



Centenary of Service Celebrating 100 Years of World War One



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 Troop to spend a week or two experiencing what life in the field was like. Remember, many of these soldiers were only a couple of years older than you, the age of Rovers and even some the age of Venturers (who lied about their age when they signed up). In fact, the youngest Australian known to have died in WWI was James Charles ('Jim') Martin who died at the age of 14 years and 9 months when he succumbed to typhoid during the Gallipoli campaign. Suddenly most of the men and some of the women would have been missing from society – the parents, older siblings, teachers and even Scout Leaders were off at war. Young people your age would suddenly have had to help support their families and the raising of younger siblings. And many of the people your age were waiting for when they would be old enough (or looked old enough) to enlist. How do you think your life would have changed?

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 Troop too!

1 Discussion – Going away to war

Why do you think so many young people were keen to lie about their age and enlist? How do you think the government convinced people to sign up? What do you think young people were expecting when they went away to war?

2 Activity – Quick quiz

- What does ANZAC stand for?
- Why would Australian and New Zealand have teamed up together? (Hint: how did the soldiers get to the other side of the world? It wasn't in a plane!)
- What is a "slouch hat"? Why is it notable for Australians?
- Where is Gallipoli?
- Where else did the Australians fight in WWI?
- Who else fought at Gallipoli?
- Who was the Australian Prime Minister during WWI?

3 Activity – Mates and Orders

War threw a lot of people together who had never previously been in the armed forces. In WWI, many commanding officers were chosen because of who their families were, rather than their actual experience with war! Regardless, soldiers had to quickly learn to follow orders even when they didn't understand them, or worse, when they might lead to their death ("Charge!"). Soldiers also had to learn to rely on their mates, who might end up being the thing that saves their life.

Create an obstacle course for Scouts to go through, this would be best in the outdoors. Blindfold the entire patrol except the Patrol Leader and have them guide the others through the obstacle course. Is it hard to follow orders when you can't see what's happening? What if you'd only just met the person who was telling you what to do? What if, instead of just tripping over or making a fool of yourself, the outcome if you'd done the wrong thing could have been yours or one of your friends' deaths?

4 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?

5 Activity – Trench hygiene

Soldiers in World War 1 were forced to take sanitation seriously or they risked death from disease. Trench sanitation is very similar to camp hygiene.

With your patrol, put together a toiletries kit of things you might need for a camp. Compare what you have in your kit to the items in the kit found in the British trenches in the video below

<https://youtu.be/6TxNPcZb5cg?t=5m9s>

6 Activity – First Aid

War's a pretty dangerous activity! It's also pretty hard to get people out who have been injured without the people saving them also getting injured. 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.

Have Scouts complete a mock emergency then transport a patient through an obstacle course to reflect the difficult job that medical officers did during the war. Discuss with Scouts the importance of seeking medical attention for issues such as broken limbs in war conditions and the loss of life over seemingly mild conditions.

7 Activity – Fire lighting

Trench warfare created a living environment for the men which was harsh, stagnant and extremely dangerous. Not only were trenches constantly under threat of attack from shells or other weapons, but there were also many health risks that developed into large-scale problems for medical personnel. Apart from the inescapable cold during the winters in France, trenches were often completely waterlogged and muddy, and crawling with lice and rats.

Dig a trench or get a fire drum, and pour a bucket of water in to the trench or drum. Now, light a fire! Can you do it? Imagine being a soldier in a waterlogged trench in the middle of winter.

8 Activity – Commando

Divide Scouts into 2 or 3 teams (more if it is a big group). Give each team a bottle cap which will represent their life. The team must stay together at all times. Have the Patrol Leaders taken to a safe base hidden in the bush and get a Leader to supervise them as the guard. The rest of the Leaders (or Venturers/Rovers) are to search for teams using torches. If any member of a team is spotted by a torch, the whole team surrenders its life and returns to the start to get another life and start over. If the team make it to the safe base without losing their life, they may surrender it to the guard in exchange for a prisoner (Patrol Leader).

The game ends when all of the prisoners are free or after a specified time. Debrief with the Scouts and explain to them the difficulty faced by soldiers who were trying to stay concealed from the firing line of the enemy troops.

9 Activity – The Christmas Truce

On Christmas Eve 1914, soldiers of the British, French and German armies were hunkered down in trenches on the Western Front, their thoughts on their loved ones at home. As night fell, the sound of German soldiers singing carols drifted across no man's land, and small fir trees and lanterns appeared on the tops of their trenches. Messages were shouted between the two sides, and some soldiers ventured out to meet and exchange gifts. The momentum for goodwill gained pace, and on Christmas Day more men met to talk, take photographs, and even play football.

Hold a Christmas Truce night with another Troop where you play a friendly soccer match. You could even provide food or gifts for each other and learn more about what it was like for soldiers during WWI. Why do you think the soldiers did this? What were they feeling at the time?



10 Activity – Semaphore

In England during WWI, Scouts were taught to send semaphore messages with small flags for the War Office. As a patrol, make your own semaphore flags and practise sending messages to other patrols across an oval or sports field. See the semaphore alphabet below.

11 Activity – Site Visit

Visit a site of significance related to Australia's involvement in war and create a photographic or video report on what you learn. Such sites could be the Australian War Memorial, Internment Camp¹ sites, or cenotaph.

¹ <http://naa.gov.au/collection/snapshots/internment-camps/WWI/index.aspx>



Appendix 1: Signals

The Semaphore Alphabet



A and 1 (LH down RH low)



B and 2 (LH down; RH out)



C and 3 (LH down; RH high)



D and 4 (LH down; RH up - or LH up; RH down)



E and 5 (LH high; RH down)



F and 6 (LH out; RH down)



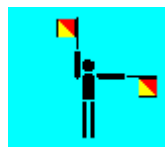
G and 7 (LH low; RH down)



H and 8 (LH across low; RH out)



I and 9 (LH across low; RH up)



J and 'alphabetic' (LH out; RH up)



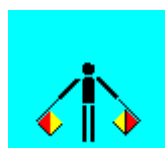
K and 0 zero (LH up; RH low)



L (LH high; RH low)



M (LH out; RH low)



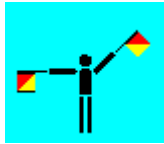
N (LH low; RH low)



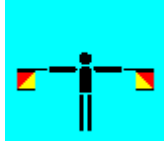
O (LH across high; RH out)



P (LH up; RH out)



Q (LH high; RH out)



R (LH out; RH out)



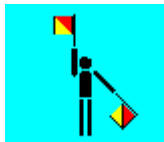
S (LH low; RH out)



T (LH up; RH high)



U (LH high; RH high)



V (LH low; RH up)



W (LH out; RH across high)



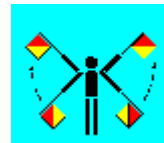
X (LH low; RH across high)



Y (LH out; RH high)



Z (LH out; RH across low)



Error (LH and RH raised and lowered together)

Morse Code

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

X	- · · -
Y	- · - -
Z	- - · ·

1	· - - - -
2	· · - - -
3	· · · - -
4	· · · · -
5	· · · · ·
6	- · · · ·
7	- - · · ·
8	- - - · ·
9	- - - - ·
0	- - - - -

Full Stop	· - · - · -
Comma	- - · · - -
Question Mark	· · - - · ·
Exclamation Mark	- · - · - -

Error	· · · · · · ·
Starting Signal	- · - · -
End of Work	· · · - · -

Appendix 2: 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.