might like to think about whether you can link your centrepiece to the camp theme: "**Roll Up, Roll Up**" to the circus.
- ✿ Check the roster to see who your meal assessor is. The Leader photo board will help you learn who this person is. Make sure you introduce yourself when you are preparing your meal so she has a chance to come and see how you're going. Make sure you've also collected her dilly bag and seat and have the table set when you invite her to eat.
- ✿ Remember to offer your assessor hand washing facilities before a meal, and that each member of the Patrol washes their hands too.
- ✿ Wash and dry all your assessor's dishes and promptly.
- ✿ Soft soaping pots/pan that you use to cook on the fire makes them much easier to clean afterwards. To do this, rub washing detergent (or similar) on the outside of the pot before putting on open fire.

Food Hygiene Tips

- While preparing meals, remember to use proper hygiene. Wash your hands, chop your meat on a separate board to everything else, and put away food that you are finished with as fast as possible.
- After cleaning up, do a kitchen check to make sure that everything is washed and put away, and that the lids on all your food boxes are tightly closed. No one wants animals getting to their food!
- The minimum Esky size recommended for a Patrol for a weekend is 30L. If you have access to a larger Esky it is recommended you use this, as it can make fitting in all of your perishable food, fruits, and vegetables much easier. Your Patrol could also consider bringing two smaller Eskies. Keep dairy and meat in one with lots of ice, and fruits and vegetables in the other with less ice.
- Packing your Esky properly is very important. Ensure that your Esky is cold at all times by using ice, ice bricks, or water frozen in bottles. A combination of these is best! Ensure some form of ice is always in contact with meat and dairy products.

DAIRY AND MEAT MUST BE SURROUNDED BY ICE.

- Putting food items in containers helps to keep your food dry. Watered down meat and dairy products taste pretty gross!
- Ensure that meat is kept in a sealed container at the bottom so that it doesn't leak into other foods.
- Keep in mind that some food will be brought to camp in a non-perishables box, but needs to be kept in the Esky after it's open (e.g. fruit juice or long life milk). Ask your Leader before camp, or Camp Mum at camp if you're not sure.
- Freezing meat for Saturday night or Sunday breakfast before coming to camp will help it stay colder safe to use for the weekend.
- If you are beginning to run out of ice talk to your Camp Mum. We want to help you keep your food safe, and meat and dairy products that aren't kept cold are definitely NOT safe!
- Remember that you will need to take all your rubbish home with you, so try to reduce bringing excess packaging and ensure you have enough garbage bags and secure rubbish bins.



Always have dairy and meat in contact with ice!



Place meat on the bottom and fit other items on top.



Remember to use a combination of ice bricks, frozen bottles, and ice to ensure a cold Esky all weekend!

Gas Safety

- ♣ When transporting gas bottles and butane cylinders to camp, always store them in an upright position. Ensure they are turned off and disconnected from your stove prior to transporting. Store your gas bottle or butane cylinders in a firmly secured position to prevent them from moving around during transportation.
- ♣ All gas bottles must have a current compliance date (i.e. the stamped date must be within the last 10 years).
- ♣ During camp, when not in use, gas bottles and butane cylinders must be stored in a cool dry place in an upright position. Do not store gas bottles or butane cylinders near fire or other heat.
- ♣ The red plastic cap on your gas bottle is the safety relief valve. It is fitted to the vapour space to allow automatic relief of any excess pressure due to overfilling, or in the event of a fire. During use, the red cap should be pointing away from where people are.
- ♣ At camp before using your stove you must have it set up, checked, and your Patrol gas card signed by a category Leader or the organising team. This must be done before you start using your stove for ANY meal.
- ♣ Never use a gas stove (butane or bottled) inside a tent.
- ♣ Set up the gas bottle beside the stove, not under it.
- ♣ When loading a butane cylinder always match the gap on the cylinder with the latch on the stove and lock it in to place. If it resists, check that the butane cylinder is in position correctly or ask a Leader for help. The pot holder on the butane stove must be fitted the right way up (holding the pot above the flame) before use.
- ♣ When using a butane stove, ensure that nothing is overhanging the butane cylinder which will reflect heat onto the cylinder. The pot or pan placed on the stove must be no larger than the area of the cook top and not sitting over the top of the butane cylinder as this is a safety hazard. During your gas check, you will be asked to show which pot is being placed on your stove so ensure when you pack for camp that no pots are larger than the holder. You will not be allowed to use pots any larger than the designated pot holder.
- ♣ Check seals on gas or butane stoves with soapy water. If bubbles are produced at connections, this means gas is escaping. Try reconnecting your gas bottle or reinserting your butane cylinder, you may need to ask a Leader to help you. If you still have issues with a gas bottle connection you may need to ask a Leader for help to tighten the connections with a spanner.
- ♣ When you have finished all your cooking for a meal on your gas stove, make sure you turn the gas off at the gas bottle while the stove is still alight. This bleeds the line ensuring there is no gas that will escape when you disconnect the gas bottle from the stove. Turn the stove controls to 'off' when the flame has gone out. You can then disconnect your gas bottle from your stove and move it to its safe storage location.
- ♣ When you have finished all of your cooking for a meal on your butane stove, turn off the stove, unlock the cartridge from the stove, and move to the safe storage location. Allow the stove to cool before moving or packing up.
- ♣ Check your stove instruction manual for further information about using it safely. Stoves must be used in accordance with the manufacturers' instructions.



Grease Traps

- ♣ A grease trap is used to dispose of your waste water. It **traps** the **grease** from your washing up water and stops it from going into the bush, creating pollution and attracting animals. There are multiple ways to use a grease trap on camp. For Stradbroke, a tin can grease trap is usually most practical.
- ♣ Take a large empty tin – fruit tins are great. Use a tent peg and a mallet or hammer to make some holes in the bottom for drainage.
- ♣ Make a **lid** for your trap by square lashing four sticks together to make a square slightly larger than the top of your tin. Run some string around the square to make a rough “loom”, then weave leaves through the string so that it’s fully covered. Note that **THIS IS YOUR LID. IT IS NOT WHAT YOU POUR WATER THROUGH**. Lift it up before you use the trap! Its purpose is to keep the trap covered so that you don’t attract animals. Make sure you put it back on after you’re done.
- ♣ Inside the trap, you have two options. If you choose to use a stocking leg, then make sure that one end of your stocking is closed (either use the toe, or tie a knot). Arrange the open end of the stocking around the top of the tin so that it’s fully open. Pour your waste water directly in to the stocking.
- ♣ If you choose not to use a stocking, you can pack your tin with grasses, twigs, leaves, and so on to act as a sieve. You will need a sizable amount, not merely a layer – your trap should be at least 3/4 full. Throughout camp, you will need to top up the trap with more material, and you may need to dispose of the sodden grasses into the compost or garbage.
- ♣ Position your grease trap a little way away from your campsite. Find a spot that will give you some natural drainage (don’t put it in a valley). Raise the grease trap off the ground on two thick sticks, so that water can flow out of the holes in the bottom.



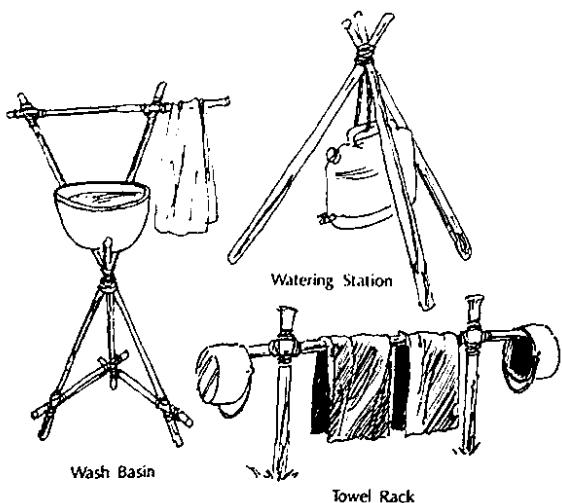
Gadgets

All Patrols will be assessed on their:

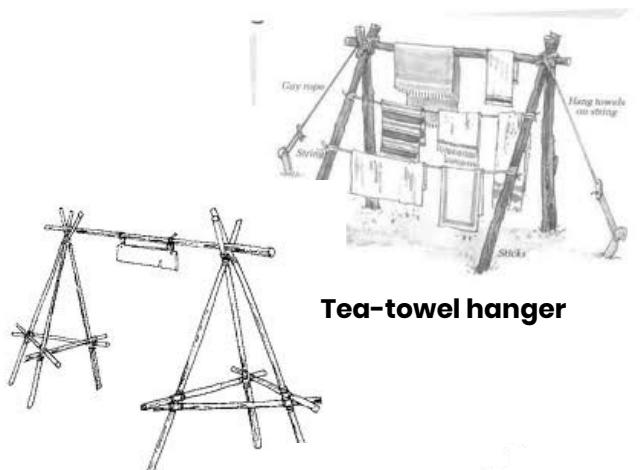
- Flagpole and flag
- Noticeboard
- Dillybag line
- Grease-trap
- Simple gadget (own choice) – with at least two different correct knots or lashings
- Complex gadget (own choice) – with at least four different correct knots or lashings

Don't forget to use your Guide Handbooks for gadget ideas and help with knots and lashing!

Simple gadget ideas:

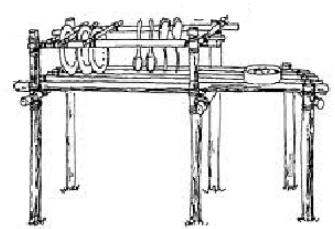


Complex Gadget ideas:



Tripod

Gate or noticeboard

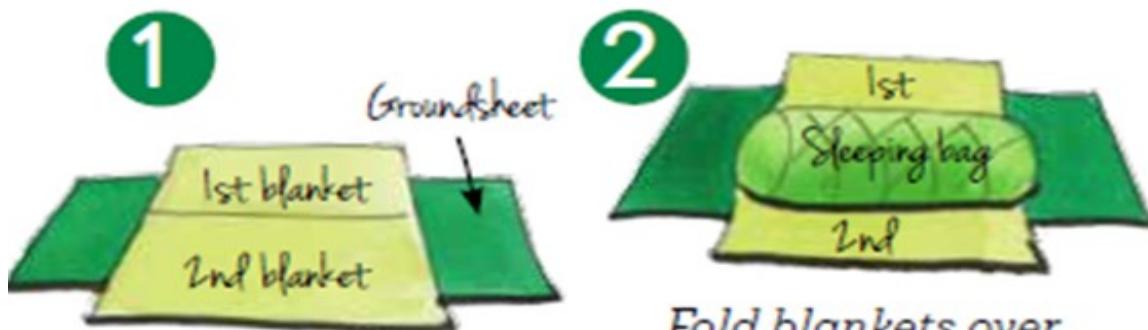


Kitchen gadget

How to Make a Bedroll

Instructions for how to make a bedroll from page 42 of Guide Handbook 3.

Please ensure your bedroll is completely waterproof.



Fold blankets over sleeping bag, roll tightly into a log shape.



Place rolled up sleeping bag and blankets on centre of groundsheet, then fold ends of groundsheet in.



Fold groundsheet up, keeping dry sides together.



Using cord, start with a packer's knot and tie up like a parcel, ending with two half hitches.



Packer's knot.

The Story of the Lady Stradbroke Cup

The Earl of Stradbroke was Governor of Victoria during the 1920's. In 1922 his wife, Helena, Countess of Stradbroke, accepted the appointment of State Commissioner for the Girl Guides Association of Victoria and her influence during the early days of administration of the Movement in this state was marked.

On their return to England in 1926, Lady Stradbroke presented a silver lidded cup to Victorian Guiding for Company Competition. A committee laid down the guidelines for the competition, and these differed slightly with each event. In 1928, companies were judged on fourteen special points with the winner dubbed 'best all round company'. The 1st Port Melbourne Guide Company was the winner.

In 1930 the cup was awarded for:

- The general standard of the company
- Nature Diary representing work by the whole company
- Handcraft

Thirty-five companies took part, but no record so far has been found of the final result.

Division Commissioners (prior to Regions being set up) recommended that the 1932 competition should be for 'the best and most interesting handcraft display'. Melbourne Town Hall was the venue for a Guide exhibition opened by Lady Irvine on 20 September 1932. Shepparton District gained first place with a display 'A. A. Milne's Little Foxes'. Equal second were Northcote and North Camberwell with Carranballac third, followed by Caulfield, Brighton, and Hampton. A special prize donated by the Country Women's Association went to 1st Geelong.

Again on the Division Commissioners' recommendation, the 1936 cup was for singing, acting one act plays, country dancing, and an international story. A display was held in the Masonic Hall in Melbourne, and successful companies were Malvern, Mildura, Shepparton, and Bendigo in that order.

In 1938 for the first time the Stradbroke Cup was held in all three sections:

- | | |
|------------------|--|
| Brownies: | Scrap Book
Modelling – to be based on pack life or fairy ring
Useful Article |
| Guides: | Illustrated Log Book
Hand Sewn Baby Dress
Knot Chart for Patrol Use |
| Rangers: | Log Book – illustrated with cover
Toddler's Dress
Cardigan or Pullover |

'Matilda', the state magazine in December 1938, records details of the work in these events. Thirty-four places were granted representing work from Lones, Brownies, Guides, and Rangers from all parts of Victoria. The overall winner was 2nd Albert Park MacRobertson High School Company.

War intervened in 1939, and it appears that the Stradbroke Cup Competition was a 'casualty', for no further competition is recorded.

1989 saw the revival of the cup for the Lady Stradbroke Cup Patrol Camping Competition.

Who will win the cup this year?!

