



PROGRAM Helps

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GSP at 74



On 26 May 2014, the Girl Scouts of the Philippines (GSP) will mark its 74th anniversary as the leading movement for the empowerment of girls and young women.

Through the years, GSP has been committed to its vision and mission of providing meaningful programs that help and hone girls and young women to be progressive, dynamic, proactive, patriotic and God-loving citizens.

As GSP enters its 74th year, a celebration of accomplishments and more responsive programs await the Girl Scout members.

Different ways to celebrate

1. With your troop, organize a quiz bee in which all the questions must be about the history and programs of GSP. This will be a good avenue for the girls to learn more about GSP while having fun.
2. Write a poem about Girl Scouting.
3. Draw a picture representing your favorite activity in Girl Scouting.
4. Collect signatures of 74 Girl Scouts (past or current members).
5. Do 74 good deeds to your family, friends, and troop members.
6. Have your troop collect 74 items for donation (canned goods, socks, books, etc.) for the less fortunate.
7. Text/Send a message to at least five persons (Council Board/Troop Leaders, District Committee, Public Officials/Mayor) and thank them for making Girl Scouting vibrant and dynamic in your Council.
8. Put up a troop streamer congratulating GSP on its 74th anniversary.
9. Hold/Participate in a Council/District/Troop Anniversary Ceremony.
10. Hold a hula-hoop, yo-yo, jumping rope or other funny competition to see if you can reach 74 turns, 74 seconds or something similar without making a mistake. Award prizes.



Summer is a time that the students look forward to as the end of the academic year and the beginning of a two month-long period of relaxation. Most of them enjoy a lazy day when they can sleep in, piddle around the house and just relax a little. However, when the dog days of summer come, some teens take that one "lazy day" and stretch it over an entire summer break.

But in Girl Scouting, summer is a good time to join a camping, start a Chief Girl Scout project, or earn for troop funds.

KNOW-BEFORE-YOU-GO-CAMPING TIPS!

To ensure a memorable stint with nature and stay out of harm's way, follow the guide below — perfect for any neck of the woods!

1. **GEAR UP:** Figure out what to bring based on how long you'll be gone and be mindful about weight and bulk. Stick to absolute essentials and leave the fancy extras for car camping.
2. **PICK YOUR PACK:** Choose a backpack based on how long the trek will be. The volume of the pack is measured in liters. Multi-day packs are 60 to 80 liters and are perfect for two- to five-day hikes.
3. **SLEEP WELL:** Don't forget the tent, sleeping bag, sleeping pad (for extra cushion!), and pillow. The size of the tent depends on how many people are squeezing in and make sure that your tent is weather resistant.
4. **FIRE UP:** Bring along some charcoal, fire starters, matches, propane stove, skillet, pot, utensils, and cups/bowls/plates. Keep sand and water nearby in case the fire needs to be put out quickly.

PLEASE TURN TO PAGE 2



FROM PAGE 1

5. **CHOW DOWN:** Bring food that is easy to prepare and will not spoil. You can go with canned goods, biscuits, or fruits such as oranges and apples. Of course, don't forget the water to keep you hydrated.
6. **DRESS FOR SUCCESS:** Cotton is great for staying cool in the 'burbs, but it's not your friend in the woods. Instead, choose moisture-wicking clothes and synthetic or wool socks to keep the bod dry and sweat-free. Don't forget to pack raingear, a sun hat, hiking boots, and a swimsuit just in case.
7. **GRAB THE GADGETS:** No, we're not talking about video games. A flashlight, extra batteries, a multi-tool, and phone charger (for emergencies) all make camping much safer and easier.
8. **KEEP CLEAN:** Obviously you're going to get dirty in the woods, but bring soap, toothbrush, toothpaste, and toilet paper to stay as clean as possible. Bonus tips: Use baby wipes to get rid of dirt, always carry hand sanitizer, try soap to wash hair, and bring garbage bags to separate clean and dirty clothes!
9. **STAY SAFE:** Every camping group should bring along a well-stocked first-aid kit, creams for blisters, After Bite, sunscreen, and any other personal medications.
10. **ADD SOME EXTRAS:** Bringing along a camera, set of binoculars, maps, and books make any trip in the woods much more enjoyable.



Source: <http://greatist.com/fitness/know-you-go-camping>

Recipe and Craft Ideas that you can sell to earn for your Troop Funds this summer:

Cinnamon Sugar Popcorn

- Microwave popcorn
- 1/4 cup of butter
- 3 tbsp. of brown sugar
- pinches of cinnamon



Instructions:

Melt butter in the microwave. Stir in brown sugar until it reaches a syrupy texture. Pour mixture over popcorn. Sprinkle with cinnamon. Mix and serve! The perfect combination of salty and sweet!

Source: <http://blog.intellidance.ca/blog/7-03-2011/50-ideas-creative-summer-fun>

Duct Tape Pencil Pouch

School will soon be in full swing and the students will start buying their school supplies. With that, here's a unique pencil pouch that students will surely love so grab the chance to venture in this small business to earn more for your troop funds.

Materials: Slider zipper sandwich bags, Duct tape in color of choice, Ruler, Scissors, Sharpie Marker, Ruled Cutting mat

Instructions:

1. Use the ruler to measure 3 1/2" down from the top zipper line and mark with a sharpie marker across. Cut off this piece.



2. Cut two pieces of duct tape 7 3/4" each. (You can use an optional cutting mat with measurements if you have one) Apply the duct tape from the top zipper across. (See photo) Attach the other strip of duct tape directly under the first overlapping about 1/8".



3. Turn over and repeat step 2 on the other side.



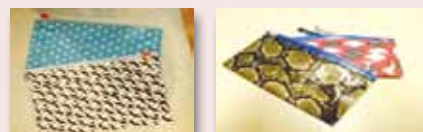
4. Cut another 7 3/4" piece of duct tape. Apply 1/2 to the bottom edge, fold and attach the rest to the opposite side to close the bottom and reinforce.



5. Cut two 3 1/2" pieces of duct tape and do the same as in step 4 to each side edge to reinforce. Done!



6. Don't stop here though, you can even purchase duct tape in sheets with backing paper to cut out letters, shapes, and more to personalize even further.



Source: <http://www.makeiteasycrafts.com/2012/08/duct-tape-pencil-pouch.html>

Basic Survival Skills

Here are 6 primary components of wilderness survival to help you thrive in any situation:

1. ATTITUDE

More than any other skill, your attitude determines how successful you are in a survival situation. To start, consider "The Rule of Threes." A human can survive for:

- 3 minutes without air
- 3 hours without a regulated body temperature (shelter)
- 3 days without water
- 3 weeks without food

The "Rule of Threes" provides a guideline of how to prioritize basic survival skills: first shelter, then water, and lastly food.

2. SHELTER

Being able to build a shelter is of paramount importance in a survival situation because most people die of hypothermia. It is extremely important to prevent or minimize heat loss, or if in a desert environment, to minimize water loss.

Shelter Considerations:

- Location (away from hazards, near materials)
- Insulation (from ground, rain, wind, air)
- Heat Source (body heat or fire-heated)
- Personal or Group Shelter

3. WATER

Since the human body is composed of up to 78% water, it should be no surprise that water is higher on the list than fire or food. Ideally, a person should drink about a gallon of water per day. Many lost persons perish due to dehydration, and/or the debilitating effects of water-borne pathogens from untreated water.

The best sources for clean drinking water in a wilderness setting are springs, head-water streams, and collecting morning dew.

4. FIRE

Even though it is not directly a survival need, fire is one of the most useful basic survival skills. It can help warm your body or your shelter, dry your clothes, boil your water, and cook your food. Also, fire can provide psychological support in a survival situation, creating a sense of security and safety. Ideally, when traveling in the wilderness, it is best to carry multiple fire-starting tools, such as a lighter, matches, flint and steel, etc.

5. FOOD

You might be surprised to see food so low on the basic survival skills priorities list, though we can survive for much longer without it as compared with shelter and water. Remember "The Rule of Threes": humans can survive without food for roughly 3 weeks. Wild plants often provide the most readily available foods, though insects and small wild game can also support our dietary needs in a survival situation.

Remember: *If you cannot identify the plant, do not eat it.*

6. NATURALIST SKILLS

The more you know about nature, the better you will be able to survive in the outdoors. To be great at wilderness survival, beyond the basic survival skills, requires an in-depth understanding of a variety of nature skills. For example, wildlife tracking skills allow one to effectively locate wild game for food, and knowledge of herbal medicine allows one to heal illnesses with wild plants.

Source: <http://www.wildernesscollege.com/basic-survival-skills.html>

Traditional Filipino Games that will develop your skills

Patintero

Number of players: 3-5 per team

How you play the game: A rectangle is drawn on the street (usually with chalk), about 5-6 meters, with equal partitions. 2 teams are formed, with the same number of members. One team has to guard the area and tag the other team, while avoiding stepping on the lines of the rectangular shape. The other team has to successfully pass through all lines without getting tagged.

Skills/Abilities learned from this game:

Teamwork, agility, and quick thinking

Sipa

Sipa is the country's national sport. Players must keep a metal washer with straws attached up in the air by kicking it. The player who kicks the ball the most times wins.

Skills/Abilities learned from this game:

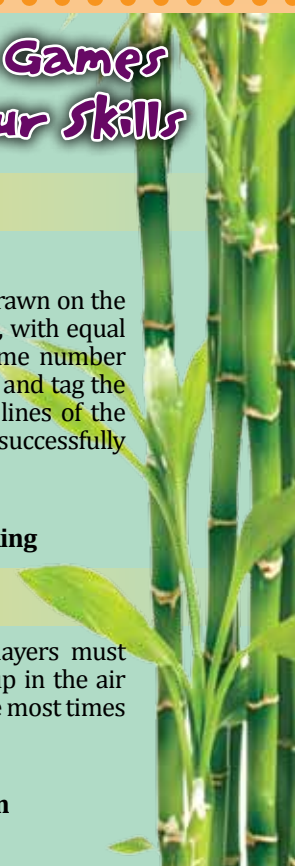
Dexterity, hand-eye coordination

Do you know that...

Games are essential in Girl Scouting. These are activities which could develop the ingenuity, initiative, leadership and skills of young girls. These also teach them how to control and discipline themselves. And as they develop these qualities, social awareness is realized.

But most importantly, games bring FUN and JOY in any troop activity.

Source: *Games for Girl Scouts*





Sungka



Number of players: 2

Each player has his own “house” or home cup with an equal number of cowrie shells. The Sungka board has seven cups on each side, along with a home cup. Each player must distribute their number of shells along the entire Sungka board and “eat” or get the other person’s cowrie shells.

Skills/Abilities learned from this game:
Strategic thinking, patience

Langit Lupa

Number of players: 3 or more

This game can be played indoors or outdoors. An “it” has to tag other players. Players have the privilege of not being tagged if they step onto something higher, say, stairs, or a chair. The tagged player becomes “it” and the game continues.

Skills/Abilities learned or develop from this game:
Agility, stealth, visual acuity

Luksong Tinik

Number of players: 2 teams with equal number of players

Two players sit facing each other with their right feet’s soles touching one another, forming the base. Each team should have a designated “mother” or leader, who should be the highest jumper. Players must jump over the base without touching it as each round becomes more difficult with hands serving as an extension to the base’s height. If a player touches the hand, the mother must successfully jump to save the player. If she fails, the teams switch places and the game starts anew.

Skills/Abilities learned or develop from this game:
Agility, vertical leap



Source: <http://www.smartparenting.com.ph/mom-dad/parent-child-fun-activities/10-filipino-games-you-can-teach-your-kids-this-summer>



Clue:

This is where **Pax Lodge**, one of the four World Centers of the World Association of Girl Guides and Girl Scouts (WAGGGS) is located. Pax Lodge was opened in 1990 but was not the first World Centre in England. It was preceded by Olave House (1959–1988), named after Olave Baden-Powell which was preceded by Our Ark (1939–1959).

The name “Pax Lodge” was chosen for historic and symbolic reasons. The Baden-Powells, Robert and Olave Baden Powell, had family homes called Pax Hill, in Hampshire, England and ‘Paxtu’ in Kenya. ‘Pax’ means ‘Peace’ in Latin, and ‘Lodge’ was chosen to retain a link with the original home on this site, ‘Rosslyn Lodge’, home of the 1st Earl of Rosslyn.

Source: Wikipedia



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<https://www.facebook.com/girlscoutsofthephilippines>

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