

Quake Safe Interest Project

Introduction

Living in Southern California can be fun and exciting. We have movie stars, the beach, and earthquakes. Here's an opportunity to be sure you are ready for the "Big One" that is predicted.

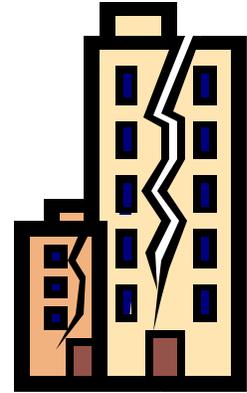
You must complete at least three skill builders, one technology, one service, one career exploration and two from any of the categories. **Activities #1 and #2 are required before doing any other activities in this section.**

SKILL BUILDERS

1. Complete a basic first-aid course offered by the Red Cross or a local hospital.
2. Complete a certified cardiopulmonary resuscitation (CPR) course offered by the Red Cross or a local hospital.
3. With you family, decide on a place to meet should you be separated after an earthquake. Plan for storage of food, water and other things you might need in the event of an earthquake. Discuss what to do if you are at home and there is an earthquake.
4. Learn how to find drinking water if the water pipes break. Know how to purify water if necessary.
5. Prepare and earth quake kit for your home or your car.

TECHNOLOGY

1. Know when and how to turn off the gas, water, and electricity in your home.
2. If your home was without gas and electricity for several days, how would you and your family keep warm, cool and cook? Think of ways you can be prepared to help your family be as comfortable as possible.
3. Know how to use a propane camp stove. Cook a meal for your troop or family using the stove.
4. Learn more about "after shocks." Using the Web, read more about "after shocks" and what they mean .

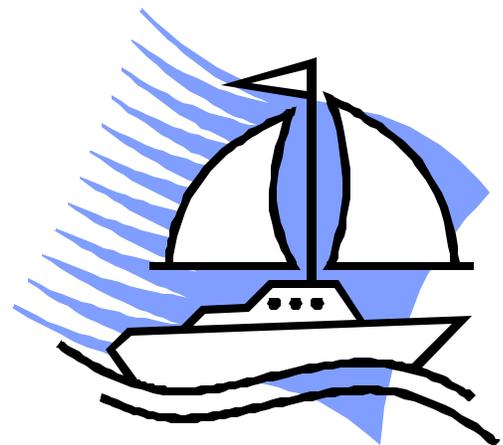


SERVICE PROJECTS

1. Teach simple first aid and emergency procedures to Brownie and Junior Girl Scouts.
2. Join a Red Cross Disaster Team.
3. Teach emergency procedures to individuals with disabilities.

CAREER EXPLORATIONS

1. Read a book about earthquakes.
2. Interview someone responsible for disaster relief at the Red



Cross. Find out what kind of education or training you need for their position.

3. Contact your school and learn more about the disaster plan

that has been developed to protect students.

4. Learn more about FEMA (Federal Emergency Management Agency).

Cadette and Senior Girl Scout Interest project

Thanks to the San Jacinto Girl Scout Council for putting this project together!

(Interest Project Patch will be available in January)

Introduction

Juliette Low, founder and role model for Girl Scouting in the United States, died at age 66 from breast cancer. Her legacy to the girls of America is to be responsible for themselves – physically, emotionally, and professionally – by becoming the best person they can be. This interest project is based on a San Jacinto Girl Scout's Senior Girl Scout Gold Award project.

SKILL BUILDERS

Understand the role of lifestyles and disease risks. Keep a daily journal for one month to document your personal exercise and diet habits. Meet with your local doctor or school nurse/dietician at the end of the month to evaluate your habits. Determine how you can improve your lifestyle to reduce your risks of cancer.

1. What is cancer? Locate information and describe five (5) different types of cancer affecting women: breast, skin, lung, etc. Start a journal or file of the information gathered and resources collected.

2. Search your family history for relatives who have had cancer. What percentage has had breast cancer? List the female family members over 40 and the date of their most

In the Pink: Breast Cancer Awareness



received a mammogram. Research what a mammogram test includes. Consider sharing the information with them.

3. Identify factors which put a woman at risk for breast cancer. Keep this information in your journal/file. Determine if any family members are at-risk for breast cancer.

4. Learn three (3) ways women can assist with early detection of breast cancer. Keep this information in your journal/file.

5. Identify organizations that offer support, prevention, detection, diagnosis, treatment, or rehabilitation of breast cancer patients. Write a bibliography of this information and share with others.

TECHNOLOGY

1. Investigate the technology used to detect breast cancer. Talk with a mammography technician. Identify the steps to operate the machine. If possible, tour a facility where this test is conducted.

2. Locate information on the types of breast cancer and be able to describe some treatments for breast cancer and their success rates.

3. Make an appointment with a specialist involved in breast cancer detection or treatment. Visit with the pathologist to learn methods of diagnosis; or a genetics counselor for genetic testing; or a physical therapist for rehabilitation routines and exercises. Record information in your journal/file.

4. Review recent media sources to learn about the most current scientific breakthroughs in breast cancer research. What organizations are doing research? Who sponsors the