

# PROGRAM *Helps*

A PUBLICATION OF THE GIRL SCOUTS OF THE PHILIPPINES PROGRAM DIVISION

Volume 12 No. 2

Program Division, National Headquarters, Manila

April - June 2015



## YUNGA 't'da Be Ready for This!

The Girl Scouts of the Philippines is an advocate of environmental protection and preservation that ensures growth and sustainability of resources within communities. Placing respect for nature at the heart of the Movement, the World Association of Girl Guides and Girl Scouts (WAGGGS) is endorsing the Youth and United Nations Global Alliance (YUNGA) Challenge Badge Series, an educational badge framework that can be used by Girl Guides and Girl Scouts around the world.

The badges are jointly produced by the Food and Agriculture Organization of the United Nations (FAO), and the Secretariat of the Convention on Biological Diversity (CBD) and World Association of Girl Guides and Girl Scouts through YUNGA and The Green Wave.

The YUNGA challenge intend to raise awareness, educate and motivate young people to change their behavior and be active agents of change in their local communities. Moreover, the WAGGGS continually supports the campaign for Voices Against Violence, AIDS Awareness, Knowledge of Sports and the Olympic Games, and the promotion of smart use of the internet.

## YUNGA Challenge Badge Series



### 1. Biodiversity Challenge Badge

The biodiversity challenge badge aims to help young people answer questions on what can be done to preserve nature's rich diversity. It is designed to raise awareness

on biodiversity issues among children and young people and to provide them with knowledge that can help them become active agents of change in our society. The activities will strengthen your participation in the protection, preservation and improvement of our natural resources.



### 2. Water Challenge Badge

The water challenge badge is designed to help educate children and young people about the crucial role water plays for life on our planet. The activity pack includes basic

background information on water, the water cycle and how water sustains life, as well as outlining why humans need clean water and sanitation to stay healthy.



### 3. Ocean Challenge Badge

The Ocean Challenge Badge has been developed to help inform children and young people about the crucial role of the ocean on our planet.

Contents of the activity pack include the ways in which the ocean moves; how it supports life both underwater and on land; how certain human activities may harm the ocean; and how we can all help to prevent this.



### 4. Forests Challenge Badge

The Forests Challenge Badge is designed to help educate children and young people about the vital role that forests play in sustaining life on Earth. The badge

curriculum includes a range of activities and ideas to help young people gain the knowledge, skills and values needed to protect, preserve and enhance forests and sustain the benefits they provide to people and the planet.

(Turn to page 2)



GIRL SCOUTS OF THE PHILIPPINES

## CREATIVE CAMPING TRICKS THAT WILL MAKE YOUR LIFE EASIER

Here are some camping hacks to make your trip less chaotic and more enjoyable.

### 1. Protect your toilet paper.



A super easy hack that can keep your toilet paper from being crushed and keep it from getting wet if you accidentally drop in the water or if it starts to rain. Just take a coffee or oatmeal can, pop the toilet paper in, and cut a slit in the side to run the paper out of.

### 2. Create a makeshift lantern.



You'd be surprised how much light it provides. They actually use old soda bottles as solar light bulbs in some parts of the world. When camping, strap a head lamp to a gallon jug of water to fill the entire tent with ambient light.

### 3. Create a makeshift music speaker.



You don't need to bring big speakers or even a separate speaker plugin for your phone. A phone or an iPod in a ceramic mug will work just fine.

### 4. Conserve (and don't lose) soap.



To help you conserve soap, get a bar of soap, peel it up with a vegetable peeler, and use a single slice per bath.

### 5. Know your knots!



As any Girl Scout knows, knots aren't a one-type-fits-all deal. Learn a few, and it'll make your camping (and your life) easier.

Source: [matadornetwork.com](http://matadornetwork.com)

(Yunga Challenge Badge Series continuation)



### 5. Ending Hunger Challenge Badge

The Ending Hunger Challenge Badge is designed to help educate children and young people about hunger in the world and how we can overcome it. The badge

also addresses issues of food security, the Right to Food, poverty and the Hunger Trap. It also suggests a number of actions that we, as global citizens, can take to help end hunger.



### 6. Voices Against Violence Badge

This badge aims to raise awareness about gender inequality and how to start promoting gender equality. It creates a medium to understand different forms of

violence against women and girls and recognize the warning signs of violence. Its main goal is to take action to stop the violence and to campaign for women and girls' human rights.



### 7. AIDS Badge Curriculum

The AIDS Badge Curriculum is an important WAGGGS project, undertaken in partnership with ICASO and UNAIDS.

The AIDS badge helps girls and young women to learn about HIV and AIDS by doing a number of activities especially designed for the age ranges within Girl Guiding/ Girl Scouting. The badge aims to increase awareness regarding the prevention of AIDS, to eliminate discrimination and how to care and support people in the community who are living with HIV/AIDS.



### 8. Games Go Global Badge

sport-oriented activity pack to help Girl Guides / Girl Scouts grow, develop and learn about the Olympic Games. It also aims to promote knowledge of sports,

to support women as peacemakers, to enhance the public image of Girl Guiding / Girl Scouting as an active community of motivated volunteers and to fulfill WAGGGS' Mission for the development of its members through sport.



### 9. Surf Smart Badge

This activity pack intends to help you get even more out of your time online, to discover how you can use the internet to uncover exciting opportunities and

connect with local and global communities, and to share some tips on how to stay safe when surfing the web.

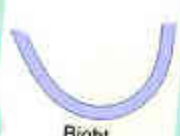


# ROPE KNOT TERMINOLOGY

## KNOT TERMS



Elbow



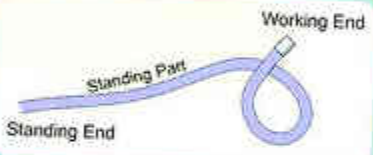
Bight



Crossing Point



Loop



There are specific terms or nomenclature to describe the parts of a knot while it is being tied. The common knot parts are illustrated and described below.

**Bight:** Any part of a rope between the ends. Bight also is used to refer to a curved section of a rope within a knot being tied.

**Crossing Point:** The place where ropes cross in the making of a loop.

**Elbow:** Two or more loops in close proximity to each other.

**Loop:** A bight becomes a loop when the two ropes cross. If the working end is crossed over the standing line, it is an overhand loop. It is an underhand loop if the working end runs under the standing part.

**Working End:** The active end being used to tie the knot.

**Standing End:** The end not being used in the tying of the knot. The rope part that is not being used is called the Standing Part.

Source: <http://www.netknots.com/>



## OVERHAND KNOT

**Uses:** The Overhand Knot was described as "the simplest of the Single-Strand Stopper Knots." It can also be used to prevent the end of a piece of rope from unraveling.

### Can be used for tying:

- Bandages for wounds/fractures to stabilize injured parts.
- Belts, sashes and head bands.
- Shoelaces

### HERE'S HOW:

- 1 Form a loop and pass the end through it.
- 2 Tighten it to form the Overhand Knot.
- 3 When pulled tight it can function as a simple stopper knot.

### OR BASED ON THE PICTURE BELOW...



This simple stopper knot is quick and easy to tie; and can be tied tightly up against an object or another knot.

Sources: [www.animatedknots.com/indexbasics.php](http://www.animatedknots.com/indexbasics.php), [www.scoutactivitycentres.org.uk](http://www.scoutactivitycentres.org.uk)



## SQUARE KNOT/REEF KNOT

**First Knot:** The Square (Reef) Knot is usually learned when we tie the laces on our first pair of shoes. Admittedly, it is usually a bow that we tie - but the underlying knot is a Square (Reef) Knot.

### Best applied for:

- Tying packages, to keep ends from fraying.
- Making knots on:
  - End of the thread or yarn for sewing and knitting
  - Ribbons, cords, etc. during handicraft making
- Tying plastic or garbage bags to secure ends prior to disposal.
- Girl Scout scarves

### HERE'S HOW:

- 1 Take two ropes and cross them (red over blue) to form a half knot.
- 2 Cross them a second time (red over blue again)
- 3 Pull the ends tight to form the Square Knot.

### OR BASED ON THE PICTURE BELOW...



This knot is used to tie together two working ends of the same material and size. It is often remembered by the phrase, "left over right and under, then right over left and under."

# NO TROOP FUNDS? NO PROBLEM!

These should do the trick!

1. Recycle. Bottles, cans, and newspapers are recyclable! Ask your parents if they would help you to bring unclaimed recyclables to the nearest recycling plant and give you the money. Not only is this good for the environment, but it's also good for your piggy bank!



2. Do extra chores for your parents. Dusting furniture, vacuuming, sweeping floors, and scrubbing windows are all good ideas. Negotiate the best deal you can, maybe one fourth what they might charge for professional service. Remember, these are extra chores on top of what you should normally do to help support a clean household.



3. Sell some of your things that you don't want. You could have a garage or yard sale. Put flyers everywhere. That way people will come to your sale!



4. Sell lemonade on a hot summer's day. Make lemonade, then open a lemonade stand.



5. Set-up a bake sale. Have your parents help you bake!



6. Walk dogs. They love it, and it would really help out the owners. If you walk a dog, be sure to keep it out for as long as it needs. Dogs will not like a 30-second walk.



7. Rake leaves for your neighbors. All you need is a rake (and maybe a big trash bag).



A Girl Scout's aim is to do one Good Turn daily. One good deed can go a long way. It's not a matter if others are not doing it, so we begin with ourselves, be the best examples and motivation for everyone. Here are 10 simple things that we can do today and always. Let's make it count!

- Hold the door open for someone.
- Offer to help.
- Smile at a stranger.
- Give someone a hug.
- Tell someone you're proud of him/her (and why).
- Be the reason someone smiles today.
- Assist the elderly (cross the street, carry their groceries.)
- Say your thank yous and you're welcomes.
- Praise a classmate, a friend, or coworker on a job well done.
- Ask how someone is doing- and LISTEN to the answer.

Source: [www.balancingthebusy.com](http://www.balancingthebusy.com)



*"Scouting rises within you and inspires you to put forth your best."*

*-Juliette Gordon Low*

## Program Committee

Triennial Term 2012-2015

Dr. Cristina L. Yuson  
Chairperson

Dr. Josefina M. Parentela  
Vice-Chairperson

### Members

Mrs. Sampaguita D. Marave  
Dr. Faber Marl G. Paat  
Ms. Alice A. Pañares  
Ms. Michelle L. Alvarez

Ms. Angeli Monique G. Siladan  
Cadet GS Kyla Patrizze R. Pernes  
Cadet GS Katrina Mae L. Larios

### Program Division

Mrs. Ginnie W. Oribiana  
Secretary, Program Director

### Program Staff

Mrs. Jade D. Villanueva  
Mrs. Lilia T. Torio  
Mrs. Gizelle U. Engada  
Ms. Ma. Rosalina S. Flores  
Ms. Angelle Theresa Mae B. Redoble

PROGRAM HELPS is published by the Program Division with office address at Girl Scouts of the Philippines National Headquarters, 901 Padre Faura St., Ermita, Manila, Philippines

Tel: 523-8331 to 42

Fax: 524-5144

Website: <http://www.girlscouts.org.ph>  
<https://www.facebook.com/girlscoutsofthephilippines>

We need your comments, suggestions, and article contributions. Email us at [program@girlscouts.org.ph](mailto:program@girlscouts.org.ph)