



THIS AWARD WILL ACQUAINT YOU WITH WHAT IT MEANS TO BE AN AMERICAN HERITAGE GIRL. THE JOINING AWARD IS ONLY EARNED ONCE!

TENDERHEART

- _____ MEMORIZE AND AGREE TO LIVE BY THE AHG OATH
- _____ UNDERSTAND AND AGREE TO LIVE BY THE AHG CREED
- _____ LEARN THE AHG SIGN AND WHEN TO USE IT
- _____ LEARN THE AHG SALUTE AND WHEN TO USE IT
- _____ MEMORIZE THE PLEDGE OF ALLEGIANCE
- _____ LEARN THE AHG MISSION STATEMENT
- _____ PRESENT YOURSELF IN FULL UNIFORM. TELL WHEN AND WHERE YOU WEAR IT AND AGREE TO FOLLOW THESE GUIDELINES
- _____ COMPLETE REQUIREMENT #1 OF THE "OUR FLAG" BADGE
- _____ LEARN THE HISTORY OF AHG
- _____ TALK WITH YOUR UNIT LEADER ABOUT SAFETY DURING TROOP MEETINGS. UNDERSTAND THE BUDDY SYSTEM AND OTHER WAYS TO BE SAFE DURING A FIELD TRIP OR TROOP MEETING.
- _____ HAVE A CONFERENCE WITH YOUR UNIT LEADER. BE PREPARED TO TALK ABOUT YOURSELF: YOUR FAMILY, HOBBIES, PETS. TAKE THIS TIME TO GET ACQUAINTED WITH YOUR LEADER.

PRESENT THIS COMPLETED PACKET & GIRL HANDBOOK TO YOUR UNIT LEADER TO BE SIGNED OFF TO EARN YOUR JOINING AWARD.

WELCOME TO AMERICAN HERITAGE GIRLS & TROOP AZ1320!!

THE AHG OATH

(Girl Handbook pg. 13)

All American Heritage Girls learn the AHG Oath and Creed. An AHG girl learns the meaning of the Oath and Creed and how to put them to use in her life. As an American Heritage Girl, you will be asked to strive to fulfill the promise each time you state the AHG Oath.

Match the words for each section of the AHG Oath.

I PROMISE TO

LOVE

FAMILY

CHERISH

COMMUNITY

HONOR

GOD

SERVE

COUNTRY

Write the AHG Oath on the lines below.

Answer the following questions in the space provided.

How can I show God how much I love Him? How does a girl act who loves God?

What ways can I show my family that I love them? Am I showing my family how important they are to me each day?

How can I be a good citizen? Do I know the proper way to honor the flag, the symbol of our country? Do I understand my duties as a citizen?

What are the ways I can help others in my community? What needs do people have in my area?

THE AHG CREED

(Girl Handbook pg. 15)

All American Heritage Girls learn the AHG Oath and Creed. An AHG girls learns the meaning of the Oath and Creed and how to put them to use in her life. The American Heritage Girls Creed represents the personal characteristics of an American Heritage Girl. These Ten qualities are traits of a girl of integrity.

Fill in the missing letters to complete the AHG Creed.

AS AN AMERICAN HERIATGE GIRL I PROMISE TO BE:

C _ _ P A _ _ I _ _ A _ _
_ E _ _ _ U _
H _ _ _ S T
L _ _ _ L
_ _ R S _ _ _ R A _ _
P _ _ _
_ E _ _ _ _ C E _ _ L
R _ _ _ E _ T _ U _
R _ S P _ _ _ _ _ L _
_ _ V E _ _ _ T

Write the AHG Creed on the lines below.

Next to each trait, give an example of ways you can demonstrate that trait to others. .

COMPASSIONATE - _____

HELPFUL - _____

HONEST - _____

LOYAL - _____

PERSEVERANT - _____

PURE - _____

RESOURCEFUL - _____

RESPECTFUL - _____

RESPONSIBLE - _____

REVERENT - _____

THE AHG SIGN

(Girl Handbook pg. 48)



HOW TO MAKE THE AHG SIGN:

The AHG sign is made by raising 4 fingers on your right hand and bending back your thumb.

The AHG Sign stands for the 4 parts of the AHG Oath.

WHEN TO MAKE THE AHG SIGN:

- When you say the AHG Oath or Creed
- When you want a group to be quiet or as you see the sign, you stop talking and raise the AHG Sign to signify you understand

Practice making the AHG Sign and be ready to use it at your next meeting.

THE AHG SALUTE

(Girl Handbook pg. 48)

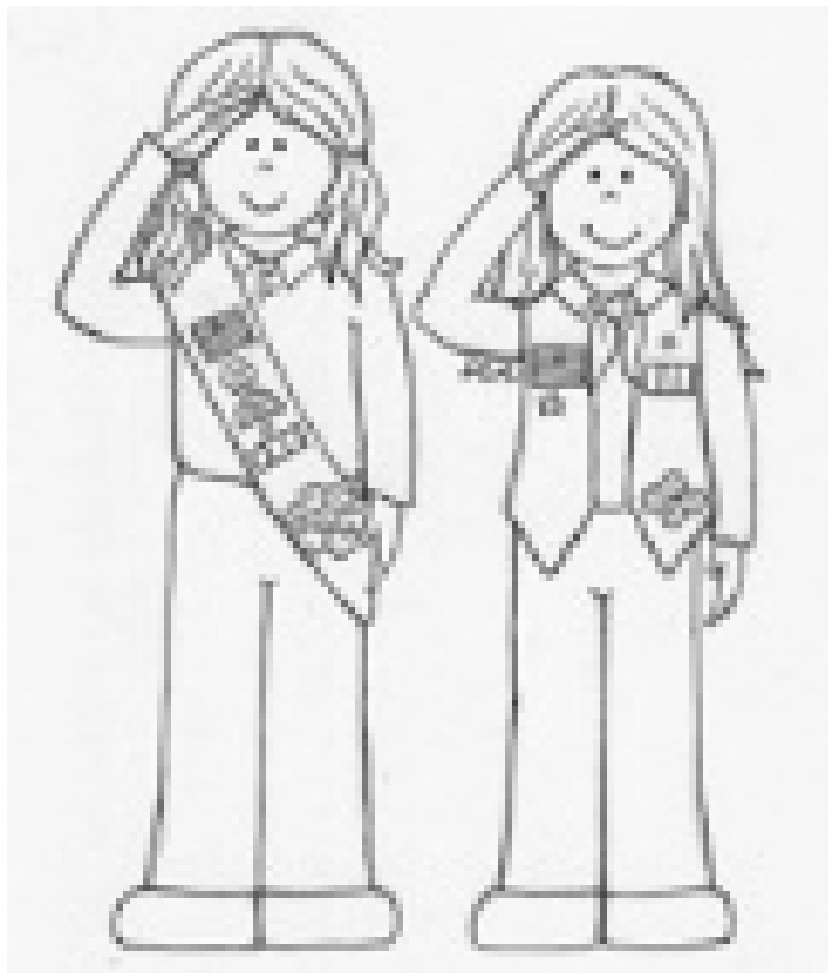
HOW TO MAKE THE AHG SALUTE:

The AHG Salute is made by raising 4 fingers of right hand and bringing that hand just above eyebrows.

WHEN TO USE THE AHG SALUTE:

- * when you are in full AHG uniform and see the flag pass by or move up the pole
- * when you are in full uniform in the Color Guard

Color in the picture of the AHG girls using the AHG Salute below.



Practice using the AHG Salute and be ready to use it at your next meeting.

THE PLEDGE OF ALLEGIANCE

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands. One nation, under God, indivisible with liberty and justice for all."

Define each of the words taken from the Pledge of Allegiance.

PLEDGE – _____

ALLEGIANCE – _____

REPUBLIC – _____

NATION – _____

INDIVISIBLE – _____

LIBERTY – _____

JUSTICE – _____

Write out the Pledge of Allegiance on the lines below.

AHG MISSION STATEMENT

Complete the word search below.

S	B	P	D	A	N	W	P	Y	D	G	X	H	T	L
E	J	D	O	E	V	E	T	P	Q	G	E	G	U	P
R	V	M	G	Z	S	I	M	R	N	F	A	S	P	T
V	M	N	X	T	R	C	I	O	Z	I	Z	X	J	V
I	R	H	G	G	L	I	C	C	W	S	T	R	P	Y
C	Y	T	E	W	X	X	O	H	B	E	Y	B	E	V
E	B	T	K	Q	U	U	A	S	H	L	L	Q	G	T
D	N	U	U	D	N	H	Q	O	O	G	E	U	H	U
I	M	K	I	T	Y	L	I	M	A	F	I	I	H	S
G	F	U	R	L	E	C	O	M	M	U	N	I	T	Y
F	N	Y	R	O	D	P	I	T	Z	I	A	Y	S	M
Z	F	R	R	M	W	I	P	H	R	I	H	N	H	R
B	Z	X	Z	O	F	F	N	O	V	T	U	L	M	I
V	H	F	H	N	O	R	K	G	C	R	J	P	V	Q
A	J	R	X	Z	D	P	O	B	A	R	J	P	R	F

**BUILDING
COMMUNITY
COUNTRY
FAMILY
GOD
INTEGRITY
SERVICE
WOMEN**

Write out the AHG Mission Statement on the lines below.

AHG UNIFORM

(Girl Handbook pg. 20-21)



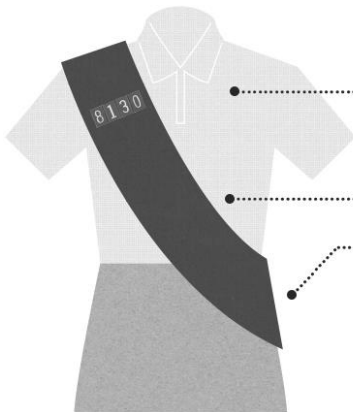
- Official AHG long/short sleeve White mesh Polo shirt with AHG Logo on left sleeve
- Red vest, blue neckerchief, and insignia
- Navy skort, navy skirt or navy pants

OFFICIAL AHG TENDERHEART UNIFORM



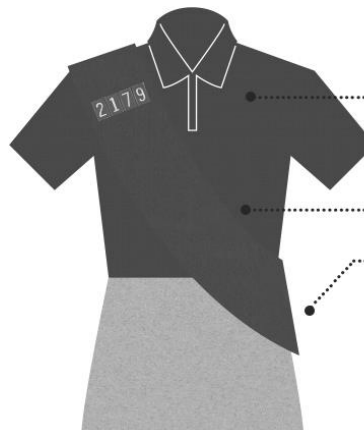
OFFICIAL AHG EXPLORER UNIFORM

- Official AHG long/short sleeve white mesh polo shirt with AHG Logo on left sleeve
- Blue vest, red neckerchief, and insignia
- Khaki skort, khaki skirt or khaki pants



- Official AHG long/short sleeve white mesh polo shirt with AHG Logo on left sleeve
- Blue sash and insignia
- Khaki pants or skirt with no logo

OFFICIAL AHG PIONEER UNIFORM



OFFICIAL AHG PATRIOT UNIFORM

- Official AHG long/short sleeve red mesh polo shirt with AHG Logo on left sleeve
- Blue sash and insignia
- Khaki pants or skirt with no logo

OUR FLAG BADGE: REQUIREMENT #1

(Girl Handbook pg. 110)

Review the PowerPoint available on our website at:

Put together a small poster answering the questions below using words and/or photos to show to your leader.

- Learn how to carry the flag in a flag ceremony. (Girl Handbook pg. 54)
- Learn how to display the flag during troop meetings and ceremonies (Girl Handbook pg. 52)
- Learn how to display the American flag along with other flags, such as a state flag.
- Learn the proper way to carry the flag in a parade by itself and with other flags (Girl Handbook pg. 52)
- Learn what you should not do with the flag.
- Learn how to properly fold the flag.

If you would like to earn the Our Flag Badge, review the PowerPoint on our troop website and complete the activities appropriate for your unit level. Bring your completed poster and unit level activity to your leader and be prepared to answer questions about the information you learned.



THE HISTORY OF AHG

(Girl Handbook pg. 11)

Review the information below and be ready to tell your leader what you learned.

American Heritage Girls was founded in 1995 in West Chester, Ohio by a group of parents wanting a wholesome scouting program for their daughters. These parents were disillusioned with the increasing secular focus of existing scouting organizations for girls. They wanted a Judeo - Christian focused organization for their daughters and believed that other parents were looking for the same for their daughters. This became the catalyst for the birth of the organization we have come to know as the American Heritage Girls.

American Heritage Girls began its first year of programming in the fall of 1995 with about 10 troops and roughly 100 members. Most of the troops met in the West Chester area and worked on badges written by the founding parents. Organizational events were started that year which assisted the organization in tying city-wide troops together.

American Heritage Girls is a nonprofit organization dedicated to the mission of building women of integrity through service to God, family, community and country. The organization offers merit badge programs, service projects, girl leadership opportunities and outdoor experiences to its members. This program of character building has successfully served thousands of girls since its inception and will continue to do so long into the 21st century.

The founders of the American Heritage Girls and the volunteers of today give all credit for the success of AHG to God for His constant hand upon the organization and His unceasing blessings.

AHG SAFETY

(Girl Handbook pg. 46)

AHG Buddy System

The **"Buddy System"** is a great way to look after each other and keep you safe. Each girl should be assigned a **"buddy"** during Troop meetings, field trips, swimming and outdoor experiences. You can keep track of what your buddy is doing and she can do the same for you. Your Unit Leader may have a **"buddy check"**. That means you need to be next to your buddy or make sure your buddy is with you. If anyone is missing, everyone will know it right away. It's a great way to share the fun and exciting times together but also preventing any series things from happening.

Answer the following questions in the space provided.

Why do we follow the "Buddy System"?

When do we follow the "Buddy System"?

Make a list of the girls in your unit and see if you can be each of their "Buddy" throughout the year.
