



# Centenary of Service Celebrating 100 Years of World War One



## Rover Scout Section

It's been 100 years since WWI, particularly since the Gallipoli Campaign, but whilst we often know a lot of the facts and figures about wars, what was it actually like? This year, the National Youth Program Team is challenging your Crew to spend a week or two experiencing what life in the field was like. Remember, many of these soldiers were your age. Are you guys ready for war? Are you ready for many of your friends to not come back? This was the reality for young people at this time; young people who were looking to start their careers and maybe families, liked hanging out with their friends, and did normal things like you before the war.

Below are some activity ideas for you to use in your program. Use as many or as few as you'd like, remember to tailor the activities to your Crew too!

### 1 Activity – Going to war

Whilst roughly 13.5% of the Australian population went overseas to be involved in the war effort, 52% of these were young men and women aged between 18 and 25. Of these, 64.98% were injured at some point, and 18.16% died. Take a look at your Crew, picture these percentages playing out in the people you know and hang out with. How many people from your Crew are left uninjured at the end of war? What about the survivor's guilt, the sweethearts who are left alone, the shell shock? What would your generation look like after a war of this scale?

### 2 Activity – Trench first aid

War is a bloody and horrific undertaking, causing a lot of injuries and casualties. But as we know, getting medical aid to the injured can greatly reduce the number of deaths. Investigate some of the medical break-throughs that came about during WWI, how many of these things do we take for granted in modern medicine?

Being a field ambulance stretcher bearer was a very dangerous job, but also a very important one. Without the efforts of stretcher bearers, many more front line soldiers would have passed away before they received medical treatment. Create an obstacle course and carry your patient through it, perhaps even while being shot at by an opposing team (water balloons, Nerf darts or flour bombs are good ammunition). What are some of the injuries the medical staff might have had to treat, and do you know how to treat them?

### 3 Activity – Shell Shock

Mental health was a major issue for those men returning from war. "Shell shock" or Post Traumatic Stress Disorder (PTSD) as we know it today affected a great number of returned soldiers, but was not fully understood or treated. Although suicide was a known problem during and after WW1, it went largely unreported.



Mental Health is still an issue in Australia with 45% of the population experiencing a mental illness at some point in their life<sup>1</sup> As a Crew invite a mental health worker to come and talk to you about mental health, or complete a mental health first aid course.

#### 4 Activity – Enlistment

Have a look at the enlistment criteria in Australia for WWI. How many members of your crew would have been fit to enlist? Compare this to current fitness requirements of the Australian Defence Force. How many Rovers would be fit for service by today's standard?

The requirements in August 1914 were 18–35 years, height of 5ft 6in and chest measurement of 34 inches. In June 1915 the age range and minimum height requirements were changed to 18–45 years and 5ft 2in, with the minimum height being lowered again to 5ft in April 1917. During the first year of the war approximately 33 percent of all volunteers were rejected. However, with relaxation of physical standards of age and height, as well as dental and ophthalmic fitness, previously ineligible men were now eligible for enlistment.

#### 5 Activity – Care Packages

If you are in Sydney or Canberra, consider volunteering to help pack care packages for the RSL Australian Forces Overseas Fund. If you are not in these cities, your crew could still raise money to donate towards care packages or make and send some themselves. See <http://www.defence.gov.au/Events/AnzacDay/CarePackages.asp> for more information

#### 6 Activity – An army marches on its stomach

Feeding an army for months on end is almost a bigger undertaking than fighting a war! Soldiers were not big fans of their rations, and throughout the war the rations got steadily worse as the army and even entire countries ran out of supplies. At one point, soldiers were provided with flour made from turnips that gave them all diarrhoea!

By the end of the war, British soldiers were being provided with either 'bully beef' (tinned corned beef) or 'Maconchie's meat stew', a tinned soup that was almost universally despised. You can make your own version of a stew that was prepared using these tinned rations by using the recipe below. Soldiers were also provided with hard biscuits, a way of transporting a bread-like substance without it going off as quickly, that were often described as being so hard that you'd break your teeth biting in to them! People soaked them in water or tea, or made a kind of porridge with them, just to make them edible. You can find a recipe below for 'hard tack', the Australian version of these biscuits, below. Many soldiers also received care packages from home, but these took months to get to the front line and there was no refrigeration for the journey, so those at home had to come up with new recipes for what to send. Thus the ANZAC biscuit was born! You'll find a recipe for this below too.

Cooking was hard for soldiers in trenches too. They almost never received hot meals during their days in the actual trenches as it was too hard to get the meals to them warm. Sometimes they received a ration of bacon which they cooked themselves in the trenches – on candles! Give it a try, is it hard?

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<sup>1</sup> <http://www.sane.org/information/factsheets-podcasts/204-facts-and-figures-about-mental-illness>

## 7 Activity – Raiding the enemy’s camp

This probably didn’t happen that often in this format, it was rather dangerous to enter the enemy’s territory and they had guns. However, imagine that there are things you need to rescue, wounded soldiers to be carried out of no man’s land, espionage to be carried out. How are you going to get these out, what strategies are you going to put in place, how will you work as a team?

This activity works best with a large group – arrange a joint night with another Unit or your local Troop or Crew. Go to a large wide area and set up a halfway line with ropes or witches hats. Scatter lots of objects through the playing area such as ice cream containers or rolled up newspaper, making sure there’s an even spread across the two halves. Divide the group into 2 teams and allocate a ‘home’ side to each team. Teams must start the game on their home side.

The aim of the game is to end the playing time with the majority of the objects in your home side. To get an object, run to the other side, pick up one object (and only one) then run back to your home side. Once in your home side you must toss the object somewhere, you cannot run and place it. You may not move objects that are already in your side.

When a player is in their home side they are safe, however as soon as they cross in to the other side they can be tagged by members of the other team. Once tagged they must sit (or squat, depending on the conditions you’re playing in) and wait to be rescued by a team mate. To rescue a team mate, touch their hand. The rescued player must cross back in to their home side before they are able to continue fetching items. If you are tagged while holding an object, you must drop it where you are and you and your rescuer cannot pick it up again until you have both been back in to the home side (but another member of your team who did not rescue you could).

## 8 Activity – Strategic Gains

*This activity takes some setting up. Create two sets of cards with the following ranks and numbers on them. A suggested number of each card is in brackets before it. You will need more cards than players, and you need a way of telling the two teams’ cards apart – a symbol in the corner or different colour. With the exception of #0 and #10, you can adjust the number of cards up if needed for more players. This activity is also better with more people, why not do a joint night with another Crew or your local Unit?*

*(Only 1 card) Field Marshall – 10*

*(2 cards) General – 9*

*(3 cards) Brigadier – 8*

*(4 cards) Colonel – 7*

*(4 cards) Major – 6*

*(5 cards) Captain – 5*

*(5 cards) Lieutenant – 4*

*(6 cards) Sergeant – 3*

*(6 cards) Bombardier – 2*

*(7 cards) Corporal – 1*

*(Only 1 card) Spy – 0*

War is a game of strategy, the strategy of who to send where and when can make or break battles. Sometimes the best strategies involve taking out the other team's best strategists and leaders, to leave them unable to function.

Split the players in to two teams and give each team a set of cards. Each team should have a safe home space where the cards are stored, at opposite ends of a large playing area. Each player takes one card (this is a chosen rather than random act, think strategically about which cards to put out).

Members from one team try to tag members of the other team. If you are tagged, you battle with the person who tagged you by showing each other your cards. The person with a higher card wins the battle and takes the other person's card (you can put this back at your base if you want, just make sure to keep it separate from your team's ones and don't lose it – you'll need them to play the game again!). The person who has lost must walk back to the team's home base and pick up another card.

You cannot change cards unless you lose a battle. If you battle with someone who is the same number as you, you 'ricochet' off each other – you must each return to your home base and then can go out battling again.

The aim of the game is to kill the opposing team's Field Marshall (#10) but the only person who can do this is the Spy (#0), the person who is most at risk because every other number can kill them. The game ends if either the Field Marshall or the Spy dies.

For example, Toby is a #6 and tags Ezgi who is a #8. Ezgi wins the battle and takes Toby's card. Toby must walk back to the base and collect a new card, however he now knows and can tell his team that Ezgi is a #8. Ezgi must stay as #8 until she loses to someone with a higher card.

## Appendix 1: Recipes

### Making Maconochie

#### Ingredients

- 340g beef (or one can of corned beef)
- 140g waxy potatoes
- 30g onions
- 30g carrots
- 30g beans, cooked (white beans such as navy or great northern)
- 60ml beef stock or water
- 15ml flour
- 15ml fat (lard or rendered beef fat)
- Salt to taste

#### Method

1. If using fresh beef, cut into ½ inch to 1 inch pieces.
2. Thinly slice potatoes, onions, and carrots.
3. Steam or boil the beef, potatoes, carrots, and onions until tender.
4. Heat the fat in a pan.
5. Add cooked potatoes, carrots, onions, beans, and beef over medium heat.
6. Make a batter of the beef stock or water with flour.
7. Add batter to the stew.
8. Cook until thickened.
9. Salt to taste.

### Hard Tack Recipe

Makes six biscuits

#### Ingredients

- 1½ cups self-raising white flour
- 3 cups self-raising wholemeal flour
- 5 tablespoons sugar
- 3 tablespoons milk powder
- pinch salt
- 1 cup water

#### Equipment

- Large mixing bowl
- Mixing spoon
- Board and rolling pin
- Baking tray

## Method

1. Preheat the oven to 180C.
2. Place dry ingredients in a large bowl and mix together.
3. Make a well in the centre and add the water. Mix together until an even dough is formed.
4. Turn the dough onto a floured board and knead for a few minutes. Shape the dough into a ball and let rest for half an hour.
5. Divide the dough into three and then roll each ball into thick 1cm sheets.
6. Cut the rolled sheet of dough into 9 cm squares, using the edge of a steel ruler, rather than a knife. This pressing action helps to join the top and bottom surfaces of the biscuit and will improve the "lift" in baking.
7. Now make a regular pattern of holes in each biscuit, five holes across by five holes down (25 holes in all). The ideal tool to use to make these holes is a cotton bud with the cotton wool cut off or the thick end of a bamboo skewer. Push it through to the bench, twist slightly and withdraw. (Some historians claim that each biscuit had 49 holes.)
8. Place on a slightly greased baking tray, being careful that the biscuits are not touching. Form a wall around the outside edge with scrap dough. This will stop the outside edges of the biscuits from burning.
9. Bake on the centre shelf for 30-40 minutes or until golden brown. Be careful not to burn them!
10. Leave the biscuits on a cooling rack until they harden. Or switch off the oven and return the biscuits to the oven until it becomes cool.

## ANZAC Biscuits

### Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- 3/4 (three-quarters) cup coconut
- 125g (4 oz) butter
- 2 tablespoons golden syrup
- ½ (half) teaspoon bicarbonate of soda
- 1 tablespoon boiling water

### Method

1. Combine oats, sifted flour, sugar and coconut.
2. Combine butter and golden syrup, stir over gentle heat until melted.
3. Mix soda with boiling water, add to melted butter mixture, stir into dry ingredients.
4. Take teaspoonfuls of mixture and place on lightly greased oven trays; allow room for spreading.
5. Cook in slow oven (150°C or 300°F) for 20 minutes.
6. Loosen while still warm, then cool on trays.
7. Makes about 35.