



Senior Corps Yellow Level Badge

Church Duty Citizenship

Expedition Component Basic

Life Skills 201

Insurance

Volunteering

Hobbies

D.A.R.E. Program

Mental Health

Church Duty Component

Members must comply with the following for the entire training year:

1. Must attend one service per month in her/her parish.
2. Must attend all ordered Church Parades.
3. Must participate in worship services on a regular basis, such as being a server, choir member, junior sides person, reader, etc. in her/her church
4. Must be given the opportunity to lead the prayers at least two company parade nights during the year.
5. Third year SC Members should also assist a LTC, YTC or JTC Officer in preparing and presenting the Christian Knowledge badge to one of those sections.

Testing procedures:

1. For requirement #1, the members must have a signed letter from a parent, guardian, or company officer attesting to this requirement.
2. For requirements # 2 and # 4, the section officer can record this.
3. For requirement # 3, a note from the clergy required.

Citizenship Component

The Citizenship Badge is a revamped version of the old Citizenship Badge and has been moved to the Yellow portion of the Senior Corp Program. This badge teaches the 3 levels of Government in Canada, important people within those levels, the political parties, and a basic understanding of politics in Canada.

The 3 Levels of Government in Canada:

Federal:

1. House of Commons – Member of Parliament (MP)
2. Three official parties – Progressive Conservative (PC), Liberal, & New Democratic Party
3. Three official party leaders – PC leader, Liberal leader, NDP leader
4. The Senate – Senators
5. Prime Minister
6. Governor General

Provincial:

1. House of Assembly – Member of the House of Assembly (MHA)
2. Three official parties – Progressive Conservative (PC), Liberal, & New Democratic Party
3. Three official party leaders – PC Leader, Liberal Leader, NDP Leader
4. Premier
5. Lieutenant Governor

Municipal:

1. City Council (of your City or Town) – Mayor
2. Deputy Mayor
3. Mayor

After members are taught the above they will complete a short 10 true or false questions test, they must receive 50% or above to pass the written portion of this badge. To successfully finish the badge members should also visit their local city hall or a city council meeting and/or Confederation Building.

Testing Procedures (This is a sample test. If this test is used, please update to reflect current time or you can create your own test)

Citizenship Badge Test

Name:

1. *(Insert current premier name)* is the Premier of NL
2. *(Insert fictitious name)* is a part of the Liberal Party
3. *(Insert fictitious name)* is the mayor of Mount Pearl
4. *(Insert name of Governor General)* is the Governor General
5. *(Insert fictitious name)* is the mayor of St. John's
6. We are all city councilors
7. *(Insert fictitious name)* is the prime minister
8. The Senate is at a provincial level
9. The House of Commons is at a Federal Level
10. The House of Assembly is at a municipal level

Instructors Use Only
True and False Test Score
Visited City Hall or a City Council Meeting

Citizenship Badge Test

(Note: this is a sample test and will need to be adjusted to reflect current time!)

Key

- | | |
|--|--------------|
| 1. Paul Davis is the Premier of NL | True |
| 2. Stephan Harper is a part of the Liberal Party | False |
| 3. Dennis O'Keefe is the mayor of Mount Pearl | False |
| 4. David Johnson is the Governor General | True |
| 5. Frank Fagan is the mayor of St. John's | False |
| 6. We are all city councilors | False |
| 7. Thomas Mulcair is the prime minister | False |
| 8. The Senate is at a provincial level | False |
| 9. The House of Commons is at a Federal Level | False |
| 10. The House of Assembly is at a provincial level | True |

Expedition Component

Basic Survival Skills in the wilderness

1. The SC member should have a basic understanding of First-Aid.
2. Instruct the SC member on basic survival skills in the wilderness:
 - a. The contents of a basic survival kit. This kit should include water-proof matches, candles, needles and thread, flashlight, fishing line and hooks, flares, survival blanket, candy bars, a mirror, band-aids and bandages, a whistle, pocket knife, canned goods, plastic bags, string, compass and a topical map of the area travelling in. The reason for each item should be explained.
 - b. How to use a compass and a topical map.
 - c. Deciding what to wear. This would include loose and layered clothing, keeping dry, wearing adequate footwear, and carrying spare clothes.
 - d. Importance of informing persons about your location, timing, etc.
 - e. Instruction on how to make a campfire including carrying waterproof matches, having a fire accelerant, having some dry paper or wood, and how to light a portable stove and lantern.
3. Based on planning a one night outing in the wilderness, the member must write a brief list of required equipment.

Testing procedures:

1. For requirements #1 and #2, prepare a True and False questionnaire in which the member should obtain at least a 65% pass mark.
2. For requirement #3, the member should submit his/her written list for review.

Basic Rescue Skills

Basic rescue skills can be taught using the handout provided (Government of Canada website http://www.trenthills.ca/en/services/resources/basic-rescue-skills_e.pdf)

Basic Life Skills 201 Component

-- Insurance

Insurance helps provide financial protection for unforeseen losses. There are many different types of insurance including health and medical insurance, automobile insurance, life insurance, travel insurance, homeowners insurance, and rental insurance. Insurance is an important tool for all individuals managing and planning their personal finances.

Here SC members will learn about the importance of insurance and the basic concepts.

Insurance is one of the most important parts of your risk management plan. By purchasing insurance, individuals can transfer their personal risk to a third party — the insurance company. Today, it is possible to insure almost anything. Understanding the different kinds of insurance available and evaluating potential losses helps consumers make more informed decisions.

Teaching Objectives:

- Examine the different types of insurance available.
- Identify key terms associated with insurance and risks: natural disaster, liability, disability, deductibles, and risk management.
- Explain the purpose and importance of different types of insurance protection as a risk management strategy (e.g., life, health, property, liability, disability, and automobile).

At the end of this badge SC members should understand the various types of insurances, benefits and legal implications (if applicable for that type of insurance i.e. vehicle insurance).

Volunteering

Volunteering is to offer your time or work freely, without being told and without monetary benefit (being paid). In each company the senior section must spend one parade night volunteering for a group of people, an organization, or an individual person.

Some options of people to volunteer for:

- Fundraising for a group, person, or organization
- Community:
 - Collect for local church/food bank
 - Serve at a soup kitchen
 - Community clean-ups
 - Shovel driveways, rake leaves
 - Walking neighborhood dogs
 - Church -- clean-up property in Spring; help create Palm crosses for Palm Sunday, etc.
 - Collecting toiletries for homeless shelters
 - Christmas caroling at a retirement home

- Organizations:
 - Canadian Cancer Society
 - SPCA
 - The Royal Canadian Legion (i.e., sell poppies)
 - Heart and Stroke foundation
 - Big Brothers Big Sisters of Canada
 - Red Cross
 - Saint John Ambulance
 - Janeway Telethon
 - Operation Christmas Child
 - World Relief Fund
 - Ronald McDonald house (fundraising or donation of toiletries)
 - Iris Kirby house (fundraising or donation of toiletries)

Hobbies

Hobbies are a great way to relieve stress and make you happy. People of all ages enjoy doing hobbies. Finding a new hobby requires finding new interests, which means experimenting to find those interests. Here are some good examples of hobbies:

Music - This can be costly if you are buying an instrument, but teaching yourself to play is relatively cheap, especially with YouTube videos. Instruments can be found on Craigslist and eBay.

Writing - You'll be amazed at what you can learn about yourself through regular writing, whether it is in a journal or a blog. Plus, there's no better escape from the drudgery of life. If you really like to write and find that you're not half bad at it, you can even make a few extra dollars doing it. Check out content development sites like AssociatedContent and HubPages or start your own blog.

Reading - Reading is the single best way to increase your knowledge, or escape from the dull realities of your everyday life. The best part is - it's absolutely free through your public library. With the Internet and inter-library exchanges, you can find most any book at your local library. You're already paying for it with your tax dollars, so why not use it?

Knitting and Crocheting - Knitting and crocheting is pretty rare in our generation, but it is a soothing hobby.

Photography - You can get a decent digital camera for less than \$200 and if you get really good at photography, development is dirt cheap now as well.

Walking, Hiking and Running - These are excellent hobbies because they're cheap AND healthy, and who doesn't like that? It'll only set you back the cost of a good pair of shoes and maybe some appropriate clothing.

Painting and Drawing - Paints and paper are relatively inexpensive, and you may have a budding Rembrandt or Picasso inside you. Hey, you never know!

Meditation and Yoga - Two more healthful hobbies that cost little to nothing. You can do a class or you can get a couple of books and learn the techniques.

Baking and Cooking - If you love to cook, or bake, then this is a win-win hobby! You get the pleasure of making your own meals and desserts, while learning how to fend for yourself when you move out on your own!

Each week, write down 3 things you know very little or nothing about. Then, read about these things and you might not just learn something, but develop a real interest.

1. Use the Brigade Program Officer as a resource person, or general knowledge to choose a hobby for completion at home. Examples include string art, model building, collecting cards, etc. This can be done individually or as a group.
2. The hobby could be started at any time in the training year, however it must be completed and tested before the end of that year.
3. The hobby must result in the completion of a tangible product.

Testing procedures:

The member must be prepared to present the hobby to the section officer and other SC members. This presentation will involve showing the product, and giving a verbal explanation of the hobby development and any interesting aspects of the hobby.

D.A.R.E. Program Component

– Mental Health