



# ẤU ĐOÀN CHI LĂNG TROOP # 279 / 1279 CHƯƠNG TRÌNH SHANTI

Tên: \_\_\_\_\_ Đàn \_\_\_\_\_  
Ngày bắt đầu: \_\_\_\_\_ Ngày hoàn tất: \_\_\_\_\_

## Sói Già:

1. Thuộc “*Pledge of Allegiance*”  
Recite Pledge of Allegiance
2. Hiểu và thực hành điều luật  
*Understand and memorize the Scout Laws and Oath*
3. Hiểu và thực hành châm ngôn  
*Understand and memorize the Scout Motto*
4. Hiểu và thực hành khẩu hiệu  
*Understand and memorize the Scout Slogan*
5. Hiểu và thực dấu hiệu HD, ý nghĩa và cách bắt tay và chào HD  
*Understand the Scout Sign, Salute and Handshake*
6. HDS có thể cho biết 5 điểm chính của HD sẽ giúp cho mình.  
*Give 5 contributions of scouting to a Scout*
7. Biết ý nghĩa hoa bách hợp  
*Understand the Girl Scout Tree-Foil*
8. Hiểu và thực luật sống ngoài trời  
*Understand the Outdoor Code*
9. Có còi, áo mưa, đèn pin, band-aids trong túi  
& và biết “*adopt a tree*” khi lạc trong rừng.  
*Carry a whistle, light rain coat, small flash light,  
Band-aids in pockets & “adopt a tree” when lost in the wood.*
10. Biết khi nào dùng dấu hiệu lâm & phương pháp 3 người  
*Understand the distress signals and buddy system*

Biết làm nút  
Square knots  
Figure 8 knots

11. \_\_\_\_\_

Biết và thực các tiếng morse code  
*Memorize morse code*

12. \_\_\_\_\_

Thuộc và hát đúng 5 bài ca  
*Know the following songs:*

Quốc Ca Việt Nam  
Thiếu Sinh Ca  
Đôi Tay Trên Vai  
Hôm Nay Ngày Vui Thú

13. \_\_\_\_\_

Do a two minute speech on:

Chi Lang  
Tết

14. \_\_\_\_\_

Go camping and do the following:

Sleep in own tent  
Buy, prepare, and cook one meal

15. \_\_\_\_\_

Help another scout the following:

A new song  
A new knot  
The Scout Motto, Law, or Promise

16. \_\_\_\_\_

Have a leadership position.

17. \_\_\_\_\_

Participate in Color Guard Flag Ceremony

18. \_\_\_\_\_

**Recite the “Pledge of Allegiance” from memory:**

*“I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all”.*

**Understand and memorize the Scout Laws in Vietnamese**

**Luật Hướng Đạo Việt Nam**

1. Hướng Đạo Sinh **trọng danh dự**. A scout is **trustworthy**.

*A scout tells the truth. He or she keeps his or her promises. People can depend on him or her.*

2. Hướng Đạo Sinh **trung tín**. A Scout is **loyal**.

*A scout is true and loyal to his or her family, friends, scout leaders, school, and nation.*

3. Hướng Đạo Sinh **Giúp ích**. A scout is **helpful**.

*A scout cares about other people. He or she willingly to volunteer to help others without expecting payment or reward.*

4. Hướng Đạo Sinh là **bạn** của mọi người. A scout is **friendly**.

*A scout is a friend to all. He or she is a brother or sister to other scouts. He or she offers his or her friendship to people of all races and backgrounds, and respects them even if their beliefs and customs are different from his or her own.*

5. Hướng Đạo Sinh **lễ độ và liêm khiết**. A scout is **courteous and honest**.

*A scout is polite to everyone regardless of age or position. He or she knows that using good manners makes it easier for people to get along. A scout can face danger although he or she is afraid. He or she has the courage to stand for what he or she thinks is right even if others laugh at or threaten him or her.*

6. Hướng Đạo Sinh **thương yêu**. A scout is **kind**.

*A scout knows there is strength in being gentle/kind. He or she treats all things, living and not, as he or she would like to be treated. He or she protects and conserves natural resources. Without good reason, he or she does not harm or kill any things in nature.*

7. Hướng Đạo Sinh **van lòi cha mẹ**. A scout is **obedient**.

*A scout follows the rules of his or her family, school, and troop. He or she obeys the laws of his or her community and country. If he thinks these rules and laws are unfair, he or she tries to have them changed in an orderly manner rather than disobeying them.*

8. Hướng Đạo Sinh **vui tươi**. Scout is **cheerful**.

*A scout looks for the bright side of life. He or she cheerfully performs tasks that come his or her way. He or she tries to make others happy.*

9. Hướng Đạo Sinh **cần kiệm**. Scout is **thrifty**.

*A scout works to pay his or her own way and to help others. He or she saves for the future. He or she carefully uses time and property. He or she does not acquire money, gain, or advantage in dishonest, unfair, or illegal means, especially through the abuse of his or her position or influence.*

10. Hướng Đạo Sinh **trong sạch**. Scout is **clean**.

*A scout keeps his or her body and mind fit and clean. He or she chooses the company of those who live by high moral standards. He or she helps to keep his or her home and community clean.*

**Scout Law of GSUSA**

*I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.*

**Scout Motto:**           **“Be Prepared”**

*Someone once asked Baden-Powell, the founder of Scouting, "Be prepared for what?" "Why," said Baden-Powell, "for any old thing." The Scout Motto means that you are always ready in mind and body to do your duty and to face danger, if necessary, to help others.*

*The more Scouting skills you have, the better able you are to live up to the motto. When someone has an accident, you are prepared because of your first aid training. Because of lifesaving instruction, you can save a child who has fallen into the water. If a building catches fire, you are ready to help because you have practiced what to do. Proper training prepares you to do your best in the face of an emergency.*

*But Baden-Powell was not thinking just of being prepared for accidents. His idea was that every Scout should prepare himself to become a useful citizen and to give happiness to other people. He wanted each Scout to be prepared to work for all the good things that life has to offer and to face with a strong heart whatever may lay ahead.*

*Be prepared for life - to live happily and without regret, knowing that you have done your best. That's what the Scout Motto means.*

**Scout Slogan: "Do a Good Turn daily."**

*One day in 1909 in London, England, an American visitor, William D. Boyce, lost his way in a dense fog. He stopped under a street lamp and tried to figure out where he was. A boy approached him and asked if he could help.*

*"You certainly can," said Boyce. He told the boy that he wanted to find a certain business office in the center of the city.*

*"I'll take you there," said the boy.*

*When they got to the destination, Mr. Boyce reached into his pocket for a tip. But the boy stopped him. "No thank you, sir. I am a Scout. I won't take anything for helping."*

*"A Scout? And what might that be?" asked Boyce. The boy told the American about himself and about his brother scouts. Boyce became very interested. After finishing his errand, he had the boy take him to the British Scouting office.*

*At the office, Boyce met Lord Robert Baden-Powell, the famous British general who had founded the Scouting movement in Great Britain. Boyce was so impressed with what he learned that he decided to bring Scouting home with him.*

*On February 8, 1910, Boyce and a group of outstanding leaders founded the Boy Scouts of America. From that day forth, Scouts have celebrated February 8th as the birthday of Scouting in the United States.*

*What happened to the boy who helped Mr. Boyce find his way in the fog? No one knows. He had neither asked for money nor given his name, but he will never be forgotten. His Good Turn helped bring the scouting movement to our country.*

*In the British Scout Training Center at Gilwell Park, England, Scouts from the United States erected a statue of an American Buffalo in honor of this unknown scout. One Good Turn to one man became a Good Turn to millions of American Boys. Such is the power of a Good Turn.*

*Hence The Scout Slogan: **DO A GOOD TURN DAILY***

## Understand the Scout Sign, Salute and Handshake



### **Scout Sign**

The Scout sign shows that you are a Scout. Give it each time you recite the Scout Oath and Law. When a Scout raises the Scout sign, all Scouts should make the sign, too, and come to silent attention.

To give the Scout sign, cover the nail of the little finger of your right hand with your right thumb, then raise your right arm bent in a 90-degree angle, and hold the three middle fingers of your hand upward. Those fingers stand for the three parts of the Scout Oath. Your thumb and little finger touch to represent the bond that unites Scouts throughout the world.

For the Vietnamese scout, the right thumb over the little finger is to remind us to protect the weak.

### **Salute**

The Scout salute shows respect. Use it to salute the flag of the United States of America. You may also salute a Scout leader or another scout.

Give the Scout salute by forming the Scout sign with your right hand and then bringing that hand upward until your forefinger touches the brim of your hat or the arch of your right eyebrow. The palm of your hand should not show.

### **Handshake**

The Scout handshake is made with the hand nearest the heart and is offered as a token of friendship. Extend your left hand to another Scout and firmly grasp his left hand. The fingers do not interlock.

## Give 5 contributions of scouting to a Scout

Scouting promises you the great outdoors. As a Scout, you can learn how to camp and hike without leaving a trace and how to take care of the land. You'll study wildlife up close and learn about nature all around you. There are plenty of skills for you to master, and you can teach others what you have learned. Everyone helping everyone else--that's part of Scouting, too.

Scouting promises you friendship. Members of the troop you join might be boys you already know, and you will meet many other Scouts along the way. Some could become lifelong friends.

Scouting promises you opportunities to work toward the Eagle Scout rank or Gold Award. You will set goals for yourself and then follow clear routes to achieve them.

Scouting promises you tools to help you make the most of your family, your community, and your nation. The good deeds you perform every day will improve the lives of those around you. You will be prepared to help others in times of need.

Scouting promises you experiences and duties that will help you mature into a strong, wise individual. The Scout Oath and the Scout Law can guide you while you are a Scout and throughout your life.

## **Girl Scout Tree-foil**

*Trefoil or three-leaf clover is the symbol of Girl Scouts. It symbolizes scout is always reverent and follows the scout promises. The two stand for truth and knowledge.*



*that a stars*

**Outdoor Code:** “As an American, I will do my best to be clean in my outdoor manners; be careful with fire; be considerate in the outdoors; and be conservation-minded.”

I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways. I will prevent wildfires. I will build my fires only where they are appropriate. When I have finished using a fire, I will make sure it is cold-out. I will leave a clean fire ring, or remove all evidence of my fire. I will treat public and private property with respect. I will use low-impact methods of hiking and camping. I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

## Living Outdoor

Carry a whistle, light rain coat, small flash light, band-aids in pockets & “adopt a tree” when lost in the wood.

When you are lost in the wood, you must be calm, remain at one place (under a large tree) and keep your body warm. The search team will find you.

Always carry a clean trash bag (or light rain coat), band-aids, small flash light and whistle in your pocket for picnics, hiking or camping.

Always tell a leader where you are going, whenever you are leaving your group and always follow the 3 buddy system.

If lost, find a big tree, "hug-a- tree" and stay put. Remain calm.

Keep warm and dry by putting a trash bag over your body. Make a hole on the side of trash bag for your face.

Blow the whistle every few minutes so the search team can find you. Use your flash light as needed to see the surroundings at night but stay put.

### **Distress Signal**

If you are completely lost, stay put and wait for rescuers to find you. It would be easier for the rescuers to find you if you have a visible signal. Use distress signals to attract attention:

Fly a brightly colored flag, sleeping bag, or blanket from a tree

Use the universal signal, which is any kind of signal repeated 3 times: Three shouts, three blasts of a whistle, three gunshots, three columns of smoke.

Sweep the horizon with a mirror or a bright can lid. Airplanes may see the flash of reflected sunlight, even if the day is a little hazy.

S-O-S with Morse code, flag, shirt signal, lantern, mirror, bugle, whistle or radio.

Set up ground signal below. Make it in an open area near camp. Tramp out the following shapes in snow sand, line up rocks or use parts of tents, ground cloths, and clothing. Once in place, this signal will work even if you are asleep or ill. Remove all trace of your signals when you no longer need them.

**V** requires assistance      **X** requires medical assistance

**Y** Yes

**N** No



Proceeds in this direction



## Buddy System

Scouts and siblings of LÐ Chi Lăng must follow the buddy system anywhere outside their campsite, unit, and group or activities area. Always stay in group of 3 to enhance the safety. With 3, you can provide support to each others. In case of emergencies, such as one person being injured, one can provide first-aid and the other can go for help. A group of 3 can also fend off wild animals or strangers much more effectively. The more heads the better. Tell other adults in the campsite when you are leaving the group, where to and for how long. 3-buddy system can also be used for advancement programs. It is more fun to have partners to learn and advance together. You all can encourage each other

## Know Knots

**Square Knot:** *is used to bind a package or bundle. The two ropes have to be the same size. If not, it will slip under force. Remember: left over right and under; right over left and under - or the reverse, whichever is easier for you. It is also known as a joining knot as joining HD.*

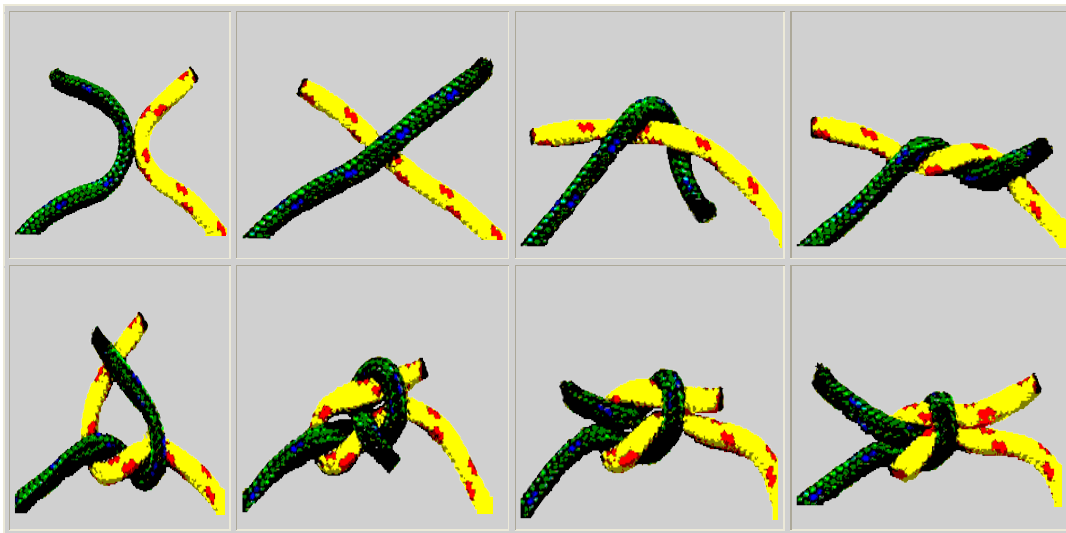








Figure 8: *is a good knot for decorative. It is good knot on rope to grab for climbing.*

Số tám:



<p><b><u>Expectation:</u></b> <i>Know how to tie square knot and its functions</i></p>	<p>1. Make an underhand rope with the short end over the long end.</p>	<p>2. Loop the shorter rope under the long rope to create a figure eight.</p>
		
<p>3. Pass the short end into the first loop from the top.</p>	<p>4. Pull both ends of the rope.</p>	<p>5. The knot will formed a perfect figure 8.</p>

<p><b><u>Running:</u></b> is also known as hangman knot. The knot is good to immobilize a moving object such as an animal and bundle of wood. The more we pulled the rope or the object moved, the rope will be tighter.</p> <p>Thòng lọng: Nút thòng lọng</p>	
<p><b><u>Expectation:</u></b> <i>Know how to tie square knot and its functions</i></p>	<p>1. Make an over hand loop.</p>
	

2. Pull the long end through the loop.

3. Pull the short end of the rope to tighten the rope.

## Morse Code

Morse Code Alphabet					
The International morse code characters:					
A	.-	N	-.	0	-----
B	...-	O	---	1	.----
C	-. -.	P	.-.-	2	..---
D	-. .	Q	-. -.	3	...--
E	.	R	.-.	4	....-
F	..-.	S	...	5	.....
G	-. .	T	-	6	-....
H	....	U	..-	7	--...
I	..	V	...-	8	---..
J	.---	W	.-.	9	----.
K	-. -	X	-. -.	Fullstop	.-.-.
L	.-..	Y	-. -.	Comma	--..-
M	--	Z	---.	Query	..--.

## **Quốc Ca Việt Nam**

Này Công Dân ơi đứng lên đáp lời sông núi.  
Đồng lòng cùng đi hy sinh tiếc gì thân sống.  
Vì tương lai Quốc Dân, cùng xông pha khói tên  
Làm sao cho núi sông từ nay luôn vững bền.  
Dù cho thây phơi trên gươm giáo,  
Thù nước lấy máu đào đem báo.  
Nòi giống lúc biển phải cần giải nguy,  
Người công dân luôn vững bền tâm trí.  
Hùng tráng quyết chiến đấu làm cho khắp nơi  
Vang tiếng người nước Nam cho đến muôn đời.  
Công Dân ơi mau hiến thân dưới cờ  
Công dân ơi mau làm cho cõi bờ thoát con tàn phá về vang  
Nòi giống xứng danh nghìn năm giòng giống Lạc Hồng.

## **Thiếu Sinh Ca**

Lòng người vui, giờ đây Thiếu sinh hợp đoàn  
Cùng đồng thanh hòa lên khúc ca nhịp nhàng  
Dư âm vang cùng mây gió ngàn  
Những tiếng hát, nhịp ca thần tiên.

## **Đôi Tay Trên Vai**

Đôi tay trên vai chúng ta bước đều  
Tay giơ lên cao giúp ta thấu hiểu.  
Tay ta đặt lên mình nhận ta hèn yếu.  
Tay ta hướng về đây kết tình trong thương yêu.

## **Hôm Nay Ngày Vui Thú**

Hôm nay ngày vui thú tưng bừng  
Hân hoan cùng ca hát vang lừng  
La la là la lá la là  
La la là la lá la là.

## **History**

Chi Lang Border, also called Ái Chi Lăng in Vietnamese language, lying on the south of Lang Son province, used to be a strategic spot of war, is the historical vestige now. It has become an interesting destination of tourists in Vietnam travel who are fond of joining Vietnamese history-discovering tours.

The Chi Lang Border is located in Chi Lang District, Lang Son Province, and 110km from Hanoi and 60km from the Sino-Vietnamese border. It consists of a valley surrounded by high mountains and through which runs the Thuong River.



Chi Lang Border- Lang Son Province

The mountains were opened in two locations to form two gates. The northern gate was named Quy Mon Quan, meaning "monster gate," after the Chinese invaders who entered Vietnam through this gate. The southern gate was called Ngo The, meaning "swearing gate." Vietnamese ancestors who swore to sacrifice their lives to protect their motherland and to prevent invaders from entering Vietnam via this defile built the gates.

In the past, in this area that King Le Hoan defeated the Chinese Sung troops in 981 and killed all the enemies. In 1076, Prince Consort Than Canh Phuc set a front line against 300,000 Sung enemies. Led by Quach Quy in 1285, Nguyen Dia Lo killed traitor Tran Kien in the second National Resistance against Yuan-Mongol invaders. In 1427, Lam Son righteous army killed invader leader Lieu Thang, caught Hoang Phuc, killed 10,000 Ming enemies and overthrew all their maneuvers.

## Tết

Tết, Viet Nam's version of the Lunar New Year, is normally the biggest and most important holidays in Vietnamese culture, almost like New Year's Day, Fourth of July, Thanksgiving, and Christmas all rolled into one. It's a holiday that is based on history but has also evolved into a modern celebration that incorporates new elements to produce new traditions.

Even though many Vietnamese traditions are based on old cultural beliefs that may strike some as a little superstitious, families believe that their activities during Tết must involve happiness, joy, and good luck. That's why even before the beginning of Tết, it's customary for families to prepare by cleaning and even painting their home in anticipation of spring, settle old debts and disputes, and pledge to behave nicely and work hard in the new year. People also traditionally buy new clothes to usher in the New Year.

Paying homage to one's **ancestors** is another important component of Tết as families pray at temples, churches, and pagodas. They will also visit the grave sites of their deceased family and construct altars in their homes containing photographs of their ancestors, then offering them symbolic gifts in the form of food, flowers, and incense. The night before the new year, families perform a ritual where incense sticks are burned, inviting the spirits of their ancestors to join them in celebration. This is also a time to bid farewell to the family's Kitchen God (*Ong Tao*), who then returns to heaven to report on the family's behavior in the past year to the Jade Emperor.

Houses are also decorated with several things, such as a *Cay Neu*, a small bamboo tree planted in the front of the house; *Hoa Mai*, a yellow blossom that represents spring; and red banners on the front door as it's believed that red wards off evil spirits from entering the house. Adults also give fancy red envelopes to children full of *Li Xi* or "lucky money," always in even denominations since odd numbers are considered bad luck. Not too surprisingly, this was always my favorite part of Tết when I was growing up.

Traditional celebrations can last anywhere from a day, when public parades and traditional dances are performed, to an entire week. When it's time for *Le Tru Tich*, the official start of Tết, people fill the streets in celebration of the new year and try to make as much noise as possible

using anything from firecrackers (although they are now illegal in Viet Nam), drums, bells, gongs, to simple wooden instruments to ward off evil spirits. It's also critical that the first person who visits a family's house in the new year be someone who has enjoyed good luck during the previous year as it's believed that his/her karma can also influence the family's fortune in the upcoming year.

There will often be a parade where people wear all kinds of scary-looking masks and dancers mimic the *Mua Lan*, who is frequently referred to as a unicorn but looks more like a cross between a lion and a dragon and who is the traditional symbol of strength in Vietnamese culture, all to scare away evil spirits. Later, families and friends will gather for a generous feast full of traditional Vietnamese dishes, such as *mut* (candied fruit), *banh chung* (steamed sticky rice cake with pork stuffing wrapped in banana leaves), *keo dua* (coconut candy), and *keo me xung* (peanut brittle with sesame seeds).