



Frontier Girls Leader Handbook

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Welcome

Welcome to Frontier Girls. This manual is to be used throughout the year as a reference to questions about the Frontier Girls program and what is expected from you as a leader. Please contact the Frontier Girls home office at any time with questions or for more information.

Frontier Girls was founded on January 19, 2007. Our mission is to raise women of honor to be the mothers and leaders of the future through life skills, leadership, character building, teamwork and service to others. People have come to America from all over the world and the strength of our nation lies in the diversity of its people...their histories, their religions, their foods, their stories, their art and music. The freedom to express our heritage is just one of the freedoms that so many of our men and women have died to protect for more than 200 years.

Frontier Girls celebrates the American spirit that makes us great. Our country was built upon a strong faith in God, strong family values, and the acceptance of those who are different than ourselves. We are a people of loyalty, of faith, of innovation. We pride ourselves on our resourcefulness and our freedoms. These are the traits our country was built on, but they are slowly being eroded away in a culture of instant gratification and irresponsibility. The Frontier Girl program seeks to restore a focus on good moral character, patriotism, community service, and a love of learning that is being lost.

The name Frontier Girls was chosen because one of the definitions of the word “frontier” is “an undeveloped area or field for discovery or research.” The American spirit thrives upon the constant desire to discover new things, to ask more questions, and find more answers. Our badges are divided into Areas of Discovery because we want girls to find something new in everything they study and to never want to stop learning.

Our badges are the foundation of our program. We believe that girls can do anything they set their minds to and should have the opportunity to explore any subject that interests them. For this reason, we have made a commitment to writing a badge on virtually any subject a girl wishes to learn about with the exception of controversial topics we feel are better addressed by parents or religious leaders. We currently offer more than 1,000 badges and more are added every month.

Included in our badge selection are character badges that address everything from joy and honesty to responsibility and modesty. These badges encourage girls to put these traits to use in their own lives, helping them to be good, well-mannered, respectful, disciplined, and honorable citizens.

Our program is designed to help girls develop essential life skills, as well as a desire to explore and learn about the things around them. Our focus is on patriotism, good character and a love of learning. Your troop should be a place where girls are encouraged to try new things, take risks, and learn from their mistakes in a supportive environment. Girls should be given a chance to be decision makers and leaders and to gain confidence in their own abilities.

Frontier Girls is a curriculum program sold by Curiosity Untamed LLC that individuals and organizations use as part of their youth programming. Each troop is independently run and adapts the program to fit the needs and beliefs of the charter organization or individual. As long as the basic terms and conditions are complied with, feel free to add your own policies and procedures as needed for you troop.

Frontier Girls Statements

Mission Statement

Raising women of honor to be the mothers and leaders of the future, through life skills, leadership, character building, teamwork, and service to others.

The Frontier Girls mission shows our belief that girls can do anything they set their mind to. From the President of the United States to a mother of ten, their future has endless possibilities. Regardless of what they choose, there are certain skills and character traits that will always hold them in good stead, and these are what Frontier Girls hopes to teach.

The Frontier Girls Motto, Promise, and Creed are the backbone of what we believe and the code of conduct that we expect from all participants in our program. When using the Frontier Girls name, participants must promise to do their best to live by these words.

Frontier Girls Motto

If you see a need, take the lead!

This means that whenever you see something that needs to be done, you simply do it. Don't wait for someone else to do it; don't complain about it; don't expect someone else to fix whatever is wrong. If someone is in need, do your best to fill that need. If you see an injustice being done, stand up for what is right. You should live our motto each and every day, from helping with the dishes, to helping clean up after a Frontier Girl meeting. Don't wait for someone to ask for help...offer it.

Frontier Girl Promise

***I promise to love God ,
Be loyal to my country ,
and to love my neighbor as myself.***

Frontier Girls is open to girls and volunteers of all faiths. Regardless of your specific religious beliefs, we encourage you to keep God first in your life and never forget to be grateful for every blessing, no matter how small.

We ask that you be loyal to your country. You may not always agree with everything our government does, but thousands of men and women, over more than 200 years, have given their lives so that you have the freedom to express that disagreement. Give them your respect.

Finally, love your neighbor as yourself. Ask yourself what you would want in every situation. If you were hungry, wouldn't you want someone to help feed you? If you were lonely, wouldn't you want someone to talk to? Never do to someone else what you would not wish that person to do to you. If you don't like being teased and called names, don't do it to others. If you don't like feeling left out and alone, make sure you always include those around you.

Frontier Girl Creed

As a Frontier Girl

*I will be **Loving**, treating others as I would like to be treated.*

*I will be **Joyful**, finding the blessings in every situation.*

*I will be **Peaceful**, respecting others' opinions and beliefs.*

*I will be **Patient**, persevering toward my goals despite obstacles.*

*I will be **Kind**, respectful to all and willing to help others at all times.*

*I will be **Good**, pure in all I do, think, and say.*

*I will be **Faithful** to my God and loyal to family, friends, and country.*

*I will be **Gentle**, taking special care of those weaker or less fortunate than I.*

*I will have **Self Control**, using my time, materials, and talents wisely, and being accountable for my own actions.*

Program Goals

We hope that every girl who goes through the Frontier Girls program will develop certain character traits and skills. These are outlined in our program goals.

1. Develop Moral Character

Develop a strong moral character that will help girls make sound and ethical decisions throughout their lives.

To love their neighbor as themselves and think of others first.

To give back to their communities and make their world a better place to live.

2. Develop Interpersonal Skills

Develop the ability to communicate and interact well with others.

Learn to respect others' opinions and beliefs.

Understand and respect individual, cultural, religious, and racial differences.

Learn the importance of teamwork as well as how to be an effective leader.

3. Foster a Love of Learning

Seek a variety of new experiences and challenges

Seek opportunities to learn new skills

Develop a lifelong love of learning.

4. Develop Confidence and Strength

Demonstrate competence and responsibility

Feel comfortable in a leadership position

Develop the strength to stand up for their convictions and what they believe.

Starting Your Troop

Each Frontier Girls troop is individually operated, and an autonomous entity separate from Curiosity Untamed LLC who owns the program materials. Troops simply purchase a license to use the Frontier Girls curriculum for their youth programming. Curiosity Untamed LLC is NOT a non-profit organization. We are a private business that sells subscriptions to our website with access to program materials and a license to use the Frontier Girls name and uniform. Most of our troops are run by a local non-profit organization such as a church, school, or veterans' group that uses the program as part of their youth outreach. These organizations should have their own safety policies and insurance in place, and leaders should always check with them before organizing any new activities, trips, or events.

If you do not yet have a charter organization, brainstorm organizations in your community that you think would be a good fit with the Frontier Girls program. Examples might include:

- Churches
- Schools (both public and private)
- Veteran's Organizations (American Legion, VFW posts, etc.)
- Moose Lodge, Elks Lodge, Lions Club, Kiwanis Club, Rotary Club, etc.
- Homeschool Co-ops
- YMCA
- 4H

Brochures, letters, flyers and other materials are available upon request to help in making presentations to potential charter organizations.

While having your troop operated by a local non-profit is preferable, independent troops run out of private homes are also possible but be aware that you do so at your own risk. Talk to your insurance agent about what your homeowner's policy will and won't cover. Troops not operated by a local non-profit organization do NOT have non-profit status and need to make sure that people know that any donations made to the troop will not be tax deductible. Individual troop owners operate their troop at their own risk. Make sure that all parents, girls, and volunteers understand that they participate in troop activities at their own risk. Keep in mind that Frontier Girls troops may not be run for profit and all monies earned by the troop must be used for the benefit of the girls.

Steps to getting your troop started:

1. Find a local non-profit organization willing to charter your troop if possible and have them purchase a troop membership. Leaders who purchase a troop membership may transfer the membership to the charter and should be reimbursed for the troop fee via troop funds when available such as through fundraisers or dues. Independent troops without a charter organization are allowed, but the troop owner takes on all risk associated with troop activities.
2. Find enough volunteers to run your troop. Every troop is different, so the number of volunteers needed will depend on how many girls you have, what ages they are, your meeting facilities, etc. Always have at minimum of two adults present regardless of how small your troop is.
3. Have all Leaders and volunteers read through the Leader handbook and familiarize themselves with our website. If you have volunteers that need access to leader materials on the website, just email kerry@frontiergirls.com and ask that their membership be upgraded.

4. Join our main forum on Facebook called the Frontier Girls Forum group at: <https://www.facebook.com/groups/frontiergirlsforum>. This is our general forum for all leaders and parents and will help you stay in touch with other leaders as well as get support, share activities, ask questions, etc.
5. Create a list of girls that wish to join your troop. While our program is designed to accommodate all ages in a single troop, you are more than welcome to have a troop with a limited age range if this suits your purpose better. Feel free to cap your troop at a number that is comfortable for you.
6. Locate an adequate meeting place and schedule meeting dates and times. A meeting place should be easily and safely accessible to the girls, and acceptable to the parents. It should not be a place where lively games or songs will disturb anyone, nor where the legitimate noise of other groups could ruin a troop meeting. Meeting places should be safe, sanitary, with adequate lighting, ventilation, heating, and cooling. A yard, park, or outdoor play area nearby is very desirable, but not necessary. Meeting locations should be large enough for team games and allow for separations into smaller groups when necessary. Churches, schools, community centers, and personal homes can all be potential meeting locations.
7. Have a planning meeting with the parents to go over costs, registration, badges earned at home, uniforms, etc. Each girl who uses the Frontier Girls name and uniform will need a membership.
8. Get the girls together for a planning meeting to find out what their interests are and what they want to get out of Frontier Girls.
9. Plan the first four to eight meetings. If you have older girls, let them help plan and implement the meetings. Regular meetings (not field trip or activity days) should include:
 - Pre-meeting activities to keep girls busy until the meeting starts (making cards for our service members, veterans or seniors is quick and simple)
 - Formal Flag Ceremony
 - Frontier Girls Promise (and optional opening prayer)
 - Songs or Games
 - Troop Business
 - Badge Work (skills, knowledge, crafts, etc.)
 - Snack time (optional)
 - Announcements and closing
10. Have a planning meeting with your volunteers to discuss each person's involvement and responsibilities.
11. Register for the Caspio Badge Tracking software available in the members' area of the website. Check your troop roster every month to ensure that all girls participating in your troop are registered properly.
12. Use the Caspio Badge Tracking system to log all badge requirements completed and to create reports to show which badge have been earned, ordered, and presented.

Yearly Check List:

The following list are what we hope each troop will complete each year to give the girls the best experience.

____ 1. Make sure both the troop and all girls/families are registered for the entire program year. Check your troop roster on the Caspio system. If girls are missing and parents say they registered, contact Kerry Cordy at kerry@frontiergirls.com so she can correct any typos in their troop number.

____ 2. Have at least one parent/daughter, or family event: dinner, campout, sporting event, etc

____ 3. Participate in at least three of the following ceremonies (Flag Ceremony Must be completed):

- Flag Ceremony
- Investiture/Rededication Ceremony
- Advancement
- Award Ceremony

____ 4. Earn the following badges at least once every three years (or at least one per year) :

- **Our Flag**
- **Emergency Preparedness**
- **Etiquette**

____ 5. Participate in at least three community service projects, one in each area below:

- Project for whoever hosts your troop
- One for your local community
- One of the girl's choice.

____ 6. Learn or review the Promise and the Creed. Act out, make posters, greeting cards, a mural, make up a game, or plan specific actions to demonstrate parts of the Creed.

____ 7. Do at least 3 outdoor activities (hiking, camping, outdoor games, swim party, etc.)

____ 8. Earn at least 6 badges as a troop from at least 4 different Areas of Discovery

____ 9. Earn at least one Character badge each year.

____ 10. Participate in at least one "public" activity in uniform such as a parade, community festival, or public fundraiser such as a bake sale.

____ 11. All girls at Dolphin level or above should be able to sew on their own patches and ribbons.

Leader Responsibilities

1. Make a commitment of one school year (usually Sept. - May, but may vary depending upon school schedules in your area.)

2. Ensure that all adult volunteers within your group are well trained before they assume their roles and responsibilities. Ensure that the volunteers are informed of their role and responsibilities as well as of required safety and emergency policies, procedures, and standards prior to assuming their duties.
3. Plan and implement quality, safe, group program activities.
4. Help girls develop their leadership and teamwork skills through assistance in planning of appropriate activities based on the girls' interests and abilities.
5. Motivate the girls to understand and put into practice the values that are expressed in the Frontier Girl Promise, Motto, and Creed.
6. Meet with your troop on a regular basis; either weekly, biweekly, or monthly depending on what is agreed upon.
7. Ensure that all troop activities are safe and follow all policies put in place by your charter organization.
8. Make sure that the troop registration is renewed in a timely manner each year.
9. Be able to communicate the Frontier Girls program and the troop's goals to parents, guardians, charter organization, sponsoring groups and other adults.
10. Ensure that financial records are accurately kept and that the annual troop financial reports are maintained and submitted on time to the appropriate person in your organization if necessary. Financial records should be open for review by troop members and parents at any time.
11. Be a positive role model for the girls.
12. Have fun!!

Putting Together a Leadership Team

Because Frontier Girls troops have multiple age groups working together, you will probably need a few more volunteers than most scouting type groups. A good leadership team does not just magically happen, it evolves over time. You may find yourself working with people you barely know and will need to discover each person's strengths and weaknesses. Don't make assumptions based upon appearances, or upon prior observances under different circumstances, as these may cause you to make incorrect judgments.

Make sure you discuss personal expectations as well as personal interests, strengths, and weaknesses of each team member in advance of meeting with the girls. Know what roles each person will play and what their responsibilities will be. By establishing good communication early in your relationship, you and the other volunteers may be able to anticipate where adjustments are required in your efforts to build a strong leadership team. Lack of good communication can result in breakdowns within the leadership team and chaos within the troop.

Before holding a parent meeting and meeting with the girls for the first time, it is very important that the troop's leaders and volunteers meet to discuss the troop's focus, logistics, and troop policies and procedures. As the leader, it is your responsibility to ensure that your entire leadership team is aware of all health and safety policies.

As a group, you and your leadership team should also address the following topics:

- * Where and when will you meet? How long will your meetings be?
- * What health and safety policies does your charter organization require?
- * What dues will you require to help cover the cost of supplies?
- * What will your discipline policy be? How much parent involvement/support will you need?
- * What will be your policy for late (or early) arrivals/pick-ups, and what will be the consequences?
- * What will be your policy on purchasing badges and awards? Will the troop pay for these? The parent? Or a combination of the two? Most troops find that they can collect sufficient dues and fund raise to pay for badges earned as a troop and then parents pay for any badges earned at home. This way if you have one girl that earns a tremendous number of badges, she will not be a drain on the troop's finances.
- * Who will provide or purchase troop supplies? Will the troop have sufficient funds to purchase their own supplies or will you count on donations from families? Where will they be stored?
- * Girl rosters, forms, and confidentiality: Before distributing a group roster, make sure you ask each parent/guardian whether s/he is willing to have his/her contact information distributed on a group roster. If any decline, their information must be kept confidential (only the troop leader will have this information.) Keep in mind, your troop roster should NOT be distributed to anyone outside of your troop unless they are part of your charter organization with a need to know.

Once you have worked out your individual troop policies and procedures you should put it in writing. Having clear troop policies, procedures, and standards help promote the girls' safety as well as proper behavior. A sample copy of a troop policy can be found in the forms section of the leader portion of the website. Make sure that every parent receives a copy of your policies at the beginning of every year.

Working with Parents & Families

Before your first troop meeting each year, you should hold a parent meeting to go over the program and what will be expected not only of the girls, but also of the parents. You can use this meeting to have parents fill out registration and health forms (found on the website), and volunteer applications as needed. Educate your parents about the Frontier Girl program in general and discuss funding, uniforms, and policies and procedures. Use this time to answer any questions your parents may have. We also recommend passing out a Policies and Standards form for your troop at the beginning of every year. A sample Troop Policies form can be found in the Forms section of the leader portion of the website.

Make sure your parents understand that they are expected to be involved with their daughter and the troop. Parent support is essential if your girls are going to get the most out of their participation in Frontier Girls. There are many ways that busy parents can help both within the troop as well as at home.

At Troop Meetings & Events

- ★ serve as a leader, co-leader, or volunteer
- ★ help monitor the scribe and treasurer before each meeting to ensure records are kept appropriately
- ★ drive to an event or field trip
- ★ keep troop records
- ★ help their daughter attend meetings regularly and on time
- ★ participate in parent meetings
- ★ volunteer to teach the girls a new skill
- ★ attend family activities, and other troop functions as invited

From Home

- * coordinate the troop's fundraising
- * help with prep work for crafts before a meeting
- * pick up supplies
- * provide phone-calling assistance
- * signing and returning permission slips
- * encouraging their daughter to talk about what she is doing and learning
- * research field trip and campout information
- * research and plan community service opportunities
- * store troop equipment
- * provide snacks

One way of enlisting parent's interest and help is to give them a survey. Using the ideas above as well as any other needs your troop may have, give each parent a copy of the survey and ask them to check off the areas where they are willing to help.

Keep in mind that some parents may wish to help at troop meetings but have younger children or other siblings that may prevent them. You, as the leader, may decide to what extent extra children may be present at your meetings. We recommend that whenever possible parents coordinate with one another to provide babysitting during meetings. One parent can volunteer to watch another's children so that she can volunteer to help at the troop meeting. If your meeting place is large enough (such as a church) the babysitting can take place on premise, but in a different room than the troop meeting.

Working with parents can sometimes be difficult as personalities clash. Try handling any conflicts by being assertive, not aggressive, and by following these tips:

- ★ Diffuse anger by stating how you feel, by using "I" messages
- ★ Don't launch a personal attack
- ★ Speak up. Don't let resentment build and reach a boiling point.

- ★ Don't expect an apology. Getting even is counterproductive.
- ★ Make suggestions on ways to work things out.
- ★ Never make threats.
- ★ Use the appropriate tactic according to the behavioral pattern of the individual involved.
- ★ Check your ego at the door.

Make sure that you communicate well and often with your parents. Use a troop website, flyers, emails or phone calls to keep the parents up to date on how their daughter is doing as well as upcoming events. A monthly news bulletin giving plans for meetings and activities, suggesting what the girls can bring from home or how parents can help, and any other information on troop projects will go a long way in running a smooth troop. If you are planning a trip or other event that needs a permission slip, you can include it with the bulletin for the parent to sign and return as well as setting up sign up lists on your troop website.

Including parents in the troop now and then can help make the program more important and meaningful to the girls. While girls enjoy having an outside program not run by the adults that manage their daily lives, they still want their parents to see them in action and share their accomplishments with their family. Here are few ways you can include families in your activities:

- ★ Investiture/Rededication Ceremony
- ★ Awards Ceremony
- ★ Mother-daughter banquets or teas
- ★ Father-daughter picnics, hikes, or a dinner
- ★ A grandmother's party
- ★ A troop birthday party
- ★ A potluck dinner or picnic for the entire family
- ★ Put on a show or play
- ★ Put on an exhibit or demonstration of activities to show what the troop has been doing
- ★ Plan a day camp or special trip

Working with Your Community

No leader can be an expert on everything their girls will want to learn about. Don't be afraid to seek help from your community. We are trying to educate the girls on good citizenship. How can they learn about it if they never get a chance to see it in action? Let the members of your community share the joy of teaching your girls something by offering their own expertise. Just as the girls should be trying to make their community a better place through service, give your community a chance to make the girls better people as well.

If you need something, ASK! Be simple and straightforward with your request and give people a reason to want to say yes to you. Show them how sharing their knowledge with Frontier Girls also benefits *them*. Let them know that certain obstacles within the troop can only be overcome with *their* help.

You may wish to put together a troop committee (this is optional). This is group of adults who wish to help your troop. The troop committee is usually made up mostly of parent volunteers, but may also include people who are connected to your meeting place (church or school), or businesspeople in the community who are willing to help support your troop financially. Some committee members may have special knowledge in areas such as camping, nature, music, budgeting, transportation, etc.

Each troop committee will be different depending on the support you have, the number of girls in your troop, and what interests they have. A few of the jobs a troop committee can help you with is to provide assistance for troop projects, help acquire equipment, secure a meeting place, research places to

hike and camp, arrange opportunities for community service, make and balance a troop budget, and assist with fundraisers.

When holding a troop committee meeting, try to keep the information clear and straight forward about the jobs that need to be done. Keep the jobs short and simple to give the volunteers the opportunity to take on as much, or as little, as they feel they can handle. Make sure you educate your committee members about the Frontier Girl program and how these jobs help the troop.

Troop Structures

Regular Troops

With today's busy schedules it is difficult to get children to the many activities they wish to pursue. For this reason, girls from age 3 to adult can all be part of the same Frontier Girls troop. This allows families with more than one girl to all be part of the same troop so as not to add even more stress to the family schedule. This also allows older girls to act in leadership roles to teach and mentor the younger members, while providing the younger girls with role models closer to their own age. Within the troop, girls are divided into different program levels based on their age. Flag ceremonies, songs, snacks, and troop business are all done as a troop. Girls may be divided into different program levels to work on various badge requirements when needed, though we suggest keeping them together whenever possible.

There is usually one troop leader per troop. Depending on the size of the troop, there may be one or more assistant leaders as well. The troop leader is responsible for running the troop meetings, tracking finances, gathering supplies, etc. Assistant leaders are responsible for supporting the leader in her tasks and taking charge of leading a group of girls when the troop is split. Parent volunteers will vary depending upon the complexity of the badge work or activities. If your troop has 10 or more girls, you may wish to divide your troop into patrols of between 4 to 8 girls each. Each patrol will have a patrol leader that will serve as part of the leadership team. These patrol leaders are in charge of making sure her patrol is ready for the meeting, completes their kapers (chores) in a timely manner, and that any younger girls in the group have a buddy to help them if necessary, during crafts or games.

Team Troops

Team Troops are designed for large groups operating under the same charter. An organization may purchase one troop membership, and then divide the troop into Teams, essentially making several smaller troops under one troop number. All Teams have the same troop number and are owned by the same organization, but each Team may serve a different age group, meet at a separate time, have a different leader, etc.

Pioneer Program

The Pioneer program is designed for girls who wish to pursue the Frontier Girls program as an individual. They do not belong to a troop, but instead, work on badges and awards under the supervision of a parent or guardian. Pioneers may band together to work on badges or participate in activities such as campouts and community service projects if they wish, but there is no official leader. The girls and parents will have to work out any arrangements necessary. If there is a troop nearby, a Pioneer may also participate in troop activities if invited. If a Pioneer wishes to have a troop number on her uniform, she can wear troop #100 if she wishes as this is the designation for a Pioneer.



Patriot Program

The Patriot Program is designed for girls and adults with a direct family member actively serving in the military. This includes parents, grandparents, children, siblings, grandchildren, and stepparents. These girls and adults deserve our respect and thanks for the sacrifices their family makes so that the rest of us can enjoy our freedoms here at home. Each Patriot wears a red/white/blue striped ribbon down the center of her level tab and wears the service flag pin just underneath her troop numbers. This allows others to see at a glance that she is a Patriot. If a Patriot does not belong to a troop, she may wear troop #911 as this is the designation for a Patriot working on her own. Leaders may also wear the service flag pin and striped ribbon if they qualify. If the family member is no longer active military, a veteran's service flag pin may be worn instead.

Program Age Levels

We name our program levels after animals to show the girls that there is something to be learned from all of God's creation if only, we are willing to look. Working with different ages effectively begins with an understanding of the developmental aspects of each age group.

Preschool, ages 3-5: Penguin



Penguins are among the most social of all birds, but are naturally clumsy on land, much like our littlest members. Penguins work together, sharing food and breeding sites. Alone in the wild, they wouldn't survive long, but working together they can protect themselves and their young. We hope that our youngest members learn to be part of a team, to share, and to rely on each other.

Frontier Girl Penguins are just starting out on their journey. Everything is new and will take extra time to learn and master. Penguins have very short attention spans and will need to change activities frequently. Keep in mind that girls at this age cannot read, have limited motor skills, and may not even be potty trained. They will need assistance with the simplest tasks. While Penguins are welcome in a multi-age troop, make sure you do not turn the older girls into babysitters, but provide enough challenging projects for each age level.

Grades K-2, ages 5-8: Otter



Otters are known for their playful behavior. They are smart, creative, and curious. Their play helps them gain knowledge, speed, and dexterity that helps them survive. We hope that our members will never lose the ability to play and look at the lighter side of life.

Frontier Girl Otters, as their name suggests, are fun and playful with lots of energy. They frequently have a hard time sitting still and have short attention spans. As young as they are, they are still intelligent human beings, capable of much more than many adults give them credit for. They are not babies who need to be cared for but have ideas and opinions of their own. Otters are still young enough to be outspoken about what they like and dislike, so it is easy to see where you stand with them. This is also the perfect age to begin to teach the concepts of tactfulness and politeness.

Your youngest Otters will just be starting Kindergarten and may not be able to read quite yet. Their hand-eye coordination and fine motor skills are still developing as well, meaning they will need help

with many of the projects if you wish to include them with the older girls. Fortunately, most girls in this age range are eager to learn and ready to try just about anything if everyone else is doing it too.

Grades 3-5, 8-11 years: Dolphin



Social behavior comprises a major portion of a high energy dolphins' daily activities, but it doesn't stop with teamwork and play. When a pod member is sick or injured, other dolphins will come to its rescue and help it to the surface to breathe until it is well. As the girls get older it is important that they learn compassion for those around them.

Frontier Girl Dolphins are growing rapidly, causing them to alternate between seemingly endless energy and extreme tiredness. Like the Otters, this age group frequently feels the need to move and will often fidget when seated for too long a period. They are beginning to develop independence and may become extremely excited about a project only to lose interest soon after they start.

Dolphins will begin to test and question you, wanting more control over the decisions made in the troop. This level is the first level where girls can actually hold a leadership position within the troop. By giving them an opportunity to serve the troop, you allow them some of the independence they are looking for while still controlling the meeting itself.

Grades 6-8, 11-14 years: Butterfly



Every year, Monarch butterflies make an incredible 2500-mile journey from the eastern United States all the way to Mexico. They persevere through all obstacles, whether wind or rain, and keep their eye on their goal, not the difficulty of getting there. As girls begin the journey toward womanhood, this can be the most difficult age. We hope that like the Monarch, they will persevere through any difficulties.

The Butterfly age group is, in many ways, the most difficult you will encounter. Girls in this age range are in the beginning stages of puberty which can cause emotional extremes and overly dramatic behavior. Rapid growth spurts can make them clumsy, as arms and legs seem to grow overnight. At this stage, girls are very susceptible to peer pressure and will frequently look to others in her group or in the Eagle level to gauge everything from their looks to their behavior.

Grades 9-12, 14-18 years: Eagle



Bald eagles are a symbol of majestic beauty and great strength. They soar through the sky, high above the earth, taking in all the details below them. Keen vision gives the eagles the ability to see far off challenges, soaring through each pursuit with great success. As the girls prepare themselves for life on their own, it is important to keep an eye on the future and be ready to meet every challenge.

Eagles can be one of the most exciting age groups to work with as you help guide them into adulthood. Eagles are in the process of developing their own identity and are striving for independence. As they watch you, they will be quick to point out any differences between your words and your actions, so it is more important than ever to stress our promise, creed and motto. Like the Butterflies, Eagles, especially in the early years, are still growing and changing at a rapid pace. Be patient with them as they come to terms with themselves.

It is especially important with this age group to allow them to make as many decisions themselves as is practical. Always be available when they need guidance but remember that these are the years that you want to stress competence and responsibility. The more faith you show in the girls' abilities, the more faith they will have in themselves.

Adult Participant: OWL



With unblinking focus, the owl constantly looks toward the future, searching out the next piece of wisdom that might make a difference to its world. Observing everything around them with calm patience they soak up knowledge and glide confidently through the darkness knowing that soon it will be light again. Like the owl, we hope that the adults who participate in our program continue to focus on the future, learning new skills, gaining new knowledge, and remembering that each morning is a brand-new day.

The Owl level was created for women 18 and older who wish to earn badges and not just teach them. Some Owls are young ladies who have recently graduated high school who wish to continue on with the program, while others are older women looking to recapture the scouting of their youth. Whatever the reason, earning badges as an adult can be just as fun and rewarding as it is for the girls.

Adult Leader: Goose



With every flap of its wings, the lead bird in a flight of Canada geese is breaking through a wall of air, creating a swirling vortex that provides a “push” for each follower. Some estimates show that geese in a V-formation can fly as much as 70 percent farther than they could fly alone. It’s exhausting work for the lead bird, but Canada geese have an answer to that, too: they take turns. When the leader drops back, another takes its place. Like the goose, we hope our troop leaders remember that they are not alone and that by working together they can achieve wonders.

Adult Volunteer: Starfish



A young woman was walking along a beach upon which hundreds of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, “Why are you doing this? Look at this beach! You can’t save all these starfish. You can’t begin to make a difference!”

The woman seemed crushed, but after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, “Well, I made a difference to that one!”

As Frontier Girls volunteers, we may not be able to make a difference to the whole world at once, but don't ever forget that we make a big difference to each individual girl that we serve. We will change the world one girl at a time.

All girls should learn and recite the Frontier Girl Promise prior to being invested in the troop.

Working with Diverse Girls

Every troop is different when it comes to the girls they serve. Some troops are all one age or ability level, and others include anyone who wishes to join. Thanks to Frontier Girls Troop #109 in TX, we now offer the Frontier Girls program to girls at the preschool age. The article below was written by the two women who pioneered this section of our program and they have graciously written this section so that you can learn from their mistakes. If any of you include Penguins in your troop and need assistance, simply post a question on our Facebook group and I am sure that someone will get back to you quickly.

Tips for Working with Penguins

By Diana Havir – Troop #109

(Written in collaboration with assistant leader Sylvia Duke)

“When another mom and I decided to set up a scouting troop for our local girls, it was important to me to be able to include the preschool population in our activities as my own daughter was at the time only three years old. We spent time researching various scouting organizations and fell in love with the Frontier Girls program at first sight. Although Frontier Girls was not at the time structured to include preschoolers, the founder, Kerry Cordy, graciously allowed us to create an “honorary” patrol to include our youngsters. After searching for a suitable animal to represent this group, we settled on Penguins largely due to the pin manufacturer’s descriptions of them as loveable creatures who are awkward and not very tall, are learning to work together and depend on each other to accomplish group goals, and who value their families above all. We felt these descriptions summarized our preschoolers well.

After establishing our troop and getting girls and their parents on board to participate, we began the uncertain phase of figuring out “how do we do this?” The Frontier Girl leader resources proved to be valuable in helping figure out how to lead our grade school and older girls, but as the preschoolers were our own addition, we were pretty much on our own in figuring out how to incorporate them into our meetings. It took a little bit of trial and error and a lot of collaboration with assistant leaders and parent volunteers to determine how to balance the needs of our youngest “honorary” members with the interests and needs of our older members, but I feel we have ultimately succeeded in creating a troop environment that is hospitable to both.

The following is a list of tips that my assistant leader and I have compiled for anyone who is new to working with preschoolers in a troop setting:

1. Never underestimate what they are capable of doing and learning.

I have been surprised over and over by how much the preschool girls I’ve had the pleasure of working with can do independently. While it may seem scary to put a pair of scissors into a three-year-old’s hands, after having a chance to practice (and with proper supervision), she can follow the lines (mostly) and cut out her own papers. And while working with my own then-four-year-old daughter on a few of the Otter life skills, I was surprised when she expressed interest in such activities as making her own sandwich for lunch and cracking her own egg for breakfast. I was even more surprised when she managed to do both without making a mess. So, I’ve learned to not underestimate what these precious Penguins can do. My advice, if you’re not sure she can do something, let her try but be ready to offer assistance if it proves to be too difficult.

2. Never overestimate how long they are able to sit and maintain focus on a stationary activity.

A three-year-old’s attention span can be similar to that of a gnat’s if she is faced with a subject that doesn’t excite her. Try to limit the discussion time that the Penguins are involved into a few minutes and let them learn as much as possible in a hands-on format. (This idea is useful with the older girls too.) I remember the night I tried to present the First Aid badge by talking through the steps to treat cuts, bug bites, etc. I had a bunch of glassy-eyed little girls looking back at me before long. But when we came back to the subject later, I planned ahead and made the activity as hands-on as possible. With troop funds, I purchased extra bandages, gauze pads, rolled gauze, etc. Then, in our troop meeting, after a very brief explanation of each type of injury, I used a red pen to draw that particular affliction on volunteers and let each girl care for each other’s “owies.” The difference was astounding, and there is no doubt that even the youngest girls learned from that meeting.

If the subject is one that requires a lot of discussion, it is a good idea to have a parent volunteer on hand with instructions for a manual activity or craft that coordinates with the badge for the preschoolers to work on. However, try not to exclude them from the discussions altogether. Even if they look a little bored or glassy-eyed, you may be surprised later to hear them talking about what they learned from the discussion

even though at the time you thought they were a thousand miles away mentally.

3. Penguins are better with concrete subjects rather than abstract ideas.

Young brains have a hard time with abstract concepts (complex emotions, ideas, etc.) and are much more readily wired for concrete ideas (things they can experience with their own 5 senses). For instance, when our troop earned the modesty badge a couple years ago, although we spent a good deal of time talking about modest behavior, the youngest girls only really understood modesty in terms of how one dresses. I remember talking, role-playing, and presenting stories and hypothetical situations in which someone might behave immodestly (wanting all the attention or bragging, etc.) but every time I asked how one might behave in a modest fashion in those situations, the only answer I received from the Penguins (and even a few of our youngest Otters) was that she could wear clothes that covered up her chest and private areas. Now, I'm not recommending that the abstract concepts not be presented; on the contrary, even if they don't understand it the first time, the exposure will make them more ready to grasp it at a later age when they are mentally developed enough to comprehend it. But I am recommending that you not beat yourself up if you are not able to find a way to make them understand. Be happy for the concrete knowledge they did manage to take away from the badge.

4. Penguins, and the rest of the troop as a whole, are best served when the Penguins' parents or guardians are present at every meeting.

Young children need more attention, supervision, and assistance than older children, and for this reason it is extremely helpful to have an adult who can focus his or her undivided attention on that one child. If one leader has three or four Penguins in her troop who each need help with a complicated part of a craft, she takes four times as much troop time to accomplish what could otherwise be done rather quickly. And while that leader is helping each and every preschool child, the older children who have already completed that part of the activity are stuck waiting, and the efficiency of the troop's time plummets.

Another reason it is helpful to have parents and guardians present is for toileting reasons. The preschoolers are usually toilet trained but may still require assistance and reminding of proper hygiene associated with bathroom visits. Plus, they typically have small bladders which require frequent trips to the restroom. If our troop had not mandated our preschoolers' parents attend each meeting, I would probably spend a quarter of each meeting overseeing bathroom visits. As it is, whenever one needs to go, her parent can escort her there and back without my having to stop the meeting at all.

5. While Penguins may enjoy participating in the opening ceremony (flag ceremony, prayer and Frontier Girl Promise) in regular troop meetings, they may not be ready to cope with participating in front of an audience.

We learned this one more recently when we began our annual tea party with the flag ceremony. A Penguin member who had been excitedly participating in the ceremony in meetings where only our troop members and moms were present melted down and sobbed through the ceremony now that a group of around 40 or 50 were watching. I had failed to realize that the pressure of performing for an audience was too much for her at her current level of development.

We will continue to allow Penguin participation during regular meetings, but our advice is to insist that girls wait until graduating into the Otter level before participating in the flag ceremony or leading the prayer or Promise in front of a group.

6. Make sure to have Penguin-appropriate materials for every activity.

It is important to keep in mind the development level of our youngest members when planning activities. For instance, when conducting a craft involving beads, the tiny beads may be appropriate for the older girls, but rarely is a three-year-old's manual dexterity developed enough to manipulate items this small. So to include them in the activity, be sure to bring along larger "barrel beads," or even better yet, beads the size of fruit loops. The same goes with all manipulatives. Look for larger versions for smaller

hands.

One other example of this came up this last spring when our troop earned the Volleyball badge. While they were able to practice drills with a regular volleyball, a lighter-weight blow-up volleyball we purchased at a dollar store was easier for them to play with. We also determined it was easier for the younger girls to play a game over a tennis net than a regular volleyball net.

Another concern regarding appropriate materials for this age group is whether the child may choke on the items. Most three-year-olds have matured enough to not put items in their mouth, but there is the rare child who does not outgrow this habit until later. If you have one of these girls, it is imperative that a parent or guardian is present and assisting with her anytime materials are being used that can fit through a toilet-paper tube (the standard for determining whether an item is a choking hazard or not).

Also consider choking hazards during snack time. Foods such as uncut grapes, popcorn, and hard candy can be hazardous to younger children whose molars have yet to appear.”

Keeping Older Girls Engaged

The biggest challenge to multi-age group troops is to keep the older girls stimulated and to avoid turning them into babysitters. When working on badge requirements during a meeting, there are a variety of tasks that the entire troop can work on at one time. Parent volunteers should help the younger girls with cutting, pasting, reading, etc. during the meeting. Older girls may also take on this role, but beware of turning them into babysitters. Make sure the older girls have the freedom to complete tasks at their own age level and abilities.

You will need to break up your age levels often enough that you can provide activities that are challenging to your older girls. In addition to badge work at meetings, we recommend offering several outside activities during the year only to Butterfly and Eagle level girls. For example, you may choose to have an all troop campout in the spring at a local campground for one night, and then have an older girl campout in the fall for two or more nights in a little more rugged terrain. Many troops have older girl “get togethers” outside of regular meetings to work on extra badge requirements, bond socially, or go on more advanced field trips. Every troop is different and as your girls grow, you need to adjust accordingly.

As the girls get older, they will also develop a wider variety of interests. You may find that starting around 6th grade you have a decline in the number of girls who continue in the Frontier Girl program. This is a time when girls are presented with numerous options to explore that they may not have encountered before. Some may gravitate toward competitive sports, others to drama clubs, cheerleading, after school jobs, etc. Frontier Girls may no longer be their first priority.

If you wish to maintain Butterfly and Eagle level groups within your troop, you will need to be flexible with how you handle them. Assure the girls that they will always be welcome in your troop regardless of their level of involvement. They are not required to participate in all activities or troop meetings if there is a conflict with other commitments. You should not expect girls to neglect their schoolwork or shirk their other responsibilities just to attend a Frontier Girls function. As a leader, it is your responsibility to help the girls balance their commitments without getting overwhelmed. Remind the girls that Frontier Girls is not about how many badges or awards they earn, but about learning, service, and fun.

Girls with Special Needs

Frontier Girls is open to all girls, including those with disabilities. Before allowing girls with disabilities in your troop, make sure you have resources in place to deal with her special needs or that the

parent is willing to take on these responsibilities during troop meetings and activities. These special girls should not only be allowed to reach their full potential but offer a unique opportunity to teach a variety of character building skills to your troop. Simply stated, a disability is defined as a lack of ability of some sort. Disabilities can range from mild to severe and each case must be treated differently depending on the nature of the disability. Each girl's level of skill for any one activity will differ from others.

Disabilities can be divided in 5 major areas:

1. **Learning:** the ability to understand new ideas and to master new skills.
2. **Communication:** the ability to read, understand, and convey ideas through speaking and writing.
3. **Motor and physical ability:** the ability to move about, use tools, and manipulate objects.
4. **Emotional adjustment:** the ability to accept personal strengths and weaknesses and to react to situations in a socially appropriate manner.
5. **Sensory abilities:** the capacity to hear, feel, see, smell, and taste.

Girls with disabilities are no different than the rest of the girls in your troop in many ways. All girls excel in some areas and struggle in others. While it is sometimes obvious to see where a disabled girl will struggle, it is important to find those areas that are her strengths. Be sensitive to a disability, but do not underestimate what a girl is capable of doing. Work closely with her parents to find ways of emphasizing her strengths.

Within your troop, it will be important to structure your activities so that all girls in the troop can participate. Many girls have never been around someone with a disability before and you will need to educate them about what the disability is and how it may affect troop activities. Girls should be encouraged to treat those with disabilities with the same kindness and respect they show to others.

For example, in Troop ###, Emily is 7 years old and suffers from Spina Bifida, a spinal cord birth defect that affects growth. She walks with crutches and sometimes needs a wheelchair. The troop wanted to earn the hiking badge, but knew that this would be a problem for Emily. Instead of dropping the idea, the girls discussed possible ways of including her in the badge requirements. Some of the ideas they came up with were:

- Only hiking on paved trails where Emily could use her wheelchair.
- Going on a "Scavenger Hunt Hike" where everyone would bring items back to Emily at the "base" and she would mark them off as they came in and declare the winner.
- Choose a long hike for the older girls and have all the Otters, including Emily, meet them at the end of the trail and have lunch made and waiting for them.

You will be surprised at how creative the girls in your troop will be when they see the importance of making sure that everyone is included.

If a girl in your troop has an emotional or behavioral disability, you will need to come up with strategies to direct her behavior during meetings and events. For example, if you have a girl with ADD who has problems sitting still during meetings, you may wish to make her a photographer to give her an excuse to be up and moving around even during the business portion of the meeting. Again, working closely with her parents will provide you with the most insight into what works and what doesn't. Make sure that parents understand that you are NOT a trained counselor, but a Frontier Girls leader. If they are not willing to help you moderate their daughter's behavior, you have every right to dismiss her from the troop. Parents are always welcome to start a troop of their own if they are dissatisfied with yours.

Girls That Present a Challenge

Most troops will not be "perfect." They will have one, two, or possibly even more girls who need a little extra help with their behavior. As their leader, you can provide essential guidance that they may not be receiving at home. As long as there are girls with broken homes, parents not living, too indulgent

parents, failure in school, too little food to eat, etc., you will have some of these girls in your troop. It is your responsibility to do all you can to LOVE each of these girls and to help her correct her behavior.

There are many reasons why a girl misbehaves. Remember that she brings a lot with her to troop meetings and Frontier Girls activities (family situations, worries about school, feelings and emotions, etc...) The key to behavior management is prevention. Try to understand the changes the girls face during adolescence and control your reactions to their behavior accordingly.

There is positive and negative discipline: positive discipline is a productive form of correction that supports the Frontier Girls program, while negative discipline undermines a girl's sense of security and well-being. Approaching behavior situations with an understanding of positive discipline and negative discipline will help you make better decisions and will help you work *with* the girls, rather than against them. Positive discipline puts the girl first and is aimed at helping her learn to control herself. It focuses on the future correction of the behavior. Positive discipline involves emotions of love and concern, giving the girl a sense of security. Negative discipline puts *you* first and is aimed at inflicting a punishment upon the girl. It focuses on what is already past and cannot therefore be corrected. Negative discipline involves emotions of hostility and frustration, resulting in feelings of fear and guilt within the girl.

Whenever you correct a girl's behavior, try to balance it with a positive statement and an explanation if possible. For example, instead of "Susie, be quiet!", try, "Susie, I love that you have so much energy and are so excited about our meeting, but please raise your hand if you have something to say. We want to make sure everyone has a chance to be heard." By giving the girl a compliment first, you give the girl a reason to *want* to please you. Compliments feel good, and you want more of them. By gently requesting the proper behavior, you are telling the girl what is necessary to gain more compliments. As you see a change in behavior, make sure you recognize and reinforce it. After the meeting, you may wish to pull Susie aside and say something like, "Susie, thank you so much for letting the other girls have a chance at offering suggestions this afternoon, especially when I know you had so many more ideas." By approaching the problem this way, the girl not only understands why her behavior was wrong, but how good it feels to do the right thing.

When problems and disagreements occur within your meetings, first learn all you can before trying to solve it. Listen a lot but talk little. Make sure you observe the entire situation and don't act on just a piece of it. Many problems are emotionally based and therefore not always logical, so don't jump to conclusions. Always look at the problem from both individuals' point of view before offering a possible solution. If necessary, have the girls take a break and come back fresh.

If a girl has consistent behavior problems, make sure to document it on a disciplinary action form, and have the parents sign it. These forms are available in the forms section of the leader portion of the website. It is important to make sure that parents are aware of a girl's behavior and support you in trying to correct it. If a girl continues to behave inappropriately, you have every right to dismiss her from your troop.

The Quiet Sign

If things are getting a little loud or out of control, teach your girls the "quiet sign." Raise your hand and tell the girls that, "when the hand goes, up the mouth goes shut." Whenever they see your hand in the air, they should immediately raise their own hand and stop talking.

Troop Meetings and Activity Days

Troop Meetings are the backbone of the Frontier Girl program. It is here that the girls will be encouraged to make friends, learn about teamwork and leadership, and be presented with a variety of new activities. Frontier Girls is designed to accommodate girls from preschool through 12th grade all in the

same troop. The only way for these girls, each with a different background, each with their own ideas and desires, to become a group is through doing things *together*. This takes a balance between making things simple and understandable for the Penguins and Otters, while challenging and exciting for your Butterflies and Eagles.

There is no set number of meetings you must have each year, nor a set length of time for each meeting. Some troops meet every week, some just once a month. Some meet for 1 hour, others for 2. It is up to you and your volunteers to arrange a schedule that works for you.

Frontier Girl meetings should include any necessary business (dues collection, decision making, etc.) and a formal flag ceremony in addition to the activities you have planned. If you find that your schedule does not allow enough meeting time to complete the activities you wish, you can alternate “meetings” with “activity days”. Activity days are less formal than meetings and can consist simply of working on a craft or taking a field trip with no business or flag ceremony conducted. For troops with limited time, having one meeting per month and one activity day per month allows the girls to get the benefits of a formal meeting along with the time to just have fun.

Basic Format of a Troop Meeting:

1. Pre-Meeting. All girls who hold leadership positions should arrive at the meeting 15-30 minutes early. This gives you a chance to go over what you will be doing at the meeting and make sure any patrol leaders know what their responsibilities are for the day. The Scribe and Treasurer should be ready to receive any payments or badge completion forms from other members (instructions for record keeping and financial transactions are located later in this handbook). Make sure you have paper and pens for coloring or other quiet table activities in place to keep any girl who arrives early occupied. This is a great time for the girls to make cards for our service members, veterans or seniors.

2. Formal Flag Ceremony. Frontier Girls stresses patriotism in all our troops and requires that every meeting begin with a formal flag ceremony. Directions for conducting a ceremony can be found in the Flag Ceremony section of the members portion of our website as well as at the end of this handbook. Make sure that each girl gets a chance to play every role within the ceremony (caller, flag bearer, color guard, and audience) at some point throughout the year. It is important to stress that this is the “serious” part of your meeting. Proper respect for the flag should be taught and girls in the audience should stand quietly at attention until the ceremony is over. There is a time for silliness and giggles during your meeting, and a time to be serious. Your girls should learn to understand and respect the difference. Once learned, this part of your meeting should not take more than 5 minutes.

3. Frontier Girl Promise and Opening Prayer. Every girl in your troop should memorize the Frontier Girl promise and recite it at every meeting. When reciting the promise, each girl raises her right hand with the center three fingers up. The three fingers stand for the three parts of our promise. Our promise is the basis for how we live our lives and what we expect of our girls. An opening prayer is optional. If troop members have different beliefs, they are not required to participate in the prayer, but they are required to sit quietly and respect the faith of those around them.

Some troops may have girls of only one religious faith, others may contain a wide variety of faiths. In a world where religious intolerance is growing, we seek to restore respect for other’s beliefs. As the leader it is your responsibility to ensure that neither you, nor any other volunteer, teach any specific religious doctrine at your meetings without first notifying the parents. Even in an all Christian troop, you may have girls of several different denominations. While we welcome God in our meetings, the details of religious instruction should take place in the home and in the church under the supervision of the girls’ parents. If your troop is owned by a church, parents should be notified if the church doctrine will be taught at meetings.

4. Songs and Games. Songs, especially those that require action of some kind, are a great way to not only develop coordination and rhythm for your younger members but gives everyone a chance to loosen up and

get rid of some energy before you sit down to conduct business. Singing puts everyone on an equal footing and helps to create a group feeling. Non-competitive games are another way to get all the girls doing something fun together and interacting with one and other. A variety of songs and games can be found in the Resources section of the website as well as at the end of this book.

As the leader, being a part of your group is very important. Make sure that you participate in songs and games right alongside your girls. Your attitude toward them and other people is reflected in their own. If you listen to them, they will learn to listen to each other. If you lower your voice when everyone is shouting, they will become quieter. If you play fair and they can count on you, they will associate being a Frontier Girl with these characteristics.

5. Troop Business. Troop business should take place in a democratic atmosphere. Try to find a way for girls to sit in a circle where they can all see each other. If this is not possible, at least make sure that all girls can be seen and heard. All major decisions for the troop should be discussed and voted upon by the entire troop. Conducting troop business in a democratic manner gives every girl a sense that she is an important part of the troop. Each girl should have a chance to be heard. Things such as what badges to earn, community service projects to do, or trips to take should come before the whole troop. Once these decisions have been made, you may wish to elect a smaller committee of older girls to decide upon the details. What badge requirements will be done? When and how will the community service project take place? Will reservations be necessary for a field trip?

6. Badge work. At most of your meetings you will be working on one badge or another. How to structure this part of your meeting will depend greatly on the number of girls in your troop and their varying ages. Some badge requirements can be done with the whole troop at the same time, while others will require that you split your troop into different age groups. Make sure that your facilities have enough room to split the girls into separate groups if necessary, and that you have enough parent volunteers. For many badges, older girls are required to teach a skill that they have learned to someone younger. This is a great time to put your older girls in a leadership position and have them plan this segment of your meeting and teach the Penguin, Otter or Dolphin level girls.

7. Snack Time. (optional) *(This section courtesy of Melissa Gaunt)* It may seem like a self-explanatory subject, but snacks are more than an easy time filler at meetings. In fact, that is probably their least important role.

- ★ Sharing
- ★ Manners
- ★ Fairness (who gets the smallest piece?)
- ★ Routine
- ★ Responsibility
- ★ Generosity
- ★ Acceptance
- ★ Trust
- ★ Social Interaction

It is no longer common for families to eat every meal together at a table. School lunchrooms are increasingly less tolerant of frivolous, happy conversation. Lifestyles don't always include spending inactive time talking with friends...Snacks are so much more than a pointless time filler.

Within a troop, it is usually easiest to not have a girl bring drinks, but everyone should have a turn at bringing snacks. It feels good to feed your friends. If you, the Leader, provide snacks for the first meeting and start the socializing by talking about how important it is to be mannerly, you will have done your girls a great service by letting them know that you expect them to be polite, no matter what snack is served. Leave them the option of "no thanks" and take away the tendency toward "Yuck! That's disgusting and I NEVER eat anything disgusting!" You will start an immediate foundation of security for your girls by letting them know that when it's their turn, their snack will be accepted. Every girl will be

accepted. Wow! It's amazing that something as simple as a handful of raisins could do that isn't it?

A grace may be said, or sung, before eating snacks. The girls should always remember to be grateful for the food before them even it is something as simple as a few crackers. A variety of graces can be found in songs section of the Resources section of the website.

8. Announcements and Closing. At the end of your meeting, make any announcements and pass out reminder notices or other important paperwork that needs to make its way home. Write the girls' names on the paperwork to go home. This way if one gets left behind (which happens frequently) you will know exactly who it belongs to and who does not have the necessary information.

At the closing of your meeting, make sure that parents know they should wait quietly until you have dismissed the girls. Having a routine closing ceremony for your meetings, such as a final song, helps the girls get accustomed to when they are allowed to leave.

Planning Meetings, Events and Activities

Below is a list of questions to ask yourself when planning a meeting, event or other activity.

1. Can we do it safely?
2. Do we know how to do it? If not, what new skill do we need to learn in order to be successful?
3. What are the parts of this project and the steps we need to follow?
4. What supplies or materials do we need? Do we have them? Can we supply them? Can they be brought from home? How will we get them?
5. How long will it take? Is the timeline realistic?
6. How much will it cost? This may take a little research. Ask yourself, "is there a more inexpensive way?" Remember to consider the financial situation of the girls. Frontier Girls should not be expensive.
7. What extra help will we need? Will it be necessary or beneficial to bring in more experienced or mature support from your community?
8. How does this project relate to the Frontier Girl goals, promise and creed? Does it fit into the troop's overall annual goals?
9. What did we learn the last time we did a similar activity? Can we learn from other groups experiences?

Once you have decided on an activity, use the Troop Meeting Planning Sheet located in the forms section of the members area on the website to keep track of what badge requirements you have completed, what worked and what didn't. These sheets will help you see at a glance what you have achieved as a troop as well as what you still need to fulfill to earn a badge at each level.

* Tip: Have the girls sign in on the back of the Planning Sheet so that you know exactly who was at each activity and completed each requirement.

Opportunities Every Girl Should Have

Below is a list of opportunities every Frontier Girl should have in a well-run troop. This list can be a good resource when planning meetings and events to ensure that your troop is well rounded.

Learn the Frontier Girl Program

- Know and understand the Frontier Girl Motto, Promise and Creed; be able to share their meanings
- Plan and participate in an investiture or rededication ceremony
- Know and use the Frontier Girl motto, and quiet sign
- Plan and participate in Awards ceremonies

Understand the meaning of citizenship

- Plan and participate in several indoor or outdoor flag ceremonies
- Plan and participate in a community service project
- Demonstrate the relationship between the Frontier Girls Creed and citizenship.

Leadership

- Take an active part in patrols and troop decisions
- Participate in the selection of girl leadership for troop/group and or patrol
- Make decisions regarding dues and troop money
- Make decisions regarding troop rules and procedures
- Receive support from leader regarding decisions
- Develop and use a kaper chart for meetings and activities.

Acquire life skills and knowledge

- Learn new skills and knowledge by earning badges
- Become competent in life skills via the Life Skills Achievement Award

Explore the outdoors

- Participate in many outdoor meetings and activities
- Plan and participate in one or more camping experiences
- Increase outdoor skills—fire building, cooking, hiking, etc.

Express creativity

- Create art for herself and others
- Use dramatic or choral skills in a presentation
- Learn songs and games; teach them to others
- Learn several useful home arts

Leadership Opportunities for Girls

All girls in grades 3 and up will have the opportunity to serve in leadership positions within the troop. These girls are “essential pieces” of the troop and are represented by a puzzle piece pin. Positions will be held for anywhere from 6 months to 1 year, giving each girl enough time to learn and become proficient at the job, but switching often enough that all girls should get a chance to serve within 2-3 years. Those girls who need to hold a leadership position in order to complete a gem award should be given priority. Leadership position pins are in the shape of puzzle pieces to show that these girls are essential pieces of the troop. Pins are worn in the level tab between the animal pin and membership while serving the position and then placed on the level ribbon when leaving office. Leadership positions available are:



Leader in Training: The Leader in Training is responsible for making sure meetings start on time. They should have a watch at every meeting and give quiet reminders to the Leader when it is time to start, have snack, etc. She is also responsible for keeping the girls occupied with songs or games if there is a lull in the meeting and the Leader is busy. Your leader in training should be trained in both the scribe and treasurer positions so that she can fill in if necessary. Finally, the Leader in Training is responsible for calling all patrol leaders with any important updates or information between meetings.



Scribe: The Scribe is responsible for taking notes at all meetings when business is discussed. She is also responsible for logging in all badges and service stars earned. An adult should always oversee this position to make sure it is done correctly.



Snack Coordinator: The Snack Coordinator is responsible for creating a snack rotation list and calling to remind girls when it is their turn to bring snack. If for some reason a girl cannot bring snack, it is the snack coordinator’s job to find a substitute.



Treasurer: The Treasurer is responsible for reporting the current finances of the troop at each Leadership meeting. She should help prepare budgets for all events and activities. The Treasurer is also responsible for logging in all payments to the troop, these may include dues, troop registration, uniform fees, or payments for badges and awards. An adult should always oversee this position to make sure it is done correctly.



Care Coordinator: The Care Coordinator is responsible for praying for the troop at least once a week. She should have cards ready to sign for all special needs (illness, birthday, thanks, etc.) and make sure they reach the intended recipient. Finally, if your troop ships care packages to our service members, the Care Coordinator is responsible for packing and shipping all care packages. (The troop is still responsible for paying all shipping charges.)



Photographer: The Photographer takes pictures at all troop meetings and events. You may wish to have more than one girl serve in this position if you have a large troop. This ensures that there are pictures of every girl.



Reporter: The reporter is responsible for writing a troop newsletter as well as sending photos and write ups to the local media.



Patrol Leader: The Patrol Leaders lead a patrol of between 4 to 8 girls and are in charge of making sure their patrol is ready for the meeting, completes their kapers (chores) in a timely manner and that any younger girls in the group have a buddy to help them if necessary, during crafts or games. Patrol leaders are also responsible for calling the girls in their patrol to pass on important updates or information.

Character Education

The Frontier Girls promise, motto and creed are the basis of our program and as such need to be reinforced frequently. You have the opportunity to be a real influence on the girls in your troop, and help to build them into strong, moral women.

Think of everyone in your life whom you feel had something to do with making you the person you are today. Most people can't name more than 5-6 people, outside of their family, that had any influence on them. Why do you remember these people so clearly when others are difficult to remember at all? What made them special? Why did you accept their influence over someone else's? Usually, it was because that person seemed to take an interest in you and you trusted them. They may have made you feel important, or more capable, than when you were on your own.

You need to be that person of influence to the girls in your troop. Before you can influence them however, they must like and trust you. Think about the way you respond to each of the girls in your troop. Do you really like the girl who brags a lot, wiggles constantly, or talks non-stop? Do you understand why they may have those traits, either through age, family situations or medical issues? Does the expression on your face and the tone of your voice show that you really like her? Do you believe in her ability to do the right thing? Can you share her interests and be a good listener? Are there interests of your own that you can share? If you answered yes to these questions, you are well on your way to building a trusting relationship with your girls.

There is an old saying, "It's the little things that count." Character education focuses on the little things. "Be Joyful" is too broad. What does it mean? How do you implement it in your life? Ask the girls to list ways they may bring joy into their lives. Examples may include being thankful for small blessings, doing things for others that make them smile, or even singing silly songs. While it may sound simple, how often do people really think about what joy means? Try this exercise with every piece of the Frontier Girls creed.

Every day is made up of small actions and we must teach what is right and appropriate in many different situations. Our goal is to make these actions a habit, thus affecting the girl's overall behavior and attitude. There is another saying, "Thoughts become action, action becomes habit, habit becomes character, and character is everything." We must start with making the girls *think* on these things. Actions will follow.

Talking with the girls will get them thinking, but activities designed to teach specific principles will yield better results as they help the girls see just how these traits can be used in their lives. Character building activities can be worked into just about anything your troop does. For example, if you are working on the Genealogy badge you may want to talk about love at the same time. How is love shown throughout the generations? Can the girls name three things about each member of their family that they love? Have them do something for each member of their family that shows their love. If you take a field trip to a police station, you can discuss the importance of rules and how they affect a community. Then you can work together to create rules for your troop.

It is sometimes helpful to choose a character badge that works well with another badge you are working on so that you can apply one to the other. With the examples above you could work on the Love badge at the same time as the Genealogy badge or the Community Safety badge alongside the Responsibility badge.

Flag Corps

Frontier Girls offers an optional program called the Frontier Girls Flag Corps. This program is for any girls in your troop who are interested in performing formal flag ceremonies for events in your community. To start a Flag Corps you must have a minimum of 3 girls interested. You will need a Caller, a Flag Bearer, and at least one Color Guard (more Color Guards may be used if you have more girls that wish to participate). Details on performing a formal flag ceremony can be found in the flag ceremony section of the members portion of the website as well as at the end of this handbook.

The uniform when performing flag ceremonies is more formal than that required for meetings. Girls should wear a white polo shirt, their red uniform vest and either a pleated or "A" line navy blue uniform style skirt, or slacks. Skirts should be no shorter than 2" above the knee and no longer than 1" below the knee. All shirts should be tucked in. White ankle socks (no lace) should be worn and clean white tennis shoes. The object is to look as clean and professional as possible. Any time spent performing community flag ceremonies will count toward service hours for a Servant's Heart Award.

Support a Soldier Program

Frontier Girls is a strong supporter of our service members overseas and wants to give every troop the opportunity to become actively involved. Frontier Girls highly encourages our members to support a service member overseas. You don't even need to send "stuff". Letters of support are the number one item requested. If you do not have a military contact of your own and would like to participate go to:

Any Soldier
www.anysoldier.com

Make sure to read their FAQs page before requesting a service member contact. Any Soldier has a search engine to help you choose who you would like to ship to. You can search by military branch, location, items needed and more. Each recipient in the program has agreed to accept boxes from Any Soldier and distribute them to the men and women at their base who are in need of care and support.

Any time your girls spend making cards or writing letters to your service member may be counted toward Servant's Heart Awards. This program is highly recommended as it really gives the girls an appreciation of the sacrifice that these men and women make, as well as that of their families, so that we can retain the freedoms we so enjoy here in the United States.

You may also choose to sponsor a military family instead. Many military families struggle when one parent is out of the country for so long. They struggle financially as well as logistically. Things you may wish to do for a local military family include a fundraiser to help out with expenses, cooking meals, older girls can offer babysitting services, etc. Extra cards and gifts are always nice, making sure that the family knows that the sacrifice they make is appreciated.



Tall Flag Teams

Tall Flag teams are a great way to keep older girls involved in Frontier Girls while offering a valuable service to your community. Tall Flag teams twirl 5 ft flags to patriotic music and perform in parades, at community functions, for nursing homes, veterans' organizations and others in your community. Due to the height of the flags, tall flag teams are usually reserved for Butterfly and Eagle level girls although younger ones are welcome to participate if they can complete the routines. Sample routines and information can be found on the Curiosity Untamed website in the Resource section.

Community Service

Frontier Girls encourages every Frontier Girl to help better her community and the lives of the people around her. Each troop is required to do a minimum of three service projects each year; one for the community, one for whoever hosts your troop meetings, and one ongoing project of the girls' choice. For example, your troop may choose to sing Christmas carols to the elderly (local community), weed the parking lot of the church that hosts you, and participate in our Support a Service Member program supporting our service members overseas.

Girls who participate in community service, either with the troop or on their own, may be eligible to earn the Servant's Heart Award. To earn this award, each girl must perform a set number of community service hours. See the Badges and Awards section for more details.

Make sure each girl receives a Service Hour Tally Sheet (located in the Forms section of the website). All service hours should be logged on that sheet. When a girl has enough hours for a Servant's Heart, she should fill out a Servant's Heart completion form and bring it to the next meeting.

There is a difference between community service and living our motto, "If you see a need, take the lead!" Community service is any activity that a girl volunteers to do for the betterment of her community. Most people think of things like picking up trash, participating in a canned food drive, or singing Christmas Carols to the elderly. While these are worthwhile projects, don't forget to count things like helping to coach a soccer team, or volunteering to help at VBS, or Sunday School. These types of events could not happen without enough volunteers.

Certain volunteer activity should not count toward community service hours, as it is more of a favor to family or friends. Examples may include your neighbor asking you to watch their puppy, helping someone pack for a move, watching someone's children. These activities come under our motto, "If you see a need, take the lead!" Girls should help out when needed simply because it is the right thing to do, not because they are being rewarded for it.

The test to identify which activities should count for service hours is simple; if something in your community would not be able to get done without volunteers (streets staying clean, rescue missions stayed stocked, Sunday School classes or sports teams being taught, etc.) then it counts as community service. We believe in rewarding the girls for these efforts with service hours to encourage them to be active in their communities. If however the activity is simply a good deed for an individual (babysitting for your

neighbor, mowing someone's lawn for free, helping to load groceries into a car, etc.) this is simply living our motto. We want to teach the girls that when they see someone in need, they need to take the lead and help them out without expecting anything in return.

Certain service projects may involve health and safety risks, so research each project well and make sure girls can participate safely. Below is a list of possible service projects your troop may wish to choose from to participate in during a normal Frontier Girls Calendar (a few each year are fine) Please make sure that the projects you choose are appropriate to the age of your girls.

September:

Organize a coat drive in which old coats are donated for use by needy people.

Make "I Care" kits with combs, toothbrushes, shampoo, etc. for the homeless.

Paint a mural over graffiti.

Donate books to your local library.

Make cards for service members overseas or who are in hospitals

October

Conduct a community service project during the Big Help Day in October.

Offer safety tips for youngsters during Halloween.

Create a campaign to encourage biking and walking.

Conduct a clothing repair or sewing workshop for needy people.

Distribute leaf bags during the fall encouraging residents to clean leaves from their streets and yards.

November

Recognize veterans in your community.

This is military family month - support a military family with meals, yard work, babysitting, etc.

Adopt a "grand friend" and write them letters and visit them.

Donate toys or suitcases to foster children.

Adopt a pothole and raise funds to repair it.

December

Trim a mitten Christmas tree to donate mittens to local schools and homeless shelters.

Decorate a Christmas tree at a nursing home, hospital, school or homeless shelter.

Ring the bell for Salvation Army during the holidays.

Serve Christmas dinner at your local veteran's hall.

January

Help cook and/or serve a meal at a homeless shelter.

Clean up a vacant lot or park.

Start a recycling campaign.

Collect unused make-up, perfume and other cosmetics for a center for abused women.

February

Volunteer to return shopping carts during National Supermarkets Month in February.

Raise money for Braille books for visually impaired people.

Make quilts or baby clothes for low-income families.

Make a cancer or aids quilt or mural to remember people of who have died from these diseases and remind others of their life. Donate it to the community for display.

March

Conduct an Easter Egg Hunt for needy children.

On St. Patrick's Day, don't only wear something green, care for something green!

Plant flowers in public areas that could use some color.

Collect aluminum cans and donate the money to a favorite charity.

April

Participate in National Youth Service Day in April.

Make Spring baskets for seniors' residential facility, neighbors or homeless shelters.

Bring toys to children in the cancer ward of a hospital.

Rake leaves, shovel snow, clean gutters or wash windows for a senior citizen.

May

Plan a Memorial Day program

Deliver May Day baskets to women in your community or at nursing homes

Participate in a marathon or relay for your favorite charity.

Organize a campaign to paint storm drains to prevent dumping of hazardous materials.

Plan a special awareness event during Be Kind to Animals Week in May.

June

Visit senior citizens at a nursing home.

Organize a canned goods drive.

Volunteer to help at a Special Olympics event.

Bake cookies and bring them to your local fire or police station.

Volunteer to help with Vacation Bible School.

Making Service Projects Fun

Below are few ideas to show how you can make doing community service fun for your girls. Use your imagination to create a fun activity around the service project you have chosen.

Rake and Run

On a given day the girls should each bring a rake and gather to rake leaves. Make sure you have enough drivers for everyone. Drive up and down streets in your neighborhood looking for yards that need to be raked. When one is found, two girls go up to the door and ask if the people wish to have their leaves raked for free. If the answer is yes, all the girls rake the lawn.

Girls should be reminded that they are on other people's property and that they should be careful not to damage anything. When the job is finished the troop can leave a "calling card" that offers best wishes and lets the people know who you are. During the spring you could have a similar event called "Splash and Split" where you wash windows. The idea behind this project is simply to show an unexpected act of kindness to others.

Bigger or Better

This is a scavenger hunt. Divide your girls into teams, one team per car. Each team starts with a paperclip. They then drive to different areas of town and try to trade their paperclip for something "bigger or better." Once they make a trade, they then try to trade the new item for something even bigger or better than that. Each team has one hour to trade up as well as they can. At the end of the game, all teams meet at a specified thrift shop to donate the items. (One group managed to trade all the way up to a working vacuum cleaner while another ended up with 5 gallons of ice cream that they donated to the local homeless shelter.)

Canned Food Scavenger Hunt

Create a scavenger hunt list of canned food and prepackaged items. Divide your girls into teams (one team per car) and have them go around town trying to collect everything on the list. Make sure you include harder to find items like mandarin oranges or artichoke hearts. At each house have the girls ask if the family would like to donate any extra canned food in addition to the scavenger hunt items. At the end of the event, donate all canned goods to your local food.

Valentines for Vets

At your meeting just before Valentine's Day, have a Valentine's Party. Have each of the girls bring enough Valentines for each member of your troop plus 3 extras. At the party have the girls make Valentine Cards to attach to one giant card. Then give the giant card and all the extra Valentines to your local veterans group.

A Servant's Heart Award

(worn on level ribbon - remains on vest when advancing levels)

We would like to encourage every Frontier Girl to help better her community and the lives of the people around her. Each troop is required to do a minimum of three service projects each year. One for the community, one for whoever hosts your troop meetings, and one ongoing project of the girl's choice. For example, your troop may choose to sing Christmas carols to the elderly (local community), weed the parking lot of the church that hosts you, and participate in our Support Service Member program supporting our service members overseas.

Girls who participate in these projects or do other community service outside of the troop are eligible to earn the Servant's Heart award. More than one heart may be earned each year. To earn a Servant's Heart each girl must perform a set number of community service hours. These are:



Penguin – 5 hours = red heart



Otter - 5 hours = red heart



Dolphin - 10 hours = silver heart



Butterfly - 15 hours = gold heart



Eagle- 20 hours = gold diamond heart



100 hours = gold ruby heart (Minimum amount for Leaders and Owls)
(This heart may also be used for girls who have earned too many hearts for their level ribbon and may be exchanged for hearts totaling 100 hours)



500 hours = gold sapphire

In the forms section of the website is a Service Hour Tally Sheet. Each girl should receive one to log all of her community service hours. When she has enough hours for a Servant's Heart, she should fill out a Servant's Heart completion form (found in the forms section) and bring it to the next meeting with her payment for her pin.

Badges

Thousands of Possibilities!

Frontier Girls has made a commitment to write a badge for anything a girl wishes to learn about as long as it is not a controversial subject we feel is better addressed by parents or religious leaders. Nearly all badges are available at all age levels and are structured so that the girls constantly spiral back and review information and skills if they earn the badge at multiple age levels.



Areas of Discovery

All Frontier Girls badges are divided into nine Areas of Discovery.

- Discover Agriculture
- Discover Art
- Discover Character
- Discover Health and Safety
- Discover the Home
- Discover Knowledge
- Discover the Outdoors
- Discover Science and Technology
- Discover the World

There is a master alphabetical list online that lists all available badges. Keep in mind that some badges qualify for two or more Areas of Discovery depending on your focus. For example, if you earn the Biographies badge for Albert Einstein, it would fall under Science and Technology while earning it for Vincent van Gogh would fall under Art. Many badges are written with general requirements that can be customized to earn very specific badges. All badges are custom made to order, so the possibilities are endless.

If you don't see a badge on the subject your girls wish to learn about, or don't wish to wait for us to write it, feel free to write your own using the Badge Writing Badge on the website.

We do ask that any badges you write as a troop be sent to the Frontier Girls for approval. If the badge is approved, we will also include it in our official badge list for other troops to earn (your troop will be credited as the author.) While sharing your badge requirements is not required, it is greatly appreciated.

A badge can be written on just about any subject. Requirements should be appropriate for the age of the girl and should average 3 requirements for Penguins, 4 requirements for Otters, 5 for Dolphins, 6 for Butterflies, 7 for Eagles, and 9 for Owls. Older girls should also be required to demonstrate their knowledge in some way by using it for the benefit of others. Girls will not be allowed to wear pins that represent any form of politics, or controversial subjects such as pro-life/pro-choice, gay rights, specific political affiliations, etc. Pins representing individual faiths are acceptable.

How to Earn Badges

Each badge has two mandatory requirements for each age level and then a set number of requirements the girl may choose from the optional requirement list to complete her badge. The number of optional requirements needed is dictated by the age of the girl. Of the mandatory requirements, the first of is always to complete the mandatory requirements of all lower levels. This is to ensure that a girl builds her knowledge from the ground up and does not miss out on any important information. While some of the requirements may be overly simplified since they were written with younger girls in mind, the knowledge or skill is just as important for the older girls and usually quite simple to complete.

Keep in mind that the same requirement done by both a Penguin (preschooler) and an Eagle (high schooler) should look vastly different in execution. The knowledge and skill expected out of a Penguin is much less than what is expected out of a Eagle. For example, a Penguin mandatory requirement in the Electricity badge states, " Help an adult make an electric potato clock or similar science project involving electricity." As a Penguin, the adult will end up doing most of the work on a project like this with the Penguin simply helping. If earning the badge as an Eagle, this requirement is still mandatory, but the Eagle should either be able to build a simple device like a Potato clock on their own, or a more advanced device with the help of an adult.

In addition to the mandatory requirements, girls have to complete a certain number of optional requirements as well. These requirements simply add more information or skills about the subject at hand and can be used to help focus the girl on the aspects of the badge subject that interest her the most. Additional optional requirements may also be written if a girl has an opportunity to learn something about the subject that may not yet be listed.

Re-Earning a Badge at a New Age Level

If a girl has earned a badge at a younger level and is re-earning it at a higher level, she still has to go back and repeat the lower-level mandatory requirements. If the requirement is knowledge based, to complete it she must either show that she still has the knowledge she learned at a lower level or re-learn it. If it is skill based, she should show improvement since demonstrating the same skill at a younger level.

Girls are encouraged to choose new optional requirements when re-earning a badge, but they are welcome to repeat previously completed optional requirements as well. It is expected that if optional requirements used at a lower level are used again when re-earning a badge at a higher level that the quality of work or understanding has improved. For example, if a girl goes on a field trip to a dairy as an Eagle, she should retain lot more information than when she went as an Otter.

The more often a girl re-earns the same badge, the more her knowledge and skills will be retained which is why we have the girls spiral back and redo lower level mandatory requirements. The idea is to repeat and reinforce the information at each level while adding new information and skills as the girls grow.

Required Badges

Frontier Girls requires all girls to earn the Etiquette Badge, Emergency Preparedness Badge, and the Patriotism Badge at each age level. Our goal is to ensure that any girl who goes through the Frontier Girls program at the very least emerges as a polite, prepared and patriotic young lady.

What Do Badges Look Like?

Frontier Girls badges are 1 1/4" steel springback pins, not patches. The colored ring around the outer edge represents the age level the girl was at when she earned the badge.

Pink - Penguin (preschool)

Yellow - Otter (grades K-2)

Blue - Dolphin (grades 3-5)

Green - Butterfly (grades 6-8)

White - Eagle (grades 9-12)

Grey - Owl (adults 18+)

Red - Leaders (badges taught, not earned)



How to Write Frontier Girls Badges

A How-To article by Charlotte (R) Duke - Eagle – Troop #109

“Frontier Girl badges are incredibly interesting, and some of the most fun things I’ve ever had an opportunity to do. I really enjoy earning them (you learn so many interesting things in the process) and I find writing them to be fun also.

When writing badges, it is important to take into account the fact that some subjects may be more interesting to one girl than to another. Try to make the badge fun to earn by appealing to different interests and personalities. Below are some general guidelines for requirements that cover a broad spectrum of interests and areas of discovery. Usually, Penguins will be required to do 3 requirements, Otters will have to do 4 requirements; Dolphins have to do 5, Butterflies 6, Eagles 7, and Owls 9.

Ideas for Requirements:

1. Knowledge of the subject: this could include technical terms, jargon, or terminology.
2. History of the subject and how is the subject used today?
3. Art projects – for Penguins, Otters and Dolphins – for higher levels see if they can also find works of art that have to do with the subject, or novels that mention it.
4. Craft application – if applicable build or make something that relates to the subject.
5. Geography -- Look at a map and find the places where the subject came from or was used. (For instance, for the knitting badge you could find the Faroe Islands where some splendid sweaters were made or the Kashmir province in India where Cashmere wool comes from.)
6. Games to help learn the subject
7. Music: are there any songs or pieces of music that relate to the subject or that help to learn the subject?
8. Technology: how is it made?
9. Bible or book of faith verses (for Character badges in particular)
10. Service Projects/Volunteer opportunities
11. Shadowing someone who works in the area
12. Internet: with a parent’s permission a girl may research websites that apply to the badge subject so website links are helpful.
13. Field trips to locations that make or use the subject.
14. Necessary skills needed to properly learn a subject

Badge Format:

Use the following format when writing and submitting a badge.

Badge Title

(Area of Discovery)

By Author

Penguins: Do the 2 starred requirements below plus one optional requirement.

- _____ 1.*
- _____ 2.*

Otter: Do the 2 starred requirements below plus two optional requirements.

- _____ 1.* Do Penguin requirements 1 & 2
- _____ 2.*

Dolphin: Do the 2 starred requirements below plus three optional requirements.

- _____ 1.* Do Otter requirements 1&2
- _____ 2.*

Butterfly: Do the 2 starred requirements below plus four optional requirements.

- _____ 1.* Do Dolphin requirements 1 & 2
- _____ 2.*

Eagle: Do the 2 starred requirements below plus five optional requirements.

- _____ 1.* Do Butterfly requirements 1 & 2
- _____ 2.*

Owls: Do the 2 starred requirements below plus six optional requirements.

- _____ 1.* Do Eagle requirements 1 & 2.

_____ 2.* Teach someone how to do a skill from this badge or teach some knowledge about this badge to someone. You can teach kids, your spouse, seniors, anyone, just as long as you are sharing your newfound knowledge. If for some reason you cannot teach what you have learned to someone else, you may choose an additional 2 optional requirements instead.

Optional Requirements:

- _____ 3.
- _____ 4.
- _____ 5.
- _____ 6.
- _____ 7.
- _____ 8.
- _____ 9.

When writing badge requirements, try to keep in mind the fact that as girls grow, their intellects and ways of thinking do so too. Try to keep requirements simple for Penguins and Otters and gradually make them a little bit more challenging as you get farther up through the levels.

While sharing the badge you have written is not required, it is always appreciated. If you would like to have your badge posted on the website for others to use, email it to Frontier Girls headquarters at kerry@frontiergirls.com

Badge Completion

Badges educate the girls in one specific subject by suggesting activities that most girls will enjoy and should be able to do well with a reasonable degree of effort. They are distributed among nine Areas of Discovery to allow for a wide range of choices. No one girl could possibly earn them all, but any girl, no matter what her background, should find plenty of badges that she will enjoy earning.

Girls are not required to earn badges at home, but they are encouraged to do so. Only earning badges at meetings often does not allow variation enough for individual needs. Some girls have special talents or interests not shared by others and may have a good deal of leisure time that should be constructively used. Other troop members may be overburdened with outside activities already and do not have time to earn badges at home. The program will be different for each girl.

The question of credit for work done in school or elsewhere in relation to earning badges often comes up. Art lessons in school or riding lessons at home may prepare a girl for earning a badge, or arouse her interest in it, but they should serve only as a starting point. As part of earning her badge, she should practice in a different situation what she has learned elsewhere, choose more advanced activities, or demonstrate her abilities by contributing to the troop program.

The written badge requirements should serve as a guide to what is expected from the girls in order to earn a particular badge. Keep in mind that these requirements are not written in stone. A girl may do something other than what is written so long as it achieves the objectives of the badge. For example, if the objective of a requirement is to tell about what patriotism means to you, it really doesn't matter if the girl creates a poster, writes a paragraph, gives an oral presentation, or performs a skit to show what patriotism means to her. Frontier Girls will also honor the requirements of other scouting organizations if they are age appropriate. This allows the girls to work with groups such as the Boy Scouts and use their requirements instead of ours to earn a badge.

Consider the following points when deciding when a girl has completed a badge. Has she achieved the objectives set up for the badge? Did she put in a reasonable amount of time and effort into earning the badge? Did she provide community service or pleasure to others while earning the badge? Did she complete the required number of requirements in a satisfactory manner? If you have answered to yes to these questions, then even if she did not follow the exact written requirements, she has earned her badge. Keep these points in mind when writing your own badges as well. When a girl has completed a badge, she should fill out a Badge Completion form and turn it in at the next meeting.

Higher Awards

All higher awards have a gem in the center of the award to signify the level the girl was at when she earned it. Higher awards are more difficult to earn than badges and require much more effort, skill, knowledge, and responsibility.

Make A Difference Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Make a Difference" around the level gem)

You earn the Make A Difference award by planning and executing your own community service project. Projects must be submitted to the troop leader for approval prior to execution. (No service projects will be allowed regarding controversial issues such as pro-life/pro-choice, sex ed., politics, etc.) Keep in mind that while girls can ask adults for help, they should lead as much of the project themselves as they can. This award is not offered at the Penguin level.

Make a Difference projects should take time and effort at each age level, but they do not have to be something grand. For example, cleaning up the local park could be a Make A Difference project for any level. If a girl and some friends cleanup for 2 hours at a time once a week, Otters would complete their project in two weeks, Dolphins in 5-6 weeks, Butterflies in 10-12 weeks, and Eagles in 20-25 weeks. The key is that the girl is required to *lead* a group of at least 3 volunteers, so she would need to make calls or advertise in some manner for help. A guideline for some age appropriate projects follows:

Otters:



A Make a Difference project should take you roughly 3-5 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples may be to gather friends and weed the church parking lot, pick up trash along your favorite hiking trail, make greeting cards for vets, etc. Even at this young age, you should be able to make your own phone calls to gather friends, learn to set dates and times for the event, make a list of supplies, clean up after the event, and go with a parent to pick up anything needed, or deliver any finished products.

Dolphins:



A Make a Difference project should take you roughly 10-15 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples in addition to those listed above may be to organize some story time projects at the local library or organize a canned food drive. At this age you should be able to make your own phone calls, talk to adults and explain how you need help (such as asking businesses if they will host a drop box), make your own fliers and learn how to advertise your event.

Butterflies:



A Make a Difference project should take you roughly 20-25 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Some appropriate examples may be to organize a childcare center for a Walk for Life event, or to organize volunteer days at a local animal shelter. You could write and perform a puppet show to teach children safety tips or coordinate a math day for younger girls. At this age you should be able to handle every part of their project yourself, but don't hesitate to ask for help if you need it, adults can make a great part of the team you are leading.

Eagles:



A Make a Difference project should take you roughly 40-50 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Eagle projects should be ongoing in nature. Find an organization you wish to work with and help them to organize a project that can be done year after year or a project that will last in the future. One example is to work with the local fire department to create a program to teach kids what to do during a fire. You could not only help to write the program but could also help to teach the class for the first year. Other examples might be to work with the local police department to put together a bike safety program and lead a bike rodeo where kids can have their bikes inspected, learn bike safety, and compete in biking competitions. You could even help establish a sustainable food pantry in your community, build steps for water fountains that are too high for small children, make permanent trail signs for a hiking trail, etc.

Owls:



A Make a Difference project should take you roughly 40-50 hours to plan and execute and you should lead a group of at least 3 others in completing the project. Owl projects should be ongoing in nature. Find an organization you wish to work with and help them to organize a project that can be done year after year or a project that will last in the future similar to projects completed as an Eagle.

Leader/Owl:



A Leader's or Owl's Make a Difference project should take roughly 40-50 hours to plan and execute and for leaders, should involve the entire troop if possible. Examples of a Leader Make a Difference project might include hosting a summer jamboree or day camp for kids in the community; hosting a life skills day for girls to work on their Life Skills Achievement Award with different parents manning a variety of booths; or organizing a wilderness survival day where kids can learn about everything from fire building and knot tying to lashing and outdoor cooking. The goal is to lead and organize the event, but make sure to take advantage of others in your community to help implement it. Planning and organizing regular troop meetings and activities do not count toward a Make a Difference project.

Girls at all levels may work on projects as a group as long as each girl has her own responsibilities and leadership role. Using the bike rodeo example, all girls could meet with the police department and help brainstorm on the programming itself. One girl may be in charge of helping to inspect bikes and organizing that station, another may be in charge of organizing the bike safety station, and a third may be in charge of organizing and running the bike competitions.



Fruit of the Spirit Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Fruit of the Spirit" around the level gem)

The Fruit of the Spirit Award is earned by earning each of the nine character badges represented in the Frontier Girls Creed:

Love
Joy
Peace
Patience
Kindness
Faithfulness

Gentleness
Goodness
Self Control

This award can be earned at each level by re-earning the badges at your new level. Leaders may wear the Fruit of the Spirit Award if they taught the troop the character badges listed above.

Majoring in an Area of Discovery

(Worn around level tab - remains on vest when advancing levels. Pins say, "Major in Art" or other Area of Discovery around the colored gem)

As girls get older and start thinking about future careers, we encourage them to fully explore the areas they are interested in. Members at the Butterfly, Eagle, and Owl levels can earn a “Major” in any of the Areas of Discovery. To earn this award, you must:

1. Complete 6 badges from their chosen Area of Discovery
2. Perform a minimum of 6 community service hours within their area
3. Shadow someone for a day that has a career in their chosen area (minimum 6 hours)

For example, if you wish to major in the Discovery of Art, you may choose to earn the drama, rubber stamping, painting, stitching, musical instrument, and singing badges. Then you might choose to volunteer 6 hours helping out at your local community theater or to teach an art class for Parks and Recreation. Finally, you may choose to shadow a graphic artist or a sculptor for a day.

As Leaders teach badges and begin to fill up their uniform, they can remove 6 badges from one Area of Discovery and trade them for a Major pin in that Area. This way Leaders are still recognized for teaching the badges, but they can continue to make room for more.



(AGRICULTURE)



(ART)



(CHARACTER)



(HEALTH/FITNESS)



(HOME)



(KNOWLEDGE)



(OUTDOORS)



(SCIENCE/TECH)



(WORLD)

Life Skills Achievement Awards

(Worn around level tab - remains on vest when advancing levels. Pins say, "Life Skills Achievement" around the level gem)

Many children graduate high school and enter the “real world” completely unprepared to take on the simplest tasks. In today’s busy society, parents often find that it is faster to do chores themselves, than to take the time to teach their children how to do them. The Life Skills Achievement Award was written to

ensure that girls at each level can perform skills that they will need later in life. These skills include household chores, personal grooming, physical skills, safety skills, financial skills, and basic living skills. To earn this award, girls must be able to complete each skill at their level. If there is a physical or mental handicap that makes it impossible for a girl to do a particular task, you may substitute that task with something within their capabilities. You may also substitute a task if you have religious restrictions, such as not eating meat. If you use substitutions, please notify Frontier Girls National Headquarters so that we can share your ideas with others. Keep in mind the idea behind this award is for the girls to become proficient in each these skills, not simply perform them one time. (Make sure to follow all state and local age laws involving any of these requirements.) We highly recommend that *every* Frontier Girl earn this award at *every* level of Frontier Girls.



Penguin:

1. Know your first and last name and the first and last names of your family members, especially parents, guardians, and frequent caretakers.
2. Be able to spell your first name. Know the names of your street, city and state.
3. Learn to play a simple group game and wait patiently for your turn.
4. Assemble a simple 20-piece puzzle independently.
5. Say sorry when you are wrong and ask for assistance when you need help. Learn simple manners such as saying please and thank you, how to politely address adults, and how to request help appropriately. Do not interrupt others when they are speaking. Simply place a hand on their arm until you have their attention and wait for them to address you.
6. Listen to and follow simple instructions involving three steps without needing to be reminded what was asked. (Ex: “Put away your doll, put on your shoes, and wait by the front door.”)
7. Count items up to 20, write numbers up to 20, and know how to count to 100 by rote. Also know basic shapes (circle, square, rectangle, triangle, star, crescent and oval) and basic colors (red, yellow, green, blue, etc.).
8. Recognize, name, write, and sound all the letters of the alphabet and know whether or not two words rhyme.
9. Color inside the lines of a simple coloring book picture. Hold crayons or pencils in appropriate adult-grasp (with first two fingers and thumb) as opposed to a fist.
10. Draw a face and be able to identify the different parts (eyes, ears, nose, mouth, etc.) and draw stick people.
11. Know left from right. Play a game of Simon Says with a parent giving you directions such as “turn left” or “take three baby steps to the right,” etc.
12. Help clean your room and help make your bed. Demonstrate that you can put your dirty clothes in the hamper and put your own toys away.
13. Set the table with some assistance.
14. Eat using all utensils and drink out of an open-top glass (not a sippy cup). Use polite table manners such as chewing with mouth closed, asking someone to pass you something instead of reaching for it, and using your utensils instead of your fingers to eat.
15. Cut pictures out of magazines using child-safe scissors (with parental supervision).
16. Understand the concept of whole, half and quarter.
17. Sort items by size, shape, color, and function (what you eat with vs. what you fix you hair with). Be able to tell when an item does not belong. Match objects that go together: demonstrate your sorting skills by sorting dull knives, spoons, and forks into a silverware tray or by matching socks.
18. Pay attention to a storybook story and be able to briefly tell who the main character is and one thing that happened in the story. Be able to identify the emotions of storybook characters (happy, sad, scared, etc.)
19. Understand what is meant by: more, less, same, equal, bigger, smaller, in front of, behind, next to, on top of, inside, outside, up, and down. Learn simple opposites (up/down, hot/cold, etc).
20. Sing simple songs and repeat simple rhymes. Be able to sing a simple, single-verse song with all the words (like Itsy-Bitsy Spider, Mary had a Little Lamb, or Twinkle, Twinkle Little Star). Be able to clap in a rhythm.

21. When getting ready for the day, brush your own teeth and get yourself dressed, including getting your shoes on the correct feet. Brush your own hair. Demonstrate the ability to operate zippers, snaps and buttons
22. Know how to cross the road safely using Stop, Look & Listen with parental supervision.
23. Be able to pour milk or juice with some assistance; clean up spills, getting your own cloth. Help make a salad for dinner, including washing vegetables and tearing lettuce.
24. Hop on one foot for several steps and jump and land with both feet together. Stand or hop on one foot for 10 seconds without losing balance. Jump 6-inches with both feet together.
25. Throw a ball straight to another person and catch a ball thrown to you. Kick a large ball forward 10 feet without losing balance. When someone throws the ball, be able to catch it from a straight-arm position, trapping it against your chest.
26. With parental supervision, put your face under water at a swimming pool or lake and blow bubbles.
27. With your family establish an outdoor meeting place in case of a house fire and develop a family “stranger danger” secret code word. (If someone you don’t know does not know the family secret code word, you shouldn’t go anywhere with them).
28. Learn how to behave safely around animals you don’t know.
29. Be daytime potty trained. Properly wash your hands with soap and know when hand washing is needed such as before eating or after using the restroom.
30. Understand the basic difference between healthy and unhealthy foods



Otter:

1. Demonstrate the ability to complete all Penguin Level Achievement skills
2. Tie your shoes.
3. Wash, dry, and brush your own hair
4. Sweep the floor and use a dustpan
5. Floss your teeth.
6. Properly make a bed
7. Sort laundry for washing; fold and put away your own clothes
8. Tell time on an analog clock
9. Demonstrate the proper way to hold and use a fork, knife, and spoon and where to place your napkin.
10. Make a sandwich by yourself (including clean up)
11. Pump yourself on a swing
12. Ride a bike with no training wheels
13. Swim 20ft without a floatation device
14. Recognize the values of all US coins and be able to calculate change.
15. Know your complete address with zip code, and phone number with area code
16. Identify and be able to use a screwdriver, hammer, wrench, and pliers
17. Know what to do in case of fire, including stop, drop & roll; stay low to the ground, don’t open hot doors, fire escape plans, etc.
18. Know how to treat small cuts, scrapes and bug bites.
19. Properly turn on and shut down a computer
20. Properly insert a CD or DVD into a computer and start movie/game/music
21. Write a thank you note and properly address and stamp an envelope.
22. Be able to identify any poisonous plants and dangerous animals in your neighborhood and what to do if you come in contact with them.
23. Know how to dial 911 and what type of information you will need to have ready.
24. Throw and catch a ball a distance of 10’
25. Properly weed a small patch of your yard, showing how to pull weeds up by the roots.
26. Plant and care for a seed and then transplant the seedling to a pot or garden.
27. Help cook a simple recipe that includes cracking an egg
28. Show an understanding of basic measurements (inch, foot, yard, mile, ounce, pound, ton, cup, pint,

- quart, gallon, teaspoon, and tablespoon)
29. Walk one mile without complaint
30. Walk 10' on a 4-inch-wide beam



Dolphin:

1. Demonstrate the ability to complete all Penguin and Otter Level Achievement skills
2. Bake and frost a cake by yourself.
3. Properly vacuum a room and demonstrate how to clean out the filter or change the bag
4. Change the sheets on a bed
5. Sew on a button
6. Sew a simple seam
7. Properly perform an introduction
8. Properly mop a floor
9. Hand wash and dry dishes
10. Load and unload a dishwasher
11. Swim 30 feet without a floatation device, tread water for 3 minutes, and float on your back for 2 minutes.
12. Complete both a forward and backward roll (You can keep from being severely injured during a fall if you know the proper way to roll.)
13. Throw and catch a ball a distance of 20 feet
14. Know the basic Federal Flag Code rules
15. Safely use a glue gun, be able to hammer in a nail, tighten and loosen screws with a screwdriver and bolts with a wrench.
16. Use a can opener
17. Demonstrate how to scramble eggs
18. Fix a complete breakfast including at least one hot food
19. Fix a complete dinner including at least one hot food
20. Wrap a present (with paper, no bags). Learn to fold the ends properly and make a "+" style ribbon tie using only one strand of ribbon.
21. Tie two strings/ropes together using a square knot
22. Know the words to the National Anthem and what they mean.
23. Know how to use a phone book, dictionary, Atlas, and Encyclopedia
24. Demonstrate how to safely use an internet search engine and research information online (only with parent's permission)
25. Send an email
26. Create a simple flier, card, or invitation using a computer
27. Identify items in a basic first aid kit and know how to use them.
28. Know proper first aid for blisters, minor burns or scalds, snakebite, nosebleeds, frostbite and sunburn.
29. Prepare a budget for a meal, trip, party, or some other occasion.
30. Properly clean a toilet



Butterfly:

1. Demonstrate the ability to complete all Penguin, Otter and Dolphin Level Achievement tasks
2. Do a complete load of laundry (sort, wash, dry, fold, and put away)
3. Scrub showers and sinks, including cleaning out the drains
4. Demonstrate how to properly fold the American Flag
5. Demonstrate the Heimlich maneuver and tell when it is used

6. Demonstrate safe handling and cooking of chicken, beef, and pork.
7. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
8. Be able to give accurate directions to your house from several different locations in town.
9. Demonstrate how to properly start, tend, and extinguish a fire (with adult supervision.) This can be in a fireplace, wood stove, or campfire pit.
10. Know first aid for heat exhaustion, heat stroke, hypothermia, serious burns, puncture wounds from splinters, nails and fishhooks, an object in the eye, and shock.
11. Demonstrate non-swimming water rescue methods including the following: reaching with an arm or leg, reaching with a suitable object, and by throwing a line or floatation device. Be able to explain why swimming rescues should not be attempted if a reaching or throwing rescue is possible.
12. Plan, budget, shop for, and cook a complete meal
13. Know your constitutional rights and obligations as a US Citizen
14. Start a savings account and understand deposits, withdrawals, and balances.
15. Send an email with a file attachment and a picture
16. Have a complete understanding of the monthly bills it takes to run a house (mortgage/rent, gas/electricity, water, phones, cable/satellite, internet connections, food, trash, etc.)
17. Know how to tell if your favorite produce is fresh and ripe.
18. Understand standard measurements for length, width, perimeter, area, volume, height, and weight
19. Be able to round to the nearest dollar and estimate the total cost of 5 items in your head.
20. Be able to calculate 10% of any number in your head.
21. Understand how our government works at the local, state, and federal levels.
22. Understand our judicial system and your role within it (jury duty)
23. Demonstrate an organized approach to achieving goals, including identifying and prioritizing tasks and setting and following an effective schedule
24. Demonstrate your understanding of time management and useful tools that can be helpful (calendars, notebooks, computers, etc.)
25. Demonstrate your ability to observe things around you. First, walk ¼ mile and try to remember how many cars you saw, what color they were, what type, where were they parked, etc. Walk it again and pay attention to the people you see. Were they male or female, what were they wearing how old were they, how tall, what color hair did they have, what color eyes, etc.? Walk it a third time and observe the buildings. How many stories were they; how many doors and windows did each one have, what color was the main building, what color was the trim, did they pitched roofs or flat, etc. In times of war, crime, and emergencies, good observation skills become critical. To pass this requirement you do not need to have a perfect memory of everything you see. You DO need to understand the importance of observing things around you and how these details may be important in an emergency.
26. Properly iron a pair of pants, shirt, and dress or skirt.
27. Understand basic childcare including how to properly hold, change, and feed an infant, child proof a room for a toddler, and provide appropriate snacks and entertainment.
28. Know the difference between “dry clean only”, “hand wash”, “machine wash”, “tumble dry”, and “line dry.” Understand the consequences of not cleaning an item according to the instructions.
29. Know the difference between different cooking terms including: fry, baste, broil, bake, sauté, poach, whip, and mix.
30. Know what the Poison Control Center is and how to reach them if necessary.



Eagle:

1. Demonstrate the ability to complete all Penguin, Otter, Dolphin, and Butterfly Level Achievement tasks
2. Understand the concept of interest and how it can work both for and against you (investments vs. credit cards.)
3. Interpret credit applications and recognize how to use and maintain credit.
4. Explain how to obtain, maintain, and cancel household utilities
5. Get your driver’s license. (If your state law requires you to be 18 years old, this requirement is waived.)

6. Be able to compute mileage and gasoline consumption
7. Understand car insurance and what it does and does not cover.
8. Be able to read a road map and give accurate directions to the driver from the backseat.
9. While driving, be able to listen to and follow directions from someone reading a map
10. Understand basic car maintenance including oil changes, tire pressure, tire rotation, air filters, and tune ups.
11. Identify consumer protection resources available when confronted with fraudulent practices
12. Identify procedures the consumer can follow if merchandise or service is unsatisfactory
13. Be able to interpret product guarantees and warranties and how to use them.
14. Demonstrate the proper use of savings and checking accounts, including the ATM and writing checks. Demonstrate how to properly maintain and balance an account.
15. Understand your family's medical history and be able to fill out a medical history form. (Ask aunts, uncles, grandparents, etc.)
16. Be able to interpret nutritional and related information listed on food labels
17. Follow procedures for applying for a job, including interpreting and completing job applications, résumés, and letters of application.
18. Understand procedures involved in interviewing for a job, such as arranging for an interview, acting and dressing appropriately, and selecting appropriate questions and responses.
19. Understand wages, wage deductions, benefits, and timekeeping forms
20. Understand how to fill out a voter registration card (and where to get one), interpret a ballot, and know where to get information regarding issues and candidates.
21. Understand and be able to fill out a basic IRS EZ form. Understand all deadlines and penalties as well.
22. Be able to identify and paraphrase pertinent information, defining fact from opinion, in readings as well as in conversations.
23. Interpret statistical information used in news reports and articles
24. Plan, budget, shop for, and cook one week's worth of meals.
25. Prepare a breakfast, lunch, and dinner from scratch (no prepared or boxed foods allowed.)
26. Prepare a complete household budget.
27. Demonstrate your ability to comparison shop. Understand the need to balance quality with price. The best price is not always your best deal if the product is inferior.
28. Understand how to check the references of someone you wish to hire. What questions should you ask? If necessary, how would you obtain a background check?
29. Understand and be able to use public transportation.
30. Understand the dangers and conveniences of purchasing items online. Know the difference between purchasing an item from an auction site versus an online store. Know your rights and responsibilities in each case. Look at a purchase form online and understand how to fill one out. If possible, actually make an online purchase. Be aware of online scams. Never use your ATM card online. Use a dedicated credit card.



Owls (Adults 18+)

- _____ 1. Demonstrate the ability to complete all Penguin, Otter, Dolphin, Butterfly and Eagle Level Life Skill Achievement tasks
- _____ 2. Understand how to read a ballot and explain why it is important to read through every bill, proposition, candidate description, etc. before voting.
- _____ 3. Be able to explain ideals of the various political parties, including all smaller parties on a ballot such as the Green Party or the Tea Party.
- _____ 4. Vote in your local election, but only after completing #2 and #3. Be able to explain why you should never vote if you do not understand what or who you are voting for.
- _____ 5. Be able to explain the concepts of “media bias” and “spin” when watching, reading, or listening to the news. Be able to explain the importance of getting your news from more than one source and getting both sides of every story. Be able to compare and contrast two news stories on the exact same topic but

presented through competing media. Explain what each media source feels is the most important information to get across to the consumer and why it differs from other news sources.

- _____ 6. Get certified in First Aid
- _____ 7. Get certified in CPR
- _____ 8. Demonstrate how to change a tire.
- _____ 9. Demonstrate how to jump start a car.
- _____ 10. Demonstrate how to tie a tie.
- _____ 11. Learn how to properly paint a room and paint one if possible. Know what tools are necessary such as painters' tape, drop cloths, edging brushes, etc.
- _____ 12. Make a short informative public speech. This may be a simple update report at work, an announcement at church, etc. Anything that requires you to get up in front of a group of people and speak.
- _____ 13. Demonstrate how to make a good first impression:
 - Make eye contact
 - Have good posture
 - Give a firm handshake
 - Dress appropriately
 - Be aware of and stop any nervous fidgeting
 - Speak clearly
 - Do not interrupt
- _____ 14. Understand the importance of protecting your personal information and how to avoid identity theft. (FTC Identity Theft website: <http://www.consumer.ftc.gov/features/feature-0014-identity-theft>)
- _____ 15. Implement basic computer safety on all your devices. This should include understanding how to create strong passwords, using firewalls, and anti-virus software, and recognizing risky links and fake emails. If you have mobile devices or tablets, learn about various entry safeguards such as setting fingerprints, swipe patterns, etc.
- _____ 16. Understand how to protect your privacy on the Internet and mobile devices. Understand all privacy settings of any social program you use such as Facebook, Instagram, Twitter, LinkedIn, Google+, etc. Understand that anything posted to the internet, even in private communications has the potential to be downloaded, saved, shared, and made public.
- _____ 17. Know basic world geography including:
 - All seven continents
 - Locations of major U.S. cities including:
 - San Francisco, Los Angeles, Seattle, Portland, Dallas, Chicago, St. Louis, New York, Atlanta, Las Vegas, Detroit, Phoenix, Houston, Philadelphia, San Diego, San Antonio, San Jose, Indianapolis, Jacksonville, Columbus, Baltimore, Milwaukee, Memphis, Boston, Charlotte, Denver, Honolulu, Anchorage and Washington D.C.
 - Locations of major world cities including:
 - Amsterdam, London, Athens, Beijing, Berlin, Bangkok, Brussels, Budapest, Buenos Aires, Cairo, Sydney, Cape Town, Copenhagen, Damascus, Delhi, Dubai City, Dublin, Hanoi, Helsinki, Jerusalem, Kuala Lumpur, Lisbon, Madriz, Manila, Moscow, Tokyo, Paris, Prague, Rio de Janeiro, Stockholm, Toronto, Vienna, Venice, Zurich.
- _____ 18. Learn how to remove various stains including blood, grease, and dirt.
- _____ 19. Learn how to find a doctor, make an appointment, and what your health care options are.

_____ 20. Know how stress affects your life and your health and how to develop positive coping skills that work for you. Identify three ways to reduce or eliminate stress and practice for a week and evaluate the effectiveness of each strategy.

_____ 21. Education does not end with high school or college but should continue for the rest of your life. Set up a plan for continuing education. This could be books you plan to read, subjects you wish to research, classes you wish to take, skills you wish to learn, etc. Write down how you plan to continue your education.

_____ 22. Learn time management skills and create a general weekly and monthly schedule that will allow you to complete all your necessary activities and still leave some time to relax and have fun.

_____ 23. Describe and research ways to search for a job (friends or relatives, newspaper ads, applying directly to an employer, temporary agencies, internet research, government agencies, school placement center). Define transferable job skills and their value in getting a job. (Skills you get from different roles you play in life- such as athlete, volunteer, artist, friend, family member, co-worker, and how to bring this up on a resume/interview). Describe ways to keep a job, ways to lose a job, and how to best deal with issues that may arise in the workplace. Describe dress code as it pertains to various jobs.

_____ 24. Learn how to safely plan and pay for travel. (<http://www.usa.gov/topics/travel/tips.shtml>)

Check out the seller. Ask tour operators and travel agents whether they belong to a professional association, then check to see if they are members in good standing. Contact your state or local consumer protection agency and the Better Business Bureau to find their complaint history.

Beware of unusually cheap prices and freebies. It could be a scam and you could end up paying more than the cost of a regular package tour.

Comparison shop. Determine the complete cost of the trip in dollars, including all service charges, taxes, processing fees, etc.

Make sure you understand the terms of the deal. If you're told that you've won a free vacation, ask if you have to buy something else in order to get it. If the destination is a beach resort, ask the seller how far the hotel is from the beach. Then ask the hotel.

Pay by credit card. It's not unusual to make a deposit or even pay in full for travel services before the trip. A credit card gives you the right to dispute charges for services that were misrepresented or never delivered. If a travel agent or service provider tells you that you can't leave for at least two months, be very cautious-the deadline for disputing a credit card charge is usually 60 days and most scam artists know this.

Call your credit card company with your travel plans. At least a week prior to your travel, call your credit card company to let them know where you are going and when you will be there. Otherwise they may put a fraud alert on your account when they get charges from a location that is not normal for your account and your card will get declined.

Insist on written confirmations. Ask for written proof of reservations and dates.

Ask about cancellation policies. You may want to look into trip insurance for added protection.

InsureMyTrip.com offers pricing and policy information on plans from different companies and describes the different forms of policies available.

Do not post your travel plans online. Social media sites are great for staying in touch with friends, but advertising when your house will be empty is never smart and invites theft. Wait until after your trip to tell all your friends about it.

If traveling outside the U.S., make sure to leave a copy of your passport with a friend or relative. This way if yours is lost or stolen, they can at least fax it to the embassy to speed up the process of replacing it.

_____ 25. Learn how to properly use a fire extinguisher.

_____ 26. Learn how to put on snow chains or cables or how to drive in inclement weather in your area (hydroplaning, ice, flooding, high winds, etc.)

_____ 27. Learn how to calculate a tip. Average tip is usually 15% - 20% of the total bill. Simple trick to calculating a 20% tip. Move the decimal over one place to the left and double that total. So, if your bill is

\$100.00, it would be $\$10.00 \times 2 = \20 . Or if your bill is \$5.23, your tip should be $.52 \times 2 = \$1.04$. Demonstrate this skill at a restaurant.

____ 28. Learn how to properly plant, care for, and maintain a plant, flower, shrub, or tree in your yard or home. Understand what type of plants grow in your area, what type of sun/shade they need, and how much water they require.

____ 29. Learn basic yard maintenance. Understand how to use a lawn mower (if you have a lawn) and hedge trimmers as well as the proper way to pull weeds. Understand the safety issues of using chemicals to kill weeds and unwanted shrubs.

____ 30. Learn the warning signs of violence toward oneself and of violence toward others. Make a list of local resources for getting help with violence.

Liberty Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Liberty Award" around the level gem)

Thomas Jefferson warned, "If a nation expects to be ignorant and free in a state of civilization, it expects what never was and never will be." Understanding the importance of American liberty, and how it was obtained, is crucial if we are to keep that liberty in the years to come.

To earn the Liberty Award, you must earn all five of the following badges at your level:

- U.S. Constitution
- Elections
- Government
- American History
- Patriotism



Penguin

Otter

Dolphin

Butterfly

Eagle

Leader

Leaders may wear the Leader Liberty Award if they have taught this award to their troop.

Leadership Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "Leadership Award" around the level gem)

The leadership award was designed to encourage girls to take on leadership responsibilities and exhibit leadership skills. This award can be earned once at every level (not offered at the Penguin level). To earn the Leadership Award, you must do the following:

1. Earn the Make A Difference Award at your level.
2. Memorize the Frontier Girls Motto, Promise, and Creed.
3. Earn the Take the Lead badge at your level.
4. Earn at least 3 character badges that relate to leadership such as responsibility, diligence, honesty, or patience.
5. (Dolphins and above) Hold a leadership position either within the troop or within another group in your community (through school, church, etc.).



Otter



Dolphin



Butterfly



Eagle



Owl



Leader

Leaders may wear the Leader Award if they have taught this award to their troop.

WOW Award

(Worn around level tab - remains on vest when advancing levels. Pins say, "100 Badges Earned", around the level gem)

The WOW award is used to recognize girls who earn 100+ badges at any single level.



Penguin



Otter



Dolphin



Butterfly



Eagle



Pinnacle Award - Owl Level Only

Since Owls never age out to a new age level we are now offering the Pinnacle Award which represents 500 badges earned. The Pinnacle Award replaces five WOW!

Awards on the vest. As more badges continue to be earned, those WOW! Awards may be re-added to the vest until another 500 mark is reached and they can be

replaced with another Pinnacle Award.

Gem Awards - Above and Beyond

(Worn around level tab - remains on vest when advancing levels. Pins say, "Emerald Award" or appropriate level, around the level gem)

Our higher awards are always designated by a gem in the center based on each level of Frontier Girls. Gem Awards are the highest award you can earn at each level. They acknowledge girls for going above and beyond just attending meetings and earning badges and acknowledge them for their efforts in taking to heart the most important aspects of our program. To earn these awards, you must do the following:

- Earn one badge from each area of discovery at your level.
- Earn at least one Servant's heart Award for each year of membership at your level.

- Earn the Make a Difference Award at your level. (Does not apply to Penguins)
- Earn the Life Skills Achievement Award at your level
- Earn the Liberty Award at your level (Does not apply to Penguins)
- Earn the Fruit of the Spirit Award at your level
- Earn the Leadership Award at your level (Does not apply to Penguins)



Penguin
Pink Garnet

Otter
Topaz

Dolphin
Sapphire

Butterfly
Emerald

Eagle
Diamond

Leader
Ruby

Leaders may wear the Leader Ruby Gem Award if they have taught this award to their troop.



Outdoors Award

by Makayla Russell

The Outdoor Award is presented to girls who not only explore the outdoors but have gained the skills necessary to fully enjoy it and work within it. Like the Life Skills Achievement Award, the Outdoors Award builds on knowledge and skills as the girls age. All lower level requirements must be completed before you can earn the award at a higher level.

Penguin Level

1. Learn to recognize and name at least 5 different trees in your area.
2. Learn to recognize and name at least 5 different wild animals in your area. Know which animals can be dangerous and why.
3. Learn to recognize and name at least 5 different flowers or plants in your area. Know which plants can be dangerous and why.
4. Understand safety precautions to take to avoid dangerous plants.
5. Know how to protect yourself from wildlife in your area while hiking or camping.
6. Take a hike of at least a half mile. (Penguins only)
7. Go camping for at least one night on two different occasions.
8. Earn the Water Safety badge at your current level
9. Earn the Outdoor Safety badge at your current level
10. Earn the Camping badge at your current level
11. Earn the Weather badge at your current level.
12. Earn the Fire Safety badge at your current level
13. Earn the Leave No Trace badge at your current level.
14. Earn the First Aid badge at your current level

Otter Level

1. Complete all requirements from the Penguin level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Otter level ability and experience.
2. Learn about the different kinds of cloud formation and what they can tell you about the weather.
3. Take a hike of at least one mile (Otters only)
4. Earn the Pocketknife Safety badge at your current level
5. Learn the importance of having a whistle with you anytime you are hiking or backpacking and learn what to do if you are ever lost in the woods in order to have the best chance of being found. Learn to blow S.O.S. on your whistle.

Dolphin Level

1. Complete all requirements from the Otter level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Dolphin level ability and experience. Camping trips should include 2 nights.
2. Take a hike of at least 2 miles (Dolphins only)
3. Earn the Fire Building badge at your current level.
4. Earn the Outdoor Cooking badge at your current level.
5. Earn the Pocketknife badge at your current level.
6. Learn 4 different knots used for outdoors and why they are important.
7. Learn about different types of tents such as 2-man, family, dome, quick pitch. Understand what each is used for.
8. Create your own survival bag including first aid kit, compass, knife, rope, whistle, lighter, bandana, notebook, pen, playing cards, heat blanket, snacks etc. If you cannot actual create the bag, make a comprehensive list of what should be in it and why.
9. Know food safety while camping, what temperature meats, mayonnaise etc need to be kept at to avoid illness, and how to maintain temperature control. Understand how to store food to keep it safe from wild animals.
10. Learn how to make your shoes waterproof and why it is important

Butterfly Level

1. Complete all requirements from the Dolphin level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Butterfly level ability and experience.
2. Start a fire without a match, other options include flint and steel, friction, bow rubbing or magnifying glass
3. Know how to sharpen a knife, ax, hatchet
4. Pack a backpack meal and eat from your backpack for a full day while hiking
5. Be able to identify plants, berries and trees in your area and which ones are safe to eat
6. Take a hike of at least 5 miles
7. Go camping for at least 2 nights on at least 3 separate occasions.
8. Be able to navigate a compass and use it on a hike or backpack trip
9. Learn about different hiking equipment, such as proper backpack fitting, hiking boots, camping equipment, etc.
10. Know at least 3 different ways to signal for help while outdoors without a phone or Wi-Fi.

Eagle Level

1. Complete all requirements from the Butterfly level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Eagle level ability and experience.
2. Know how to find and sanitize water in your area
3. Know how to get an injured hiker out of the woods safely

Owl Level

1. Complete all requirements from the Eagle level unless a requirement specifically states it is for that level only and then add the requirements below. If you have earned the Outdoor Award at a lower level, all knowledge must still be maintained, and all activities must be redone with Owl level ability and experience.

- Teach at least 6 outdoors skills to others. Ideas may include first aid, knots, compass work, shelter building, fire building, outdoor cooking, water safety, knife safety etc.



S.T.E.A.M. Award

The S.T.E.A.M Award is designed to help girls explore science, technology, engineering, art, and math.

- Earn the Math badge at your current level
- Earn two different life science badges (biology, botany, human body, etc.) at your current level.
- Earn two physical science badges (physics, electricity, magnetism, etc.) at your current level.
- Earn two of the Man-Made Wonders badges of your choice (tunnels, skyscrapers, bridges, etc.)
- Earn one outdoor science badge (trees, wildlife, wildflowers, Natural Wonders, etc.)
- Earn two different badges from the Art area and be able to explain how they could be used in technology designs.
- An engineer is a person who designs, builds, or maintains engines, machines, or public works. Make a list of at least 5 different types of engineers and describe what types of technology they design, build or maintain.
- A scientist is a person who is studying or has expert knowledge of one or more of the natural or physical sciences. Make a list of at least 5 different types of scientists and describe what types of things they study.
- Earn the Biographies badge for a famous scientist, engineer, mathematician, or artist who designs technology such as bridges, cars, buildings, etc.
- Choose a piece of technology to design using art. Design your own car, building, boat, plane, bridge, etc. This can be a 3D model or a drawing or painting.
- Discuss how science, technology, engineering, art and math all work together to advance society. Choose 3 examples of modern engineering and list how each area of S.T.E.A.M. is needed in order to complete the whole. For example, to create a bridge, you must understand physics and how gravity, weight, etc. will affect your bridge. Without the proper math calculations, your bridge will collapse. An artist will make the bridge beautiful and an engineer takes all the information from the scientists, mathematicians, and artists to design a bridge that is both beautiful and sturdy while modern technology and machines are needed to build it. The older the girl, the more in depth the analysis of each man-made creation should be.



Career Exploration Award - Available only to Eagles and Owls Only.

This award may be earned multiple times as long as new Areas of Discovery, careers, etc. are chosen. You may not use an activity counted toward one Career Exploration Award as a requirement fulfilled for a second award but must learn and explore something new.

- Choose an Area of Discovery to concentrate on and earn the Major Award for that Area.
- Choose a minimum of 6 different careers within your chosen Area and find out the following: Education needed, average salary, locations where this job is plentiful, expected hours/seasons worked, what companies hire these jobs and what a typical day in this job looks like.
- Interview someone who holds each of the jobs you chose. Ask the following questions as well as any others you may have:
 - What are the pros and cons of the job?
 - Would they recommend the company they work for? Why or why not?
 - What advancement in this career is available?
 - What benefits are usually included?

- What is the best education for this job?
 - Is continuing education in the field is required?
4. Learn the difference between various forms of continuing education after high school including community college, public universities, private colleges, trade school, the military, online learning, and certificate programs. What are the costs, benefits and time commitments of each? What are the pros and cons of each?
 5. Visit at least 3 continuing education schools such as universities, colleges, or trade schools.
 6. Understand the difference between blue collar jobs and white-collar jobs.
 7. Choose at least one company you may be interested in working for and find out what jobs are needed to keep that company in business. Talk to the Human Resource manager to build a list. For example, a winery needs farm workers, farm equipment handlers, payroll and accounting personnel, salespeople, wine makers, janitorial staff, bottling factory workers, shipping and receiving staff, and more. Also find out what other types of companies your chosen company does business with. In the winery example above, they must work closely with various filtration and bottling supply companies, freight forwarders, and wholesalers among others.



Uniform & Dress Code

When you appear in the Frontier Girls uniform, you are representing the Frontier Girls name, and as such must stay in compliance with our license agreement and follow our uniform guidelines.

The **Frontier Girl Uniform** consists of:

- White shirt
- Vest
 - Frontier Girls: Red vest
 - Leaders: Navy blue vest
 - Owls: Royal blue vest
- Navy blue bottoms
 - Skirt, skort, pants, shorts, or leggings; blue jeans are acceptable as long as they are clean, without holes and without embroidery or other colorful design work
 - Cutoffs, mini-skirts, and low-waisted pants are not allowed

The Frontier Girls uniform consists of a solid white shirt (preferably a polo shirt, but any solid white shirt will do), red vest, and navy blue bottoms; skirt, skort, pants, or shorts. Blue jeans are acceptable as long as they are clean, without holes and without excessive embroidery or other colorful design work. Cutoffs, miniskirts, and extreme low-rise pants are not allowed. Shorts may not be shorter than fingertip length when arms are fully extended downward, and skirts may not be shorter than 2” above the knee. When purchasing shirts, keep in mind that no cleavage should be shown, and shirts should not be so tight that they strain against the breasts. Vests can be ordered through the Frontier Girls website, or you can sew your own, and you are responsible for obtaining your own bottoms and shirt.

Leaders, parents, and other volunteers within your troop must also obey the dress code when representing Frontier Girls or volunteering with the troop and dress in a modest manner whenever they are participating with the girls. Just like the girls, cutoffs, miniskirts, and extreme low-rise pants are not allowed. Shorts may not be shorter than fingertip length when arms are fully extended downward, and skirts may not be shorter than 2” above the knee. Shirts should not show cleavage and should not be so tight that they strain against the breasts. Leaders wear a white shirt, navy bottoms, and a navy vest with red ribbons and tab. Leaders and parents are allowed to wear badges that they have helped their troop to earn, as well as higher awards that they have led with the troop. Servant’s Hearts for leaders require 100 hours of community service per heart.

Uniforms should be worn to all meetings and activities. If your troop votes to wear Frontier Girl t-shirts to meetings instead of the full uniform, this is fine, but a full uniform should be worn anytime you appear in public as a representative of Frontier Girls unless the event is something where you may get messy such as tree planting or hiking, then a Frontier Girl t-shirt is more appropriate.

The level tab on the vest changes color depending on the level you are currently at. Pink is for Penguins, Yellow is for Otters, blue is for Dolphins, green is for Butterflies, and white is for Eagles. The ribbons also denote what level you are currently at as well as what you have been in the past. The top ribbon will be the color of the level you were when you joined. At each consecutive level a new ribbon is added underneath. The above diagram shows a vest of a girl who went from Otter to Eagle. The membership pin is worn at the top of the level tab and the level animal pin is worn at the bottom of the tab.

Servant’s Hearts are placed on the ribbon level at which they were earned (red on pink or yellow, silver on blue, gold on green, and gold diamond on white.) Leadership position pins are worn on the center of the level tab when you are in office and then moved to the level ribbon you were when you held the

position. Gem Awards, Make a Difference Awards, Life Skills Achievement Awards, Area Majors, Liberty Awards, and Leadership Awards are worn above the ribbons on either side or around the tab. All of these pins remain on the uniform as you advance to each new level.

Badges are placed beneath the level ribbons. Each time you advance to a new level, you must remove all previous badges (new vests are recommended due to the holes left by the pins, not to mention growing girls). You may only wear badges that you have earned at your current level. Level animal pins may be worn on your level ribbon after you advance to the next level if you wish.

Frontier Girls requires uniforms or troop t-shirts be worn to all meetings and activities. If your troop votes to wear Frontier Girl t-shirts to meetings instead of the full uniform, this is fine, but a full uniform must be worn anytime you appear in public as a representative of Frontier Girls unless the event is something where you may get messy such as tree planting or hiking, then you may wear a **Frontier Girl t-shirt**. You may use the Frontier Girls logo to design a shirt of your choice as long as your troop number appears with the logo. Downloadable logo images can be found on the Frontier Girls Leader page of the website.

Each level of Frontier Girls is represented on the vest by a different color **level tab** and **ribbons**:

- Penguins wear pink
- Otters wear yellow
- Dolphins wear blue
- Butterflies wear green
- Eagles wear white
- Leaders wear red
- Owls wear grey

As a girl graduates from one level to the next she changes her tab color and adds a new ribbon color under her previous one. **You may NOT go back and place previous colored ribbons on your vest unless you were a member during that age level.**

Servant's Heart Awards are placed on the ribbon level at which they were earned (red on pink and yellow, silver on blue, gold on green, and gold diamond on white.) **Leadership pins** are worn to the right of the level tab when they are in office and then moved to the level ribbon the girl was when she held the position. **Gem Awards, Make a Difference Awards, Life Skills Achievement Awards, Major Awards, Liberty Awards, Fruit of the Spirit Awards, and Leadership Awards** are worn above the ribbons on either side.

Badges are placed beneath the level ribbons. **Each time you graduate to a new level, you must remove all previous merit badges** (new vests are recommended due to the holes left by the pins, not to mention growing girls). You may only wear merit badges that you have earned at your current level. **All Servant's Hearts, Leadership pins, Make Difference Awards, Gem Awards, Level Achievement Awards, Liberty Awards, Leadership Awards, Majors, and Fruit of the Spirit Awards may be carried over from level to level.**

Level **animal pins** may be worn on the level ribbon after you graduate to the next level if you wish. The Multi-Level Vest diagram above shows higher awards from all levels, but the badges on the vest must be earned as an Eagle only.

Leaders may wear badges and awards for any badge or award they have taught to their troop. Higher awards for leaders have a red gem in the center.

Owls earn badges like higher awards earned as an adult have a light blue gem in the center. If a Troop Leader also wishes to be an Owl, she would still wear the navy vest, but add a grey ribbon about 6" below the red ribbon. All badges taught go beneath the red and all badges earned go beneath the grey.

Girls who go through the program and still wish to participate as an adult, would simply switch to a royal blue vest upon graduation or turning 18. **All level ribbons and awards may carry over to the new vest,** but as with advancing to other levels, all badges must be removed and re-earned at the adult level.

Activity Patches

Both girls and leaders may wear activity patches on the back of their vests. These patches can represent field trips, campouts, parades, or other activities the girls participate in. Patches can be purchased for all kinds of activities such as:

- Fundraising
- Parades
- Campouts
- Roller Skating
- Supporting Veterans
- Visiting Museums
- Water Parks
- Amusement Parks
- Bake Sales
- Bike Rodeos

And much more.

If you do not wish to wear patches on your vests, or you have too many of them, you can also sew them onto jackets, tote bags, or quilts to take camping. Patches can be ordered from a variety of online companies such as:

- PatchCo.com**
- Advantageemblem.com**
- Patchfun.com (makingfriends)**
- Patchworkdesign.com**
- Joycrest.com**
- Patchsales.com**
- SnappyLogos.com**
- Thepatchplace.comDesign-it.com**

Record Keeping and Finances

Record Keeping Binder

The Record Keeping binder holds all your records regarding the girls in your troop. You will need a 2” binder and a set of 4 dividers.

Divide the binder into 4 sections:

In the first section you should place an attendance form to track which girls attended each meeting.

In the second section place a stack of Master Award Log Sheets. Every time a girl earns a badge, Servant’s Heart, or other award, she should follow the procedure set forth below for recording and ordering awards and badges. This form allows you to see at a glance who has earned which awards, which ones have been ordered, and which ones have been presented.

The third section is for pending items. Keep all Award/Merit Badge/Servant’s Heart Completion Forms in this section until the award has been presented. This way you will not lose track of which items you are waiting for. After you have presented the award, these forms should be filed behind each girl’s master sheet in the next section. You can also keep any pending uniform/product orders in this section until all orders have been received and presented. Make sure to always allow a minimum of 2 weeks to receive your orders.

The fourth section is for the Girls Records. At the very front of this section you should place your Membership Roster. Then you should have a Level Master Record card for each girl. Behind their card you should put copies of their registration and health forms. As the girls earn awards, log them on her Level Master Record sheet and place the Award Completion Forms behind her registration paperwork. The master record for each girl allows you to track the Areas of Discovery each girl has earned badges in as well as how close they are to the larger awards.

All forms are available in forms section of the Leaders Only portion of the website.

Recording and Ordering Awards and Badges

We recommend that troops pay for any badges earned as a troop out of the troop funds. Badges and other awards earned at home should be paid for by the girls whenever possible. This keeps overly ambitious young ladies from becoming a financial drain on your troop.

The procedure for recording and ordering badges and awards is as follows:

1. The girl earning the award fills out the appropriate form (See the Forms section of the website); Award Completion Form, Badge Completion Form, or Servant’s Heart Completion Form and brings it to the meeting 15 minutes early along with money to pay for the award. (Tell them that exact change or checks are preferred. Trying to make change for \$20 bills can be difficult.)
2. The girl then gives the form and money to the troop treasurer. The treasurer logs the payment on the daily deposit form and signs the award form. The award form is then returned to the girl who earned the award. (See the finances section)
3. The girl then takes the award form to the troop scribe. The troop scribe needs to check and make sure that the treasurer has signed for the receipt of money before accepting the form. If all is in order, the scribe will log the award onto the master award log with the girl’s name, award, and date earned. The award completion form is then 3 hole punched and filed in the “Pending” section of your record keeping binder.

4. After each meeting, the leader should review everything in the “Pending” section. Once an order has been placed for the items earned, the leader should sign and date each form with the date the order was placed. Also, place the order date for each item on your master award log. This form gives you an “at a glance” view of what still needs to be ordered or received.

5. Once the badges and awards have been received, the leader should attach the badges to a piece of cardstock (index cards work well) with the name of the recipient printed on it, and print names on the back of any award pin cards. Awards and badges should then be placed in an “Award Bag” for presentation. Your award bag can be any decorative bag used to hold awards until they are presented. We recommend a cloth bag as they are sturdier and last longer. The more “glitzy” the bag, the more excited the girls become. Once the pins are in the bag, you may sign and date each form with the date you plan to present the pin. Make sure you date the master log as well. If the girl is not present at that meeting, simply keep her pin(s) in the Award Bag until you see her next. Take the award completion form out of the pending section and place it behind the girl’s Level Master Record in the girls’ section of your Record Keeping Binder. Make sure you also write the award on the girl’s record to keep track of what badges and awards she has earned at each level.

Ordering Products and Uniforms

You will find all the information you need on the cost of uniforms, badges, awards, and other products in our online store at www.frontiergirls.com. Please be aware that our prices are subject to change throughout the year. Keep in mind that all badges are made to order and are nonrefundable. Please make sure place orders at least 3 weeks before you need them to allow time to make badges and receive any backordered items prior to shipping.

Caspio Badge Tracking System

The Caspio Badge Tracking system is an online software system to view your troop roster, track badge requirements, badges completed, ordered, and presented. The system is free with a paid membership but is run on a separate server than the main website and requires its own login information. In the members section of the website, click on the Caspio link and register a username and password. Using the same username and password as the main website is recommended to avoid confusion.

Submission forms in the Caspio system are used to input information for the first time. Once a badge or award record has been submitted, it can then be updated using corresponding Report and Update form.

Reports can be run using a variety of search information from girl’s name, to age level, to badges completed, etc.

A Troop Roster report may also be run every month to ensure that all girls in the troop are properly registered.

Finances

Banking

If your troop is owned by a non-profit organization, such as a church or school, make

arrangements with them to obtain a bank account for your troop. If you are running a private troop, open a special account just for troop funds to keep them separate from your personal finances. You can apply for an EIN number for banking purposes through the IRS website .

It is recommended that whenever possible, you, or another parent, pay expenses personally and then turn in receipts for reimbursement by the troop. This way you ensure that you always have the receipt to back up your bookkeeping and the checkbook can be balanced at every meeting. All receipts reimbursed on a single check can be stapled together with the check number and who it was written to on top before filing the receipts. Do not forget that as the leader, you are personally liable for keeping track of your troop's money. **KEEP GOOD RECORDS!**

Financial Records Binder

The financial binder will contain all the forms necessary to track and record your troop's income and expenses.

Divide your binder into 5 sections.

The first section should contain the Registration and Dues Paid form to help you track the registration and dues paid by each girl.

The second section consists of Deposit Forms. At each meeting, the treasurer should log all money received onto this form (including registration and dues). Not only does this make it easier when you go to make a deposit, as everything should be totaled at the end of the meeting, but this form also acts as a receipt to keep track of who has paid for what if there are any questions.

The third section is your Bank Account Register. Make sure you log every deposit and every check written. Bank accounts should be balanced at the end of every month, every meeting is even better. For every check written, you should have a receipt for the purchase or expense.

The fourth section is where you should keep all bank statements.

In the last section, place a large manila envelope to keep all your receipts in. For each check written, staple all receipts that go with that check together and write the check number and total amount of the check on the front receipt. Place the receipts in the envelope.

Registration

The annual Troop Membership fee is a fee on the troop itself and should be budgeted for accordingly. If the leader pays this fee out of pocket, she may be reimbursed through fundraising or dues. Each girl who participates in Frontier Girls must have her own individual or family membership subscription in order to have a license to use the Frontier Girls name and uniform. Online registration is a recurring annual subscription to ensure membership stays current while participating in the program. If a family does not want the automatic renewals, they need to cancel them through their account page on the website, their Paypal account, or contact Frontier Girls headquarters and we will be happy to cancel it for them. All memberships are good for one year from the date of purchase. If a girl's membership expires without renewal, they lose their license to use the Frontier Girls name and uniform and to participate in troop activities. Access to the members' only section of the website is also lost until a new membership is purchased. Roster reports should also be run monthly via Caspio to ensure all girls maintain proper registration.

Dues

Dues, to pay for supplies and such, are decided by each troop based upon the activities they wish to pursue but usually average around \$3-\$5 per girl per meeting. Dues are payable directly to the troop and should be owed regardless of whether a girl attends a meeting since supplies are purchased with the assumption that everyone will be there. Exceptions can be made under special circumstances with advance notice of absence. Dues can be paid per meeting, or in a lump sum for the year, and should be paid directly to the troop.

Fundraisers

Fundraisers are at the discretion of the troop. There are no official Frontier Girl Fundraisers that you are required to participate in. You may do as many, or as few, fundraisers as are necessary to fulfill your troop's goals. Your troop keeps 100% of any money earned.

Some ideas for fundraisers include:

- ★ Car Wash
- ★ Spaghetti Dinner
- ★ Walk-A-Thon
- ★ Bake Sale
- ★ Making and selling craft items
- ★ Sell items through companies that have fundraising programs (upon approval of Frontier Girls)
- ★ Cooperate with a local business for a % of the profits during an event.
- ★ Yard Sale

FUNDRAISING RULES:

1. All fundraisers that will bear the Curiosity Untamed, Frontier Girls, or Quest Clubs name or logo in any capacity (even if troop or club number is included), MUST be cleared by Kerry Cordy. Send a detailed outline of your proposed fundraiser to kerry@frontiergirls.com BEFORE scheduling any fundraiser. Written approval for the fundraiser must be received in order to continue.
2. You may not sell any item with the Curiosity Untamed LLC, Frontier Girls or Quest Clubs logo or name on it.
3. Members with a Group, Troop, or Club membership may use the Curiosity Untamed LLC, Frontier Girls and Quest Clubs names and logos on fundraising signage only if their Group, Troop or Club membership payment is current. All Signage must include the Group, Troop or Club name or number as well as the following statement: "Curiosity Untamed LLC, including Frontier Girls and Quest Clubs, does not sponsor or endorse this fundraiser. Fundraising efforts are to support (name of group/troop/club) only and are not associated with Curiosity Untamed LLC, Frontier Girls or Quest Clubs."
4. Informal groups of Frontier Girls Pioneers may use the Frontier Girls name and logo on fundraising signage only if all participants in the fundraiser have currently paid memberships. All Signage must include the following statement: "Curiosity Untamed LLC, including Frontier Girls and Quest Clubs, does not sponsor or endorse this fundraiser. Fundraising efforts are to support local individual Frontier Girls members without a troop only and are not associated with Curiosity Untamed LLC, Frontier Girls or Quest Clubs."
5. You may not participate in any type of raffle, drawing, or other gambling type of activity without permission from your charter organization as these types of activities are considered gambling and require special forms to be filled out in each state.
6. No adult only activities may be used as fundraisers.
7. No alcohol, drugs, smoking, or marijuana may be present at or within 100 feet of the activity.
8. Observe all local ordinances related to involvement of children in money-earning activities.

9. No contract of any kind may be entered into using the Curiosity Untamed LLC, Frontier Girls, or Quest Clubs name regardless of whether your troop/club number is included or not. All contracts must be entered into and signed by either the Leader representing themselves as an individual, or by a designated representative of your charter organization. This includes contracts to purchase items for fundraising purposes as well as equipment or space rentals or any other contracts or obligations.

Donations

Each Frontier Girls troop is owned and operated by an individual, business, or non-profit organization such as a church or school. Troops may use the Frontier Girls name under the license agreement, but the troop is not a division, branch, or department of Frontier Girls. Frontier Girls is not a non-profit organization, and donations to your troop made under our name are *not* tax deductible. If your troop is owned by a non-profit organization such as a church or school, tax deductible donations can be made to your troop through these entities. If you have a private troop run by an individual, then donations will not be tax deductible.

Donations can be requested from individuals and businesses in the form of cash or in-kind gifts (non-cash contributions) to support your troop. Support can be in the form of:

- * Cash donations
- * In-kind donations of services, facilities, and goods.
- * Combination of direct cash donations and in-kind donations.

If your troop is owned by a non-profit and receives a single donation in excess of \$250, make sure to notify your charter organization immediately as the IRS requires special record keeping for donations over this amount.

Contracts

No contract of any kind may be entered into using the Frontier Girls name regardless of whether your troop number is included or not. All contracts must be entered into and signed by either the Leader representing themselves as an individual, or by a designated representative of your charter organization. This includes contracts to purchase items for fundraising purposes as well as equipment or space rentals or any other contracts or obligations.

Frontier Girls' Logo Use & Website Guidelines

The Frontier Girls name and logo are registered trademarks belonging to Curiosity Untamed LLC and may not be used on clothing, printed material, promotional materials, websites, etc. without express written consent. All requests for logo use should be directed to kerry@frontiergirls.com. Curiosity Untamed LLC reserves the right to revoke and terminate any trademark agreement at its discretion. Upon such revocation, the user must immediately cease any and all usage of the Frontier Girls name and trademark.

No portion of the Frontier Girls website may be copied to any other website or social media account without express permission from Curiosity Untamed LLC. This includes, but is not limited to badge requirements, award requirements, articles, or resources. Access to these materials must be through links to our website only.

The words "Frontier Girls" and the logo may be used by any currently paid member or troop on clothing, printed materials, promotional materials, educational materials, and websites for the purpose of promoting Frontier Girls or promoting the local troop as long as their troop number is included. No profit may be made from these items and they may not be sold to the general public but are for troop use only. The promoting of Frontier Girls should always be in alignment with the Frontier Girls Motto, Promise, and Creed. You may not sell anything with the Frontier Girls name or logo printed on it without the express permission of Curiosity Untamed LLC.

The Frontier Girls trademark or name may not be used in any manner that may possibly disparage, bring into disrepute, or derogate the Frontier Girls program or its members. Members will not promote goods or services that, at the discretion of Curiosity Untamed LLC, may possibly diminish the goodwill of the Frontier Girls name or be viewed any way to be obscene, pornographic, sexual or violent or to encourage any activities deemed unlawful. You may not wear the Frontier Girls uniform or in any way represent yourself as a Frontier Girl for political purposes (political rallies, protests, etc.) or at any event or activity regarding sex or sexuality (gay parades, planned parenthood events, abortion protests, etc.)

If you wish to use the Frontier Girls name or logo on a troop website, you must submit a written request to kerry@frontiergirls.com prior to use. Please include the address of your website.

Website Development for Troops

Frontier Girls encourages troops to utilize the internet as a communication tool. The internet is a great communication vehicle that can help your troop disseminate information in a fast, effective and fun way. Information posted to the Internet on a Web page can be read by people all over the world. Therefore, safety and how you represent yourselves as Frontier Girls should be the guiding principal of any Web- based endeavor, even if your information is password protected. This includes issues of privacy, language use, sponsorship, links, and use of any kind of copyrighted material (writing, music, brand images, and pictures). You should not release sensitive information about your girls and adult members – keeping their privacy and safety while using the web should be your top priority.

Getting a Website Started

Any Frontier Girls Troops that are creating or developing a website that will use the Frontier Girls name or logo must receive written permission from Curiosity Untamed LLC and must complete the steps below:

- ★ Send your web site address to kerry@frontiergirls.com
- ★ Make sure to provide a link to the Frontier Girls website, any www.frontiergirls.com
- ★ On your home page, be sure to include your troop number, the date the page was last updated as well as an email address for the website contact.
- ★ Do not allow automatic posting of messages to a web site by using message boards or guest books that

are not continually monitored by an adult.

Policies and Procedures

The policies and procedures set forth below are recommendations only and should not be considered to be all inclusive. These policies are NOT comprehensive and are for informational purposes only. These policies and procedures are intended as a supplement, not a substitute for information and safety procedures put forth by professionals in the field. While we have done our best to make information current and provide adequate safety advice, this information is in no way to be considered all-inclusive and does NOT include comprehensive training in personnel practices and procedures, safety procedures, or child development. Use of these materials is at your own risk. Make sure to also follow all policies and procedures required by your charter organization.

High Risk Activities

Frontier Girls will post badge requirements on almost any subject a girl wishes to learn about. That said, some activities have a higher risk of injury than others. We are not specialists in every subject and safety guidelines included with our badges are just that, guidelines. You should always check with your insurance company before undertaking any activity and obey any safety requirements they may have. Check with someone with knowledge and experience in the activity for any extra safety precautions you can take. While we wish to give every girl as many experiences as possible, some types of activities or badges should not be undertaken without parental permission. These activities have a higher risk of injury than other activities, and parents should be made aware of all risks before allowing their daughter to participate.

Check with your charter organization or insurance company for any specific restrictions on your activities. We recommend you have parents sign a permission slip for before a girl participates. Use your common sense and research any activity well before undertaking it with your girls.

Alcohol and Tobacco

Absolutely no alcohol, marijuana, drugs or tobacco may be used or consumed at or around any Frontier Girls activity or in the presence of Frontier Girls or other minors at an event or activity.

Health and Safety Policies

Each troop should create their own health and safety policies based on the number and ages of troop participants, insurance carried, volunteer certification and expertise, etc. Any background checks are the responsibility of the troop owner and should be processed either by the leader or the charter organization. All leaders and members of Frontier Girls troops are accountable for using the Frontier Girls program in a safe and responsible way. While total safety cannot be guaranteed, unnecessary risk can be reduced. Leaders are there to provide direction and must consider local needs, geographic or climatic characteristics, state statutes, and local ordinances that may apply to any activity. Check with your charter organization or insurance company for additional requirements.

Controversial Subjects

While any subject can have two sides, there are a few controversial subjects that are not allowed to be addressed within any Frontier Girl meeting or activity or while representing yourself as a Frontier Girl in any way. Frontier Girls is designed to supplement that which is taught at home and in school, not to replace it. With that in mind, we also take the following stands:

Religion

Like the Boy Scouts, all Frontier Girl Members are required to have a belief in God. We believe that it is important to realize that we are accountable to a higher power for the lives that we live and to give thanks for the blessings that we receive. While the Frontier Girls program is based on Biblical principles, it is open to girls of all faiths and religions who can recite and live by our promise and creed. No specific religious doctrine should be taught during troop meetings unless the troop is sponsored by a specific church/religion and parents are aware that this doctrine will be taught. Prayer is welcome at our meetings.

Politics

While we encourage our members to be active in the political arena and to stand up for their beliefs, we ask that they do so as individuals and not as Frontier Girls members. In a country with diverse political viewpoints, our organization will remain neutral. No troop money may be spent either for or against any piece of legislation, or in support or opposition to any political candidate.

Frontier Girls Troops and individual Frontier Girls members, may not attend political rallies of any kind while in a Frontier Girls uniform. Any service done for a political purpose (phone calls, petitions, etc.) must be done as a private individual and not as a Frontier Girl member.

Sex and Gender

Frontier Girls feels that any topic having to do with sex/gender should be discussed at the family level and not within our program. You may not discuss sex education, pro-life/pro-choice issues, gender transition or sexual orientation issues with the girls in your troop while representing yourself as a Frontier Girl. Specific education in regard to sex and gender should be taught by parents and religious leaders according to the family's belief system.

You may not attend or endorse any event, organization, or activity as a Frontier Girl that deals with sex, sexuality, or gender transition of any type. This includes things such as gay parades, pro-life rallies, Planned Parenthood, abortion protests, etc.

Online Resources and Social Media

Frontier Girls Website – www.frontiergirls.com

Frontier Girls Public Facebook Page - <https://www.facebook.com/frontiergirls>

Frontier Girls Forum Facebook Group: To share ideas and accomplishments, and get support-
<https://www.facebook.com/groups/frontiergirlsforum>

Instagram - [@frontiergirlsclubs](https://www.instagram.com/frontiergirlsclubs)

Curiosity Untamed

Curiosity Untamed LLC (<https://curiosityuntamed.com/>) is the owner of the Frontier Girls brand. All badge requirements and resources can be found on the Curiosity Untamed website. The Frontier Girls website is for promotional and marketing purposes only.

Other Online Resources for Crafts, Supplies, Ideas, and More

Scout-O-rama – Great website with everything from activity ideas to fundraising ideas.
www.scoutorama.com

Scouting Resources (a UK site) - The site offers a good deal of material on the more 'traditional Scouting skills such as Map, Compass, Camping, Knots and Pioneering. These include pictures and 'tutorials' on the major subject areas and the Links section can provide an excellent selection of links to further information.
<http://www.scoutingresources.org.uk/index.html>

Meritbadge.org – While this is a site set up for Boy Scouts they have TONS of links and information for working on various badges.
http://meritbadge.org/wiki/index.php/Merit_Badges

MacScouter – Fantastic website containing everything from songs and games, to outdoor cooking and campfire planning.
<http://macscouter.com/>

Making Friends – This website is full of great ideas for crafts and offers “badge in a bag” sets that are great to incorporate into your badge work for things like first aid or beading. They also offer a variety of inexpensive activity patches.
<http://www.makingfriends.com/>

Oriental Trading - This site sells bulk product for crafts, party supplies and more. It is a great resource for ready to make crafts, as well as décor for parties and ceremonies.
<http://www.orientaltrading.com/>

Flag Ceremonies

The Frontier Girls program promotes patriotism in all our members. Knowing how to perform a flag ceremony correctly, as well as how to properly handle a flag is one of the skills that sets Frontier Girls apart.

We encourage our troops and members to volunteer their time to perform formal flag ceremonies for community events, but you must be able to do it correctly and with proper respect. When performing flag ceremonies in public, girls must wear the complete Flag Corps uniform: a white polo shirt (tucked in), navy pleated or “A” line skirt, uniform vest, white ankle socks and white tennis shoes (clean). White gloves and navy berets may also be worn if your troop desires a more formal look.

Carrying the American Flag when Staffed

The American flag (when staffed and carried in a sling, or hand carried) is always positioned straight upright and never dipped unless it is absolutely required to clear a low-hanging obstacle (“Angle Port”). When hand carried (“Order, Colors”) the Color Guard flag bearer(s) carry flags at the right side of the body, grasping the staff with right hand in a cupping shape with the staff resting against the right shoulder so the staff is straight, vertical, and a few inches above the ground. When the Color Guard is stationary the staff may rest on the ground on the right side of the flag bearer in a straight and vertical position with the bottom of the staff touching the toe of the right shoe. When staffed and carried in a sling (“Carry, Colors”) the flag bearer uses the right hand (or both when necessary for stability) to grasp the staff so that it maintains a position straight and vertical from the socket of the sling upwards. To return the flag from the Carry Colors position to the Order Colors position, the Color Guard Captain calls “Order, Colors.”

Presenting & Posting the Colors

The format for a proper flag ceremony is as follows:

- Caller:**
- “**Ladies and Gentlemen, please stand for the flag of our country.**”
(Audience rises, removes hats, and places their hands over their hearts)
 - “**Color Guard, Attention**”
(Color Guard stands at attention, ready for the ceremony)
 - “**Color Guard, Advance**”
(Color Guard advances toward the caller)
 - “**Color Guard, Halt**”
(Color Guard halts when reaching the front of the room)
 - “**Color Guard, Present the Colors**”
(All guards and bearers should turn to face the audience and the flag bearers should take one step in front of the guards, facing the audience and presenting the flag so it can be clearly seen.)
 - “**Color Guard, Honor your Colors**”
(The American Flag bearer stands at attention maintaining the American flag straight and upright; the other flag bearer(s) dip their flags 45 degrees by extending their right arm straight out; guards place their right hand over their heart, move their left foot one step back, and then return left foot back to the position of Attention keeping their right hand over their heart.)
- (National anthem is performed or played. Color Guard remains silently standing at attention during the anthem with guards maintaining hand over heart)*

-- or --

“Ladies and Gentlemen, please join me in reciting the Pledge of Allegiance”

(Caller leads the audience in the Pledge of Allegiance. The American Flag bearer stands at attention maintaining the American flag straight and upright; the other flag bearer(s) dip their flags 45 degrees by extending their right arm straight out; guards place their right hand over their heart, move their left foot one step back, and then return left foot back to the position of Attention keeping their right hand over their heart.) Color guard remains standing at attention and does not recite the pledge)

“Color Guard, Two”

(American flag bearer remains in the position of Attention; other flag bearers return their flags to the straight and upright position; guards drop their hand-over-heart salute and return hands to their sides in normal position of attention)

“Color Guard, Post the Colors”

(Flag bearers post the flags in their stands with the American flag posted before all others. Flag bearers look up to adjust eagle/spade ornament to face audience, then dress the flags by grabbing edges of the flag, extending outward, and wrapping the edges of the flags on each side behind the staff. After dressing flags the flag bearers return to their positions in the Color Guard)

“Color Guard, Retreat”

(Color Guard exits the stage/area)

Make sure that your caller speaks loudly and with authority, giving the audience and color guard enough time to react to each command. The above script may be split between a Troop Leader or other Caller and a Color Guard Captain wherein the Caller calls all portions beginning with “Ladies and Gentlemen” and the Color Guard Captain calls all commands starting with “Color Guard.”

Each flag that is carried should have one girl who bears the American flag and at least one (ideally two) who guards it (color guard). The American Flag is always given the place of honor and leads the color guard. If carried in a line it should be on its own right. When displayed from a staff in a church, public auditorium or meeting place, the flag should hold the position of superior prominence, in advance of the audience, and in the position of honor at the speaker’s right as he/she faces the audience. The staffed flag should always be placed to the right of the speaker (audience’s left) without regard to a platform or floor level. Any other flag displayed should be placed on the left of the speaker (right of the audience). The American flag should always be at the center and at the highest point when a group of flags are displayed together.

The American flag should never be marched by the flag bearer in backwards motion. The color guard’s job is to help the flag bearer in any way needed and to make sure that the American flag does not touch the ground or get caught up in obstacles. The color guard and flag bearers do not talk or sing during the ceremony but stand at attention.

You may choose to enhance a flag ceremony with music, poetry, or readings. If so, do this portion of the ceremony after the flag is presented to the audience and before it is posted. A variety of sample pieces you may wish to use for your ceremonies are listed for your convenience. Many of these were taken from the internet and the author is not known. If you know the author, please notify us so that proper credit can be given

Hoisting and Lowering the Flag

When practical, a Color Guard consisting of an experienced Frontier Girl (Color Guard Captain) and two other Frontier Girl guards hoist the flag. A fourth Frontier Girl may be used if desired. The fourth girl will assist in unraveling and attaching the flag to the lanyard.

The Color Guard formation is formed in line with the Captain carrying the flag in the center. The formation marches to the flagstaff, halts, and attaches the flag to the halyards. The flag is

always raised and lowered from the leeward side of the flagstaff. The two guards attend the halyards, taking a position facing the staff to hoist the flag without entangling the halyards. The Captain continues to hold the flag until it is hoisted clear of the grasp, taking particular care that no portion of the flag touches the ground. When the flag is clear of the grasp, the Captain comes to attention and renders the ceremonial hand-over-heart salute while the national anthem or “To the Colors” is played and/or while the flag is being raised.

On the last note of the National Anthem or “To the Colors”, or after the flag has been hoisted to the staff head, all members of the Color Guard drop their hand-over-heart salute when the Captain calls “Two.” The halyards are then secured to the cleat of the staff or, if appropriate, the flag is lowered to half-staff and the halyard secured. The Color Guard is formed again and marches to the dismissal area.

When practical, a Color Guard consisting of an experienced Frontier Girl (Color Guard Captain) and three other Frontier Girl guards lower the flag. The Color Guard forms and marches to the flagstaff, and the halyards are detached and attended from the leeward side.

On the first note of the national anthem or, if no band is present, To the Colors, the Color Guard girls not lowering the flag execute hand-over-heart salute. The lowering of the flag is coordinated with the playing of the music so the two are completed at the same time. The Color Guard Captain calls “Two” when the flag is low enough to be received.

If at half-staff, the flag is hoisted briskly to the staff head while retreat is sounded, and then it is lowered on the first note of the national anthem or To the Colors.

The flag is detached from the halyards and folded. The halyards are secured to the staff. The Color Guard is formed again and marches to the dismissal area.

Frontier Girl Salute

The Frontier Girl salute for use during ceremonies involving the American flag is the right hand placed over the heart. When in uniform Frontier Girls are required to always render the hand-over-heart salute during the national anthem, pledge of allegiance, during the hoisting, lowering, and passing of the American flag, and when “Taps” is played. It may also be used in other ceremonies such as a POW-MIA table ceremony or a veteran’s wreath laying ceremony.

During the national anthem, the Frontier Girl faces the American flag (if visible) and renders the hand-over-heart salute from the first note until the last note of the music. If the American flag is not visible during the national anthem, the Frontier Girl faces the direction that the music of the national anthem is coming from and renders the hand-over-heart salute in that direction.

During the pledge of allegiance Frontier Girls shall render the hand-over-heart salute once commencing recitation of the pledge and maintain the salute until finished reciting.

When the American flag is being hoisted or lowered, Frontier Girls shall render the hand-over-heart salute at the first and last notes of the national anthem or “To the Colors” songs, and/or when commanded in a Troop, Color Guard, or other formation.

Upon hearing the song “Taps” being played Frontier Girls shall render the hand-over-heart salute.

When the American flag passes by a Frontier Girl (such as a Color Guard carrying the American flag passing by in a parade) she shall come to the position of Attention and render the hand-over-heart salute when the American flag arrives within six paces of her, and then drop the salute after the Color Guard has passed six paces beyond her position.

When Frontier Girls are part of a Troop, Color Guard, or other formation and when given the

command “Honor Your Colors” the Frontier Girls shall render the hand-over-heart salute while moving their left foot one step back and then immediately returning the left foot back to the position of Attention maintaining the hand-over-heart until given the command “Two.” After receiving the command “Two” the Frontier Girls drop their right hand back to their right side to return to the normal position of attention.

If the Frontier Girl is a member of the Armed Forces of the United States of American or is a veteran of the Armed Forces, she may replace the hand-over-heart salute during the national anthem and pledge of allegiance with the military hand salute bringing the right hand to the edge of the right eyebrow.

Basic Drill

Frontier Girls should be familiar and proficient in basic drill techniques so they may function in an organized, respectful, and professional manner while functioning in Troop, Color Guard, or other Frontier Girl formations. The below guidelines are basic drill techniques that are commonly used in routine Troop and Color Guard situations. Each position or movement is listed by the verbal command that is called by the Frontier Girl leader in charge of the formation:

“Attention”: The position of “Attention” is the base from which all other drill movements and courtesies are derived. Very simply, it is the act of standing attentively, respectfully and quietly while being completely focused on the activity or person around which the Frontier Girl(s) is/are standing. When called to a formation or during a ceremony the attention position is the default until instructed otherwise:

Stand straight, without moving, but slightly bend knees (do not lock the knees)

Feet should have heels together with toes pointing out at a 45-degree angle

Arms hang naturally at the girl’s sides with the thumb and forefinger touching the sides of the skirt or side-seam of the trouser

Hands should be in a gentle fist with thumbs exposed and facing down to the floor

Head should be facing straight forward, eyes looking straight forward

No talking unless Troop Leader, Drill Captain, or other leader calls upon you

“At Ease”: The position of “At Ease” is a less formal rest position. While At Ease, members may relax their posture, make uniform adjustments, etc. While At Ease, girls may not move their right foot (this keeps your place in formation aligned) or speak (many times instructions are given at this time). If the command “At Rest” is given, the girls maintain the position of At Ease but may also talk.

“Left Face” or “Right Face”: Formations will sometimes be in a situation that requires facing movements. Performing a “Left Face” involves two steps:

Count 1; Pivot on the heel of the left foot and the ball of the right foot

Count 2; Move the right foot forward so the heels are together and the feet are at a 45 degree angle.

“Right Face” is the opposite. Pivot on the heel of the right foot and the ball of the left foot and bring the feet together

“About Face”:

Count 1; Place the right toe approximately 4 to 6 inches behind and slightly to the outside of the left heel.

Count 2; Pivot to the right on the left heel and right toe. If properly executed you should face 180 degrees with your heels together and feet at an angle of 45 degrees.

“Honor Your Colors”: Render the hand-over-heart salute while moving the left foot one step back and then immediately returning the left foot back to the position of Attention maintaining the hand-over-heart until given the command “Two.” After receiving the command “Two” the Frontier Girls drop their right hand back to their right side to return to the normal position of attention.

“Advance”: This is the command to commence forward movement of the Troop, Color Guard, or other formation. Girls step straight ahead with their left foot first to begin marching forward. The girls maintain step with each other by following the cadence set by the Frontier Girl leading the formation. The formation leader may verbally call “Left... Left... Left-Right-Left” on occasion to help the girls stay in step during longer marches such as during a parade. Girls shall maintain their dress-and-cover (alignment) in the formation at all times during the march. The leader calling commands first issues a preparatory command to address the formation (“Troop” or “Color Guard”, etc), and then issues the command of execution “Advance.” For example, “Troop, Advance.”

“Halt”: This is the command used to stop the forward movement of the formation and return to a stationary state. While marching, the formation leader, when ready to halt the formation, calls the preparatory command (“Troop” or “Color Guard”, etc) at a moment either of the feet strikes the ground, and then calls the command of execution “Halt” the next time the same foot strikes the ground. On the command “Halt” the Frontier Girls will take one more step, then move the trailing foot smartly alongside the front foot immediately transitioning to the position of Attention.

“Dismissed”: This command is used to dismiss the formation. It is followed by the preparatory command (“Troop” or “Color Guard”, etc) and then the command of execution “Dismissed” is called (ex: “Troop, Dismissed”). Upon the command “Dismissed”, the Frontier Girls are free to break ranks from the formation and go about their own business.

“Retreat”: This command is used to dismiss a Color Guard formation from the area of the ceremony. First the preparatory command “Color Guard” is called and then the command of execution “Retreat” is called (ex: “Color Guard, Retreat”). Upon the command “Retreat”, the Color Guard will march in formation away from the ceremonial area and then halt and dismiss at the command of the Color Guard Captain.

“Fall In”: This command is used to bring Frontier Girls into an orderly formation standing in neat lines. First the preparatory command is given (“Troop”, “Color Guard”, “Team”, etc) and then the command of execution “Fall In” is called (ex: “Team, Fall In” or “Troop, Fall In”, etc).

The Frontier Girls then form a row (or multiple rows), lined up side-by-side next to one another facing their formation leader (ex: a Troop Leader, Team Leader, Patrol Leader, etc). The first girl to fall in positions herself approximately three paces from the formation leader, facing the formation leader, and offsets to the right to ensure the entire formation will be centered on the formation leader. The next girl will fall in next to that girl positioned in an even line horizontally at about an arm’s length to the left of the first girl that formed up. Then the next girl will fall in to the left of that one at arms’ length, and so forth. If there are enough girls to form multiple rows then another girl will fall in directly behind the first girl that formed up and other girls will fill in another row, and so forth.

In larger Troops these rows could be complete Patrols with the Patrol Leader standing in the right-most position of her Patrol’s row. Or a Team within the Troop could comprise a row in the

formation. In summer camps or other multi-troop activities multiple Troop formations may line up so their formation leaders and formation rows are all lined up evenly. On a smaller scale a single Patrol Leader may wish to have her Patrol members fall in for drill instruction or uniform inspection, or a Color Guard Captain dually functioning as the American flag bearer may wish to have her Color Guard fall into formation with her, at which time the “Fall In” command is given.

The above drill, ceremonies, and flag honoring guidelines are basic starting points for accomplishing the most commonly-encountered situations in a Frontier Girls Troop. Active Troops and Color Guards are encouraged to go into more depth after mastering these basics by referencing drill and ceremonies regulations and color guard manual of arms that can be found from various military, law enforcement, Color Guard teams, and scouting organizations. Troops that are chartered by American Legion, Legion Auxiliary, Veterans of Foreign Wars, and other veterans organizations are also encouraged to consult with their chartering organization representative for additional assistance in finding training and resources that can help with drill, ceremonies, and honoring the flag.

The following is a list of helpful resources from US Flag Code, veteran’s organizations, youth cadet programs, and military services for going beyond the basic drill and ceremonies procedures that are useful and adaptable for a Frontier Girls Troop or Color Guard:

Federal Flag Code: The display of the American Flag is governed by law to ensure that it will be treated with the respect due the flag of a great nation. This is known as the Flag Code:
<http://www.usflag.org/uscode36.html>

Resources on the American Flag from American Legion: <https://www.legion.org/flag/>

Civil Air Patrol (cadet) Drill and Ceremonies Manual: Great resource that includes many explanations, pictures, and diagrams showing drill and ceremony procedures that are a bit easier to follow than the Air Force and Army drill regulations they are based upon:
https://www.gocivilairpatrol.com/media/cms/CAPM_362203_A720814DCFDCA.pdf

U.S. Army Drill and Ceremony Training Circular 3-21.5:
https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN32297-TC_3-21.5-000-WEB-1.pdf

U.S. Air Force Drill and Ceremonies Pamphlet 34-1203:
https://static.e-publishing.af.mil/production/1/af_a1/publication/dafpam34-1203/dafpam34-1203.pdf

Junior Reserve Officer Training Corps (JROTC) Inter-Service Cross-Index Drill Manual: an excellent starting point for digging deeper into drill and color guard that also highlights differences across the military services’ techniques. Techniques can be adapted for Frontier Girls use:
https://www.pxu.org/cms/lib/AZ01001825/Centricity/Domain/714/Interservice_cross-index_drill_manual.pdf

Civil Air Patrol Cadet Honor Guard Pamphlet 52-8: Good resource from a youth cadet program that presents basic Color Guard / Honor Guard techniques that can be adapted for Frontier Girls Color Guard use: https://www.gocivilairpatrol.com/media/cms/P052_008_B38750453C56C.pdf

Poems and Readings for Customized Flag Ceremony:
<https://discoverpoetry.com/poems/patriotic-poems/>

Commentary on the Pledge of Allegiance by Red Skelton: <http://www.usflag.org/skeltonspledge.html>

Patriotic Songs: <https://www.scoutsongs.com/categories/patriotic-songs.html>

Ceremonies

Ceremonies are an important part of your Frontier Girls troop. They serve a variety of purposes such as to acknowledge in a formal way work that has been done; to impress upon people the purpose and meaning of the Frontier Girl program; an opportunity to thank parents and volunteers; and to recognize advancement or commitment.

In this section you will find a variety of readings and pieces for use in your ceremonies. Adapt and combine them as necessary to suit your needs or use them as they are. Remember, the best ceremony has not been written yet. Feel free to write your own. As you use these ceremonies, we hope you will never lose sight of the fact that recognition in Frontier Girls can be fun as well as meaningful. More ceremonies can be found on the Frontier Girls Members page on the website.

Planning Ceremonies

- ★ Use as many people as possible
- ★ Have proper planning. What props are needed? Who is doing/saying what?
- ★ Delegate responsibility
- ★ Keep it dignified. No horseplay; keep your audience's attention
- ★ Use imagination and showmanship
- ★ Improvise, use what is available, low cost & easy to find
- ★ Gather ideas. Use the promise, creed, motto, flag, poems, skits, songs, etc.
- ★ Make sure to include the girls. Participation in ceremonies helps girls develop poise, self-reliance and confidence.
- ★ Keep it simple, keep it fun
- ★ Use symbolism. Props, candles, flowers, etc.
- ★ Mix it up. Try not to repeat ceremonies.

Investiture/Rededication Ceremonies

Colored Candles

This beautiful dedication ceremony uses differently colored candles. All girls form a horseshoe. Each new member is presented with a white candle with a red daisy attached. Rededicating girls should hold plain white candles. [Have on a table one short candle for each Area of Discovery; color---red, orange, yellow, light green, dark green, light blue, dark blue, purple, and pink---also a tall white candle that is used to light other candles.]

[Start with a formal flag ceremony]

LEADER: We welcome you to our investiture and rededication ceremony. This is a time when returning Frontier Girls rededicate themselves to Frontier Girls and all it stands for, and for new members to be invested into the troop. Before you, you see a rainbow of candles, representing the wide variety of things in this world that there is to discover. In the center is a tall white candle. This candle represents the Frontier Girl promise that is at the center of all we do. The red daisy on those candles held by our new members is a symbol of the joy which we hope they will find as member of our troop.

[Have the oldest girl light the white candle and lead the rest in reciting the Frontier Girl Promise]

[Use the white candle to light the others for the rest of the ceremony]

FG #1: The red is for the Discovery of Health and Fitness as we learn to make our minds and bodies strong.

FG #2: The orange is for the Discovery of Knowledge, encouraging the love of learning and the constant quest to investigate new interests.

FG #3 The yellow is for the Discovery of Science and Technology which lets us look into the how and why of things, solve problems, and recognize the ways in which our present interests can build toward future ones.

FG #4 The light green is for the Discovery of Agriculture and an appreciation of God's creatures and creations that provide for our food.

FG #5 The dark green is for is for the Discovery of Outdoors, explorations here help us to appreciate our natural environment and to take actions to protect and preserve our world.

FG #6 The light blue is for the Discovery of Character which helps us grow to be women of honor and teaches us to take joy in our surroundings.

FG #7 The dark blue is for the Discovery of the World, helping us to build pride in our heritage, while appreciating the uniqueness of each culture.

FG #8 The purple is for the Discovery of Art which helps us develop a personal appreciation for the many art forms and things of beauty in the world around us.

FG #9 The pink is for the Discovery of the Home, preparing us to take care of ourselves and our families.

LEADER: From the light of discovery may your Frontier Girl world ever grow. [have girls each light their candles from one of the colored candles] Take your light into the world and let it shine forth with love and knowledge. [All the girls return to the horseshoe formation. Sing a song of your choice.]

Flowers

LEADER: "Welcome to our Investiture and Rededication ceremony. Today we are here to show our belief in the Frontier Girl Promise and Creed and to recognize the achievements of our girls.

"This candle that I light shall shine forth as a symbol that a Frontier Girl is true to God"

"The second candle shall shine forth as a symbol of a Frontier Girl's loyalty to her country."

"The third candle shall shine forth as a symbol that a Frontier Girl's greatest desire is to serve."

Girls, please join me in reciting the Frontier Girls Promise.

Flowers have always played an important part in human life. From the earliest times they have been given as signs of love and respect and have been used in ceremonies of all types. The flowers in this ceremony represent the nine parts of the Frontier Girls Creed.

[Have girls pass out flowers to family members as they are read.]

READER: As a Frontier Girl...

I will be loving, treating others as I would like to be treated. The red rose symbolizes this love.

I will be Joyful, finding the blessings in every situation. The red daisy symbolizes joy in all things.

I will be Peaceful, respecting other's opinions and beliefs. Winter Greens symbolize the harmony we try to keep between ourselves and others.

I will be Patient, persevering toward my goals despite obstacles. The Indian paintbrush shows cheerfulness even in difficulty.

I will be Kind, respectful to all and willing to help others at all times. The zinnia represents thoughtfulness about friends

I will be Good, pure in all I do, think and say. The white daisy symbolizes innocence and truth.

I will be Faithful to my God and loyal to family, friends, and country. The dandelion represents faithfulness.

I will be Gentle, taking special care of those weaker or less fortunate than I. Baby's breath shows generosity and thoughtfulness toward others

I will have Self Control, using my time, materials, and talents wisely, and being accountable for my own actions. The gladiola symbolizes strength of character, maturity, and responsibility

(Other flowers may be used in this ceremony. For a list of flower meanings you can visit the following websites: <http://www.gardencards.biz/html/flowermeanings.htm>

<http://www.iflorist.com/en/act/meaning/>

http://www.aboutflowers.com/floral_b5.html

<http://www.flowersociety.com/flower-meanings.html>

Investiture/Rededication Oaths

Troop

As a member of Troop #XXX
I promise to do my best
To live the Frontier Girl Promise and Creed
Both at our meetings
And in my everyday life.

Patrol Leaders

As a patrol leader I promise
To lead my patrol to the best of my ability
To keep order in my group at all times
To speak for my patrol and not just for myself
And to do my best
To live up to the troop's trust.

Leadership Positions

As a leader I promise
To do my job to the best of my ability
To take my responsibilities seriously
And to do my best
to live up to the troop's trust.

Lighted Candles

Scene: A table, with 13-candle board/log on it; flanked by American and Frontier Girls flag.

1st Speaker: " Tonight we are here in to invest those who have joined Frontier Girls for the first time this year. We are also here to rededicate each member, new and old, to the Frontier Girls Promise and Creed. You should all understand that these are the ideals by which Frontier Girls try to live, and through which we, as leaders, help girls to gain worthy citizenship."

[a large candle is lighted; house lights are dimmed].

2nd Speaker: "Before you, you see a golden flame The flame symbolizes a Frontier Girl's honor, which must never be dimmed. When a Frontier Girl makes a promise, she is placing her honor, the brightest thing in her life, before her fellow Frontier Girls, her leaders, her parents, and her friends. Girls should understand that giving the Frontier Girls Promise on one's honor is a serious thing. "

3rd Speaker: "From this golden flame we light the flame of our love for God. "*[light small candle and say:]*

"I promise to love God"

4th Speaker: "We light the flame of loyalty to our country." *[light second small candle and say:]*

"I promise to be loyal to my country"

5th Speaker: "We light the flame of love for others." *[light third small candle and say:]*

"I promise to love my neighbor as myself"

6th Speaker: "We now bring to light the flames of the Frontier Girls Creed, which make bright and clear the trail that leads from girlhood to womanhood. Let us all stand and repeat together the Frontier Girl Creed."

[Pause until all stand; then 9 more candles are lighted as the nine parts of the creed are said.]

7th Speaker: "These burning candles represent the points of the creed and promise and how they brighten the life of the Frontier Girl who observes them. When through practice they become a part of our daily lives, they also brighten the lives of all whom we come in contact."

8th Speaker: "We can too easily forget that the Frontier Girl Promise is a serious pledge. We must guard against repeating the Promise and the Creed in a parrot-like manner, as though the words were meaningless. "

[Ceremony continues with house lights turned on. Each member present (who wishes to) is invited to say a few words about what being a Frontier Girl has meant to her.]

[Song "Take the Lead" is sung]

Closing: "With our ceremony ended, we now put out these candles. But we do so with the certain knowledge that we carry the flame of Frontier Girls eternally with us, in our hearts."

Ribbons

You will need 9 ribbons or streamers at least 10' long in the following colors: red, orange, yellow, light green, dark green, light blue, dark blue, purple and pink. Keep ribbons rolled until needed.

Divide the troop in half and have girls face each other across a 10' gap. As each piece of the creed is read, have one girl walk over to a girl on the opposite side (not necessary directly opposite) and hand her the end of the colored ribbon. As she walks back to her place, she should unroll the ribbon as she goes and hold on to the end. By the end of the creed you should have a spider web of ribbon crisscrossing between the two sides.

LEADER: As Frontier Girls we live by the following creed:

I will be loving, treating others as I would like to be treated (red ribbon)

I will be Joyful, finding the blessings in every situation. (orange ribbon)

I will be Peaceful, respecting other's opinions and beliefs. (yellow ribbon)

I will be Patient, persevering toward my goals despite obstacles. (light green ribbon)

I will be Kind, respectful to all and willing to help others at all times. (dark green ribbon)

I will be Good, pure in all I do, think and say. (light blue ribbon)

I will be Faithful to my God and loyal to family, friends, and country. (dark blue ribbon)

I will be Gentle, taking special care of those weaker or less fortunate than I. (purple ribbon)

I will have Self Control, using my time, materials, and talents wisely, and being accountable for my own actions. (pink ribbon)

Just as these ribbons bind these girls together, so do the parts of our creed intertwine and bind our lives as we work together to make this world a better place.

The Promise

I promise...

An assurance I make, a pledge to do right,
I keep it before me a bright shining light

To Love God...

To God, the creator, the maker of all,
if weakness over take us on Him we may call.

Be loyal to my country...

A wonderful country, I'm sure you'll agree
So let's keep it always, the land of the free.

And to love my neighbor as myself...

Every person I see, acquaintance or friend,
Deserves to be loved, without price, without end.

Advancement Ceremonies

Lighted Candles---Frontier Girls Promise

Have the girls who are advancing line up on the left side of the room from oldest to youngest. The remainder of the girls should line up for a flag ceremony. Perform a formal flag ceremony and upon dismissal of the color guards, the girls should file into 5 groups at the front of the room (Eagles to the far right, then Butterflies, then Dolphins, then Otters and finally, Penguins.) Each girl in the front of the room should hold a candle (two if they will be greeting a new member to their level.) Advancing girls should still be on the left side of the room.

As the advancing girls' names are called, they should cross the room to the level they are joining, make the FG sign and shake hands with someone in that level who will hand them a candle. She then joins the group. As girls join the front, they should slowly fill in the gaps between each group so that when every girl's name has been called, there should be a solid line of girls in the front of the room symbolizing a united troop.

After all girls have crossed the room, candles are lit from the ends of the line and passed from girl to girl while singing "Whenever you make a Promise". Teach this song to all the leaders and the girls so everyone knows the song. It can be sung in 3-part rounds while the flame was being passed.

Speaker:

Each year the advancement ceremony marks a milestone in the life of a Frontier Girl. It is symbolic of the change of rank from one level to another and a sign of forward progress. (Start with announcing those girls moving from Butterfly to Eagle, then Dolphin to Butterfly, then Otter to Dolphin, and finally Penguin to Otter. As the girl's name is read, the girl crosses the room - makes the FG sign and shakes hands with a member of the receiving level and joins the line.)

(When all girls have joined the line, have leaders light the candles on each side and sing When'ere You Make a Promise)

While we divide ourselves by level and ability, in truth we are one troop, united under God. All thru Frontier Girls you have explored the Areas of Discovery, art, the home, the outdoors, and so much more. There are so many things to Discover! There is yourself partly known, but still full of mysteries and surprises. There are other people, like you and unlike you, girls and boys, men and women, little children. There is laughter and beauty and work and growing up to be a woman.

This marks a milestone in your lives as Frontier Girls and is a mark of progress for both you and your leaders. We Frontier Girls in troop #XXX are moving forward as a small group just as the whole Frontier Girls organization is constantly moving forward. It is a joyful journey we are following together, and we find that the greatest joy of the journey is the friendship in working together, playing together and growing together. All that we share with each other, some other Frontier Girl is sharing with us. As soon as we understand this joy of friendship, we long to have others share it too.

This Candle flame represents the friendship bond that we all share. From the experienced Eagle to the smallest Penguin, we pass the flame of friendship---from one to another. You have now moved from one level of Frontier Girls to another, but one thing remains constant ---the Frontier Girl Promise. The promise is a solemn oath you make to your leaders, parents and community to support one another. This is your promise to try to live up to the teachings of your own religious faith while, at the same time, respect the beliefs of others; to be a good citizen of your community and to help other people in small, everyday ways as well as in large ones.

Let's make the Frontier Girl sign and renew our Frontier Girl promise.

[Girls make the sign and say the promise]

As you blow out your candles, remember to keep the flame of friendship alive in your hearts and in your lives. (Girls blow out their candles)

Other Ceremonies

Compass Ceremony

Adapted from a Cub Scout ceremony

Make a large compass on a stand, tilted so the audience can see and place a candle in front of it.

- We look to the East and see an Otter, bringing her eagerness like the dawn of new day. (Otter stands to the right of the compass)
- We look to the South and see a Dolphin with her dreams alive with Frontier Girl action. (Dolphin kneels in front of the compass)
- We look to the West and see the Butterfly poised for flight and ready for any adventure. (Butterfly stands to the left of the compass)
- We look to the compass as our guide. We find at the North, an Eagle, only steps away from womanhood, whose adventures enable her to carry into adulthood the ideals of Frontier Girls.
(Eagle goes and stands behind the compass)

We read the compass, we set the course...trained leadership will not lose the trail. Look again, the light of Frontier Girls burns bright (light the candle)

Campfire Ashes

Legend has it that Lord Baden-Powell (founder of the Boy Scouts) would always take a small amount of ashes from the campfire and spread these ashes into the next campfire.

Ashes taken from a campfire are sprinkled into the flames of the next campfire. The next morning, when the ashes are cold, they are stirred, and each scout takes some along to mix with her/his next campfire logging the date and location on a list kept with their ashes. If more than one girl brings ashes to the same campfire, the lists are pooled, with the dates and places of all campfires recorded and passed on. It is tradition that only those present at the ceremony may carry the ashes from that ceremony.

Have all Frontier Girls gather around a campfire.

Speaker: As we gather around this sacred fire, we acknowledge the profound connections that exist between us and the countless souls who have kindled fires like these before us. The memories of their laughter, stories, and shared experiences are interwoven into the fabric of this moment.

[The representative raises the container of ashes, allowing the participants to see the remnants of past campfires.]

Speaker: These ashes carry with them the whispers of friendship, the echoes of camaraderie, and the shared values that have bound girls together across our nation. They remind us that our journey is not ours alone, but a continuation of a legacy that spans time and distance.

[The representative steps closer to the campfire, slowly sprinkling the ashes over the flames.]

Speaker: In this moment, as the ashes of these past campfires become one with the flames before us, we honor the unbroken chain that links us with friends and comrades in other places. Our shared purpose, values, and aspirations continue to burn brightly, carried by the winds of friendship.

[Speaker steps back, allowing the participants to absorb the symbolism of the merging elements.]

Speaker: As these ashes merge with the fire, may our connection to Frontier Girls everywhere be reaffirmed. May our shared memories and experiences continue to inspire us, reminding us that we are part of something much larger than ourselves.

[Participants reflect on the significance of the ceremony and the shared bonds that tie them together.]

Speaker: Let this ceremony be a testament to the enduring friendships, unwavering camaraderie, and the indomitable spirit that defines our community. Just as the flames before us dance with vitality, so do the memories of those who have gone before, and the friendships we build today.

[The ceremony concludes with a sense of unity and gratitude. Participants are reminded of the bonds that unite them and the legacy they carry forward into the future.]

Challenge to Parents

I welcome you and your daughters to Frontier Girls Troop XXX. The success of Frontier Girls depends much upon each girl's family relationship. To all parents in our troop, we offer a challenge. As a member of our troop lights a candle, listen to her challenge.

1. Learn to have more fun with your daughter. Encourage and help her with her achievements. Help her progress through the ranks of Frontier Girls.
2. Learn to live together better, as Frontier Girls, as families, as neighbors, and as a nation.
3. Become better parents by practicing the principles of the Frontier Girl promise and creed.
4. Extend and strengthen the influence of our organization on girls, parents, and the community.

We welcome you.

Sample Meetings

Below you will find sample meetings for earning the Our Flag badge. Keep in mind that these are samples only and you are free to start with whichever badge interests your girls. Be creative. (Meetings may open and close in prayer if desired.)

For each meeting, use the Troop Meeting Planning Sheet found in your forms section to keep track of what you accomplish at each meeting. You can print your sign in sheet on the back of the page to keep track of which girls were at which meetings. By keeping this information together, it is easy to see at a glance, which girls have completed a badge and which missed a meeting and needs to make up a requirement or two. The samples meetings are designed for a meeting time of roughly 1 ½ hours and a troop of multiple ages. If you have a troop made up solely of younger girls, you may wish to add some crafts and games and eliminate some of the information.

Make sure you have the following supplies at ALL meetings:

- An American flag and stand to use for the flag ceremony. This can be simple flag on a stick placed in a vase if that is all you have available.
- Record Keeping Binder
- Finance Binder
- First Aid Kit

- Color markers or crayons and card stock to keep girls busy who arrive early. Have them make cards for our active service members or veterans until the meeting is ready to begin.
- Troop Meeting Planning Sheet with sign in sheet printed on the back.
- Snacks. You should create a snack rotation list so that the girls take turns bringing the snack.
- Kaper chart

Prior to beginning a meeting:

- Have all girls sign in on the sign in sheet.
- If any girls have dues to pay or badges to turn in, have them come 15 minutes early and submit the proper forms and payment to the treasurer and scribe.
- Have any girls who arrive early make cards for our active service members and veterans until the meeting begins.

Meeting #1
Troop Meeting Planning Sheet

(Have girls sign in on the back of the sheet as a record of who attended)

Date: _____ Badge: **Our Flag** _____

Requirements:

Otter: _____ #1, #4, #5, #9 _____

Dolphin: _____ #1a, #5, #10 _____

Butterfly: _____ #1, #2a, #6 _____

Eagle: _____ #1a, #5 _____

Activities:

_____ Learn the Pledge of Allegiance and what each sentence means. How should you show proper respect for the Flag when reciting the Pledge of Allegiance?

_____ Learn what responsibilities the various people have during a flag ceremony? The flag bearer, the color guard, the caller, and the audience.

_____ Participate in a formal flag ceremony.

_____ Make a diagram of the United States Flag, labeling all parts. Include and be able to define the “hoist”, “peak”, “fly”, “staff”, “halyard”, and “union”. Be sure to show the correct number of stars and stripes, as well as the order of the stripes. If a new state were added tomorrow, on what date would the new star be officially added to our flag?

_____ Learn how to properly fold the flag

Comments:

Supplies needed:

Printed coloring pages of the American flag or go to www.orientaltrading.com and purchase [IN-48/5120](#)
Paper Color Your Own! USA Flags
Makes 12 \$5.99



A large American flag to learn how to fold. Towels may be used if an actual flag is unavailable.

1. Introduce everyone. Begin with a quick introduction to help the girls get to know each other. Have each girl say her name and her favorite flavor of ice cream. (10 minutes)
2. Sing songs or play a game. This is the time to loosen the girls up and get a few wiggles out. Sing some action songs such as, “Little Pile of Tin” or “The Donut Song”. If you do not like to sing, play a simple game such as, “Indian Princess” or “Who’s Missing”. (10 minutes)
3. Recite the Frontier Girls Promise. Explain what each line means and begin teaching it to the girls. You may wish to say something like, (5 minutes)

“The Frontier Girl promise holds the three most important parts of being a good person and citizen. First and foremost, you should love God. Keep God first in your life and never forget to be grateful for every blessing, no matter how small. We ask that you be loyal to your country. You may not always agree with everything our government does, but thousands of men and women, over more than 200 years, have given their lives so that you have the freedom to express that disagreement. Give them your respect. Finally, love your neighbor as yourself. Ask yourself what you would want in every situation. If you were hungry, wouldn’t you want someone to help feed you? If you were lonely, wouldn’t you want someone to talk to? Never do to someone else what you would not wish that person to do to you. If you don’t like being teased and called names, don’t do it to others. If you don’t like feeling left out and alone, make sure you always include those around you.”

4. Flag Ceremony. Have a card preprinted with the basic flag commands found in the flag ceremony section of this handbook. Assign the roles of caller, flag bearer and color guards. Explain to the girls that this is the serious part of the meeting. While there will be plenty of time for silliness and giggles, you expect them to respect the flag and all that it stands for. Discuss the proper respect that should be shown to the flag. Walk the girls through a simple flag ceremony, instructing them in their roles as you proceed. (15 minutes)
5. Discuss the Pledge of Allegiance and what each line means. You can use the Red Skelton reading from the Flag Ceremonies section if you wish. (10 minutes)
6. Color the American Flag using the coloring pages or purchased flag and identify each part of the flag. If a new state were added, explain where the next star might go. The United States Army Institute of Heraldry already has plans drawn up for flags with up to 56 stars. One possible 51-star flag looks very similar to the current flag, with 6 alternating rows of 9 or 8 stars. Another possibility has the stars arranged in four concentric circles with one star at the center. Some helpful websites are:
<http://www.coloringcastle.com/pdfs/flags/flag-usa.pdf>
http://www.netstate.com/states/symb/flags/flag_terminology.htm
http://www.surfnetkids.com/american_flag.htm
(10 minutes)
7. Learn to properly fold a flag. Helpful websites are:
<http://www.tutorials.com/09/0903/0903.asp>
<http://www.usflag.org/foldflag.html>
(20 minutes)

8. Have snack. Sing or recite a grace before eating.
(10 minutes)
9. Dismiss the girls and handout any notices for parents.

Meeting #2
Troop Meeting Planning Sheet

Date: _____ Badge: Our Flag _____

Requirements:

Otter: _____ #6, #8 _____

Dolphin: _____ #2, #6 _____

Butterfly: _____ #2 _____

Eagle: _____ #1b _____

Activities:

_____ Learn the Federal Flag Code.

_____ Photo contest to identify flag violations

_____ Learn Start Spangled Banner

_____ Learn History of Star Spangled Banner

Comments:

Supplies needed:

A copy of the Federal Flag Code

<http://www.senate.gov/reference/resources/pdf/RL30243.pdf>

<http://www.usflag.org/uscode36.html>

<http://www.flytheamericanflag.com/united-states-flag-code.html>

Printed photos of Flag code violations. Visit the following websites for examples:

<http://www.ushistory.org/betsy/wallofshame.htm>

<http://www.sethbutler.com/tattered/>

<http://flagsgonewild.com/>

Pencils and paper

Small candies or other prizes

Words to the Star Spangled Banner along with the history of the song.

<http://www.usa-flag-site.org/song-lyrics/star-spangled-banner.shtml>

http://www.si.edu/encyclopedia_si/nmah/starflag.htm

<http://americanhistory.si.edu/starspangledbanner/>

10. Introduce everyone again. Begin with a quick introduction to help the girls remember each other's names. Have each girl say her name and her favorite animal. (10 minutes)
11. Recite the Frontier Girls Promise
12. Perform a flag ceremony. The girls will still need a lot of direction at this stage, but the more they perform the ceremony the more confident they will become until they do not need your help at all. (5 minutes)
13. Sing songs or play a game. This is the time to loosen the girls up and get a few wiggles out. Sing some action songs such as, "Little Pile of Tin" or "The Donut Song". If you do not like to sing, play a simple game such as, "Indian Princess" or "Who's Missing". (10 minutes)
14. Discuss the Federal Flag code with the girls. Edit how much information you give the girls based on their ages. If you only have Otters, keep it simple. If you have Eagles, go a little more in depth. At the very least you should cover the following: (15 minutes)
 - The American Flag should be placed in the center, and higher, when displayed with a group of state, local, or organizational flags flown from staffs. It may also be positioned to the right of other flags (if you were to hold the flag while facing your audience, your right side would be the flag's own right).
 - "When displayed from a staff in a church or public auditorium, the flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the clergyman or speaker or to the right of the audience." *
 - The flag should be hoisted briskly and lowered slowly with dignity.
 - The flag should never be allowed to touch anything beneath it, nor should it ever be carried flat or horizontally—always aloft and free.
 - Never use the flag as a cover or place anything on top of it.

- No disrespect of any kind should be shown to the flag of the United States. It should be kept clean.
- The flag, when carried in a procession with other flags, should be either on the marching right or, if there is a line of other flags, in front of the center of that line.
- When you display the flag on a wall or in a window where people see it from the street, it should be displayed flat with the blue part at the top and on the flag's own right (which is the observer's left).
- When displayed after dark, the flag should be illuminated.
- Never use a flag as a container.
- Never write anything on the flag or cover it with anything.
- Never wear the American flag.

15. Depending on the number of girls in your troop, you can either divide them into teams, or do the following as an individual competition. Show the girls various pictures of flag code violations and see how many violations they can identify. Have them write as many as they can on their paper. After 2 minutes, compare their answers. Any team or individual who finds them all wins a prize. At the end of the game, whichever team or individual got the most correct wins an additional prize. For example in the photo below there are 3 different flag code violations. (20 minutes)



"It should not ... printed or otherwise impressed on ... anything that is designed for temporary use and discard." (Flag Code, Section 8i)

"No disrespect should be shown to the flag of the United States of America." (Flag Code, Section 8)

"The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything." (Flag Code, Section 8h)

16. Teach the girls the Star Spangled Banner and the history behind it. (15 minutes)

17. Have snack. (15 minutes)

18. Dismiss the girls and hand out any notices for parents.

Meeting #3
Troop Meeting Planning Sheet

Date: _____ Badge: **Our Flag** _____

Requirements:

Otter: _____ #7 _____

Dolphin: _____ #9 _____

Butterfly: _____ #15 _____

Eagle: _____ #14 _____

Activities:

_____ Learn how a flag should be properly retired.

_____ Participate in a flag retirement ceremony.

_____ _____
_____ _____

Comments: _____

Homework: Have any Butterflies and Eagles bring a poem about our flag to the next meeting.

Supplies needed:

Snacks

Contact your local VFW post, American Legion, or other veterans' group and request that they perform a flag retirement ceremony with your girls. If requested, these groups will be more than happy to educate the girls in the proper retirement of dirty or damaged flag and perform the ceremony with help from the girls. This makes a great field trip for the girls and also gives your troop a chance to get to know some of the veterans in your community. Make sure to have the girls sign a thank you card to give them when you are finished. If you wish, bring snacks and drinks to share with the veterans when you are finished.

Homework: Have any Butterflies and Eagles bring a poem about our flag to the next meeting.

Meeting #4
Troop Meeting Planning Sheet

Date: _____ Badge: **Our Flag** _____

Requirements:

Otter: _____ #2 _____

Dolphin: _____ #1b _____

Butterfly: _____ #3, #6 _____

Eagle: _____ #3, #6 _____

Activities:

_____ Learn the history of the American flag

_____ Paint your favorite American flag from history.

_____ Create a timeline of flags on butcher paper for use as décor during investiture ceremony.

Comments: _____

Homework: Have Eagles put together a flag ceremony for your investiture/rededication ceremony. It will fulfill requirements #2 and #16.

Supplies needed:

History of the American Flag with pictures of various flags over the years.

<http://www.ushistory.org/betsy/flagpics.html>

Cardstock

Red, white, and blue poster paint

Paint brushes

Dixie cups to hold water

Butcher paper long enough to create a timeline with your flags

Masking tape

1. Introduce everyone again. Begin with a quick introduction to help the girls remember each other's names. Have each girl say her name and her favorite TV show. (10 minutes)
2. Recite the Frontier Girls Promise
3. Perform a flag ceremony. The girls will still need a lot of direction at this stage, but the more they perform the ceremony the more confident they will become until they do not need your help at all. (5 minutes)
4. Sing songs or play a game. This is the time to loosen the girls up and get a few wiggles out. Sing some action songs such as, "Little Pile of Tin" or "The Donut Song". If you do not like to sing, play a simple game such as, "Indian Princess" or "Who's Missing". (10 minutes)
5. Teach the girls about the history of the American flag and how it has changed over the years. Make sure to stress what the stars and stripes stand for and why it keeps changing. (15 minutes)
6. Either let the girls choose their favorite flag or assign one to each girl to paint. Have them put the year it was flown underneath. When complete, tape them to the butcher paper to create a timeline. (20 minutes)
7. Have any Butterflies and Eagles recite the poems they brought. (5-10 minutes)
8. Talk to the girls about creating a special flag ceremony for your investiture ceremony. Do they wish to include songs or poems? Who should be the caller? The flag bearer? Do you have a proper flag to use for the ceremony or will you need to borrow one? Have the Eagles write up the ceremony before your next meeting so that you can practice. (15 minutes)
9. Have snack (15 minutes)

Games

Creed: Write the first letter of each part of the creed and see who can be the first to complete it.

Uniform: Divide into two teams and line up opposite each other. On a signal, everyone turns around and moves two things on their uniform to a place it doesn't belong. For example, they may switch their level and membership pins, or they may move a merit badge above a ribbon or put a Servant's Heart below the ribbon. On a second signal, everyone turns back around. The person across from them must identify the two objects and raise their hand. The first team with everyone's hand raised wins.

Review: Divide into two teams. On a signal, the 1st girl in each team races to leader at the opposite end of the room and receives a paper with a question on it. If she gives the correct answer, she runs back to her team and tags the next player. If not, she rushes to a table with resource books on it, looks up the answer, and then rushes back to the leader to give the correct answer. Once the correct answer is given, she can return and tag the next player.

Getting to know you games:

Right/Left: Sit in a circle. Find out the name of the girl on your right and left. One person sits in the middle of the circle and points to a girl saying either "right", or "left". The girl must then say the name of the girl on that side before the girl in the middle can count to ten. If she cannot do it, she switches places with the girl in the middle.

My Name/Her Name: Sit in a circle. The first person to start simply says, "My name is Stacey." The second person says, "My name is Melinda, and her name is Stacey." The third must say "My name is Clara, her name is Melinda, and her name is Stacey." If a girl cannot remember a name, the other girls are allowed to help. Game continues until you reach the end of the circle.

3 Minutes: Girls team up have 3 minutes to find out at least 5 things about each other. Where are you from? What are your hobbies? What is your age? Etc. Then each girl gives a brief speech about her partner.

Toilet Paper: Sit in a circle. Pass a roll of toilet paper around and tell the girls to take as many or as few squares as they wish. Once everyone has some, go around the circle and tell the girls that they must tell one thing about themselves for every square they took.

I've Never: Sit in a circle. Give each girl enough toothpicks that they could give one to each member of the group. For example, if you have 10 girls, each girl should have 9 toothpicks. Starting at one end of the circle, have girls come up with something they have never done that they think everyone else has. For example, "I have never eaten a green bean." Go around the circle, and everyone who has eaten a green bean must give her a toothpick. Whoever has the most toothpicks at the end wins.

Other Games

Crossing the River: You will need two pieces of paper per team. Cardstock works best, but newspaper folded into eighths will work as well. Form two lines. The paper represents logs that you will use to cross the "river." On "GO" the 1st girl puts one piece of paper on the floor, steps on it, then puts the next one ahead of her and steps on it. She retrieves the first piece from behind her, puts it in front and steps on it, etc. Continue to a marked goal and back and then hand the paper to the next girl in line. The first team to finish wins. Otters may have both feet on one piece of paper, but older girls can only have one foot on a piece of paper at a time.

Buddies and Pals: Have everyone choose a partner and form two circles with one partner on the inside

circle and one on the outside circle. On a signal, the circles start moving in opposite directions. On a second signal, everyone runs to find their partner and squat. The last couple is out. The game continues. As a fun variation, you can put the “out” couples in the center of the two circles to act as an obstacle.

Indian Princess: Have all players sit in a circle and send one person out of the room. The remaining players choose someone to be the Indian Princess and then invite the missing girl back into the room. When she returns, all the girls in the circle should be clapping their hands in rhythm. The Indian Princess then changes the movement to something else such as waving her arms or snapping her fingers. The rest of the girls in the circle follow her lead as quickly as they can, but without looking directly at her so that they do not give her away. The person who had left the room must try to figure out who the Indian Princess is and the Indian Princess must try not to get caught. When the Indian Princess is finally caught, she leaves the room and someone new is chosen to be the Indian Princess.

Who’s Missing? Have all players sit in a circle. One person is chosen to be “it” and she goes out of the room or hides her eyes. While she is gone, another person leaves the room by a different door or simply hides where she can’t be seen. Have all the other players switch places and then call “it” back into the room. She must look around and as quickly as possible figure out who is missing. Once she figures it out, the missing girl becomes “it”. To make it more fun, use a stopwatch and limit the amount of time the person has to figure out who’s missing.

Heads Up Seven Up: Select up to 7 players to be "It." Everyone else should put their heads down on the table or cover their eyes if they are sitting on the ground. Have the players who are “It” walk around the room. Each person who is “It” should touch a different person who has his or her head down. Once a person is touched, he or she should stick a thumb up. Once all people who are “It” have touched someone, announce "Heads Up Seven Up!" Have the players with their thumbs up try to guess which of the people who were “It” touched them. If a student guesses correctly, he gets to trade places with the person who touched him. If the student guesses incorrectly, she must remain in her seat and the person who touched her gets to be one of "Its" again.

More games can be found at the following websites:

<http://usscouts.org/macscouter/Games/index.asp>

<http://usscouts.org/games.asp>

<http://homepage.ntlworld.com/oxfordtours/games/>

<http://www.teachers.net/archive/noncompetitive.html>

<http://www.eldrbarry.net/vbs/gamesrsr.htm>

Songs

The majority of these songs can be found in the Songs section of the website so that you can listen to how they are sung.

Frontier Girls Original Songs

Take the Lead (Frontier Girls Theme Song)

Copyright 2007 - Kerry Cordy

When you see someone in trouble.
When you see someone in need.
When you see someone who's hungry,
Stand up and take the lead, you've got to take the lead.

Don't take the backseat, take the lead.
Don't wait for others to tell you how you should proceed
Just take the lead, just take the lead.

When you see something needs doing.
When you see a job to be done.
Don't wait for someone to do it first
Jump in and be the one, you've got to take the lead.

Don't take the backseat, take the lead.
Don't wait for others to tell you how you should proceed
Just take the lead, just take the lead.

When you see a world of injustice.
When you a world that's gone wrong.
Don't wait for someone to fix it first.
Just stand up and sing this song, you've got to take the lead.

Stand up for what you believe in.
Stand up for what is true.
One voice can make a difference
So let that voice be you, you've got to take the lead.

Don't take the backseat, take the lead.
Don't wait for others to tell you how you should proceed
Just take the lead, just take the lead.
Just take the lead, just take the lead.
Stand up and take the lead.

I Can Do Anything
Copyright 2007 - Kerry Cordy

They say don't bother
They say don't try
I won't listen, I won't listen
They say I'll fail,
That I'll never fly
I won't listen, I won't listen
'Cause I can, I can, I can do anything
I can, I can, I can do anything

It may take work
And it may take time,
But I'll do it, I'll do it
I won't say quit
'cause the risk is mine
I'll do it, I'll do it

'Cause I can, I can, I can do anything
I can, I can, I can do anything

Anything is possible if you can dream it.
Anything is possible if you believe
With a little faith and effort to put in it
Anything is possible to achieve

'Cause I can, I can, I can do anything
I can, I can, I can do anything
I can do anything, anything
Oh, I can do anything at all.

Made Us What We Are Today

Copyright 2007 Hometuned Trio - Kimberley, Rebecca and Gary Bogers (Two Butterfly level Frontier Girls and their brother)

You get up and go for a drive
You just want to take a ride
You stop to get a snack
Then you stop to chat
Imagine if America, wasn't here today.

America made us what we are today
Our flag and soldiers, help us to stay that way
You are able to drive your car
you are able to be a star
You are able to write a song
you are able to sing along
You are able to walk around
you are able to stand your ground
So just look up and say
America's, made us what we are today
You go outside and play
You drop down and in the grass you lay
You go out and see your friends

You wish this day would never end

Imagine if America, wasn't here today

America made us what we are today
Our flag and soldiers, help us to stay that way
You are able to drive your car
you are able to be a star
You are able to write a song
you are able to sing along
You are able to walk around
you are able to stand your ground
So just look up and say
America's, made us what we are today

America, America, America, America,

Imagine if America, wasn't here today

God Bless America!

Action Songs

THREE CHARTREUSE BUZZARDS

(Tune-Three Blind Mice, more or less. Bold text has kind of a squeal to it.)

Three chartreuse buzzards, **Arraaack!**
three chartreuse buzzards, **Arraaack!**
Sitting in a dead tree, sitting in a dead tree
Oh look, one has flown away
That is too bad
Two...One...
No chartreuse buzzards, **Arraaack!**
no chartreuse buzzards **Arraaack!**
Sitting in a dead tree, sitting in a dead tree
Oh look, one has re-turned
Let us re-joice
One...Two...
Three chartreuse buzzards, **Arraaack!**
three chartreuse buzzards **Arraaack!**
Sitting in a dead tree, sitting in a dead tree
Now they're all here
This is the end

Peanut Butter and Jelly

Chorus

Peanut, peanut butter and jelly

1. First you take the peanuts and you smoosh 'em
You smoosh 'em
2. Then you take the grapes and you squoosh 'em
You squoosh 'em

3. Then you take the bread and you spread it
You spread it.
4. Then you take the the knife and you cuti,
You cut it.
5. Then you take the sandwich and you bite it
You bite it.
6. Mmmm (*mouth is full*)

I'm a Little Pile of Tin

I'm a little pile of tin.
Nobody knows what shape I'm in
I've got four wheels and a running board.
I'm a four door, I'm a Ford.
Honk, Honk, Rattle, Rattle, Rattle,
Crash, Beep, Beep.
Honk, Honk, Rattle, Rattle, Rattle,
Crash, Beep, Beep.
Honk, Honk, Rattle, Rattle, Rattle,
Crash, Beep, Beep.
Honk, Honk.

Donut Song

Well I ran around the corner and I ran around the block
And I ran right into a donut shop
And I picked up a donut and I wiped off the grease,
And I handed the lady a five cent piece.
Well she looked at the nickel and she looked at me
And she said kind sir as you can plainly see
There's a hole in the nickel and it goes right through
And I said there's a hole in the donut too.
Thanks for the donut. So long.

I'm Gonna Wrap Myself in Paper

I'm going to wrap myself in paper
I'm going to dab myself with glue
Stick some stamps on the top of my head.....
I'm going to mail myself to you.

I'm going to tie me up with a red string
I'm going to tie blue ribbons too
Put myself right in the mailbox
I'm going to mail myself to you.

Down by the Banks of the Hanky Panky

Down by the banks of the Hanky Panky
Where the bullfrogs jump from bank to banky
With eeps, ops, opes, oops , and an eep stopping dilly
And a ker plop!

He-o-no-la

(most nursery rhymes will work)

He-o-no-la I momoni la
Ika wai oka niu (the water of the coconut)
Hau hau o la
Ana susu vana ika pupu la
He pakika
He pahehe
He momoni la

Jack and Jill went up the hill
To fetch a pail of water
Jack fell down and broke his crown
And Jill came tumbling after

He-o-no-la I momoni la
Ika wai oka niu (the water of the coconut)
Hau hau o la
Ana susu vana ika pupu la
He pakika
He pahehe
He momoni la

I Points To Mineself

I points to mineself vat is dost here? *(touch top of head)*
Dos is mine top notcher ya momma dear.
Top notcher, top notcher, ya momma dear
That's vat I learn in the school
Boom, boom

I points to mineself vat is dost here? *(touch forehead)*
Dos is mine sweat browser ya momma dear.
Sweat browser, top notcher, ya momma dear *(touch forehead, then top of head)*
That's vat I learn in the school
Boom, boom

I points to mineself vat is dost here? *(touch eye)*
Dos is mine eye winker ya momma dear.
Eye winker, sweat browser, top notcher, ya momma dear *(touch eye, forehead, top of head)*
That's vat I learn in the school
Boom, boom

Continue song adding:

Horn honker (nose)
Soup Strainer (above lip)
Lunch Eater (mouth)
Chin Chowser (chin)
Chest Protector (chest)
Bread Basket (stomach)
Knee Knockers (knees)
Foot Stompers (feet)

Graces

Johnny Appleseed



The Lord is good to me, and so I thank the Lord, for
giving me the things I need, the sun and the rain and the
apple seed, the Lord is good to me.

Oh, the Lord's been good to me.
And so I thank the Lord
For giving me the things I need:
The sun, the rain and the appleseed;
Oh, the Lord's been good to me.

Oh, and every seed I sow
Will grow into a tree.
And someday there'll be apples there
For everyone in the world to share.
Oh, the Lord is good to me.

Oh, here I am 'neath the blue, blue sky
Doing as I please.
Singing with my feathered friends
Humming with the bees.

I wake up every day,
As happy as can be,
Because I know that with His care
My apple trees, they will still be there.
The Lord's been good to me.

I wake up every day
As happy as can be,
Beacuse I know the Lord is there
Watchin' over all my friends and me
The Lord is good to me.

Back of the Bread

Back of the bread is the flour.
And back of the flour is the mill.
And back of the mill is the wind and the rain
And the Father's will.

Neath These Tall Green Trees

Neath these tall green trees we stand
Asking blessings from thy hand.
Thanks we give to thee above,
For our health and strength and love.

More Songs can be found at the following websites:

<http://www.angelfire.com/in3/girlscoutsrfun/Songsaction.html>

<http://www.macscouter.com/Songs/>

<http://gsleaders.org/files/songindex.htm>