



## Welcome to Girlguiding Angus

### "Around Our County" Challenge



There are 6 sections to do activities from -  
GET CREATIVE  
EXPLORE OUTDOORS AND BE ADVENTUROUS  
FOOD AND DRINK  
PERFORMING ARTS  
LEARN SOMETHING NEW  
INTERNATIONAL

To gain the badge -

Rainbows should complete one activity from each section

Brownies should complete one from each plus another 2

Guides should do one from each section plus another 4

You are required to choose activities which cover more than only your own town or village. Perhaps you could link up with another section or unit from a different town?

If you have another activity for one of the clauses which is still a challenge, please feel free to adapt slightly.

Complete the order form to order your badges - once you have finished your challenge, please send a short report, photo collage, or similar to let us know what you have done.

**WE HOPE YOU HAVE FUN!!**

# EXPLORE OUTDOORS AND BE ADVENTUROUS.

ANGUS has lots of Country Parks and outdoor spaces.

Visit MONTROSE BASIN and try some of their activities, such as pond dipping.

Take a walk around FORFAR LOCH, or ask the rangers to organise an activity session for you.

Take a trip to Neverland Playpark in KIRRIEMUIR and pretend to be in Peter Pan.

Visit Crombie or Monikie Country Parks, near CARNOUSTIE - Have a go at some of the water sports they offer.

BARRY BUDDON, near CARNOUSTIE, is owned by the Ministry of Defence as a rifle range and training area - Can you make up your own army-style assault course? Or have a go at Archery or Guides/Senior Section could try other shooting activities (please refer to the Manual, A-Z of activities for guidance on permitted shooting activities)

Visit Loch of Kinnordy Nature Reserve near KIRRIEMUIR, or Balgavies Loch near FORFAR to see what birds are there.

Go to the beach - ARBROATH, CARNOUSTIE, MONTROSE - and have some fun. Or bring the beach to you and have a beach party in your unit! You could see if there is a beach clean happening and go along to help out, or go beach combing and make a piece of art.

CARNOUSTIE is famous for its golf course - visit a golf course, golf driving range or try crazy golf - you could make your own crazy golf in your unit using recycled materials.

Or find out about another exciting outdoor place or adventurous activity centre and visit with your unit.

## GET CREATIVE

J.M. Barrie, the author of Peter Pan was from KIRRIEMUIR - Can you make puppets of the characters from Peter Pan?

ANGUS is full of historical and interesting places to visit - Can you design a postcard for Angus or one of the towns/villages?

There are lots of Pictish Stones around ANGUS - Can you find some to do rubbings of the stones? You could use the rubbings to make another piece of art too.

KIRRIEMUIR has a Camera Obscura - Can you make your own camera obscura? Or you could try to make a kaleidoscope instead.

MONTROSE, ARBROATH & CARNOUSTIE are all famous for their beaches - Have a go at sand art. Or make paper boats and test them to see which design can float the best!

## FOOD AND DRINK

FORFAR is famous for its Forfar Bridies - Have a go at making your own bridies. Or see if you can visit somewhere to show you how they make theirs.

ARBROATH is famous for its Arbroath Smokies - Can you use smokies, or another fish, to make a fish dish? There are recipes at the back to give you some ideas.

Arbroath Smokies have Protected Geographical Indication, which means they can only be called Arbroath Smokies if they come from Arbroath - Can you design your own food dish that would come from your town or village?

Barry Mill, near CARNOUSTIE, was a water and corn mill, making flour and oats - Can you use some of the recipes at the back to make some food using oats?

Make cakes and decorate them as sandcastles, or make chocolate seashells.

Can you find out about somewhere local which grows fruit or vegetables and make something to try using the ingredients. You could try a smoothie, a salad or even soup.

Have a go at making your own Aberdeen Angus burgers - there is an easy recipe at the back.

# LEARN SOMETHING NEW

Find out about the work of Guide Dogs for the Blind, you could visit them at their training centre in FORFAR or invite them to your unit.

Find out about organisations that help keep people safe in Angus - Visit the Lifeboat station in MONTROSE or ARBROATH, the Coastguards in MONTROSE or the Mountain Rescue team.

Find out about the Food Banks in Angus - there are ones in ARBOATH, BRECHIN, FORFAR and MONTROSE. You could invite someone to give a talk or do a food collection.

Find out about or visit some of the famous landmarks and places of interest in ANGUS:

## FORFAR

Balmashanner Monument  
Glamis Castle  
Angus Folk Museum  
Restenneth Priory  
Meffan Museum & Art Gallery  
Angus Archives

## ARBROATH

Arbroath Abbey  
Arbroath Signal Tower Museum and Bell Rock Lighthouse  
St Vigeans Museum

## BRECHIN

Brechin Cathedral and Round Tower  
Caledonian Railway  
Edzell Castle  
Brechin Town House Museum

## MONTROSE

House of Dun  
Montrose Air Station Heritage Centre  
Montrose Museum  
The William Lamb Studio

## KIRRIEMUIR

Airlie Monument  
Gateway to the Glens museum  
JM Barrie's Birthplace  
Kirriemuir Aviation Museum

## CARNOUSTIE

Barry Mill  
Carnoustie Beach and Links Parade  
Barry Links sand dunes  
Carnoustie Art Gallery (within the library)  
World War memorial

# INTERNATIONAL -

Some of the towns in ANGUS are twinned with towns in France:

FORFAR - Chabanais

KIRRIEMUIR - Volvic

CARNOUSTIE - Maule

MONTROSE - Luzarches

Choose one of the towns and find out a local dish you could try and make, or about Guiding in the towns, perhaps if there is Guiding you could write to a unit there, or find out about famous places/landmarks there and make a postcard to send home pretending you have been.

Fairtrade in ANGUS:

ANGUS is a Fairtrade County - choose one of these ideas or come up with your own to find out about Fairtrade:

- \* find out about Fairtrade in your local area and how you can help support it
- \* choose some Fairtrade foods and cook something tasty
- \* find out about the areas in other countries which are supported by Fairtrade

# PERFORMING ARTS

Put on a play about Peter Pan - perhaps you could make a different ending for it?

A sea shanty is a work song which would have been sung on the large sailing vessels which would have come into the harbours at MONTROSE or ARBROATH - can you come up with your own work song, either for this type of work, or for a job you do, perhaps in the unit each week or on camp?

The Webster Theatre in ARBROATH often has exciting shows on - go to see a show here or in your local area, or put on your own show - perhaps you could invite friends and family to raise funds for your unit?

GLAMIS holds a Prom each year at Glamis Castle - can you make up your own music for a prom?

Find out about a historical event which happened in ANGUS, such as The Declaration of Arbroath and make a play for the rest for your unit, or for another unit/section.

There are lots of performing arts groups in ANGUS, perhaps you could visit one or ask someone to visit your unit and teach you something new.

# RECIPES

## BLUEBERRY & BANANA MUFFINS (SERVES 6)

- 300 g self raising flour
- 1 tsp bicarbonate of soda
- 60 g fructose sugar
- 50 g Quaker Oats
- 2 ripe medium bananas
- 284 ml butter milk carton
- 5 tbsp oil
- 2 egg whites
- 150 g blueberries

1. Heat the oven to 180c (fan) and line a 12-hole muffin tin with paper muffin cases.
2. Tip the bicarbonate of soda and flour into a large bowl. Hold back one tablespoon of the sugar, then mix the rest with the flour and the 50 grams of Quaker Oats.
3. Make a hole in the centre of the mixture.
4. In a separate bowl, mash the bananas until nearly smooth.
5. Stir the oil, buttermilk and egg whites in to the mashed banana until evenly mixed.
6. Pour the liquid mixture into the hole and stir quickly and sparingly with a wooden spoon. The mix will look lumpy and may have the odd speck of flour still visible, but don't over-mix.
7. Tip in the blueberries and give it just one more stir.
8. Divide the mix between the muffin cases - they will be quite full - then sprinkle the tops with the final tablespoon of the Quaker Oats and the rest of the sugar.
8. Bake for 20 minutes until risen and golden brown. Cool for 5 minutes in the tray before lifting out on to a rack to cool completely.

## PEANUT & CHOCOLATE BITES (SERVES 9)

- 200g chocolate
- 1 tbsp peanut butter
- handful of Quaker Oats (to make a stiff paste)
- 1 tsp of almond essence
- 3 oz raisins

1. Begin by melting the chocolate in a double pan or microwave and add the raisins, almond essence and the peanut butter.
2. Stir gently until the mixture looks smooth and all the chocolate has melted.
3. Take off the heat and start to add the Quaker Oats until you have a stiff paste.
4. Next, form mixture in to ball shapes and roll them in cocoa, coconut or more Quaker Oats. Put them in the fridge for at least one hour, then enjoy.

## CHEESE FLAPJACKS (SERVES 6)

- 3oz Unsalted Butter
- 2 egg yolks
- 1 teaspoon of English mustard
- 6oz Quaker Oats
- Good pinch of pepper
- 5oz Mature or Extra Mature Cheddar

1. Heat oven to 375f.
2. Line base of 8" round tin or small square tin with baking parchment.
3. Melt butter and stir in the egg yolks and mustard. Mix well.
4. Add Quaker oats, pepper and cheese and mix in well. Press mixture in tin.
5. Bake for about 35 minutes or until golden brown.

For round tin, use pastry cutter and stamp out a circle, then cut six even pieces. For square tin, cut into six/eight fingers.

## FISH CAKES (SERVES 6)

- 500g of minced fish
- 1 tsp salt
- 2 tbsp porridge oats
- 2 egg whites
- 2 finely grated carrots
- 1 grated courgette
- Pepper
- cold pressed rapeseed oil if frying

### METHOD

Choose your fish judiciously and have it minced. You don't want anything too classy or endangered like cod or haddock. But try to include some salmon as much for colour as flavour. you may want to finely mince the fish with a sharp knife or give it a very brief pulse in a food processor.

Add a generous pinch of salt and a grind of pepper. Then add the egg whites, Quaker Oats and grated vegetables and mix thoroughly. The mixture should stick together and not fall apart. If it's too dry add egg white. If it's too wet add more Quaker Oats. Leave the mixture to chill in the fridge for an hour or so.

When you are ready for dinner remove the mixture from the fridge and form into patties. If you are feeling indulgent pour breadcrumbs on a chopping board and press the patties into them so that they stick. Then fry until golden. Alternatively you can bake in the oven for about 20 minutes at 180c 160c(fan).

## Traditional Scottish Recipes - Forfar Bridies

These are said to have been made by a travelling food seller, Maggie Bridie of Glamis. They were mentioned by J M Barrie, author of Peter Pan.

### Ingredients (for six bridies):

- 1½ lbs (700g) boneless, lean rump steak or lean minced beef
- 2 oz (2 rounded tablespoons) suet or butter or margarine
- 1 (or 2) onion, chopped finely
- 1 teaspoon dry mustard powder
- Quarter cup rich beef stock
- Salt and pepper to taste
- 1½ lbs flaky pastry (home made or from a pastry mix packet)

### 1. Method:

Remove any fat or gristle from the meat and beat with a meat bat or rolling pin. Cut into half-inch (1cm) pieces and place in a medium bowl.

2. Add the salt/pepper, mustard, chopped onion, suet (or butter/margarine) and stock and mix well.

3. Prepare the pastry and divide the pastry and meat mixture into six equal portions. Roll each pastry portion into a circle about six inches in diameter and about quarter of an inch thick and place a portion of the mixture in the centre. Leave an edge of pastry showing all round.

4. Brush the outer edge of half the pastry circle with water and fold over. Crimp the edges together well. The crimped edges should be at the top of each bridie. Make a small slit in the top (to let out any steam).

5. Brush a 12 inch square (or equivalent area) baking tray with oil and place the bridies in this, ensuring that they are not touching.
6. Place in a pre-heated oven at 450F/230C/gas mark 8 for 15 minutes then reduce the temperature to 350F/180C/gas mark 4 and cook for another 45/55 minutes. They should be golden brown and if they are getting too dark, cover with greaseproof paper (vegetable parchment).

## Arbroath Smokie Pâté

Created by Chef Kevin Graham, formerly of the Carriage Room Restaurant, Meadowbank Inn, Arbroath

### Ingredients

- One pair of Smokies (boned and skinned)
- 8oz Cream Cheese
- Pinch of cayenne pepper
- ¼ Pint of double cream
- ½ squeezed lemon
- Seasoning if necessary

### Method

1. Liquidise the smokies, lemon juice and cayenne in a bowl.
2. Add the cream cheese and mix with a wooden spoon until smooth.
3. Add the cream and mix.
4. Spoon into small ramekins and chill.
5. Serve with hot toast fingers.

## Arbroath Smokie Cullen Spink Recipe

This variation by myself of a famous traditional Scottish soup, but using Arbroath Smokies, is cheap, easy to make, filling and healthy. I recommend it as almost a meal in itself. R.R. Spink

### Ingredients (4 servings)

- 1 Pair (450g approx) Arbroath Smokies (flesh flaked carefully from the bone)
- 300ml water
- 2 med onions (finely chopped)
- 3 large potatoes (peeled and thinly sliced)
- Pinch of cayenne pepper
- Quarter teaspoon turmeric
- 475ml whole milk
- 25g butter
- Salt (if necessary)

### Method

1. Place the flaked smokie in a med saucepan with the water. Bring gently to the boil and immediately set aside from the heat. Do not break the flakes further. After 10 minutes, using a slotted spoon, lift the fish from the water and set aside on a plate.
2. Strain the cooking liquid into a bowl. Clean the saucepan and return the cooking liquid to it. Add the onions, potatoes, turmeric, and cayenne. Cover the pan and cook until the potatoes are soft (about 20/25 minutes).
3. When the potatoes are cooked, remove the pan from the heat. Mash the potatoes with the onions and the cooking liquid using a potato masher. Gradually add the milk, stirring constantly, until it is blended with the potatoes. Return the pan to low heat.
4. Add the flaked smokie and butter. Cook the mixture until it is hot, gently stirring, but do not boil. Taste and add salt if necessary (remember the smokies already contain salt!).

5. Just before serving and in the soup bowl pour a swirl of cream to the centre, and garnish with a little chopped fresh parsley.

Tips -

The smokies will flake easier from the bone and skin, if warmed for 60 secs on medium in a 1000w microwave. Spoil yourself by adding and mixing in a dash of double cream at the end.

Both Smokies recipes from [www.arbroathsmokies.net](http://www.arbroathsmokies.net), more are available on their website

## Aberdeen Angus Beef Burger

### Ingredients

50 g minced beef  
1/8 onion  
5 ml Worcestershire sauce  
Pinch of pepper  
25g dried bread crumbs  
10 ml beaten egg  
25 ml tomato sauce  
1.25ml mixed herbs  
15ml oil (keep for frying pan)

### Bun and filling

1 wholemeal bun  
30ml tomato sauce  
15ml mayonnaise  
1 slice cheese

### Method

1. Dice the onion finely
2. Combine all meat pattie ingredients in a small bowl.
3. Pat pattie ingredients together into desired shape and size to fit your bun.
4. Coat it lightly in flour.
5. Heat oil in a pan and lightly fry in the pan for about 8- 10 minutes.
6. Assembly your burger using your selected ingredients.

## Raspberry and Banana Oatmeal Smoothie

### Ingredients

250ml milk  
25g oats  
1 banana  
1tbsp raspberries - fresh or frozen  
5ml vanilla extract  
Drizzle honey

### Equipment

Plate  
Knife  
Large bowl  
measuring jug  
Hand blender/blender

### Method

1. Peel and chop banana.
2. Place banana, raspberries, oats, milk and vanilla in bowl.
3. Whizz together with hand blender until smooth.
4. Pour into glass. Drizzle with honey if wish. Serve.

## Strawberry Smoothie - Makes 2 small glasses.

### Ingredients -

6 large strawberries,  
300ml cold milk,  
one small pot yogurt

### Method

1. Remove the green tops of the strawberries
2. Slice the strawberries
3. Place strawberries into blender and add the milk and yogurt.
4. Blend for 30-45 seconds.

You can add extra ingredients into these smoothie recipes, e.g. different fruits, drizzle of honey, vanilla essence etc...

# HELPFUL WEBSITES AND CONTACT DETAILS

Pictish Stones  
[www.pictishstones.org.uk](http://www.pictishstones.org.uk)

Montrose Basin  
[www.montrosebasin.org.uk](http://www.montrosebasin.org.uk)

Forfar Loch, Crombie and Monikie Country parks ranger services  
[www.archive.angus.gov.uk/leisure/rangerservice](http://www.archive.angus.gov.uk/leisure/rangerservice)

Barry Buddon  
[www.secretscotland.org.uk/index.php/Secrets/BarryBuddonTrainingCentre](http://www.secretscotland.org.uk/index.php/Secrets/BarryBuddonTrainingCentre)

Loch of Kinnordy  
[www.rspb.org.uk/lochofkinnordy](http://www.rspb.org.uk/lochofkinnordy)

Balgavies Loch  
[scottishwildlifetrust.org.uk/reserve/balgavies-loch](http://scottishwildlifetrust.org.uk/reserve/balgavies-loch)

Beach watches in Scotland  
[mcsuk.org/scotland.php/Beachwatch+in+Scotland](http://mcsuk.org/scotland.php/Beachwatch+in+Scotland)

Saddlers (Forfar bridie bakers)  
01307 463282 [mornasaddler@yahoo.co.uk](mailto:mornasaddler@yahoo.co.uk)

McLarens Bakers (Forfar bridies)  
[mclarenbakers.co.uk](http://mclarenbakers.co.uk)  
01307 463315 or 462762

Arbroath Smokies  
[www.arbroathsmokies.net](http://www.arbroathsmokies.net)

Barry Mill  
[www.nts.org.uk/Property/Barry-Mill](http://www.nts.org.uk/Property/Barry-Mill)

you tube link for sea shanty songs (Please check the suitability for any song you share with your unit.)  
[www.youtube.com/view\\_play\\_list?p=58B55DD66F22060C](http://www.youtube.com/view_play_list?p=58B55DD66F22060C)

Webster Theatre, Arbroath  
[www.webstertheatre.co.uk](http://www.webstertheatre.co.uk)

Glamis Prom  
[www.glamisprom.com](http://www.glamisprom.com)

History of Angus  
[www.anguseritage.com](http://www.anguseritage.com)  
[www.visitangus.com](http://www.visitangus.com)  
[www.visitscotland.com/about/history/dundee-angus](http://www.visitscotland.com/about/history/dundee-angus)

Guide Dogs for the Blind, Forfar  
[www.guidedogs.org.uk/guide-dogs-scotland/where-we-work-in-scotland/forfar](http://www.guidedogs.org.uk/guide-dogs-scotland/where-we-work-in-scotland/forfar)  
0845 372 7408

RNLI Lifeboats  
[rnli.org/aboutus/lifeboatsandstations/stations](http://rnli.org/aboutus/lifeboatsandstations/stations)

Angus Coastguards  
[www.facebook.com/HMCGAngusMearns](https://www.facebook.com/HMCGAngusMearns)

Tayside Mountain Rescue  
[taysidemrt.org.uk](http://taysidemrt.org.uk)

Food Banks in Angus  
[angus.foodbank.org.uk](http://angus.foodbank.org.uk)

Fairtrade in Angus  
[www.angus.gov.uk/info/20336/fairtrade](http://www.angus.gov.uk/info/20336/fairtrade)

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POSTAGE -

up to 30 badges      £1.00

30 - 50 badges      £1.50

for larger amounts, please contact us

TOTAL \_\_\_\_\_

Please send cheques made payable to

"Angus Guide Association", to

Challenge Badge  
Girlguiding Angus  
Forfar Guide Hall  
Myre  
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DD8 1AZ

Any questions about badges or any other aspect of the  
Challenge, please contact -  
Tracy Dryburgh - [tracyd123@aol.com](mailto:tracyd123@aol.com)

We hope you enjoy the challenge!!

