

We hope you find this issue full of information that you will be able to use. If you would like any further details of any up and coming events, then please do not hesitate to contact me. We would also love to hear about any meets that you have been on, any new recipes, any other information on up and coming events, so please send your information to me using the contact details below.

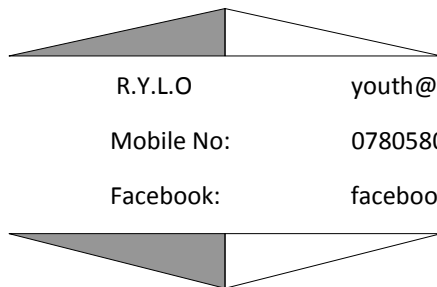
Grass Routes

Issue 7



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GRASS ROUTES

NORTH CENTRAL REGION YOUTH

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Chairman's Piece

Hi all, I hope you have all packed your camping gear away dry and stored it properly for the winter. Well as I am writing this, Christmas is coming so I hope you all have a good Christmas and a Happy New Year.

Paul and Racheal have been working hard on your behalf organising the National Youth Rally, so I hope you can all be there to enjoy yourselves. They have also booked a weekend meet for you at Carsington Water so please try to support them by being there. I'm sure they will be keeping you all up to date about what is being put on for you, oh don't forget to bring Mum and Dad to Carsington, I'm sure we can find them something to do whilst you enjoy your weekend.

Look forward to seeing you all in 2011.

Alan Slater

North Central Region Chairman

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

Make sure you tackle this Word Search
One word has been found for you
Good Luck!

- | | |
|-----------|-----------|
| HEADBOARD | BUNK |
| CLOSET | BLANKET |
| DRESSER | NIGHTGOWN |
| QUILT | LINEN |
| TWIN | RADIO |
| WARDROBE | PILLOWS |
| BED | PJS |
| CLOCK | LAMP |

Name:..... Age:.....

Membership No:..... Email Address:.....

Address:.....

..... Postcode:.....

Complete this month's Word Search Competition and you could be the lucky winner of this fantastic sleeping bag from Coleman. The Coleman Pacific 220 is a large envelope shaped sleeping bag soft flannel lining which is warm and cosy to the touch, a Comfort Cuff which surrounds the users face in softness and warmth, a thermo collar for extra insulation and an internal security pocket for storage of valuables. A polyester shell which is durable, ensuring that this sleeping bag is built to last. This Coleman Pacific 220 sleeping bag has a temperature range of a 2 season sleeping bag, this makes it ideal for Spring/Summer/Autumn holiday camping in the UK as well as for indoor use.



Temperature Range: (Comfort Rating) +12°C (Lower Limit) +8°C
Extreme Capability: (Extreme Rating) -5°C
 So to be in with a chance of winning this fantastic prize, please send your completed entry to:

NCR Youth Magazine, 7th Issue, 40 Berkeley Avenue, Long Eaton, Nottingham, NG10 3JY,
 by 29th January 2011 .

Winners will be notified by either email or by post.

Here is the solution to last issue's Wordsearch.

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

Congratulations to Matthew Corbishley from Chase DA .

Have fun with your prize and we hope to see you on a meet somewhere soon.

Will you win the next prize?

Then give our next competition a go and see if you can.

Editor's Pitch



Let the Christmas season begin with a bang!
Lots of us have now been to your Bonfire meets and maybe Christmas parties, hope you have enjoyed them all.

It looks like it will be a quiet winter camping season for us all so not much out there at the moment, however, don't forget you have your DA's Valentine meets and AGM's coming soon, so please show your support .

We have 28 youth now in the region which is great, lets try and get more youth joining in as we have some great weekends coming up.

Congratulations to Laura Myatt for winning Issue 5's Competition, could it be you next time? Then why not give it a go!

Don't forget to get your thinking caps on for the James Bond theme at next years National Youth Rally at Oswestry Showground, it's going to be a good one!

Thanks to everyone who has helped with the content for this "great little magazine", please keep it coming.

Hope to see you on a field some time soon.

Racheal Slater

Publication Editor and NCR R.Y.L.O.

45th National Youth Rally

Hosted by North Central Region

Location: Oswestry Showground

Date: 1st to 3rd July 2011



The theme for the weekend will be FOREVER BOND, so if you think you are a Bond Girl, a baddie of James Bond or a James Bond himself then get your glad rags on.

There will also be:

Volleyball,
Netball
and Football

Live Band Saturday Night

Disco Friday and Saturday Night

Austin Trophy Sports



“Congratulations!”



Congratulations to Laura Myatt from Staffordshire DA for winning the competition from Issue 5 of North Central Region’s Youth Magazine “Grass Routes”

The prize was presented at North Staffs meet at Alstonfield.

Thanks goes to the Club’s Vice President and North Central Region President Barry Rook for presenting Laura with her prize.

Thank you to all that helped to make the evening a special one!

Every effort is made to ensure that all prizes are presented to the competition winner in person, and a photo is taken. For data protection and child safeguarding issues, all photo’s are taken with the parents permission.

Jokes Corner

Have you got a really funny joke?
Want to win a prize for it?
Then email Racheal and you could be seeing your joke here in the next issue.

How did the telephones get married?

In a double ring ceremony!

Why was the broom late?

It over swept!

What do cannibals eat for breakfast?

Buttered host!

Why did the man take a pencil to bed?

To draw the curtains!

20th—22nd May 2011

Uppertown Farm, Carsington

North Central Region Youth invites **ALL** units to Uppertown Farm, Carsington.

Beautiful views of Carsington Water.

It is ideal for Water Sports, Cycling and walking. There are 4 fantastic Children's play areas within 5 minutes walk.

You can often see Hot Air Balloons launching from adjacent fields.

We are looking to have some fun games on Saturday afternoon (weather permitting!), colouring competition for the children, Bottle Raffle, Tombola and a Quiz.

For more information please contact Paul or Racheal on

Mob: 07805807238

Email: youth@northcentralregion.co.uk

Basic First Aid

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Heat exhaustion symptoms

Warning signs of heat exhaustion include:

- heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headaches
- Nausea or Vomiting
- Fainting

Your skin may be cool and moist to the touch, but your pulse rate will be fast and weak, and breathing will be fast and shallow.

If heat exhaustion is untreated, it may progress to heat stroke, which is a medical emergency.

Seek medical attention and call 911 immediately if:

- symptoms are severe, or you suffer from heart problems.
- Otherwise, try to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

Heat exhaustion treatment

Cooling measures that may be effective include:

- Ice water if possible or cool (non alcoholic) drinks
- rest
- cool shower, bath, or sponge bath or if out in the open a cool stream
- Lightweight clothing

Next issue we will be looking at: **Muscle Cramps**

Youth Regalia



Scraggy 9" Bear £5.00



Water Bottle £4.00



Torch Key Ring £3.00



City Bag £7.00



Ripper Wallet/Purse £4.00



Phone Charm £2.00



Glow Sticks £1.00 each



Mini First Aid Kit £5.00

If you would like to order any of the above regalia, then please contact me using the details on the back of the magazine.

Youth Test Modules

Module 7 — Sanitation

For this module you should:

Demonstrate a clear knowledge of the requirements as per the Club's code of practice specified in the Fundamentals of Good Camping.

Most sites now ensure that toilet facilities are available to all campers using the site.

The main point on this one is to make sure that you leave the facilities in a clean and tidy condition. If a Porta loo is provided for your test, then you will be needed to empty this in the correct area.



Next Issue: Module 8— Waste Water

Remember these pages can be cut out and kept.

Just for Fun Quiz

The following initials of words can be found in commonly used statements, book titles, general knowledge. Off you go!

1. 3 M in a B
2. 3 W on a T
3. 7 W of the W
4. 13 S on the A F
5. 24 H in a D
6. 32 D F at which W F
7. 39 S
8. 54 C in a D (with J's)
9. 93 M M to the S
10. 1001 A N

See how you do in the next issue.

Answers to Issue 5 fun quiz

1-6 side on a hexagon, 2-7 days of the week, 3-12 signs of the zodiac, 4-12 months in a year, 5-12 days of Christmas, 6-29 days in February in a leap year, 7-60 seconds in a minute, 8-64 squares on a chess board, 9-100 centimetres in a metre, 10-101 Dalmations.

Useful Websites

North Wales DA	—	www.northwalesda.co.uk
Snowdonia DA	—	www.snowdoniada.co.uk
Chesterfield DA	—	www.chesterfieldda.co.uk
Derbyshire DA	—	www.derbyshireda.co.uk
Staffordshire DA	—	www.staffordshireda.co.uk
Chase DA	—	www.chase-da.co.uk
North Staffs DA	—	www.northstaffsda.com
Shropshire DA	—	viewable on www.northcentralregion.co.uk under D.A meets

If you belong to any of the above D.A's then please keep an eye on their websites for upcoming meets that you may wish to attend.

Easy Recipes

Main Dish

Chicken and Dumplings

Ingredients:

2 Chicken Breasts (skinless and Boneless), 2 x 15 ounce cans of chicken broth, 1 medium potato (diced), 1 small onion (diced), 1 carrot (diced), 1 celery stalk (sliced), 1 cup peas, ½ teaspoon garlic salt, 1 teaspoon thyme, 1 teaspoon salt, 1 teaspoon black pepper, 2 bay leaves, 3 tablespoons flour, 5 biscuits, 2 tablespoons vegetable oil, 2 tablespoons butter.

Method:

Use a large pot with lid. Add oil to the pot and heat at medium, sauté the chicken breasts for about 20 mins, turning after 10 mins. Remove chicken and dice. Add butter to pot and sauté onions for 5 mins. Add flour and stir to moisten and make a paste. Add one can of broth and stir into the paste to make the gravy smooth. Add remaining ingredients and stir well. Bring to a boil and simmer. Take biscuits cut into 4 pieces and place them on top of the stew. Put on lid and simmer for 10 mins. Remove bay leaves before serving.

Pudding

Strawberries and Cream

Ingredients:

6 fresh strawberries, 1 can of squirty cream.

Method:

Slice strawberries into 4 pieces and place into bowl. Shake the can of cream and squirt over the top of the strawberries. Serve

These recipes are suitable to be used at your youth test. This covers some of Module Six of your youth test, Cooking and Diet. Full details of this module will be covered in Issue Six.

Every issue we will be providing new recipes for you to keep. However if you have a favourite tried and tested recipe that you would like others to try, then please forward the details to :

youth@northcentralregion.co.uk

Thanks.

Introduction to the Camping Club Youth Test

The Camping Club Youth Test's aim is to ensure that you can camp unsupervised, safely and competently at Club Sites and Meets. It is designed to set a minimum national standard which should be the same across every Region and Section of the Club.

The test is split into twelve modules. These are all designed to ensure that you can camp unsupervised at Club Sites and Meets from the age of fourteen, and this criteria is fundamental to the test.

The modules are as follows:

1. Packing of kit
2. Selection of pitch
3. Pitching
4. Map reading and compass
5. Use of stoves and precautions
6. Cooking and diet
7. Sanitation
8. Waste water
9. Refuse disposal
10. Code for campers
11. First aid
12. Striking camp

We will be covering all the modules throughout the coming issues. Anyone interested in training for the test needs to contact your Youth Leader or Regional Youth Liaison Officer.

Five good reasons for taking your Youth Test

You will be able to attend International Youth Rallies from the age of 14 years.

You will continue to receive Youth membership till the age of 21 years.

You can camp unaccompanied at all DA, Regional and National meets from the age of 14 years.

You will be able to camp on Club sites at child rates from the age of 14 to 21 years.

At the age of 21 you will receive Senior Youth Membership until the age of 30 years, which is half the price of full membership.

So please do not let this opportunity go to waste and contact us to discuss your Youth Test.

Derbyshire DA Bonfire Meet

What a weekend!!!! Where do I start????

Despite the indecisive weather on Friday, everyone who was stewarding members onto the field did an astounding job.

The acts on Friday night were both good and involved the children.

Saturday morning saw the judging of the guy and the Ten Penny Fair which was organised by Dorothy Clulow and friends.

The winner of the guy building was one of Derbyshire DA's own youth members, Bethany Fox.

Saturday night's group, All the Kings Men, were fabulous, doing a complete array of music and cover versions.

The food on Saturday night really hit the spot and was well received by all.

Everyone involved did a fantastic job, both committee members and volunteers alike.

Thanks for a fabulous weekend

Thanks

Racheal Slater

RYLO

Remember next year we will be organising a CCY Area so if you do wish to camp within the CCY lines please let us know.



Blackmore Club Site Youth Leaders and Testers Weekend

We invite you to Blackmore Club Site in Hanley Swan, Worcestershire on 8th to 10th April for the Youth Leaders and Testers weekend.

It's not just a weekend for Youth Leaders and Testers, you as a youth member have the opportunity to have your say at the CCY Members meeting, which will be held during the weekend.

It's a good opportunity to participate in the various workshops which normally include:

Cooking and Diet

First Aid

Kit Packing

Map and Compass

Stoves and Precautions

There will be a social event on Saturday evening, in the site's recreation room.

Any youth member wishing to attend please let me know by email or text message not later than 15th March 2011.

North Central Region Youth Committee

We would like to form a Youth Committee from you the members.

It's function is to allow you to have a say in youth activities within North Central Region.

We would like a Representative from each of the 8 DA's to form this committee, to work along side the Regional Youth Liaison Officers.

The Committee will meet annually at a date to be agreed.

Please get involved and have your say.

If you are interested, please email Racheal using the details on the back of this magazine.

North Central Region

Wishes all Youth members

A very Merry Christmas and a Happy New Year