



# Hunter & Coastal Region From The Pouch



Term 4 2007

## A Message from Moani .....

### Hopping Highlights

#### Pages 1-3

Spooky ideas & games

#### Page 4 – 6

Christmas

#### Page 7

Hawaiian Cookies in a Jar

Page 8 - 25

Care – Share Month kit for Mobs

send us a new craft to share, tell us your news, and ask us your questions.

Just send it to: Di Norman  
49 Brenda Cres Tumbi Umbi 2261.  
Ph. 43897363.  
Email: dinormants@hotmail.com

This is the final From the Pouch edition for this year.

We have had a busy year celebrating 100 years of Scouting. Next year is the “Year of the Scout” and 100years of Scouting Australia and yes you guessed it – more celebrations!

Hunter & Coastal Region will be holding a “Scoutfest” the weekend 17<sup>th</sup>-19<sup>th</sup> October. Like this years celebration it will have lots of activities and fun things to do!

November is our Care & Share month. This year because we are celebrating worldwide 100 years of Scouting we have decided to take our Care & Share international. We are giving support to a day care facility in Cambodia. The facility is run by an Australian lady called Bonnie Lepelaar, for the Sunshine Foundation. The program is out lined in the magazine also available from your District Leaders and our Regional Web site.

There has been a lot of talk in the Region about groups retaining there numbers when we return to Scouting in the New Year. Could I suggest over the Christmas break you could perhaps do some of the following: Send out a newsletter telling parents and Joey Scouts what you have planned for term one. Maybe if you have the time, get the Mob together for a picnic etc towards the end of the holidays. Send out an invitation to the Joey Scouts for BP Bash in February and tell them they can bring a friend.

As this is our last edition I would like to take this opportunity to thank all our leaders for your time and efforts throughout the year. I wish you all a very merry Christmas and happy new year.

Happy Hopping .....  Moani ,  
Regional Commissioner Joey Scouts

# Some spooky things

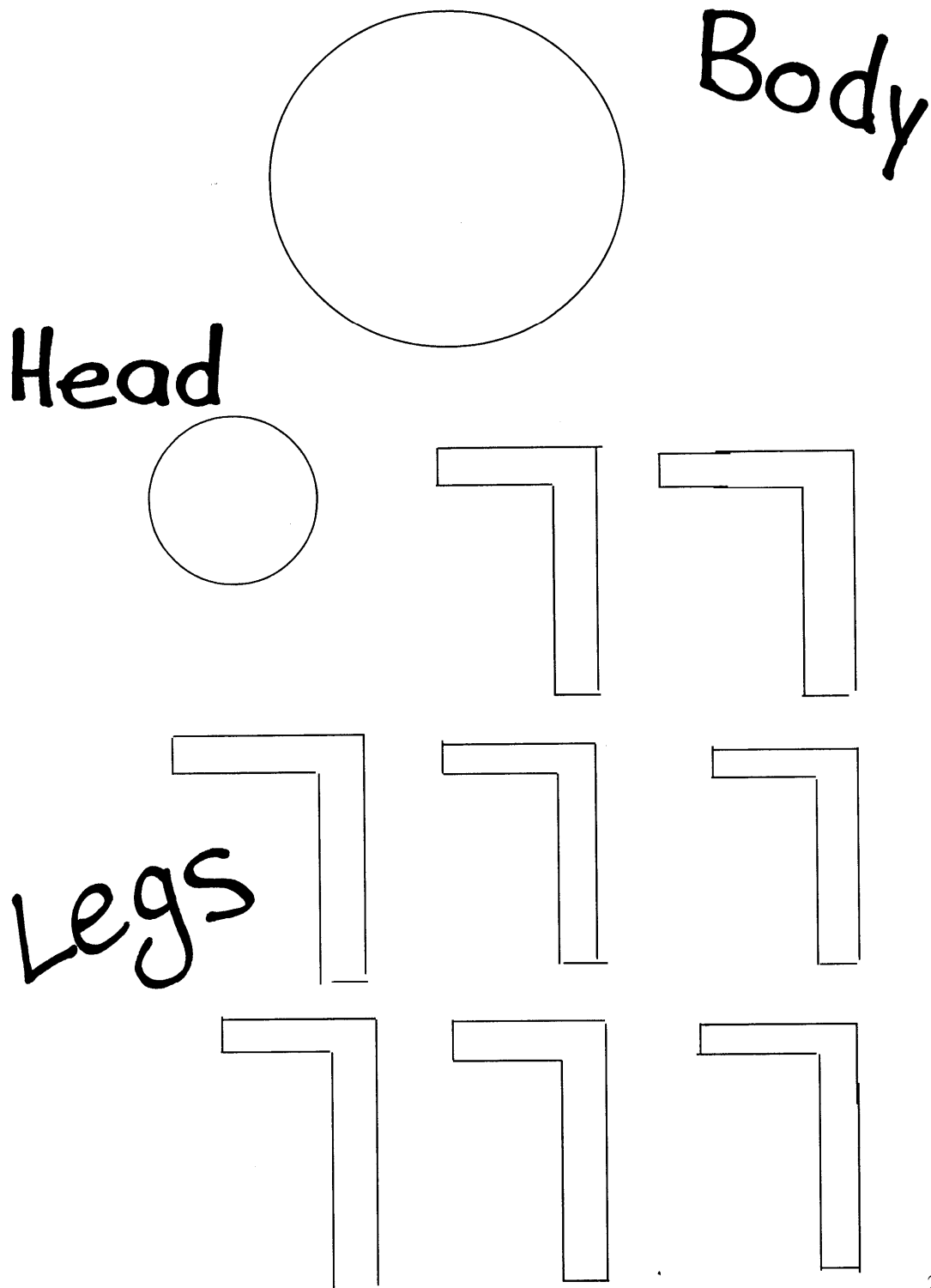
**Activity**

**Spooky Spider**

**Equipment** ~ Black cardboard, small pieces of white cardboard, scissors, glue, stapler,

Elastic

**What to do** ~ cut out black legs and fold them so they are crinkled. Cut out black head and body. Cut out white eyes and fangs, glue to head. Glue head and legs to body. Attach elastic to hang it up. Leader uses the template attached.



## What's In the Monster's Tummy Game

**Equipment** ~ Boxes with a hole in either side for Joeys arms to go through. Boxes can be painted to look like fat monsters with big tummies.

Bowls of cold spaghetti, jelly, coconut, dried apricots, Balloons with warm water, Jelly snakes, marshmallows etc hidden in box

**How to play** ~ In turn Joeys feel inside the monster's tummy and quietly tell leader or parent helper what they felt.

## Who is the Ghost Game

**Equipment:** 1 White sheet

**To play:** Divide the Mob up into two teams. Take one group outside the hall or into another room.

This group decided which Joey Scout will be the ghost, place the sheet over that Joey Scout. The group help the ghost back into the hall. The other group have three turns to guess who the ghost is. Swap the teams over and try again.



Here is a quick trick that lets the Joey Scouts transform an orange into a mini "Jack o Lantern".

Just use the tip of a toothpick to carve facial features into the peel of an orange (try not to pierce the pulp). Then add a pumpkin stem by pressing a curved piece of a pretzel into the top of the fruit.

(Tip: use round tooth picks as they are stronger)

A pirate walked into a bar and the bar tender said, "Hey, I haven't seen you in a while. What happened? You look terrible."  
"What do you mean?" said the pirate, "I feel fine."  
"What about your wooden leg? You didn't have that before."  
"Well, we were in a battle and I got hit with a cannon ball, but I feel fine now."  
"Well OK, but what about that hook? What happened to your hand?"  
"We were in another battle. I boarded a ship and got into a sword fight. My hand was cut off. I got fitted with a hook. I'm fine, really"  
"What about that eye patch?"  
"Oh, one day we were at sea, and a flock of birds flew over. I looked up and one of them pooped in my eye."  
"You're kidding," said the bartender, "you couldn't lose an eye just from bird poo."  
"It was my first day with the hook."



## Christmas is just around the corner



### Merry Mixer

**Equipment** ~ Cards that have a letter written on it

**How To Play** ~ Joey Scouts in teams.

The Joey Scouts are given a card with one letter of MERRY CHRISTMAS.

Mix up the letters the first team to get all their letters in the correct order and calls out Merry Christmas wins. Leaders could use this as relay. Have parents help Joeys if need be.

### Pin the nose on Rudolph

**Equipment** ~ Reindeer cut out of brown paper, blue tac, circles cut out of red paper

**How To Play** ~ Hang Rudolph on the wall. Line up the Joey Scouts.

Blind fold the first Joey Scout spin him/her around 3 times point them in the right direction of Rudolph.

The Joey who pins the nose closest to the right place wins.

### Santa Relay

**Equipment** ~ Two bags with these things inside, Beard, hat, ( Red shirt and pants if possible ) a pillow case, a few toys, and a pair of black boots

#### How to play

Joey Scouts in teams. On go, the first Joey in each line runs down to the end of the hall to their bag of goodies. He/ she puts on the beard and clothes, stuff the toys into the pillow case then throws the pillow case over their shoulder. The Joey Scout must hang on to the pillow case and says in a deep voice HO, HO, HO, Merry Christmas, They then take the toys out of the bag, undress and put everything back into the bag. The Joey Scout runs back to tag the next person in their team. The fist team that finishes sit down and chant Ho Ho Ho.



#### "Christmas gift suggestions:

To all, charity.

To yourself, respect."

To a customer, service.

To a friend, your heart.

To an opponent, tolerance.

To your enemy, forgiveness.

To every child, a good example.

- Oren Arnold

The Christmas Tree

People often wonder where the custom of having a tree in the home during Christmas time comes from. We will probably never know for sure. But there are many historical clues that point out where this custom came from.

Thousands of years ago, there were people who believed that evergreen trees were magical. Even in winter, when all the other trees were brown and bare, the evergreen tree stayed strong and green. People saw the evergreen as a symbol of life and as a sure sign that sunshine and spring would soon return. Candles, or the electric lights we use to decorate our trees today, are also an ancient symbol. They represent the light of spring overcoming the darkness of winter.

So when did the Christmas tree go indoors? Legend has it that the tradition was begun by Martin Luther in Germany. He was a monk and church reformer who lived from 1483 to 1546. According to the legend, Luther was returning home one wintry night when he saw the stars twinkling in the sky through the tree branches. Luther was amazed by the sight, and when he arrived home, he was eager to tell his family about it. To help them understand, he went to the woods and cut down a small fir tree. Luther brought it indoors and decorated it with candles, which represented the stars he had seen.

The custom spread in Germany, and from there all over the world. In England, the Christmas tree first appeared when Queen Victoria married Albert, a German Prince. In 1841, Albert set up a Christmas tree at Windsor Castle near London to remind him of his homeland. The Christmas tree custom was brought to the United States by people from England as well as by many German immigrants who came in the 1800's. Whatever its origin, the Christmas tree is a beautiful symbol for everyone who celebrates Christmas.

## Make a Christmas Tree

### Pipe Cleaner Christmas Tree Craft

**What you will need:** Green pipe cleaners, Red beads, star button, and wire (available at Go Lo or Liquidator Stores)

**What to do:** String red beads on a pipe cleaner about one inch apart. When all the beads are in place bend the pipe cleaner in the form of a tree as pictured. String a star button on to the top and bend the pipe cleaner end down to secure it.

Use a short piece of wire to hang the tree. Secure the wire by bending it around the button back. If you don't want to use buttons, glue star gems to the top.



Remember, the greatest gift is not found in a store nor under a tree, but in the hearts of true friends. -- *Cindy Lew*

**Reindeer Pokey**

*(To the Tune of Hokey Pokey)*

You put your hooves in  
You put your hooves out  
You put your hooves in  
and you shake 'em all about  
You do the reindeer pokey  
And you turn yourself around  
That's what it's all about.

You put your antlers in  
You put your antlers out  
You put your antlers in  
And you shake it all about  
You do the reindeer pokey  
And you turn yourself around  
That's what it's all about.

You put your tail in  
You put your tail out  
You put your tail in  
And you shake it all about  
You do the reindeer pokey  
And you turn yourself around  
That's what it's all about.



## Hawaiian Cookies in a Jar

### Ingredients:

- 1/3 cup sugar
- 1/2 cup packed brown sugar
- 1/3 cup packed flaked coconut
- 2/3 cup chopped macadamia nuts
- 2/3 cup chopped dates
- 2 cups flour mixed with 1 tsp. baking soda and 1 tsp. baking powder

### Directions:

1. Find a nice jar and make sure it's clean.
2. Layer ingredients in jar in order given. Press each layer firmly in place before adding next ingredient.
3. Put the lid on tightly.
4. Place a pretty cloth or tissue paper circle onto the lid and tie it with wool or raffia.
5. Print the directions template and tie to the jar (use raffia or wool) or glue to the front.
6. You can glue it to thin cardboard (old cereal boxes) and cover with clear contact paper if you like.

### Hawaiian Cookie Mix



Empty cookie mix in large mixing bowl; stir to combine. Add 1/2 cup softened butter\*, 1 egg slightly beaten and 1 tsp. vanilla; mix until completely blended. Roll dough into walnut-sized balls. Place 2 inches apart on a lightly greased cookie sheet. Press cookie down slightly with the heel of your hand. Bake at 350° for 11 to 13 minutes or until edges are lightly browned. Cool 5 minutes on baking sheet. Remove to wire racks to cool completely. Yield: 2½ dozen.

\* If you find that the mixture is too dry to form into balls you may want to add a little more butter or even a little water to moisten it.

# Care & Share Month Program Kit

## Care & Share Month Suggested Activities for Care & Share in Cambodia

**Week One:** Joey Scouts given a job card for week, parent to sign. When card is complete parents asked to donate \$1.00 for the Jobs done.

**Week Two:** Run adventure program (two programs are provided)  
– perhaps 1 to be run at start of month & 1 at end of month)  
– Invite families & charge \$1 admission.

**Week Three:** Photos of Joey Scouts , Joey Scouts write about themselves, make a lightweight booklet perhaps? **Please note:** Mail to Cambodia is expensive

**Week Four:** Outing – Multicultural Centre, Art Centre, Museum, Go to park & play Cambodian Games, Visit Library & read Cambodian Stories.  
Resources: Travel Agency for pictures of Cambodia or run second Cambodian Program

**Website addresses:** The following web site are useful for photo's or if you need information or would like to make your own adventure program

<http://www.rainbowkids.com/HTMLFiles.aspx?page=CambodiaAct>

<http://www.tourismcambodia.com/Culture/>

<http://www.cambodiaadoptionconnection.com/Khmer%20word%20list.htm>

[http://www.cambodiaadoptionconnection.com/name\\_list.htm](http://www.cambodiaadoptionconnection.com/name_list.htm)

<http://www.canbypublications.com/cambodia/cambodiahome.htm>

<http://www.canbypublications.com/phnompenh/ppintro.htm>

<http://www.cambodia4kids.org/explore/index.html>

[http://www.cambodia4kids.org/explore/module\\_1/make\\_a\\_flag.html](http://www.cambodia4kids.org/explore/module_1/make_a_flag.html)

<http://www.edwebproject.org/children/apsara.html>

<http://kids.niehs.nih.gov/lyrics/wheels.htm>

[Festivals & Ceremonies frizz-restaurant.com/links-festivals.html](http://Festivals & Ceremonies frizz-restaurant.com/links-festivals.html)



## Hunter & Coastal Joey Scout Care and Share Month



Dear Parent

During this month Joey Scouts in Hunter & Coastal Region are participating in Care & Share Month.

As this year is 100 years of scouting internationally we have decided to take our Care & Share international as well.

Over the month we will be raising money to go to a group of children in Cambodia. The sunshine foundation, care for children from poorer families providing day care, meals and support for schooling. These children would normally spend their days roaming the streets trying to earn an income, usually by collecting recyclable materials. The sunshine foundation has enrolled over 70 children into government schools, many for the first time in their lives.

We are asking for your support over the next month to aid us in this project.

Joey Scouts will be given a job card at the completion of the card we are asking you to donate \$1.00 for the chores completed. Many of our mobs will also be holding special Cambodian theme programs, which you will be invited to attend. Your local Joey Scout Leader will send out this information.

I thank you for your support in helping us to help other children through our Care & Share.

Marilyn Hocking ( Moani )  
Regional Commissioner Joey Scouts  
Hunter & Coastal Region

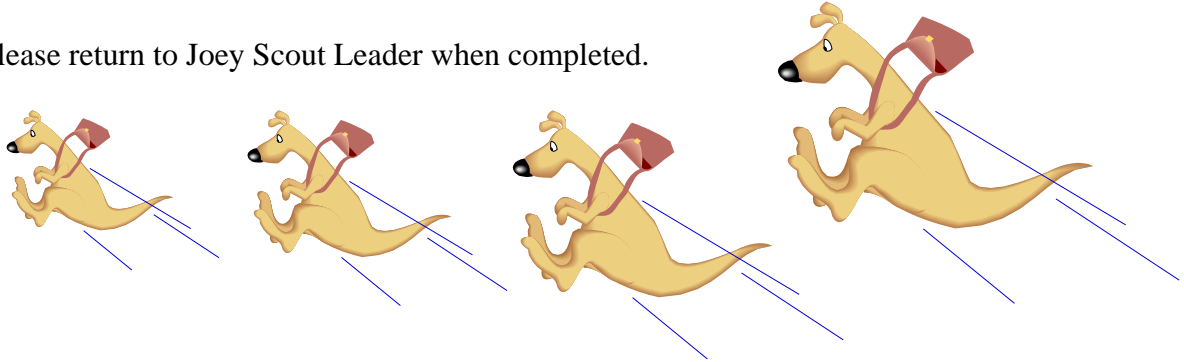


## Hunter & Coastal Joey Scout Job Card Care and Share Month

Joey Scout Name:.....

Day	Chores / Jobs	Signature
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Please return to Joey Scout Leader when completed.

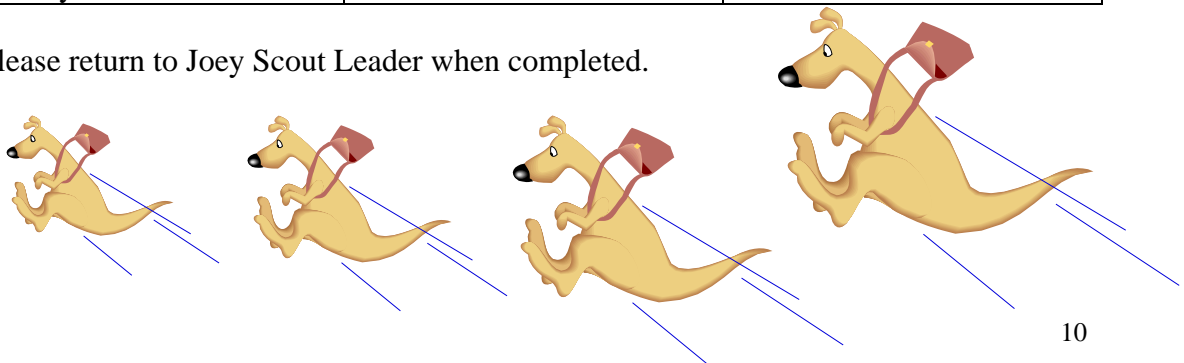


## Hunter & Coastal Joey Scout Job Card Care and Share Month

Joey Scout Name:.....

Day	Chores / Jobs	Signature
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Please return to Joey Scout Leader when completed.



A Gold Coin Donation will be taken for the Sunshine Centre in Cambodia as part of Joey Scouts Care & Share November 07. Sunshine Centre provides before and after school care to children aged 3-16 years.

Group Name:

at Joey Scouts



You are invited to  
A Cambodian afternoon

Dear



# Invitation

Leader Name:  
Leader Contact:



Cambodian food



Cambodian Games

044070 50-205300

# Cambodia Adventure Program

## Set Up

Pictures of places being visited in Cambodia program (see attached web sites or see travel agents)

Hang pictures around the hall

Along one wall, place a blue tarp on the floor (Mekong River)

Water spray bottle placed on tarp

Metal detector –2 chairs back to back leaving a space to be able to walk through



Bell or buzzer hidden so Joeys can't see it

Plane – In centre of hall place enough chairs to seat your passengers in rows of 2 or 3 with 1 chair out in front for the pilot to sit

Have a parent helper cook some rice while Joeys travel through Cambodia & have ready to eat when visiting Cambodian Village

A4 sheets of paper for place mats

Stamp - Keep in pocket until required

## Coming In Activity

### Equipment required:

Tape measure

Scales

Pen & paper

Activity:

As families come into the hall, a leader or parent helper measures & weighs each Joey & siblings and records their height & weight on a sheet of paper (to be kept handy for use in Base 1)

### 0.00 Opening Parade

Flag

Welcome families to our Adventure program

Ask parents to donate \$1 per person for their plane ticket to Cambodia (can be collected by another leader or parent helper when opening parade is finished)

### 0.05 Story begins

**Leader 1:** Hi everyone, my name is Jorani, which means “Radiant Jewel.” Welcome to Cambodia Airlines. I am your flight attendant today. Do you all have your passport?.....What was that?.....Did I hear you say no?.....You will all need a passport or you won't be able to enter Cambodia..... Don't worry, we can organise one for you.....Please come with me.

### 0.10 Base One - Passport

#### Equipment required:

Sheet of paper with measurements on it taken by leader as Joeys came in

1 x A4 sheet paper per person

Colouring pencils/Crayons/Textas/Pens

**Activity:**

Fold paper in half from top to bottom

Fold paper in half from left to right thus forming a 4 page book

Write PASSPORT on front cover

On 2<sup>nd</sup> page each person to draw a picture of themselves

On 3<sup>rd</sup> page each person to fill in details as per below:

(Parents write list on left side of page – Joeys fill in details with parent help)

NAME

ADDRESS

JOEY MOB

AGE

HAIR COLOUR

EYE COLOUR

HEIGHT

WEIGHT

If run out of space, use back cover

**0.15 Story continues - Airport**

**Jorani:** Now that you have your passports we can fly to Cambodia. Would you kindly follow me please? (Joeys follow Leader through metal detector) (Another leader rings bell or presses buzzer randomly as everyone walks through metal detector – so only a few Joeys get caught out)

Another leader or parent helper comes over to the Joeys that were “caught out” speaking in a stern voice & pointing to the wall: You young people stand over there until all these other people have gone through the metal detector! I am the security officer for this airport!

**Jorani** (speaking to everyone that went through the metal detector ok): Please wait here every one; we have a couple of Joeys that have been held up by security. We have to be very careful when travelling that no-one takes certain medication, scissors, knives or any sharp objects onto the plane.

Security Guard (speaking to the Joeys standing beside the metal detector): Please empty your pockets then go back through the metal detector.

(All Joeys go through ok)

**Jorani** (speaking to the Joeys that were checked by security): Please join your group & follow me onto the plane

(Security guard turns into the pilot if you don't have enough leaders)

**Pilot:** Welcome to Cambodia Airlines. I am your Captain. My name is Charya, which means “Good Character.” Please fasten your seat belts ready for take off.

(Plane takes off – Joeys sitting on right side of plane put their right arm up to form right wing of plane & Joeys sitting on left side of plane put their left arm up to form left wing of plane)

**Captain Charya:** We're turning right! (Joeys on right put right arm down, Joeys on left put left arm up)

**Captain Charya:** We're turning left! (Joeys on left put left arm down, Joeys on right put right arm up)

(At end of flight) **Captain Charya:** Thankyou for flying Cambodia Airlines. We hope you enjoy your in Cambodia. Please stay seated until Jorani asks you to move.

**(Jorani stands):** It will be very hot outside. You will need a hat. At Cambodia Airlines we provide everyone with a special hat for your protection from the hot sun. As well as being your flight attendant, I have been asked to be your tour guide. It is just another part of our service here at Cambodia Airlines. We will visit our Capital City Phnom Penh & we will travel along the Mekong River to visit a Cambodia Village. Please follow me this way as we exit the plane.

## 0.20 Base 2 – Making Hats

### Equipment:

Cardboard with a 40cm diameter circle & a line drawn from the centre to the outside drawn on it as shown

Scissors

Stapler & staples

String or wool

Craft:

Cut out the circle then cut along dotted line

Holding each side of open circle pull cardboard toward each other to form a flat cone



Staple to hold together

Make a hole in each side at the open end of the cone & thread string through hole

Tie under Joeys chin

## 0.25 Story continues – Phnom Penh

**Jorani:** Please follow me. We are going on a bus to Phnom Penh.

(Everyone gets on bus – use same chairs as plane – have another leader already change the arrangement of the chairs to 2 lots of 2 x 2)

(Security officer/Pilot is now the Bus Driver)

**Bus Driver:** (pronounced soo-ess DAY) Tuesday ch'moo-ah Aray

**Jorani:** Your bus driver speaks Khmer (pronounced K-mai, Kmy). He just said hello, his name is Aray, which means “Knowledge”. Please repeat after me as we say hello to Aray. Tuesday!

**Everyone:** Tuesday Aray!

**Aray:** Kynum pomme sow jeh Anglais

**Jorani:** Aray said he doesn't know much English

Jorani turns to Aray: Ah-kun. We must go.

(As the bus chugs along the Joeys sing The Wheels on the Bus (see attached)

**Aray:** You here

**Jorani:** Joeys, please say Ah-kun, which means thankyou, to Aray

**Everyone:** Ah-kun Aray

**Jorani:** Please follow me

(Everyone gets off bus & follows Jorani around the hall stopping to look at the pictures/places)

**Jorani:** The 1<sup>st</sup> place we are visiting is the Independence Monument. This monument was built to celebrate Cambodia's independence from foreign rule. It now serves as a monument to the Cambodian people who died in the war.

**(As everyone walks to the next picture/place)**

**Jorani:** This is the National Museum which has over 5000 objects displayed including Angkorian era statues & artefacts. There is also a special display of Buddha figures.**(Moving along & pointing in another direction)**

**Jorani:** Down that street we have a lot of Art Galleries & Souvenir shops.....Here is The Royal Palace & Silver Pagoda. The Royal Palace is over 100 years old & King Norodon Sihamoni & former King Norodom Sihanouk live here. There are lots of buildings, structures & gardens all within the high walls surrounding the palace grounds. The palace runs along a riverfront park.

**(As everyone walks to the next picture/place)**

**Jorani:** Most Cambodians are Buddhist. A Wat is a Buddhist Temple & school with resident monks. Usually from July to October, monks stay in one place which allows them to have full time in cleansing all evils, cultivating the good & purifying the mind.

The last place we are visiting in Phnom Penh is Wat Phnom. It is a small hill with a temple on top. It is a very busy place where faithful people trek to the shrines & fortune tellers at the top, & a lot of locals sell things down the bottom. Legend has it that Lady Penh fished a floating Koki tree out of the river & inside the tree were 4 Buddhist statues. She built a hill (Phnom means hill) & a small Wat (a temple) at what is known as the site of Wat Phnom. Later the area around there became known after the hill (Phnom) & its creator (Penh) so that's how our Capital City was named.

**Jorani:** Here at Wat Phnom there are elephant rides. Who would like an elephant ride?.....**Let's go!**

### **0.35 Base 3 – Elephant Ride**

#### **Equipment:**

2 or 3 oval or square washing baskets (depending on size of mob)

Game:

Each Joey has a turn sitting in the clothes basket while the other Joeys hold the basket around the outside (1 Joey on either side & 2 behind the basket)

The Joeys holding the basket (elephant) push the Joey in the basket around the hall once then they all swap positions moving in a clockwise direction until each Joey has had a turn in the basket (riding the elephant)

There can be 2 or 3 elephants riding around the hall at one time.

### **0.40 Story continues – Mekong River**

**Aray:** All on bus Som (please)

**Jorani:** Please all sit down. We are stopping at a Cambodian Village on the way back to the airport. Everyone look out the window. (Pointing to the blue tarp on the ground) This is the Mekong River which runs through Cambodia. Pull the bus over

**Aray.** Does any one feel hot?...Go on...off you go! Go for a swim! (Whoever wants to swim gets off the bus & plays in the water – blue trap & using a water spray bottle, **Aray & Jorani** spray everyone with water)

**Jorani:** Ok everyone back on the bus, we haven't got much time.  
**(The bus chugs along)**

**Jorani:** The Mekong River floods during the rainy season which is from May to November. Look out the window. See all the fields are lovely & green. This is mainly from the floods. The fields here are where most Cambodians get their food. The main foods we eat are rice, fish, nuts, sprouts & carrots. Cambodian Villages have thatched houses built on stilts to provide protection from the rising waters of the frequent floods.

**Aray:** We here

**Jorani:** This is Aray's cousin's place. His name is Punthea, which means "Gentle." He has prepared our dinner. **(Everyone gets off the bus & pretend to enter a small house)**  
**(Another leader or Aray becomes Punthea)**

**Punthea:** My name is Punthea. Welcome to my home. Please be seated. **(Everyone sits on the floor)**

**(Punthea hands out A4 sheet of paper to each person to use as place mat. Parent helper brings out small bowls of rice & drink of water for everyone)**

**Punthea prays:** Thankyou for our food.....Please eat. **(Everyone eats dinner)**

**Jorani:** We must be leaving or we will miss our flight back to Australia. Please say Ah-kun Punthea.

**Everyone:** Ah-kun Punthea

**0.50 Story continues - Back to Australia**  
**(Everyone gets back on the bus)**

**Aray:** You go back to airport

**Jorani to Aray:** Baht Som

**Jorani:** Everyone say Lieh HAOY (pronounced LEE-uh howie), which means good bye to Aray

**Everyone:** Lieh HAOY Aray...Ah-kun Aray **(Everyone gets off the bus)**

**Jorani:** Please follow me. We have to get your passports stamped.  
**(Everyone follows Jorani through the metal detector & she stamps their passport as they have gone through)**

**Jorani:** Please take your seat on the plane. We will be taking off shortly. **(Everyone sits on the plane)**

**Captain Charya:** Welcome to Cambodia Airlines. We trust you had a wonderful time in Cambodia. Please buckle up as we are ready for take off.  
**(Fly back to Australia)**

**Captain Charya:** Thankyou for flying Cambodia Airlines. Please remain seated until Jorani asks you to move.

**Jorani:** Thankyou for allowing me to be your guide. I sincerely hope you enjoyed your time in Cambodia. I believe you have a closing parade to go to when you leave the plane. Please exit this way.

### **0.55 Closing Parade**

Thank Parents, Joeys & Siblings for joining in & helping The Sunshine Centre  
Joey Law  
Prayer  
Flag

To hear the pronunciation of the Cambodian words look at the following web site:  
<http://www.cambodiaadoptionconnection.com/Khmer%20word%20list.htm>

For those who do not have access to computer here are some of the words and how they are pronounced:

Hello - Tuesday (soo-ess-DAY)  
Goodbye - Lieh HAOY (LEE-uh howie)  
Thank you - Ah-kun  
Yes (females) – Chah  
Yes (males) - Baht  
No - Aht-tay  
Cambodian Currency - riel (like the english word "real")  
Child - Koun (cone) or K'chai  
Children - koun-k'chai  
Family - kruesa (crew-ess-AH)  
Parents - Mae-Eu  
Mommy - Mae (pronounced "my")  
Daddy - Eu (or) Pa  
Grandma - Yiey (between yee-ay and "yay")  
Grandpa - Taa  
Older brother - Bong proh  
Younger brother - P'ohn proh

**Adapted by Judy and David Gershon (SOCAN)**

**The wheels on the bus go round and round,  
round and round,  
round and round.  
The wheels on the bus go round and round,  
all through the town.**

**The wipers on the bus go Swish, swish, swish;  
Swish, swish, swish;  
Swish, swish, swish.  
The wipers on the bus go Swish, swish, swish,  
all through the town.**

**The horn on the bus goes Beep, beep, beep;  
Beep, beep, beep;  
Beep, beep, beep.  
The horn on the bus goes Beep, beep, beep,  
all through the town..**

**The money on the bus goes, Clink, clink, clink;  
Clink, clink, clink;  
Clink, clink, clink.  
The money on the bus goes, Clink, clink, clink,  
all through the town.**

**The Driver on the bus says "Move on back,  
move on back, move on back;"  
The Driver on the bus says "Move on back",  
all through the town.**

**The baby on the bus says "Wah, wah, wah;  
Wah, wah, wah;  
Wah, wah, wah".  
The baby on the bus says "Wah, wah, wah",  
all through the town.**

**The mommy on the bus says "Shush, shush, shush;  
Shush, shush, shush;  
Shush, shush, shush."  
The mommy on the bus says "Shush, shush, shush"  
all through the town.**

**Substitute these also:**

**The doors on the bus go open and shut.  
The bell on the bus goes ding-ding-ding.  
The lady on the bus says, "Get off my feet" ...  
The people on the bus say, "We had a nice ride" ...  
"*Your name*" on the bus says Let Me Off!**



# Joey Mob Program Planner

Attendance:

/

Attendees / Total

<b>Theme</b>	Cambodia	<b>Meeting</b>	Indoors	<b>Date</b>	
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Time	Methods	Activity	Leader	Equipment Required etc.
0.05	Ceremony	Opening Parade		
0.05	Game	Game 1		See Games
0.10	Game	Game 2		See Games
0.15	Activity	Cooking		See Recipes
0.30	Game	Game 3		See Games
0.35	Craft	Cambodian flag		See Craft - Coloured Paper, pencils, picture of Angkor Watt
0.45	Activity	Let's eat!		Paper plates, cutlery
0.55	Ceremony	Closing Parade		

### General Comments

Make a visit to your local travel agent and ask for brochures, posters for Cambodia. Put these around your hall. JSL might like to dress in Cambodian clothes

Explain to the JS and parents the aim of the night – Care & Share for children in Sunshine Centre, Cambodia. Remind parents that there will be a donation taken.

**Games** - There is a choice of 3 out of 4 games to be played.

**Cooking activity** - There is a choice of cooking two dishes.

- Each JS helps prepares a bit of the ingredients for cooking.
- Most vegetables can be cut with a fairly sharp butter knife and a chopping board e.g. cucumber, mushroom, onion, spring onions.
- Cooking can be done by JS using a 2-3 electric frypans under strict supervision.
- If you are using meat, it must be handled by the JSL or parent.
- JSL/parent cooks the rice to accompany the 2 dishes.

**Craft** – for JS who have “finished” helping to prepare/cook

### **Websites**

Games are from

[http://www.leisurecambodia.com/Leisure\\_Cambodia/No.23/gamesKhmer\\_play.html](http://www.leisurecambodia.com/Leisure_Cambodia/No.23/gamesKhmer_play.html)

Recipes from

<http://asiarecipe.com/camveg.html#top>

Craft – make a Cambodian flag from

[http://www.cambodia4kids.org/explore/module\\_1/make\\_a\\_flag.html](http://www.cambodia4kids.org/explore/module_1/make_a_flag.html)

Cambodian clothing from

[http://cambodia.worldvision.org.nz/lq\\_country\\_culture\\_clothing.asp](http://cambodia.worldvision.org.nz/lq_country_culture_clothing.asp)

this is an excellent website which has more information on games and food

## **Cambodian Games**

### **"Chab Kon Kleng"**

A game played by imitating a hen as she protects her chicks from a crow. Adults typically play this game on the night of the first New Year's day. Participants usually appoint a person with a strong build to play the hen leading many chicks. Another person is picked to be the crow. While both sides sing a song of bargaining, the crow tries to catch as many chicks as possible as they hide behind the hen.

### **"Bos Angkunuh"**

A game played by two groups of boys and girls. Each group throws their own "angkunuh" to hit the master "angkunhs," which belong to the other group and are placed on the ground. The winners must knock the knee of the losers with the "angkunuh." "Angkunuh" is the name of an inedible fruit seed, which looks like the knee bone.

### **"Leak Kanseng"**

A game played by a group of children sitting in circle. Someone holding a "kanseng" (Cambodian towel) twisted into a round shape walks around the circle while singing a song. The person walking secretly tries to place the "kanseng" behind one of the children. If that chosen child realizes what is happening, he or she must pick up the "kanseng" and beat the person sitting next to him or her. that chosen child realizes what is happening, he or she must pick up the "kanseng" and beat the person sitting next to him or her.

### **"Tres"**

A game played by throwing and catching a ball with one hand while trying to catch an increasing number of sticks with the other hand. Usually, pens or chopsticks are used as the sticks to be caught.

## Recipes Cambodia Cooking Class - Khmer Recipes

Here we provide you with some delicious Khmer recipes. These by the way are not dishes we make during cooking classes nor are these recipes included in the booklet which you get when taking part in a cookery class. It's just a little extra to show you how diverse Khmer cuisine is. Enjoy!

### Khmer Grilled Chicken (Mouan Ang)

#### Ingredients

- 1 tbsp Vegetable Oil
- 2 tbsp Sugar
- 4 Garlic Cloves, crushed
- 4 tbsp Soy Sauce
- Salt and Black Pepper
- 4 large Chicken Thighs



Put oil, sugar, garlic, soy sauce, pepper and salt in a shallow dish and mix well. Add the chicken and turn to coat, rubbing the mixture into the flesh. Cover with cling wrap and leave to marinate for 1 hour, turning once during the marinating period.

Preheat the grill to hot and line the grill pan with aluminium foil. Place the chicken in the grill pan and cook for 20-25, turning from time to time or until the chicken is cooked through and browned on all sides. Serve immediately.

### Cambodian Cucumber Salad

#### Ingredients

- 4 cucumbers, peeled
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon rice [wine vinegar](#)
- 1 clove garlic, minced
- 4 tablespoons soy sauce
- 1 tablespoon sesame oil
- Few drops chile sauce

#### Directions

Slice cucumbers lengthwise. Sprinkle salt on cut sides, then place cut-side down on paper towels to drain. After 30 minutes, pat dry.

Slice cucumbers into 1/2 inch pieces. Place in a large bowl. In a small bowl, combine the remaining ingredients. Sprinkle on cucumbers and toss to coat. Let sit for 1 hour before serving.

## **Cambodian Lemon Grass Soup (Samlor Machoo)**

### Ingredients

- 900ml Water
- 2 stalks of Fresh Lemon Grass
- 4 Garlic Cloves
- 2 teasp Fish Sauce
- 50g Rice
- 5cm Fresh Galangal or 1 teasp Dried Galangal
- Pepper
- 2 boneless Chicken Breasts, skinned and diced
- 4 Spring Onions, chopped
- 2 tbsp Freshly chopped Basil
- The juice of half a Lemon
- Chili paste (to taste)
- 1 teasp freshly chopped Coriander
- 5 Kaffir Lime leaves or 2 teasp of grated lime peel

Put water, lemon grass, garlic, fish sauce, rice, galangal and pepper in a large saucepan and bring to the boil.

Add the chicken, mixing well and cook for 10 minutes, skimming off any white froth which forms.

Place the spring onions, basil lemon juice, chili paste, coriander and lime leaves in a large serving bowl and mix well.

To serve, pour the soup over the onion mixture in the serving bowl, mix well and serve immediately.

## Hot & Sour Mushroom Soup

Yield: 3 servings

### Ingredients

- 3 c Vegetable stock
- 1 ts [Pepper sauce](#)
- 1 Inch Lemon grass -- finely chopped into rings
- 3 Kaffir lime leaves -- roughly torn into three
- 1 ts Sugar
- 2 tb [Lemon juice](#)
- 2 oz Oyster mushrooms -- coarsely separated -OR- button mushrooms
- 2 sm Fresh red or green chilis - (more if desired) -- crushed to split open

### Directions

In a large pan, bring the vegetable stock to the boil and stir in the Pepper sauce. Add the remaining ingredients and simmer, stirring well until the mushrooms are just cooked but still al dente. Pour into a [serving bowl](#) and garnish with coriander leaves.

Sweet and Sour Vegetables

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Serve over rice or other whole grains.

### Ingredients

- 1 20 oz. can pineapple chunks in jice
- 1 cup sliced carrots
- 4 cups chopped broccoli
- 1 onion, cut in wedges
- 1 cup water
- 1 bunch scallions, cut into 1 inch pieces
- 2 cloves garlic, crushed
- 1 teaspoon grated fresh ginger
- 1 large green pepper, cut into 1 inch pieces

### Sauce

- 1 cup unsweetened pineapple juice
- 1/4 cup cider vinegar
- 2 1/2 tablespoons soy sauce
- 1/3 cup [brown sugar](#)
- 2 tablespoons cornstarch

### Directions

Drain the pineapple, reserve the [juice](#) and set aside. Place the vegetables, except the broccoli, in a large pot or wok with 1/2 cup of the water and the garlic and ginger. Saute for 5 minutes. Add the broccoli and the remaining 1/2 cup water. Stir, then cover and cook over low heat for 5 minutes.

Combine the sauce ingredients in a separate bowl. Stir in the pineapple chunks and the sauce mixture. Cook, stirring until thickened. kwvegan  
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## Craft – Cambodian Flag Exploring Cambodian Culture

### Make A Cambodian Flag

by Beth Kanter

This is a great crafts project to do with younger children ages 2-5 to teach them about the Cambodian flag and to make one.

It is helpful to show the flag and have your kids touch it. You can purchase an inexpensive flag [online](#). Show it to the children and ask them to describe it.

### Some questions you can ask:

What colors are in the flag?

What do you think the thing in middle is? (Angkor Wat)

Show the children a picture of [Angkor Wat](#).

[Here](#) is some background about the Cambodian Flag that you can share with students.

To make the flag, you'll need:

Red construction paper (8.5 x 11)

Blue construction paper (8.5 x 11)

Angkor Wat illustration - use template

Glue stick

Cut two 3.5 x 11 strips of the blue paper

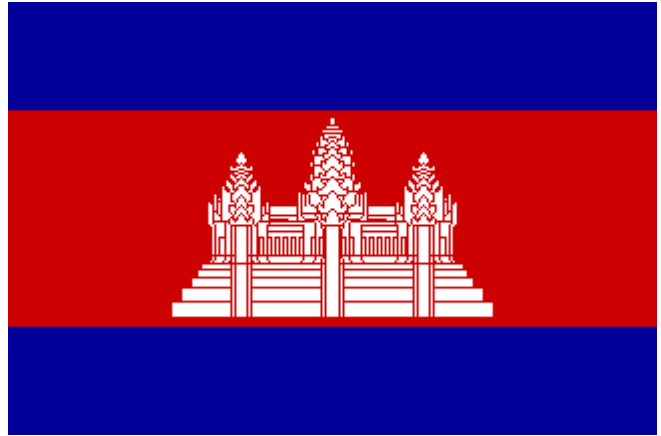
Download the template and print onto white paper and cut out Angkor Wat illustrations into 3x5 squares. Have the kids past the strips of paper onto the red paper to make the flag.

You can also have them "paint" a flag using red and blue tempera paint.



## Exploring Cambodian Culture

### Information Sheet: Make A Cambodian Flag! by Beth Kanter



The Cambodian Flag has three bands: one horizontal band of blue at the top, a red band in the middle, and a blue band. The flag has a white three-towered temple representing Angkor Wat outlined in black in the center of the red band.

This flag is the seventh flag Cambodia has had since 1948, when the country gained its independence. All flags (except one) have bore a representation of Angkor Wat, a sacred temple in Cambodia. There are three colors in the current Cambodian flag; blue, red, and white. The blue on the top and bottom symbolizes the Royalty. The red surrounding the temple symbolizes the Nation, and the white (temple) symbolizes the Religion. The national flag of the Kingdom of Cambodia reflects the trilogy of "Nation, Religion, and King"-the motto of Khmer monarchy. Sources:

[Flags of the World:](#) This site gives you a detailed history of the Cambodian flag, including how and why it has changed over the years.

[Cambodian National Anthem](#) You can see the words in English and French and download a midi file.