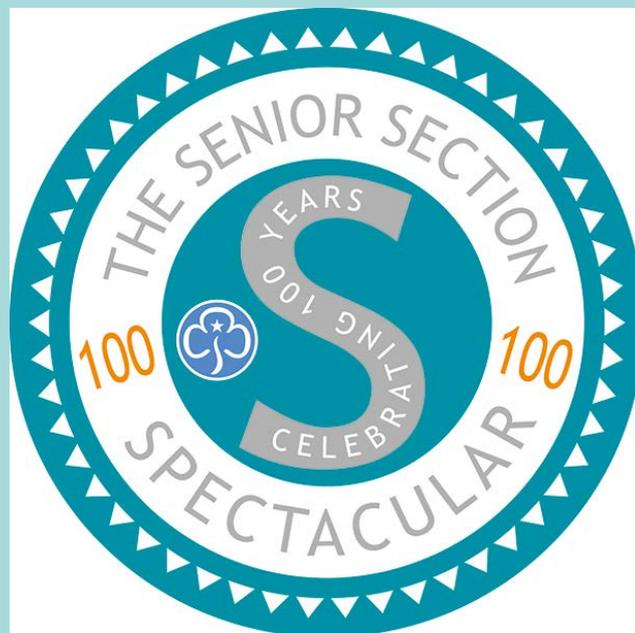


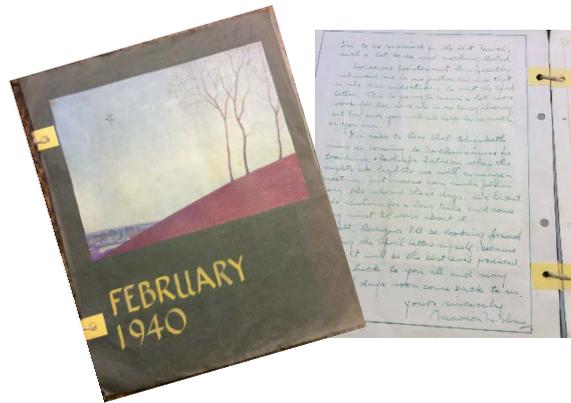
Senior Section Spectacular Archives Activity Pack



The Senior Section Spectacular is not only about celebrating how great we are now, but celebrating the 100 years that came before us! This pack has lots of ideas for fun activities that you can do with your Senior Section unit or with your Rainbows, Brownies or Guides to explore what members of The Senior Section used to do.

- Visit your County archivist or invite her to a meeting so you can learn about the history of The Senior Section. Is there any information on the history of your unit specifically?
- Hold a tea party at your local Trefoil Guild and find out if any members were Sea, Land or Air Rangers.
- Interview members and make a podcast.
The best way to find out about the past is to ask people who lived through it. Do you know any members of the Sea, Land or Air Rangers? Why not create a podcast and share their memories? You could even visit your local Trefoil Guild to interview members.
Before recording your podcasts take a look at the Do's and Don'ts at the end of this pack.
Email your finished podcasts to:
yourstories@girlguiding-scot.org.uk
or send them via the form on the Girlguiding Scotland website:
<https://www.girlguidingscotland.org.uk/what-we-say/tell-us-your-stories/>.
- Dressing up in old uniform and having your own fashion show.
Would you pass a uniform inspection? Why don't you film yourselves transforming into Rangers from years ago?
Uniforms are available to borrow from the Scottish archives in Glasgow. Please contact the archives team on archives@girlguiding-scot.org.uk or 0141 248 7933 (Tuesdays only) to organise a time to borrow them.

- Create a unit journal or scrapbook- you don't want to forget this exciting year! Each girl should take home the journal for a week and write about what they did at meetings or camps.



- Try to complete parts of the Armlet Award. The Home Emergency Service Armlet was awarded to Rangers that showed commonsense, self-control, reliability and response. The sections were: discipline, fitness, messenger and emergency.

Discipline

Attendance - do you arrive on time?

Uniform - do you keep your uniform in good order and wear it regularly?

Reliability - do you respond to orders?

Fitness

Regular outdoor exercise - spend half an hour daily outside doing some form of exercise.

Messenger

Highway Code - do you know the Highway Code? Test each other.

Finding the way - can you use a map? Try and do some orienteering.

Emergency

Emergencies - undergo some first aid training.

- Become a Sea Ranger and learn how to tie new knots. Do you know your trucker's hitch from your figure eights? Learn how to tie five new knots.
- Become a Sea Ranger for the day by going sailing.
- Become a Land Ranger by going orienteering.
- Hold a campfire. Does your Mum or Granny have any old campfire songs they love singing? Or maybe there are members of the Trefoil Guild that have memories of singing their favourite song you've never heard of? Hold a campfire and sing some old songs - you might find a new favourite!
- Create a time capsule. Bury a time capsule that isn't to be opened for another hundred years.
- Try and cook some of the recipes from old Senior Section magazines.
Recipes at the back.

Recipes

Hawaiian Pancakes

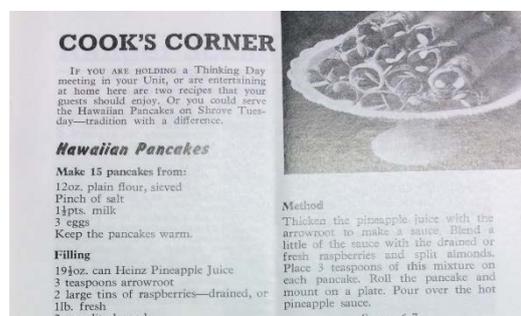
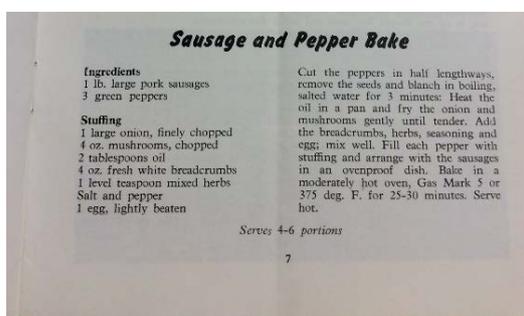
Make 15 pancakes from:
12oz. plain flour, sieved
Pinch of salt
1 ½ pts milk
3 eggs
Keep pancakes warm

Method:

Thicken the pineapple juice with the arrowroot to make a sauce. Blend a little of the sauce with the drained or fresh raspberries and split the almonds. Place 3 teaspoons of this mixture on each pancake and mount on a plate. Pour over the hot pineapple sauce.

Make filling from:

19 ½ oz. can of pineapple juice
3 teaspoons arrowroot
2 large tins of raspberries (drained) or
1lb. fresh
2oz. split almonds



Sausage and Pepper Bake

Ingredients:

1lb. large pork sausages
3 green peppers

Stuffing:

1 large onion, finely chopped
4 oz. mushrooms, chopped
2 tablespoons oil
4 oz. fresh white breadcrumbs
1 level teaspoon mixed herbs
Salt and pepper
1 egg, lightly beaten

Cut the pepper in half lengthways, remove the seeds and blanch in boiling salted water for 3 minutes. Heat the oil in a pan and fry the onion and mushrooms gently until tender. Add the breadcrumbs, herbs, seasoning and egg; mix well. Fill each pepper with stuffing and arrange with the sausages in an ovenproof dish. Bake in a moderately hot oven, Gas mark 5 or 375 deg F, or 190 deg C for 25-30 minutes.

Podcast Do's and Don'ts

1. As a group decide on four or five questions, for example:
 - When did you make your first Promise?
 - What is your happiest memory?
 - Did you have any disasters?
 - If you were in The Senior Section, what was your mountain top moment?
 - Have you still remained friends with those people?
2. Keep the interview short and sweet but do be prepared to pick up on any interesting issues, eg: Liliias Finlay from Edinburgh was in Vienna when it was annexed to Germany!
3. Always introduce yourself and give some personal information. If you do visit an elderly person in their own home or a nursing home you must have an appointment and someone with you, preferably someone who knows the person in case the interview needs to be halted because of distress. Photo ID is very useful.
4. It is essential that you do not identify guiding figures where derogatory remarks are being made. Please advise your interviewee beforehand as it's difficult to change afterwards! If someone says something like "My Commissioner Mrs _____ had a foul temper and shouted down guiders at the District meeting" ask them to repeat it again as: "My Commissioner was a difficult person to deal with at District meetings!", so it can be changed in the edit.
5. After the interview always thank the person and also send a letter of thanks. Not everyone in the older generation is online and a thank you card or note is much appreciated. It can also be a discussion point for other visitors and will be good for Girlguiding Scotland's image.
6. Do some dummy runs on your friends and family. It can be very revealing!
7. Be ready for endless cups of tea being offered!
8. Take some photos of yourself and the Ranger unit as a talking point.
9. Finally - have fun! You will find it a very rewarding experience.

Girlguiding Scotland is a registered Scottish charity, number SC005548.

WITH SPECIAL THANKS TO

Girlguiding Scotland Archives
Senior Section Spectacular Planning Team
Girlguiding Scotland

