

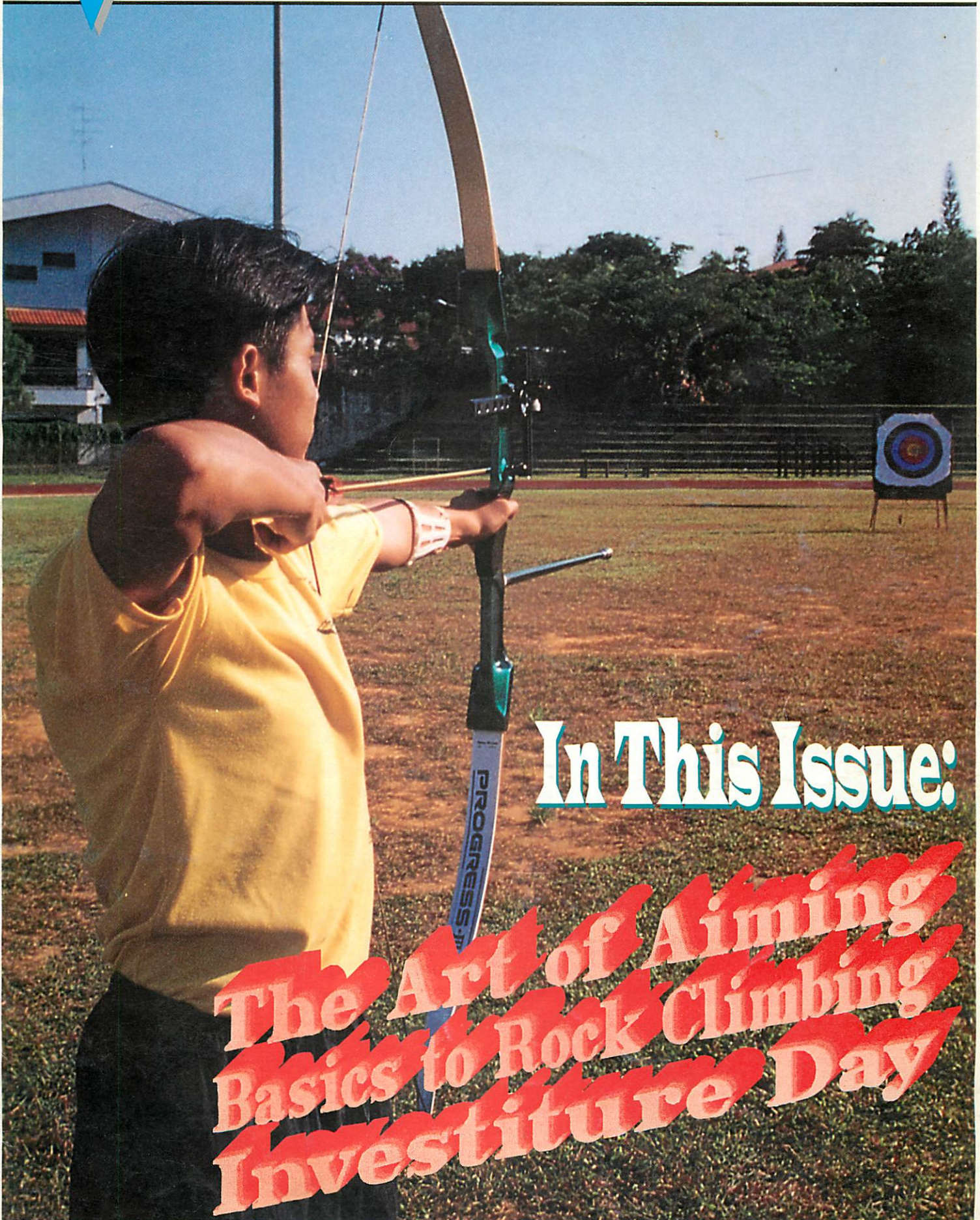


CAMPFIRE 1997

CATHOLIC HIGH SCOUT GROUP

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VOL. 34 APR-JUN 1996



In This Issue:

**The Art of Aiming
Basics to Rock Climbing
Investiture Day**

CONTENTS

| | |
|---------------------------------|----|
| A Page from the Past | 2 |
| Scaling the Heights | 3 |
| Scout Rally | 5 |
| Investiture | 6 |
| The Art of Aiming | 7 |
| Patrol Spirit (Chinese Article) | 9 |
| Off to Work We Go! | 10 |
| Bicycle Expedition | 11 |
| Scouting Experiences in Vietnam | 13 |
| Snippets | 14 |
| Group Photograph | 15 |

EDITOR'S DESK

The Campfire Light is back in this issue loaded with more pages and interesting articles. The month of March marks the start of a series of adventures for the scouts. For our ventures, they took a ride on their bikes to Malaysia's beach resort, Desaru, while the cadet scouts and scouts went off to work for their jobweek.

As for the news-letter team, our job and life was made much easier with the introduction of a new scanner in the scout den. Three cheers for technology! Last but not least, we have restructured the outdoor cooking article to 'Snippets', a collection of useful know-hows and facts.

We hope for your continued support!

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A Page From the Past

On "CAMPFIRE and ITS LIGHT"

Though many of us have heard of the Campfire and Campfire Light, only few know the significance behind these terms.

— By Nat —



Though the "Campfire Light" has been shining since 27th Aug. 1961 many still do not know why it was so named? Fewer still know the significance of the campfire and the philosophy behind this sign of Scouting.

The "campfire" has been the "trade-mark" of Scouting and known to old and young. Whenever we see in the papers or mag about campfires, we are likely to associate it with the Scout Movement.

The campfire is usually held in the evening. Its flames not only drive away darkness of the night, they also warm the circle. During camp, it has been a gathering after a day's hard work, and where relaxation and joy comes into play. With this magic of the fire, the Scouts send away their weariness and worries with the flames and companionship in the Scout family has its full swing. It has always been a spot for refreshment and healthy jokes though it also has its more sober moments. It is up to each and every of us in this Scouting gathering to uphold the prestige and dignity of a real Scout campfire and to take measures to prevent it from degrading into a place for unruliness, ill-discipline, ill-respect and a time for hooliganism.

Similarly, the "Campfire Light" is a torch whereby our brother Scouts are provided with opportunities to write and to be read. Through mutual communication by news, comments, and articles we shall exchange all our views and develop it into an arena of friendship. It is also a mental clinic where textbooks are kept aside and healthy diagnosis provided for the "think-boxes".

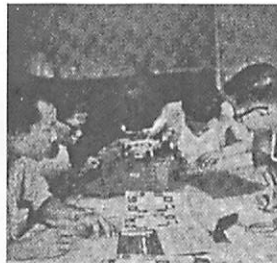
If the campfire is not held during camps, normally parents, well-wishers and friends are invited. It is indeed a rare opportunity to meet these people in our real selves. They may get a good impression of a disciplined youth movement or they may be disgusted with the rowdy atmosphere of a gang of organised delinquents. It entirely depends on the behaviour

of the Scouts present and the ability of the campfire leader.

The Scouting seed was sown on this Brown sea Island of ours fifty-four years ago. Though the Scout population of more than six thousand itself does not indicate the success of the Movement here, it is still a mirror where we see how conscious are our public towards Scouting. If we slacken ourselves in its development in a new nation, and ignore the significance of its role in nation building, we shall one day face displacement by some new yet more organised youth movement.

In Singapore today, Scouting literature are rare, especially those with a local flavour. Though our publication of "Campfire Light" cannot and must not be compared with the Headquarters' Bulletin on the same footing, it also functions as a tool of publicity especially among our classmates and colleagues. They may not have the opportunity to be Scouts themselves, yet they can get an insight of what it is all about.

*Work and forget
the fame!*



The lack of similar tools has made us realised the importance of such a publication, for it is from an understanding of the Movement that the public can support Scouting.

No matter how much we enjoy ourselves at any campfire, we know that the success of such a function does not rest on a few. Though the campfire leader has to handle the situation with tact, the melody of songs and the harmony of rejoice echo the resonance of many hearts. Without co-operation and support, appreciation, no campfire will succeed no matter who the leader may be.

The "Campfire Light" has its editors but it cannot survive without readers. Just as it takes a whole pile of wood to make a nice fire for the occasion the number of brains and hands behind this is also considerable. A few branches isolated only glow and fade away in no time. The "Campfire Light" must also have its "wood" to make it shine long and bright.

Just as we shall depart from this world one day, the campfire will also fade. Let us not be seized with remorse-- as we have felt its warmth and have seen by its light, its energy will never be a waste.

The following page was taken from issue no. 17 of Campfire Light published way back in the 1960s

Scaling the Heights

Rock Climbing

During the December holidays last year, a team of Ventures and Rovers received the opportunity, under the guidance of senior scout leaders and tutelage of external instructors, to try on a new and exciting sport----- rock climbing.

Climbing is physically demanding, and if one lacks the needed strength, some climbs will be too difficult. However, many climbs are possible without an abundance of strength. To some extent, technique can compensate for a lack of strength, while extra strength can sometimes compensate for a deficiency of technique.

To scale rocks, you must have the desire. Rock climbing calls for a commitment of both mind and body, and making the necessary climb requires total concentration and complete confidence. Confidence goes hand in hand with physical conditioning. If hand, arm, or leg strength is insufficient, it does not matter that the mind is willing.



Climbing Techniques

Climbing with the feet

Pay attention to footwork and balance and you'll reduce the need to rely on arm and hand strength. Stand erect over your feet and fight the tendency to lean in and hug the rock. On very steep rock, however, pressing the hips close to the rock can help push body weight directly down onto small footholds.

When possible, keep arms outstretched to avoid hanging on bent arms, which is very tiring. As you raise your feet to the next foothold, try to keep your arms straight, avoiding the tendency to use them to haul yourself from one hold to the next. Legs are much stronger than arms. Let the legs lift the body.

Three-point suspension

You move one hand or foot at a time while the other three limbs remain stationary. Be sure you're in balance over your feet before releasing a handhold to reach for the next one. This is an especially useful approach when the rock may be unsound, because it allows you to balance securely on three holds while testing the next one.

It is useful to keep a low centre of gravity, with weight directly over the feet. Move your centre of gravity over a new foothold before committing weight to it. Only when your body is in balance over the new hold should you transfer weight onto it.

There may be only one or two sound holds and body position will be used to maintain a delicate balance over those holds. For example, a hand or foot may be positioned over a non-existent hold, or hips may be thrust in one direction, to counterbalance other parts of the body.

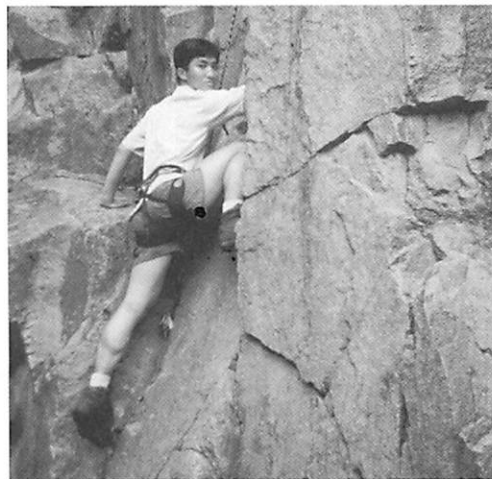
Conserving Energy

Plan a move before trying to execute it. Move smoothly and deliberately, without wasted motion. Strive for fluidity, to conserve both time and energy.

Once you begin to step up on a foothold, transfer all your weight and complete the move. Avoid hanging with bent arms and bent knees in an awkward tiring position while deciding what to do next.

Look for natural resting places such as ledges for secure footholds. If a no hands rest isn't possible, try for a stance that uses as natural a body position as possible and that requires the least amount of upper body strength.

If you must hang on hand holds, the least tiring way is to hang on straight arms rather than bent arms. Do this either by lowering your centre of gravity (bend knees, even squat) or by leaning out, away from the rock. Always maximize the proportion of the weight being supported by the feet rather than the arms. It also helps to hang your arms down and shake them out, allowing a brief rest and return of circulation to stressed muscle.



Conclusion

An equally important component of attitude is an awareness of safety. This includes knowing your limits, and knowing when and how to back off when you don't have the strength or technique for a given route on a given day.



Things you need

Attire

Footwear. You need a pair of training shoes or light walking boots to give you a better grip and protect your feet from sharp edges.

Clothing. Shorts and shirts are all that is needed as they protect you from the weather and does not restrict movement. Knee pads and track suit trousers are also popular and practical.

Protection Gear

Carabiners. The carabiner is a basic tool for connecting parts of the climbing system. A carabiner's reliability in the event of a climber's fall is largely determined by how it is placed and used. The carabiner should allow the rope to run smoothly without twists or kinks. Avoid chaining carabiners which can become unclipped if severely twisted. Use locking carabiners, or two carabiners with gates opposed, if there's a danger of a carabiner being forced open as the result of a fall.

Bolts and Pitons. They are protection devices that are drilled into the rock or pounded into cracks. They sometimes provide protection where there's no place to lodge a chock. A bolt is a permanent piece of protection driven into a hole drilled in the rock. A bolt hanger provides attachment for a carabiner, and a threaded nut is sometimes needed to attach the hanger to the bolt. A piton is a metal spike that is pounded into a crack to provide a point of protection. The blade of the piton is the part driven into the rock; the eye is a point of attachment for the carabiner.

Chocks. Chockcraft- the art of placing and removing chocks- is the preferred technique for protecting climbs. This supports the ethic of clean climbing, besides they are relatively easy to place and remove unlike bolts and pitons, leaving no scars on the rock. Chocks are either wedges or cams which are either passive or spring loaded. Passive wedges and cams are single pieces of metal, without moving parts. Spring loaded wedges and cams are chocks with moving parts that are retracted in order to fit them into a spot, then allowed to open fully again to hold them in that place

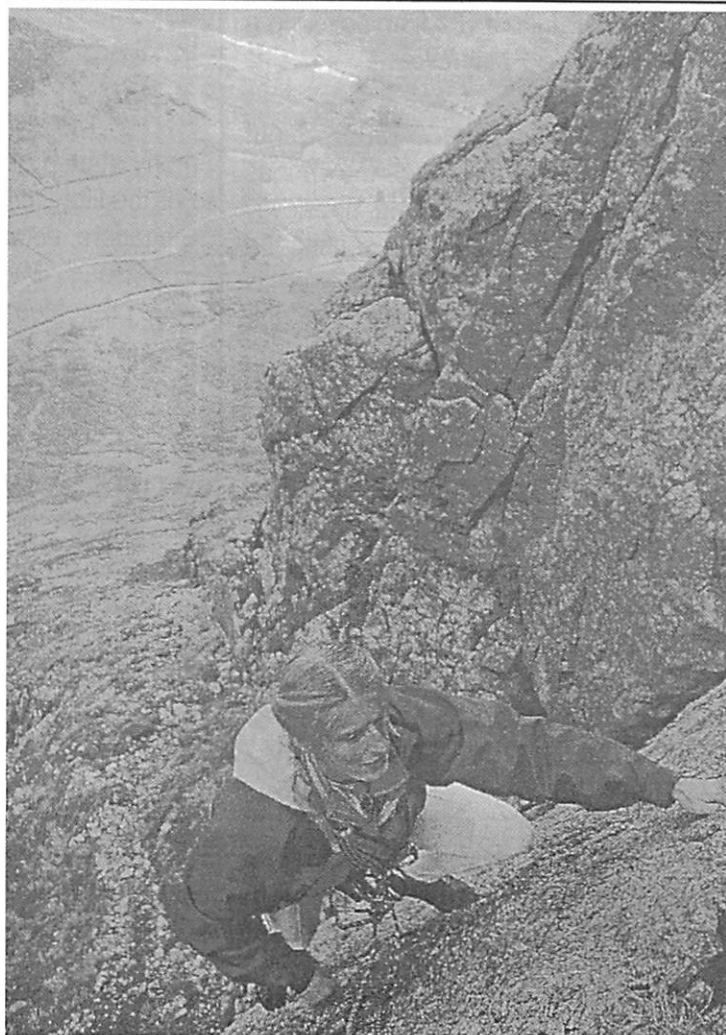
Camming Devices. Active camming devices work only by this action directing any pull on the device outwards against the sides of the crack. If spring loaded so that they are held in position before a load is applied, they have the potential for rapid placement and will work in cracks which do not constrict. Since friction plays a part in their action, the degree to which they can cope with a flare will also depend on the roughness of the rock.

Environmental Impact

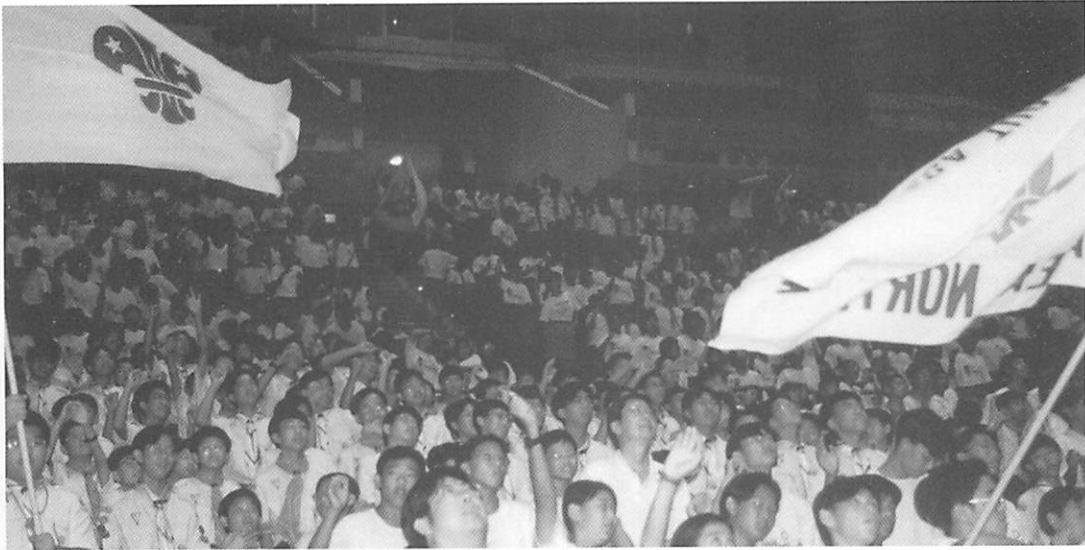
Everything about mountaineering including rock climbing is linked to affection and respect for the environment and consideration for the travellers who come after you. The general rule is: Leave the world the way you found it. Specifically on a rock pitch, this means avoiding permanent scarring of trees, rock, and vegetation. If possible stick to clean climbing, using only chocks for protection.



1. Camelot (Camming Device); 2. Carabiner; 3. Nuts; 4. Flexible Friend (Camming Device); 5. Rigid Friend (Camming Device)



Scout Rally 1996



While most people were still asleep on the Sunday morning of 25th February 1996, 8000 scouts had gathered at four different locations around Singapore. The assembly of scouts started walking towards the Singapore Indoor Stadium covering a distance of 3.5 kilometres.

Indeed the "1996 Scout Rally" aims to encourage the various units to excel in scouting physically as well as spiritually by presenting the Frank Sands award. The award is categorised into three sections- the scout section, the venture scout section and the cadet scout section.

When the ensemble of scouts reached the Indoor Stadium they settled down and got ready for the opening ceremony with the guest-of-honour being none other than Mr. Abdullah Tarmugi, the Minister of Community Development. We welcomed his presence with the traditional Adiji Yell.

The award presentation ceremony started shortly after the cheer. For the first time in scouting history in Singapore, established units like Gan Eng Seng, Maris Stella and ACS were presented with the Frank Sands Award. As for the Catholic High Scout Group, we did extremely well by

clinching the awards in all the three categories. The award is an incentive for us to work harder and boosted our morale by encouraging us to do better with the years.

The rally ended with the singing of a series of scouting hymns and yelling of cheers. Everyone at the Indoor Stadium was very enthusiastic and showed their appreciation by singing the scout songs with much spirit and eagerness. The thunderous volume raised by the cheering of the scouts was truly reflective of the BP spirit. The whole event lasted about two and a half hours.

What is the Frank Sands Award?

The Frank Sands Award is an award introduced by the Singapore Scout Association in recognition of the outstanding achievements of exemplary units. For every working year, the membership, attendance, achievements, testwork, participation and etc of the units are taken into consideration. Units accumulating mean points above a threshold value stipulated will be awarded.

For this year, 32 schools were awarded the prestigious award and the scout headquarters hope that other units will try to live up to the Scouting Spirit and strive towards the award.





~ Investiture Day ~

The Catholic High Scouts investiture day held on the 10th of February this year, was significant in the sense that it is the day when all new recruits are officially welcomed into the unit. It is likewise for the other units such as the Ventures, Rovers and Girl Rovers.

The occasion called for solemnity for once having been invested, the person would be considered a scout for life.

The Rovers and Ventures had to step over a rope placed in the middle of the horseshoe to signify their transition to their respective units. An appraisal of the new ventures-to-be was conducted by the adult leaders and ventures, in the hope that they would be able to learn from their mistakes, thus being more capable of leading by example and furthering the cause of Scouting.



This ceremony reminded us of the importance of self-renewal and that no scout group can last forever unless a continuous flow of new recruits is maintained.

May the Scouting Light flame forever !



Cadet Scout Investiture 1996

The recruits were invested on 7th March. All the cadet scouts assembled at our usual meeting place at the concourse at 1.30pm on Thursday afternoon before we were led to the place where the investiture was held.

The Sixers brought the recruits to line up according to our Six. Soon the investiture began. Our CSL was on course, so the unit requested our GSL, Mr Andrew Chua to conduct the investiture. The recruits were asked by Mr Chua whether they wanted to become cadet scouts and the answer was a definite 'YES!' Then Six by Six, the recruits were required to say the Scout Law in front of the Scout flag. When it came to the Scout Promise, everyone stood at attention and said it together. After that, Mr Chua put on the scarves and caps for the recruits and gave each of them the group badge. They were proud to become cadet scouts of Catholic High School.

The investiture was soon over. The new cadet scouts must surely be very happy on being invested. The sense of pride and joy could be seen on their faces.

*Jeremy Chen
-Orange- Pr5G*



The Art of Aiming

Archery - The Archery Team in CHS scout group



As an introduction , the archery team was set up by the Catholic High Scout Group as an enrichment programme in 1995 . It was established to provide training for some of the scouts , ventures and rovers who are preparing for the “National Shoot Competition” in August this year . The team consist of Dennis Quek (Captain) , See Cheng Wai (Vice-Captain) and Lennon Foo (Trainer) . The team manager is Mr Siau Wei Long .



The Training

Training sessions are usually held on Saturdays and Sundays and sometimes during the weekdays , in order to be fully geared up for the forthcoming competition . Some of them have started training with their own bows. They also attended an instructor course on archery at the Archery Association of Singapore at Goucester Road. The training stint consisted of both theory and practical lessons and lasted for a fortnight. During this period, they were taught the essentials of being a competitive archer. Being archers with great aspirations, they tried to make full use of this opportunity to improve their shooting skills.



The Interclub Competition

31st March 1996 Sunday was the day of the competition, the CHS Scout Troop sent in a team of nine for the competition organised by the Whampoa Archery Club. One of our venture scouts Shawn Lim won a silver medal in the Beginners' Competition section despite the fact that it was his first time competing. (The rest of the team too did well.) Through this competition, they were able to gather hands-on experience to prepare themselves for future competitions.



Future Plans

As a believer of equal treatment for both sexes, our team manager has set up a girls team comprising of CHS Scout Group Girl Rovers whereby they will be trained and sent to represent the group in future archery competitions. We are sure both the rovers and the ventures will be able to scale higher grounds in time to come.



小队精神

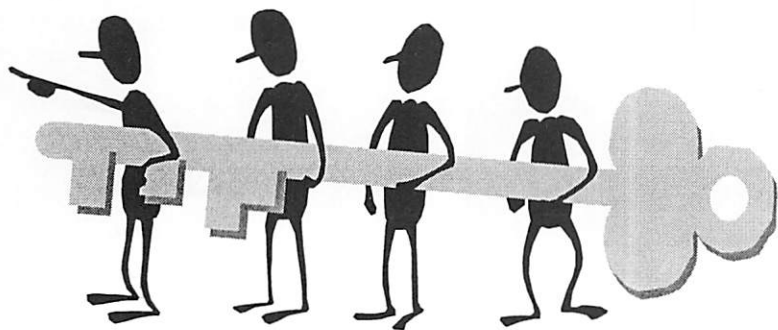
当我被邀请写这一篇关于小队精神的文章时，我的第一感觉是吓了一跳。因为我一直认为小队精神是每一个童军小队所应该拥有和知道的“东西”，所以何必去写它呢？

经过深一层的思考后，我想问每一个当过童军或正在当童军的朋友：什么是小队精神呢？是不是一队人一起坐下来开会，吃饭，讲话，就是小队精神吗？还是一队人一起去露营，野餐，爬山，就是拥有小队精神了呢？还是每年庆祝一次小队生日就表达了小队精神吗？

我想信每个人对小队精神的定义都有自己的看法与意见。基本上，都没有什么人是绝对对或错的。就象世上的任何事，没有任何东西都肯定是黑白分明的。以上所列的例子如一起开会，吃饭到庆祝小队生日等等都只是建立起每个小队队员的精神才能慢慢地培养出来，队员之间才会了解到互相帮忙的重要性。队员服从队长的命令，而队长也赏罚分明。那么，一个小队才会强盛起来。

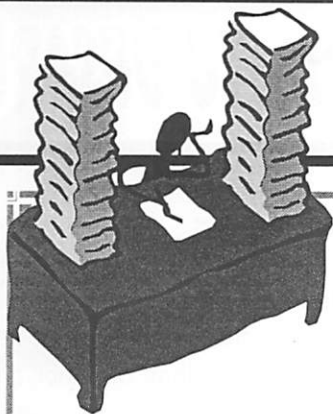
当然，我并不是鼓励每个小队封闭自己，各自为政，只为自己的小队利益着想而不管其他小队的死活。我相信一个有非常好的小队精神的小队不止能使自己强盛起来，他也能感染其他小队，使他们也强盛起来。这是因为大家都知道团结和互相帮助的重要性。

大家也千万别以为只有在当童军时才可以有小队精神，而离开童军后就不须要管什么小队精神了。别忘了一日为童军，终生为童军。我们在童军里学到的知识都是课本里所无法传授的。比如将来我们去别的场合跟不同的人接触或一起工作时，我们就能知道服从上司，听取别人的意见，说些鼓励人们的话，感染别人，让他们都有积极的工作或生活态度等等。这一切都只是从小队精神所分支出的一些待人处事的道理吧了。而我也敢向那些正在当童军的同学们担保，这些都是大家将来都会用到的技巧。所以为了将来使你们更有充分的准备，现在就开始好好把握并培养你们的小队精神吧！



陈金森
88年狼队队长

Off to Work We Go!



1 996 has been a fruitful year for Catholic High Scout Group. This year, we earned about \$30,000 during the Jobweek which exceeded our initial target of \$20,000.

The Jobweek started during the March holiday where thousands of scouts in Singapore sacrificed part of their holidays to work for the Singapore Scout Association. The aim of Jobweek is to help in the character development of the scouts and to teach them the difficulties of having to work. Besides gaining invaluable work experience from Jobweek, the scouts also gain pride in 'earning money' for the Association. No matter how large or small the



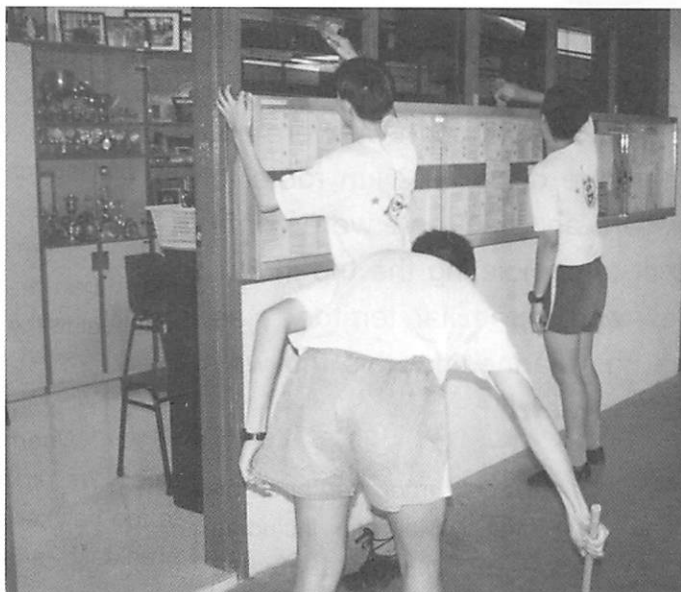
amount, the scouts should feel proud of themselves as they did their best and the Association would very much appreciate their efforts.

The task in Jobweek comprises of household chores like cleaning windows and cabinets, mopping floors, weeding the gardens and watering

plants. The more adventurous scouts ventured to the business district to look for more prospects. Among the jobs undertaken were vacuuming the floor, arranging documents and stapling handouts.

The public's response was warm and they treated the scouts well. Some even offered them drinks and refreshments for their hard work. One kind soul even offered our scouts lunch-money! We would really like to thank them for their kindness.

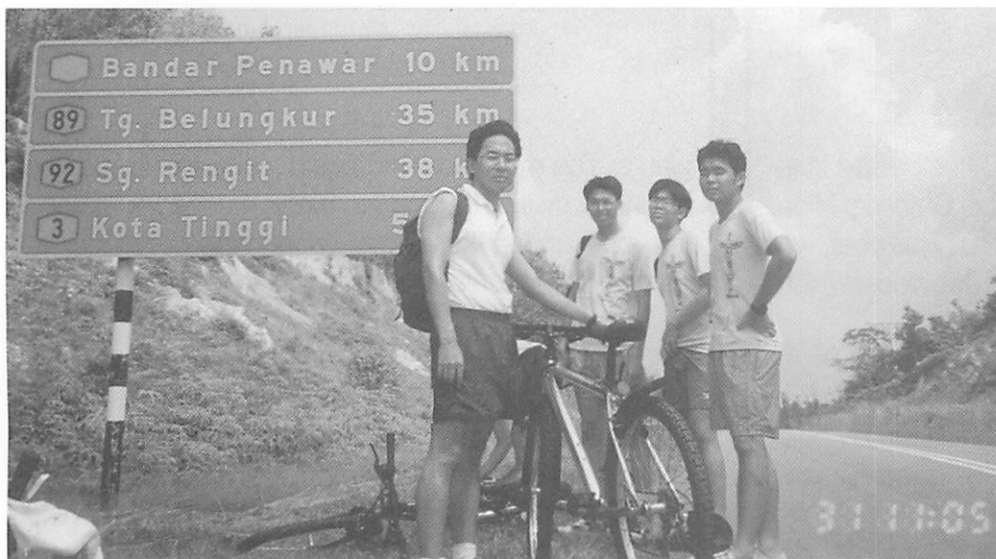
The scouts were told not to take donations or beg for money as earning large amounts of money is not the main focus. Instead, they should accept the money given regardless of its amount. After all, it is the



experience and the scouting value that counts.

The large earnings this year reflected the public's support towards scouting and this will definitely encouraged us to work harder next year.

CATHOLIC HIGH VENTURES BICYCLE EXPEDITION- TO DESARU



On the 31st March, the Catholic High Venture unit embarked on a journey to Desaru, situated on the eastern coast of Johor, by bicycle. Even though we were not very sure of the 112 km route to Desaru and back, we were confident of completing the trip in this new and unfamiliar territory, as we had planned for this trip way back in March.

As our Scout troop had been on many hiking trips to Malaysia, including a trek up Mount Ophir in 1993, the Venture Unit decided it was time to try something "new". We therefore decided to plan a bicycle expedition to the Malaysian Peninsular.

On the 30th of March, we gathered at Catholic High School at around 3 pm and checked the bicycles we were using with the help of our Venture Scout Leader. He, together with another Rover Scout, was our expedition leaders. After purchasing all the necessary

foodstuff, we went out for dinner at the nearby hawker centre. The atmosphere was jovial as we joked and laughed while filling our stomachs. We headed back to our den in Catholic High School and waited for our transportation to Changi Jetty. We entertained ourselves by playing carom, and chit-chatting. Finally our transportation arrived at around 9 pm and the ride took not more than an hour. We settled down just beside the jetty, resting and snacking.

When we awoke from our sleep, we proceeded with our bicycles to the hawker centre where we had our breakfast, a simple meal of noodles.

After clearing the customs, we boarded a boat to Pengarang, a small town in the east of Johor. As the boat cruised along the sea, we could see the scenic surroundings of Johor and the bustling city of Singapore. Many ships arriving from all over the world were sailing towards the ever busy port of Singapore. At around 8 am we arrived at the south eastern tip of Johor where we were finally ready to embark on our journey to Desaru. To our surprise, the roads in south-eastern Johor were very bicycle-friendly, with generally flat terrain and few vehicles. We paced ourselves well and arrived at a town called Pengarang, a replica of how Singapore looked like in the pre-war years. After this, we proceeded on our grueling journey towards Desaru, with a few hiccups such as the running low of water and muscle cramps. However we overcame the problems and courageously urged forward towards our destination. After approximately 3 and a half hours of travelling, we finally arrived at Desaru.

Desaru definitely lived up to its reputation as the tourist's ideal beach. It stretches up to a few kilometres with cool, crystal clear water and fine sand. We had our lunch by the beach — a bowl of Mee Goreng and



an icy cool ice-kacang. We had an enjoyable half an hour before deciding to go back to the jetty at Pengarang. Our return journey was more relaxed as we were more certain of the route and its distance. We rode at a comfortable pace and the weather was much cooler. It rained a little but luckily there was no downpour. It was our first time cycling in Malaysia and we enjoyed every minute of it. The beautiful coastal scenes, neat rows of oil palms and the smell of the kampong left a lasting impression on all of us. Although we travelled at a relaxing pace, we managed to arrive at the jetty within 3 hours. However to our dismay, there was a long waiting queue. We waited in vain, as the tickets were all sold out. Saving us from the disappointment, we managed to find accommodation at a nearby town. Although it was no five-star hotel, it was a shelter under millions of stars! Time was spent playing cards and boasting about how we managed to complete the journey.

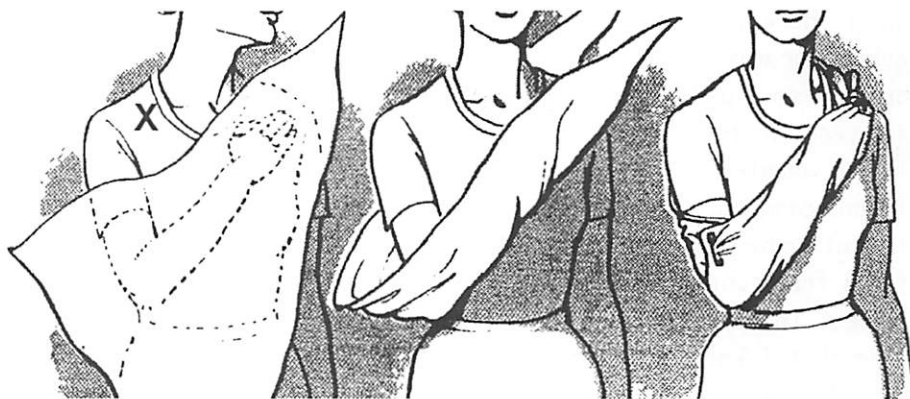
We woke up early the next morning, and made our way to the jetty, so as to make sure we were the first to get there. We finally boarded a bumboat and headed back to Singapore.

Now, weeks after the expedition, memories of having accomplished cycling an average of 16 km an hour to Desaru still linger in all of us. We are now very confident of organizing another trip, this time maybe with our girl rovers to Desaru, next year. Even though it was very tiring and most of us suffered from muscle-cramps, we still managed to endure and courageously faced all difficulties. The pride that came from this experience would always remain in our memory and would always be a highlight of our Venturing years.



Simple First Aid

The Tubular Sling



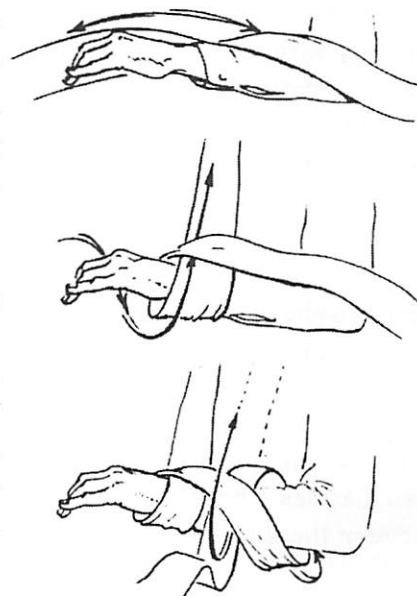
The tubular sling is used to support the hand and forearm in a well-elevated position and to transfer the weight of the upper limb from one side to the other. It is used in cases of wounds of the hand and for injuries to the **shoulder and collarbone**.

The part marked 'X' will be the injured side. Follow the diagram to make the sling.

Collar and Cuff Sling

The collar and cuff sling is formed from two parts; a cuff around the wrist and the collar around the person's neck. It is utilised to support the arm when it is injured in the **elbow or shoulder**.

If additional length is needed to allow the arm to remain extended, tie the end of another narrow triangular bandage to one end of the first. Bring it around the casualty's neck and tie off the other two ends so that the arm is positioned at the desired level.



Scouting Experiences in Vietnam

The war also took a personal toll in my life. My very first cub-master was blown up in his Jeep from an ambush. I went to his funeral without seeing his face since there were nothing left to see. The second cubmaster was killed and left behind his pregnant wife and two small girls. The third cubmaster spent almost ten years in the re-education camps. My first patrol leader volunteered for Airborne division at the age of 17, and came back in a light casket. His mother told me that after he was killed in the DMZ area, he had to wait for a few months for transport of his body back home... There were so many Vietnamese scouts in my area that I know never made it to their 18th year birthday. Frankly, without scouting, it would be very hard for me to find solace for those senseless killings. Looking back, I admired all of my scout leaders. They were true men (unfortunately, I never had any female leaders, even at cub age) of their word, who lived up to scout promises and scout laws. At times, they weighed their lives light as a feather, but sometimes, as heavy as the biggest mountain in the north. At that time, deserting from the Army was rampant, but I rarely saw or heard of scouts who were deserters.

Even in that bloody environment I had a blast when I was in scouting. I had so many opportunities to learn about myself and about other people. Nowhere else in life have I found such deep and emotional relationships. It was not unusual that my whole patrol attended Christmas mass with one Catholic member, although 6 out of 7 members were Buddhists. My favorite patrol member was a Chinese who came to the scout meeting with Chinese goodies from his father. Many times my patrol went camping near the National Military Academy so that at night times, we could look at the sky, watching the yellow flares in search of communist intruders. During teenage, I traveled up and down the coast of Vietnam, hitch-hiking with two other scouts to the Delta areas. We spent two days in a notorious and scary Cambodia village near the border of Vietnam, and had a chance to observe how people were trafficking at the border. A few times, my troop went camping out of town by trekking to the military airstrip. We got in there because we knew the soldiers at the entry post well. Besides I heard that the American Senior Military Advisor there was also a former eagle scout. We waited

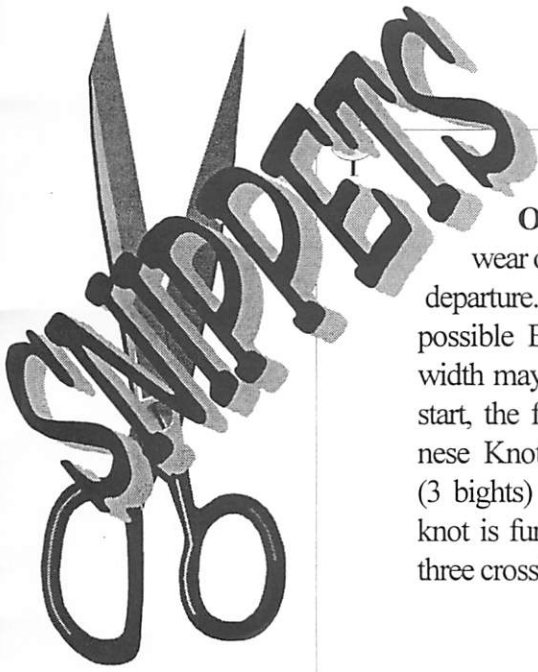
for the next empty cargo plane, asked the pilot where was his next stop, then asked for a ride. Many times we had to camp at a dirt spot nearby. It was adventurous and a lot of fun, but a lot of disappointment too.

During the Spring offensive of 1972, I went to the national jamboree with more than 10,000 scouts camping in one of the hotspots near Saigon. The GI Star and Stripes newspaper called it the "Warboree". Every night, there were skirmishes between two ranger battalions and the local communists from the neighbourhood village. (It was possible that some of the local boys also participated in the Jamboree). The opening night was festooned with "Fire Dragons" tracers, shot from C-47 aircraft circulating ahead. Laying their backs on a green grass field, the scouts tried to decipher beautiful colors from different flares, or 'puff puff' noise from different types of gunship helicopters. Unforgettable experiences!!

The Boy Scouts of Vietnam Association, ceased officially to exist as a member of the World Scout Bureau when the communists took over the South in 1975, but thousands of Vietnamese still join scout organizations in the country they resided in. Many scout units were formed in the refugee camps in Philippines, Malaysia, Singapore, Thailand and Hong Kong. I believe that in France, there is an official Vietnamese Scout Association operating under the Scout Federation of France. It is estimated that there are more than 3000 Vietnamese scouts in Vietnamese scout units world-wide.

In 1990 we had the Third International Vietnamese Jamboree in Cutter Camp, Boulder Creek, California, with more than 700 Vietnamese scouts from 6 countries. The event was also to commemorate the 60th anniversary of the Boy Scout of Vietnam.

In the next issue, we will introduce scouting in an ex-communist European state.



Recipe

Rice tomatoes

You will need:

- One large tomato per person
- One cupful of rice per person
- Seasoning as required

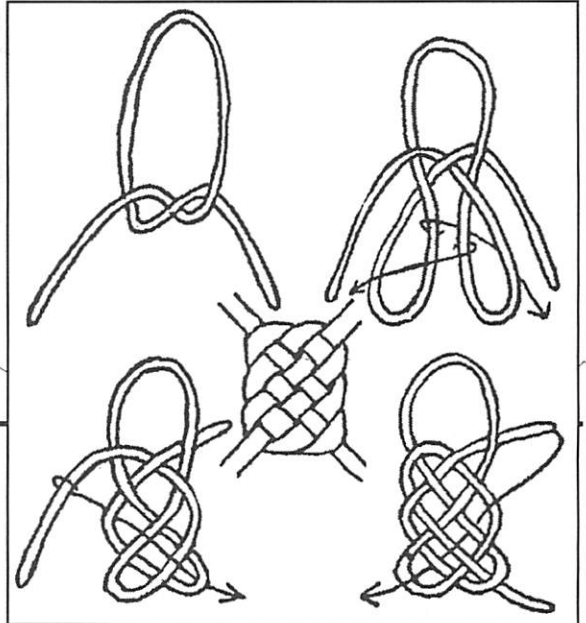
Method:

- Cut the top off the tomato and remove as much of the flesh as possible
- Cook the rice and mix it with the flesh of the tomato, adding seasoning to taste. Fill tomato shells.
- Replace the top of the tomatoes, wrap in a double-layer of foil and cook in hot embers for five to ten minutes.



Knots

Ocean Plat is the name given to a two-strand lanyard knot which you can wear over your neck to complement your scout uniform. A half-knot is its point of departure. With these two starts, every possible Basket Weave Knot of this width may be tied. With this particular start, the first prolongation is the Chinese Knot, which has four crossings (3 bights) to each side. Each time the knot is further platted three bights and three crossings are added to each side.



Do you Know?

Here are the scouting figures worldwide from WOSM (World Organization of the Scouting Movement):-

| | |
|---------------------------|-----------|
| FAR EAST: | 7,000,000 |
| NORTH AMERICA: | 4,200,000 |
| EUROPE: | 2,000,000 |
| AFRICA: | 500,000 |
| MIDDLE EAST: | 500,000 |
| SOUTH AMERICA: | 300,000 |
| AUSTRALIA/OCEANIA: | 200,000 |

GRAND TOTAL
14,700,000

14 Million and 7 Hundred Thousand

公教中學

童軍團

