

# PROGRAM Helps

A PUBLICATION OF THE GIRL SCOUTS OF THE PHILIPPINES PROGRAM DIVISION

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## BADGES, BONFIRES, COOKIES... CAN YOU GUESS THE FIRST BADGE IN THE YUNGA CHALLENGE SERIES?



### What is Biodiversity?

'Bio' means life and 'diversity' means variety, so biodiversity (or biological diversity) is the incredible variety of living things in nature and how they interact with each other. It consists of all the many species of animals and plants and other life forms, and the variety that exists within each species.



### About the Badge

This biodiversity challenge badge is a tool to allow teachers / troop leaders to guide young people in learning about biodiversity and developing action-oriented projects.

The badge is jointly produced by the Food and Agriculture Organization of the United Nations (FAO), the Secretariat of the Convention on Biological Diversity (CBD) and the World Association of Girl Guides and Girl Scouts (WAGGGS), through the Youth and United Nations Global Alliance (YUNGA) and *The Green Wave*.



### Age Range of Activities

#### LEVEL 1

5 to 10  
yrs. old

Participants will learn about different species and ecosystems in their neighborhoods.

#### LEVEL 2

11 to 15  
yrs. old

Participants will learn how to describe the different components of biodiversity and ecosystem services, and be able to give examples in their surroundings.

#### LEVEL 3

16 to 20  
yrs. old

Participants will gain a more in-depth understanding of biodiversity components, ecosystem services and of the work going on at the international level.

### The Badge Curriculum

The badge curriculum is divided into four categories. To make it easier to find the adjectives in the booklet, the following labeling system has been used.



To earn the badge, participants must complete two activities from each category. The first or second activity listed in each category must be completed by everyone as it provides an overview to the topics. These compulsory activities are best done in a group. Individuals can then choose from the list of optional activities the ones that are most relevant and interesting to them.

For additional details and the complete activity pack, visit [www.yunga.org](http://www.yunga.org), [www.wagggs.org](http://www.wagggs.org) and [www.fao.org](http://www.fao.org).

# Remembrance Day the Escoda Way

Our Ilocana heroine was born on September 20, 1898.

The Girl Scout Founder imbibed the ideals of a woman from womb to tomb. This year she turned 117 years old in the hearts and minds of all the Girl Scouts.

Let's relive her legacy with these facts about her life.....

## Quick Notes About Josefa Llanes Escoda

★ **How many siblings do you have?** Josefa had 6 and she was the eldest! Her siblings were Florencio, Luisa, Elvira, Rosario, Purita and Eufrocina. Talk about one big happy family!

★ **Need an inspiration in school?** Our foundress was an outstanding student during her time. A valedictorian in grade school and salutatorian in high school in Dingras Elementary School (Dingras, Ilocos Norte). She went to Philippine Normal School in Manila to earn her teaching degree, and graduated with honors in 1919.

★ **Service truly ran in her veins.** She became a social worker for the Philippine Chapter of the American Red Cross. The Red Cross granted her a scholarship to the United States, where she earned a masteral degree in Sociology. She received a Master's Degree in Social Work from Columbia University.

★ **Love is in the Press.** During her first trip to the U.S., while she was at the Women's International League for Peace, she met Antonio Escoda, a reporter from the Philippine Press Bureau, who later became her husband. Their children were Maria Theresa and Antonio, Jr.

★ **Historical Heroine.** She was also known as the **Spiritual Leader of the Underground** during World War II in the Philippines. She and her husband went on with their "smuggling" activities of sending medicines, clothing, messages, and foodstuff to both Filipino war prisoners and American internees in concentration camps.

★ **Going Green in NUMBERS.** On 1933, she returned to the United States to undergo training in Girl Scouting. May 26, 1940, President Manuel L. Quezon signed the charter of the Girl Scouts of the Philippines and she was the group's first National Executive. Currently, the country has 97 councils and celebrating its 75th anniversary this year.

★ **Famous last words.** "Take care of the girls."

# DO "KNOT" FORGET THESE!

The Figure 8 Knot



**Uses:** The Figure 8 provides a quick and convenient stopper knot to prevent a line sliding out of sight, e.g., up inside the mast. Its virtue is that, even after it has been jammed tightly against a block, it doesn't bind; it can be undone easily. This virtue is also, occasionally, a vice. The figure 8 can fall undone and then has to be retied.

### Here's how:

1. Pass the tail over itself to form a loop.
2. Continue under and around the standing end.
3. Complete the knot by passing the tail down through the loop.

Slip Knot



It is one of the most frequently tied knots - being used in knitting as the first loop when casting on - where it is called a slip knot but frequently tied as a noose. It can be used as a temporary stopper knot.

### Here's how:

1. Make a loop in the rope.
2. Place the loop on top of the rope to the side of the loop.
3. Pick up the rope inside the loop and pull it through.
4. Pull the knot tight, keeping the loop at the top open.

# Always Prepared? Be a GSP SAVER

## Service Auxiliary Volunteers for Emergency and Relief (SAVER)

### What is the Girl Scout SAVER?

**GIRL SCOUT SAVER** is a special service program undertaken by a team of Girl Scouts and Non-Girl Scout volunteers, organized to assist in Fact Finding, Communication, Referrals and Relief Operations in times of emergency. It stands for **Service Auxiliary Volunteers for Emergency and Relief**.

### Who can be a member of Girl Scout SAVER team?

- Senior and Cadet Girl Scouts
- Adult GSP Members
- Non-Girl Scouts (male and female) who are invited for their capabilities and commitment
- Physically, mentally, and emotionally healthy
- Aged 12 years and above
- Residents of the same community

### How many compose a team?

A minimum of 12 members, and a maximum of 45 at any given time. There should be 2 Adult Girl Scouts as Team Advisers accredited by the Council. The proportion of Girl Scout to non-Girl Scout members is 2 to 1. (Example: 8 Girl Scouts to 4 non-Girl Scouts for a minimum of 12 members).

### How is a Girl Scout SAVER TEAM organized?

- A group of Girl Scouts may organize themselves as a
- core group or a council recruits and organizes a core group.
- The core group invites additional members like medical
- aides.
- The group chooses or the council designates two Team
- Advisers who are preferably residents of the same community.
- The team elects its officers and registers as a group
- with the council.

### What does the Girl Scout Saver Team Do?

#### 1. PRE-EMERGENCY ACTION

Prepare them to assist in emergencies by:

- 1.1 Earning badges in the 8-Point Challenge particularly on Preparedness
- 1.2 Undergoing SAVER training which includes:

- first aid
- life saving
- evacuation services
- nutritious food
- survival skills
- toolcraft (preparation & distribution)
- search and rescue
- health service
- self-defense
- safety
- emergency welfare service
- communication service
- swimming
- driving
- emergency preparedness

- 1.3 Practicum/Demonstration of skills learned
- 1.4 Conducting surveys to know the facilities and resources in the community
- 1.5 Establishing contacts with the government Disaster Risk Reduction and Management Council (DRRMC) and welfare agencies
- 1.6 Practicing mobilization of manpower and material resources
- 1.7 Securing necessary emergency equipment and supplies
- 1.8 Keeping them physically fit at all times
- 1.9 Identifying safety hazards, and learning how to prevent disasters
- 1.10 Developing Action plans for different emergency situations

#### 2. ACTUAL EMERGENCY ACTION

These activities may be done simultaneously or in any order according to the needs of the situation.

- 2.1 Communication
- 2.2 Mobilization
- 2.3 Assembly
- 2.4 Assessment of situation
- 2.5 Setting up of center of operations
- 2.6 Deployment
- 2.7 Action

#### 3. POST EMERGENCY ACTION

- 3.1 Acknowledge
- 3.2 Review (analyze, re-plan)/modify plans
- 3.3 Replenish, re-tool, restore, repair
- 3.4 Re-train
- 3.5 Re-organize/retain/comfort victims/make referrals
- 3.6 Record/monitor/report
- 3.7 Collect, pack and distribute relief goods
- 3.8 Handle communication services

# Rainy Days and Mondays will never get me down.

## Fun Things to Do on a Rainy Day

### Camp in the Great Indoors

Who says tents have to stay outside? If you have a pop-up or small dome tent, it's easy to set up camp indoors. If not, you can create tents by draping sheets over the couch. Make them comfy with airbeds, pillows, and sleeping bags, then follow through with an indoor picnic to be eaten "under canvas."

### Bake Up Some Chocolate-Chip Cookies

Nothing cures rainy day blues like a fresh batch of chocolate chip cookies. Dunk them in milk or eat 'em (practically) right out of the oven—a surefire way to happily weather the storm.

### Organize Your Own Film Festival

Queue up some classics, old (Singin' in the Rain) and new (Toy Story 3), let the kids add a few favorites—even mix in last week's American Idol on DVR for variety—and have a marathon screening. Keep a cozy throw on hand to snuggle under, a big bowl of popcorn to dip into, and settle in to enjoy the show(s).

### Cuddle up with a big pile of books

Enrich your mind and imagination by rekindling the classics or reading new novels with a warm blanket and a cup of joe or hot chocolate.

<http://www.realsimple.com/>

**PENNY  
FOR  
YOUR  
THOUGHTS**

**DO ALL THE GOOD YOU CAN.  
BY ALL THE MEANS YOU CAN.  
IN ALL THE WAYS YOU CAN.  
IN ALL THE PLACES YOU CAN.  
AT ALL THE TIMES YOU CAN.  
TO ALL THE PEOPLE YOU CAN.  
AS LONG AS EVER YOU CAN.**

John Wesley

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