



# Proficiency Badge: Traditions of Guiding Guidebook

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## Clauses

1. Be able to do the following:
  - 1.1. Know how to fold the World Flag and hoist the colours. Demonstrate this skill to your Patrol members.
  - 1.2. Know how to sing both verses of the World Song.
  - 1.3. Use and explain four whistle and hand signals.
  - 1.4. Able to sing Day and Night Taps.
2. Complete at least six of the following:
  - 2.1. Practiced the Guide Law at the Unit meeting.
  - 2.2. Make a Patrol identity and know all the various Patrol emblems (either flower or bird series)
  - 2.3. Know ten significant facts about the history of Guiding. Share this information with your Patrol in the form of a quiz, game or poster.
  - 2.4. Attended a Patrol Corner at least once a month in the last 3 months.
  - 2.5. Attended a Court-of-Honour at least once a month in the last 3 months.
  - 2.6. Organised a Kim's game for your Patrol member
  - 2.7. Lay a table for a three-course meal. Fold the napkin in an interesting way.
  - 2.8. Be able to sing and teach at least 5 traditional Campfire songs (found in Guiding Strains Song Book).
  - 2.9. Learn two graces and teach them to your Patrol.
3. Complete at least 3 of the following:
  - 3.1. Lead at least 3 Patrols to form a horseshoe formation.
  - 3.2. Know what makes up the World Flag and draw it correctly.
  - 3.3. Demonstrate the international symbol of recognition when meeting another Guide.
  - 3.4. Collected at least 5 patches and exchanged one patch with a friend.
4. Complete at least 4 of the following:
  - 4.1. Tie a reef knot, square lash and diagonal lash.
  - 4.2. Do an activity that shows a camping skill: e.g. pitch and strike a tent, make a gadget, light a fire.
  - 4.3. Brought a meal bag to an activity.
  - 4.4. Use Scout's pace to cover 1.6 km and make use of tracking signs through her journey.
  - 4.5. Set a map with a compass and walk on a bearing.
  - 4.6. Whip the end of a rope to stop it fraying.
  - 4.7. Demonstrate turfing of the ground and cook a balanced meal using the backwoodsman cooking style

### Credits:

A special thank you to the following people for contributing to this Guidebook:

Miss Chow Jae Yun Charlotte

Miss Jasmine Cheong

Mrs Anna Tham

Mrs Koh-Teh Yi Wen

## 1.1 The World Flag and Hoisting Colours

### Folding of World Flag (Colours)

1.



2.



3.



4.



5.



6.



7.



8.

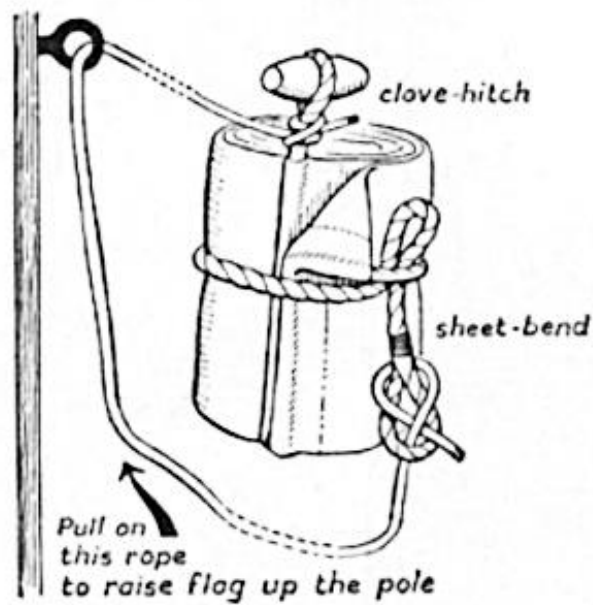


9.



10.





This is a close-up of the flag tied to the halyards with clove-hitch and sheet bend.

### **Colour Party**

The Colour Party consists of three Guides.

The bearer is the person who raises or breaks the flag and she walks between the other two Guides (escorts).

The bearer gives all the commands.

The Colour Party does not sing.

## How to carry the Flag



**At the Order**

Used when the Colour Party is waiting for the Ceremony to begin.



**At the Slope**

Used when getting in position or to avoid obstacles overhead when marching.



**At the Dip**

Dipping the Guide Flag is only done on very special occasions. It may be dipped when



**At the Carry**

Used for the 'moment of Ceremonial'

Back of hand or palm is opposite the nose. Elbow level shoulder.  
Out of doors, the Flag is only marched At the Carry when passing a salute base.  
The Flag should be held absolutely upright with the lower point of the fly (free end of the flag) held to the pike by the bearer's right hand.  
The fly is let free when actually passing a saluting base.

## **Breaking the Flag**

Before the Colour Ceremony, the Colour Party collects the flag which has already been folded and marches smartly to the flagpole. The bearer with the help of her escorts joins the flag to the halyards (double rope going through a pulley/ring at the masthead) . The bearer then pulls the lower halyard so that the top end of the flag with the toggle goes up first. When the flag is at the top, the bearer coils the halyard around the clear.

When the horseshoe is ready, the Guider gives the command: “Colour Party, fall in”. The Colour Party marches to about two paces in front of the flagpole. The bearer steps forward and breaks the flag. The Company salutes when the flag is broken. The bearer steps back to join her escorts. She then gives the command for the Colour Party to salute. The Colour Party marches out and the Guider takes over.

## **Additional Resource**

Online Handbook [Enrolment Clause]

## 1.2 World Song

### Verse 1

Our way is clear as we march on,  
And see our flag on high!  
It's never furled,  
Throughout the world,  
For hope shall never die!  
We must unite for what is right,  
In friendship true and strong,  
Until the earth,  
In its rebirth,  
Shall sing our song,  
Shall sing our song.

### Verse 2

All those who love the true and good,  
Who's promises were kept,  
With humble minds,  
Whose acts were kind,  
Whose honour never slept!  
These were the free,  
And we must be,  
Prepared like them to live,  
To give to all,  
Both great and small,  
All we can give.  
All we can give.

*The World Song, which highlights the principles and spirit of the Girl Scout and Girl Guide Movement, was adopted in 1950 at the 13th World Conference in Oxford, England. The music, originally composed by Finnish composer Jean Sibelius, and extracted from his March, Opus 91b.*

### Resource

[https://youtu.be/2\\_aHL-6Tb0k](https://youtu.be/2_aHL-6Tb0k)

## 1.3 Whistle and Hand Signals

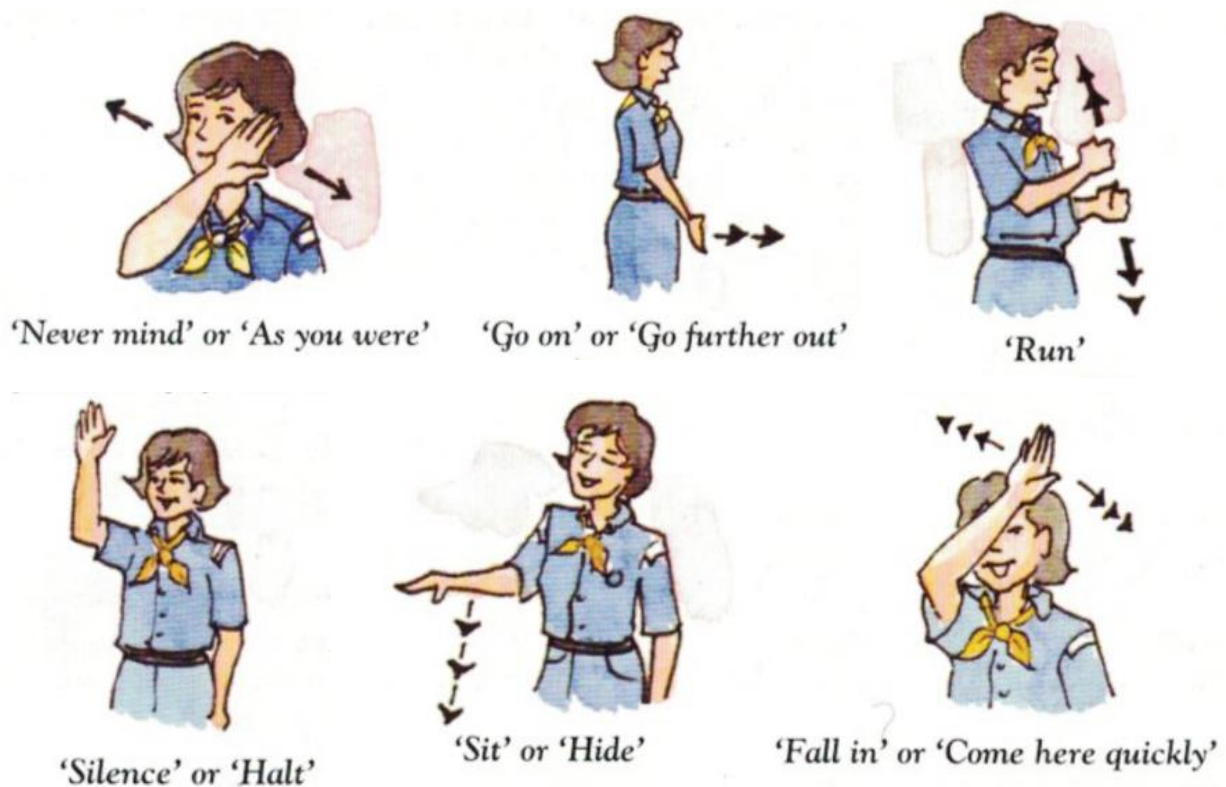
### Whistle Signals

When using the whistle, be sure there is a clear difference between the short and long blasts.

• • • • •	'Fall in' or 'Come here quickly'
• • • • • • • • • •	'Leaders come here'
• • • • • • • • • •	'Warning - Look out'
• • • • • • • • • •	'Extend' or 'Scatter'
•	'Attention'
• • • • • • • • • •	'SOS'

### Hand Signals

Hand signals should be used if the signaller can be seen.



### Additional Resource

Online Handbook [Enrolment Clause]



## 1.4 Taps

Taps is normally sung at the end of Guide Meetings.

If the Guide meeting ends before the sun sets, we will sing the **Day Taps**.  
The **Night Taps** is sung at the end of meetings, programmes that ends at night.

### **Day Taps**

Thanks and praise,  
for our days,  
'neath the sun,  
'neath the stars,  
'neath the sky!  
As we go,  
this we know,  
God is nigh.

### **Night Taps**

Day is done,  
gone the sun,  
from the lakes,  
from the hills,  
from the sky!  
All is well,  
safely rest,  
God is nigh.

### **Resource**

[https://youtu.be/e9\\_jk2VN5Vg](https://youtu.be/e9_jk2VN5Vg)

## 2.1 Guide Laws

Lord Baden-Powell encouraged the holistic development of the girl in her spiritual, moral, physical, mental, social, intellectual and emotional aspects.

All these aspects were instrumental in the creation of the Fundamental Principles of Girl Guiding and Girl Scouting as outlined in the Promise and Law.

A Guide learns to adhere to the 10 Guide Laws which in turns serves as a moral compass in helping her develop the right attitudes, behaviours and values as an individual and as a member of her community.

### **The 10 Guide Laws**

1. A Guide is loyal and can be trusted.
2. A Guide is useful and helps others.
3. A Guide is polite, considerate and respects her elders.
4. A Guide is friendly and a sister to all Guides.
5. A Guide is kind to all living things.
6. A Guide is obedient.
7. A Guide has courage and is cheerful in all difficulties.
8. A Guide takes care of her own possessions and those of other people.
9. A Guide is thrifty and diligent.
10. A Guide is self-disciplined in what she thinks, says and does.

## 2.2 Patrol Identity and Patrol Emblems

### Patrol Identity

Item worn by members within the Patrol to signify their common identity; typically worn during camp

### Patrol Emblems

There are 14 Patrol Emblems in total. They are split into the **Bird** and **Flower** series.

#### Birds



#### Flowers



## 2.3 History of Guiding

### Resource

1. Online Handbook [Enrolment Clause]
2. [History of Guiding on GGS Website](#)

## 2.4 Patrol Corner

A Patrol Corner is a Patrol meeting that consists of Guides and their Patrol Leader.

The Patrol normally chooses the kind of activities that they wish to do together during the time spent together. It can be learning or refreshing on a new skill, having discussions, brainstorming on ideas.

The Patrol Corner should not be time spent away idly. The activities chosen should be engaging and have a learning objective.

Patrol members can also spend time working on the patrol log book where members can document their activities.

## 2.5 Court-of-Honour

The Court-of-Honour is a committee within the Company to manage its affairs and direct its work and is the most important council in connection with the Company.

The Guiders, Company Leader, Assistant Company Leader, Senior Patrol Leaders and Patrol Leaders are members of the Court-of-Honour; Patrol Seconds may be elected members. A Secretary and Treasurer are elected from the members of the Court-of-Honour or from some suitable members of the Company. The Captain usually takes the Chair.

The Court of Honour:

- plans interesting programmes and activities (camp, test system, ceremonies and other matters affecting the Company)
- hears reports on Patrols
- makes arrangements for Patrol Leader trainings
- arranges for girls from different Patrols to work together on special interests

The meeting is conducted formally and minutes are kept. An account of the Company's funds (if one exists) should be presented at the Court-of-Honour.

The first meeting is to get things going by deciding how many important events can be fitted into the year's calendar.

These events might include: division events, social events, outings, service projects.

The last meeting is to see how the Company has fared. Short monthly meetings are held to confirm the events and carry out the plans.

COH members can also spend time working on the Company COH minutes' log book where members can document their activities.

## 2.6 Kim's Game

Kim's Game is a game played by Boy Scouts, Girl Guides or Girl Scouts and other military groups. The game develops a person's capacity to observe and remember details.

B.-P. tells part of the Rudyard Kipling's story that describes this test (Kim's Game) in Scouting for Boys. Kim was undergoing training for Secret Service work in India and for this he needed to be able to concentrate, to notice all that went on around him (observation), and to know what it meant (deduction), and he also had to be able to remember it accurately and to pass it on. So the man who was training Kim gave him lots of practice in looking and noticing, in remembering and describing.

An example of a Kim's Game would have:

- 30 objects to look at
- Guide remembering at least 25 of the objects

You are allowed to vary:

- How long you may look at the objects
- How you describe them - by writing or speaking.
- How many details you have to remember about each object

Kim's Game normally also incorporates the 5 senses in order to improve the Guide's observational and deduction skills in all these aspects.

Resource

Online Handbook [Enrolment Clause]

## 2.7 Laying the Table and Folding a Napkin

Table Setting for a three-course meal (Western Cuisine)

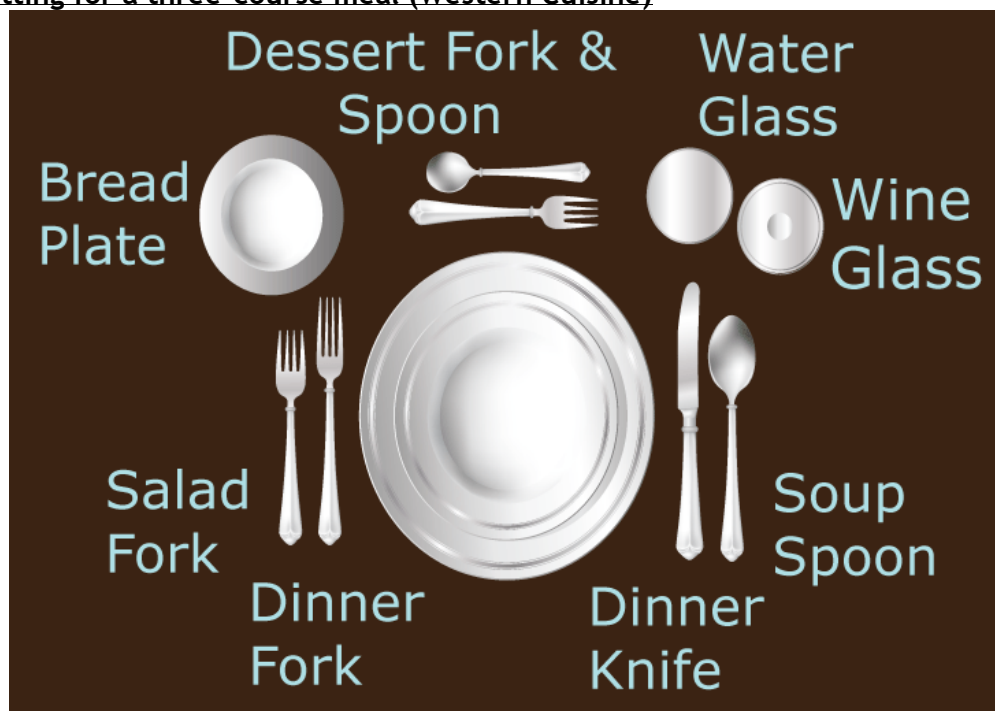


Image source: [https://www.etiquettescholar.com/dining\\_etiquette/table\\_setting.html](https://www.etiquettescholar.com/dining_etiquette/table_setting.html)

**Folding a Napkin Resource:**

<https://www.marthastewart.com/1112146/how-to-fold-a-napkin-ways?slide=8abf91a6-ec7c-4656-8ab5-f99976e932d5#8abf91a6-ec7c-4656-8ab5-f99976e932d5>

Guides are allowed to research more on this topic as there is a large variety of methods available online.

## 2.8 Campfire Songs

The following are a list of the traditional Guide Campfire Songs.

<p><b>1. WELCOME SONG</b></p> <p>There's a welcome here for you (2x)          We're glad you came and          In Guiding's name          There's a welcome here for you.</p>	<p><b>6. IT'S A SMALL WORLD</b></p> <p>It's a world of laughter, a world of tears          It's a world of hopes and a world of fears          There's so much that we share          That it's time we're aware          It's a small world after all.  <b>Chorus</b>          It's a small world after all (3x)          It's a small, small world.          There is just one moon and a golden sun          And a smile means friendship to everyone          Though the mountains divide and the oceans are wide          It's a small world after all.          (repeat chorus)</p>
<p><b>2. CAMPFIRE'S BURNING</b></p> <p>Campfire's burning (2x)          Draw nearer (2x)          In the gloaming (2x)          Come sing and be merry</p>	<p><b>7. IF YOU ARE HAPPY AND YOU KNOW IT</b></p> <p>If you are happy and you know it clap your hands (2x)          If you are happy and you know it          And you really want to show it          If you are happy and you know it clap your hands              1) Stamp your feet              2) Snap your fingers              3) Nod your head              4) Shout Girl Guides          Do all five</p>
<p><b>3. THE MORE WE GET TOGETHER</b></p> <p>The more we get together, together, together          The more we get together, the merrier we'll be          For your friends are my friends and my friends          are your friends          The more we get together the merrier we'll be</p>	<p><b>8. BP'S SPIRIT</b></p> <p>I've got the BP spirit          Right in my head (3X)          I've got the BP spirit          Right in my head to stay</p> <p>Deep in my heart.....          All round my feet .....          All over me .....</p>
<p><b>4. WE ARE GIRL GUIDES</b></p> <p>You're a Girl Guide (2x)          You're a Girl Guide through and through          Keep your promise, wear your badges          Keep the law in front of you          On with Guiding, cheers to Guiding          Where there's danger never mind,          Keep on trying, keep on smiling          That's the spirit sister mine</p>	
<p><b>5. IT'S A GOOD TIME TO GET ACQUAINTED</b></p> <p>It's a good time to get acquainted          It's a good time to know.          Who is sitting close beside you,          And to smile and say, "HELLO!"          Goodbye lonesome feelings,          Farewell glassy stares.          Here's my hand (extend your left hand)          My name is ____ (give your name)          Now put yours right there!</p>	

<p><b>9. THIS LITTLE GUIDING LIGHT OF MINE</b></p> <p>This little Guiding light of mine I'm going to let it shine (3x) Let it shine all time Let it shine</p> <ol style="list-style-type: none"> <li>1. Don't you blow my little light out</li> <li>2. Take my little light round the world</li> <li>3. Hide it under a bush? Oh, no</li> </ol>	<p><b>14. THREE LITTLE DUCKS</b></p> <p>Three little ducks that I once knew Fat ones, skinny ones, two by two But the one little duck with a feather on its back He ruled the other with a quack quack quack Down by the river they would go Wibble wobble wibble wobble to and fro But the one little duck with a feather on its back He ruled the others with a quack quack quack</p>
<p><b>10. SHE'LL BE COMING ROUND THE MOUNTAIN</b></p> <p>She'll be coming round the mountain when she comes (2x) She'll be coming round the mountain (2x) She'll be coming round the mountain when she comes Yippi ya ya yippi yippi ya (2x) Yippi ya ya Yippi yippi ya (2x) Yippi ya ya</p>	<p><b>15. KOOKABURRA (ROUND ROBIN)</b></p> <p>Kookaburra sits on the old gum tree Merry, merry king of the bush is he Laugh, Kookaburra laugh, Kookaburra Gay your life must be</p>
<p><b>11. LULALA</b></p> <p>Lulala, lulala, lula lulalay Lula, lula, lula, lulalulalay Lulala, lulala, lulalulalay Lula, lula, lulalay</p>	<p><b>16. GAKO THE FROG</b></p> <p>Kaeru no yo no mawari Gako gako geko piong piong Hapa Luke Hapa Luke Gako geko piong Gako piong geko piong Gako geko piong Gako gako ga Piong ko piong ko piong Geko geko ge Piong ko piong ko piong Gako piong geko piong Gako geko piong</p>
<p><b>12. DOE A DEER</b></p> <p>Doe A deer a female deer Re (ray) A drop of golden sun Me A name I call myself Fa (far) A long long way to run So (sew) A needle pulling thread La A note to follow so Ti (tea) A drink with jam and bread That will bring us back to do Do Re Mi Fa So La Ti Do</p>	<p><b>17. GING GANG GOOLIE (Round Robin)</b></p> <p>Ging gang gooli, gooli, gooli, gooli watcha ging gang goo, ging gang goo (2x) Heyla, oheyla sheyla Oheyla Sheyla Heyla ho (2x) Shalli-wallee (4x) Oompah, oompah, oompah, oompah...</p>
<p><b>13. LITTLE PETER RABBIT</b></p> <p>Little Peter rabbit had a fly upon his nose (3x) So he flipped and he flapped and it flew away. Peter, Peter, Peter rabbit (3x) So he flipped and he flapped and it flew away.</p>	<p><b>18. HEAD, SHOULDERS, KNEES AND TOES</b></p> <p>Head and shoulders, knees and toes, knees and toes (2x) Eyes and ears and mouth and nose Head and shoulders, knees and toes Knees and toes</p>

<p><b>19. CROCODILE SONG</b></p> <p>She sailed away on a lovely summer's day On the back of a crocodile "You'll see" said she, "he's as tame as he can be, I'll float him down the Nile." Mr. Croc winked his eye as the lady waved goodbye, wearing a sunny smile. At the end of the ride, the lady was inside And the smile was on the crocodile.</p>	<p><b>24. MY SIDE</b></p> <p>My side, my side My side, my front, my back My side, my front, my side, my back My side, my front, my back</p> <p>Your side, your side Your side, your front, your back Your side, your front, your side, your back Your side, your front, your back</p>
<p><b>20. KATU, PAKAWI (COOK ISLAND)</b></p> <p>Katu pakawi, Turi manga vai vai (3x) Katu pakawi Turi manga vai vai Talinga, mata, va'a putangiuk.</p>	<p><b>25. HOKIE-POKIE</b></p> <p>Put your right hand in, and take your right hand out Put your right hand in and you shake it all about And you do the hokey pokey and you turn yourself around, That's what it's all about. (Left hand, right foot, left foot, whole self)</p>
<p><b>21. SWEETLY SINGS THE DONKEY</b></p> <p>Sweetly sings the donkey At the break of day If you do not feed him This is what he says Hee haw hee haw hee haw hee haw hee hay.</p>	<p><b>26. ROCK A MY SOUL</b></p> <p>Rock a my soul in the bosom of Abraham (3x) Oh! Rock a my soul Too high, I can't get over it Too low, I can't get under it Too wide, I can't get around it Oh! Rock a my soul. Rock my soul (3x) Oh! Rock a my soul.</p>
<p><b>22. FLEA FLY MOSQUITO</b></p> <p>Flea Flea fly Flea fly mosquito Calamine Calamine, calamine, calamine lotion Oh no more calamine lotion</p> <p>Itchy, itchy scratchy scratchy up and down my backy wacky Itchy, itchy scratchy scratch up and down my back Beep goes the bug when I spray with my spray can Psssstt.....</p>	<p><b>27. FATHER ABRAHAM</b></p> <p>Father Abraham has seven children Seven children have Father Abraham Some of them are tall, Some of them are short But none of them was bright</p> <p>Raise your right (hand) Raise your left (hand) Stamp your right (foot) Stamp your left (foot) Nod your head Stick out your tongue</p>
<p><b>23. MONKEY GORILLA CHIMPANZEE</b></p> <p>Monkey, gorilla, chimpanzee Monkey, gorilla, chimpanzee Monkey, gorilla, monkey Gorilla, monkey, monkey chimpanzee</p>	



<p><b>28. IN A COTTAGE</b></p> <p>In a cottage in the woods          Little man at the window stood          Saw a rabbit running sore          Knocking at the door.          "Help me! Help me! Help" he cried          "Ere the hunter shoot me dear"          "Little rabbit come inside,          Safely we'll abide."</p>	<p><b>32. A CANNIBAL KING</b></p> <p>A cannibal king with a fat nose ring          Fell in love with a hula dame          And every night on a moonlit night          Over the lake he came          He hugged and kissed his pretty little miss          Under the bamboo tree          And every night on a moonlit night          It sounded like this to me          Aroom, aroom, aroom doola doolay eh....</p>
<p><b>29. WHY CAN'T MY GOOSE</b></p> <p>Why can't my goose          Sing as well as thy goose          When I paid for my goose          Twice as much as thine.</p>	<p><b>33. PASS IT ON</b></p> <p>It only takes a spark          To get the fire going          And soon all those around          Will warm up in its glowing          That's how it is with God's love          Once you've experienced it          You'll spread it round to everyone          You'll want to pass it on</p> <p>What a wondrous time is spring          When all the trees are budding          The birds begin to sing          The flowers start their blooming          That's how it is with God's love          Once you've experienced it          You'll spread it round to everyone          You'll want to pass it on</p> <p>I wish for you my friend, this happiness that I've found          You can depend on him          It matters not where you're bound          I'll shout it from the mountain top          I want the world to know          The lord of love has come to me          I'll want to pass it on</p>
<p><b>30. NEW FRIEND FOUND</b></p> <p>As we walk to the left          As we walk to the right          As we walk as we walk          As we walk all night          With a heel and a toe          And a half turn around          With a heel and a toe          And a new friend found</p>	<p><b>34. PEACE LIKE A RIVER</b></p> <p>I've got peace like a river (3X) } 2X          In my soul (2X) }          I've got joy overflowing...          I've got life everlasting...</p>
<p><b>31. A THOUSAND-LEGGED WORM</b></p> <p>Says a thousand-legged worm, as he gives a little squirm          Have you seen a little leg of mine?          If it can't be found          I shall have to hop around          On my nine hundred and ninety-nine</p> <p>Hop around, hop around          Have you seen a little leg of mine?          If it can't be found          I shall have to hop around          On my nine hundred and ninety nine</p>	

<p><b>35. JAMAICAN FAREWELL</b></p> <p>Down the way where the nights are gay  And the sun shines daily on the mountain top  I took a trip on a sailing ship  And when I reached Jamaica, I made a stop  But I'm sad to say, I'm on my way  Won't be back for many a day  My heart is down, my head is spinning around  I had to leave a little girl in Kingston town  Sounds of laughter everywhere  And the dancing girls swaying to and fro  I must declare my heart is there  Though I've been from Maine to Mexico</p>	<p><b>39. LINGER</b></p> <p>Hmm... I want to linger here.  Hmm... A little longer here  Hmm... A little longer here with you</p> <p>Hmm... Its such a perfect night  Hmm... It doesn't seem quite right  Hmm... This is our last night here with you</p> <p>Hmm... And comes September  Hmm... I will remember  Hmm... Our camping days and friendship true</p> <p>Hmm... And as the years go by  Hmm... I think of you and sigh  Hmm... It's just goodnight and not good bye</p>
<p><b>36. SILVERY MOON</b></p> <p>By the light (Not the dark but the light)  Of the silvery moon (Not the sun but the moon)  I want to spoon (Not the fork but the spoon)  To my honey I croon love tunes  Honey moon (Not the sun but the moon)  Keeps on shining in June (Not in May but in June)  Those silvery beams will bring love dreams  We'll be cuddling soon (Not now but soon)  By the silvery moon (Not the sun but the moon)</p>	<p><b>40. BY THE BLAZING COUNCIL FIRELIGHT</b></p> <p>By the blazing council firelight  We have met in comradeship tonight  Round about the whispering trees  Guard our golden memories  And so before we close our eyes to sleep  Let us pledge each other that we'll keep  Guiding friendship strong and deep  Till we meet again</p>
<p><b>37. MOONLIGHT BAY</b></p> <p>We were sailing along (echo)  On moonlight bay (echo)  We can hear the voices singing  They seem to say (what did they say)  You have stolen my heart (I have stolen your heart)  Now don't go away (echo)  As we sing love's old sweet songs on moonlight bay</p>	<p><b>41. CANADIAN VESPER</b></p> <p>Softly at the close of day  As our campfire fades away  Silently each Guide should ask  Have I done my daily task  Have I kept my honour bright  Shall I guiltless sleep tonight  Have I done and have I dared  Everything to be prepared</p>
<p><b>38. PEARLY SHELLS</b></p> <p>Pearly shells by the ocean  Shining in the sunlight  Covering the shore  When I see them,  My heart tells me that I love you  More than all those little pearly shells</p>	

## 2.9 Graces

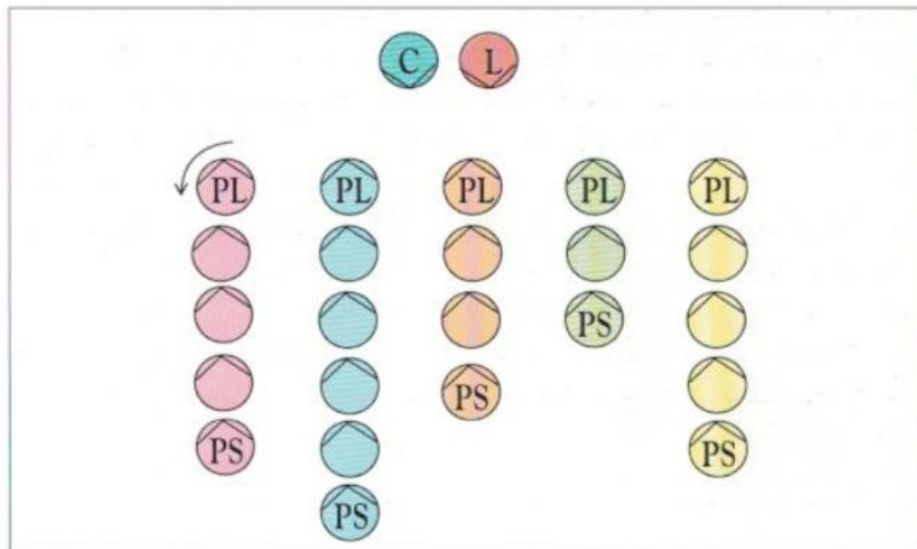
<p><b>Adams Family Grace</b></p> <p>Da da da da (snap fingers) (2x) Da da da da (3x) (snap fingers)</p> <p>We thank you God for giving The food we need for living Because we really need And we love to eat it.</p>	<p><b>Ten Big Thank Yous to God</b> (Tune: Ten little Indians)</p> <p>One little two little three little thank yous Four little five little six little thank yous Seven little eight little nine little thank yous Ten big thank yous to God</p>
<p><b>Thank You for the world so sweet</b></p> <p>Thank you for the world so sweet, ho hum Thank you for the food we eat, yum yum Thank you for the birds that sing a ling a ling Thank you God for everything Let's eat</p>	<p><b>Bless This Food (Tune: Jingle Bells)</b></p> <p>Bless this food (2x) Bless this very meal</p> <p>God you are so good to me This is how I feel</p>
<p><b>Chew Your Food</b> (Tune: Row Row Row Your Boat)</p> <p>Chew chew chew your food Gently through your meal The more you chew the less you eat The better you will feel</p>	<p><b>Thank You God (Tune: Twinkle twinkle little star)</b></p> <p>Thank you God for all that grows Thank you God for the skies rainbows Thank you for the stars that shine Thank you for these friends of mine Thank you for the moon and sun Thank you God for all you've done.</p>
<p><b>God is Great (Tune: Rock around the Clock)</b></p> <p>God is great, God is good And we thank Him for our food We gonna thank Him morning, noon and night We gonna thank you God Groovy alright Hm-mm (2 Claps) (3x)</p>	<p><b>Johnny Appleseed</b></p> <p>The Lord is good to me And so I thank the Lord For giving me the things I need The sun, the rain and the appleseed The Lord is good to me. Let's eat~</p>

### 3.1 Horseshoe Formation

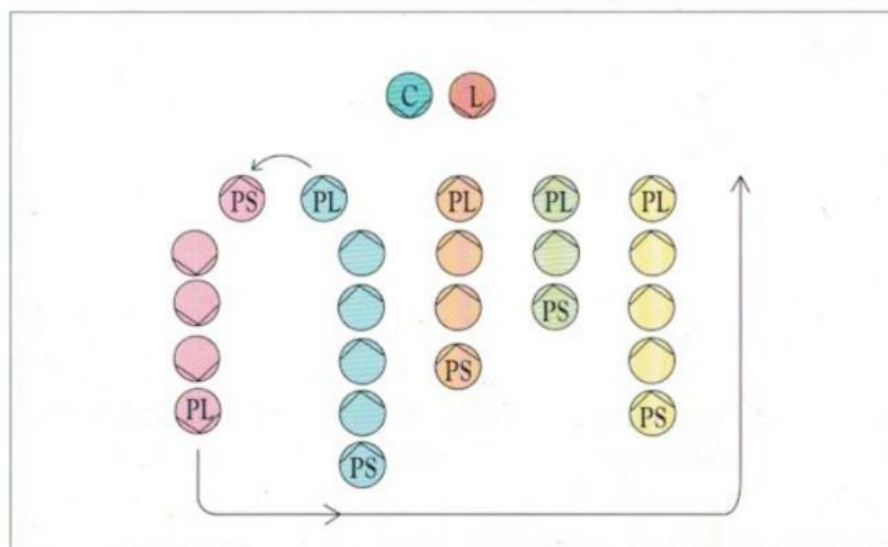
The Guides are in Patrol formation with Patrol One on the Guider's right and are standing at ease.

**Guider: "Company attention."**  
The Guides stand at attention.

**Guider: "By Patrols, left wheel, quick march."**  
The Patrols mark time and the first Patrol Leader leads off to her left, followed by her own Patrol and then by the rest in file.

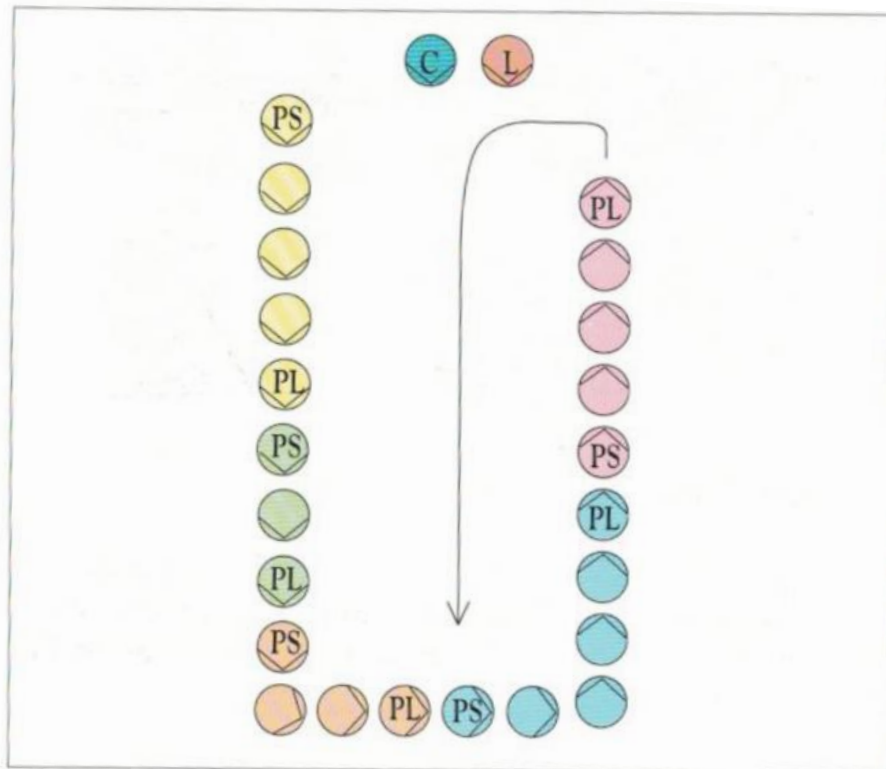


She leads the rest in a big circle, moving in an anti-clockwise direction up to where the Guider is standing.



**Guider: "Centre march."**

The Patrol Leader leads the file down away from the Guider. She reaches the spot where the back of the horseshoe is to be.

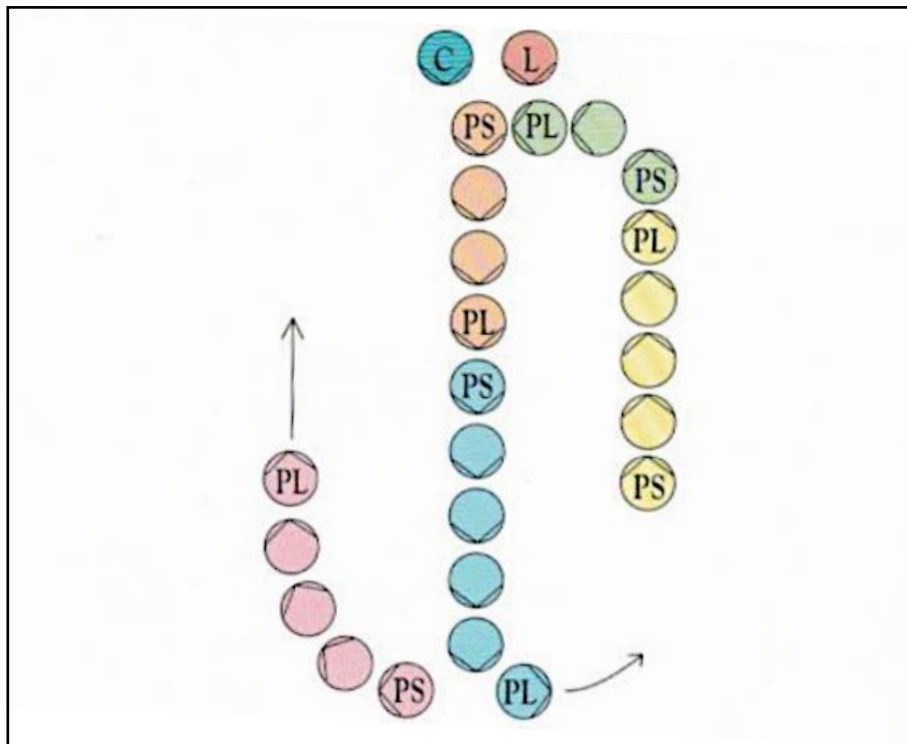


**Guider: "Alternate Patrols, right and left march."**

The first Patrol Leader swings to the right, followed by her Patrol.

The second Patrol Leader on reaching the same spot leads her Patrol to the left, and so on, alternately until all the Patrols are in the horseshoe.

If there is an odd number of Patrols in the Company, the Guides in the last Patrol should go alternately to the right and left.



As soon as the first Patrol Leader has reached the point where the end of the horseshoe is to be:

**Guider: "Mark time."**

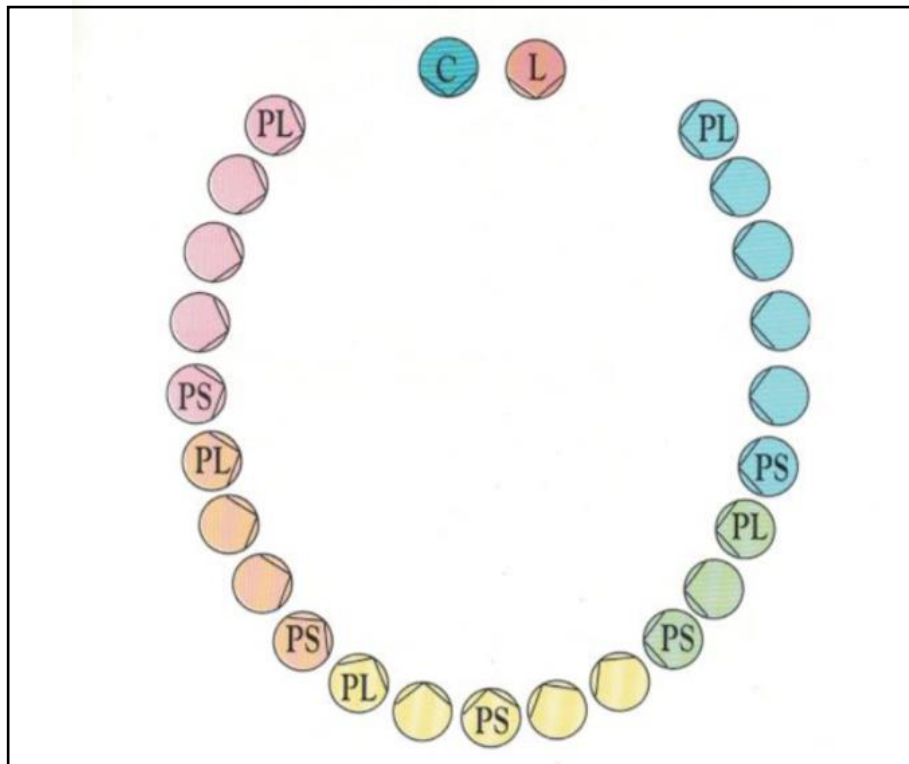
The leading Patrol marks time until all the other Patrols are in place. The Guider should keep the Company marking time until she is satisfied with the shape of the horseshoe.

**Guider: "Company, halt."**

The Company halts.

**Guider: "Inwards turn. Stand at ease."**

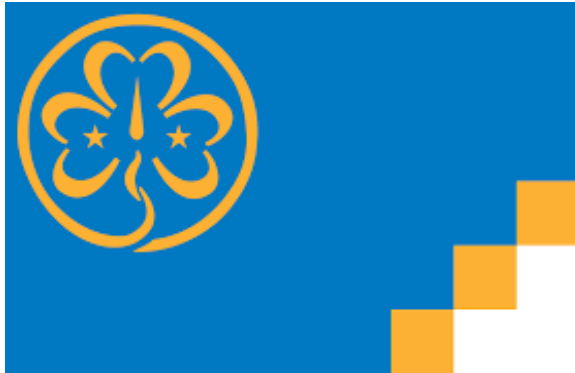
The Company turns to face the inside of the horseshoe and then stands at ease.



The Guides can either fall out or be dismissed from a horseshoe. To fall out, the Guides take one step forward and break away.

If it is at the end of the meeting, the command will be **“Company, dismiss”**. The Guides will take one step forward, salute and break away.

### 3.2 The World Flag



- The golden trefoil remains the focal point on a blue background.
- The trefoil represents the sun shining over all the children of the world;
- The three leaves represent the three-fold Promise as originally laid down by the Founder;
- The base of the stalk represents the flame of the love of humanity;
- The vein pointing upwards through the centre of the Trefoil is the compass needle pointing the way;
- and the two stars represent the Promise and Law.

The three golden/orange squares on the flag represent the three-fold Promise. The white blaze in the corner represents WAGGGS' commitment to peace.

### 3.3 The Guide Sign



The Guide Sign is made by raising your right hand to shoulder level, palm to the front, thumb resting on the nail of the little finger and the other three fingers together, pointing upwards.

The three fingers represent the three-fold Promise. The Guide Sign is used when making or renewing the Promise and can be used when meeting other Guides. It may also be used when receiving a badge or at the end of the meetings.



Source: [https://www.scout.org/sites/default/files/update\\_images/scout\\_sign.jpg](https://www.scout.org/sites/default/files/update_images/scout_sign.jpg)

### 3.4 Exchange of Patches

Patch Collection is a Girl Guide related activity where members exchange their patches with other members. This exchange is usually done at an International event where members can collect patches from other countries.

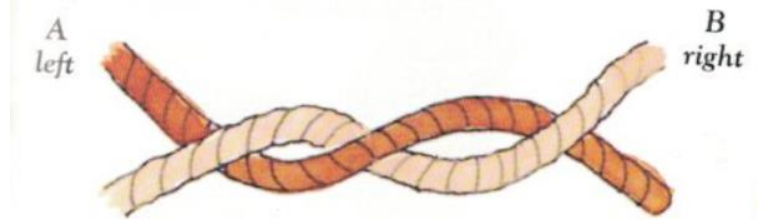


## 4.1 Knots and Lashings

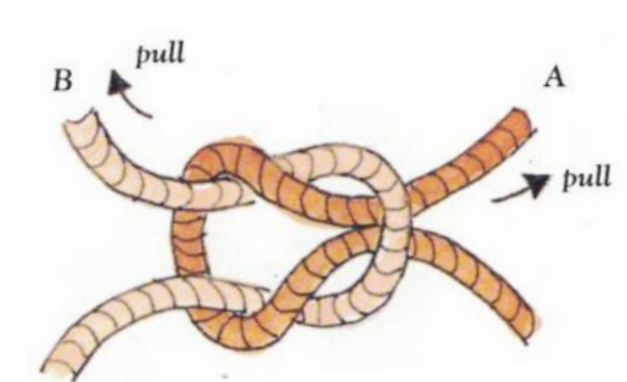
### Reef Knot

The Reef Knot is a knot used to join two separate ropes of equal thickness.

1. Hold end (A) in your right hand and (B) in your left hand. Lay (A) over (B) and pass (A) under and up.



2. Lay (A) over (B) again and pass it under (B) and up. Pull both ends (A) and (B) firmly away from each other.

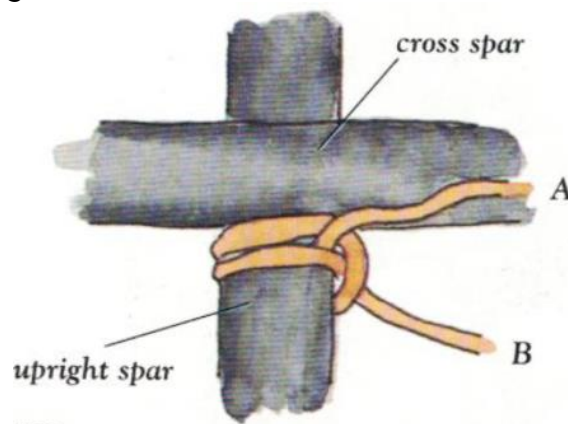


### Square Lash

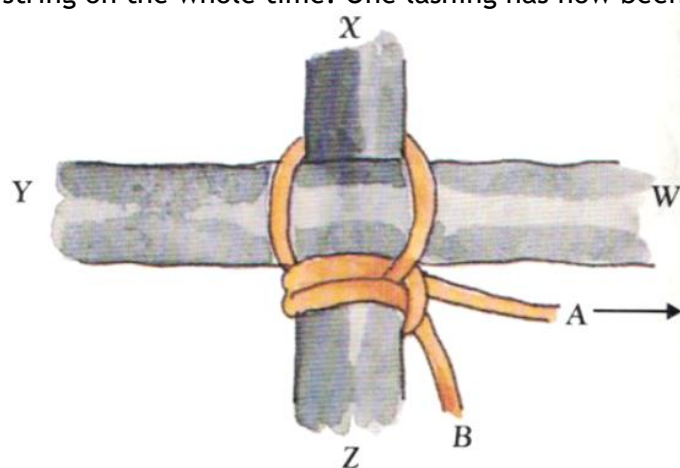
Square lashing is used for joining two spars or poles together at right angles to each other.

#### Method A:

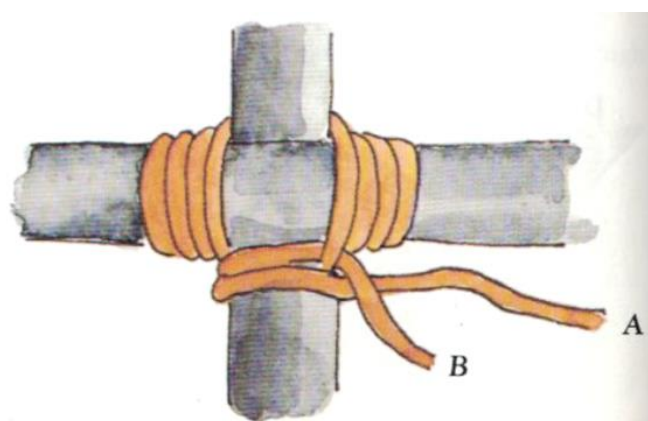
1. Start with a Clove Hitch on the upright spar below the cross spar. Working end (B) should be about 10 cm long.



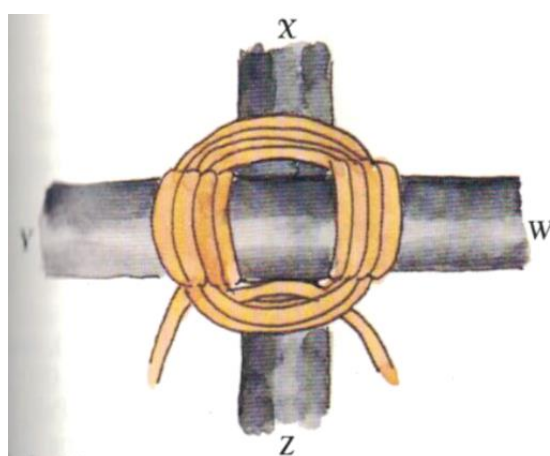
2. Taking working end (A) over (W), behind (X), over (Y) and behind (Z), keeping a firm tension on the string on the whole time. One lashing has now been completed.



3. Laying the string neatly side by side. Repeat Step 2 three more times

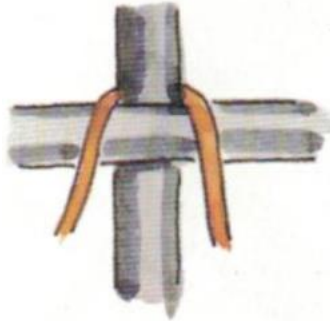


4. Make four frapping turns [behind (W), over (X), behind (Y) and over (Z)] between the upright spar and the cross spar, pulling the string as tight as possible. Finish by tying a Reef Knot using working ends A and B, and either tuck in the ends or trip them to make the lashing look neat.

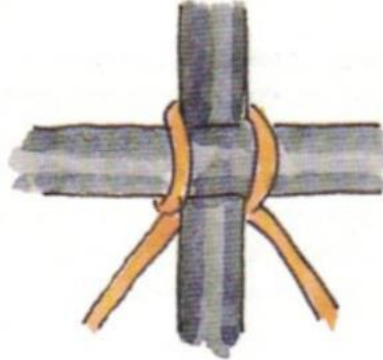


**Method B:**

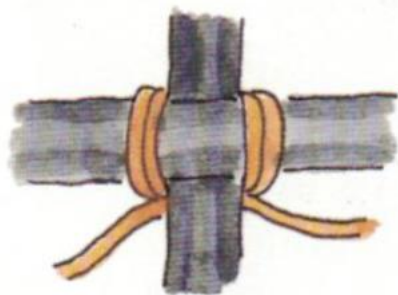
1. Place the middle point of your cord around the upright.



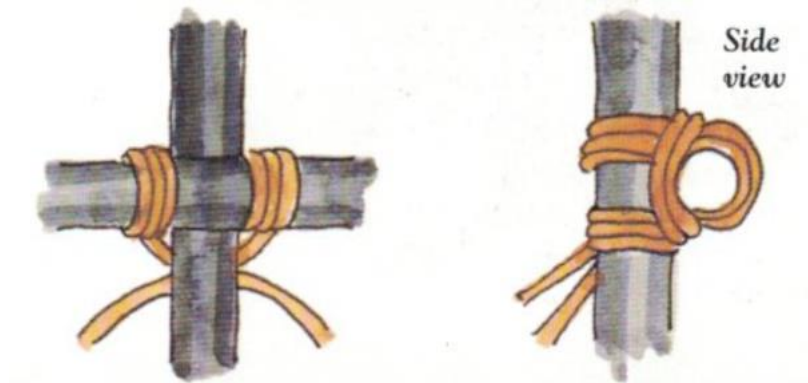
2. Then bring both ends down around the crosspiece.



3. Bring both ends up over the crosspiece again, around and upright and continue in this manner three more times.



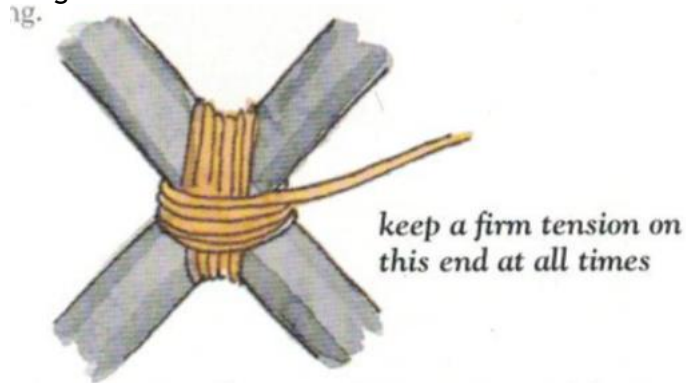
4. Make four frapping turns and finish with a reef knot.



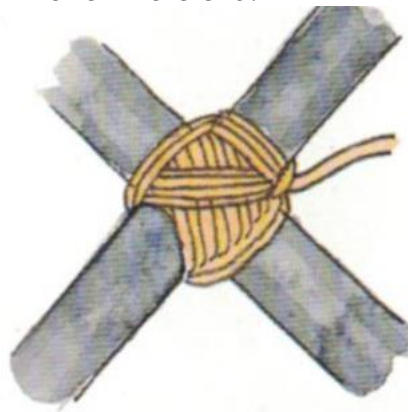
## **Diagonal Lash**

Diagonal lashing keeps two spars from springing apart and is often the added extra which makes a gadget especially firm and strong.

1. Tie a Timber Hitch round both spars and make four turns across the fork, laying on the string neatly side by side. Then make four turns across the other fork, keeping a firm tension on the string.



2. Make three frapping turns between the two spars to tighten the lashing and finish off with a Clove Hitch. Tuck in or trim the end.



## **Additional Resource**

Online Handbook Outdoor Module 1

## 4.2 Camping Skills

Resource: Online Handbook Outdoor Module 1

### 4.3 Meal Bag

A Meal Bag is a bag where Girl Guides put all their utensils required in a meal into the bag.

This meal bag is commonly used during Camps and during any events where Guides are required to bring their own eating utensils.

The bag is not meant to be a one-time use only and the bag's design can be personalised according to the Guide's choice.

The items inside should include:

- A cup / mug suitable for holding hot beverages without scalding or burning the Guide
- A set of spoon and fork
- A bowl and / or plate that can hold foods with gravy / soups

All items should also be labelled with the Guide's name to avoid confusion.



## 4.4 Scout's Pace and Tracking Signs

### Scout's Pace

What is Scout's pace? This is a test to prove that you are sufficiently in training to take a message, or to go for help when the only method available is that of going on your own feet. It is part of Being Prepared.





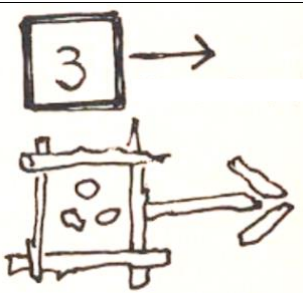
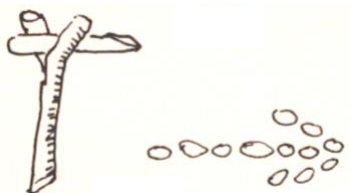
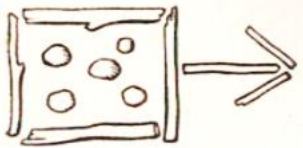

Obviously speed counts and if you could run all the way and still have plenty of breath left to cope at the end of it, then of course you would run; but most people can't do that, so B.-P. suggested Scout's pace. It is an excellent way of keeping up a quick steady pace without getting out of breath, or having to give up, or having no strength left at the end for coping with whatever needs to be done.

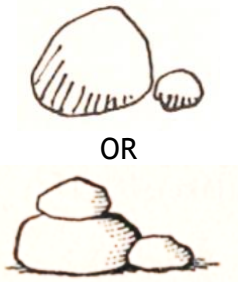
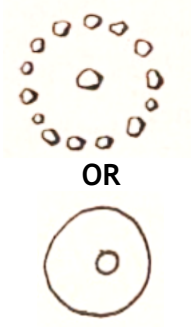
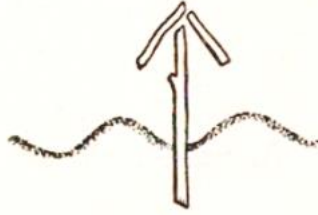
Scout's Pace is defined as walking and running alternatively for short distances of 50 paces. This means that you would be running for 50 steps and walking for 50 steps.

### Tracking Signs

Trail signs come from the Red Indians who used to make mould picture signs to make sure that those following would not get lost. You can always "invent" some.

Here are some examples:

	Wait here		Do not follow
	Camp this way		Carry on
	This way, 3 steps forward		This way
	I have hidden a message 5 paces away in the direction of the arrow.		I have gone straight along this road.

 <p>OR</p>	<p>Turn right</p>	 <p>OR</p>	<p>I have gone home</p>
	<p>I have gone across the water/lake.</p>		

#### Hints for laying:

- Use as few signs as possible
- Place them on the right side of the road/path (facing oncoming traffic)
- Make them clear
- Directions must be especially clear at junctions
- Make signs small and at regular intervals, but use larger ones if you turn off unexpectedly.
- Use anything you can find - twigs, stones, grass, trees, leaves (make sure that it cannot be blown away)

#### Hints for following:

- Go back to the previous sign, if you are lost
- Look out for land marks that may also help you find your way home. The last member in a group is responsible for removing all signs.
- Do not remove a sign until you have found the next.



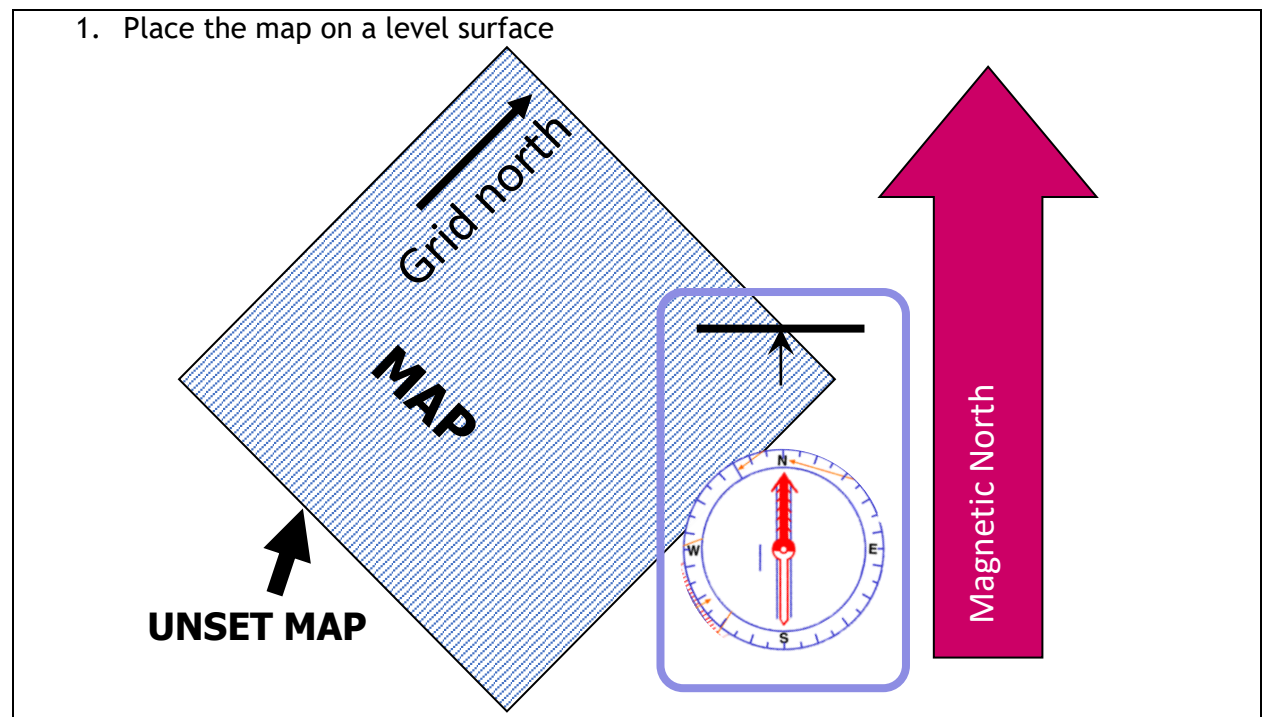
## 4.5 Setting a Map

### Setting a Map

To use a map, you must first orientate it so that you have North on the map corresponding to North on the area covered. To do this, align the magnetic north needle with the orienteering arrow and the direction of travel arrow with the grid north, i.e., point the north to the top of the map along a vertical grid line.

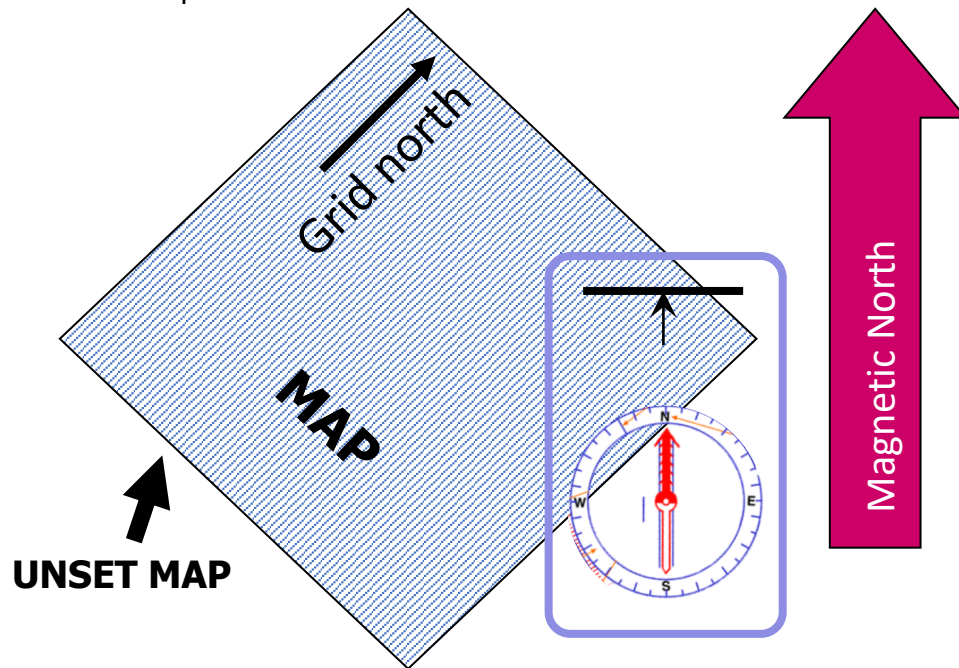
### Using a Compass to find your way from one given place to another

To begin, set a map. Then take a bearing.

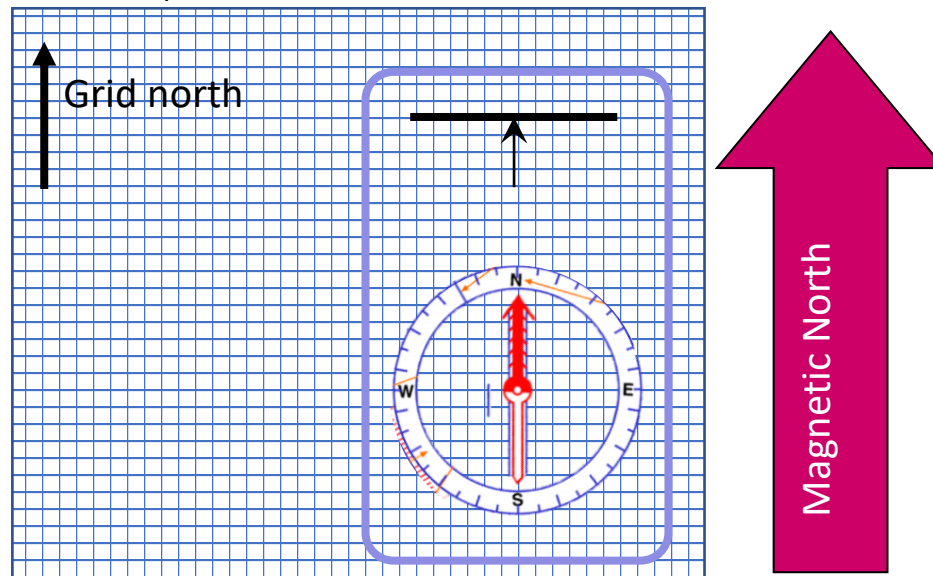




2. Turn the Compass Dial to zero



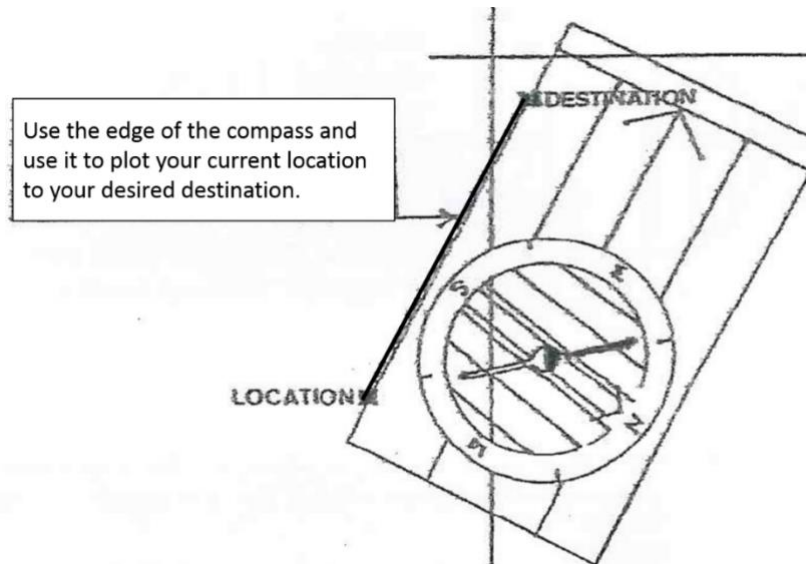
3. Place the map on a level surface



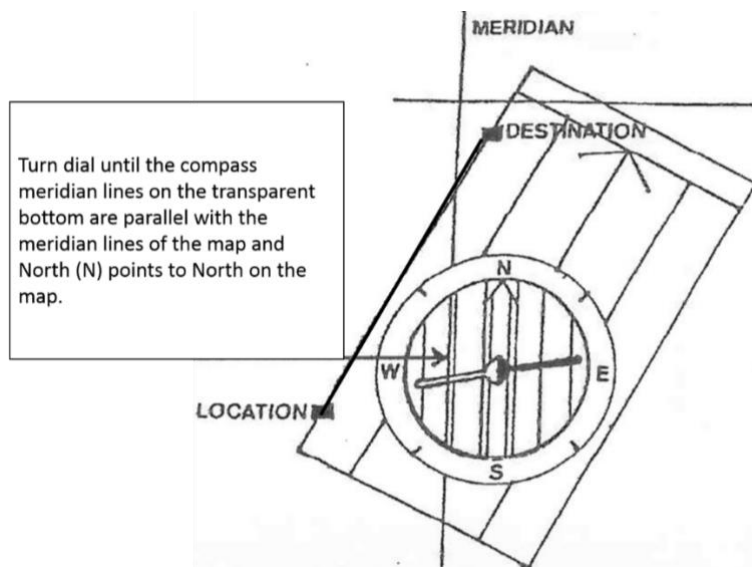
Map is set. The Grid North and Magnetic North are aligned.

### Finding a Bearing

To take a bearing of one place from another, place the edge of the compass along the desired line of travel. Make sure that the destination of travel arrow is pointing towards your destination.

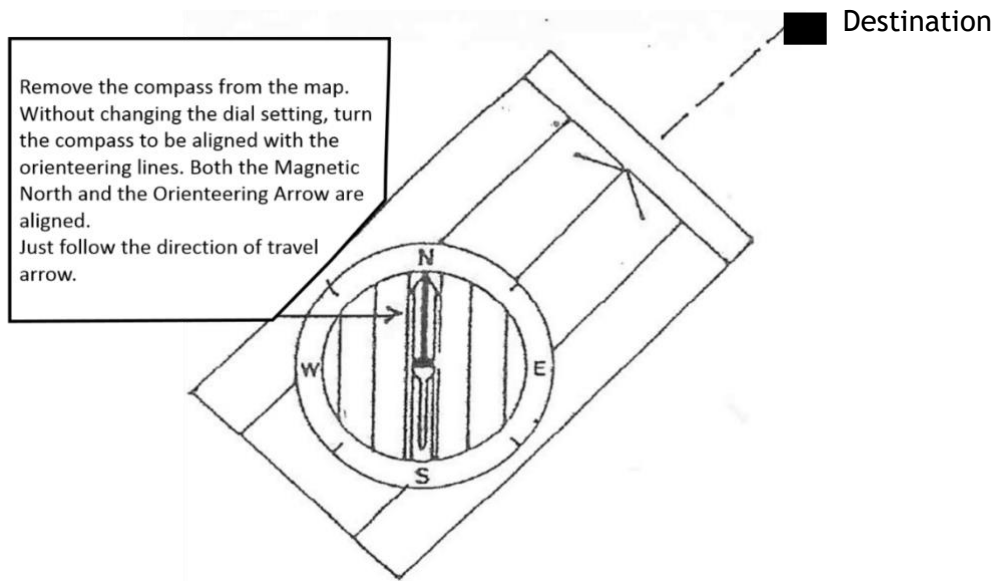


Without changing the setting of the movable compass housing, turn the compass horizontally until the red end of the magnetic needle points to the orienteering north and is parallel to the orienteering lines. Read off the number of degrees below the index line. You are now facing the direction you are traveling towards.



Turn the movable housing of the compass until the bearing you desire to set is shown at the index line. Hold the compass level at chest level so that the magnetic needle is swinging freely.

Have the travel arrow appoint straight ahead. Turn yourself around while holding the compass until the red end of the magnetic needle overlaps with the orienteering arrow. Now look up in the direction of travel arrow. You are now facing the bearing you desire.



To travel on a bearing, hold the compass in front of you. Double check to be sure that the magnetic needle still overlaps the orienteering arrow. Look down at the compass, take a sight along the direction of travel arrow and then look up, maintaining the line of sight. Pick a landmark.

Take the easiest route to your landmark; avoid obstacles. You do not have to use the compass all the way.

When you reach the landmark, repeat the sighting procedure until you reach your destination.

#### Additional Resource

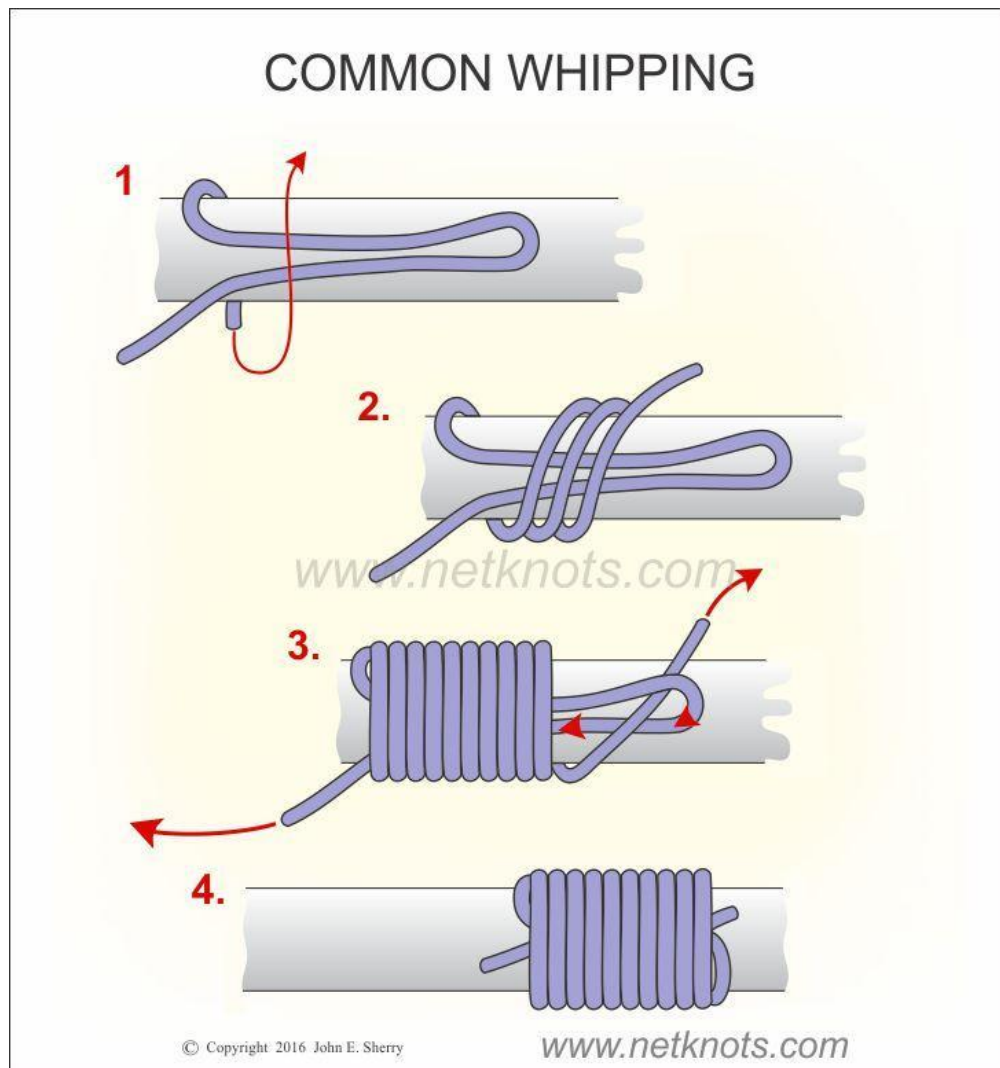
Online Handbook Outdoor Module 3

## 4.6 Whipping the end of a rope

A whipping knot or whipping is a binding of twine around the end of a rope to prevent its natural tendency to fray. The whipping can be made neat and permanent by tying it off or sewing the ends of the twine through the rope.

### 1. Common Whipping

1. Lay the twine along the rope and make a bight back along the rope. Note that the rope should be whipped a short distance (one and a half times the diameter) from its end.
2. Begin wrapping the twine around the rope and bight of twine securely. Wrap until the whipping is one and a half times wider than the rope is thick.
3. Run the working end of the twine through the bight. Carefully pull on the standing end of the twine until the bight and working end are pulled under the whipping. It is necessary to maintain tension on the working end to prevent the bight from being dragged completely through otherwise the whipping will fall apart.
4. Cut the twine flush with the edges of the whipping to give the rope end a finished look.



Source: [https://www.netknots.com/rope\\_knots/common-whipping](https://www.netknots.com/rope_knots/common-whipping)

## 4.7 Turfing the Ground and Backwoodsman Cooking

### Turfing the Ground

Before turfing the ground, check that you are allowed to light fires on the site you have chosen. Find a grass patch preferably in a sheltered place, well away from dry bushes, grass, leaves, twigs, etc., to prevent the fire from spreading to the surrounding areas.

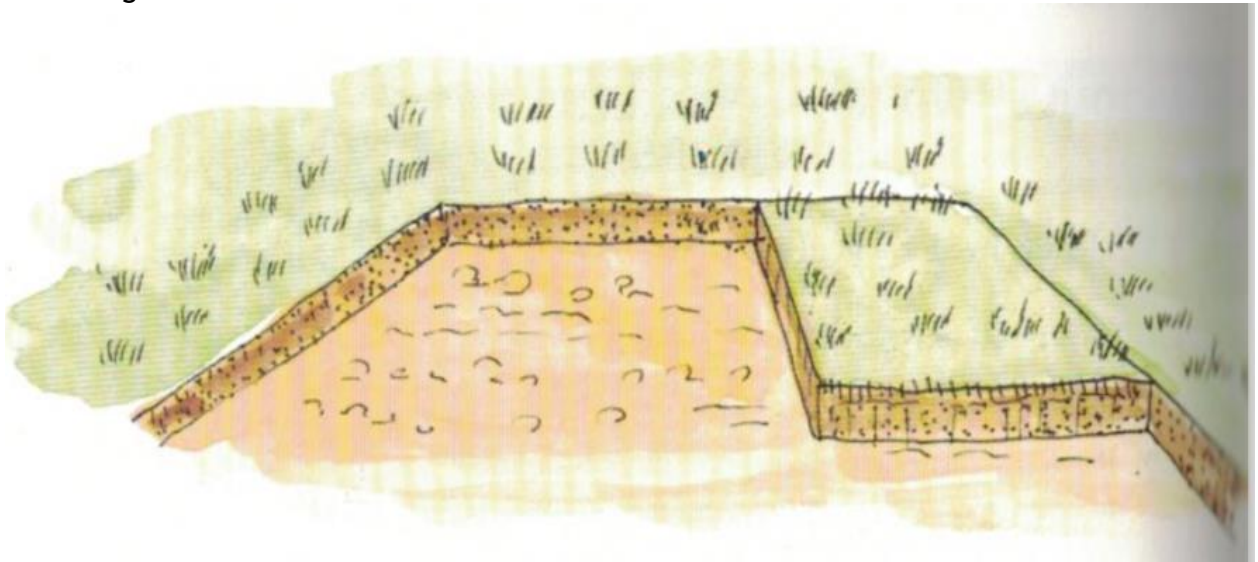
If the site for the fire is on a grass patch, it is necessary to cut out a turf large enough to accommodate the fire.

Mark out the size of the turf with a changkol (hoe). Then dig/cut and remove the turf from below the roots. If the area you are turfing is large, divide it into smaller square portions.

Keep the turfs moist in a shady spot for replacement later.

Turf should be replaced only when the ground is cool.

A turfed ground looks like this:



The turfed ground should be at least ankle deep to prevent the fire from spread out and burning the surrounding area

## **Backwoodsman Cooking**

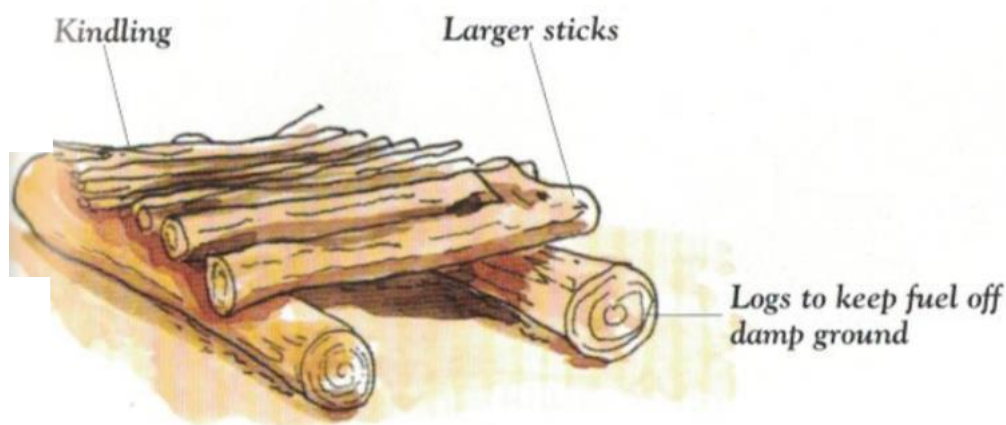
Backwoodsman Cooking is the style of cooking where the food is cooked with embers.

### **Fuel**

You would require the following types of fuel:

1. Punk - to catch fire quickly, e.g., wood shavings, dry leaves, dry sticks, firesticks whittled from dry wood, coconut husks
2. Kindling - to help spread the flame, e.g., dry twigs, especially those from cone-bearing trees and cones
3. Wood - larger sticks and logs to keep the fire going. Break the sticks into about 15 to 20 cm lengths. They should be dry and dead. If the ground is damp, arrange them on two logs in a graded woodpile.

If the wood is damp, it will give off a lot of smoke. Sticks are dry if they break easily.



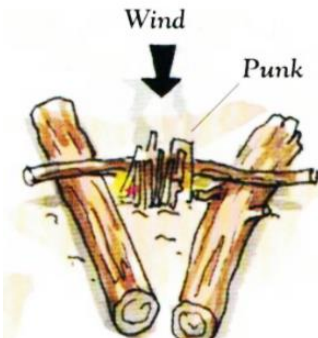

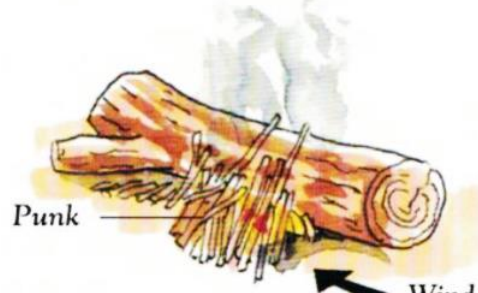




### **Laying the fire**

There are different types of fires you can lay to suit different purposes. The basic principles are the same whichever fire you choose. Always remember to allow oxygen to get at the fire - without oxygen it will not burn.

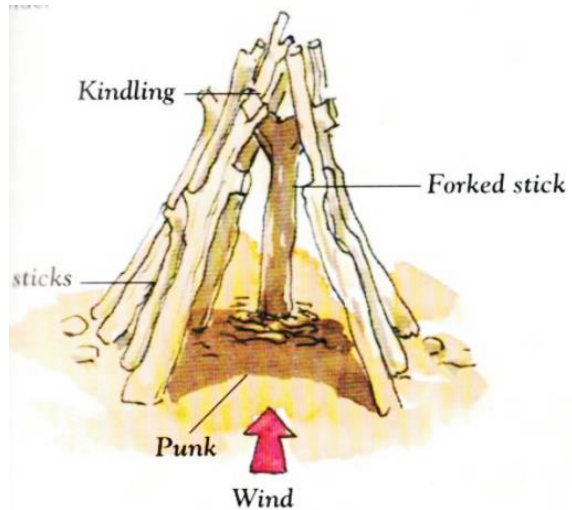


## Types of fire:

<p><b>Reflector Fire</b></p>  <p>Heat reflects back from log screen</p>	<p><b>Hunter's Fire</b></p>  <p>Inside edges of logs burn as well as provide support for billy</p>
<p><b>"A" Fire</b></p>  <p>Wind Punk</p>	<p><b>Cobhouse Fire (for hot ash)</b></p>  <p>This fire stokes itself</p>
<p><b>Lazyman Fire</b></p>  <p>Punk Wind</p>	<p><b>Crane Fire</b></p> 
<p><b>Star Fire</b></p>  <p>Stoke by pushing logs further into fire</p>	

### A Wigwam Fire:

- Find a forked stick to act as a prop.
- Lay the punk around the forked stick.
- Stand small kindling around the punk to form a wigwam leaving space between at ground level for air to reach the fire, but overlapping them at the top so that the flames will reach.
- Add some thicker sticks around the outside.



### Lighting the fire

- Crouch down close to the set-up with your back to the wind.
- Strike the match and, shielding it from the wind, hold it under the punk until the punk lights up. The flame should spread quickly to the kindling and then to the thicker pieces. Before long you should have a good fire.
- Watch the fire, adding more wood and stocking as necessary. If the fire needs help in the early stages, blow slowly and steadily at the glowing twigs. If you blow too hard, you will put out the fire.

### Safety Precautions

- Always keep an eye out on the fire
- Make sure that there is a fire extinguisher and bucket of water nearby for any emergency purposes
- Ensure that you are appropriately dressed and well before attending to a fire
- 

### Additional Resource

Online Handbook Outdoor Module 3