

"Go Guernsey"



‘Celebrating the Centenary of
Girl Guiding in Guernsey
‘1912 - 2012’

Introduction to the "Go Guernsey" Resource Pack

The "Go Guernsey" resource was created to celebrate one hundred years of Guiding in the Bailiwick of Guernsey. The first registered unit opened its doors on 14th October 1912 and we are still going strong today with over 750 members.

This resource is a great way to learn about some of the traditions and way of life in another part of the British Isles. We hope you enjoy it! Profits from the sale of the badges will help members of GirlGuiding Guernsey to enjoy their Centenary Celebrations and also support Water Aid their chosen Centenary Charity.

The activities have labels which indicate the suitability of the activity to each section but please feel free to adapt and make the activities challenging for you. It is for all sections, from Rainbows to Trefoil Guild and of course the Leaders can award themselves a badge for organising the activities. There are 3 sections: Places, Products and the Past and 2 activities must be completed from each section to obtain the badge.

The order form for the badges can be found at the back of this pack.

Thank you for your support and if you would like to find out more about Guernsey please go to www.visitguernsey.com

Background

The Bailiwick of Guernsey is a British Crown Dependency in the English Channel off the coast of Normandy, France.

The Bailiwick governs not only all 10 parishes on the Island of Guernsey, but also the islands of Herm, Jethou, Burhou, and Lihou and their islet possessions. The Bailiwick of Guernsey also administers some aspects of two nearby crown dependencies (Alderney and Sark), and the island of Brecqhou.

Although its defence is the responsibility of the United Kingdom, the Bailiwick of Guernsey is neither part of the UK nor a member of the European Union - in fact it has a special relationship with the EU.

The Bailiwick of Guernsey is included (along with the Bailiwick of Jersey) in the grouping known as the Channel Islands which form part of the British Isles,

There are all sorts of paradoxes in Guernsey, which partly explain its uniqueness.

- To begin with, although Guernsey is geographically much closer to France than the UK, it is loyal to the British Crown. This loyalty can be traced back to Norman times and William the Conqueror.
- Many of Guernsey's place names are French but everyone speaks English and even some of the place names have a distinctly English pronunciation.
- Today the island is self-governing, maintaining its independence from the UK and the EU. It has a special relationship with both.
- Guernsey supports a vibrant finance industry, whilst the traditional industries of flower growing, fishing and dairy farming still play an important part, contributing both to the varied economy and to the island's character. In fact the world renowned clematis company of Raymond Evison produced the Centenary Clematis for Girlguiding Guernsey named Guiding Promise.
- Guernsey also has its own stamps and currency, and while British pounds can be used on the island, Guernsey pounds cannot be used in the UK.
- Guernsey people enjoy their free time. Being an island, with a warmer, sunnier climate than the UK, much time is spent outside; on the beach, walking the cliffs, island hopping or eating 'al fresco'.
- Guiding is thriving on the island with over 800 members and summer term activities revolve around camping and cooking outside especially on the beaches.

Location

The Island of Guernsey is located in the English Channel, roughly 48kms from the French coast and some 112 kilometres from the south coast of England. The Island has an area of approximately 63 sq kilometres and a population of 62,000.



PRODUCE

The Produce of Guernsey

The small island of Guernsey (63 sq km in total) is a fertile land with an agreeable mild climate, and because of these conditions growing produce has always been a way of life. Until recent years the main crop grown was tomatoes. The plants were raised in greenhouses, and the growing, nurturing, picking and packing of the fruit often provided whole families with employment. Nowadays many Islanders own greenhouses, land or have large gardens, and growing fruit, vegetables and flowers is a popular pastime. The produce is either sold to local markets or shops, on small stalls erected on hedgerows (called "hedge veg"), or used in the family kitchen. With this strong tradition of growing and cooking fresh produce, family recipes have been passed down through generations, such as Bean Jar, Tomato Soup and Gache Mele (see instruction sheets 3,6, & 7).

Nowadays the greenhouses are often used to grow flowers which are either sold in local flower stalls or exported to the UK. Some of the most popular blooms grown are freesias, lilies, roses and carnations. Local people refer to a greenhouse as vinery. This name originates from Victorian times when the greenhouses were used to grow grape vines. Grape growing commercially is now uncommon but many people still grow grapes for their own use.

Guernsey cows are also admired, not only for their attractive faces but also for the rich creamy milk that they produce. This can be sampled simply as a nutritious drink but is also processed into delicious cheese, butter, yoghurt cream and ice-cream.

The Island has a beautiful and varied coastline, with sandy bays, pebbly coves and craggy cliffs. The seas are rich in many types of aquatic life, including shellfish, seaweeds, fish and plants. Fishing is still a popular occupation in Guernsey and delicious sea food can be sampled in the many excellent restaurants on the island.

Rainbows

- Grow a tomato plant
- Make a flower arrangement
- Play Crab Beetle (*Instruction Sheet 1*)
- Make a milk carton birdfeeder (*Instruction Sheet 2*)

Brownies

- Taste a selection of local cakes and biscuits
- Play the Bean Jar game (*Instruction Sheet 3*)
- Make a Glass Globe Flower arrangement (*Instruction Sheet 4*)
- Make an animal from fruit & vegetables - include a tomato

Guides

- Make a 'Tommy Tomato' pom pom (*Instruction Sheet 5*)
- Using grapes and other fruit have a chocolate fondue evening
- Design a poster promoting local produce
- Using different types of food hold a tasting evening to see who can identify local, fair-trade & organic food

Senior Section

- Make tomato soup (*Instruction Sheet 6*)
- Using different types of fish hold a 'Fish tasting' session
- Catch, fillet & cook a fish
- Make garnishes using tomatoes and other vegetables (www.finedinings.com)

Trefoil

- Compare recipes for Gache Mele or another local dish or try making a Gache Mele (*Instruction Sheet 7*)
- Hold a Guernsey themed evening
- Make something from an Ormer shell or similar shell
- Using the food list & instructions play Food Pictionary (*Instruction Sheet 8*)

PLACES

Places in Guernsey

Because of its unique position 48 km off the coast of France and 112 km from the south coast of England, Guernsey is not truly English or French. The Island has its own flag, coinage (although the currency is based on sterling) and postal stamps.

The island was an important place in prehistoric times and the remains of dolmens and standing stones have led to a rich folklore based on old fables about fairies, witches, ghosts, pirates and wild animals who were said to inhabit the Island many years ago. The Dolmens and the Fairy Ring can still be visited today and in the museums there are several exhibitions about the ships that were wrecked on the treacherous rocks around the coast.

A very popular place to visit is the Little Chapel. This is a miniature model of the grotto and chapel at Lourdes in France, and was made by a monk who lived in the nearby monastery. It is decorated with shells, pebbles and fragments of china and is admired by the many visitors who come daily to see its beauty and experience its unique atmosphere.

The beautiful beaches, coves and the sea provide the opportunity for many coastal activities from sailing to sandcastle building, surfing to shell collecting. The coastline of the Island is littered with many old fortifications which have protected the Island over the centuries, many from the Napoleonic times when Guernsey feared invasion by France. However there are also many distinctive German-built concrete bunkers which serve as a reminder of the dark days when Guernsey was occupied by the Germans during World War II.

Guernsey is rich in birdlife. The coastline provides an ideal habitat for many varieties of seabirds and its location in the English Channel make it a natural stopping place for migrating birds. There are over 20 bays and beaches along the coastline, some sandy, some pebbly and some rocky. The surrounding sea has many species of fish, shellfish, seaweeds and plant-life.

Rainbows

- Make a fairy stick puppet (*Instruction Sheet 9*)
- Paint a pebble
- Make a sea collage
- Colour the Guernsey Flag (*Instruction Sheet 10*)

Brownies

- Make a Little Chapel Mosaic (*Instruction Sheet 11*) (www.littlechapel.org)
- Make an edible beach (*Instruction Sheet 12*)
- Complete the Bailiwick Word Search (*Instruction Sheet 13*)
- Play the Coastal Game (*Instruction Sheet 14*)

Guides

- Make up some messages using the Morse Code (*Instruction Sheet 15*)
- Design a stamp (*Instruction Sheet 16*) (www.guernseystamps.com)
- Put on a short play about a local legend or Folk Lore
- Make a catapult

Senior Section

- Make Origami boats and see which boat floats the longest
- Make a Guernsey Flag cross stitch (*Instruction Sheet 17*)
- Make a cake based on a Castle or Fort
- GeoCaching - plan a trail (www.geocaching.com)

Trefoil

- Read the 'Potato Peel Pie' book by Mary Ann Shaffer & Annie Barrows
- Research ship wrecks in your area (www.museum.guernsey.net/fortgrey)
- Visit a local beauty spot
- Bring along 'Then' and 'Now' photographs of your local area

THE PAST

Guernsey's Past

Guernsey has a rich and varied past. Island life has been influenced by its close association with both England and France. The Island had its own language called Guernsey Patois, a mix of French and English, although Patois is now spoken by only a few local people.

The occupation of Guernsey by the Germans during the Second World War was a particularly difficult time and one that is imprinted on the memories of many local people. When the Islanders were told that invasion was likely, they arranged for many of the children to be evacuated to Great Britain. Many of these children had never left the Island before and had less than one day's notice of the evacuation. The Island was occupied for five years, and the children did not return home until the war ended. During this time, the people of Guernsey remained strong and determined and they gained the reputation of being as "stubborn as donkeys". In recognition of this characteristic local people are sometimes jokingly referred to as Donkeys, and the Guernsey Donkey has become a symbol of the Island.

The island has inspired several famous writers including Victor Hugo, Mervyn Peake, GB Edwards and more recently Mary Ann Shaffer. While living here, Victor Hugo wrote his famous 'Les Miserables' and a story about Guernsey itself, 'The Toilers of the Sea'.

The sea has long been the focal point of life in Guernsey. The craggy, rock-lined coast has caused many shipwrecks, and the hidden caves and many harbours have provided both a hiding place for smugglers and pirates and a haven for fishermen.

Rainbows

- Make a sailing boat from recycled items - see who sails the longest
- Dress up as a character from history
- Play 'Pirates Ahoy' game (*Instruction Sheet 18*)
- Bring along a favourite book to the meeting

Brownies

- Create a local dance
- Make a Guernsey Donkey plant pot (*Instruction Sheet 19*)
- Invite someone to your Unit to talk about local history
- Visit a local museum

Guides

- Write a short poem
- Create a play about being evacuated (*Instruction Sheet 20*)
- Play 'Patois' Bingo (*Instruction Sheet 21*)
- Play 'Captain says' (*Instruction Sheet 22*)

Senior Section

- Read 'Ebenezer Le Page' by Gerald Edwards
- Play 'Pack a Suitcase' (*Instruction Sheet 23*)
- Find out about a local tradition
- Cook something in a Hay Box (*Instruction Sheet 24*)

Trefoil

- Discuss your favourite book
- Talk about your own experience of the War
- Play 'Guess the Unusual Object' (*Instruction Sheet 25*)
- Visit a local Unit and talk about Guiding when you were young

Crab Beetle



Crab Beetle

The round ends when the first person draws a CRAB (Shout CRAB). Everyone then adds up their scores - 1 point for each part of the crab drawn.

- 1 Body (must draw the body before anything else)
- 2 Small Claw x 8
- 3 Large Claw x 2
- 4 Eye x 2
- 5 Mouth x 1
- 6 Antenna x 2

1 Score	2 Score	3 Score	1
			2
			3
4 Score	5 Score	6 Score	4
			5
			6
7 Score	8 Score	9 Score	7
			8
			9
Name:		Total Score	

Milk Carton Birdfeeder

Resources:

1 empty one litre milk carton washed and dried

1 piece of doweling or a stick approx 16 cm long

Scissors

Paint

Garden wire

Bird seed



Instructions:

1. Take the empty milk carton and wash it out. Leave it to dry.
2. Glue or staple the top of the carton to keep it shut
3. You can now paint the carton with your chosen colour.
4. Cut a door into the front of the carton about 10 cm from the bottom.
5. Underneath the door, you can now cut a hole the size of the wooden stick (back and front). You can now push the stick through as a perch for the birds.
6. Apply a piece of wire to the top to hang the bird house up.
7. Fill with bird seed and hang in the garden

Guernsey Bean Jar Game



Divide up the girls into four teams of 6.

Girls should stand behind each other in a line in their team at one end of the room.

Opposite each team line place a chair - as far away from each team as possible.

The girls should be named with the ingredients of the Beanjar including -

the pot;

water;

shin of beef;

pigs trotter,

haricot beans;

onions,

carrots,

mixed herbs; salt etc (see recipe)

Game organiser calls out ingredients in the form of a story and girls respond by running up to 'their chair', going around it and back to their team line.

The first back gets a point and the points are totalled as the game proceeds. The team with the highest score wins.

If just one ingredient is called without the pot the girls should not run. Only when the pot and another ingredient are called can they go!

If Beanjar is called then all the team must run around led by the 'pot'.

A typical story might include:- It was a really cold February day and Mrs Le Cras thought she would like to make a Beanjar.... So she got out the pot ... and then went to the shop to buy some onions... some carrots... some haricot beans. She almost forgot the salt... but at the last moment she remembered she had run out of salt the previous week. She was really looking forward to her Beanjar so she put the oven on, etc

.... allow time for girls to run around their chair back to their place in the team line.

Guernsey Bean Jar Recipe

Ingredients

Approx 500g of dried Haricot Beans, or a combination of dried Haricot and Butter Beans

1 decent sized pork hock with fat on and bone in, (you can also use a pigs trotter instead)

1 beef shin with bone in. (optional)

Two or three average sized carrots

Salt + Pepper

Water enough to cover contents of casserole dish or slow cooker completely

Water for soaking dried beans in overnight

Some beef or pork stock (optional and not really necessary)

One or two large onions depending on size of your crock pot or dish

A teaspoon of mixed herbs

A French Stick loaf to eat it with

Method

- 1 First cover your dried beans in cold water in a pan and soak for 24 hours
- 2 Day 2, place some of the soaked beans in the bottom of your casserole dish
- 3 Dice up your carrots and onions into small pieces
- 4 Add some of the diced vegetables to the beans already in your dish
- 5 Place both the pork hock and the beef shin on top of the bean and veg mixture
- 6 Add the rest of your veg and beans around the meat in the dish
- 7 Add a teaspoon of mixed herbs (or more according to taste)
- 8 Add approx a teaspoon of pepper (or more according to taste)
- 9 Cover the contents of your casserole with water (and stock if you prefer)
- 10 Do not add the salt until the last hour or so of cooking or your beans may stay too firm
- 11 Bring to the boil on a high heat in your oven before turning the heat down to very low
- 12 Allow to cook for a minimum of 10 hours, up to 24hrs. Every now and then check the dish to make sure the contents are still covered with liquid and top up if necessary
- 13 Remove the meat carefully from the dish and then remove the fat and bones and discard before returning the meat in small shreds or pieces to the casserole dish
- 14 Now is the time to add the salt (according to taste) and top up with water for the last time if necessary
- 15 Return the casserole to the oven and cook for a further hour
- 16 If the bean jar seems too watery, then you can use cornflour mixed with cold water to form a runny paste and add it to the beanjar before reheating gently on the stove, constantly stirring until the mixture boils and thickens up
- 17 Serve with french bread and Guernsey butter

Flowers in a glass globe

Resources

- Empty glass jar with screw lid - preferably a globe shaped jar
- Fresh flowers e.g. 1 Carnation and a sprig of foliage or two freesias with foliage
- Water
- Plasticine
- Scissors
- 1 teaspoon of white vinegar to preserve the flowers - optional



Instructions

1. Cut your flowers to the desired length so that they are not crowded inside the globe or touching the top of the dome. Try to make your flowers and foliage different lengths, just as you would in a normal floral arrangement.
2. Work the plasticine so that it is easy to mould and press firmly into the inside of the jam jar lid.
3. Arrange your flowers placing the stems into the plasticine on the lid. You can change the arrangement as many times as you need to in order to get the flowers seated just right.
4. Turn over the jam jar so that the open end faces upward. Fill nearly to the top with water.
5. Turn the lid with the plasticine holding your flowers upside down and gently place the flowers inside the water filled jam jar. Screw the lid tightly and invert.

How to make a 'Tommy Tomato' Pom Pom

Resources

You will need:

- ❖ Cardboard
- ❖ Compass or circular item to draw around
- ❖ Red Wool
- ❖ Scissors
- ❖ Large darning needle (plastic if possible)
- ❖ 2 x Googly Eyes
- ❖ Green checked Ribbon



Instructions

Cut 2 circular pieces of cardboard approx 8 cm diameter (larger diameter will make a bigger pom pom). Cut a smaller circle from the centre of the pieces.



Place the cardboard rings together and start to wind the wool around the rings, take care not to tangle the wool. If necessary cut the wool into manageable lengths and join them in as you go.

Use the large darning needle when the hole in the middle gets too small. When you cannot wind the wool anymore carefully cut the wool around the edges, you should eventually pass between the two pieces of cardboard as you are cutting. Just cut a few layers at a time.



Pass a length of wool between the two pieces of cardboard, around all the strands of wool and tie it firmly together. Then tie the green ribbon in the same way. You can now remove the cardboard rings. Trim any wool which is uneven to give your pom pom a tidy look.

Add the Googly eyes, you now have a 'Tommy Tomato' pom pom

How to make fresh Tomato Soup

Ingredients

- 1-1.25kg/2lb 4oz-2lb 12oz ripe tomatoes
- 1 medium onion
- 1 small carrot
- 1 celery stick
- 2 tbsp olive oil
- 2 squirts of tomato purée (about 2 tsp)
- a good pinch of sugar
- 2 bay leaves
- 1.2l hot vegetable stock (made with boiling water and 4 rounded tsp bouillon powder or 2 stock cubes)



To make the tastiest tomato soup you'll ever experience wait until the tomatoes are at their most ripe and juicy, around September

Serves 4 for lunch or 6 as a starter

Method

1. Firstly, prepare your vegetables. If the tomatoes are on their vines, pull them off. The green stalky bits should come off at the same time, but if they don't, just pull or twist them off afterwards. Throw the vines and green bits away and wash the tomatoes. Now cut each tomato into quarters and slice off any hard cores (they don't soften during cooking and you'd get hard bits in the soup at the end). Peel the onion and carrot and chop them into small pieces. Chop the celery roughly the same size.
2. Spoon the oil into a large heavy-based pan and heat it over a low heat. Hold your hand over the pan until you can feel the heat rising from the oil, then tip in the onion, carrot and celery and mix them together with a wooden spoon. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 minutes and you should stir them two or three times so they cook evenly and don't stick to the bottom of the pan.
3. Holding the tube over the pan, squirt in about 2 tsp of tomato purée, then stir it around so it turns the vegetables red. Shoot the tomatoes in off the chopping board, sprinkle in a good pinch of sugar and grind in a little black pepper, then tear each bay leaf into a few pieces and throw them into the pan. Stir to mix everything together, put the lid on the pan and let the tomatoes stew over a low heat for 10 minutes until they shrink down in the pan and their juices flow nicely. From time to time, give the pan a good shake - this will keep everything well mixed.
4. Slowly pour in the stock, stirring at the same time to mix it with the vegetables. Turn up the heat as high as it will go and wait until everything is bubbling, then turn the heat down to low again and put the lid back on the pan. Cook gently for 25 minutes, stirring a couple of times. At the end of cooking the tomatoes will have broken down and be very slushy looking.
5. Remove the pan from the heat, take the lid off and stand back for a few seconds or so while the steam escapes, then fish out the pieces of bay leaf and throw them away. Ladle the soup into your blender until it's about three-quarters full, fit the lid on tightly and turn the machine on full. Blitz until the soup's smooth (stop the machine and lift the lid to check after about 30 seconds), then pour the puréed soup into a large bowl. Repeat with the soup that's left in the pan. (The soup may now be frozen for up to 3 months. Defrost before reheating.)
6. Pour the puréed soup back into the pan and reheat it over a medium heat for a few minutes, stirring occasionally until you can see bubbles breaking gently on the surface. Taste a spoonful and add a pinch or two of salt if you think the soup needs it, plus more pepper and sugar if you like. If the colour's not a deep enough red for you, plop in another teaspoon of tomato purée and stir until it dissolves. Ladle into bowls and serve. Or sieve and serve chilled with some cream swirled in. For other serving suggestions, see opposite.

How to make Gáche Mele

Ingredients

2lbs apples peeled and cored

10ozs sugar

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ cup of water

8ozs flour

4 ozs suet or margarine

1 teaspoon salt

1 egg (optional)



Instructions

Mix together all the dry ingredients

Add the apples, with a sharp knife chop until well mixed

Mix in the egg and water

Pour into a well greased 7" square tin

Sprinkle with sugar and bake for 1 hour in a warm oven

Serve warm with Guernsey Cream

(Guernsey Federation of Women's Institutes - Guernsey Recipes 1982)

Guernsey Produce Pictionary

How to play 'Guernsey Produce Pictionary'

Resources:

- Blank sheets of paper
- 2 Egg Timers
- Pencils
- 2 teams of at least 2 people in each
- Food Pictionary cards split into 2 equal sets

Instructions:

- 1 Split the group into 2 teams of equal number
- 2 Each person in the group takes a turn to select a card without showing the other team players
- 3 Set the timer for 1 minute
- 4 That person has 1 minute to draw the item on the card and get the other team members to guess what it is
- 5 The first person to guess correctly takes a turn to choose a card and draw the item
- 6 The winning team is the first team to guess all of the items on the cards



Guernsey Produce Pictionary' playing cards

<p>Guernsey Gache (Fruit Loaf)</p>	<p>Tomato</p>	<p>Vraic (Seaweed)</p>	<p>Grapes</p>
<p>Guernsey Biscuit (Bread roll)</p>	<p>Crab</p>	<p>Mackerel</p>	<p>Bean jar (Stew)</p>
<p>Ormer</p>	<p>Apple</p>	<p>Cider</p>	<p>Strawberry</p>
<p>Freesia</p>	<p>Cow</p>	<p>Iris</p>	<p>Milk</p>
<p>Guernsey Lily</p>	<p>Lobster</p>	<p>Scones</p>	<p>Cream</p>
<p>Guernsey Butter</p>	<p>Ice-Cream</p>	<p>Fudge</p>	<p>Cheese</p>

How to make a lollipop stick Fairy

Resources

- Lollipop stick
- Felt pens
- Scraps of material
- Coloured Card
- Sequins, etc



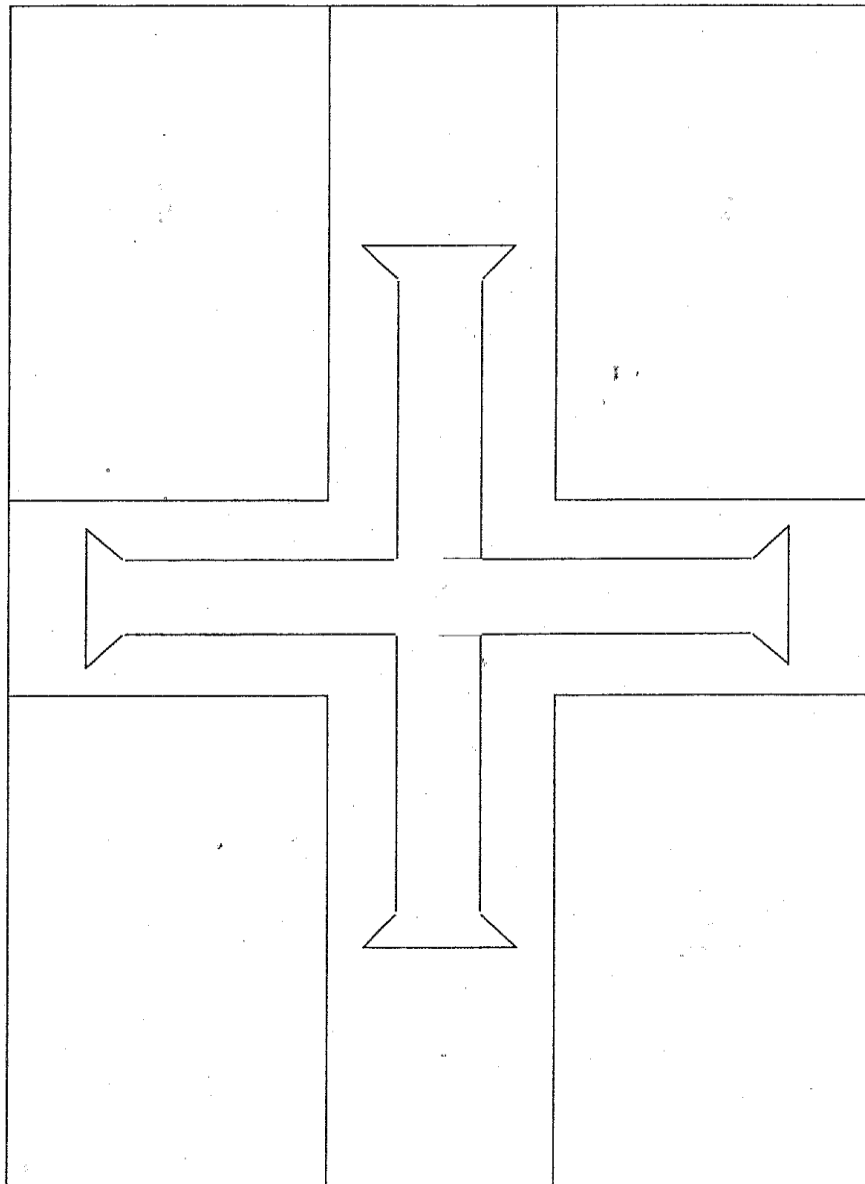
Instructions

We chose a lollipop stick and drew eyes, nose, and mouth onto the top with felt pens. We then stuck on shredded tissue for hair and cut out simple clothes from cardboard and stuck these on the sticks, below the faces. We embellished the clothes with sequin off cuts and sparkly bits from the box. We made several figures and decided they would be characters from fairy tales.

To extend our play we then painted a cardboard tube and cut out an arched window shape near the top. We decorated it with jewels, shiny bits and pieces. For a roof we cut out a card circle, snipped along the radius and folded it round to join and make a cone shape. Our puppets now had a palace tower to make the play more interesting.

Colour the Guernsey Flag

The Guernsey Flag was adopted in 1985 and consists of the red cross of St George with an additional gold cross within it. The gold cross represents Duke William of Normandy.



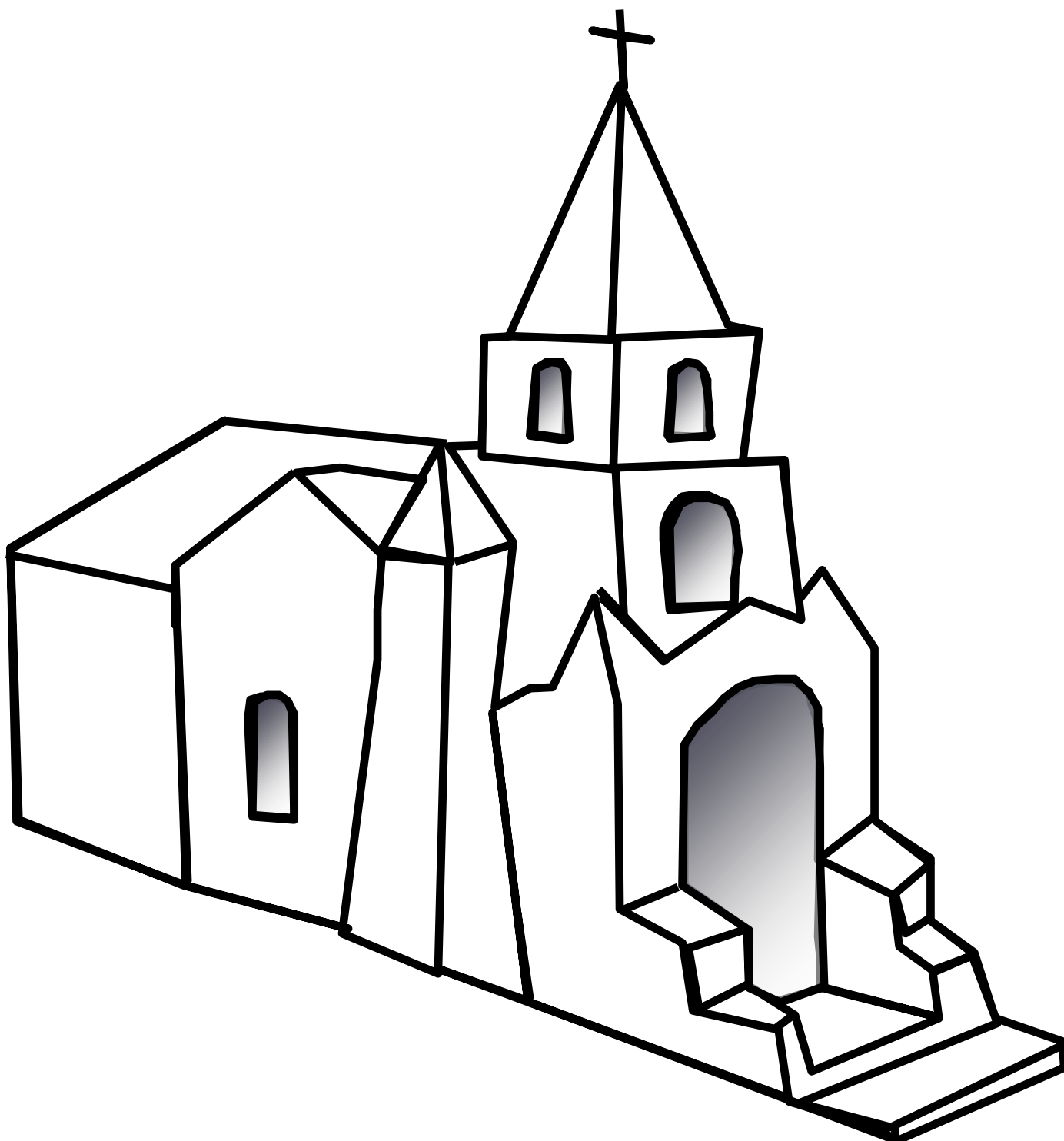
Little Chapel Mosaic (www.thelittlechapel.org)

Resources

- Little Chapel template (see below)
- Crayons or felt pens to colour or small pieces of coloured paper and glue



Using the crayons or coloured paper add a mosaic pattern to the template



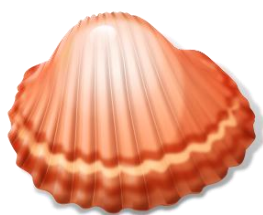
Make an edible beach

Resources

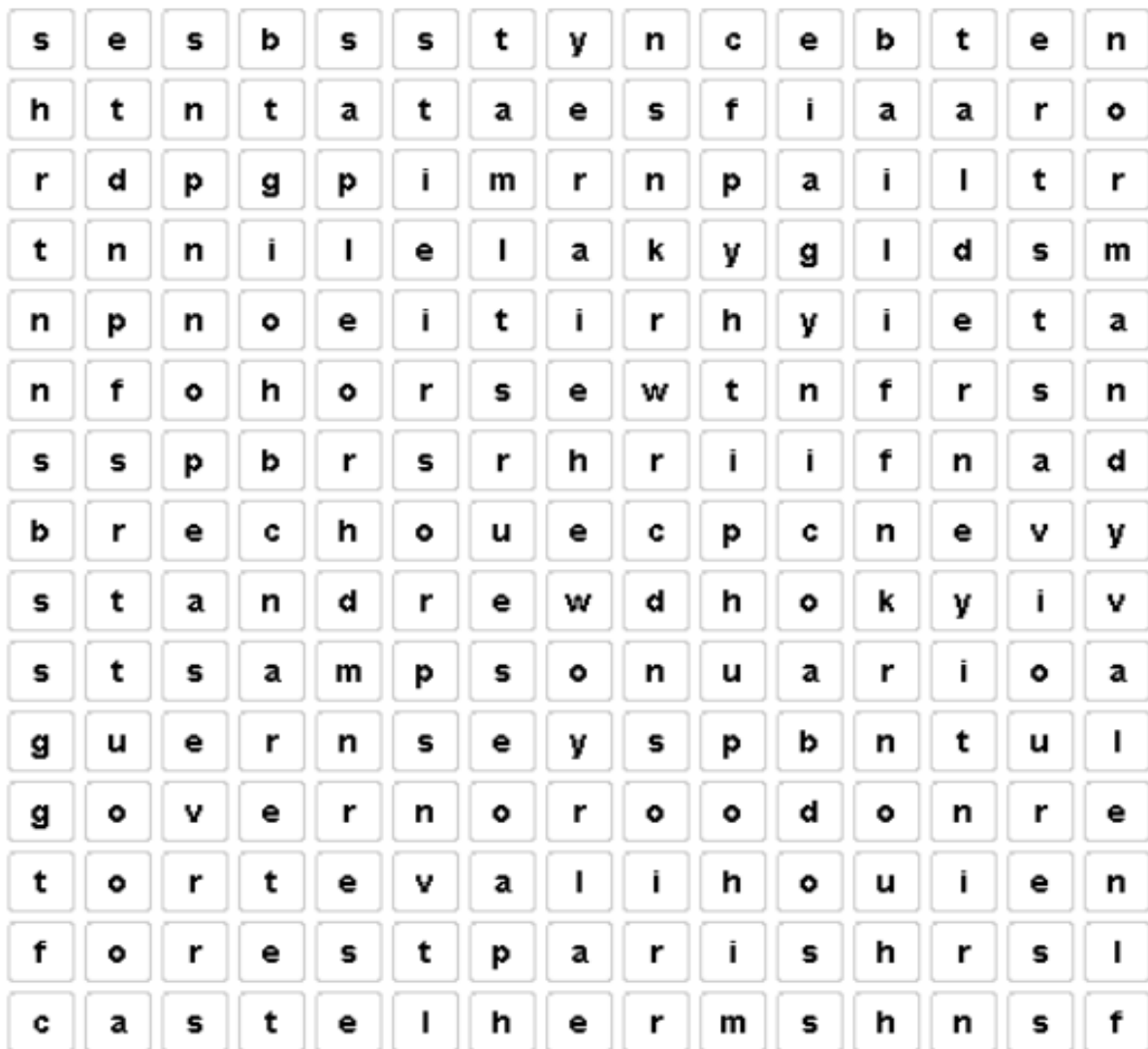
- Small tin foil dishes
- A variety of beach shape sweets eg shells, prawns, yellow laces for sand, jelly worms, chocolates for rocks, etc
- Royal icing

Instructions

Share the sweets between the girls and explain that the objective is to design their own beach using the sweets provided. Use the icing to stick the shells to the beach. You can use some food colouring for seaweed or the sea.



Bailiwick Word Search



st Pierre du bois	st peter port	bailiwick	st saviour
english channel	st Sampson	guernsey	torteval
st Andrew	st martin	alderney	forest
normandy	bailiff	governor	herm
castel	parish	brechou	sark
vale	ten		

Coastal Games

The coast of Guernsey is very varied. In the south the rugged granite cliffs are nearly almost vertical and up to 90 metres high. The west coast is marked by much lower and gentler slopes often backed by sand dunes. The north and west coasts have large open sandy bays. The east coast has been developed and contains the two major ports of St Sampson and St Peter Port.



This game consists of a team trail where participants have to complete three or more challenges. The first team to complete all the challenges wins.

Challenges could include balancing on upturned pots or balancing a 'gulls egg' in a spoon. This could represent the south coast.

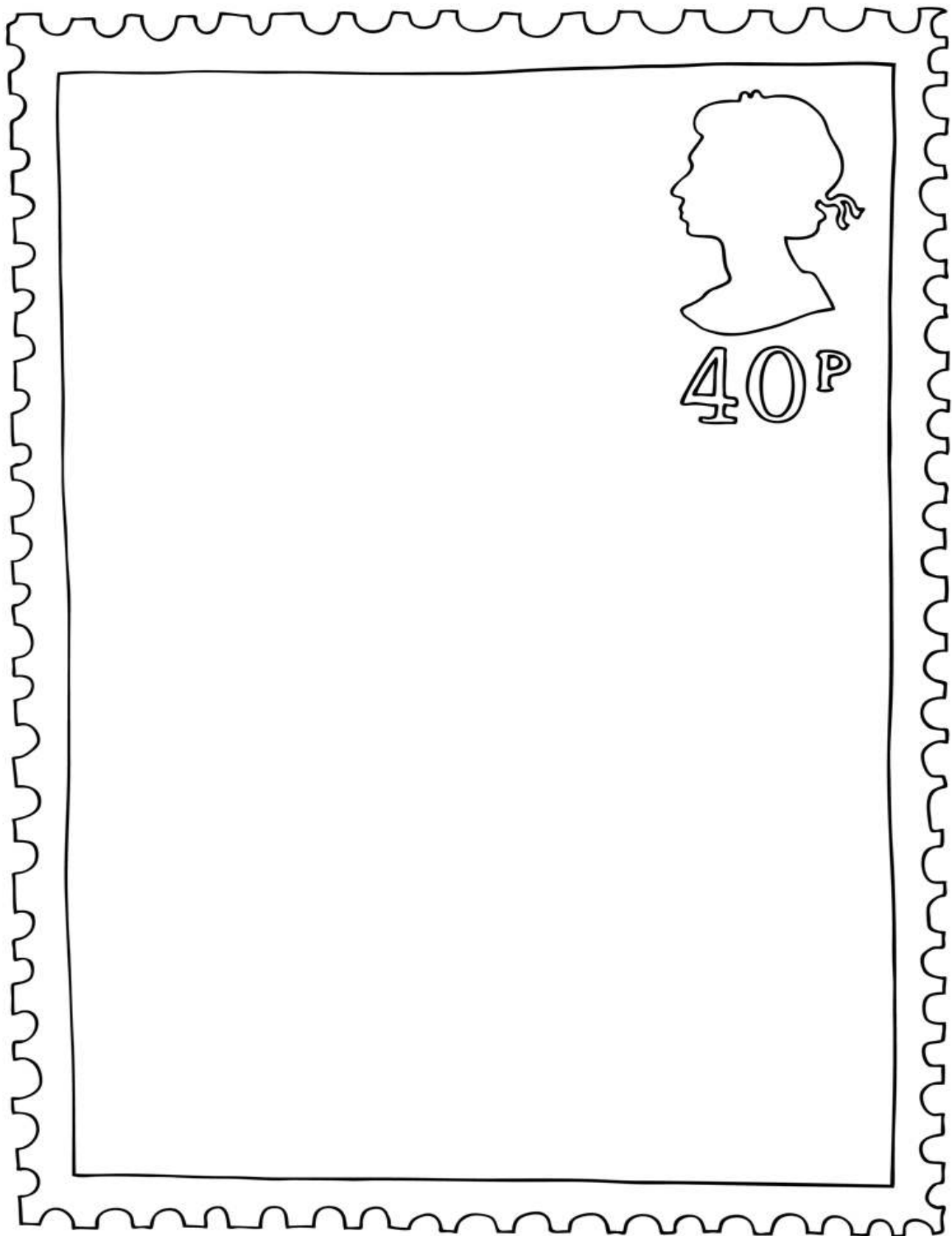
West coast challenge could be to hop across the room - reminiscent of the tradition of jumping around the stones of the fairy ring.

East coast challenge could be adding to a tower of match boxes - symbolising the raising of seawalls to prevent flooding.

In groups, make messages using the Morse Code sheet. Swop messages and see who can decipher the message first.

A	● -	S	● ● ●
B	- ● ● ●	T	-
C	- ● - ●	U	● ● -
D	- ● ●	V	● ● ● -
E	●	W	● - -
F	● ● - ●	X	- ● ● -
G	- - ●	Y	- ● - -
H	● ● ● ●	Z	- - ● ●
I	● ●	1	● - - - -
J	● - - -	2	● ● - - -
K	- ● -	3	● ● ● - -
L	● - ● ●	4	● ● ● ● -
M	- -	5	● ● ● ● ●
N	- ●	6	- ● ● ● ●
O	- - -	7	- - ● ● ●
P	● - - ●	8	- - - ● ●
Q	- - ● -	9	- - - - ●
R	● - ●	10	- - - - -

Design a Stamp (www.guernseystamps.com)



Make a Guernsey Flag Cross stitch

Resources:

- Red & Gold thread
- Needle
- Cross stitch material



Instructions:

Cut a rectangle of cross stitch material approximately 12 cm x 7 cm and use the template below to sew the Guernsey flag

						x	x	x	x						
						x	x	x	x						
						x	x	x	x						
						x	x	x	x						
x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
						x	x	x	x						
						x	x	x	x						
						x	x	x	x						
						x	x	x	x						

Pirates Ahoy

This game is similar to 'Captains' Coming'.

Tell the girls the commands or put a list up on the wall to remind them. When a command is called the last girl to follow the command is out. She can then help to identify the last person out in the next round.



Pirates Ahoy - Raise their hand to their eyes to scan the ocean



Climb the rigging - Stand on the spot and pretend to climb the rigging



Dig for treasure - pretend to dig for treasure



Pirates asleep - All the pirates lay down



Pirates' peg leg - All the pirates hop around on one foot



Pirates run for cover - All the pirates run to one end of the room



Pirates row the boat - Pirates sit and row the boat



Low flying parrots - everyone sit down

Make a Guernsey donkey plant pot

Resources

2 lollipop sticks

2 small peat pots

Material for tail

Wiggly eyes

Card for ears

Small amount of peat

Cress seeds

Instructions

Glue lollipop sticks together in a cross.

Cut a small slit in one of the peat pots & attach it to the second pot as per the picture

Add the tail & ears

Fill the bottom of the peat pot with a small amount of peat or kitchen roll

Lightly sprinkle with cress seeds & water then leave to grow. You will need to keep the seeds damp and in the light to grow.



Create a play based on the Evacuation of Guernsey children at the start of World War II

Suitable for Guides and Senior Section

Guernsey during World War II

During World War II, German soldiers moved through France and then wanted to invade Britain. The Channel Islands were an ideal place from where German troops could attack the English coastline, so in 1940 they planned to occupy Guernsey. When the Islanders were told that this was likely to happen, they arranged for many of the children to be evacuated to Great Britain. Many of these children had never left the Island before, and had less than one day's notice of the evacuation. The Island was occupied for 5 years, and the children did not return home until the war ended in 1945.

Devise a play about a Guernsey Family who are deciding whether to allow their children to be evacuated in 1940. Think about how each member of the family would feel - parents, grandparents, and children.



Play Patois Bingo

Resources: Bingo Cards, Master Sheet, Pens for marking

B	I	N	G	O
aen pot a thee	aen purchet	aen saucier	ane tchullier	enn ougniaon
enne biche	aen coute	aen doubiller	aen mogue	aen verre
enne abole	enne frase	aen paissaon	enn assiette	enne carotte
enne orange	enne tamate	aen limaon	aen tchian	enne berbis
aen cat	aen ch'va	enne patate	enne souoris	aen broculu

B	I	N	G	O
aen broculu	aen mogue	aen coute	enne pere	aen ch'va
enn ane	enne berbis	aen saucier	aen lapin	enne patate
enne orange	aen coubiller	enne fourchatte	enne caudiere	aen tchian
enn ougniaon	aen pot a thee	enne biche	enn assiette	aen paissaon
aen verre	enne tamate	aen cat	enne paomme	aen limaon

B	I	N	G	O
enne berbis	enn assiette	aen brocolu	enne paomme	aen tchian
aen doubiller	enn ougniaon	aen coute	enne souoris	aen mogue
enne caudiere	aen limacon	enn ane	enne fourchaette	enne carotte
aen ch'va	aen pot a thee	enne coupe	enne pere	enne tamate
enne frase	enne caboche	enne patate	enne abole	aen verre

B	I	N	G	O
enne coupe	enn assiette	aen cat	enne banana	aen ch'va
enne orange	enne baole	enne vacque	Enne caudiere	aen saucier
enn ougniaon	aen verre	enne patate	aen pot a thee	enne berbis
aen brocolu	aen lapin	aen pourchet	enne tchullier	enne souoris
aen paissaon	aen mogue	enne paomme	enne cabache	enne fourchaette

B	I	N	G	O
aen pot a thee	enne berbis	aen tchian	enne pere	enne carotte
enn ane	aen ch'va	aen saucier	enne banana	enne tchullier
aen coute	enne tamate	aen limaon	aen brocolu	enne fourchaette
aen doubiller	enne caboche	aen mogue	enn ougniaon	enn assiette
enne patate	aen pourchet	enne caudiere	aen paissaon	aen cat

B	I	N	G	O
enne biche	enn assiette	enne baole	aen pot a thee	enne orange
aen coute	enn paomme	enne coupe	aen doubiller	enne banana
enne frase	aen tchian	aen mogue	enne berbis	aen brocolu
aen verre	aen cat	aen saucier	aen paissaon	enne pere
enne tamate	aen limaon	enne caboche	aen purchet	enne souoris

B	I	N	G	O
enne coupe	aen saucier	aen purchet	enne biche	enne baole
enne carotte	aen brocolu	enne banana	enne paomme	enne caboche
enne tchullier	aen paissaon	enne pere	enne patate	enn ane
enne orange	aen coute	enne tamate	aen limacon	enne souris
aen lapin	aen tchian	aen doubiller	enne vacque	enn ougniaon

B	I	N	G	O
ane brocolu	enne frase	enne coupe	enne fourchaette	aen lapin
enn ougniaon	enne vacque	aen coute	Enne biche	aen verre
aen doubiller	enn assiette	enne patate	aen pot a thee	enne banana
enne tchullier	enne caboche	aen limacon	aen mogue	enne baole
enne paomme	enne pere	enne berbis	aen paisson	enn ane

B	I	N	G	O
aen paisson	enne paomme	aen ch'va	enne fourchaette	enne coupe
enne tchullier	enne frase	aen saucier	aen lapin	enne carotte
enne pere	aen verre	aen brocolu	enne biche	aen coute
enne caboche	enn assiette	enne berbis	aen mogue	aen pot at thee
aen doubiller	aen limaon	enne orange	enne patate	enne baole

B	I	N	G	O
enne fourchaette	enne coupe	enne souris	enne vacque	aen brocolu
aen pot a thee	enne carotte	enne tchullier	aen mogue	aen paissaon
ane cat	enne caudiere	enne frase	aen doubiller	aen ch'va
ane saucier	aen lapin	enne baole	enne caboche	enn ane
enn ougniaon	enn assiette	enne berbis	aen tchian	enne patate

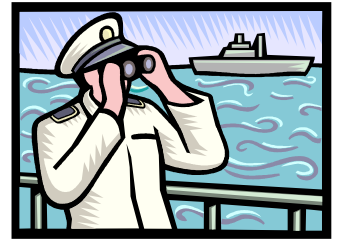
Bingo Master Sheet - Print and cut out the cards

Enne coupe a cup	aen saucier a saucer	enne baole a bowl	enne banana a banana	enne tamate a tomato
Enn assiette a plate	enne tchullier a spoon	enne vacque a cow	aen brocolu a cauliflower	aen cat a cat
Aen verre a glass	aen paissaon a fish	aen coute a knife	enne souoris a mouse	aen lapin a rabbit
aen mogue a mug	Enne caudiere a kettle	aen pot a thee a pot of tea	aen ch'va a horse	aen tchian a dog
enne fourchaette a fork	enne orange an orange	enne paomme an apple	enn ougniaon an onion	enne patate a potato
aen doubiller a tablecloth	enn ane a donkey	enne pere a pear	enne caboche a cabbage	
enne biche a goat	enne frase a strawberry	enne berbis a sheep	enne carotte a carrot	

"Captain's Coming"

Suitable for Brownies and Guides

"Captain's Coming" Game



Assign one person to be the "Captain." The role of the Captain is to stand in front of the players and call out the actions.

Once the Captain calls an action, each player has 3-4 seconds to start performing the action. The person who is last to perform the action, or does it wrong, is out of the game.

You can make up your own commands and actions, but here are a few of the most commonly used ones:

Captain's coming!:

Everyone stands in a row in single file, in the middle of the room, saluting the Captain.

Port!:

Players run to the left hand side of the room

Starboard!:

Players run to the right hand side of the room.

Scrub the Deck!:

Players fall to the floor on all fours, imitating scrubbing the floor

Captain's Daughter's coming!:

Players put their hand on their hips with a swagger and say "Ooh la la!"

Man Overboard!:

Players lie on their backs on the floor, waving their arms and legs in the air

Climb the Rigging!:

Players stand still and imitate climbing up a rope

Walk the Plank!:

Three players stand in a single file row hands on the shoulders of person in front of them

Captain's Wife's coming!:

Players curtsy

Bow!:

Players run to the front of the room

Stern!:

Players run to the back of the room

When only one player is left in the game, they are pronounced the winner and they become the Captain.

Pack a Suitcase Game

Suitable for Brownies and Guides

Split the girls into 4 groups. Give each group a copy of the 16 picture cards from appendix 23 (pictures of belongings - eg doll, jewellery, book, hairbrush etc). Explain that an Evacuee could only take a few personal belongings when they left home. Ask each group to look at all the cards and then decide on 6 items which they would take. They should take turns at explaining to the other groups what they had decided on.

<p>Favourite Blanket</p> 	<p>Magazines</p> 	<p>Bible</p> 	<p>Jewellery</p> 
<p>Pillow/Cushions</p> 	<p>Mobile Phone</p> 	 <p>Lipstick/Makeup</p>	 <p>Mirror</p>
<p>Laptop</p> 	<p>Pyjamas & slippers</p> 	<p>Pens & Pencils</p> 	<p>Favourite teddy</p> 
<p>Hairbrush</p> 	<p>Sweets & Chocolate</p> 	<p>Shoes</p> 	<p>Plate & Cutlery</p> 

Cook in a hay box

A hay box is a traditional method of cooking. The food to be cooked is first heated to boiling point and then put in the insulated box. Over a period of time, the food will finish cooking. This is about three times the normal cooking time. Suitable food for cooking would be stew with small pieces of meat, rice pudding or porridge.

Resources

- Airtight wooden box, eg old toy box or tool chest. If necessary buy a flat-pack wooden crate/box, available from most DIY stores. The size of box required will depend on the size of cooking pot you will be using. It should allow for 20-30cm of insulation all around the pot
- Newspaper/card, double sided tape, scissors
- Fine hay (coarse hay is not suitable)
- Heavy cooking pot or saucepan with tight fitting lid
- Pillowcase
- Towel

Instructions

- 1 Line the box with a thick layer of newspaper or card sticking it to the box with double sided tape. Overlap the edges of this insulating layer to cover any gaps in the box. Insulate the lid in the same way.
- 2 Pack the box three-quarters full with hay and hollow out a large enough 'nest' to hold your cooking pot.
- 3 Fill the pillowcase with hay until it is large enough to fill the remaining space in the box.
- 4 Make sure the food you are cooking is boiling briskly. Wrap the container in a clean towel and transfer to the hay box. Place the hay filled pillowcase on top of the cooking pot and close the lid of the box.
- 5 The amount of cooking time needed in the hay box depends on the length of the preliminary boiling and how tightly the hay is packed around the cooking pot.



Play 'Guess the Unusual Object' Game

- 1 The week before the game is played each person is asked to bring along an unusual object from the past together with a short description of its use written on a postcard
- 2 Each person brings their unusual object and the brief description of its use. The description is given to the organiser
- 3 The object is given a number and placed on the table with the number alongside. The number is also written on the description postcard
- 4 Everyone taking part is given an answer sheet with the numbers 1 - however many objects there are i.e. 1 - 10
- 5 Everyone is given 20 minutes approximately to guess what each item was used for
- 6 All answers are written on the sheet with the persons name at the top
- 7 The organiser gathers in the answers and gives each one a mark for the correct answer
- 8 The winner is announced



Badge Order Form

Once you have completed two or more activities from each section please return this form to order your badges.

Unit:	
County:	
Leader's name:	
Address to send the badges:	
Postcode:	
Contact number or email address:	
Number of badges required @ £1.00 each Post & Packaging: Up to 30 badges £1.00 Over 30 badges £1.70	
Total amount enclosed:	£

Please make your cheques payable to Guernsey Guide Association and send your order to

Go Guernsey

c/o Mrs P Prevel

Lakshanya

6 Croutes Havilland Lane

St Peter Port

Guernsey

GY1 1EX

or email patprevel@cwgsy.net

Profits from the sale of the badges will help members of GirlGuiding Guernsey to enjoy their Centenary Celebrations and also support Water Aid their chosen Centenary Charity.