CAMPFIRE Light 營火

CATHOLIC HIGH SCHOOL SCOUT GROUP MITA(P)NO. 169/06/99 VOL. 40 DEC 1999

Highlights

Memoirs of President Scout

Combined Meeting

NPC '99

A Note From The Co-Editor.....

I'm proud to present you with issue 40 of our Scout Group's internal publication, Campfire Light. It is the 8th issue since its' revival in issue 33, and is the 3rd Campfire Light magazine of which I'm assistant editor.Learning is a lifelong process, and I've learnt plenty whilst working on these 3 issues.

I hope that some of what I've learnt will be of use to he who reads this magazine. Catholic High Scout Group celebrates its 52nd Anniversary in the year 2000. 52 being an especially significant number as it was once the 52nd Scout Group in Singapore.

This issue showcases nearly the entire 1999-year. It has been quite a bountiful year, with 2 camps, an overseas trip, and numerous competitions. It gives one the opportunity to reflect on the past activities and look forward to a new millennium. To those who have managed to withstand my ramblings, here's wishing you a bountiful read ahead.

Front row (from left to right)
Lin Shilie, Mr Andrew Chua, Lionel Wee, Casimir Kang

Back row (from left to right)
Cheng You Kai, Cai Zhenhan, Leonhard Wee

Absent
Nigel Wong, Lu Zuoming, Trevor Kuang, Vincent Wei, Lim Huaiyang, Ngoh Shujun, Liang Dongyuan, Jimmy Pan

CAMPFIRE LIGHT

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Foreword

How time flies!

We are now in our 52nd year and can justly be proud of our achievements. The Catholic High School Scout Group has successfully conducted numerous goodwill tours to scout groups abroad. Of late, we have produced quite a few CCAs and PSAs, not to mention the number of trophies won in National Scout Competitions.

In all these, we are fortunate to have our very own committed and knowledgeable leaders and the unstinting support of our 'old scouts' to lend a helping hand.

The number 52 also bring to mind that our scout group was for some time known as '52nd Catholic High School Scouts'. This was from 1950 to 1966 when we were renamed 'Stamford 2106'.

Despite all that we have achieved, we must not rest on our laurels but continue to better ourselves to bring scouting in the Group to greated heights in the new millennium.

Andrew SL Chua
Group Scout Leader

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Pages from the past

A BOY'S GAME BUT A MAN'S JOB

---- by Swift of 2111 Crew ----

The scene a school-field, the time sunset, the occasion a School Annual Sports meet -- for the past few hours keen rivalry in the field of Sports were being contested by the best sprinters, hurdlers, milers and others. The "Victors" received their awards whilst their coaches applauded with a great sense of achievement and contentment. Finally the national anthem announced the climax of a most memorable occasion in the school record.

Whilst the host and guests were dispersing -- some excitedly with their many trophies and others to proceed further to the buffet party, the familar whistle tee tee tee blew. The Scouter signalled the group of Scouts (looking exhausted after a host of tasks performed during the meet, but nevertheless still full of enthusiasm) to form a semi-circle. Precise instructions were issued and within minutes the Scouters and Scouts were busy on the move -- removing buntings, carrying chairs, cleaning the field and doing many odd jobs to leave the field a little better than they found it. Finally the whistle blew again and the Scouter thanked the boys and dismissed them to retire home.

I wonder how many of us have observed such a scene -- I wonder how many Principals, Sports Secretaries and others have really appreciated the cheery smiles of the Scouts inspite of the heavy tasks involved during a Sports Meet.

As I watched such a scene of really concrete Service to the School I could not help but admire the many Scouters and Scouts for their great sense of loyalty and duty to help people at all times.

Unlike other organisations where the officers or leaders usually blurt loud orders to his men it is amazing to see that Scouters whether Commissioners or Assistant Scout Masters work hand in hand with the boys -- a leader LEADS and not orders or pushes his men; work by example rather than force directly or indirectly.

I hope that this little observation would help all those concerned to realise the beauty of the game of Scouting which is "A Game for Boys but a MAN's Job".

Pages from the past

THE PURPOSE OF CAMPING

G. MALLORY PATROL
LEE CHEE CHEE

Camping is an integral part of Scouting. If a Scout only comes for troop meetings and for proficiency badges without experiencing camping, he is not a true Scout.

Camping is important for various reasons:-

1. Fraternisation --- the harmony within a patrol and troop depends on fraternisation. In camp, if every one cares for himself, the camp is sure to be a failure. For comfortable and happy camping life, co-operation and tolerance are essential. Scouts know one another better after camping and work in closer harmony.

2. A Test for self --- A campsite is not a piece of cosy meadow. Sleeping in the open is a test for you to "rough it out". It is a test to see whether you can tolerate the heat of the sun and to share your food with your brother Scouts. All your personal shortcomings will be revealed to yourself as you go under these tests so that you will be able to improve and better yourself.

3. Knowledge --- In school, knowledge are learnt under the roof. In camps, in the bosom of Mother Nature, if you are observant enough, you will no doubt learn many more interesting things outside the books. At homes, you may not have the opportunity to cook, by in camp you have to learn in one way or other.

4. To Put into Practice --- It may not be so obvious when you are taught the square lashing, diagonal lashing at troop meetings. In camp, you see before you how these lashings are put into use and tested in practice. You may have to apply the theory of pulleys and levers in pioneering.

In short, camping is not merely sleeping in the opening for a few nights, and to feel the cool fresh dew. It is Scouting put into practice. If there is anyone who tells you that camping is a torture and a waste of time, you know what a coward he is.

I WISH .....

-- Anonymous --

I WERE
Big enough to honestly admit all my shortcomings;
Brilliant enough to accept flattery without it
making me arrogant;
Tall enough to tower above deceit;
Strong enough to treasure love;
Brave enough to welcome criticism;
Compassionate enough to understand human frailties;
Wise enough to recognise my mistakes;
Humble enough to appreciate greatness;
Staunch enough to stand by my friends;
Human enough to be thoughtful of my neighbour; and
Righteous enough to be devoted to the love of God.

Memoirs of a President Scout

For any proper scout, there is no doubt that you will come across the conundrum of whether to embark on the road towards the President's Scout Award. Rest assured, you are not the only one. Many among your peers will also be contemplating this question when you mature into a more advanced level of scouting. Your leaders will place this monumental opportunity into your hands. The perennial question thus remains; whether to test the limits of your scouting career, or to let the opportunity go. From the start, a few of you may immediately acquiesce to it, some may hesitate, but most of you will frivolously elect the latter. But before you jump headlong into any pre-emptive conclusions about foregoing the award, let me try to induce you otherwise.

The President's Scout Award is indeed a time consuming affair. It leaves you drained at most times of your mental and physical energies, strips you of your personal time, and infringes upon your scholastic pursuits. However, it is a learning experience that may define your scouting career. The learning curve may be steep at times, but as you continue to plug on, the experience will be on the ascendancy. Every little step towards achieving the award marks a pinnacle in your scouting life. Every step closer towards the award means your years of scouting has been justified. It would be a waste if your skills and lessons in scouting stop when you leave the troop as a scout. Achieving the award is a confirmation of your worth as a scout. Not to say that not getting the award makes your scouting career any less noteworthy. But to achieve the

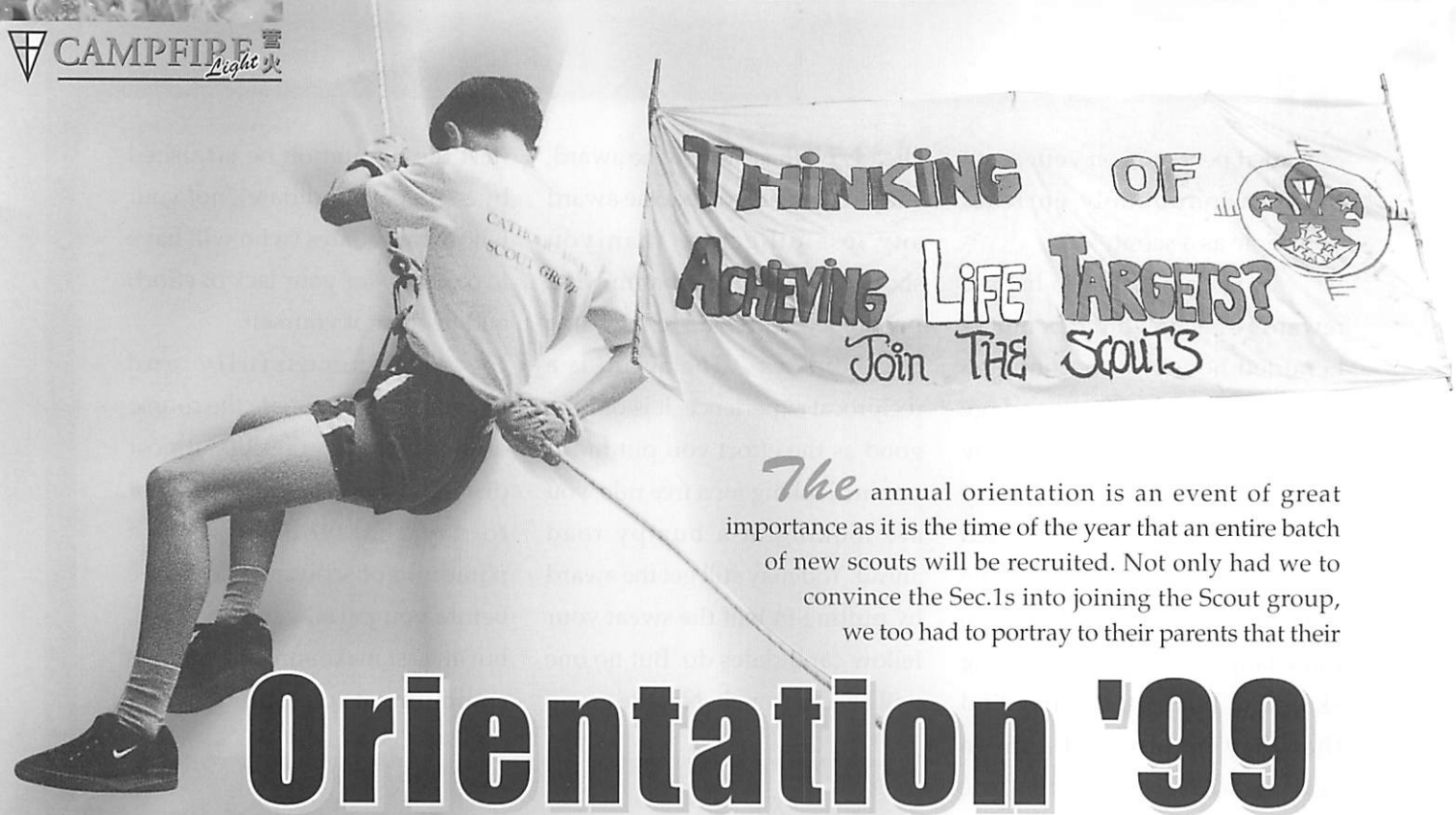
esteemed pentagon on your scout uniform indubitably enriches your time as a scout.

It is impossible to list the rewards of achieving this much-heralded honour of becoming a President's Scout. As the adage goes; to each his own. It is a highly exclusive experience and every successful candidate is rewarded in his own personal way. Some may gain from the experience in more tangible terms like scouting skills and kind, others may find that they mature and gain in leadership. However, one common denominator you may experience is the widening of your myopic scouting life. Having mostly experienced scouting only in our group, taking up the award forces you to look beyond, into the expansive scouting fraternity of Singapore. Therein, you will have no other alternative but to look into and sharpen your own abilities in order to negotiate with the select few scouts in Singapore.

However, for those who are already on their way to the award, I adjure you not to take the award any less diligently than you should. I reiterate verbatim what my predecessors said to my batch of candidates: " The award is a reciprocal experience, it is only as good as the effort you put in." If you are looking for a free ride, you are looking at a bumpy road ahead. You may still get the award by putting in half the sweat your fellow candidates do. But no one will benefit from it. Not the group (lest the reputation be tarnished by a sub par candidate), not your fellow candidates (who will have to cover up for your lack of effort) and lastly, not yourself.

To successfully and purposefully negotiate the course of the award requires the utmost discipline and commitment. Not to say that you must be a paradigm of scouting excellence before you partake in the award, but at least make sure of your own commitment to scouting before you blindly leap into committing yourself. It is much more than just going through the motions of passing tests to get the award. The experience of the entire exercise is much more worth than the award itself.

In conclusion, this short article may or may not have served to persuade you to take up the award, the choice still lies in your hands. However, I hope to have urged you enough to consider the opportunity that lies before you. It is too significant to capriciously let go without due consideration.



Orientation '99

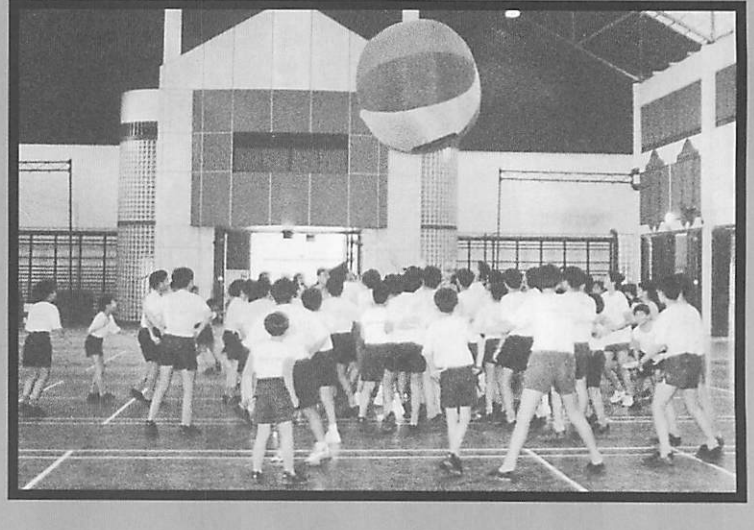
The annual orientation is an event of great importance as it is the time of the year that an entire batch of new scouts will be recruited. Not only had we to convince the Sec.1s into joining the Scout group, we too had to portray to their parents that their child is in safe hands. This being my third orientation, I knew there would be competition from the other uniformed groups and other ECAs Thus, when the day began with only a few scouts present, I knew that it was going to be a hard fight.

Shorthanded by undaunted, we tried many means to impress the new Secondary One students. One of which was a tall Tower that we had built for the Secondary One students to climb. The fearful clustered at the base of the structure, cajoling each other to climb, whilst the fearless climbed all the way to the top and got a good view of the field and surroundings. The more students that climbed, the greater our chances of getting more recruits. Therefore, our greatest obstacle was time as the school counselors who had to keep to a tight schedule. Yet, we persevered and managed to stall for time, allowing loads of students to try out the structure.

Meanwhile, the JC1 Ventures had a treat in store for the Sec. 1s. They abseiled down a pillar, Some crazy stunts like abseiling upside down took the breath of the Secondary One students; they stood there, completely spell-bounded. These 'Spiderman' took turns, coming down from the forth level to the ground floor, with the appropriate safety gear of course. I too have too admit that I was watching this feat intently whenever I was free.

The display along the corridor outside the Scout den was the hard work of all the Scouts. Though I was quite pleased with the results of our labour, I was disappointed as the job would have been completed much more easily and quickly if we had more manpower. This made me realize the importance of having full attendance at functions like this. Besides distributing Scouting pamphlets, we talked to both students and parents alike, as we showed them our trophies. Personally, I felt that the hardest part of the orientation was convincing the parents about how Scouting would affect their children's studies. 'Campfire Light' magazines were also distributed to give the reader a brief idea of what Catholic High Scouting is about.

As all good things must came to an end, the last of the students from the throng of them trickled to the other stalls. We quickly cleared up the area and at the end of the day, we hoped that our hard work would produce fruitful results.



By Jonathan Lin
(Pigeon Patrol)

Investiture '99

The Scouts assembled in school at 10:00am. We were all looking forward to a fruitful and eventful overnight camp in school. After a short Patrol Corner, we proceeded with the day's activities. The 1st activity was the erection of a flagpole at the basketball courts. Despite the difficulties we faced, we managed to raise the 3-storey high flagpole after much perseverance.

After the completion of the flagpole, we were rewarded by a sumptuous meal at the canteen. By 1:00pm, we had all changed to our uniforms and returned to the basketball courts for the flag-raising ceremony. It is and always will have a great significance for us as it marks the start of the day's activities. It is also the time for us to reflect upon and renew our love and commitment to the troop.

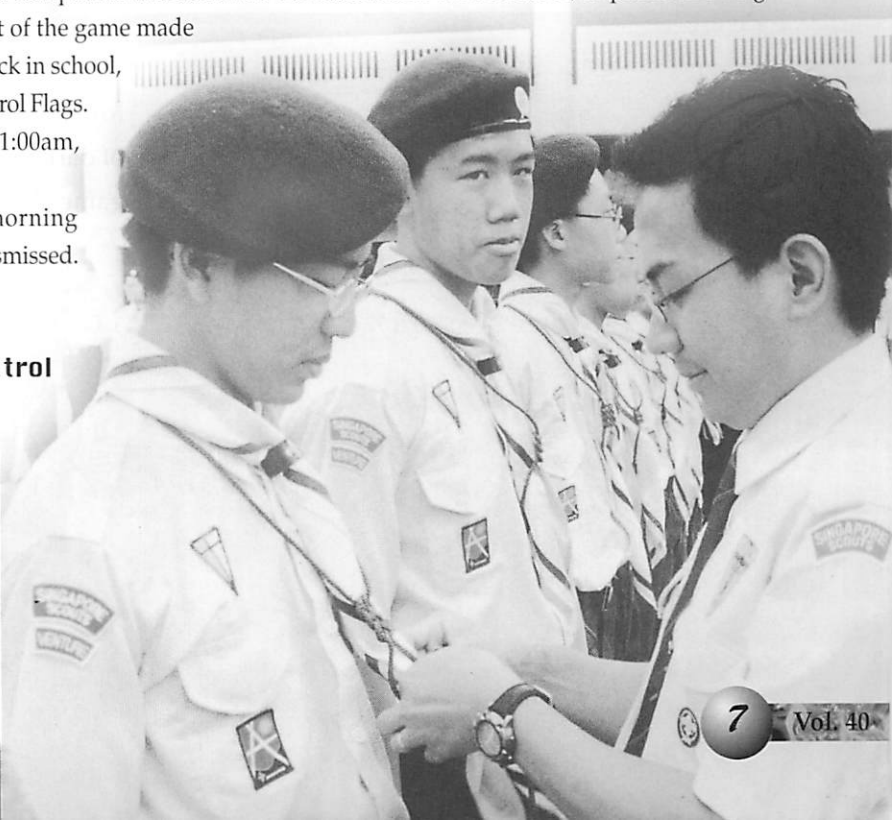
Next on the list was our 1st game of the day: Scavenger's Hunt. The Sec. 1s were filled with excitement and enthusiasm as it was the first time playing the game. We were given 2 hours to find all the items on the list and we were not restricted into staying in the school compound. We searched hard for the items on the list; some of which were rather peculiar, Guides' Uniform, live cockroaches, millipedes, etc. We certainly enjoyed ourselves as we looked for ways and means to obtain the items. By 4:00pm, we returned to school and displayed all that we had found to the Ventures for grading.

Following that, we changed into our uniforms again and prepared for the investiture. By 4:30pm, all was ready and we were able to commence the ceremony. We assembled at the Founder's Square, our spirits high and our hearts heavy. It was to be an emotional and memorable experience for all of us. To the new Sec. 1s, it was a proud moment as they would be invested as Scouts and finally be a part of the Troop. For the Sec. 2s, it was time to leave behind the learning stages of Sec. 1 and graduate to become seniors. It marks the start of the leadership, responsibility and control they would have upon their promotion. As for us Sec. 3s, we were given the greatest responsibility of looking after the troop's well-being and taking care of each and every Scout. The Sec. 4s moved on to become Ventures, taking on a new form of leadership. The investiture also included the promotion of the JC 2 Ventures to Rovers and the investiture of the new Girl Ventures. We were all filled with pride and joy that the 1 1/2 hours standing there seemed effortless. By 6:00pm, the investiture was over and we changed back to our PE attire, preparing for our BBQ feast later in the evening. It was a mouth-watering spread of chicken wings, sausages and pork fillets. As we sat together around the fire, we discovered the joy of camaraderie. It was as though a strong bond was forged between all of us that night.

After eating our fill, it was time for the second game: Shadowing. It started at 9:00pm and we only returned to school at 12 midnight. The game involved each patrol following various instructors and obtaining clues from slips of paper dropped by the instructors. These clues would aid the patrol in finding their Patrol Flags, which were hidden throughout the school. We weren't limited to just the school compound and followed our instructors out of school, to places like Ang Mo Kio and Braddell. The thrill and excitement of the game made the long Saturday night seem short. Arriving back in school, every Patrol managed to find their respective Patrol Flags. We washed up and proceeded to the hall. At 1:00am, we settled in to sleep and it was lights out.

The next morning, we had a short morning exercise followed by breakfast. We were then dismissed. It was indeed an unforgettable experience.

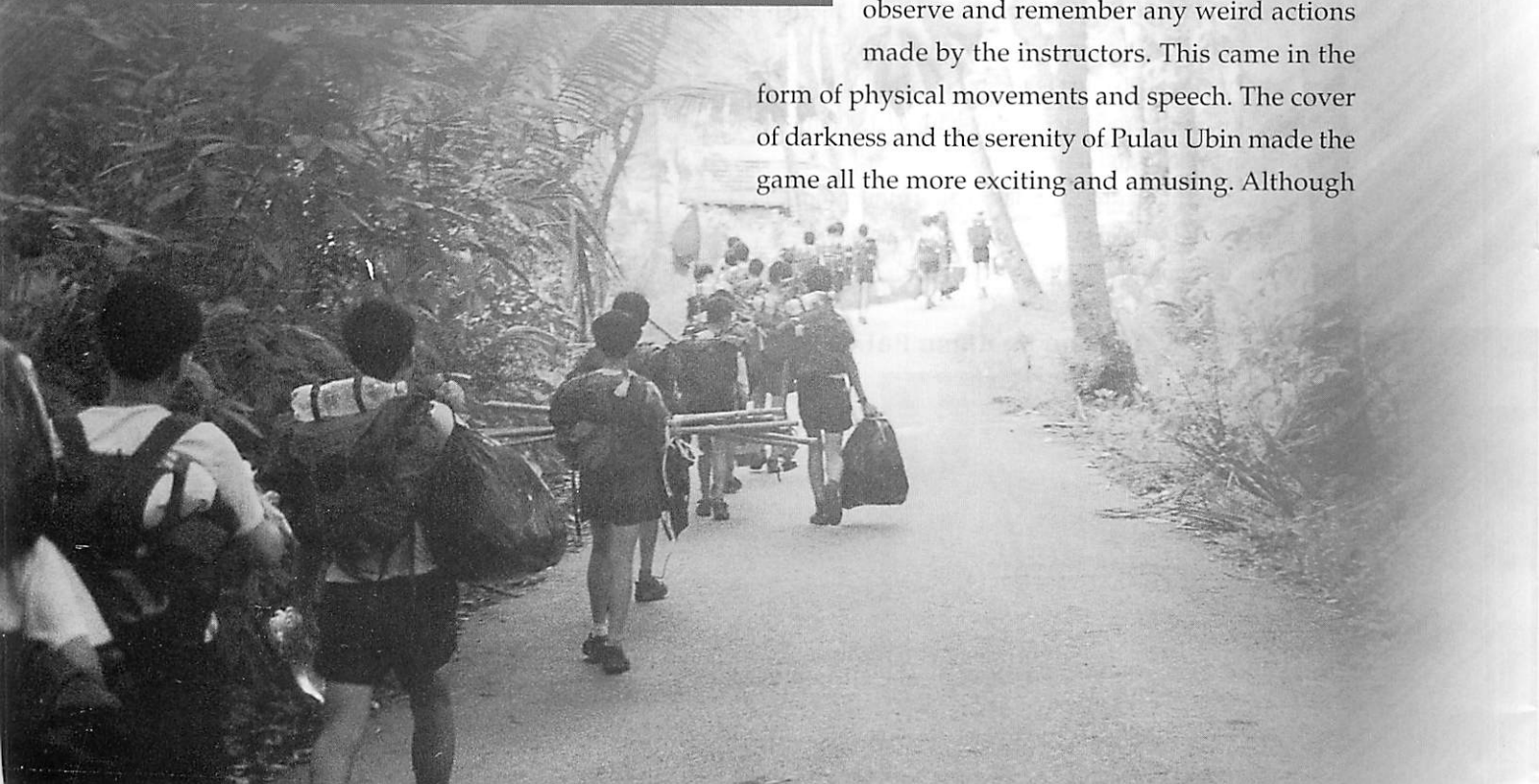
Done by Rhino Patrol



REPORT ON UBIN CAMP '99

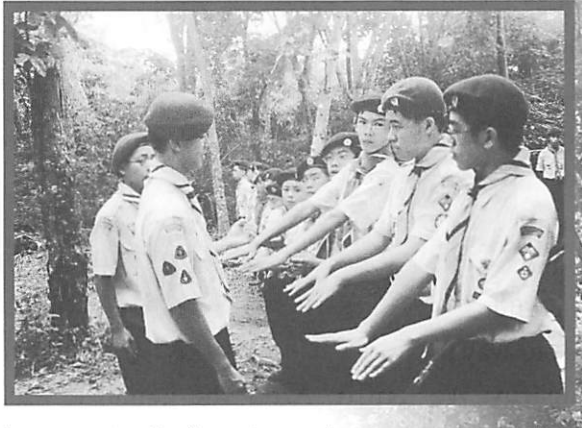
Looking back at the long arduous trip to Pulau Ubin, it was certainly one filled with unforgettable experiences along with many revelations. As it always has been, the Ubin Camp was a true test of skill, communication and teamwork. It brought each and every one of us to the very limits of our mental and physical capabilities. Usually an annual event, the Ubin Camp has become part and parcel of our Scouting careers. While some loathe the thought of getting through four days of vigorous training in a foreign island, most of us would rather accept it as a challenge; a chance for us to gauge our standards.

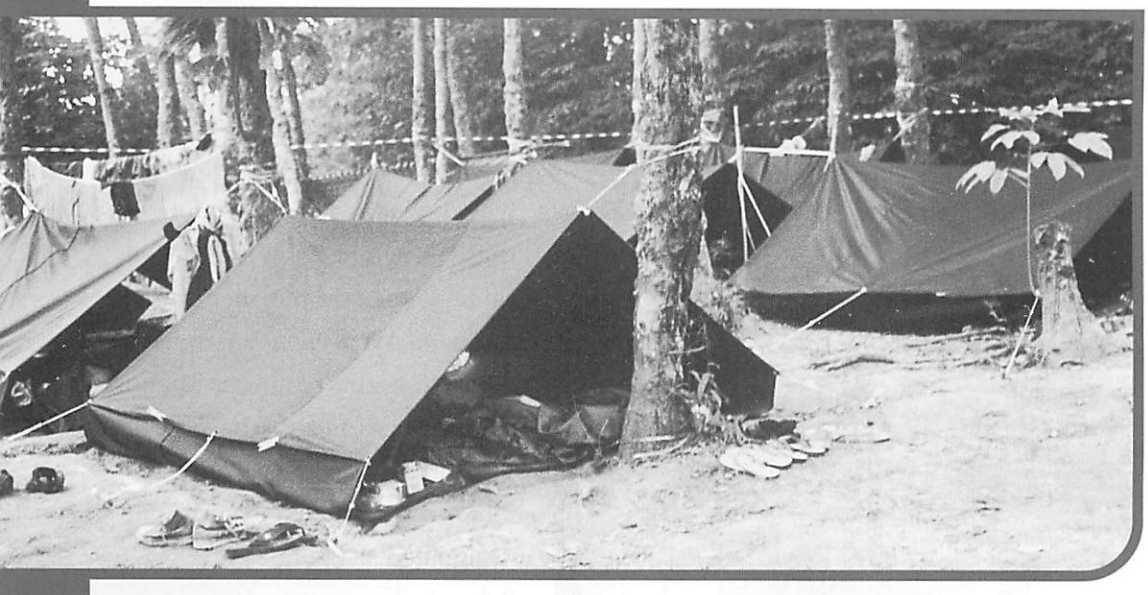
As always, our campsite was at Kampong Bahru; a 45min hike from the jetty. Upon arrival at the campsite, we started clearing the area of leaf litter and rubbish. This was followed by our camp development, which included pitching tents, digging trenches and setting up clotheslines. By lunchtime, the scorching sun had exhausted what little energy we had left. Upon the completion of the campsite, we proceeded with the first game, scavenger's hunt. Patrols were sent to look for various items available in and around the campsite. It was a relief from the day's demanding schedule. As night descended, shadowing was next on the agenda. Each patrol was to shadow two instructors, all the while trying to avoid getting noticed. In addition, we had to observe and remember any weird actions made by the instructors. This came in the form of physical movements and speech. The cover of darkness and the serenity of Pulau Ubin made the game all the more exciting and amusing. Although



we played through the night, we were so engrossed in the game that our enthusiasm overcame our tiredness and fatigue.

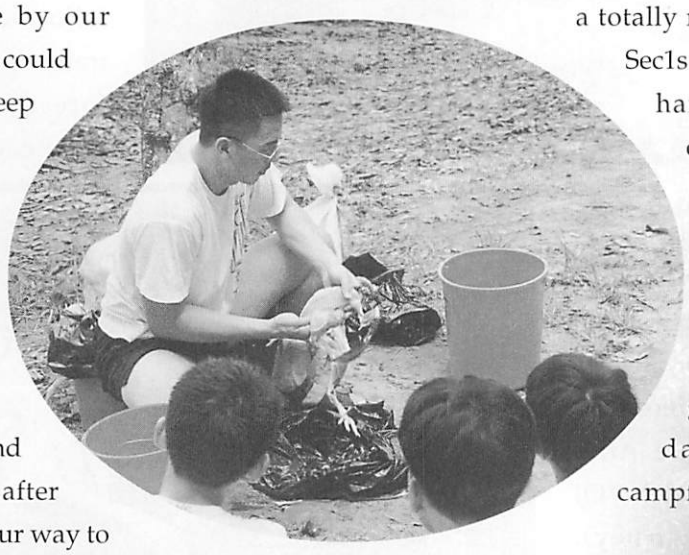
The second day was filled with many activities. Before lunch, we set off in our respective patrols for the orienteering game. In this game, the Sec1s were to lead the way. It was a chance for them to get a taste leadership roles they would hold in the future. After lunch, we proceeded with VOJ (Venture Obstacle Journey). Patrols rotated between different stations manned by various Rovers. Each station presented a different problem, hazard or obstacle. We had to rely on our skill, knowledge communication and teamwork to overcome each problem. This game was good as it incorporated learning, skill training and patrol development, all the while allowing us to enjoy ourselves. Survival skills were the next activity. Held in the forest, each patrol had to construct a water collection device, a trap and a shelter, using only materials found within the forest. By nightfall, we assembled and prepared for the long hike to Puaka Hill; the highest peak on Pulau Ubin. The monotonous journey took close to an hour. Upon arrival, we made the long ascent up the narrow trail shrouded with shrubs and long grasses. Stumbling by the meandering trail, we finally reached the summit. Looking at the vast landscape dotted with lights, coupled with the magnificent skyline on the mainland coastline, we found the trip more than worth all the effort. The breathtaking view prompted us to linger there for awhile, occasionally gazing up at the immaculate sky scattered with glowing stars. Soon, it was time to leave. Reluctantly, we made our way down the hill. At the foot of the hill, we Sec3s were pulled aside as the rest returned to the campsite. We were going to have our solo night, having to spend the night alone in the forest. Thoughts raced through our minds as we headed towards our designated sleeping area. Before long, we arrived at a desolate forest not far from the jetty. As we followed the trail into the forest, we were each





allocated an area where we were to build a shelter and spend the night. As we settled in, our fears were soon overcome by our exhaustion. All that we could think of was getting to sleep as soon as possible.

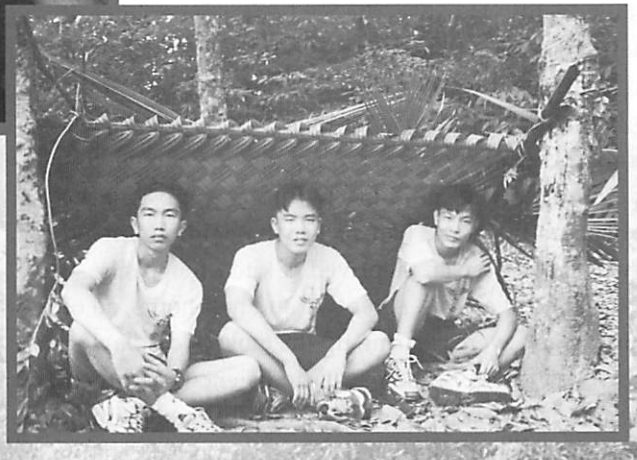
Having gone through the night with no serious mishaps, we headed back for the campsite at the break of dawn. The third day was the most thrilling and interesting of all. Soon after breakfast, we all made our way to mangrove swamp nearby. We were going there for our challenge valley. Once we arrived, we headed into the swamp, sinking our feet into the muddy ground. Gradually, we became more and more adventurous, finally covering ourselves completely with the mud. It was a moment of high spirits. Although gruesome, each and every scout participated in it. After the game, it was impossible to distinguish one scout from the other. Each of us was covered completely in the thick mud. Next, we headed for the beach to wash up and have our beach games. The cool waters were indeed a luxury. In the shallow waters, we played games like tug-of-war and 2-man wrestling. Coming out of the water, we had a sandcastle building competition held on the beach. After a whole morning of fun, we returned to the campsite for survival killing. There, we were taught how to kill, skin and "de-gut" a chicken. It was a totally new experience for the Sec1s. Each of them tried their hand at slaughtering a chicken. The chickens were then cooked as part of a cooking competition. After dinner, preparation for the campfire soon got underway. As darkness set in, the campfire began. It featured



captivating items put up by each patrol as well as colourful performances put up by the Miss Ubin candidates. The night went by with song and dance. It was a moment for us to join hands in unison. That night we could all feel a special bond formed among us. After the campfire, we played a short game. It involved patrols " fighting" each other in a game of "military chess". By midnight, the game ended and we retired for the night.

The day we had all been longing for had finally arrived. Early in the morning, we started clearing up the campsite. We strike tents and cleared up all the litter. Returning the campsite to its original state, we replaced the ground with a layer of dead leaves. Having finished all the packing, we made our way back to the jetty. Soon, we were on our way back to school. After cleaning up and tidying the area, we concluded the camp with an evaluation and a prize giving ceremony.

Looking beyond the physical torment of the camp, I believe that all of us have actually benefited from the camp. Having gone through such an experience, we can all feel proud of ourselves. A camp like this unites us and certainly develops us both physically and mentally.



Jonathan Chen
Rhino Patrol

Report on Backwoods Cooking

Today, all of us arrived in school early in the morning to prepare forthe much awaited inter-patrol backwoods cooking. By noon, we had finished buying all the ingredients that we need and also preparing all the necessary garnishing. All of us were ready and eager to start cooking. We started by bringing a table to the low wall where there was an adequate water supply nearby.

Then, we were given 3 hours to cook our meal (a staple, a meat and a vegetable). As all the firewood was from the Q.M., one Sec 2 from every patrol had to be sent to help chop the firewood into smaller pieces. In the meantime, the PL of every patrol guided the Sec 1s in starting a fire while the rest of the members started preparing their dishes feverishly. This was the Sec1s first experience at starting a fire and so, they took a lot of time to start the fire but nevertheless, all the patrols managed to get the fire going in half an hour's time. All the patrols were then busily cooking or preparing their wonderful dishes. Dolphin used a very unique way of cooking, by using hangers to make a pot. It was indeed something that we could use in future. Almost all the other patrols made use of either fruits and banana leaves or aluminum foil to cook, which was very usual as we were deprived of kitchen utensils, so we had to make use of anything available. After two and half-hours, all of patrols had finished cooking and were clearing up the table or displaying their final products. However, due to some patrol's efficiency, their food had been cooked earlier and had by now cooled and no longer smelt nice. I think that was a big waste as the judges could not savour the delicious food while they were still hot. When the time was finally up, all the patrol members stood behind their tables to await the judges who were coming round. I suppose everybody was very impatient and eager to know how their cooking skills fared against the other patrols. As the judges put the food in their mouths, all the patrol members were quiet, waiting to hear their comments. Probably the judges had a nice snack of different varieties judging by the various aroma of the food cooked by all the 8 patrols, though I did not get the chance to personally taste all the different food. After all the judging, I believe the judges were scratching theirs heads over who is the winner as all the patrols' cooking skills were more or less on par. Finally, the results were out. Eagle patrol emerged victorious with their marvellous dish of Smoked Salmon, which was a far cry from the chicken that most patrols cooked. Coming in runner up was Tiger patrol, with their sumptuous stuffed chicken which had such a strong fragrance that astounded the judges into making their decision. After the judging, all the delicious food was gobbled up in no time and all the clearing up done in half an hour.

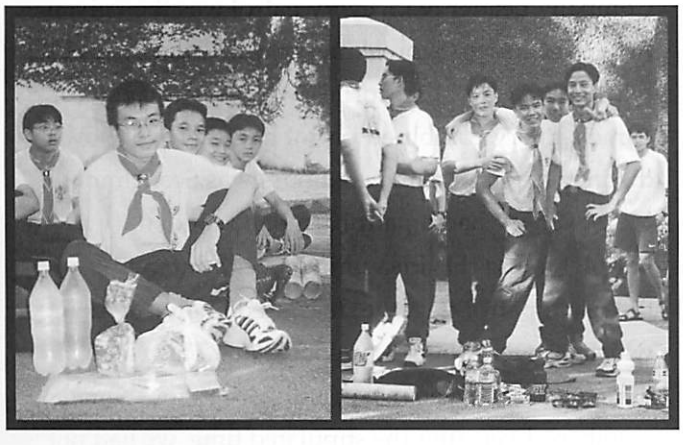
Terence Tham

Tiger Patrol

Shadowing cum Orienteering Competition

Today, is the nineteenth of June. Just like other Saturdays, we had our meeting at 11am. Luckily, it was a sunny day, as some of our scouts were participating in the orienteering competition at Labrador Park. At around 11:45am, our bus arrived in school to pick us up. For we were going to Labrador Park to support our orienteering boys, we would be having some games there too. On the way there, each and every one of us were praying hard that our orienteering competitors were doing well, as the cup means a lot to our troop.

Not long, we reached our destination, Labrador Park. At that place, we alighted from the bus and took a walk through lush greenery, resembling a "Jungle", which is like a nature reserve as there were a lot of plants everywhere. The walk lasted for about 10 min. During the walk through the "jungle", it reminded me of war games. When we reached our meeting point, we were split up into groups. Two patrols forming one group. Soon, we started our three hours long game of 'Shadowing'. Upon hearing that we would be playing for three hours , we were overjoyed and indeed, we had a great time. The start point for our game is the "jungle".



The instructors for my patrol were Jayson Yang and Ngaim Jusheng. Both of them were very cunning and wily as they were constantly faking us. However, we proved to have the upper hand, as we were intelligent enough not to be deceived by them. Their simple tricks were schoolboy stuff and they did it in a pretty obvious manner as well. As we entered the "jungle", the game got more and more interesting and our instincts sometimes proved us wrong as the greenery was a perfect camouflage. Therefore, we were ambushed a few times. It was at the toilets where we had a little break and discussed strategies.

As all good things must come to an end, the three hours where we enjoyed ourselves thoroughly flew by without our noticing it. When we returned to our meeting point, Miss Pang pointed out the various islands that were within view to us. After that, the results of the game was announced and a photo taken. Then, we left for school full of dismay as we had lost the competition.

Done by: Shuyi

Combined Meeting 1999

The day started off with a troop meeting in school at 7:30am. Everyone was in a jubilant mood, for we were going to have a combined meeting with the CHIJ Toa Payoh guides, a totally brand new experience for the young ones. Within minutes, we had loaded our bags with all the necessary essentials, e.g. first aid kit and not forgetting water. Everyone was bubbly, and full as zest, as we made a short walk over to the MRT station. Soon, we had arrived at CHIJ Toa Payoh Secondary School. The very first thing we did was to fall in into our respective guide patrols. All the guides were so shy; it seems that it would take us more than an outing to get to know them. Anyway, the scouts were no better . They became quiet all of a sudden, upon the presence of the guides. After a simple and short introduction, whereby we got to know their teachers in charge and also the Company Leader (CL), every patrol was then given time to conduct ice breaking-games. Therefore, our patrol proceeded to a corner, where we played the games. Every combined patrol had their very own distinctive patrol name, and ours was Sea Almond. Moreover, we had a patrol armband to identify as a patrol. I found this idea unique, very different from the usual patrol flag. we discussed about the item, which we were going to prepare later. This was a bit difficult, as it was not easy finding roles for so many members. Even after the stipulated time, we had not decided on what we were going to perform later.

The patrol corner ended, and together with our new friends, we boarded the buses and off we went to the Bukit Timah Nature reserve. During the bus ride, we shared with each other our experiences in scouting or guiding. Finally, we reached Bukit Timah nature reserve, and were briefed about how we were going to spend the day. There were eight stations in all, and we had to find a card at each of them, which would provide us with the clue to the next checkpoint.

At the foot of the hill, we gathered in our various patrols and waited for our turn to set off, for there was a 10-min interval between each patrol to ensure we don't meet. In addition, ventures were stationed at every checkpoint to make sure no one

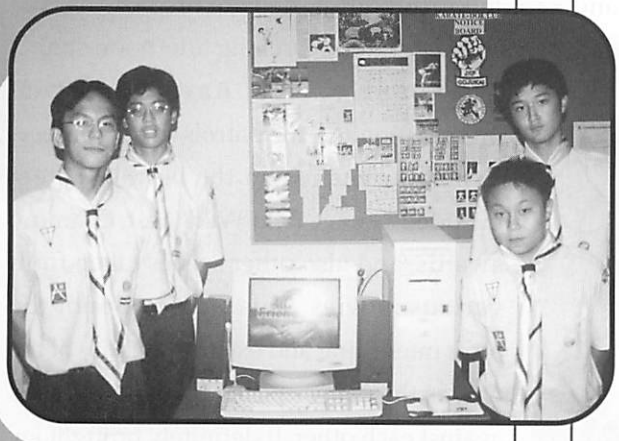
gets injured while hiking up. When the signal was given, we then proceeded enthusiastically up the hill. The hill was indeed steep, and the trip up was no doubt long and tiring. Soon, beads of perspiration were trickling down our foreheads, as we hiked through the hilly terrain. We discovered that the cards were skillfully hidden, and it took the whole patrol a couple of minutes to find the cards at every checkpoint. Teamwork was evident as both the guides and scouts helped in finding the cards and also the way to the next checkpoint. At the same time, we interacted with the guides, and we got to know them better. In addition, we sang campfire songs, as we hiked up. It raised morale and also provided relief as we lugged our tired bodies on, towards the next checkpoint. Before we knew it, we were at the summit of the hill. As soon as all the patrols had arrived at the summit, we had lunch, which was just in time to satisfy our growing hunger. We had sandwiches and cakes, and also some cereal for our patrol, courtesy of the guides.

A game of Charades came next. Though a bit disorganised, we still managed to get the game going. 4 patrols were assigned to 3 instructors, so, there were 2 groups in all. The instructors had a hard time picking who should answer the topic given. The game of charades lasted for only an hour or so. I am sure both the scouts and guides alike had a good time playing this game, for they were laughing all the way, and kept talking about it, despite the fact that the game was played in the scorching afternoon sun.

Lastly, we had our item presentation. All the patrols tried their best in making their item the best. The item included a song- Wild Wild West, Grammy awards, and also other scenes taken from various movies. This was no doubt the most interesting and exciting activity of the day, as the patrols pitted their acting skills against each other. It definitely brought joy and laughter to everyone, for one would never be able to contain their laughter upon seeing the silly antics by all the patrols. The prize presentation came next, and prizes for the patrols with the best performance, highest morale were given out.

We then descended the hill, and gathered for one last time as a combined patrol at the foothill. We had got to know each other so well that it seems that we had known each other for a long time. However, the time came for us to part. After biding our farewell, we boarded our bus back to school, filled with memories of this wonderful occasion, and also the good times we spent together with our new friends.

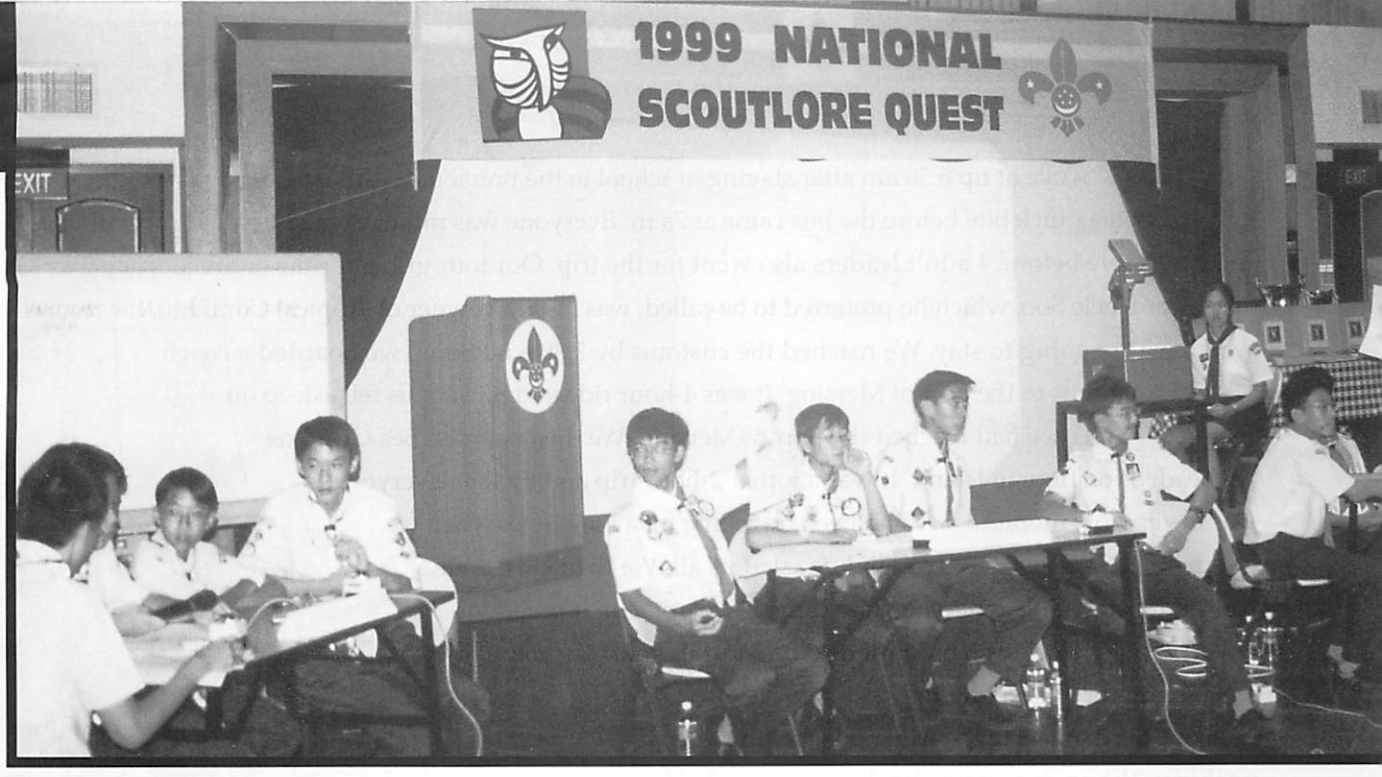
ScoutLore Quest 99'



At eleven in the morning, We arrived in school. It was a very important day, as it would ultimately determine whether the long weeks of staying back, computing and programming would pay off in the website and E-yarn competitions. Including the quiz boys who were studying very hard for the past few weeks. It would also decide whether our Lore Quest Quiz boys would emerge victorious after defying all odds and reaching the final four of the Lore Quest quiz competition. And also our E-yarn scouts and ventures section and the Webster boys whom despite the fact that it was their first time in it.

The people who were in the competition left early in the morning to present the E-yarn project to the judges. The very first thing that happened to the rest of us was the checking of our uniforms by our SPL and ASPL after we arrived. As we would be going out in public, it was important that we looked smart and neat.

Carrying the troop flag, we walked to the Scout HQ. When we arrived there, it was still early and there



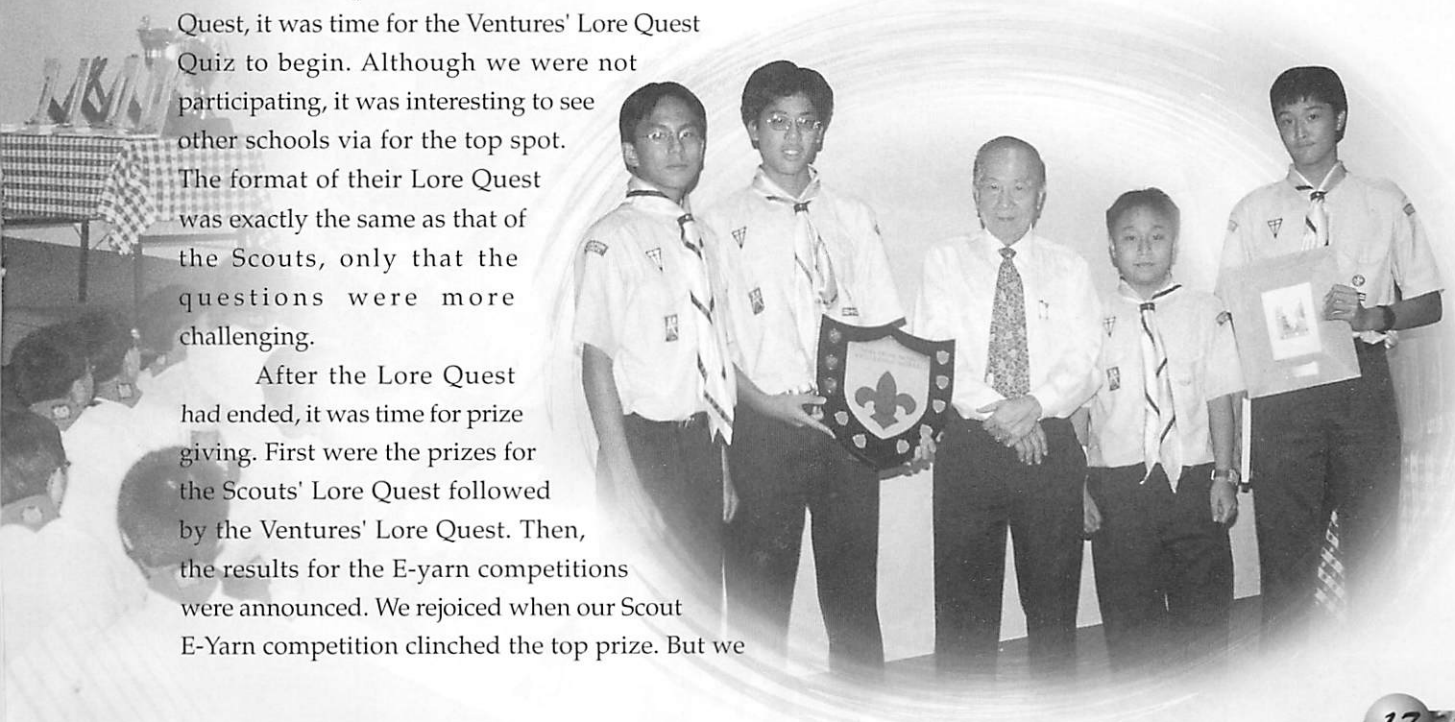
were hardly any scouts in sight (except for us). We waited for a while before more people started arriving. After the AVA equipment was set up, there was a game played with the audience. Questions would be asked and any member of the audience could answer. If answered correctly, prizes such as badges from the previous Lore Quest competitions could be won. The quiz competition was very intense, as there were many good schools battling for the quiz shield. Meanwhile the chosen E-yarn projects were being set-up by the side of the room for the VIP to view the work.

Soon, it was time for the competition to get started. The four teams contesting for the top spot were Catholic High, Victoria Arrow, Anglican High and ACS Independent. In the end, our scout troop managed to achieve third spot behind winners Victoria Arrow and second placed Anglican High. However, the best part of the day was yet to come.

After a quick break and more audience Lore Quest, it was time for the Ventures' Lore Quest Quiz to begin. Although we were not participating, it was interesting to see other schools via for the top spot. The format of their Lore Quest was exactly the same as that of the Scouts, only that the questions were more challenging.

After the Lore Quest had ended, it was time for prize giving. First were the prizes for the Scouts' Lore Quest followed by the Ventures' Lore Quest. Then, the results for the E-yarn competitions were announced. We rejoiced when our Scout E-Yarn competition clinched the top prize. But we were fairly disappointed when we heard that because of insufficient competitors for the venture E-yarn, the top award will not be given out. With resolution we told ourselves that there would be yet another time to compete and that we should continue to strive for the best.

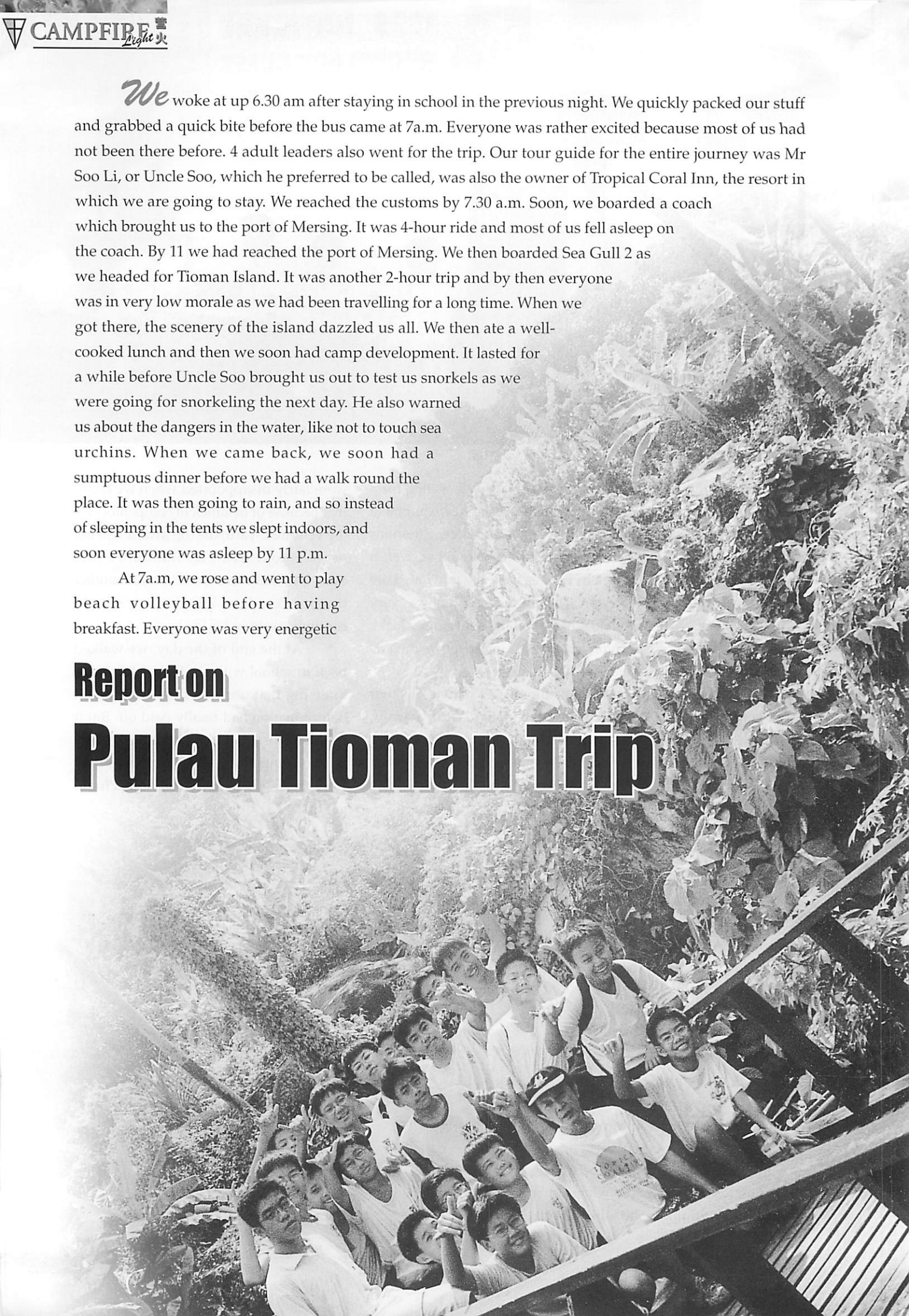
At the end of the day, we walked back to school with smiles on our faces, knowing that our sheer hard work and determination had finally paid off. But it was quite disappointing about the Venture E-yarn competition and the quiz, as they were the ones whom we had hoped for to get first.



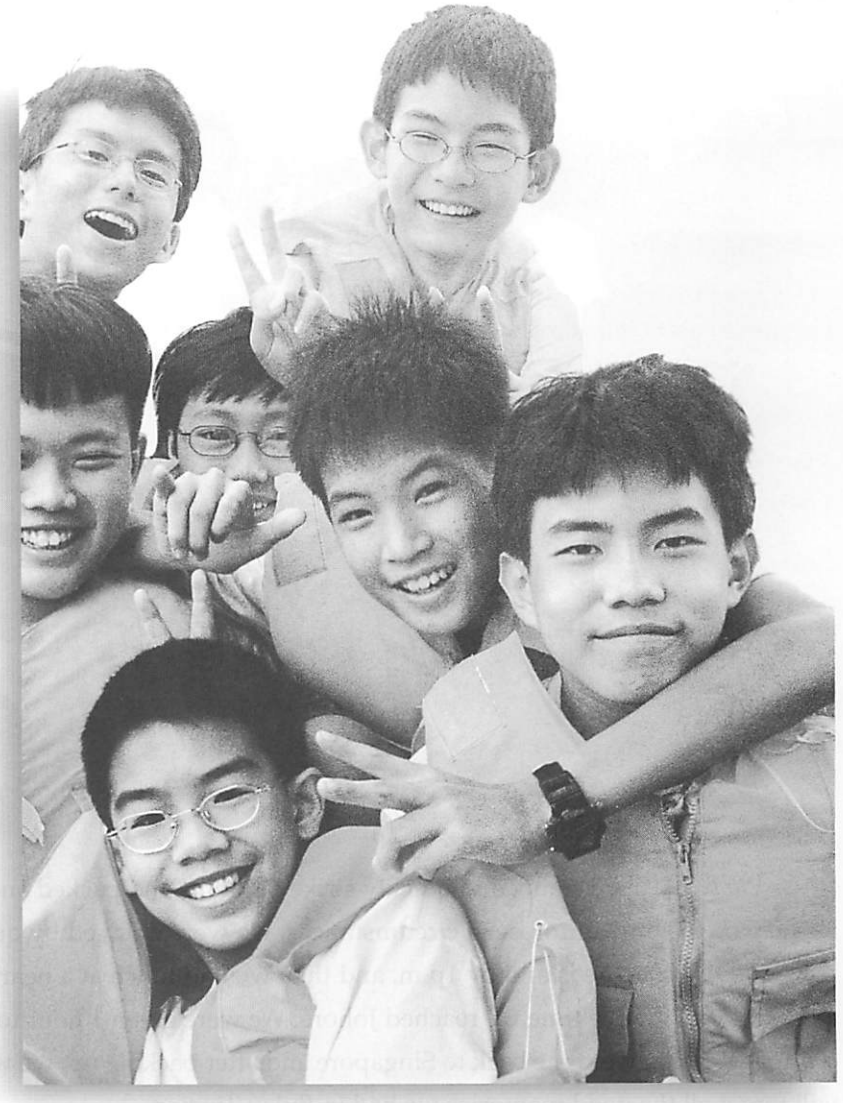
Report on
Pulau Tioman Trip

We woke at up 6.30 am after staying in school in the previous night. We quickly packed our stuff and grabbed a quick bite before the bus came at 7a.m. Everyone was rather excited because most of us had not been there before. 4 adult leaders also went for the trip. Our tour guide for the entire journey was Mr Soo Li, or Uncle Soo, which he preferred to be called, was also the owner of Tropical Coral Inn, the resort in which we are going to stay. We reached the customs by 7.30 a.m. Soon, we boarded a coach which brought us to the port of Mersing. It was 4-hour ride and most of us fell asleep on the coach. By 11 we had reached the port of Mersing. We then boarded Sea Gull 2 as we headed for Tioman Island. It was another 2-hour trip and by then everyone was in very low morale as we had been travelling for a long time. When we got there, the scenery of the island dazzled us all. We then ate a well-cooked lunch and then we soon had camp development. It lasted for a while before Uncle Soo brought us out to test us snorkels as we were going for snorkeling the next day. He also warned us about the dangers in the water, like not to touch sea urchins. When we came back, we soon had a sumptuous dinner before we had a walk round the place. It was then going to rain, and so instead of sleeping in the tents we slept indoors, and soon everyone was asleep by 11 p.m.

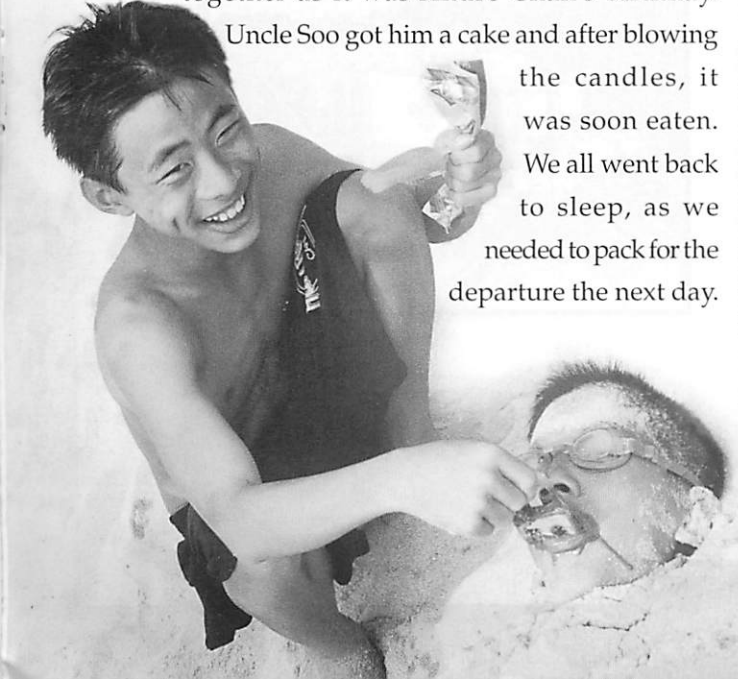
At 7a.m, we rose and went to play beach volleyball before having breakfast. Everyone was very energetic



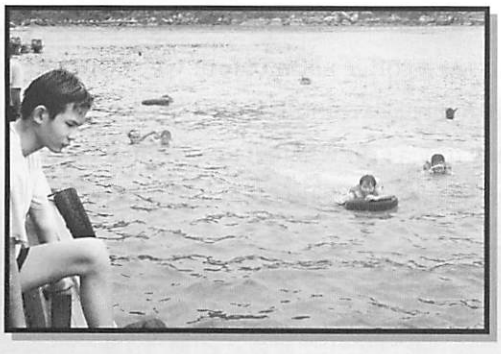
after a good day's rest. Soon, we boarded a boat and went to a place to snorkel and admire all the corals under the sea, but the sea started to turn rough and so we went to a few places to admire the colourful corals. However we were very much fascinated. When we came back, we were given time to improve on our campsite as we were scolded for the whole campsite being in a big mess. After dinner, we had our campfire on the beach. Everyone enjoyed themselves with the singing and the funny items. WeiLong also taught us a few new songs. Then we stargazed under the starlit sky as Siu San taught us about the constellations. After the campfire we went back to our tents to sleep.

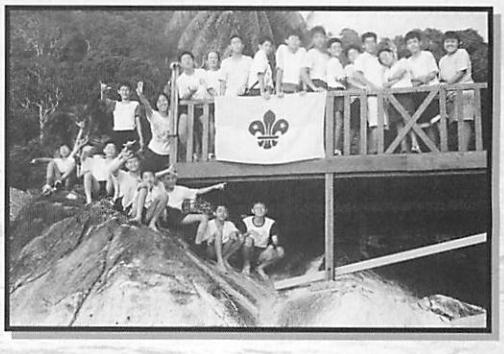


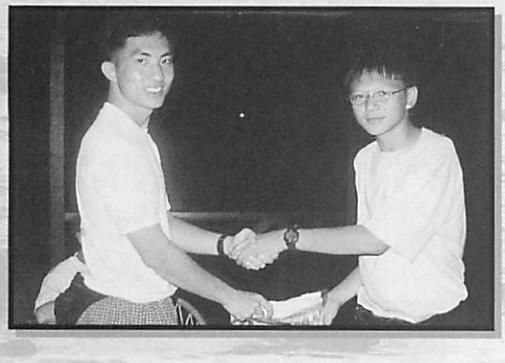
Rise and shine! Energy had to be burnt by playing soccer before we had our breakfast. Today's activity was hiking and so everyone was geared up. We reached Paya Village in 40 min before Uncle Soo brought us to a waterfall to play in the water. Everyone had fun as even all the adult leaders joined us. We had lunch at a coffee shop before we started to walk back to the resort. We also had a race in which the first 3 to reach back would be given free T-shirts courtesy of Uncle Soo. When we reached the resort we were given free time to do whatever we want. Some played cards while others were busy working on the souvenir for Uncle Soo. After that, we had a barbecue dinner. Everyone enjoyed cooking his or her own dinner and even better eating it. After that, we all sat together as it was Andre Chan's birthday. Uncle Soo got him a cake and after blowing the candles, it was soon eaten. We all went back to sleep, as we needed to pack for the departure the next day.

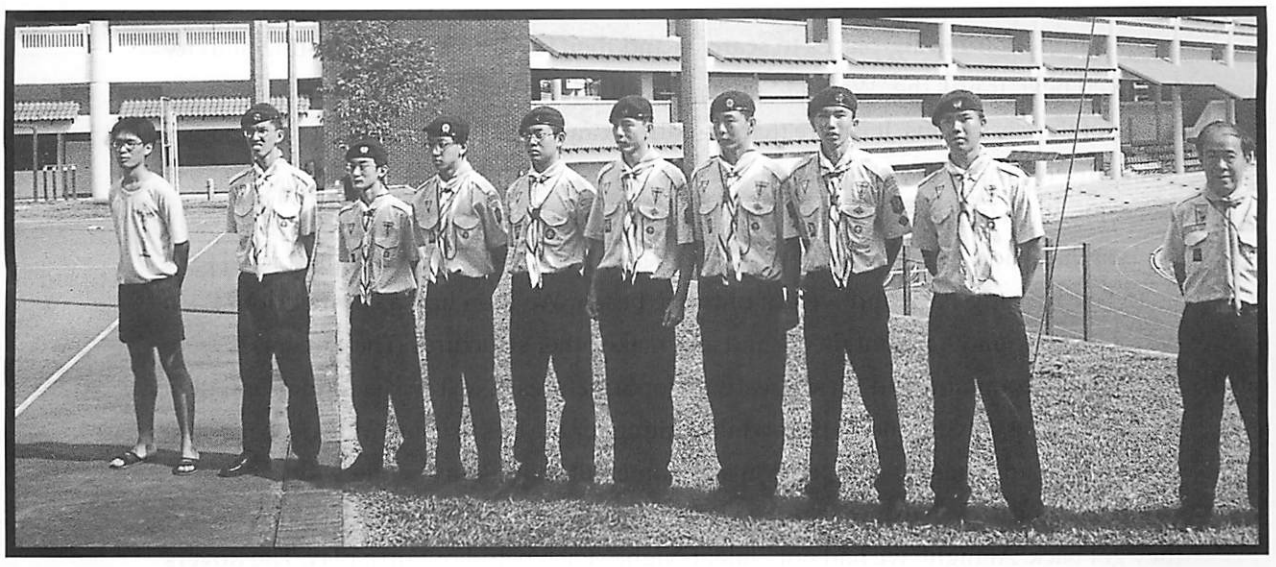


We woke up at 6 a.m. and quickly strike our tents and packed and by breakfast we were all ready to leave. Due to some unforeseen circumstances, we were delayed by quite a long period of time...We did managed to leave the island by 1p.m. and then we had lunch at a nearby seafood restaurant. Then it was already 4 p.m. by the time we reached Johore. We were given 1 hour to walk around within the shopping centre. After that we came back to Singapore and after packing up, we were soon dismissed, but none of us will forget all the good memories we had in Pulau Tioman.



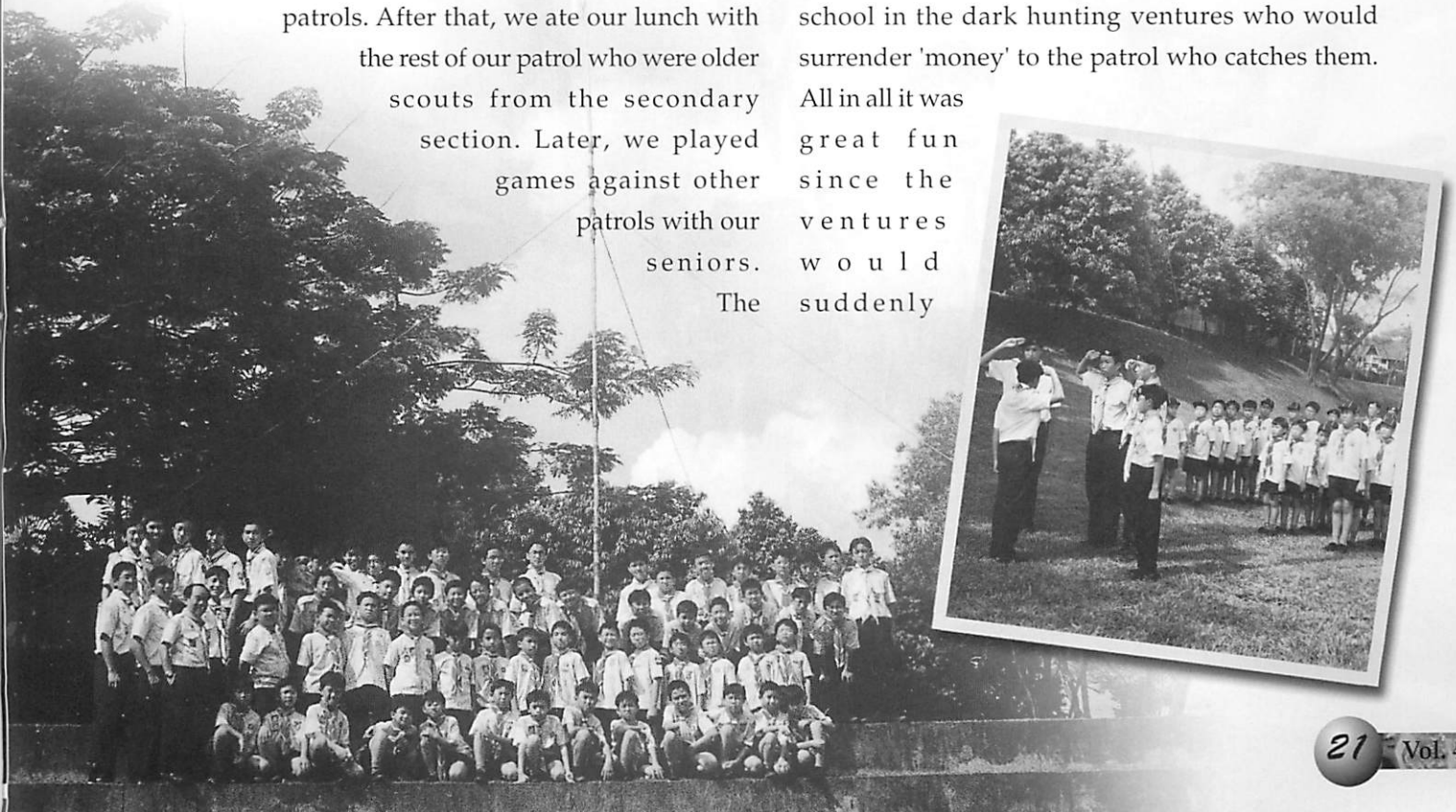






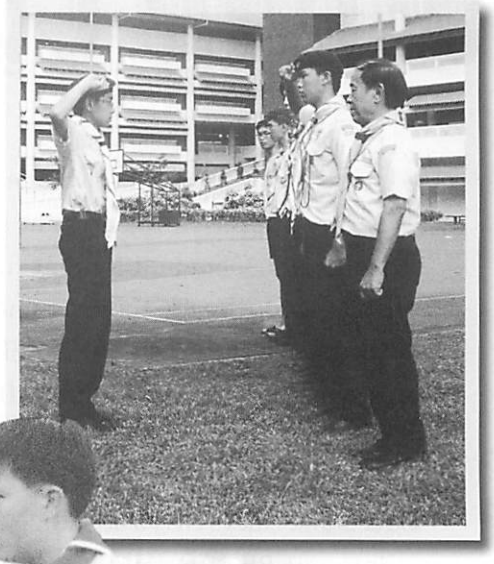
Group Camp Report '99

On December 3, it was the day of our camp. We were supposed to arrive at school at 8am. I arrived at 7.55am and by that time, most of my friends were already there. I joined them and Mr Chua, our Group Scout Leader (GSL), started to brief us on the camp. After the briefing, we headed towards the primary school courtyard (Red Square) where we played a few games like Captain's ball, Streets and Alleys etc. At about 12.30pm, we changed into out PE attire and were divided into four patrols. After that, we ate our lunch with the rest of our patrol who were older scouts from the secondary section. Later, we played games against other patrols with our seniors. The ventures had given each patrol $2000 in 'Monopoly' money as the daily 'salary'. The objective of the money system was to create an economy system where patrols can buy sweets and drinks from the ventures to be sold at night. Also, this money system can be used to avoid punishments in the form of fines. Later, after lunch, we tried out abseiling and tightrope walking. Then came dinner and the individual patrol discussions (PLC). Next, we played night games. Each patrol was to walk around the school in the dark hunting ventures who would surrender 'money' to the patrol who catches them. All in all it was great fun since the ventures would suddenly



jump out of their hiding places to scare us and then run away. An interesting activity followed next. It was the "Wonder Square" activity (from the game Final Fantasy 7) held in one of the classrooms. It is here that the patrols can spend their money buying goodies for themselves as well as to play the various games.

On the next day, after our morning exercise and a quick breakfast, we got ready to go to the beach. Our seniors got to go canoeing. Ms Pang, Zhuoming and Lionel took us to Sembawang Park and we got onto the beach. We then had a competition. Each patrol had to build a mountain of sand and make other structures. The categories were the "Tallest Mountain" and "Best Creativity for Structures". Next we had lunch and then we went to the playground to play while waiting for the bus to come. When we reached school, we had a jigsaw competition and some outdoor games while waiting for the scouts to come back. Next, we checked in camp and had our PLC with our seniors when they got back. At night, we had out "Talent Night". Each patrol put up a play. The Rovers also put up a play and we enjoyed it. Mr Chua then got us together and told us a yarn. He told us about his scouting experiences and that once he fell into a deep pit used for catching animals during a camp. Luckily an Indian man chanced upon him the next morning and pulled him up with a rope. After that, we washed up and went to out tents to sleep, but it was a pity that we did not go to the "Wonder Square" that night.

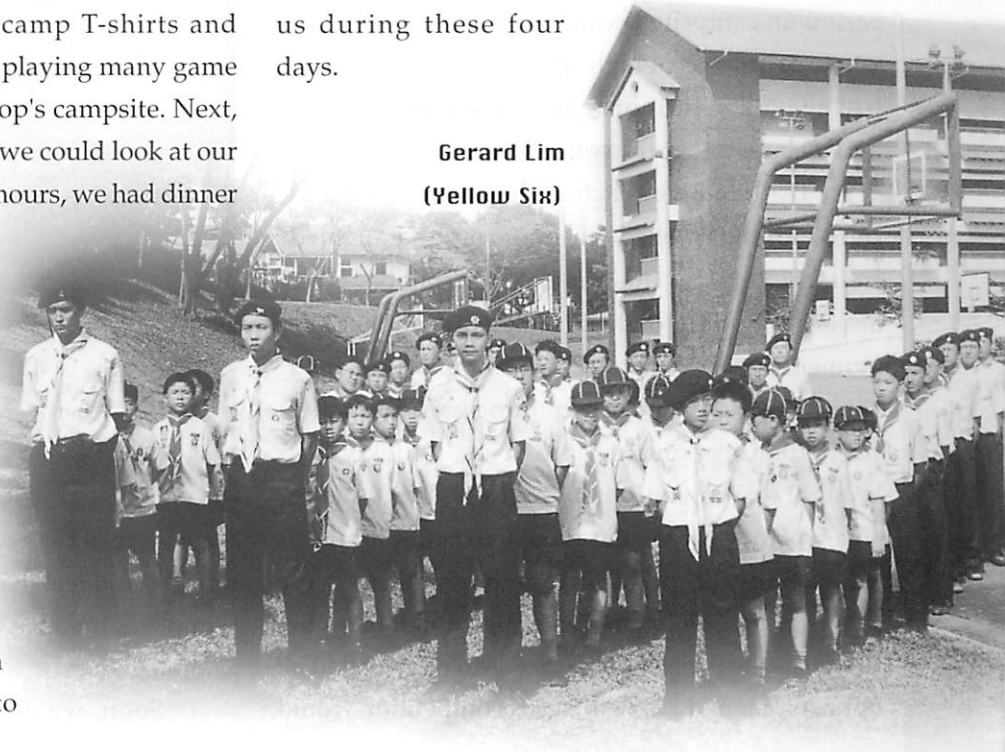


The seniors woke us up at 6.30am. We then had our morning exercise. Then, we went for breakfast. After that, we ran back to out tents and packed our belongings for inspection. After preparing, we changed into our uniforms and got ready. Two ventures went to each patrol and inspected

them. We were punished for many mistakes and had to repack. The seniors had to do push-ups while we had to stand still and look straight. We were not supposed to look at them or else we would be punished also. After inspection, we rushed to the basketball courts for the flag raising ceremony. We then got ready to go to the Sarimbun Camp for the National Patrol Camp Competition Open House. When the bus reached there, we gathered and ate lunch. Then we were given camp T-shirts and coupons for the carnival. After playing many game stores, we went to visit our troop's campsite. Next, we walked to a pavilion where we could look at our troop's Tower. Next, after a few hours, we had dinner and went to the grand campfire pit. We sang songs, clapped and cheered. Finally, the winners of the camp were announced and our Scout Group had for the second time won the National Patrol Camp Competition. After photo taking, and when our buses arrived, we went home back to school. We then had an obstacle race before we went to bathe. After supper, we headed for "Wonder Square" for the final time. The room was more paced than usual. Most of us slept at 1am.

The next day was the final day of camp. We slept till 7. 10am and hurriedly washed up and had our breakfast before going to the Red Square for the telematches. We played for about one and a half-hour before proceeding to the school track with our belongings. We were punished for being late. Later Mr Chua brought us to the canteen and was dismissed after a general evaluation with the scouts as well. This camp was a refreshing experience for me. Although the ventures were strict, they were always ready to help us when in trouble. The scouts were also kind and took good care of us during the camp. I also want to thank all the adult leaders for their care and concern for us during these four days.

Gerard Lim
(Yellow Six)



National Patrol Camp

The day we were all anticipating had finally arrived. By 7 am in the morning, the patrol of scouts who were participating in this year's NPC 99 gathered outside the scout den. All of us were very excited about what would happen the next 5 days. We were all determined to do our best in this competition in hope to regain the championship. With much enthusiasm and hope, we made all the final mental preparations and made a last check if all the equipment were present. Without much delay, we loaded up the equipment with the help of fellow scouts and ventures. At last we were all set and ready for the big event. We then bid farewell to our school and left for Sarimbun Campsite. On the way towards Sarimbun campsite I could feel that although the whole patrol was in high spirits, everyone seemed to have a mixture of fear as well as an air of nervousness about the competition.

By 9 am, we reached the Sarimbun Scout campsite, we grabbed our uniforms and alighted from the bus, by this time, other schools were already busy unloading their equipment. The moment I set my foot onto Sarimbun campsite, I could feel the pressure mounting as many other participants begin to glare at us. Quickly, we brought all our equipment to the 10 by 10-metre area where we were allocated. Our Sub-Camp was called Sub-Camp 2 and together with us were Anglican high, Holy Innocents High, Bukit Batok Sec as well as the Swiss Cottage Sec. After we loaded all our equipment, I knew that this competition would not be such a breeze.

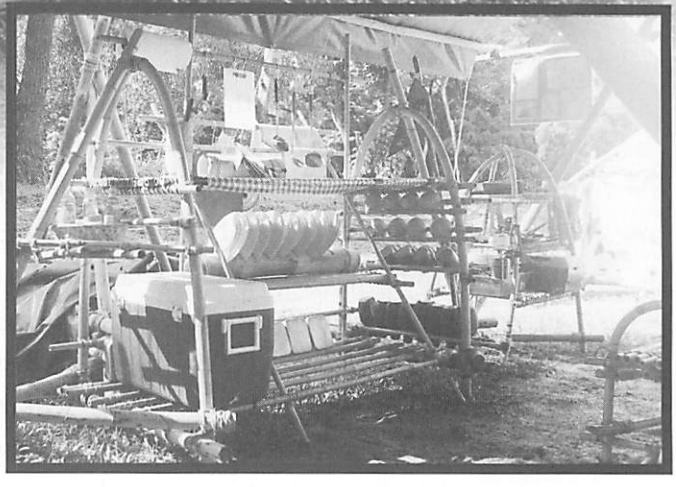
We had some time to relax before we were told to assemble at the Multi Purpose Hall for a briefing. By noon, we had lunch and a short briefing. We were than introduced to the different Sub-Camp chief, for our Sub-Camp chief was Sparrow. After the briefing, we were allocated to the Sarimbun Quartermaster to collect the equipment the HQ provided. This included some groundsheets, tent pegs, gas stoves and some other essential stuff. As the number of participating patrols, were huge, the time taken for the whole procedure was relatively long. After the allocation of equipment we were warned to take care of the equipment. At this time, I could feel that although everyone in the Sub-Camp was tired we were all very happy to be in this camp together.

Soon, we departed back to our respective

campsite where we were told to wait for instructions before we could start our campsite development. With this little but essential time given, I gathered my patrol and briefed them again on the procedure on how everything should be carried out during the campsite development, after this final run through on the procedure, we took some time to loosen up a little. Ring... the siren went off and Sparrow gave us the command to begin. Suddenly every participating patrol in the Sub-Camp got quickly on their foot and started with their campsite development with much urgency.

The whole competition ground seemed to be set on fire and everything was so tensed. We started off just as quickly and it took not long for us to get the momentum. Everything worked out smoothly as we sailed thorough the procedures, everything seemed smooth and I was sure that all the training in school have done us well. Being the first school to get our sleeping tent up, we raised the tempo of the Sub-Camp. The important equipment was than moved swiftly into the tent and placed above the sleeping boards. In no time, the kitchen tent was also erected concurrently and we could very soon start building our gadgets at the allocated positions they were supposed to be at. Within the mist of all this action in our campsite, I raised my head and looked around the Sub-Camp. As I glanced around, I could see some schools struggling to build their tent while some others were busy indulging in arguments, and others working quickly and brilliantly. Suddenly, I could hear faint rumbles coming from the sky, I thought it was my own imagination. However the rumbles became more and more distinct and suddenly rain could be seen falling down onto Sarimbun Campsite. At this point of time, screams could be heard all around, screams of the patrol leader telling everyone to work faster. We were all so glad that we were working comfortably under the kitchen tent, but our luck did not last long. As our campsite was on rather sloping ground, water began to flow from the ground into our kitchen tent and very soon the place became muddy and soggy. Unfortunately, we had to work with such muddy conditions but compared to the others who were still getting their shelter up we should consider ourselves as fortunate.

Very soon the night approached and the sky was getting dark. We were than told to collect rations and eat dinner after which we were told to attend a sing-a-long session. During the sing-a-long session we were taught how to sing several interesting scout songs and I also made several friends from other scout groups. After the singing session we then had PLC which was conducted by the respective Sub-Camp chief. After being briefed about the next day's programme we returned back to our campsite to wash

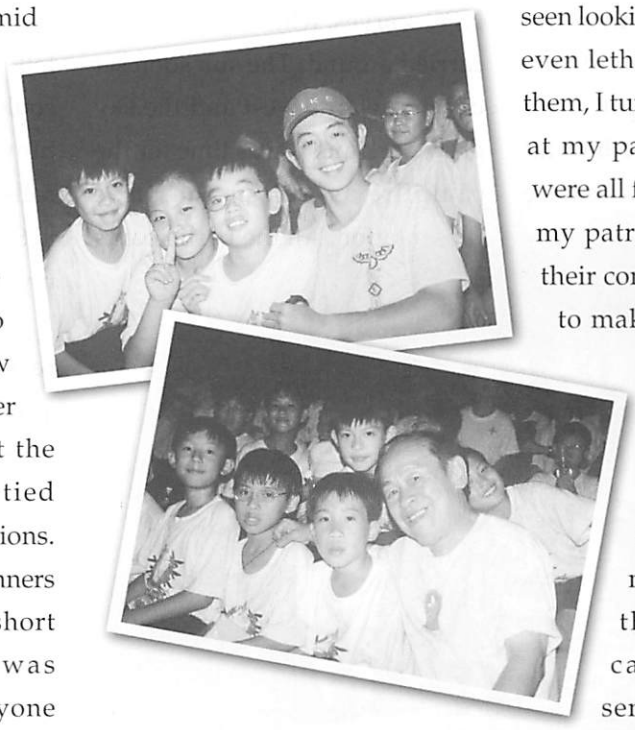


up before we retired to bed. By 1130pm the Sub-Camp was dead quiet except the people on sentry who were busy on patrol.

Rise and shine at 630am as the last batch for sentry that night woke everyone in the Sub-Camp; we put on our socks and shoes and left for the field where we had our morning physical training(PT). The PT was rather a relaxing one, however it did get everyone awake. We were then dismissed and told to get ready for inspection as well as to eat our breakfast. Eugene, our camp cook quickly prepared breakfast while the others were busy laying out our personal belongings for inspection. Still feeling fresh and energetic as it was only the second day, everything was done quickly and we were prepared minutes earlier than we were told to. The judges soon arrived and came to judge the campsite, while everyone was standing in a row outside the campsite in attention. As I glanced to my left to take a look at my patrol members I could see the nervousness in them. I then turned my head slightly to glance at the other schools. While some of the scouts looked pale, others looked sharp and threatening. However we forced ourselves to put up a brave front no matter how nervous we were. After inspection, we assembled in front of the flagpole where we had our flag break. The scouts stood at attention as the flag was raised, I could sense the amount of pride they have in scouting and this air of pride filled the morning atmosphere. Then after, we retired back to our campsite for our campsite development. Back at our campsite we raised our own troop flag and continued to finish some minor gadgets and tightened the knots. All this continued all the way till night where we had another singing session before we retired to our campsite.

The sun soon shone brightly above the Sarimbun skies as we woke up for PT. After inspection and flag break as usual, we then moved our pioneering equipment and wood to the allocated 5 by 5-metre spot on the field. This is it, today we were supposed to have our pioneering project and I was sure that the tower in-charge (IC), Wee Tat, would not have an easy day today. After the command was given, we quickly went to our respective locations to do our respective jobs for the first phrase of construction. Very quickly we raised the two A-Structures which were the foundation of the tower. Although everyone was tired, the seniors tried to keep up the tempo

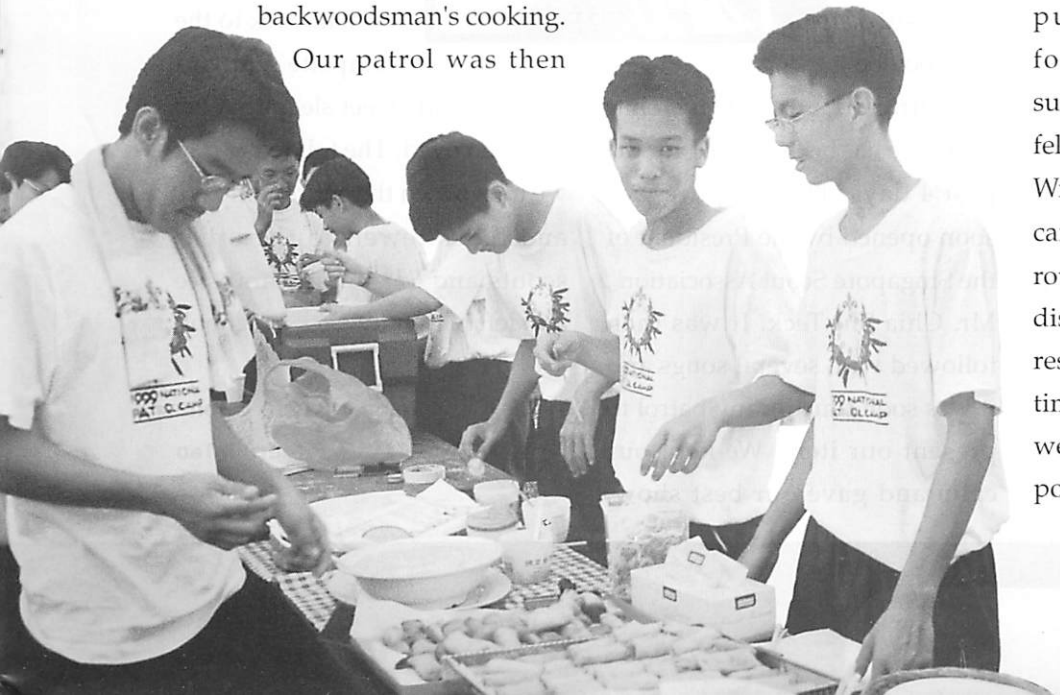
by constant encouragement. Hours flew past us and soon we reached the final phrase of construction, in which was the top pyramid. This phrase of construction is rather taxing as we were supposed to open a pyramid in mid-air and tie the pyramid to the top of the tower with only a few other supporting. Needless to say, we also had to work in a really constrained space. However, we were determined not to give up so easily although the first few tries were unsuccessful. After much effort we finally got the corners or the pyramid tied according to Wee Tat instructions. Cohesively, we put up the banners and decorations and in a short while later the tower was completed. Although everyone was tired, the sight of the completed work somehow consoled us and we thought everything was worthwhile after all. We then left the field tired as we returned back to our campsite to have a water break. By evening we were informed to report for orienteering and backwoodsman's cooking. Our patrol was then separated into three for orienteering while the other five went for backwoodsman's cooking. We then prepared our equipment we needed and left to the arranged place. Although everyone was tired after



the pioneering project, we still tried to put on a smile and give all we got. The orienteering boys were briefed on the competition and left soon without hesitation after the checkpoints were given while the boys joining the backwoods man's cooking rushed to the area where they were supposed to compete. Wishing the entire backwoodsman's cooking boys luck, I left for orienteering.

After 2 hours of gruelling competition we all arrived back to Sarimbun campsite. At this point of time everyone could really be seen looking really tired and some even lethargic. Upon looking at them, I turned around and looked at my patrol inquiring if they were all feeling fine. Fortunately my patrol was still strong and their comforting smiles seemed to make me assured. Then it was the camper's night where everyone in the Sub-Camp enjoyed tremendously singing and making merry. After that, we then returned to our campsite where the seniors prepared for the quiz and first aid competition the following day. We joked throughout while we were studying and was determined to win this battle. The Sec 1s were also busy preparing for inspection in the tent. Feeling so tired we all slept soundly by 1am.

As usual we all woke up punctually at 6.30am the following day, several of us suffered fatigue while some other felt tired even after a night's sleep. Without much delay however we carried on with PT and the usual routine carried out. We were then dispatched to take the quizzes in respective places. At this point of time several results were out and we were leading only by minimal points therefore the competition



was very tense as the other schools were only trailing by a few points and I bet they are determined to lead the table of results. Thus the quizzes and item for the campfire today will play a key role in deciding the winner. With much anxiety in me, I just told my patrol to give it all they got left. At the quizzes, the scouts pit their knowledge against each other and it was really a close fight. We were all very unsure about the results, as everyone was excellent. Suddenly, schools of scouts and cadet scouts filled the Sarimbun campsite, as it was the start of the open house. Being selected to set up a food stall, our patrol got ready the entire foodstuff as well as the stall with the help of our scout leader and very soon we had our very first customers, which sank their teeth into the delicious fried bananas, and maltose syrup we prepared. The whole atmosphere seemed to be filled with a spirit of festivity as the scouts and cadet scouts made their way round Sarimbun visiting the game stalls the participants tend. The scouts and cadet scouts were also invited to participate in several other interesting activities, which kept them smiling and satisfied. Several cadet scouts could also be spotted with their NPC scarves, which they happily carried around. The sun soon set down towards west and the sky grew dark and it was time for the campfire as well as the prize presentation. All the participants were all very anxious and were very excited, as the results will soon be announced. Something that everyone has been waiting for the past 4 days. The campfire was soon opened by the President of the Singapore Scout Association , Mr. Chia Shi Teck. It was then followed with several songs and it was soon time for my patrol to present our item. We kept our calm and gave our best show, which exchanged the laughter and applause from the crowd. Then it was soon time to unveil the results, the outcome that would determine which school shall produce the best patrol in Singapore. My heart started to beat doubly fast as I looked at my fellow patrol members. They too could be seen biting their nails and moving restlessly. Then drum rolls went, "...and the best patrol in Singapore goes to." by this time my heart begin to beat even faster. "...Catholic High School!!!" the result entered my ears like a pleasing tune, which left me ecstatic, roars could be heard as our Group Leader,Mr Andrew Chua went forward to collect the challenge shield. The whole patrol was so happy and we felt that our days of training have finally paid off handsomely. While some of us kissed the challenge shield others were lost for words. We took a long time to regain calmness and after the happy occasion we left, back to the campsite and had an early and sweet sleep that we really enjoyed. The following day we took down the entire campsite and bid farewell to the other scouts and Sarimbun campsite and left jubilantly back to school.

Done

Mervin Teo

Dangerous Bleeding

An average person has up to 6·25 litres (11pt) of circulating blood. The loss of 0·5 litre (1pt) causes mild faintness, 1 litre (2pt) faintness — with an increase in pulse and breathing, 1·5 litre (3pt) collapse. More than 2·24 litre (4pt) may even cause death. **Immediate steps must be taken to stop the flow of blood.** However, once a small haemorrhage has been stopped, blood volume is quickly restored with fluid from the tissues — the resulting slight anaemia is not important. Body fluids must be replaced by giving water, so that the fluid balance is restored.

PRIORITIES

Blood transports life-giving oxygen. When bleeding is coupled with cessation of breathing treat both concurrently. Get the patient breathing AND staunch the bleeding.

Bleeding from veins and capillaries can be stemmed by simple pressure over the bleeding point, with or without a dressing, and minor arterial bleeding may also be controlled with local pressure. Extremity wounds should be elevated above the heart, still applying pressure.

You can use anything to staunch the flow of blood — a hand, handkerchief, blouse — but **use the cleanest material possible and apply it rapidly and firmly.** There is danger of infection from unsterile material but, if a person is bleeding to death, there is no time to worry. Death is more certain from serious bleeding.

Maintain a continuous, firm pressure for 5–10 minutes and you will stop the bleeding. Resist the temptation to lift and look. If blood seeps through the pad place another on top.

Large dressings of absorbent cotton wool (known in the army as shell dressings) are ideal for stopping bleeding. Include them in your medical kit.

Secure with the attached bandage and then with a further crepe bandage which will maintain the steady pressure required.

5a ▸ ARTERIAL BLEEDING

This is the most serious type of bleeding and speed is essential to stop it. Bleeding from an artery comes in powerful, rapid spurts, in time with the pulse. It can be temporarily controlled by compressing an artery where it crosses a bone, against that bone, at pressure points.

Pressure points

These are places where arteries run close to the surface over a bone so that they can be pressed against it, cutting off the flow of blood. Each is effective for arterial blood loss from the area specified. **Watch the wound. If blood flow is not immediately reduced, move fingers until it is.**

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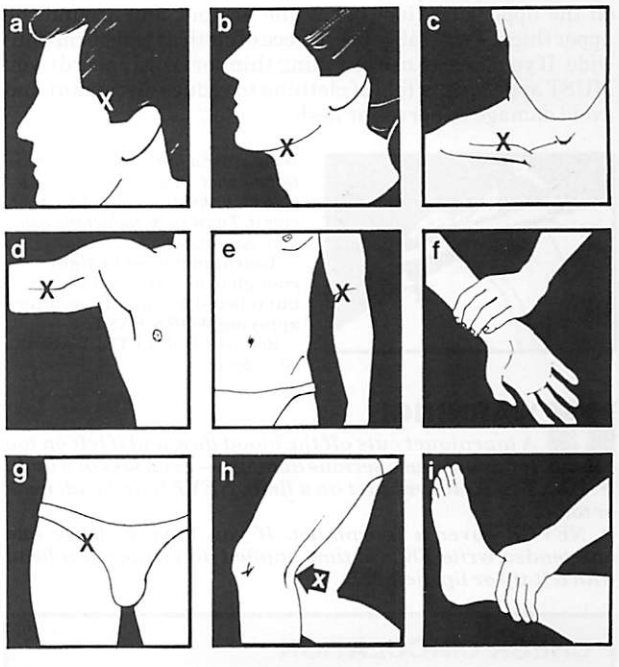


TYING ARTERIES

In the case of major wounds to which a pressure dressing cannot be applied, where access is restricted or a limb partially severed, trace the bleeding artery and tie it off.

This is hazardous for the untrained — arteries often have accompanying nerves and including them in a clip or tie could cause permanent damage, such as loss of function of a limb.

Apply a temporary tourniquet to control the bleeding — but you may have to release spurts of blood to find the artery.

Sterilise a piece of fishing line, thread or fine string by boiling or soaking in alcohol. The contents of a hip flask or a perfume bottle will remove bacteria. **Cleanliness is essential.** Boil all dressings and bandages. Scrub the hands thoroughly in boiled water, using soap if available.

Clean the wound with sterile (boiled) water and gently explore it with a clean finger to locate the severed artery. Tie it securely with the sterilised thread. This is the one time that an open wound is touched.

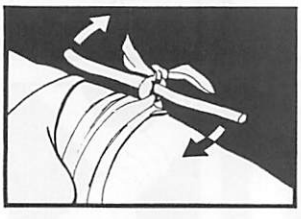
If the artery is completely severed, its ends may retract making them more difficult to locate. If you are sure the bleeding vessel is in a piece of tissue then the whole area can be sewn up, using a large needle.

Cautiously relax the tourniquet as soon as possible to check whether your handiwork has been successful. Make sure there is not more than one major bleeding vessel. If you see more bleeding, immediately tighten the tourniquet and try again. Other smaller vessels will supply sufficient blood to maintain the life of the limb.

Do NOT leave the tourniquet in position.

TOURNIQUETS

There are only two places where a tourniquet may be placed: on the upper arm, just below the armpit, and around the upper thigh. Preferably use a piece of cloth at least 5cm (2in) wide. If you have to use anything thinner (wire or cord), you MUST apply over a fold of clothing to reduce discomfort and avoid damage to nerves or flesh.



Wrap around limb three times and tie half knot. Place stick, or similar object over knot and tie double knot over it. Twist stick, tightening band until bleeding stops.

Tourniquet must be tight enough to arrest blood supply but relaxed frequently, so after applying WORK FAST.

Release COMPLETELY when job is done.

WARNING!

A tourniquet cuts off the blood flow and if left on too long can cause serious damage — even loss of a limb.

► ONLY use a tourniquet on a limb. NEVER on head, neck or torso.

► NEVER cover a tourniquet. If you have to leave one unattended write TK and time applied on victim's forehead with felt-tip or lipstick.

CHECK CIRCULATION

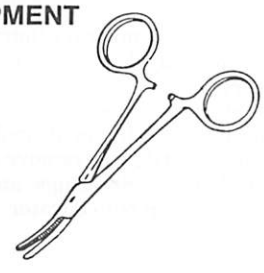
After bandaging a limb, check frequently that neither toes nor fingers are blue, cold or numb. If they are, loosen the dressing. If you do not GANGRENE MAY DEVELOP, perhaps resulting in the loss of a limb.

For the same reason do NOT use a tourniquet (except when tying arteries). First try direct pressure. Then use pressure points, still keeping direct pressure on the wound. If wound is at an extremity keep it elevated at all times.

RECOMMENDED EQUIPMENT

Haemostat

This instrument, like a pair of lockable pliers, can be clamped on a blood vessel, stopping the flow and making it easier to tie off. Haemostats have many applications and are worth including in a medical kit. They are ideal for holding needles while sewing — even tough leather can be stitched. **AVOID clipping nerves.**



5b ► LESSER BLEEDING

Venous bleeding

Bleeding from a vein is not so dramatic as arterial bleeding. The darker venous blood flows more slowly. There is time to select the best available dressing. If blood welling up from a deep wound makes the exact point of haemorrhage difficult to locate, use a large pad and apply pressure over as wide an area as possible. After 10 minutes you will probably be able to secure this pad in place — you can use a tie or strips torn from clothing, the broader the better so that they do not cut into the casualty's flesh.

Capillary bleeding

Capillaries are tiny blood vessels that will stop bleeding by themselves. Do not waste time on capillary bleeding, it is never serious. Deal with essential things first and dress later.

5c ► INTERNAL BLEEDING

This serious condition is common after a violent blow to the body, broken bones, bullet or deep penetration wounds. At first there may be little evidence of internal injury, perhaps only slight bruising under the skin. The patient will feel light-headed, restless and faint, and look pale with the skin cold and clammy to touch and the pulse weak but very fast.

Bleeding into the tissues occurs with all fractures and bruises and a fractured thigh may result in the loss of one or more pints of blood at the fracture site.

SYMPTOMS

Subsequent signs of internal bleeding, which also give an indication of the source of haemorrhaging, include:

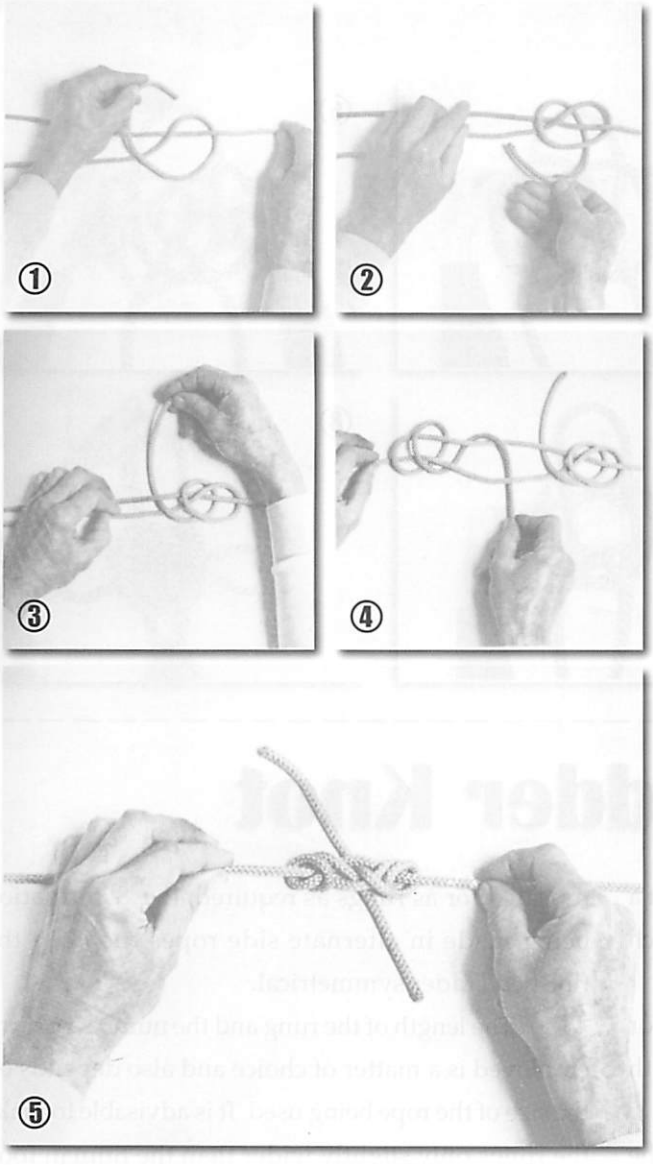
- ► From kidneys or bladder: red or wine colouring to urine
- ► From lower bowel: blood passed with faeces
- ► From upper bowel: partly digested blood gives black tarry appearance to faeces
- ► From stomach: blood vomited. If bright red from fresh bleeding. If like brown coffee grounds, has been in stomach some time
- ► From lungs: coughed up blood, frequently as red froth.

TREATMENT

Lie the patient flat with the legs elevated, making it easier for the heart to pump blood to the head. Keep patient moderately warm but do not overheat — this would result in blood being diverted to the skin. Serious internal bleeding may occur if an organ such as a kidney, liver or spleen has been damaged. The only treatment is nursing care. Hope for early evacuation.

NOSE BLEED

Treat by sitting patient up with head slightly forward and pinch the soft part of the nostrils for five minutes. Encourage patient to breathe through the mouth. They must not sniff. Loosen any tight clothing.



Blood knot

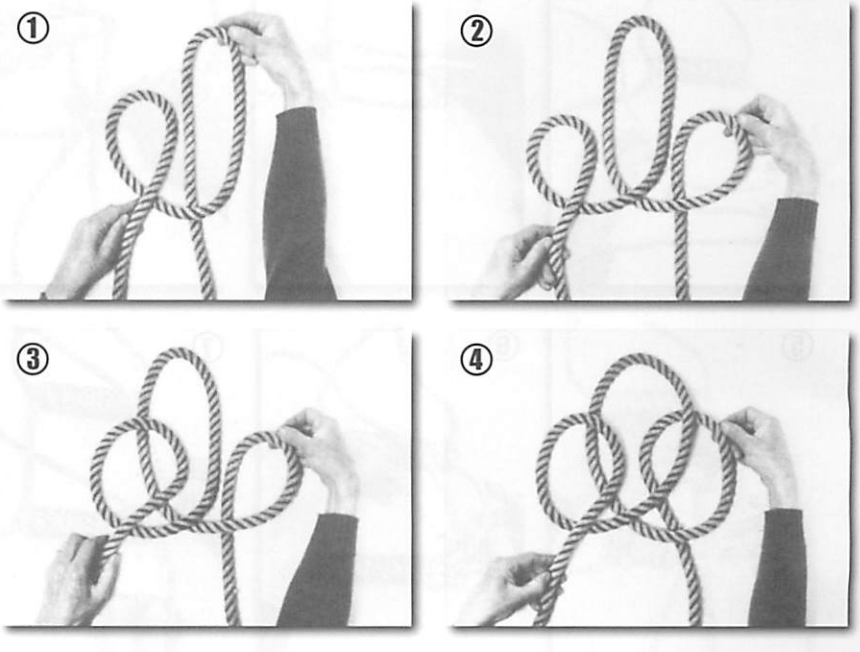
This knot is usually associated with small cordage, particularly if slippery, making it a favourite amongst fishermen for joining nylon lines etc.

Figs 1 to 3 show the right-hand half of the knot, after which the process is repeated with the other end, working in the opposite direction, Figs 4 and 5.

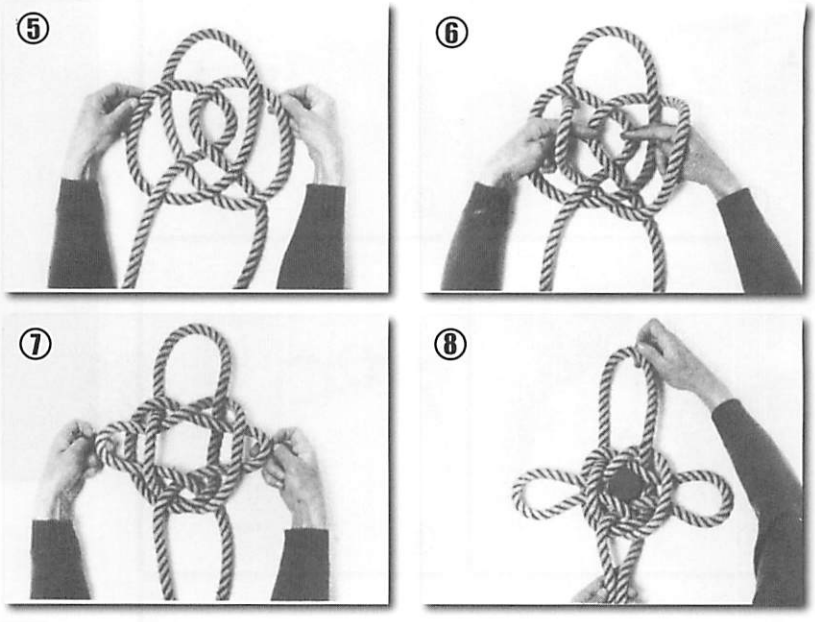
Jury Masthead Knot
(Bottle-Neck Knot)

This knot is used as a temporary measure in the emergency rigging of a jury mast. Otherwise, it may be used as an attachment onto any bottlenecks which makes handling more convenient.

The centre of the knot is placed over the top of the mast and the twin standing parts form the backstay. Forestay and shrouds are made fast to the remaining three bights and the greater the strain set up in the rigging, the tighter the knot will grip the mast.



It is made at the centre of a rope long enough to provide the backstay(s) and it is usually more convenient to make the second bight slightly larger than the first and third bights. Particular attention must be paid to the relative positions of the three bights when they are interwoven, after which the knot becomes automatic.



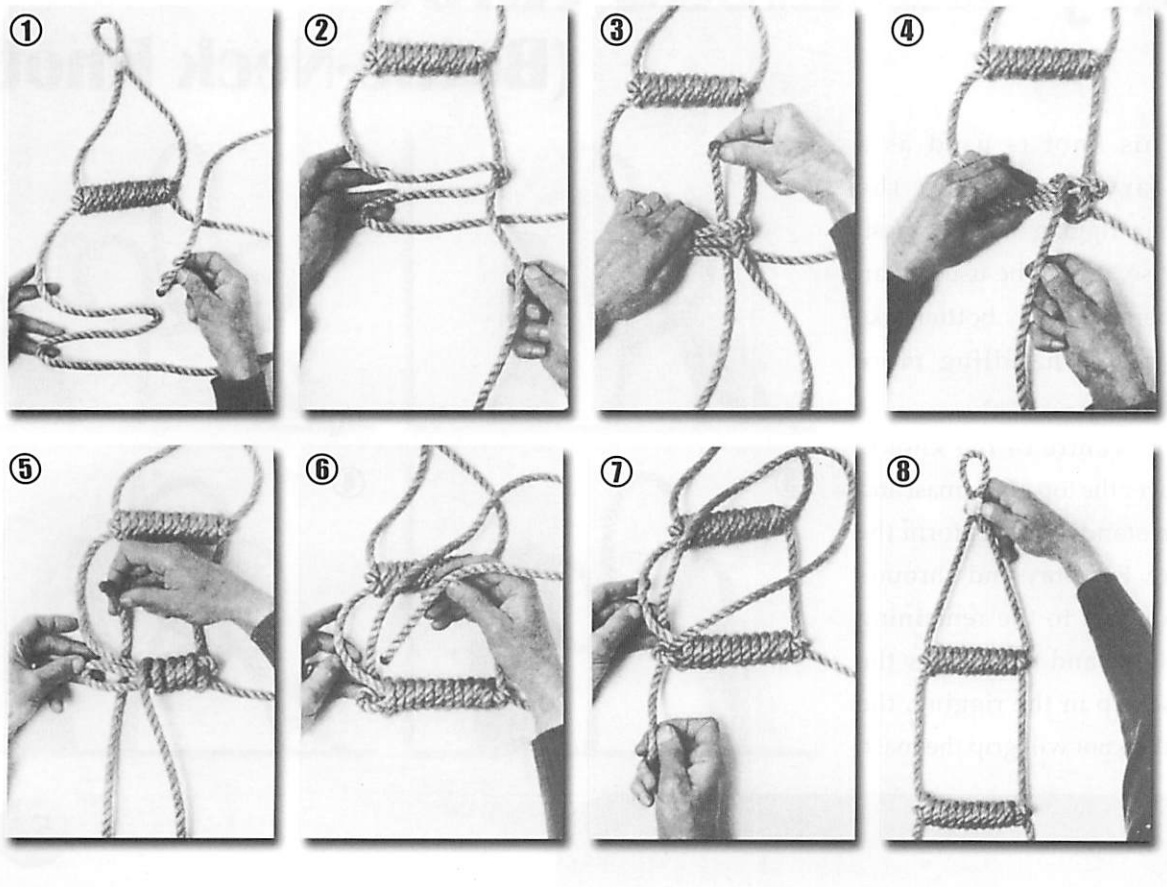
Rope Ladder Knot

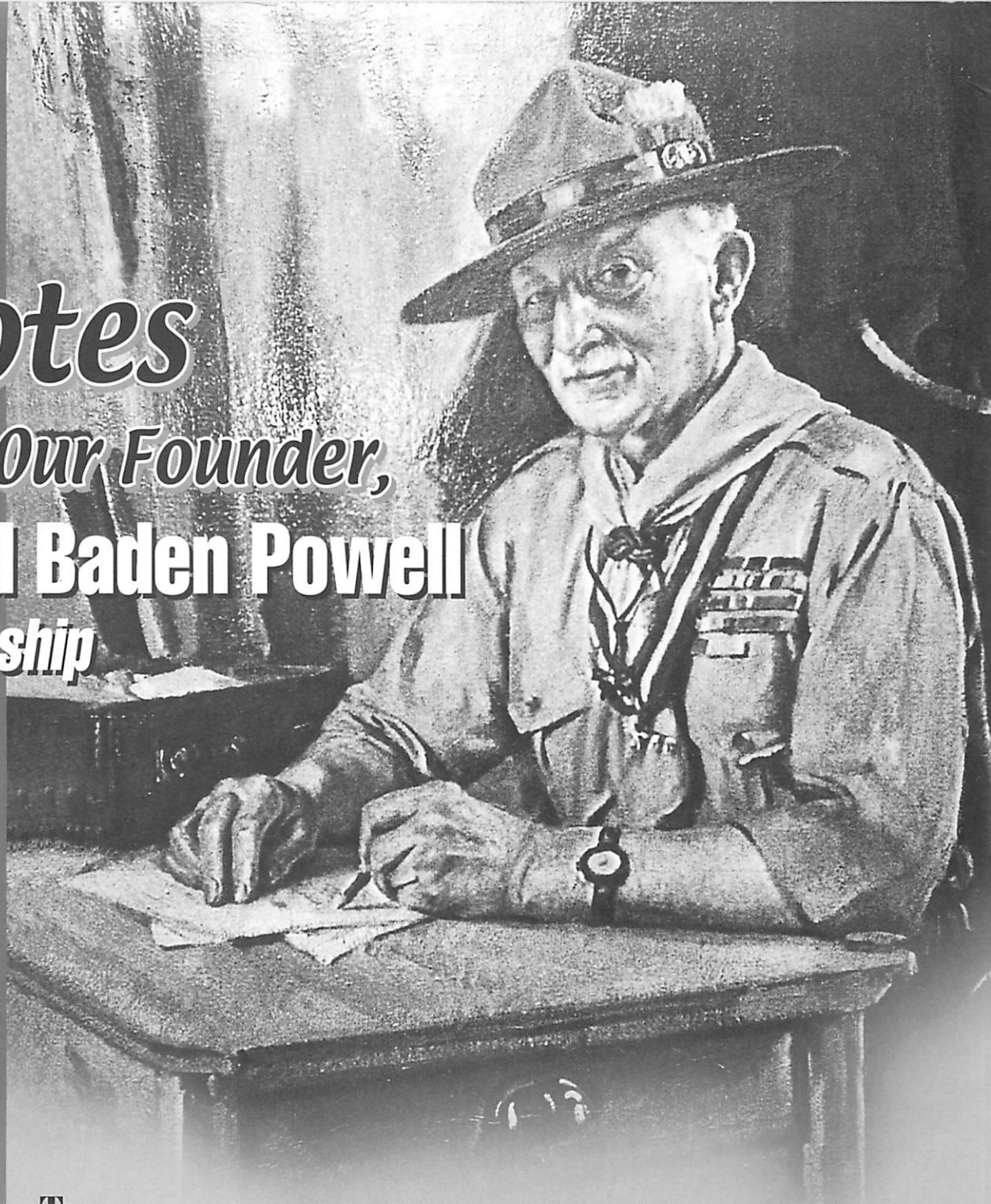
The rope ladder 'knot' is actually the rung of a true rope ladder as distinct from a pilot ladder, which has rope sides, and timber rungs.

It can be made with twin tails at the top for making it fast, or made on the bight of a rope with an eye, seized in position.

The illustrations commence with the top of the ladder and the first rung completed, and proceed to show the formation of the second rung. This is repeated for as rungs as required, the 'S' formation being made in alternate side ropes the keep the finished ladder symmetrical.

The length of the rung and the number of turns employed is a matter of choice and also depends on the size of the rope being used. It is advisable to make the rungs only slightly wider than the human foot. If the ladder is wider than necessary there may be excessive sag in the rungs.





Quotes from Our Founder, Lord Baden Powell

Leadership

The Scoutmaster should insist on discipline, and strict, quick obedience in small details. Let the boys run riot only when you give leave for it - which is a good thing to do every now and then

Your first step is to study the boy himself; to recognize his likes and dislikes, his good qualities and bad, and to direct his training on these.

Boys want variety. Don't be surprised when they get tired of one thing. Be Prepared with the next.

"A smile will carry twice as far as a snarl". A pat on the back is a stronger stimulus than a prick with a pin.

In order to command obedience you have yourself to understand how to obey. It is only by practising your own self-discipline that you will see how to develop it in others.

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