



# Features



# Guide News

## Communications Work Redesign

Girl Guides Singapore underwent Work Redesign in 2003 to streamline procedures within the GGS Secretariat and improve its ability to support the Standing Committees.

Supported by the Work Development Agency (WDA), the Communications Committee examined its various portfolios together with Unicon Management & Consultants.

- PUBLICITY MATERIALS & REPORTS** - Guidelines covered formation of editorial committee, planning and distribution of the Guide News, Annual Report and other promotion materials as well as updates to our videos about Guiding.
- GGG WEBSITE** - Approval procedure for postings was defined along with a recommendation for a "Current & Upcoming Events" page to encourage closer communication with school units.
- GGG MEMBERSHIP** - A separate email address was proposed for Guiders' comments and feedback.
- MOE, SCHOOLS & EXTERNAL BODIES** - Recommendations covered use of GGS stationery in communications, the staff and office bearers designated to handle matters ranging from policy, programme to administrative and proper liaison persons in correspondence with units in schools.
- MEDIA** - Guidelines covered handling of media requests, reporting procedures for ExCo and Council Members and response policy on issues pertaining to MOE policies.
- GGG BUILDINGS & STRUCTURE** - The Communications Committee to ensure that a proper image of GGS is projected and the General Administration Committee to carry out necessary works and maintenance.
- DONATIONS AND GIFTS** - Reporting, acknowledgement and documentation procedures were specified, along with the response procedure where a donation or gift is deemed inappropriate.
- HOSPITALIZATION AND CONDOLENCES** - Covered various response options for donors/sponsors and office bearers in our current term and past
- UNIFORMS** - The Communications Committee to ensure the proper use of uniforms by members at official functions, ceremonial events and other events.
- GGG BRANDING, LOGOS & COLLATERALS** - Guidelines covered proper use and appropriate approval authority when there are deviations.

Guidelines recommended are being implemented.



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**PUBLISHED BY:**  
Girl Guides Singapore,  
9 Bishan Street 14,  
Singapore 579785  
Tel: 62599391 Fax: 62595452  
Email: queries@girlguides.org.sg  
Website: www.girlguides.org.sg

Guide News is  
the official publication of  
Girl Guides Singapore.

**PRODUCTION BY:**  
Lexis Branding LLP

## Honours

On 19 November 2005, four CHIJ St Nicholas Guides brought honour to GGS by clinching the championship at the Red Cross Inter-UG First Aid Competition held at the HDB Hub at Toa Payoh.



Six Guides from three schools got the honour of being the first GGS members to pass the very stringent NCC Specialist Course conducted by the NCC Headquarters in November 2005.



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## Thinking Day Celebrations

More than 8000 members and friends of Girl Guides Singapore (GGS) came together at the Singapore Indoor Stadium on 18 February 2006 to celebrate World Thinking Day. GGS' theme for the year is "Discover Your Potential: Unleash Your Creativity, Live Out Your Dreams."

The Puan Noor Aishah Awards and trophies for the inter-unit competitions were presented. Performances from Park View Primary, North View Secondary and Yio Chu Kang Gardens (MINDS) were well received by the audience.

The celebration ended on a reflective and meaningful note of Guides' Own, which included poem recitals on this year's theme by a Guide and Brownie, a song "If We Hold On Together" by the Puan Noor Aishah Gold Awardees and readings on creativity.





## Scenes from Thinking Day Celebrations



## Trophies for Inter-Unit Competitions Awarded on Thinking Day

Banner Competition Results (Brownies)	
Champion	Admiralty Primary School
First Runner Up	Park View Primary School
Second Runner Up	Pei Chun Public School
Banner Competition Results (Guides)	
Champion	CHIJ St Nicholas' Girls School
First Runner Up	Yuhua Secondary School
Second Runner Up	Hougang Secondary School
Greeting Card Design Competition Results (Brownies)	
Champion	Singapore Chinese Girls' School 2nd Pack
First Runner Up	Singapore Chinese Girls' School 1st Pack
Second Runner Up	Bedok West Primary School 1st Pack
Greeting Card Design Competition Results (Guides)	
Champion	Raffles Girls' School 1st Coy
First Runner Up	Ngee Ann Secondary School 1st Coy
Second Runner Up	Damai Secondary School 1st Coy
Poem Writing Competition Results (Brownies)	
Champion	Hong Kah Primary School 1st Pack
First Runner Up	Canossa Convent Primary School 1st Pack
Second Runner Up	Haig Girls' School 1st Pack
Poem Writing Competition Results (Guides)	
Champion	Tanjong Katong Girls' School 1st Coy
First Runner Up	Seng Kang Secondary School 1st Coy
Second Runner Up	Anglican High School 1st Coy
T-shirt Design Competition Results (Brownies)	
Champion	Pei Chun Public School 1st Pack
First Runner Up	Clementi Primary School 1st Pack
T-shirt Design Competition Results (Guides)	
Champion	Singapore Chinese Girls' School 2nd Coy
First Runner Up	Raffles Girls' School 1st Coy

## Donation of Stationery to School Children in Thailand

It seems such a long time ago... almost like it never happened. In the minds of most people, it is probably passing news.... a distant memory of news that made the headlines at that time. But the Tsunami affected many lives in Singapore and the Southeast Asian region. Many have seen their lives changed forever - family members lost, children orphaned, the damage and destruction left behind.

Sixteen Guides and two Guiders embarked on our first overseas Community Service Project to Thailand from 28-Nov-05 to 5-Dec-05. Three schools sent representatives for the trip - Bedok Green Secondary, Chai Chee Secondary and Damai Secondary School. Prior to the trip, we organized a collection for stationery items intended for the Baanbangsak, Baanbangmuang, Baannamkaem and TakuapaSenankul Schools. These were located in the Khao Lak region of southern Thailand, which was one of the worst-hit areas of Thailand during the tsunami.

With over 20 boxes of stationery items, we arrived in Phuket on the evening of the 28th Nov and proceeded to our first school the next day. We were totally unprepared for what we saw, many of the children had lost their homes and in some cases, their entire families. The children were poorly clothed. There was limited food and drinking water. Parts of the school were still being rebuilt. Some the children were living in makeshift dormitories and there were piles of debris and refuse around the area.

It was a heartbreaking sight but the warmth and excitement on the faces of the children who greeted us soon lifted our spirits. We distributed the boxes we had brought with us and then organized games and craft-making activities for the children. During the visit to Baanbangmuang on the second day, we also met with the Mr Tirasuranon, a member of Thailand's Privy Council. The visit to the other two schools proceeded in much the same way.

On 5th Dec, exhausted but inspired by our experience, we packed our bags and headed home with requests to come back ringing in our ears. It was an opportunity to experience a different culture and environment but it also reminded the Guides that while we are fortunate to be living in a comfortable and secure environment, there are many out there who are not as fortunate. Our many thanks to our hosts in Thailand, Girl Guides Thailand, Chief GGT Professor Tipawan, the schools for their hospitality and to Evergreen Holidays for making the ground arrangements during our stay in Phuket.

Mrs Regina Oon  
East Division Commissioner





# Features

## Outdoor Cooking Competition Organized by Woodlands Sec School

It was a warm morning on 16 November when thirty girls from various schools in the North Clusters got ready to pit their outdoor cooking skills against one another.

Six schools sent teams, each consisting five Girl Guides who have either achieved a Guide Bronze or Silver Badge. The judging criteria were based not only on the taste and serving appearance of the food but teamwork and time management skills displayed.

Every team worked hard and brainstormed for ideas on how to prepare and present the food creatively with appetizing names. Some teams had their food burnt but did not give up. Instead they made the most of whatever that was still edible and scored points eventually.

All agreed that we had a fun and enjoyable learning experience on that day.

**PARTICIPATING SCHOOLS**  
Ahmad Ibrahim Sec School  
Anderson Sec School  
CHIJ St Nicholas Girls' School  
Mayflower Sec School  
Riverside Sec School  
Woodlands Sec School

**WINNERS**  
First Prize CHIJ St Nicholas Girls' School  
Second Prize Woodlands Sec School  
Third Prize Ahmad Ibrahim Sec School

**JUDGES**  
Ms Soh Cheng Peng (Yishun Town Sec School Guider)  
Ms Fathiyah (CHIJ St Nicholas Girls' School Guider)  
Mr Gary Ong (Woodlands Sec School HOD/PE & CCA)



## Taman Negara

It was my first overseas Guides camp and it was a truly enriching experience. This camp was a joint collaboration between Cedar Guides and Queenstown Guides. We campers learnt how to mingle and interact with each other especially during meal times where some of the unique eating habits became endearing memories.

We experienced the untouched beauty of nature through our various activities such as hiking, cave exploration, completing the never-ending canopy walk and visiting an Orang Asli settlement - where the Orang Asli taught us how to build temporary shelters and shelves from bamboo poles and coconut leaves!

The most memorable activity was the cave exploration as the spirit of teamwork was truly displayed. We had to effectively guide those behind us to climb on the safe spots and to manoeuvre through the tight spaces without anyone getting hurt. Naturally, many of us bumped our heads against the low cave wall and stepped into the murky puddles of bat droppings mixed with rain-water. The trip has made us more appreciative of our natural landscapes!

Seng Swee Jun Pearlyn  
Cedar Girls' Secondary School



# Updates

## Our Special Guests at Thinking Day Celebrations



Puan Noor Aishah (right), our first Patron and widow of our first President Yusof Ishak, with Mrs Teo Chee Huan, GGS President



Mrs Elizabeth Choy, a Guide and war heroine decorated with the Girl Guide Bronze Cross, the highest award for gallantry.



Mrs Lee Yock Suan, ex-President of SGGG (1988-1993).



Mrs Joy Balakrishnan (extreme left), distinguished guest, with Chief Commissioner Ms Yvonne Lim, Patron Mrs SR Nathan, President Mrs Teo Chee Huan and ex-Patron Puan Noor Aishah

## Exposure Awareness Teamwork

## E.A.T. Competition

The E.A.T. competition was held on 11 November and 19-20 November and there were a total of 2 rounds. It was a challenging and exciting competition as we were not given notice of the nature of the competition. However, we were able to put the motto 'Be Prepared' to good use.

The first round was a multiple-choice questionnaire. From the questionnaire I realized that there is so much to learn about Guiding, especially the history of Guiding. You can imagine our relief when we qualified for the finals!

The finals took an 'Amazing Race' format where we had to go round Singapore searching for clues. Our orienteering skills were put to the test, especially when we had to find our way to the final pit stop, Camp Christine. Once there, our immediate task was to build a 'Dream Home' using limited resources. Despite the drizzle that developed into a downpour, our spirits were still up. We persevered and finally had our tents up. It was a challenge having to complete our gadgets in the dark using torches.

However, it was in these circumstances that we learnt to 'Be Prepared' in whatever we do. Even though there wasn't much opportunity to mingle with the other groups, we met many Guides from other schools and learnt many new and creative methods of gadget-making and tent-pitching.

Lim Shi Han  
Cedar Girls' Secondary School





## Sabah Borneo Adventure Camp

10 - 15 November 2005

On 10th November 2005, six Guides led by two contingent leaders set off for Kota Kinabalu for the Sabah Borneo Adventure Camp at Outward Bound Sabah. The camp was attended by 102 participants from Malaysia, Pakistan, Philippines and Singapore.

We spent our first night at the Federal Youth and Sports Complex full of anticipation for the days to come. Day 2 marked the beginning of the adventure for everyone. Upon reaching the campsite, we had a short opening ceremony. We were then put into different groups and under the supervision of our dynamic OBS instructors, I learnt to kayak and also to trust my group mates while blindfolded in the Maze.

On Day 4, we made a trip to the Monsopiad Cultural Village. The village is a reconstruction of the houses that the Kadazan tribe used to live in many years ago. At the traditional games station, the participants were given an opportunity to feast on the sago worm also known as the Vutod. The sago worm is about half the size of the human thumb and I volunteered to taste the juicy fat worm. The skin was tough and I had trouble biting it off. For a moment, I thought the worm was going to attack my tongue. Then there was a bitter fluid flowing out of the worm and, in disgust, I swallowed everything. It was a "bitter" experience but it was still fun to do something out of the ordinary!

That night was also the Cultural Night. All of us were in our ethnic costumes and every contingent presented a performance. At the closing ceremony, we took pictures and exchanged contact numbers with other participants.

Even though the wet weather prevented us from doing all the activities at OBS, I believe all of us enjoyed the camp. I will never forget the valuable lessons I learnt during the six days and most importantly - the true spirit of Guiding! This camp has reinforced my love for Guiding - not just as a CCA but for life.

Yeo Si Ning  
Cedar Girls' Secondary School



## Outdoor Challenge

Everyday after school, Guides selected for the Camp Challenge would stay back and practise for the upcoming North Division Outdoor Challenge selection on the 11th of February. We focused our training on tentage, construction of the flag pole, kitchen dresser and outdoor cooking. The training was certainly tedious and demanding as we had to stay till late after school and manage our school work at the same time.

Teamwork was an important key in our training as we had to make use of everyone's strengths. We definitely worked very well together as each of us was assigned a different responsibility based on our ability.

On the day of the selection, we were excited and nervous at the same time. Our guider Miss Khor accompanied us to Camp Christine, gave us words of encouragement and assured us that there was no cause for worry. We also realized that there was actually no need for us to compete for a position for the Camp Challenge but we took this opportunity to hone our knowledge and pit our skills against our sisters-in-Guiding in the Division.

The first competition was on tentage skills. We did not complete the tent as fast and as neatly as we wished but the judges were nice enough to say that it was fine. We were rather upset but that did not deter us from doing better in the following rounds. We were very well-prepared for the outdoor cooking competition where we made kebabs, baked chicken, pizza and chocolate bananas. We garnished and served the food using banana leaves and the judges were very impressed.

After that, we constructed the flagpole and the kitchen dresser. The hard work we put into our training finally paid off because we were prepared and knew exactly what to do. We were ecstatic when Mdm Mas, the North Division Commissioner, commended us on these two items that we had constructed.

Emerging champion in this selection is a great pay-off. It proved to us that so long as we put in effort, we will be duly rewarded. BE PREPARED.

Charlotte Wong  
CHIJ St. Nicholas Girls' School





# Updates

## Asia Pacific Region Training Pool Induction

Girl Guides Singapore had the pleasure and honour of hosting the Asia Pacific Region Training Pool, who had their induction here in Singapore at our Guide House.

Rebecca Lai Wa Chee (Vice-Chairman of Asia Pacific Region Committee, based in Hong Kong) and our staff members for the Asia Pacific Region, Lee Kar Mei (Regional Director based in London), Wee Ching Ching (Field Development Executive based in Singapore) and Jan MacIntyre (Field Executive Trainer based in Australia) together with the four members of the Asia Pacific Region Training Pool were in Singapore from 26 November to 4 December 2006.

The Asia Pacific Region now has a Training Pool of four members and each has a specific expertise to share with members of the Region. They are - Tek Mohamed from Malaysia, Catherine Chiu from Hong Kong, Tahira Ahmad from Pakistan and Norma Valencia from the Philippines.

It was a good opportunity for our members and staff to interact with and learn from them as well as introducing our local culture and cuisine to them. Our guests had a fruitful and enjoyable time. In return for our hospitality, they presented training sessions on WAGGGS and Advocacy to our members.



## Korean Visitors to Singapore

Last November, 27 Senior Executives of the Girl Scouts of Korea (from both the National and Provincial Headquarters) came to Singapore. They visited our Guide House on 30 November 2005.

We shared with them a presentation on Girl Guides Singapore and conducted a tour of our facilities. Our guests from the Asia Pacific Training Pool Induction, who were also present at Guide House then, gave a presentation on WAGGGS. The Korean visitors also had the chance to meet and interact with them when they joined us for the farewell dinner for our Asia Pacific guests.

Our Korean visitors had a great time trying our local cuisine and enjoyed the "shopping" experience at the Guide Shop. They wrote to say they had a wonderful time with us and that they were touched that we extended shop hours for them. It was a memorable and magical experience where one could truly feel the quick bonding of international sisterhood of Guiding.



# Updates

## A Walk To Remember

Does walking around the perimeter of Singapore in 7 days sound achievable to you?

About forty of my fellow Guides from St Anthony's Canossian Secondary School, our Guiders and some ex-Guides left our footprints all over Singapore between 19 to 25 November 2005 and proved that it was possible. The project was named 'Project W.A.L.K.', with W.A.L.K. being the acronym for 'Walkers in Action for Love and Kindness'. The purpose of the project was to raise funds for St Joseph's Home, Canossaville Children's Home and the Canossian School (for the Hearing Impaired).

We started off at Punggol MRT station on 19 November and walked to Yishun during our first day. The route for the rest of the 7 days included Lim Chu Kang, Bukit Batok, Sentosa, Changi Coast and eventually to school in Bedok North Avenue 4.

Along the way, we participated in a remembrance ceremony at Kranji War Cemetery. On our rest day in Sentosa on 23 November, we brought 30 children from Canossaville Children's Home and the Canossian School (for the Hearing Impaired) around the resort island, an event sponsored by Sentosa.

We also stopped at the adopted organisations to present money raised for these organisations. We managed to raise just over \$3500 for all three organisations. Other stops included the Dragon Kilns Pottery at Jalan Bahar, Changi Chapel Museum and St Joseph's Home,

Despite the aching limbs and raw blisters, we carried on our journey of love and compassion and were greeted with a roaring welcome by the school's percussion band and principal on the last day.

Melissa Chan  
St. Anthony's Canossian Secondary School



## News in Brief

### Activities

Some 26 Girl Guides from 15 schools interacted and test their Japanese language skills with Japanese High School students visiting Singapore at two dialogue sessions organised by St Francis Methodist School on 8 Dec and 15 Dec 05. The dialogue sessions were an opportunity for inter-cultural interaction for our girls.



On 17 December 2005, Guides from CHIJ St Nicholas Girl's School, CHIJ Secondary (Toa Payoh) School, Chai Chee Secondary School and Commonwealth Secondary School participated in Campaign Ignition, a community project by Eden Community Services Centre to bring Christmas cheer to the senior citizens in the Ang Mo Kio area.





## Local Recipe

### KUIH KERIA

#### INGREDIENTS

- 500gm sweet potato, boiled and peeled
- 110gm flour - sieved
- 125gm sugar
- 1 egg beaten till light
- 4 tablespoons water
- 1/4 teaspoon salt
- pinch of cinnamon powder (optional)

#### METHOD

1. Mash boiled sweet potato together with salt and cinnamon powder. Then add beaten egg and mix well.
2. Add sieved flour and knead dough till quite soft.
3. Roll out on lightly-floured board to about 1/2 inch (1.3cm) thick. Use round cookie cutter about 2 inches (6cm) in diameter to cut out about 12 - 14 pieces.
4. Make a hole in the center and shape like a doughnut.
5. Deep fry the doughnuts till they are golden brown and crispy.
6. Drain the doughnuts.
7. Boil the water and sugar till it becomes thick and syrupy.
8. Dip the doughnuts in the syrup till they are thickly and well coated.
9. Cool before serving.

Note: The sugar should form a crusty coating on the doughnuts.



## Basic Training Camp

The Basic Training Camp for Guide Guiders was held from 14th to 17th March while that for the Brownie Guiders was held from 15th to 17th March, both at Camp Christine.

From the moment they stepped into Camp Christine, the Guiders were involved in all kinds of activities ranging from creating Patrol identities to tent-pitching, outdoor cooking, crafts, games and campfire. Over the four days and three nights, we had a lot of fun trying to avoid the night insects that were attracted to the lights in Olave Hall.

For some Guiders, sleeping in tents was quite an adventure as it was the first time for them. A few of our Brownie Guiders who had never been to camp before found it a 'new' experience even though they were sleeping in a lodge. It was also a time for our new Guiders to network and get to know each other better.

It was a learning experience for our Guiders and many voiced their desire to improve their knowledge in skills such as knotting, gadget-making and outdoor cooking so that they can be better equipped to impart the skills to their charges.

It was gratifying to know the Guiders had fun and learned a lot not only from the trainers but also from one another through sharing and exchanging ideas.



### WALKATHON DAY 2 JULY 2006 ONE-DAY OFFER\*

Your chance to purchase GGS-customised collectibles at unbelievable prices!

Mugs	<del>\$5.90</del>
	<b>\$4.50</b>
Coaster Sets	<del>\$12.50</del>
	<b>\$5.00</b>
Magnetic Bookmarks	<del>\$2.50</del>
	<b>\$1.60</b>
PenHolders	<del>\$9.00</del>
	<b>\$ 5.00</b>
Lybra T-shirts	<del>\$17.90</del>
	<b>\$13.50</b>
Coinbanks	<del>\$10.90</del>
	<b>\$5.00</b>
Frog Trinket Boxes	<del>\$6.00</del>
	<b>\$4.50</b>
Brownie Trinket Boxes	<del>\$8.30</del>
	<b>\$5.00</b>
Blue Sports Bags	<del>\$12.90</del>
	<b>\$10.00</b>
Yellow Tote Bags	<del>\$12.50</del>
	<b>\$9.50</b>

Drop by the Guide Shop after your walk and grab them while stocks last!

\*Offer valid for day of Walkathon

## Shop

Novelty chocolates in attractive designs now available at the Guide Shop! So beautiful you won't want to eat them! Makes a great gift when you need a little something for someone as a small token of your appreciation! Check them out at the Guide Shop!



Back by popular demand! Guide bookmarks in embroidery. Makes a lovely gift and memento, yet practical for everyday use!



Now, a torchlight so small and handy, there's no excuse for not carrying one! Super-small and super-lightweight, never be caught without a light for your songsheets at campfires again! Also great for looking into black bags and rummaging through those extra roomy bags! Super value for money and judging by the sales, looks like our girls think so too!



MINDEF-approved Topo Maps are now available at the Guide Shop! To be purchased by Guiders only. Guiders may not nominate a representative to collect on their behalf.

Orders for Pioneering Models still open. View full range of models at [http://www.girlguides.org.sg/guide\\_shop/pioneer.html](http://www.girlguides.org.sg/guide_shop/pioneer.html) Guiders interested to purchase, please complete the form at the above link and fax it to Guide House.

