



AUGUST 1987 50p

Dredgine

GUIDING



Do you know the 1987 Fundraiser of the Year?

Could it be you or someone associated with your Guide Unit?

WHEN the first Fundraiser of the Year Awards were held two years ago, little did we know how successful they were going to prove; it seems many of you feel the same as we do - tribute to the dedication and hard work of fundraisers everywhere is long overdue.

Now the search is on again for the 1987 Fundraising Champions - and we very much hope you'll be playing a part in this national tribute to fundraisers.

What are the awards?

Throughout the country, 1000's of voluntary organisations such as Guide Units are raising money for good causes, and Webb Ivory has set aside a fund of over £10,000 to give them a helping hand. The winners of the Gold, Silver and Bronze Awards each receive a substantial sum to donate to the funds of their worthy cause, as well as a Fundraiser of the Year trophy and a personal memento.

Over the past two years, the prize money has gone towards the winners' choice of charity, including funding a research Fellowship in Mental Health and towards Multiple Sclerosis research. A sum was also used to create a new baby room at the child care centre, and to buy a bus for a village transport scheme. Whatever the good cause, the fund can help.

Who can be nominated?

Any fundraiser who genuinely deserves this very special tribute - it could even be you! The winners will not be selected solely on the



Smiles all round - winners and finalists after the presentation.

basis of the amount of cash raised - rather, the nominations will be judged on personal contribution and achievement, and those qualities which symbolise the true spirit of fundraising.

The winners will be chosen by a panel of judges, all people highly experienced in fundraising. As last year has shown, their job will be



extremely difficult - because all fundraisers deserve this sort of recognition.

Special Youth Award

In addition to the Gold, Silver and Bronze Awards, Webb Ivory would also like to pay tribute to the many young people dedicated to raising funds for good causes. As you're involved in Guiding perhaps a young Leader springs to mind, or one of the Guides. To qualify for this special Youth Award, the nominee(s) must be under 21 on 31st October 1987.

Webb Ivory Award

There is also a special award for Webb Ivory fundraisers. The Fundraiser of the Year Awards are open to all voluntary fundraisers but the Webb Ivory Award is for those people who use Webb Ivory fundraising as their principal source of fund income.

How to nominate

Simply write to Malcolm Totney, Director & General Manager of Webb Ivory at the address below, telling him why you or someone you know deserves to win the Award, how the funds are being raised, and what the money is being raised for. Closing date is 31st October 1987 - we look forward to hearing from you very soon. Please mark your envelope "Fundraiser of the Year".

 **Webb Ivory**

For further details of the Webb Ivory fundraising service please write to: Webb Ivory Ltd, Dept. MN1D, Primrose Hill, Preston X, PR1 4BX.

GUIDING

OFFICIAL MAGAZINE OF THE
GIRL GUIDES ASSOCIATION

Published 1st of each month

(Incorporated by Royal Charter)

PATRONS

HM THE QUEEN
HM QUEEN ELIZABETH, THE QUEEN MOTHER

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HRH THE PRINCESS MARGARET, COUNTESS OF SNOWDON

WORLD CHIEF GUIDE, 1930-1977

OLAVE, LADY BADEN-POWELL, GBE

CHIEF COMMISSIONER

DR JUNE PATERSON-BROWN MB ChB

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Here we are in the height of summer, and I wouldn't mind betting that most of you have been, or are going, to Camp or on Pack Holiday. If you live in Anglia Region, there is another event which just might have been the highlight of your summer. A visit to Great Hautbois House perhaps? Great Hautbois House is the new Regional training centre in East Anglia. Look out for a major article in next month's *GUIDING*.

Also in next month's issue: Full report and pictures from the AGM; details of the Girl Guide Friendship Fund's Christmas Appeal; a report from the Olave Baden-Powell Society's two day meeting held back in June; and a training article on Orienteering. All this and the regular features make up next month's AGM issue of *GUIDING*.

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VOLUME 75, NUMBER EIGHT, AUGUST 1987

COVER

This month's cover is a little different to our usual themes and may lead some of you to wonder if a new Flying Badge has just been introduced! The fact is that cover girl Tris Morris has just been named as Britain's top Air Training Corps girl cadet and guess what, Tris is a Tester for the Woodford and Wanstead District Guides, assessing the Team Pennant, Observer, Rambler, Rescuer, Stalker and Pathfinders Badges. Tris has been a Brownie, Guide and Air Venture Scout. In 1981 She received her Queen's Guide Award.





SAFETY RULES

A few weeks ago the following letter was received by CHQ. As it is a subject which concerns many of us, Ruth Black, Outdoor Activities Adviser, was invited to put the case for the Association.

The Guiders of Stithians District in Cornwall would like to know if Guiders in other parts of the Country share our frustration at the increasing amount of red tape we all have to contend with, if we wish to encourage our Guides and Brownies to take part in many outdoor activities.

While accepting that the world we live in is not as safe as it used to be, we all feel that the amount of forms to be filled in and certificates to be gained are dissuading Guiders from pursuing these activities.

Surely the DC knows how responsible her individual Guiders are. Could permission for such things as walking and swimming not be given at the discretion of the DC who would ensure that the necessary precautions had been taken, instead of having to insist that Guiders go on courses to gain certificates which all have to be renewed, taking precious time that most of us cannot spare.

Mrs D M Bibby,
District Secretary,
on behalf of:
The Guiders of Stithians District,
Cornwall.

Reply from the outdoor activities adviser

Firstly, I do not agree that the 'red tape' is increasing. Our Safety Rules have changed very little recently, but have been written more clearly. Some inadequate and outdated qualifications of our own have been discontinued.

Secondly, the procedures are quite simple and clear:

1. For the potentially dangerous activities the District Commissioner, and often a specialist Adviser also, must be consulted.
2. The leader or instructor must be competent in the activity.
3. Written consent must be obtained from parents.
4. For adventurous activities involving

nights away from home, usually a single form is required.

The District Commissioner and the specialist Advisers carry much responsibility. The Commissioner must know her Guiders well, to be able to assess their leadership and management skills. She must be able to say, confidently, 'This Guider handles girls well out-of-doors, she plans ahead and organises thoroughly'. The specialist Adviser considers whether the plans for the activity, for example location, numbers, supervision, equipment, are satisfactory or not.

However, few Commissioners and Advisers claim to be expert in all

adventurous pursuits. One person is unlikely to know all about camping, holidays, expeditions, hill-walking, rock-climbing, caving, pioneering, all kinds of canoeing and sailing, power cruising, parascending, gliding, parachuting, etc. For example, very few Boating Advisers would consider themselves expert in more than one type of boating. Thus problems arise in assessing the competence of the instructor or leader of the activity. If the Commissioner knows very little about, say, hill-walking, how can she know what precautions are necessary? Will she know whether the group is properly clothed, equipped, or trained for

SAFETY RULES

what they propose to do? Will she know whether the leader is fit and competent? In the case of hill-walking, consultation with the Walking Adviser will solve the problem; but for other activities there may be no Adviser with specialised knowledge.

Then Commissioners and Advisers say, 'Help! Tell us what a Guider needs to know and to be able to do to be considered competent; what precautions need to be taken and where activities can take place.' In answer to these requests the Association produces... guess what? *Various qualifications and Safety Rules!*

But what if we did not need permission? What if we could just do with our Units whatever we considered ourselves competent to do? Each of us would have to take full individual responsibility for what we do. There could be no support from the Association if anything went wrong. With the existing system the Commissioner and Adviser say 'I approved this trained

and competent Guider, the satisfactory planning and organisation for this activity.' There could be no automatic insurance cover. If insurance could be obtained for totally unchecked activities, the premiums would be so high that subscriptions to the Association would be exorbitant or, worse still, each Guider would have to be insured separately for the activities she wished to undertake with her Unit. Parents, and the insurers, would still want assurances of competence.

Permission for walking and swimming is given by the District Commissioner. No form is necessary, unless staying away from home.

For walking, no certificates are required and, in lowland countryside or familiar areas near home, very little experience or training is necessary. For more adventurous walking in the hills, the Walking Adviser must be consulted; but if the Guider is a keen walker, she has probably followed the 'Walking Safely' Training Scheme and

is known to the Walking Adviser.

No qualification is required for swimming in a public pool which employs attendant lifeguards. In unattended pools and at the shore then qualified lifesavers must be provided (see The Outdoor Manual page 14).

Lifesaving qualifications are the only ones needing renewal at regular intervals (every three years). If a qualified lifesaver swims regularly, attending classes for renewal should be no problem since she gives time for swimming anyway. If she does not practise regularly, how fit a lifesaver would she be?

We have to be prepared for the worst that could happen. We hope we never need that level of preparation, but we have to provide it if we are to be sure that we do take every care of girls in our charge. How can we be less than thorough? What is wrong with 'going well and safely'?

Ruth Black

It was felt in our County that, because of the special rôle held by Guiders in the lives of the girls in our units, we should look at the problem of child abuse. Primarily this was to learn about the subject and to explore what steps should be taken if a possible case were brought to our attention.

Essex County Council was most helpful. They paid for the use of the school for this in-service training and supplied the speaker, their Training Officer to the Social Services Department, Mrs Elizabeth O'Brien. Mrs O'Brien was a nurse at the Great Ormond Street Hospital, and is still in touch with many of her patients who suffered abuse as children.

About 160 Guiders attended the Conference, which we held on a Saturday. We specified, on the advice of the Speaker, that no-one under 18 years old should attend. The day started with an introductory talk explaining that child abuse is spasmodic, periodic and violent. A minor attack can well be followed by a violent one and should never be ignored. We were shown slides of the sort of injuries Guiders could see, mainly finger marks and bruising. We were told about the abuse of over-protection; and the likelihood that members of the audience could have been involved at some time in their lives.

After the coffee break, we were shown a film made in Australia telling the story of a family and the ordinary events that combined to lead to their

Essex North East County Conference on Child Abuse

baby receiving a fractured skull. Many of us felt 'There but for the Grace of God, go I'. After lunch, the Guiders split up into pre-arranged groups of about a dozen, with a Guider prepared to lead discussion if necessary in each group. Mrs O'Brien supplied a questionnaire on various aspects of the subject. This proved a most valuable time as several Guiders spoke of events in their lives that they had never spoken of before. They received loving support and understanding from the others in their group. We re-assembled for a final discussion and were advised that, until guidelines are given by our Association, help and advice can be given by the Social Services, the NSPCC and the Police.

We were all most impressed by the way Mrs. O'Brien handled the subject; in an understanding, tactful and, above all, humorous way. We found plenty to laugh about, but came away with a feeling of great responsibility towards the girls.

Dora George
County Commissioner
Essex North East



Juliet Baker

The Patrol

How does a girl become a Patrol Leader? She is 'elected by the Guides' (POR 35:4). She is not chosen by the Guider: this would not only be contrary to the rules of the GGA, but it would also cause problems for the girl who would be seen as the Guider's favourite.

Everyone knows how tempting it is just to promote the Patrol Second, or to appoint the girl the Guider thinks will do the best job, or even the girl who has been longest in the Company; but when the girls vote for their own Leader, Guiding becomes very different from a Youth Club. It also helps the girls in several ways: to feel they 'belong'; to learn to take decisions; to realise their voice is heard. Remember the Patrol has to work together and electing their own Leader should help greatly towards a successful group.

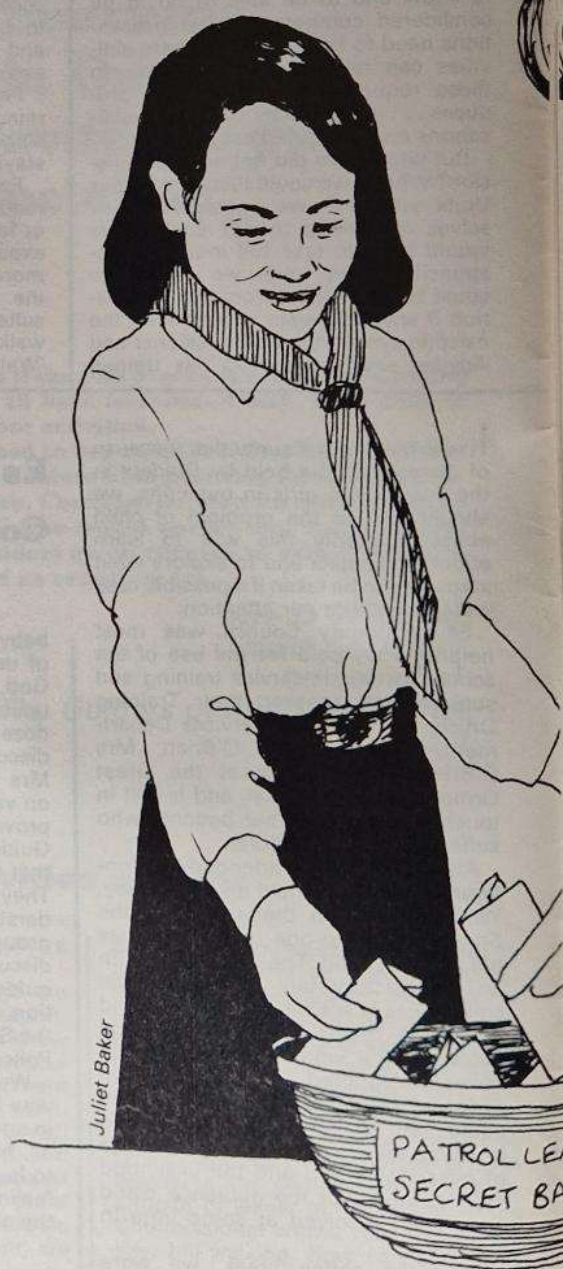
If the Company already has a tradition of electing their Patrol Leaders, the girls will have seen what happens if they choose someone who is not ready to be a Leader, e.g. 'she is my best friend'. It can possibly be disastrous for the girl concerned as well as for the Patrol. So before an election, it does no harm to remind the girls to think carefully and to discuss the qualities which might be considered helpful to a Patrol Leader. Such qualities might include being reliable or friendly, cheerful, caring; does she have good ideas? will she listen to what others have to say? If the girl has any one of these you can 'build' from there. If she has all (or even more), Lucky You!

Also, ensure that all nominees are *sure* that they are ready to take the job on. One Guider told of a PL election in her Unit, when the Guide elected to be PL changed her mind and turned the position down. When the Guide with the next most votes did the same, the Guider realised the importance of making sure that the girls are serious beforehand.

The Patrol Leader election can take place at any time during the year that the outgoing PL reaches her 15th birthday or when she decides it is time to move on, hopefully to Rangers. At this point the rôle of the Guider becomes a 'neutral Returning Officer' who sees that everyone concerned has the opportunity to record her vote. This is really best done as a ballot rather than by a show of hands as it can be very upsetting to find no-one voting for you, and the tactful Guider will announce only that Mary Jane has received the largest number of votes and has been elected Patrol Leader of the Every Flower Patrol.

Having been elected, the new Patrol Leader will require help and support from the Guiders and from the other Patrol Leaders as she settles into her new rôle. This is where the Patrol Leaders' Council and Patrol Leaders' Training come into operation. Yes, time is at a premium for both the Patrol Leaders and for the Guiders; but since it is essential for the Leaders to have help and training, it may be necessary to curtail a Company meeting, or even to give up one altogether. If the Company is lucky enough to have two Guiders and/or a Younger Leader, perhaps they would be prepared to take the whole meeting with the Patrol Seconds having a wonderful opportunity to show their leadership skills. Do remember to give the Patrol Seconds plenty of notice so that they can prepare an activity for their Patrol. With the Company organised, the Patrol Leaders can have not only a Council but also a Training in one evening.

The Patrol Leaders' Council is where the PL brings the



Patrol Leader



Patrol's ideas and suggestions for activities to be discussed, and she then reports back the decisions. At the PLC the Leader would also be involved in discussing various topics concerning the Company, such as the content of a Patrol Purpose Patch; which competitions the Company should enter and who should be the representatives; a look at suitable challenges for the Trefoil Badges; or try to find ways to help one another deal with an unco-operative Guide. In other ways, the Council is where the decisions are made by the Leaders about their own Company.

The relationship between the Guiders and Patrol Leaders is very important and should be a two-way channelling of ideas and information. From the PL comes the relevant information about the members and activities of her Patrol and thus an insight into the capabilities of the new, or younger, girls who may not always talk freely to an adult, but will to a Patrol Leader, and can therefore have suggestions put forward for their Trefoil work accordingly.

The Guider is the person who teaches new skills or who knows someone who will; who is a good listener and encourages everyone to 'have a go' at something new or different; who does not throw out the girl's idea because she knows it will not work, but allows them to try while steering them clear of any really obvious disaster. After all, we *all* make mistakes no matter how experienced; and the sooner we learn to accept that and to rise above our flops with a smile and 'a lesson learned' attitude, the better. The Guider could be likened to a gardener who gently prunes and ties back in order to encourage a strong growth.

Putting the Patrol System into action is often found difficult by the PL and here the Guider can make use of a PL Training to suggest, perhaps, three activities from which the Patrol would choose one to carry out over a few meetings. The PL will need guidance with the planning, for instance; will every Member of the Patrol bring all the materials which she will require, or will each Member be responsible for sufficient of one item for the whole Patrol; are any books or instructions needed and if so, where can they be obtained; do the girls know who to contact if they are unable to attend so that arrangements can be made for someone else to bring the items which would be missing. How could the old faithful peppermint creams be made without the icing sugar?

Ideas to pass on to the Patrol Leader can be found in the PIP cards (Patrol Ideas Pack); in PAC (The Guide Guiders Practical Activity Cards); in the Guide Handbook; in the *TODAY'S GUIDE* and *GUIDING* magazine; and from Guiders' Training Sessions attended. If you need help, ask your Commissioner who will put your request to the County Training Team.

The Patrol Leader is therefore very much the link between the Guides and the Guiders, and by helping them to run their Company, we hope to show them the way ahead so that at a later date they will understand the workings of a committee; vote as a responsible adult; and understand the organisation required to carry out the activity or event, hopefully as the Guiders of the future.

Two things we, the adults must always remember are that it is the *Guide's* Company (after all it was girls who were responsible for the start of Guiding, not the adults) and that **Guiding Is Fun.**

Jennifer McClean



ROUNDAABOUT GUIDING RO



Surprise! Surprise!

Guiding is greatly concerned with comradeship, but isn't this taking things a little far?

Brownie Guider Claire Scudamore and Guide Guider Judith Phillips were amazed to discover that they had each planned their wedding for exactly the same day! Claire became Mrs Robert Budgood at 12 noon on 25th April; and three hours later, Judith became Mrs Bradley Mansfield. Both photographs were taken for the 99th Bristol Redfield Brownies and Guiders, free of charge, by Charles H Thorne Photography, Bristol.



Mr and Mrs Bradley Mansfield



Mr and Mrs Robert Budgood

Adventure Days—update

Most of you will remember the Adventure Days article concerning those intrepid young ladies Sue Moore and Heather Champion; who, willing to do anything for a spot of fundraising, cast aside the knitting needles and threw themselves out of an aeroplane at 30,000 feet. Guide Guider Sue and Brownie Guider Heather are seen here presenting a cheque to LA Chairman Jaquie Bradbury; and all three are outnumbered by the 1st Wadebridge Guides.

Photograph courtesy of Janet Young.



Putting up a tent can be a problem even for an able bodied camper; for someone suffering from multiple sclerosis, it might seem an impossible proposition. But it is a task Pat Nicholls happily tackled last summer, as Guider of the Worcester Park Guides.

A 52 year old mother of three, Mrs Nicholls was diagnosed as having MS in 1983; and can walk only a few yards, even with the help of crutches. However, as well as running a home and taking the Guides, whose leader she has been for 25 years, to camp; she works four mornings a week as a clerical assistant in the Inland Revenue's Superannuations Department; and takes it all in her stride on a battery-powered Everest and Jennings Runaround three-wheeler.



A black and white photograph of four young people in Sea Scouts uniforms. From left to right: a girl with a bow in her hair, a boy with "SEA SCOUTS" on his shirt, a girl in a Sea Scout cap, and another boy. They are all smiling and holding books or papers.

Guides and Scouts in Pollock District, Glasgow, recently embarked on a joint recruitment drive. They conducted 'on the spot' interviews and spoke to more than 500 people at a local shopping centre and outside a B & Q store. At the end of the day, they had attracted 12 new Guiders, now in the Units. Mind you, judging by the photograph, it's hard to imagine how anyone could resist such angelic faces.

Photograph courtesy of the Glasgow Evening Times.

INTERNATIONAL NEWS



Are you looking for something a bit different to do this summer? Something with an International flavour perhaps? Why not consider a visit to The Horniman Museum in London?

During August there are a variety of events which might interest you or some of your young members.

The following two standing exhibitions will continue throughout August. Admission to the museum is free and it is open **Mon to Sat 10.30 am till 6 pm, Sun 2 pm till 6 pm**. It is advisable to check opening times and details with the museum on **01 699 1872**, before setting out.

RAMAYANA EXHIBITION

The centrepiece includes the masked and costumed figures of Rama Sita and Ravana as depicted by dancers from Purulia in West Bengal. Also on display are the barrel drum (dholak) and oboe (sahnai) played for the dancers' performances.

The story of Ramayana is told by a series of colour prints on loan from Ipswich Museum. Prince Ramachandra is portrayed in a superb twelfth century statue, on loan from the Victoria and Albert Museum. There are also displays of devotional objects and items associated with Divali (the Hindu festival of lamps).

TENT EXHIBITION

The Tent. A home, a shelter and a way of life.

For the first time the Museum has brought together tents from Mongolia, Iran and North Africa, as well as a Blackfoot tipi and beautiful Tibetan festival tent

collected during the Horniman Museum's expedition to Nepal in 1984. Chris Bonnington has also lent a lightweight tent and climbing gear which he recently used in the Himalayas and Antarctica.

The exhibition looks at the tent as a home, a shelter and a way of life. All of the tents are shown complete with everyday utensils and furnishings. Those in the white Mongolian tent are particularly lavish and colourful and include carpets, wall hangings, and some surprisingly heavy furniture!

The exhibition is also about the peoples who live permanently in tents and the ways in which forces beyond their control such as economic and social change are irrevocably changing their lifestyle. For example, the exhibition includes a Tuareg tent from the Sahara region of North Africa. For the Tuaregs the extreme drought, which has affected the area since the 1970's, has forced many of them to abandon their tents and change to a more settled way of life in Algeria, Niger and Nigeria.

Perhaps you would be interested in taking a one week intensive course.

Why not join the Adult Education Programme. The Adult Education Institute, in conjunction with the Horniman Museum are offering the following courses: **Animal Illustration. Monday 3 to Friday 7 August from 10 am till 4 pm daily.** The Tutor is **Maurice Wilson**. **Soapstone Carving. At the Dutch Barn, Horniman Gardens Monday 3 till Friday 7 August from 10 am till 4 pm daily.** The tutor is **Patricia Rae**. The fee is £10 for Inner London residents; £15 for Outer London residents; £1 for concessionaries. For further details contact the Kirkdale Centre on **01 291 2818**.



INTERNATIONAL NEWS



The Horniman are also offering a Ramayana Workshop for 5-12 year olds. It is on *Saturday 22 August* from **2 pm till 4 pm**. The programme will include storytelling, mime and dance. The Tutor is Pushkala Gopal. You must book in advance and the fee is £2 each. For further details contact the Horniman Museum on the number given earlier.

Other workshops being offered for August are listed below. They are for children of 8 years and above. Admission is free to the first 20 children through the door at each session. Please note that these sessions are for individual children only and not groups.

The workshops run from **10.30 am till 12.30 pm** and from **1.30 till 3.30 pm**.

August Saturday 1 Printed posters

Wire

Monday 3 African Wire toys
Tuesday 4 African Wire toys
Wednesday 5 Wire dolls
Thursday 6 Wire puppets
Friday 7 Wire jewellery
Saturday 8 Wire models

Paper

Monday 10 Chinese paper cuts
Tuesday 11 Shadow puppets
Wednesday 12 Folding paper
Thursday 13 Paper masks
Friday 14 Paper flowers
Saturday 15 Paper models

Papier mache

Monday 17 Puppet heads
Tuesday 18 Boxes
Wednesday 19 Masks
Thursday 20 Animals
Friday 21 Tents
Saturday 22 Tents

Pottery

Monday 24 Frieze A Story in clay
Tuesday 25 Animal slab pot
Wednesday 26 Musical Instrument box
Thursday 27 Letter rack
Friday 28 Book ends
Saturday 29 Picture frame

These activities are only for members within reasonable reach of London, however, many local exhibitions of different types will be taking place and details can be obtained from your local Public Library or Town Hall. Please help your younger members to find out what is available in their area during the summer holiday period, and give them something to look forward to!

STOP PRESS

Have you ever thought of visiting the World Centre Sangam? Would you like to travel with other people? Here is your opportunity!

Sangam still have vacancies at the following sessions

Adult Holiday Event September 14-20 1987 **plus**

Explore India September 22-2 October.

The Adult Holiday Event includes: a Maharashtrian Dinner, meeting the Indian neighbours, shopping in Indian bazaars, visiting places of interest around Pune, visiting schools, orphanage etc.

With other guests from overseas countries also enjoy the delights of SANGAM:- Excellent food, new friends, campfires, singing, dancing etc.

This event is open to all active members, supporters and friends (which includes husbands).

Booking Fee Rs 250

Event Fee Rs 1015

Having travelled so far take advantage of your opportunity to **EXPLORE INDIA** — together with friends already made at Sangam.

You will tour Northern India — Agra, Jaipur and Delhi. Visit the Taj Mahal, A Maharaja's Palace. The delights of shopping in Indian bazaars, Meet the Indian people, etc. All the bookings will be made on your behalf, and the tour planned beforehand.

Tour Fee Rs 4000

SANGAM SERVICE PROJECT WAGGGS/WOSM
November 30-December 8 1987.

The Sangam Service Project offers you the opportunity to share in giving service at an international level and learn more about yourself.

Give service to Sangam — garden
— help with maintenance

Give service to Indian Children — staff a holiday camp

Give service to a Community Development Project — help with English class
— teach craft

Experience International Living in a Girl Guiding/Girl Scouting/Scouting atmosphere, campfire, visiting places of interest, singing and dancing, international sharing, swimming etc.

This event is open to all members of WAGGGS and WOSM

Booking Fee Rs 250

Event Fee Rs 1305

For application forms please write to: The Guider in Charge, Sangam (WAGGGS), Alandi Road, Yerawada, Pune 411006, India, enclosing an International Reply Coupon. Please note that application forms must be signed by the International Commissioner at CHQ before they are forwarded to India.

Erratum

Mrs Banks has asked us to point out an error (June *GUIDING*) on Page 14. The caption to the photograph should read 'The first Promise Ceremony in Grand Cayman'.

Editor

OBITUARY

Mrs Joan Fish

Guiding and youth organisations throughout the North West of England have lost a true friend with the death, on May 24th 1987, of Joan Fish at the age of 54.

Joan, a former policewoman and ambulance radio officer, became registration secretary for North West England Girl Guides in September 1975. Eight months later she was appointed the General Secretary, a post which she held until her death.

Involved in Guiding since a child, Joan had held leaders warrants with either Brownies, Guides, Rangers or Cubs over most of the last 35 years.

In her Guiding County of Lancashire East, she served for periods as their County Sports Adviser, Ranger Adviser, a much respected and sought after Trainer; and in recent years as Chairman of their Programme and Training Committee.

Always interested in sport, Joan had been Secretary of the Lancashire Women's Athletic Association for 7 years, Ladies Team Manager for Blackburn Harriers and a member of the Northern Counties Womens Athletic Association Executive Committee. She had been a Grade 2 Official for Field Events and a coach at Area and County level.

This love of sport was shared with her husband Fred, himself a champion marksman, and with her son and three daughters, all of whom are well known in Lancashire sporting circles.

As Guiding representative on the Lancashire Council for Voluntary Youth Organisations, Joan was particularly involved with the Building Grants Committee. She served as Secretary for LCVYS for a number of years and for the last 12 months had been the Chairman. She also served on the Executive Committee of the National Council for Voluntary Youth Organisations and was their representative on the Department of Education and Science Experimental Projects Committee. In addition Joan was a member of the Lancashire Committee of the Royal Jubilee Trust.

Joan had great enthusiasm and energy and her total commitment shone through all her activities. Her knowledge of Guiding was extensive and no person or problem was too small to warrant her assistance. She tackled all tasks with great efficiency and insight. She was particularly happy working with young people whether within Guiding or other youth organisations, in sport, or with the disadvantaged, as on the Waddow holidays for Children in Need.



Many local youth organisations, and many young people, have cause to be grateful for her help and advice and she earned the respect of councillors and others involved in youth work at statutory level, both locally and nationally.

She had great wisdom and excellent judgement. She observed where help was needed and gave it with great tact and kindness. Joan was fun to be with.

She was a loving wife to Fred and a wonderful 'Mum' to her own children and grandchildren and to her vastly 'extended family', which included all she came in contact with during her years of service to so many.

We will all remember her with great love and affection.

AB



From L to R
Mrs Joan Fish,
Mrs Mary Lambert,
Dr June Patterson-Brown
and Mrs Margaret Wellock.

Welsh Chief Commissioner's New Standard

The present Standard was designed in 1922 and worked by Guide Commissioners. The Banner was first used in the National Eisteddfod for Guide Companies entering for the Welsh folk-song section. This Standard was one of the first to be made in the Guide Movement.

During 1984, several Welsh Guide Counties expressed concern that the Standard was becoming rather fragile. It was felt that a new Standard should be designed so that the present one could be laid-up in a place of safe keeping.

An ad-hoc committee was formed comprising of members from Carmarthenshire, Central Glamorgan, Clwyd and West Glamorgan to formulate a design and organise the making of a new Standard. All Welsh Guide Counties were asked to submit names of people who would be willing to work on embroidering the designs.

The design chosen by the Welsh Executive Committee comprises a gold trefoil on a blue background, with a Welsh dragon, a leek and a celtic cross on a white and green background. The motto band has Byddwch Barod (Be Prepared), the motto of the Girl Guides Association, on one side and 'Cymru' on the reverse.

The trefoil shows our worldwide Guiding links and the Guide Country which are both obligatory on a Guide Standard.

The leek was chosen as an ancient Welsh symbol, particularly associated with St. David; and as a link between the old and new Standards. The old Standard had 13 leeks representing the counties at that time.



Celtic crosses are found throughout the principality; showing Wales' early commitment to a faith, and serving to remind us of our commitment as Guides. The never ending line of the Celtic cross reminds us of the continuous chain of Guide Friendship.

Each section of the Standard was made by individuals and then assembled.

The pole for the old Standard was recently renewed, hand carved with a dragon on the top by a craftsman living in Montgomeryshire. This pole will be transferred to the new Standard.

**Esme Jones and
Diane Powell**

The Girl Guide Friendship Fund



You know how satisfying it is when the pieces of a jigsaw fit together! Well, it happened again to the GGFF recently.

Longstanding supporters of the Fund will remember that in 1980, the International Year of Children, a lot of money was raised to help the Bangladesh GGA start a 15-year vagrancy project to help young girls who were very poor and without proper care and protection. They took 12 children into their Guide House and have looked after them ever since, giving essential education, teaching useful crafts such as embroidery, flower-making and batik printing, as well as the fun things of singing and dancing.

Each year we have sent £1,000 from the money kept aside especially for this

project and we know that this represents a large percentage of their annual overheads. In fact, for the last couple of years we have sent £1,500; because inflation affects Bangladesh just like anywhere else.

After seven and a half years, the vagrancy project is now in mid term and the kitty is of course getting very low. In fact we only have enough to continue for one more year. When I received a letter from Northamptonshire Girl Guides, telling me they had raised £1,250 for the GGFF by a 24-hr sponsored 'sing', naturally the jigsaw pieces slid into position. I was only too pleased to go to Northampton in June to collect this wonderful gift which, with their instant agreement, will keep the Bangladesh project going for at

least another year.

Around 500 Northamptonshire Guides, from Brownies to ex-Guiders, sang 711 Guiding songs from 6.30 pm on Friday to 6.30 pm the next day. A lot of them did the whole 24 hours (they must have been very hoarse afterwards!) and about 30 people sang through the night. A really splendid effort which raised a total of £2,500, half each for the GGFF and for the Third World Appeal. Thank you Northamptonshire from the GGFF and from the Bangladesh GGA.

Nancy Roe
Chairman

Airing

Caring

Sharing

Handy Hat Trick

In the May edition of *GUIDING* I read that yet another Guider was having trouble with her hat. I don't know why so many ladies have so many problems. When I started my training as a Guider, nearly ten years ago, a colleague gave me a very useful tip which has worked for me ever since, indeed, I am still wearing the same hat and it still looks almost new.

The tip is to sew one or two of the curved hair combs (now in fashion again) into the inside band at the front and back of the hat. They should show just below the bottom but when worn there is nothing to see.

If you take a little extra time to do your hair and place the hat firmly on your head I will guarantee that it will stay there and you can completely forget about it until you want to take it off. Mine has been through all kinds of weather and I have never had to worry about it.

This tip should also help people like your correspondent, Linda Herbert, who wrote saying her hat was always too big from front to back. It can also be worn this

way with any hair style and always looks smart.

I hope my tip will be passed on as judging by the large numbers of very battered hats I see something needs to be done.

B V Smith (Mrs).
Brownie Guider,
Northants.

Heartfelt thanks

I would just like to thank Margaret Hazell for all the help she has given me since I became a Member of her Guide Company. I had originally given up Guiding as I could not achieve anything with my first Company, however, after just a few months with Margaret I had gained some interest badges, my Patrol second stripe and I had been camping. She really showed me what Guiding is all about.

Despite having to look after both her own family, and her parents, she was at our meeting every week, and I was very surprised when I heard that she was leaving.

All I can say is thanks for all your help, and all the fun I had as a member of your Company.

Caroline O'Sullivan,
Balham, London.

Identity

What's yours? Short sighted, quick tempered, patronising, slow, arthritic, middle class, parochial, fat, deaf, snobbish? Surely not, you're you!

What's mine? I use a wheelchair all the time so in the Girl Guides Association my label is 'handicapped'. I like to be independent, live an active life and hold down a demanding professional job. Am I more handicapped than you?

Why then when I attend a Guiders' Training Day, is it assumed that I am going to the handicapped training. I am not. I'm me and I've chosen to go to the Guiders' training on outdoor activities. Please ask me first. But, thank you very much for noticing when I do need help, for listening to what is needed before rushing in, for treating me like one of you.

I am ... aren't I?

A Guider,
(Name and address
supplied)

You are, we will and well done!

Programme Secretary

Never too old

The attached 'ode' is really in reply to my husband. He's been a great support for many years, but is now conscious of the fact that we have both turned sixty and perhaps feels we ought to conform to the popular image of the 'over sixties'.

It hurts to be told
'You're getting too old
You've given your best
Now give it a rest
Stay at home with your
Memories of Guiding.'

You don't understand
I can still lend a hand
Train the girls to have fun
In rain or in sun
To me that's
The essence of Guiding.

We've done it again
We've tramped hill and dale
The District Team caved
and abseiled so brave
We got a 'gold star'
Three cheers for the
Challenge of Guiding.

I shall still carry on (dv)
While the girls come along
Then in '92 when my quotas
done

I'll check in my hat
And take a step back
To watch from the
Sidelines of Guiding.

My friends in the Trefoil
To which I belong
Are waiting for me
And we don't just make tea
We all do our best
Believing that no one
Is too old for Guiding.
I may have broken all the
rules of rhythm and rhyme,
but it is my very first poem.

J A Starie,
Guide Guider
10th Ilford (St Andrews) Co.

Book Request

Would the kind Guider who accepted a parcel of books from the secretary at Netherud in October 1986 please contact: Mrs I Cameron, 96 Deneside, Seghill, Northumberland, NE23 7ES. Tel: Tyneside 2372140. I will make arrangements for postage to be sent to them so that they can forward them to the above address.

Mrs I Cameron,
Brownie Guider,
Northumberland.

Brentford Trefoil

At one of my Guide meetings, a young Guide brought an old Trefoil from the top of a company flag. Looking at it closely, I decided to offer it back to its original company or district, because it will be 60 years old on September 4th. The inscription on the back reads as follows: REG. No 671782
5th ANNIVERSARY SEPT 4th 1927
2nd BRENTFORD (ST FAITHS)
If anyone can find its owners, or knows anything about this Trefoil, I will gladly send it to them; and perhaps find out about 65 years of Guiding in Brentford. They may write to me c/o *GUIDING*.

Mrs B Bailey,
Guide Guider,
24th Corby Guides.



Airing

Caring

Sharing

Charity Stamps

You may be interested to know that since you published my appeal for stamps on behalf of the Guide Dogs for the Blind, (January's *Guiding*), I have had hundreds of replies from Brownies and Guide Guiders. The latest reply was from Australia; and I have had several from the Arab States, as well as from England. I have now reached £2,750 in just 18 months; so thank you for what you are doing for Guide Dogs. I intend to continue for as long as I am able; and I hope to reach my initial target of £3,000 in the not too distant future. Therefore, any further stamps you would like to send will be gratefully received. However, to save postage, I will only acknowledge periodically unless a reply is specifically requested.

Thank you all again.

Stan Edmonds,
Stan's Charity Stamps,
46 Sandringham Road,
Maidenhead, Berks,
SL6 7PN.

CPVE FEEDBACK

I was so surprised and pleased to see that Lynne Hurdwell mentioned so much about the Certificate of Pre-Vocational Education in her article called 'What Next?' (July *GUIDING*.)

I am 17, and have just finished a year in the sixth form doing the CPVE Course. I chose to do this as I was not sure whether to make my career with the elderly, or with children. I took part in three work experiences, one in a Nursery School, one in a Special School for backward children and another as a private nanny. I also did 'O' level English Language and Child Development, City and Guilds Level 1 and 2 Numeracy, Pitman's Elementary Typing, and City and Guilds Biology exams.

As a result of participating in the CPVE course, I decided I would work with children and I have been accepted at my local college for the National Nursery Examination Board (NNEB) course.

I thoroughly recommend the CPVE course for those

teenagers who are still undecided where to make their career.

Nicola Treadquest,
Young Leader,
1st West Wittering Brownie
Guide Pack.

Close Shaves with Custard Pies

Having just read the item 'Custard Pies' (July *GUIDING*), I feel compelled to make a few points. I know from my own experiences with an amateur dramatic company, which produces an annual pantomime, that when shaving foam is thrown into a person's face and gets into their eyes, it can cause temporary blinding and extreme pain. This pain and discomfort can be lessened somewhat by allowing the plates of shaving foam to stand for at least half an hour prior to their being thrown. Moreover, it is virtually impossible to colour the foam with food dyes, without losing its thick fluffy texture; and as most Leaders will know, food colourings stain skin and clothes and are difficult to remove.

As an alternative messy activity, I suggest that the Guides spend some time devising a water bomb or flour bomb (using old inedible flour, naturally!) They can experiment with paper bags, tissue paper and the like; and then let rip, to fully test them against the other girls. By all means let the girls enjoy a bit of messy fun, but please don't cause them pain as your activity would do.

David J I Wood,
Guide Guider's son, and
Cub Scout Leader,
15th Ealing (St Stephen's)
Scout Group.

It was actually stated that non-perfumed shaving foam should be used; however your point has been noted, and we thank you for your interest and advice.

**Training
Department.**

The Editor reserves the right to cut letters or publish extracts

Crackers!

I would just like to thank everyone who responded to my letter (June *GUIDING*) regarding 'Cracking Codes'. What a great bunch Guiders are! I can sleep easy now. 44 FHIOW USQ EHP.

Ivy Smith,
Guide Guider,
1st Brockworth Coy,
Gloucestershire.

The solution to the problem is that the code is two and three, that is, the first letter is two places back, the second three (thus Y becomes W and H becomes E). The coded phrase is therefore **Well Done You.**

Editor.

Coming of age

4th Hazel Grove Methodist Brownies Lyme Division Stockport County are celebrating their 21st anniversary in November and if you have been connected with the Pack and would like to join us for our celebrations on 7 November I would be delighted to hear from you. You may ring me on 061 456 8536.

Yvonne Leslie,
Brownie Guider,
Hazel Grove Methodist
Brownies,
Cheshire.

Security

We were interested to read the article, (May *GUIDING*) on security in camp. The Warwickshire Girl Guides have recently acquired a campsite and the managing committee has been considering this question. We have included most of the suggestions made in the article, but some members of the committee think that additional measures should be investigated. Among the ideas put forward are electronic devices, such as lights which come on at dusk and light the site all night, or movement detectors which would put on a light or sound an alarm if a beam was broken. If anyone has experience of these or similar systems, we would be delighted to receive opinions as to their effectiveness and running costs. Meanwhile, do Guiders have much trouble with intruders? If so, has the time come to include in our camp staff, someone who would be prepared to sit up at night and guard the camp?

Gillian Laughlin,
Bidford-on-Avon,
Warwickshire.

If you wish to contribute to *GUIDING* please bear in mind that it is necessary to submit your article at least two months in advance of the issue you require.



TOM WILLIAMS



WALKING

Route Planning and Route Cards

How Far To Go

This depends upon a combination of factors:-

- a) How much time there is available
- b) The time of the year
- c) The fitness of the group
- d) The terrain

When planning a route think carefully about the age, experience, and ability of the group members. The two most common mistakes are:-

- a) Overestimation of fitness
- b) Underestimation of time

It is foolhardy to plan a route that makes excessive demands upon the group's capabilities. If you have previously walked with all the individual members of your group then these two factors should present little problem, as you'll be aware of their capabilities, and so be able to plan the route accordingly. However, if any of the party are new to you then err on the side of caution and plan a less strenuous route, remembering also that bad weather will make an easy walk difficult and a difficult trek almost impossible. Exhaustion, especially in youngsters, is always a possibility and if the routes are in excess of either their fitness or experience, then you will be inviting the unwelcome attentions of disaster.

What is a Route Card?

Having selected your route, then route cards need to be prepared. A route card contains all the necessary information about your planned route, and needs to be so well done that someone else could follow your route and know where you will be at any time during the day.

The main purpose behind a route card is to calculate and check the route, bearings and timings, and work out various escape routes in the comfort of your dining room; rather than trying to do the same thing when on your walk in a howling wind, sheltering from the rain in the lee of a rock, or looking for escape routes because of an accident or injury within the party.

Before you go on any walk or expedition a route card also needs to be 'checked' by someone else. If two or more people prepare the same route separately then the results can be compared and any mistakes rectified, for it's amazing how often little slips occur. Always leave a copy of your route card with some responsible person, so that if you haven't turned up within two hours of your expected time of arrival then the alarm can be raised. However, don't forget to ring this person when you arrive back otherwise the rescue services might be called out needlessly!

The type of route card you use is purely a matter of personal preference. The one set out as an example is the one used most often and an ideal way to sort out your map reading problems.

Filling in every column will not only make you study the route but also the map more closely, which is all to the good.

The Route Card (opposite)

The first four columns require six figure grid reference plus a short verbal description. This may at first sight appear to be overly cautious. However, it does help to eliminate any chance of confusing the reference point from which you start, with the point to which you're going.

Calculating Distance

When out in the hills it's best to think of distances in terms of hours rather than in terms of miles, much the same as motorists do on long journeys; for a five mile walk around Kinder will take you far longer than a five mile walk in the fens.

Remember also that you will rarely be able to walk from point A to point B in a straight line. Although you can calculate the distance of your walk from the map, on the ground it will probably be further since some diversion will be inevitable. Hill walking often resembles an obstacle course, with marshy fields, peat bogs, broken bridges, unmarked scree slopes or the odd temperamental bull in a field requiring negotiation.

Horizontal Distance

The fifth column refers to the horizontal distance. Horizontal distances on a map can be calculated with a map measurer or a piece of string. When using string, keep as close to the actual route as possible, following each twist and turn. Then measure your string against the scale on the map and enter this distance on your route card in the appropriate column. Whether you work in miles or kilometres makes no difference, but remember to work in small lengths and keep to the same scale!

Vertical Distance

The sixth column concerns height gained when out walking in the hills. Depending on the age of the map, vertical height will either be in imperial (ie feet) or metric measurement. Check the distance between each contour and what the unit of measurement is. Then count every contour line you cross that causes you to *gain* height and multiply the number of contour lines by the distance between them, entering this total in the appropriate column.

However, do not assume that reaching a 1,000m summit from a starting height of 200m, will necessarily mean that you have ascended only 800m. Paths in the hills invariably go up as well as down and you could find your path dropping for a considerable distance before climbing again. In the diagram below, reaching the summit of 1000m from a starting height of 200m means that you have actually ascended 1100m.

Height A 200m

Height B 900m

Total height climbed 1100m

SAFELY

FROM	GRID REF	TO	GRID REF	HORIZONTAL DISTANCE	VERTICAL DISTANCE	HORIZONTAL TIME	VERTICAL TIME	TOTAL TIME	BEARING		EXTRA INFORMATION ALTERNATIVE ROUTE DIFFICULT SECTION ESCAPE ROUTES ETC.
									GRID	MAG	
						mins	mins	mins			
Fieldhead	123855	Old Parsonage	122862	.750	75'	12	5	17	46	53	
Old Parsonage	122862	1900' Contour	106873	2.500	1025'	38	62	100			
1900' Contour	106873	Stream Crossing	106876	.375	-	6	-	6	16	23	
Stream Crossing	106876	1900' Confluence of stream	110877	.375	-	6	-	6	72	79	
1900' Confluence of stream	110877	head of Blackden Brook	115879	.500	50'	8	3	11	70	77	
head of Blackden Brook	115879	above Blackden Edge	128878	1.750	-	24	-	24	99	106	skirt heads of streams
above Blackden Edge	128878	1937'	129878	.250	25'	4	2	6	120	127	
1937'	129878	Golden Clough	125876	.500	-	8	-	8	232	239	Could come straight down Golden Clough
Golden Clough	125876	The Nab	125866	1.250	-	19	-	19	198	205	
The Nab	125866	Summit 1300'	128868	.375	100'	6	6	12	56	63	Could miss this
Summit 1300'	128868	Ottobrook Booth	128859	.475	-	8	-	8	176	183	Grindslow House
Ottobrook Booth	128859	Fieldhead	123855	.750	-	12	-	12	226	238	

DATE

Group Leader
Asst. Group Leader

229 = 3 hrs 49 mins + stopping times

Dep.
Time

Estimated time
back at base

Group Members'

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

RAF Rule

For $2\frac{1}{2}$ miles allow 1 hour
 $\frac{1}{2}$ mile allow 12 mins
 $\frac{1}{4}$ mile allow 6 mins

For 4km allow 1 hour
 1 km allow 15 mins
 $\frac{1}{2}$ km allow 8 mins
 $\frac{1}{4}$ km allow 4 mins

Vertical height

For 1000 feet allow 1 hour
 100 feet allow 6 mins
 50 feet allow 3 mins

For 300 metres allow 1 hour
 30 metres allow 6 mins
 10 metres allow 2 mins

Scale 1:25,000 4 cm = 1 km
 1:50,000 2 cm = 1 km

Continued on page 20

FRECKLES

By Gerry Mitchell
from his wife's reminiscences

In 1959 I was stationed with my police officer husband and two small children in Masaka, south-western Uganda. My good friend and next-door neighbour, Rachel, was Guide Commissioner for the District. Her grit was much to be admired. An attack of polio a year or two before had left her with a pretty useless right arm. But she was already well on the way to general competence with her left. She needed no practice at all in her powers of persuasion where help was needed for Guiding.

She had plenty to do in coordinating the activities of the numerous Mission-based Companies and Packs with their membership of African children. But she couldn't rest because there was no Brownie Pack in the township. There was an Asian teenager who had been a Guide, and there was a lot of interest within her community. What was needed was a Captain to form and run a Pack, with the assistance of this girl.

One day Rachel asked me with a searching look which seemed capable of discovering all my secrets, 'Were you ever in the Guides, Madge?' 'E-er, yes,' I sheepishly admitted. 'I was in the Cornflower Patrol for a number of years.' I was now getting quite carried away and was suddenly easy meat, 'I was, in fact, Patrol Second.'

'Will you do it, Madge? I'm sure you can.' How could I refuse such a heartfelt plea? I mumbled something like 'I suppose so' and was thereupon appointed Captain of the Masaka Township Brownie Pack!

We soon had the required numbers, with others eagerly waiting to join.

They were mostly Ismailis, their parents the somewhat Westernised Muslim followers of the Aga Khan, but there were also orthodox Pakistani Muslims and a few Hindus. Even so there was little difficulty over dress. All wore normal uniform, but the orthodox Muslims also wore their traditional trousers, called salwar. What we might have had a problem with was language, but as I was fairly fluent in the up-country corruption of Swahili, we managed very well for most of the time.

The toadstool would certainly have presented a problem had I not already been informed that the Guiding Movement in Uganda had declared the 'totem' inappropriate for the local culture. Clearly someone had discovered a taboo on toadstools in either the

FESTIVALS

African or Asian setting, and no doubt disseminated the information immediately.

I wish that I had been as well prepared for Asian festivals. There was already some barely subdued tittering in the ranks on one particular night as I went forward to inspect hands. I had just spluttered 'What on earth...?' to the first girl when I noticed that the hands of others down the line looked exactly the same. They all had intricate patterns painted on their palms. I withdrew as gracefully as I could from the scene, as I heard their chorussed explanation that today was a festival. This made an interesting subject for discussion later in the evening.

Like Brownies the world over, they had boundless energy and loved skipping and team games such as tracking

and 'crusts and crumbs.' For the latter they could not stand still but dashed about on impulse this way and that whilst waiting for the completion of the word to tell them who should chase whom. That was a good warm-up for the evening's proceedings, for whose venue I could choose between the Aga Khan Junior Secondary School down in the bazaar, and the grassy tree-shaded hill-top where the Government officers lived and worked. As the girls all lived in the bazaar this gave them a change of scene. Later, with the sun sinking between the trees, the last birds calling sleepily and the first cicadas creaking tentatively, we would sit and talk in hushed voices, the more tranquilly to conclude the evening. And as we parted among the grass-covered walls of the derelict old fort, or boma, the bugle would sound 'Taps' as the duty policeman lowered the Union Jack at the new boma along the hill.

I once accompanied Rachel on a visit to a Pack at Villa Maria Mission. As we moved close to a group of African Brownies there was first a stir, then a babble, and I found to my consternation that all their wide eyes were focused on my arms! My fair skin was severely freckled on my forearms after seven years in the country, and the French Sister, explained to me that it was these which had caught their attention. She then spoke to them in Luganda, their mother tongue, and prompted a chorus of 'Ooh!' She had told them, she said, that in her country such marks were a sign of beauty.



Cultural differences should be intriguing and challenging, not daunting. Is today's Guiding Movement applying

a similar 'missionary' fervour to today's multi-cultural urban areas at home?

CRUSTS



Juliet Baker

& CRUMBS

Plimsoll Barn

There has been Guiding in Sheffield since 1912. After its steady growth throughout the city, the opportunity came, in 1935, for the then Local Association of Girl Guides to buy Whiteley Wood Hall, with its buildings and surrounding land. Those enlightened people had a vision of children enjoying a wide range of activities there, in safety. This would help them develop into happy and balanced citizens, the ideal of Lord Baden-Powell. So, with money lent by a local Charitable Trust, this dream took shape.

Since then many changes have taken place at our Outdoor Activities Centre, as this Whiteley Wood site is called; improvements and additions enabling it to offer increased facilities. The old Hall was demolished in 1959 because it had become unsafe. The outbuildings which date back to 1663 are listed. These have been restored and adapted. The land has been drained and a new sewerage system installed. A camp shop has been opened. The five camp sites are named after early Sheffield Guiders, and the old Brownie House, an ex-Scout hut, has now been replaced by a single-storey, chalet-type building called Renwick. Lady Renwick was the first County Commissioner when Sheffield became a separate Guiding County in 1967.

This multi-purpose centre serves more than 5,000 Rangers, Guides and Brownies in the County. It can offer indoor and outdoor accommodation to those in our Movement nationwide, and from overseas. And other youth organisations and school groups, including the mentally and physically handicapped, also use the Centre for educational and recreational purposes. During 1985, over 7,000 children and young people enjoyed its amenities.

Then in 1986 came the news that had a hint of nightmare. The old buildings required re-roofing because the beams had become rotten, and with increased usage over the years, the sewerage system needed renewing and extending. A very expensive undertaking indeed!

However, out of this necessity emerged another dream, with another set of far-sighted people ably directing it. The present Management Committee. During the general upheaval, why not alter the main building, giving it a second floor to provide increased accommodation? This barn is called Plimsoll, after Samuel Plimsoll of Plimsoll Line fame, who was one of the previous owners of Whiteley Wood Hall. So the Plimsoll Improvement Project, PIP for short, was born.

A launch was made, aiming to raise £85,000 to cover these improvements and repairs. The generosity of local Charitable Trusts again came to the aid of our Movement. Guiding members plunged enthusiastically into a wide variety of fund-raising activities and donations came from Scouting friends and others. Our County President, Her Grace the Duchess of Devonshire, gave us her personal support. To date £58,000 has been collected. Work was started by Volserve (part of the Manpower Services Community Programme), that organisation of unemployed people, young and old, who were eager to use, and learn necessary skills.

Fourteen months later the first stage of the project had been completed. The refurbished Plimsoll Barn was officially opened on 25th April, 1987. It was a 'family' affair, our County team being led by Mrs. Sylvia Hulley, our County Commissioner. Miss Freda Slagg, who is a County Vice-President, represented Sheffield's early Guiding; having been a Guider at St Mary's, Bramall Lane in 1920. Then there was a Brownie, Rachel Pass of 201st Ecclesfield Pack; A Guide, Louise Underhay of 57th Ranmoor Unit; and a Ranger, Fiona Heppenstall from Hallam District. These three had been actively involved in raising money for PIP and so were chosen to represent the efforts of the three sections of Guiding. They read interesting excerpts from the Centre's reports, including mention of the difficult war years.



Some of the hard working chaps who helped to renovate Plimsoll Barn.

It is heartening to learn that the Plimsoll Barn is already fully booked for the school holidays this year, and for every weekend until Christmas. School parties can come during the week, which extends usage considerably.

Now comes stage two of the project which is less attractive: the installing of a new sewerage system. This will occupy 1988, and the re-roofing of other buildings may well go into 1989. Money will have to be raised for all this. Contributions, however small, will add up. Perhaps those who have spent happy hours at our Centre will support this appeal, for the good work *must* be kept up.



Ranger Fiona Heppenstall, Guide Louise Underhay, County Commissioner Sylvia Hulley and Brownie Rachel Pass at the re-opening of Plimsoll Barn.

Much has been achieved through foresight and hard work in the 52 years since the site was bought. It is now acknowledged to be one of the finest in North-East England. Many thousands have found pleasure there, including, on several occasions, the World Chief Guide, Lady Baden-Powell. Future generations of young people will come to enjoy the results of today's far-reaching dream. Three cheers for dreamers!

Betty Bradwell
Press and PR,
Sheffield County

WALKING SAFELY

Continued from page 17

Horizontal and Vertical Time

Anyone reasonably fit averages about four miles an hour on road or pavements. However, once on tracks and footpaths the speed drops dramatically and if you need to stop to consult your map then it drops even more!

The estimation of time to be allowed is of vital importance for route planning. Naismith's Rule has become enshrined in hill walking lore as the basis of all calculations involving time. Admittedly it does provide a relatively accurate timing for a fit party on an average day. However, it takes no account of the terrain, weather, load carried, fitness of the group or fatigue at the end of a long day or expedition.

For most expeditions with unfit or only partially-fit group members, I find it inaccurate. Recently, on a six day expedition, the group members began in fine style covering an average of three miles an hour. By the following day tiredness had crept in and the group were hard-pressed to maintain an average speed of two miles an hour. However, by the end of the week, having got 'second wind' and found their stride, an average of four miles per hour was being covered.

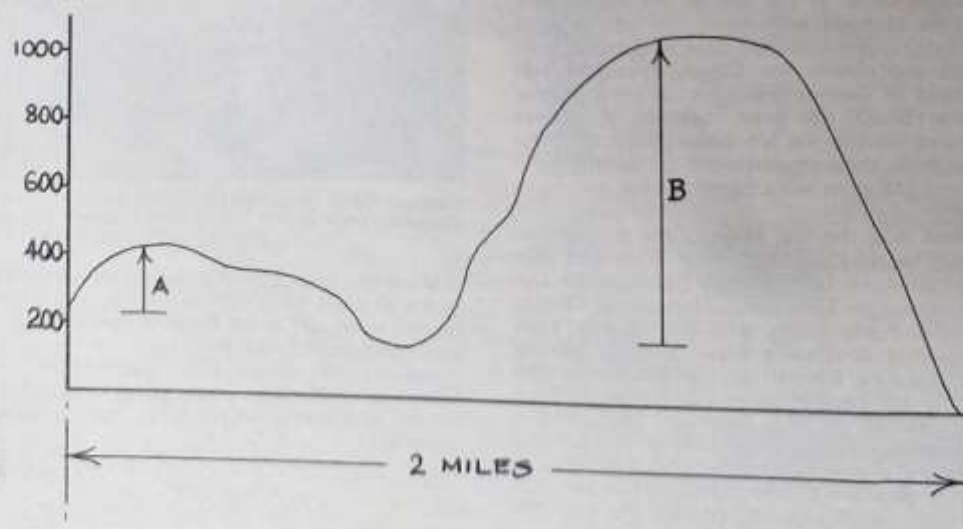
Depending upon the fitness of the group, terrain, weather and load being carried, modifications to Naismith's rule need to be made and with partially unfit group members the 'RAF rule' is far more realistic.

Whereas Naismith's rule, for an average party, assumes that a horizontal distance of 3 miles, or 5km, an hour is covered and allows an extra hour for every 1500ft, or 500m, climbed, the RAF rule assumes that the party will cover a horizontal distance of 2.5 miles, or 4km, per hour, plus an hour for every 1000ft., or 300m, climbed. Thus, for example, climbing the hill in the diagram would take:

	Naismith	RAF
Horizontal timing 2 miles	40 mins	48 mins
Vertical 1100m	132 mins	220 mins
Total time	2 hrs 52 mins	4 hrs 28 mins

Height A 200m
Height B 900m

Total height climbed 1100m



After working out the time it will take, add around 2 hours to include time for stops to adjust clothing, rests, meals, coffee breaks and admiring the view. However, if time is a vital factor with a bus or train to catch then allow an extra half hour on top of this just to be on the safe side.

Alternative Routes, Notes and Escape Routes

Add other details to your route card such as notes on features in this last column. Also always have alternative escape routes planned. Pressing on regardless of time, weather or fatigue is a certain way of getting into trouble. Fatigue destroys the rhythm of walking which is essential if you are to cover ground easily.

Even walking downhill is no 'rest cure', especially when you're tired. The jerking and bumping if you hurry downhill can result in a twisted knee or ankle or even worse!

Finally

Always note your time of arrival at each main feature so that you'll know immediately if you're getting too far behind your schedule and never be reluctant to turn back if the weather deteriorates or if you are near the end of your intended time out but not the end of the walk. People at home or your base will worry, and may call out the rescue services unnecessarily. Moreover, always remember that when planning a route, experience is probably the only teacher.

Suggested Reading

J.A. Ingram, Fellcraft, 1974, pp22-3
E. Langmuir, Mountaineering & Leadership, 1974

Edith Chadwich

BITS and PIECES

Report on Dinghies

This piece may be of interest to the seaworthy among you, or for those considering a life on the ocean waves. Anglia Boating Consultant Flora Ardley was despatched to report on two craft we had heard about and this is her opinion.

Blue Peter

This is a new craft and quite a versatile one, which according to the builders descriptive leaflet, is for 8 to 80 year olds. When I saw this boat I found it very easy to visualise her with an instructor and a Guide or Ranger aboard, and when the girls become sufficiently proficient, she would be a good craft for single handed sailing.

The Blue Peter is a sturdy, beamy boat; her length is 8ft, and width 4ft 2in. She had only one sail, 38.5 square ft, which is stepped well forward and she weighs only 85lbs. Her lightness makes her ideal for girls; four could carry her to the water without any strain. Reefing (reducing the sail area in strong winds) is achieved by wrapping the sail round the mast. This boat is designed to be used for rowing and can be sculled (propelled with a single oar). She has all the fittings, on a smaller scale, that her bigger sisters have; and is a lively little craft. Given a sturdy roof rack, this dinghy could be carried on the top of a car.

The Gull

This is a well tried and tested craft which I met for the first time about ten years ago. The Gull behaves well on inland and tidal water. I have sailed one on a Scottish loch which, given the right kind of wind, can get as choppy as the sea. The one I purchased when I was a County Boating Adviser, had had her share of off-shore sailing and always behaved like a perfect lady.

The Gull is 11ft long, has a beam of 5ft 3in and weighs 160lbs, which is not really heavy; four Rangers would have no difficulty in carrying her to the water to launch. This craft has a mainsail, 55 square ft; a foresail, 15 square ft; and will carry a spinnaker, 60 square ft if you wish. There is room for two pupils and an instructor; and many sailing schools use Gulls.

The Gull gives a good account of itself when racing. This dinghy is well designed with safety and ease of handling in mind and has earned herself a reputation for being versatile, giving sailors confidence and creating enthusiasm in the novice.

As both the Gull and Blue Peter are built of glassfibre and resin they require the minimum of maintenance. These dinghies are built by Martin Services Ltd. and can be seen at the Watersport Centre, Braintree Road, Great Dunmow, Essex, of course other agencies also sell them. The designer of both craft is Ian Proctor.

Prices: Blue Peter, complete with sails £745 incl VAT.
Gull, complete with sails £1,650 incl VAT.

Flora Ardley

Practical Activity Cards

We are in the process of collecting together material for the third set of Practical Activity Cards (set two is on the way, honestly!).

We would very much like to hear from you if you have any ideas or activities which work well with your Guides, and which you would like to share with other Guiders.

As before, the sections for which we require material are as follows:— Openings, Closings, Ceremonies, Company Games, Company Activities — Indoors, Company Activities — Outdoors, Company Camp Activities, Themes and Seasons, Patrol Games, Patrol Activities — Indoors, Patrol Activities — Outdoors, Patrol Camp Activities, The Promise.

So plenty of scope there, come on, don't be shy, write today to: The Training Secretary, The Training Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT



Working Together for the Future

'Service', that is, doing things for other people, has always been an integral and special part of the Programme for Brownies, Guides, Rangers and Young Leaders.

By linking 'Service' with community involvement, young people are encouraged to share their interest and commitment in a practical way with other members of the local community.

An example of this type of activity might be the Guide Company which has been participating in a Best Kept Village competition.

The 'service' has been to adopt two telephone boxes; and the 'involvement' has meant co-operating with local parish councillors, the village committee responsible and other organisations.

There was also the Ranger Unit which offered its services towards the improvement of a day centre for the elderly in a small town. The girls visited the centre to meet and talk with the old folk and, as a result, the gardens were agreed upon as the area needing attention. With the Rangers help the regular visitors to the centre made plans and shared skills and experience.

In both of these activities, the results were much more than the practical, easily recognisable improvement in local facilities and surroundings.

The Association's Community Development Care Group is looking into this aspect of Guiding activity. Busy Guiders are constantly seeking ways of presenting ideas, activities for meetings, resource material and contacts. With this in mind, the Community Development Care Group are writing a series of articles for GUIDING magazine.

Perhaps you could support this series by sending, to the group, a brief report of a similar activity in which your girls have participated. The Community Development Care Group would like to publish examples and extracts from the reports, either with their articles or at a later date. Please send your report to: The Community Development Care Group, c/o The International Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Please send a photograph, if you have one, but do include a stamped addressed envelope if you want it returned. Reports should be in before October 1, 1987. **Pauline McKie**

The smell of the Greasepaint



Last October, over 100 members of the Scout and Guide Associations from Greater London South West County squeezed apprehensively through the stage door of the Wimbledon Theatre. It seemed like chaos, everyone shooting off in different directions, finding their dressing rooms, dodging the stage crew, and getting made up before the dress rehearsal. The Gang Show was in town again!

Even though we had been rehearsing every Sunday afternoon since July there was still work to be done. Everyone adapted to the different size of the theatre stage compared with the rehearsal room, many people hurriedly but quietly moving behind backdrops and scenery before making their long awaited bid for stardom. At dress rehearsal we ran through the programme, testing the lights, sound, music, final timing and smooth connections of each item. Hiccups always occur, usually with the producer shouting 'You shouldn't be there, where's Johnny?' and the more familiar cry of 'Stop!!'. Changes were made as a Scout

in 1932. The red scarf is awarded to District, County and area Gang Shows who achieve a high enough standard. Assessors from Scout Headquarters visit Gang Shows before awarding red scarfs.

Every aspect of the show is considered. It is easy to think that the success of the show is only due to those on stage, but as you can appreciate, without the backing from other people this would not have been possible. The Producer only suffered a red face, grey hair and high blood pressure from the amount of time and effort put into the production. The effect on stage is glamourised by the wonderful costumes made by the nimble fingered costume team. The scenery and special effects always play an important part in the overall stage effect. Without props the cast would look silly hearing a phone ring from nowhere!

The evening would be dull and quiet without the pit band, who always manage to help the show and occasionally provide the element of surprise! There are many other people who play an important part in the production of the Gang Show, but it is the



Juliet Baker

found he had one minute to change from one item to the next and therefore appeared on stage wearing an unusual variation of two costumes. Stage discipline is very important when performing any production and, if we slip out of line, the producer soon puts us back into place. The little cub who stood in the wrong place and narrowly missed being hit by a descending backdrop is warned not to stand there again! It sounds chaotic and a lot of hard work and labour for nothing, but the rest of the week will bring fulfilment to us all.

Acting on stage in front of a packed audience is very exciting and well worth waiting for. We remember that the audience has paid to watch and therefore wants a full and fun packed evening's entertainment.

In 1985 the South West London Gang Show was accorded the right to wear the much sought after Gang Show red scarf and emblem. This award was instituted by the late Ralph Reader, CBE, who started Gang Shows with the first London Gang Show

combination of everyone's efforts which enables us all to wear the red scarf with pride.

After the Saturday evening performance the costumes are washed and ironed and all the stage and backdrops packed away. Members of the cast make their way home for a well earned rest before planning rehearsals for the following year's production.

Sou'west '87 (South West London Gang Show) will be held from 14th to 17th October, 1987 in Merton Civic Hall, The Broadway, Wimbledon, London SW19. If you require details of the show please send a stamped, addressed envelope to: Sou'west '87, 16 Merebank Lane, Croydon, Surrey, CRO 4NP.

**Kate Brookbark,
Publicity Officer,
Sou'west '87**

Programme Notes

The District Team

Foxlease - 11-13 September

9-11 October

Waddow - 16-18 October

The emphasis at these trainings is on the *District Team* and the value to be gained from working together and discovering the support members of the District can give each other. Help is given in understanding how the Programme develops from Brownies to Guides to Rangers and how District events can be used to encourage self-programming at all levels. It is an ideal opportunity to get to know each other in a relaxed atmosphere and to exchange ideas, skills, problems and experiences. District Commissioners are asked to bring a group of Guiders from all Sections and of all levels of experience. If your District has no Ranger Unit, perhaps the Ranger Guider of the Unit which serves your District could be asked to join you.

Trainers: Pat Marshall, Pat Jackson, Ann Lampson,
Margaret Harrop

Prospective Trainers

Waddow - 2-4 October

Foxlease - 4-6 December

An ideal opportunity for all those who have already begun the process of becoming a Training Licence Holder to meet other Guiders in a similar situation, from a variety of the UK's Countries and Regions.

Set in the Association's training centres, these weekends will provide valuable training sessions taken by experienced trainers, with the bonus of being able to discover the wide range of facilities the centre has to offer.

It is hoped that the trainings will complement the training available in your Country/Region, and requests for particular training help will be welcomed.

Trainers: Elizabeth Smith and team.

Insite

Waddow 19-21 February

Why not fit a weekend at Waddow into your Unit's summer programme. If as a Ranger Guider you are struggling to get a self programming Ranger Unit to operate effectively; or experiencing the frustration of having to start all over again because a group of Rangers has just left the Unit; or if you would just like the opportunity of a fascinating and stimulating weekend for you and your Rangers — then ponder no longer.

Insite trainings are for Ranger Guiders and four of their Rangers. They offer the opportunity for you to:

- experience the satisfaction of seeing Rangers planning and working together in a delightful setting;
- experience the essential nature of the co-operation needed between Rangers and their Leaders in the running of a Unit;
- have 'on the job' training.

Treat yourselves to this wonderful opportunity.

Trainers: Kate Roberts and team.

Walking Safely Training: Severe Level

Blencathra - 31 March-5 April 1988

This training is for Guiders experienced in walking in difficult country (as defined in the Walking Safely section of the Outdoor Manual) and will include theoretical and practical training in those extra skills required for walking and leading groups in severe level country.

This course will be based at the Blencathra Centre, Threlkeld, Keswick, where full facilities are provided in the large house.

In addition to the course, an optional two days (7-8 April) are available for pleasure walking and getting to know this area of the northern Lake District.

There are a limited number of places, and all on a first come-first served basis. The cost of the course will be £55.00. The cost of the optional two days will be £20.00. Both prices include food and accommodation.

All applications should be made to: CHQ, The Training Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Trainers: Alan Brassington, Doug Taft, Peter Brassington, Marion Beeley, Lynn Trussell, Hazel Jenkins.

Music in the Programme

Waddow 13-15 November

This course is aimed at the Unit Guider who would like to involve the girls in music making but has little idea on where to begin or how to progress.

Details of themes etc. can be obtained from the Guider in charge at Waddow along with application forms.

SEPT

Broneirion
Llandinam, Powys SY17 5DE
Tel: (Caersws) 068 684 204

Foxlease

September

- 4-6 Berkshire
- 11-13 The District Team
- 18-20 Hampshire North
- 25-27 1 Exeter Division
- 2 OAA's and Advisers for Handicapped Members

Waddow

September

- 11-13 Flower Festival
- 18-20 Midlands Launch Weekend (by allocation)
- 25-27 1 CCIA's
- 2 Side Group for experienced and prospective Ranger Trainers

Glenbrook

September

- 18-20 Canoeing, Caving, Climbing

Netherurd

September

- 4-6 Music in the Programme
- 11-13 Young Leaders
- 18-20 Ranger Guiders
- 25-27 Brownie and Guide Guiders (places reserved for Ross-shire)

Broneirion

September

- 4-6 Llais-y-Ddraig
- 11-13 Rhymney Valley Division
- 18-20 International Selection
- 25-27 West Glamorgan

Lorne

September

- 11-13 Fermanagh
- 18-20 Belfast Trefoil Guild (Provisional)
- 25-27 Londonderry City and Council

TRAINING

OCT

Netherurd
Blyth Bridge, West Linton,
Peeblesshire EH4 7AQ. Tel. 0968 82208

Foxlease

October

- 2-4 Herefordshire
- 9-11 The District Team
- 16-18 London and South East
- 23-25 London and South East Launch Weekend (by allocation)
- 30-1 Nov Wiltshire South

Waddow

October

- 2-4 Prospective Trainers
- 9-11 North West England Launch Weekend (by allocation)
- 16-18 The District Team
- 23-25 Lancashire South-East
- 30-1 Nov North East England Launch Weekend (by allocation)

Glenbrook

October

- 16-18 Duke of Edinburgh/Queen's Guide Enterprise I

Broneirion

October

- 2-4 Clwyd
- 9-11 Pembrokeshire/Ceredigion
- 16-18 OAA Conference
- 24-28 YL Event
- 30-1 Nov International Selection

Netherurd

October

- 2-4 Brownie and Guide Guiders (Leith Division, Edinburgh)
- 9-11 Districts (District Commissioners with up to eight of their Guiders)
- 16-18 Brownie and Guide Guiders (Newcastle)
- 23-25 Brownie and Guide Guiders (Banff/Buchan and Raeburn Division, Edinburgh)
- 30-1 Nov Brownie and Guide Guiders (Erskine District)

Lorne

October

- 2-4 Queen's Guide Award
- 9-11 Arts
- 16-18 Towards the Adult Leader's Certificate
- 23-25 Ulster Junior Council
- 30-1 Nov International

NOV

Glenbrook
Bamford, Nr Sheffield S30 2AL
Tel: (Bamford) 0433 51567

Foxlease

November

- 6-8 South West England
- 13-15 Tutors (throughout C/Rs)
- 20-22 Avon South
- 27-29 South West England Launch Weekend (by allocation)

Waddow

November

- 6-8 Warwickshire
- 13-15 Music in the Programme
- 20-22 Wirral
- 27-29 North West England Launch Weekend (by allocation)

Glenbrook

November

- 20-22 International

Netherurd

November

- 6-8 Trainers and Commissioners
- 13-15 Brownie and Guide Guiders (East Division, West Lothian and Lenzie District, Dunbartonshire)
- 20-22 Netherurd Singing Circle
- 27-29 Brownies and Guide Guiders (Fife)

Broneirion

November

- 3-5 Trefoil Guild Training
- 6-8 Welsh Trainers Conference
- 13-15 Powys
- 14 Programme and Training Committee
- 20-22 Carmarthenshire
- 27-29 International Selection PR Advisers

Lorne

November

- 6-8 Rangers/Young Leaders
- 13-15 South East Belfast
- 20-22 Tyrone
- 27-29 Trainers/Training Co-Ordinators' Day

HEAR

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NOW

Bed and Bath Race Monday, 4th May

At 1.30 pm we all met in Colney Heath for the annual Bed and Bath Race. At the previous meeting we had had to convert our chariot into a cardboard hip-bath.

The chariot has been used many times before for the Sandridge Venture Scout Chariot Race. This year we won the Rangers section. We had to run six miles, well I didn't 'cos I was actually in the chariot being pulled.

Anyway, back at Colney Heath we were dressed up as french maids, with the person in the bath in drag. There were lots of other costumes; people in swimming costumes and bikinis (even the men!), bed bugs and beer bellied darts club members.

At 2 pm we were off. 1½ miles to run and only one other all-female team. They beat us! At the end of the course we had to run through a 'wet' river. We got soaked, though it was quite refreshing.

We came in second (to last!), only beating the darts club. We were given a bottle of pomagne, which was very welcome.

Two of our Rangers then decided that they wanted to get invested in the middle of the river. Luckily our leader had the badges with her, so we all went back to stand in the river.

Karen Gandy
Orwellians Rangers
St Albans



A Day in the Life of a Queen's Guide

Tuesday 14th April 1987, a memorable day for twenty-nine Queen's Guides from all over the United Kingdom had arrived. We were all the recipients of invitations from our President, Her Royal Highness The Princess Margaret, Countess of Snowdon to the presentation of the Queen's Guide Brooches.

We assembled in the Council Chamber at CHQ at 3 pm, where tea was served to calm nerves and quench thirst! We sat in groups discussing various aspects of the Award, our studies and Guiding, whilst trying to quell the innumerable butterflies that were building up as the seconds slowly ticked by. The arrival of the Chief Commissioner and her Deputy made matters worse; it meant that we were ready to leave for Kensington Palace.

Once briefed on etiquette we made our way to the luxury coach that awaited us outside CHQ. There followed a short drive to the Palace where we were ushered, alphabetically, by the butler into Her Royal Highness' private library. Nerves increased, as did practising curtsies and 'Ma'ams'. Suddenly the clocks chimed 5 pm. The big moment had arrived and the presentations began. We were presented with our Brooches and congratulated individually, pausing momentarily for a press photograph. We then proceeded into the reception room where, much needed, tea was provided as well as dainty smoked salmon and salad sandwiches, biscuits and cakes. Her Royal Highness joined us and spoke to us in small groups asking us about our Awards, our Guiding and studies. She was absolutely delightful. All too soon it was over and we returned to the coach, pausing briefly for twenty-nine photo-calls with the Chief Commissioner before heading back to CHQ!

We all had a fantastic day; it had made all the time, effort and dedication taken to achieve the Award worthwhile. It was a truly unforgettable occasion which will be cherished for many years to come.

Michelle Dean, Anne-Marie Ellis
1st Forest Hill Ranger Unit, London South-East
Jane Iddon,
1st Norbreck Ranger Unit, Blackpool

Amberley Chalk Pits Project

Last month Sarah Connor described how she represented the Girl Guides at an event attended by organisations participating in Royal Jubilee Trust Projects. This month she describes the project in which the Bognor Regis East Ranger Guide Unit are taking part.

Amberley Chalk Pits is an industrial museum in West Sussex. It has been open since 1979.

There have been Rangers involved in voluntary work at the Chalk Pits almost as long.

The first Ranger Project was 'Ranger Bridge', a wooden bridge built by Rangers spanning a railway track, this was opened in 1984 by Lady Baden-Powell. The second project started in 1985; its aim is to rebuild a lime kiln just inside the entrance of the museum.

Extensive work has been carried out by teams of 4-6 Rangers, Young Leaders and Adult Leaders under the supervision of John Land, Technical Officer for the museum. Strict codes of safety are understood and adhered to while working, but this does not spoil the enjoyment of the work.

Many of us have learned new skills (and found new muscles!) which include such things as taking down walls brick by brick, cleaning rubble, concrete making (by hand, and with an ancient cement mixer), putting up scaffolding and, in the future, brick laying and roofing.

You can find Rangers up at Amberley in rain, snow, sun. In fact we are often a tourist attraction! Some people use the work for their Duke of Edinburgh's Award, others just for the challenge.

The project is funded by the Royal Jubilee Trust and often the generosity of others. There is a few more years work on Kiln One Ranger project and our enthusiasm, enjoyment and team work is still going strong. It's great to see the work progressing and it gives us pride to think that future Rangers will see our work.

Now we have convinced people that Rangers can work and do carry out what they say they will—who knows just what the next project will be, but one thing's for sure, there's no stopping us now!

Sarah Connor
Bognor Regis East Ranger Unit

Octopussy Challenge Crossword 2

This crossword from the Kedington Ranger Guide Unit is on the history of Guiding.

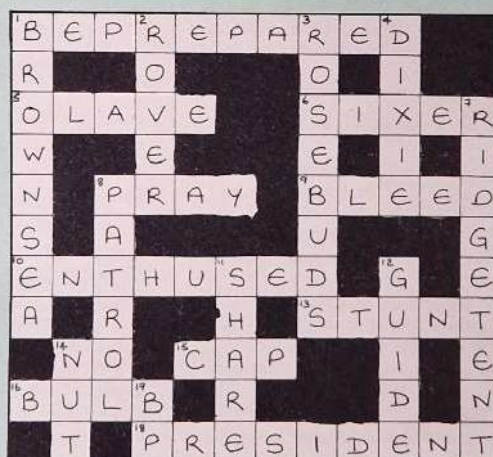
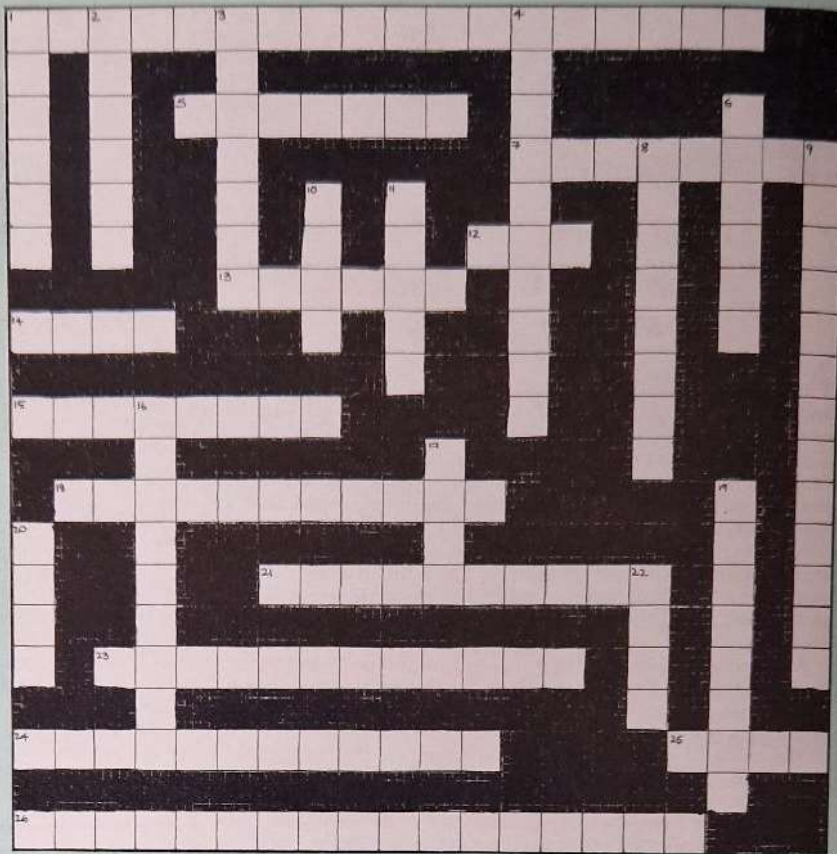
Clues Across

1. Lady Baden-Powell's maiden name.
5. The branch of the movement formed in 1916.
7. The original name for Brownies.
13. The name of the world centre in India.
14. The gold object which was presented to the Chief Guide at the County Commissioners Conference in 1919.
15. The person who became President in 1965.
18. The person who took Guiding to the USA.
21. The Guide Motto.
23. Formed in 1943 for members who where over 21 and wanted to keep in touch with the Movement.
24. The Birthplace of Lady Baden-Powell.
25. The 1st 'G' in WAGGGS.
26. The year 'The Guide' was first published.

Clues Down

1. The place where the first world conference was held.
2. Lady Baden-Powell's brother.
3. Part of the Guide uniform, except between 1961 and 1984.
4. The ship on which Lord and Lady Baden-Powell met.
5. What was renamed Olave House in 1963?
8. What happened to Princess Elizabeth and Princess Margaret in 1937?
9. What was it in 1935?
10. Opened to ex-Rangers and ex-Venture Scouts and their friends between the ages of 18 and 30.
11. What left Buckingham Palace on June 24th 1985 at 3.00 pm?
16. What was replaced by the Queen's Guide Award in 1946?
17. The number of Girl Guides in USSR in 1952.
19. The Association's centre for training, outdoor activities and camping in Wales.
20. What drips in the Guide movement?
22. The last word of the 10th law in 1912.

Answers to be published next month



Here is the solution to the Stopsley Ranger Company's Octopussy Challenge Crossword Puzzle. Check and see how you did.

Eggplant Casserole

Ingredients

- 1 large eggplant (aubergine)
- ¼ cup of chopped onion
- ¾ cup of grated cheese
- ½ cup of diced bacon
- 700g (1lb) tin of tomato soup
- Breadcrumbs, Paprika

Method

Peel and dice the eggplant. Cook in boiling, salted water for five minutes, drain well and place in a greased casserole dish. Cook the bacon and onions until soft, then add the tomato soup and cheese. Stir over a low heat till the cheese has melted. Pour soup mixture over the eggplant, top with breadcrumbs and a dash of paprika. Bake in a moderate oven 190°C, 375°F, Gas Mark 5 for 25-30 minutes.



by Alison Woodward

Malva Pudding

Ingredients

- 1 tbsp butter
- 1 cup of sugar
- 1 egg
- 1 teaspoon vinegar
- salt
- 1 tbsp apricot jam

- 1 tsp bicarbonate of soda
- 1 cup of milk
- 1 cup of flour

Method

Cream the butter and sugar, add the egg and the vinegar. Add the mixed apricot jam, bicarbonate of soda and milk. Lastly add the sieved flour. Bake 180°C, 350°F, Gas Mark 4 for 30-40 minutes.

For the Sauce:

- 1 cup of sugar
- 1 cup of butter
- 1 teaspoon vanilla
- ½ cup of boiling water
- 1 cup of milk

Boil together the sauce ingredients and then pour immediately over the hot pudding.

LEAVING HOME — MADE SIMPLE

Leaving Home especially for the first time, is an adventure and a challenge. In a way it brings together all the things that you might have done as part of the programme and gives you chance to try them out, for real!

Earlier in the year there was a series of articles in *GUIDING, Home from Home*, in which Claire Booker of Shelter, provided some very clear directions for those seeking a place to live. Do search them out, and read them carefully, before you start looking. Remember that, whatever the reason for leaving home, it will be very much easier if you have somewhere to move into, before you go. Maybe the place you have at first will not be exactly what you want, but it will be a start, a safe base from which to look around.

Having found, or been allocated somewhere that you can afford, then comes the nitty-gritty, things that will make it possible for you to remain!

Budgeting is perhaps top of the list. It is no good having a luxurious flat if you cannot actually afford to live there. It costs to live and moving away from home will probably mean that you will have to find the cash for:

Rent, Rates, Water Rates, Gas, Electric.

Food, Toiletries, Cleaning Materials, Fares, Laundry

Telephone, Clothes, Make-up, Repairs, Transport.

Rentals, Licences, Newspapers, Eating Out, Hairdresser.

Magazines, Books, Subscriptions, Entertainment.

Action

Check it out. Will this list cover all the items that you will need to spend money on? Are there other things that you should add on? There might well be things that you could cross off depending on what is included in your rent; whether you own a dog, television or vehicle.

There are ways of reducing costs without drastically reducing the quality of life.

You might:

- Take to using a bike, or walking even two or three stops, which might quite easily reduce your bus fares.
- Read magazines or newspapers in the library or common room.
- Organise a magazine swapping circle.
- Read library books, rather than buying.
- Write letters rather than telephone more distant friends.
- Halve the number of take-away meals that you have, and cook at home.
- Shop at the super-market or market, especially late on Saturday afternoon.
- Buy only what you want or need. There is no need to feel embarrassed about asking for small quantities, lots of people do.

Wear an extra sweater and thick socks. Turning the heat down a bit not only saves money, but it stops the room getting too fuggy and unpleasant to sleep in.

Action

If you have found really helpful ways of reducing costs, perhaps you would share them with us through *Hear and Now*.

Knowing what to take with you can be a problem. If you are moving into an unfurnished house or flat, then knowing is easy! You will need to take everything. Getting what you know you will need is something quite different! It is surprising though how many relatives and friends have just been waiting for a chance to get rid of an odd table and chair, or even a bed to a good home. Second hand furniture can be scrubbed and painted or recovered, and some of the most horrendous stuff can be quite useful hidden away under a pile of cushions or a well draped tablecloth! Gifts of this nature can leave you with cash for those things that will have to be bought.

Two warnings; I would be dubious of having an unknown second-hand mattress, and have all electrical goods thoroughly checked before you use them.

If you are moving into furnished accommodation, then have a good look around when you visit. Always try to take someone with you when you first visit a place, and one way to use them is to get them to take a careful note of just what is there. If you can, draw a plan of the room(s), and make a list while actually there. If this is not possible then do it as soon as you can afterwards. If you don't you will have a terrible time deciding what to take and what to leave at home. When you move in it is worth making a detailed itinerary, if one is not provided for you. When you move out you can then be sure to leave things as you found them. I discovered it was worth having a drawer or box to put away things which were either too awful to look at, or appeared likely to get broken!

Nota Bene: Do insure belongings. Whilst you have been at home they will probably have been covered by the household insurance, they will not automatically be covered by your landlord.

Decide in advance what you will take. You might be limited by your means of transport. If you are travelling by bus or train then you can only take as much as you can carry, unless you arrange to send a trunk separately. Essentials will have to be high on your list, and leave your food shopping until after you arrive. Many people worry that they will be lonely living away from home, and certainly a lot of people probably are at first. It helps to include not only a radio to make a familiar noise, and photographs of your family, but also something to do like a jigsaw puzzle, a thick novel or some knitting. You might never finish

Rug Update

Last month an article mentioned that the Rangers and Young Leaders of Anglia had started making a rug for their new headquarters, Hautbois House whilst at fun weekend.

Here are the finished results:

Anglia would like to express their thanks to Readicut for providing the canvas, and to Patons for providing some of the rug hooks.

Janet Kemp

Young Leader Adviser
Essex N.E



them, but they are there should you need something to fill in a bit of time, or as a starting point for conversation with a new friend. Pets are not normally acceptable, so a cuddly toy might have to do instead, although I know at least one Ranger who has a gold-fish to talk to!

Have somewhere safe to lock away your cheque-book, money, jewellery and personal documents. Do not leave them lying about, it is unfair on those who might have to come into your room.

Try to arrive so that you have time to unpack and get yourself organised, and to find your way around the area, especially if it is new to you. You will have time to find the bank, the post office, your church, the library, the doctor and such like, but you may immediately need to find the supermarket and the bus stop so that you can eat, and get to work on time the following day!

Remember that you have an advantage over 98% of females leaving home. If you have survived so far as a Guide, you will hopefully have spent time away from home; you will be used to thinking for yourself; you will have some home-making skills, even if it is only cooking; and you know that wherever you are, round the corner there will be a unit just waiting for you.

So, take up the challenge, and enjoy have a 'Home of your Own'.

Wendy Goodhind

Ranger Consultant

Seascape 1987

Seascape was a camp organised so that the Rangers and Young Leaders of Wales could celebrate 70 years of Rangering. It was originally to be held at Butlins, Barry Island, in South Wales but because it closed the venue was changed to Broneirion, the Welsh Training Centre. Seascape was not now an apt name and, although it was not changed, our Ranger Unit nicknamed it Hillscape.

We left Cardiff at 8 am on 11 April. After a stop in Builth Wells en route we arrived at Broneirion, signed in, were given badges with our Patrol numbers on and were shown to our rooms.

Activities started virtually straight away after the welcoming ceremony and lunch. There was archery, video making, self defence and volleyball. It was great fun!

In the evening the non Welsh speaking wondered what happened at a Noson Lawen and it was at the village hall that they found out! We had two hours of singing, dancing and mime, and thoroughly enjoyed getting to know each other.

Sunday dawned through the mist and after prayers and breakfast there was a choice of activities, either pioneering and orienteering or hillwalking. We chose the former two, the first of which involved making a ducking stool and a transporter. A good team effort was put in and there was a great sense of achievement when the two were completed and of course, tested!

The orienteering was a sort of treasure hunt in that each group was given a set of instructions and a compass. The course extended around the estate and, following the given clues, we had to go from point to point along the route, and at each one stamp our sheet and if there was a message such as Y=3 we had to make a note of it. By the end we had completed various quizzes and had to then 'difuse' a 'bomb'. We were unsuccessful and 'blew up' a car! If we had taken more care we would have realized that the codeword given to us at the beginning (Yale) corresponded with the numbers along the route and the 'defusing' device! Our group though came second with 91 points. We later found out that the hill walkers had climbed a mountain and when they reached the top some of the Rangers were invested!

In the afternoon there was great preparation for the evening church service and the buffet dinner our county, Cardiff and East Glamorgan was in charge of the service and had rehearsed before, but now we had to adapt to the church. As it was Palm Sunday the service revolved around a conversation between three donkeys, one of which had been the one who carried Jesus. It was very effective and during the service the congregation each make a palm cross. Everyone thoroughly enjoyed the end result which was very pleasing indeed. The rest of the Rangers and Young Leaders prepared the village hall, the floral decorations, food and entertainment. They worked extremely hard to organise such a wonderful evening which was the first formal buffet some had ever been to. The guest speaker Dr Gill Turner gave an interesting talk on 'Guiding in Today's World'. The evening was completed with singing and other entertainment.

The best event of the whole camp took place from Monday morning through to Tuesday morning. It was the 24 hour 'Now Get Out Of That'. Before leaving we were all briefed, after which each group started at a different place. It was a hike, along the route of which were challenges varying from building a swing bridge and shelter to rescuing Snoopy from a tree and asking 'strangers' who could not speak English the time of high tide. No group completed the course, some got lost, others got wet but everyone enjoyed themselves. We all met to cook our supper on the bank of the river, after which we had a campfire. Each group had to perform an item and choose a song and lead in the singing of it. It was soon bedtime but no cosy beds were to be slept in. We all dressed in the warmest clothes we had and went outside to sleep in our sleeping bags and survival bags. Most people had a lovely night's sleep and we were very lucky it did not rain. We were woken by the dawn chorus and the arrival of a much welcomed cuppa'. The winners of the event were the Brown group with 134½ points. It was a fantastic 24 hours which everyone thoroughly enjoyed.

The rest of Tuesday was spent doing crafts, making spice ropes, painting on stones, decorating eggs and much more, and rehearsing for the review in the evening.

The review was a great success. A few villagers, the Guiders and Rangers formed the audience with people popping in and out as they performed their part.

We were all up early on Wednesday morning to leave to go to the Clywedog Reservoir to try canoeing and sailing (which ended up as impossible as there was not enough wind). Everyone thoroughly enjoyed canoeing, in ordinary kayacks and in Canadian canoes that held six people.

After the closing Ceremony in the afternoon we all drifted away!

We would like to take this opportunity to thank the organising committee, all the trainers, Guiders and Rangers and Young Leaders who worked together to make such a wonderful time and last, but not least, the staff of Broneirion, who worked so hard looking after us.

Karen Allen, Nicola Harding, Karen Tinsley and Christine Allen

Splott District Rangers

The Young Leader Scheme The Promise

By Susan Glyn-Woods

Numerous kinds of youth clubs and organisations exist, many of which were founded with a view to giving service in various forms. What is it that makes the Scout and Guide Movements so different? The answer is that the basis on which BP founded us is unique and special. The Promise. These days we are seldom required to solemnly commit ourselves to undertake anything, but when we do it should not be taken lightly. The Guide Promise is a commitment that it is important to understand, at whatever age it is made. That is why there is a period of organised preparation before a Brownie or Guide makes her promise and the Pre-Investiture Challenge which allows a Ranger to discover whether or not she is prepared to commit herself. If you are a Young Leader you may have already made your Promise as a Brownie or Guide, but perhaps you are new to the Movement. Part I of the Scheme will allow you as either a newcomer, or one wishing to renew your Promise, to stretch yourself and find out more about your ability to accept a challenge before deciding whether or not Guiding is for you. The Promise, or its renewal, is not just another clause to be covered. It is the basis on which the Movement is built and you must think about it very carefully.

As a Ranger or YL you will be living through a very questioning time. There may well be an ongoing state of discussion, enquiry and consideration as to what you ultimately want to do with your life. You will want to see results, and one reason why our Movement flourishes is surely because you can see that the Promise in action works.

Perhaps you are a committed member of a worshipping community, but if you are not do not feel that this excludes you from doing 'your duty to God'. If you respect other people and their beliefs, respect life itself and the gifts which we have been given as individuals, this will lead to an attitude of mind which will make you a caring and compassionate person. You probably think that you are law abiding, but remember, if you are babysitting or at work and use the 'phone someone else has to pay that bill, and if you are being paid for a job and arrive late or leave early it could be described as stealing, just as surely as if you take home the paperclips. Set yourself higher standards than this.

Look after the environment in which you live, whether by following the country code in a rural area, or encouraging litter clearance and fighting vandalism in town. You will then be both serving the Queen and helping others, and if you are following these lines you will develop the characteristics required for the further commitment 'to be of service to the community'. The Guide Law gives you a framework on which to base your life. You will not find it easy, none of us can live up to it all the time, but we can do our best and the foundation is always there.

All of us in the family of Guiding have made and renewed our Promise when required. If you follow its principles of good citizenship, respect and consideration you will be strengthening the great bond which unites us all in the Guide Movement.

CALENDAR

DEC

JAN

FEB

Lorne
Craigavad, Co Down
Ulster BT30 0BS. Tel: (Holywood) 02317
3180

Foxlease

December
4-6 Prospective Trainers
29-
3 Jan New Year Training

Waddow

December
4-6 Anglia Launch Weekend (by allo-
cation)
29-
2 Jan New Year Training

Glenbrook

December
20-22 International

Nethurud

December
4-6 Brownie and Guide Guiders
(Hamilton Division, South
Lanarkshire)

Broneirion

December
4-6 Christmas Arts
12 Executive Dinner

Lorne

December
4-6 International

Waddow
Clitheroe, Lancs BB7 3LD
Tel: (Clitheroe) 0200 23186

Foxlease

January
8-10 Wiltshire North
15-17 Woking Division
22-24 District Team
29-31 Middlesex South West

Waddow

January
8-10 District Team
15-17 North West England
22-24 Lancashire South
29-31 Lancashire West

Glenbrook

January
22-24 Instructors

Lorne

January
8-10 International
15-17 Rainbow Training
22-24 South Antrim
29-31 Guides' Activities

Foxlease,
Lyndhurst, Hants S04 7DG
Tel. (Lyndhurst) 042 128 2638

Foxlease

February
5-7 Tutors
12-14 'Arts'
19-21 Worcestershire
26-28 Gloucestershire

Waddow

5-7 Working the Programme with
your Unit
12-14 Cheshire Forest
19-21 Insite
26-28 1. Commissioners
2. Young Leader Advisers and
Ranger Guiders

Broneirion

5-7 Home Arts
12-14 Queen's Guide Award
19-21 Guide Event
26-28 International Education

Lorne

5-7 Southdown
12-14 West Belfast
26-28 Ranger Guiders

Fees at Foxlease and Waddow

Shared room per day	£9.50
Double room per day	£10.00
Single room per day	£10.50
Deposit of £5.00 cheque or postal order only.	

Fees at Lorne

(Per weekend)	
Ulster Guiders (18 yrs +)	£12.50
Ulster Rangers/Y L's (under 18)	£10.50
Non-Ulster Guides	£18.00
Day only	£8.00

Fees at Glenbrook

Shared room (for weekend course)
£17.00.
All activities, equipment and VAT are
included. Optional activities extra.
Deposit of £5.00 cheque or postal order.

Fees at Broneirion

Shared room per day	£8.50
Double room per day	£9.00
Single room per day	£9.50
Deposit (non-returnable)	£2.00

Fees at Netherurd

Shared room per day	£7.50
Double room per day	£7.75
Single room per day	£8.00
Deposit	£2.00
Training for non-residents	£0.50

BURSARY HELP AVAILABLE

For full details of how to apply, and who is eligible for Bursaries, District Commissioners should write to the Training Secretary, CHQ (Scottish Commissioners should apply to Scottish Headquarters). Applications must reach CHQ at least two weeks before the date of the Training. Bursaries cannot be issued in retrospect.

The Fee Bursary entitles the Guider to £3 for a two-day weekend and £1 for each additional day. This is deducted from the fees at the Training Centre.

The Fare Bursary (available only for travel to the nearest Training Centre) carries a rebate of a Guider's travel expenses in excess of £3. This is paid at the Training Centre.

Note: These cannot be issued for Regional Weekends at the Training Centres or for courses at Glenbrook.

The CHQ Training Centres Bursary entitles Guiders to two-thirds of the fee for a two-day weekend training at Foxlease, Waddow and Glenbrook. The bursary is deducted from the fees at the centre.

The Outdoor Activities Bursary is available for Guiders Rangers and Young Leaders attending training/assessment courses to achieve National qualifications. Application forms available from CHQ.



Foxlease



Lorne



Broneirion

CAMPS and HOLIDAYS

For applications and details of all camps and accommodation at the Training Centres write, enclosing a sae, to the Secretary of the appropriate centre (addresses are found on the Training Calendar). Suggest dates and state approximate numbers.

Netherurd

Camp Sites

Applications for equipped sites (four) are being considered now.

Brownie House

Bookings for the Brownie House for Easter 1988 onwards are being accepted now. During Scottish school holidays priority will be given to Scottish Packs.

Ranger Bothy

The Bothy is equipped for eight Rangers and two Guiders. One Camp Site, the Brownie House and the Ranger Bothy, are suitable for handicapped members.

Lorne

Lorne will be open as a holiday centre during July and August 1987. In pleasant grounds with lovely views and quiet surroundings on the shores of Belfast Lough, Lorne is only six miles from Belfast and is a good centre for sight seeing tours. Special terms for parties of Guiders taking the house and wishing to do their own catering.

Camp Sites

Lorne offers fully equipped or unequipped camp sites with solid shelter. Calor gas available. Applications should be sent to: Miss Cynthia Mayne, 8 Kilmakee Park, Belfast, BT5 7QY. Tel: Belfast 792457.

Irene McKibbin Memorial Cottage

A cottage available for Ranger holidays; for details apply to: Guider-in-Charge, Lorne.

Glen Road Camp Sites (Nr Lorne)

Fully equipped for campers (one large or two small camps). Excellent hut for solid shelter with electricity. Bookings should be sent to: Mrs Christine Gaston, 127 Harberton Park, Belfast, BT9 6TX. Tel: Belfast 669391.

Magilligan Camp Sites

Three fully equipped sites with double Calor gas stoves for 24 to 30 campers. Two miles of sands. Large three-room hut with an open fireplace. For details apply to: Mrs J Gibson, 61 Station Road, Portstewart, Co Londonderry. Tel: Portstewart 2546.

Broneirion

Holiday flats are available all the year round for family holidays or for parties of up to 12 Rangers with their Guider. Self-catering, fully equipped, with metered electricity.

Camp Site and Brownie House

Applications for camp site and Brownie House for Pack Holidays may be received from 1 September for the following year. The Brownie House may be used by Guiders and Rangers outside school holidays.

Ynsgain

Criccieth, North Wales.

Ty Ni

Brownie Pack Holiday House, available for other sections when not booked for Brownies. Max 12 girls and 4 adults.

Ysgubor Hir

Long Barn. Suitable for handicapped people. 10 and 3 adults.

Y Bwthya

Ranger/Young Leader Cottage, 8 and 2 adults. All houses fully equipped except for bedding.

Camp Sites

Three camp sites, two with flush toilets. All have solid shelter and altar fires. Unequipped. Showers available.

Contact: Mrs J P Griffith, Cefnfaes, 23 Carreg Felin, Llandegfan, Anglesey, Gwynedd, LL59 5YB. Tel: (Menai Bridge) 0248 713134, enclosing an sae.

Waddow

Patrol Camp Sites

Two Patrol camp sites both fully equipped and each with solid shelter. Also suitable for Rangers for lightweight camping.

Ranger Cottage

This self-catering cottage sleeps 15 people in 5 bedrooms. There is a large, fully equipped kitchen including fridge/freezer, a large comfortable sitting room/dining area, two bathrooms, one with shower and three toilets.

Applications are being considered now. Rangers will be given first consideration but the cottage is also suitable for small Pack Holidays, groups of Guiders with Guiders, Trefoil Guilds, Guiders, etc.

Caravan

Why not enjoy a peaceful holiday in beautiful surroundings with your family/friends in Waddow's new caravan?

This is a 6 berth 25 foot long caravan with separate double bedroom, shower and flush toilet, large dining/kitchen area and sitting area. It is equipped with a full size gas cooker, gas fire, electric light and fridge.

Available for bookings throughout the year.

Glenbrook

Accommodation available in the house for 30 or in the flat upstairs for 10. Groups must be self-catering and must guarantee 20 in the house or 6 in the flat. Accommodation in 'Derwent', the purpose built annexe, is for 34 people on a self-catering basis.

There are two large bedrooms/training rooms on the ground floor with two Guider's Rooms leading off. Above this is a fully equipped kitchen with gas cooking and lounge area. A number of activities are available, including canoeing, walking, caving, rock climbing, etc.

Camp Sites

Four camp sites available, two suitable for handicapped members. Situated in partly wooded grounds. All sites are unequipped.

Blackland Farm

Equipped and unequipped sites available in 175 acres of fields and woodland, with swimming pool, simple rock climbing and pioneering facilities (equipment may be borrowed). Canoeing on nearby reservoir. Restrop and Wagtail Lodge, furnished bungalows for 27, the latter specially adapted for the handicapped, are on the site and in addition a six-berth caravan is sometimes available. To avoid disappointment Guiders should apply for bookings by February 1 every year. For details write to The Warden, Blackland Farm, East Grinstead, Sussex, RH19 4HP, enclosing an sae.



Brownsea Island

Eight sites are available for Guide and Scout Camps from Easter to 1st October plus South Shore Lodge sleeping 18 plus leaders. For details apply to: Miss Muriel Hunt, 5 Alderbury Close, Swanage, Dorset BH19 2SN.

Foxlease

A heated, covered swimming pool is available from March to October.

Barn and Beaverbrook Lodge

Applications for the period October '87-April '88 are now being accepted. The accommodation is suitable for handicapped members. Priority is given to applicants who have not already stayed in either the Barn or the Lodge.

HQ NOTICES HQ

The Association's Awards

Good Service Laurel Award

Miss Sheila Smart (County Commissioner for Somerset)
Sadly Miss Smart died soon after receiving her Award.

Miss Joyce Allis, County Commissioner for Birmingham.

Meritorious Conduct Star of Merit

Ann Cooper, Assistant Brownie Guider, 1st Flixton, Greater Manchester West.
Ann has been a member of the Association since joining Brownies. She now works hard with the 1st Flixton Brownie Pack. Her sense of fun and her helpful, cheerful and uncomplaining manner are an inspiration to all who have contact with her.

Anita Hall, Brownie 28th Stafford (Rising Brook Methodist) Pack, Staffordshire.

Anita is a cheerful and uncomplaining Brownie who takes part in as many activities as possible. Despite spells in hospital she has gained several Interest Badges. She enjoys singing and playing the recorder and is a much loved member of her Pack.

Lisa Marie Davis, Young Leader and Ranger Guide, 1st Braunton Brownie Pack and Ranger Guide Unit, Devon.

Following a serious road traffic accident Lisa has fought bravely to return to active Guiding and is now helping with the 1st Braunton Pack. She is a much loved and admired member of the Association.

Joanna Evans, Guide, 2nd Ware, Hertfordshire.

Joanna has a cheerful and happy disposition and she has undergone major surgery with courage and fortitude. She works hard as a Guide and joins in as many of the Unit's activities as possible.

Certificate of Merit

Andrea Thomas, Brownie, 1st Wood End, Warwickshire.

Claire Vasey, Guide, 2nd Hurworth, Co Durham and South Tyne.

Joanne Silvester, Brownie, 11th Loughton, Essex West.

Short Term Investment Service

Monthly interest rate after deduction of management commission.

March 1987	9.50%
April 1987	8.66%
May 1987	7.81%
Additional 0.5% p.a. for deposits of £2,500 and above.	

Scout & Guide Trust Fund

On 31st May 1987 the value of a share in the above Fund was:

for selling purposes	218.79
for buying purposes	229.87
income yield	2.63%

The income yield is based on the previous two dividends paid and the price on the date stated.

The Queen's Birthday Honours' List 1987

The following names appear for work specifically connected with Guiding:

Barbados: Lady G Brancker Services to education and Girl Guide Movement. OBE
Tasmania: Mrs J L Ikin Services to Girl Guide Movement. BEM

Friends of Waddow

In the Training Centres booklet, you will have read that information and application forms for Friends of Waddow bursaries are available from Miss P Marshall. Apparently, Miss Marshall only receives the completed forms; to obtain a form in the first place, you must write to the Secretary at Waddow. Our apologies both to Miss Marshall and to any of you who have been inconvenienced by this misunderstanding.

PS

KESWICK

Derwentwater Marina

- Windsurfing School (full or 1/2 day starter courses)
- Lake Cruises
- Board, Wet Suit, Boat and Yacht hire

Groups most welcome by arrangement

TEL: (0596) 72912

Remember, we always welcome good clear photographs of Camp or Pack Holiday.

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Olave Baden-Powell Bursaries 1987



The following list gives details of people who have received Olave Baden-Powell Bursaries this year, and to what use the money will be put:

London & South East England

Karen Fotherby	5th Reigate Hill Guides, Surrey East	Clarinets
Clare Godden	Downs District Rangers, Sussex East	Experiment in International Living, South Korea
Sandra Hill	2nd Crawley Guides, Sussex Central	Cello case
Katie Mans	1st Keymer Guides, Sussex Central	Walking boots
Clare Sharman	Croham Valley Joint Unit, Croydon	British Schools Exploring Society, Svalbard
Georgina Smith	Dittons District Rangers, Surrey West	Experiment in International Living, Japan
Donna Staniforth	Wembley East & Alperton Rangers, Middlesex East	Flute

Anglia

Jane Tyson	Young Leader Stonesfield Brownies, Oxfordshire	Bow
Angela Walker	1st Cambridge Guides, Young Leader, Cambridgeshire East	Overseas Travel — Canada
Susan Wells	1st Cambridge Guides, Cambridgeshire East	Overseas Travel — Canada
Kirsten Bloom	1st Cambridge Guides, Cambridgeshire East	Overseas Travel — Canada
Rebecca Goodchild	4th Braintree Guides, Essex North East	Overseas Travel — Switzerland
Gillian Davies	Ware & District Rangers, Hertfordshire	Overseas Travel — Jamboree, Australia

South West England

Angela Goddard	4th Wokingham Guides, Berkshire	Overseas Travel — Switzerland
Wendy Hill	1st Crewkerne Rangers, Somerset	Violin Bow
Sarah Robins	3rd Hedge End Guides, Hampshire West	Clarinet
Anita Parsons	3rd Truro Rangers, Cornwall	Overseas Travel — Jamboree, Australia, Camera
Joanne Mitchelmore	1st Dartmouth Guides, Devon	Oboe
Paula Vickery	1st Bristol Rangers, Avon North	Outward Bound Course
Jane Amos	12th Exeter Guides, Devon	Hire of minibus for visit to Foxlease
Joanna Cox	12th Exeter Guides, Devon	Hire of minibus for visit to Foxlease
Joanna Harris	12th Exeter Guides, Devon	Hire of minibus for visit to Foxlease

Helen Renshaw	12th Exeter Guides, Devon	Hire of minibus for visit to Foxlease
Joanna Loft	12th Exeter Guides, Devon	Hire of minibus for visit to Foxlease
Caroline Atherton	Farnborough Rangers, Hampshire North	Training Cruise
Rebecca Ayers	Young Leader, 1st Box Guides, Wiltshire North	Overseas Travel — International Camp, Sweden
Philippa Barrett	Young Leader, 23rd Swindon Brownies, Wiltshire North	Experiment in International Living, Japan
Hazel Baker	1st Bath Guides, Avon South	Buoyancy Aid
Rachel Batstone	Wellington District Rangers, Somerset	Visit to London
Juliet Brown	Cheltenham Division Young Leader, Gloucestershire	Project Trust

Midlands Region

Karen Bird	Young Leader, 2nd Oldbury Guides	Saxophone
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North East England

Sharlah Cantwell	1st Hornsea Guides, Humberside North	Lightweight camp equipment
Michelle Eastwood	Young Leader, 7th Huddersfield Brownies, West Yorkshire South	Cello and case
Melanie Rogers	Young Leader, 1st Shadwell Brownies, Yorkshire North East	Yorkshire Schools Exploration — Himalayas
Emma Warr	1st Barkwith Guides, Lincolnshire North	Books for GCSE
Claire Vasey	2nd Hurworth Guides, Durham and South Tyneside	Paddle and Lifejacket
Christine Walker	11th Monkseaton Rangers, North Tyneside	Training Cruise

North West England

Rachael Bannister	4th Colne Guides, Lancashire East	Tenor Horn
Elizabeth Bird	Young Leader, 4th Formby Guides, Sefton	Training Cruise
Joanne Blundell	Kingswood Rangers, Cheshire Forest	Experiment in International Living, Thailand
Elizabeth Brown	1st Frankley Rangers, Wirral	Training Cruise
Katharine Dovey	RS Antenor Rangers, Wirral	Training Cruise
Heather Rothwell	Young Leader, 4th Bramhall Rangers	Outward Bound Course
Joanna Pointing	Westminster Rangers, Wirral	Training Cruise
Susan Lates	Kings Forest Rangers, Cumbria North	Cumbria Schools Exploration to Venezuela

Continued on page 51



THE EIGHT POINT PROGRAMME



Brownies

Brownies Help at Home

Making Biscuits with a Difference

Using a plain biscuit recipe Brownies make a batch of biscuits either at Brownies or at home. Give them an international flavour by adding chocolate chips 'Swiss Kookies'; Coconut 'Hawaiian Kookies'; chopped peanuts 'American Kookies' etc.

Give them a decorated look by using plain icing or melted chocolate and decorate with sweets to make faces; badges; patterns; flags; suitable for a party theme; international theme; Pack Holiday theme.

Recipe Swap Shop

Each Brownie brings to the meeting her favourite recipe together with a sample of the food. Brownies display their recipe and food in their Six corners (recipe cards must be clearly written). Each Six will visit the other Six corners and sample the food and note recipes. This could lead to the Pack producing their own favourite recipe book.

Have You Tried?

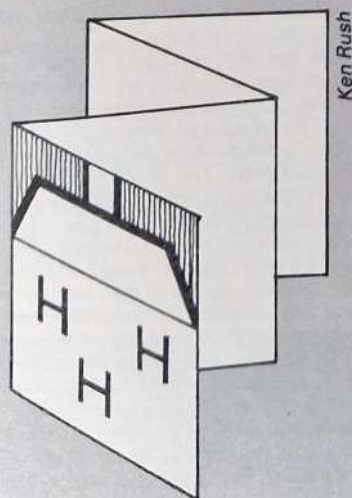
Edible international dolls: Gingerbread men as a base for Brownies from other countries. Decorate with melted chocolate, coloured icing or coloured marzipan to make the uniforms.

Edible pictures: Cover rice paper with a thin layer of icing and before icing sets use sweets and decorate to any theme Brownies choose.

These activities could involve Brownie mums as they enjoy giving a helping hand.

Are your Brownies GCU's? Why not try a HHH

HHH Help at Home House



You will need: Half sheet A4 paper cut lengthways for each Brownie and a card template of house.

Becoming a Homemaker

Concertina fold paper as sketch. Each Brownie using template draws house shape on top surface then cuts out shaded area. Houses are then coloured and named for each day of the week.

During the coming week Brownies carry out helpful tasks at home and draw or write it on the appropriate day. Brownies should be encouraged to undertake a different task each day. You could also try:

Games from Many Lands P20 Hanging out the Washing



Young Leader Activities with Brownies

1. Cut out from magazines and catalogues pictures of household objects such as an iron, kettle, vacuum cleaner, dish, towel, mug, vegetables, washing up liquid, and then mount them on card. Cut each picture into three or more pieces. Give each Six a picture to complete and ask them to say how they would use each object to Lend a Hand in the home/at Pack Holiday.

2. Collect pictures of things which are found in a home. It is useful to have a number of the same things eg biscuits, orange, cushion, pots and pans. Print on large cards the names of the shops where these articles can be bought for example grocer, hardware, fishmonger, florist etc.

Spread the names of these shops around the room and also the pictures. Number the Brownies in each Six. The Young Leader calls out the names of two or three articles and then a number. The numbered Brownie tries to collect the right pictures and put them in the right shops.

Guides

Becoming a Homemaker

What turns a house into a home? Is it the people, the atmosphere, the contents, the ...?

Ask Patrols to discuss this making a list of all the contributing factors. Do not miss this opportunity to talk about the Promise as well as the many practical ideas which should arise from these lists.

'Name the Badge' Which badges contain clauses helping towards 'becoming homemakers'? If you need help look at the syllabi in the Badge Book.

'Folding' Try to fold serviettes attractively in at least 3 different ways. Nappies. Did you know a baby's nappy can be folded in five different ways. Have fun practising on a lifesize doll. (A leaflet is available from:- Sylvia Meredith Health Education, Advisory Service, 3 Elgin Road, Sutton, Surrey SM1 3SN)

Further topics arising from these activities might be:

- (1) Table decoration
- (2) Discussion on disposable/towelling nappies
- (3) A willingness to start or complete a badge.

'Quickie' How many makes of soap powder can you think of in 1 minute? Why are different products used for different machines/garments?

Make a bingo type or pelmanism game using internationally used symbols e.g. laundering marks; natural fabrics; standard marks.

Continued on page 46

EXPEDITION

One Sunday evening last October, a party of adult leaders from Hertfordshire Scouts and Guides set out on a very exciting and memorable expedition. Fifty-nine of us gathered at London Heathrow together with families and friends to see us off, day sacs on our backs and our expedition kit weighed and labelled.

Planning for this moment had been progressing for nearly two years: kit, insurance, finance, health checks and jabs and fitness training; all needed careful thought and dedication. Excitement was high. There was also some unspoken apprehension because this time we really did not know what we were in for, or whether we could cope with high altitude conditions. We were heading for Kathmandu and the Himalayas.

The purpose of our expedition was to walk right round the Annapurna Himal circuit. Five great rivers run roughly north/south through Nepal and we planned to follow the Marsyandi River to its source, cross the Thorong La pass and pick up the Kali Gandaki river walking south down and round eastwards to Pokhara. In the centre are fourteen great peaks with Annapurna 1 at 26,502ft (8078m). Distance to be covered was about 170 miles. All the ups and downs each day would total about 40,000ft and we would achieve a height of 17,800ft.

The flight was smooth, touching down first at dawn in Dubai and then landing at Karachi. A smaller aircraft took us on to Nepal. We gasped as we slipped between snow clad peaks down into the broad valley of Kathmandu. Warm sunshine and a light breeze felt refreshing as we walked across the concrete to the small airport building. Luggage was retrieved and lots of boys fought to carry it for us. There was much shouting and hooting of horns. We crammed into a bus and were taken to our hotel.

Darkness falls very quickly. It was quite an adventure, finding our way through poorly lit streets in this eastern capital to a restaurant for our first Nepalese meal. The next morning we spent sightseeing and shopping. The sun was very hot. Everybody, it seemed, was on the streets selling their wares, telling palms, watching the medicine men with snakes round their necks, talking. There were small children herding peahens, chickens, goats; women selling fruit and vegetables; men selling knives and bamboo pipes. The streets were lined with shops, small and very dark inside.

You could buy anything: spices, batteries, cotton goods, carpets, ironmongery, jewellery, precious stones, saris, bales of fabric, flutes, daggers, crocodile skins, wooden carvings, antiques and religious artefacts. Everywhere there was noise: the honking of car horns, bells, people shouting. The tricycle rickshaws had old-fashioned black hoods and were gaily painted. Three-wheeler taxi cabs wove in and out of the oxen carts. Half a dozen men hauled a cart piled high with

building materials. A car skidded round a corner, narrowly missing a cow wandering along the gutter. There were several groups of police, in khaki with red berets, marching off to their posts. I looked after them and wondered how long it took for these young men to get used to wearing their heavy black boots after running bare foot all their lives.

There are many Hindu and Buddhist shrines in the city. The royal palace stands behind a high wall, painted mustard yellow with an uneven white concrete topping like icing on a cake. The gates are guarded by Gurkha soldiers. In Kathmandu you can see the great mix of races who live in Nepal. Western clothes, Indian saris, Tibetan shawls and many variations of other distinctive eastern dress mingle in the streets.



In the afternoon several of us took a bus to view the sunset over the Himalayas, 7,000ft up at Narguncot. It is a spectacular drive up a narrow winding road. If you are of a nervous disposition it is better not to look down at the tyres within inches of the precipice. As the sun set, the snowy peaks, many of them well over 26,000ft high turned a lovely orangy-pink. There was layer upon layer of them stretching into the distance. It was breathtaking.

Next morning we were up early. We met our Sirdar. The buses arrived and we set off along the narrow, bumpy road towards Pokhara. At 10am we stopped for lunch. At 2pm we reached Dumre. The town is a single long street with orange/brown wooded buildings on each side. The ground floor is used as shop, workshop, or stable and the living quarters are above. The street is dusty and there are heaps of rubbish everywhere. The women cook food for sale on wood fires in mud fireplaces. There are great stacks of empty Coke bottles telling of the tourist trade. Notices like 'Welcome, nice food made,' sit next to placards in Nepalese script.

The bus trundled away and we threw

our luggage up into a brightly painted lorry with eyes on the front mudguards and various symbols all over the sides. Flags, bunting and bands of tinsel decorated the cab and bonnet.

The wheels seemed as tall as me. We clambered in on top of the kit. I had not imagined that a lorry could negotiate an unmade narrow track like this. Most of the time it was little better than a stony river bed, in other places it was a wildly uneven sandy track. We were thrown from side to side across the lorry. As soon as we started, local men and boys hung on to the sides and finally climbed in on top of us. Four hours later, bruised and stiff, we arrived at Bhote odor where we stumbled in the darkness to our tents and a meal. Our sherpas and porters were waiting for us there.

The next day we were introduced to the routine we were to follow on the trek. 5.30 am A cup of tea arrives at the tent door. It is still dark and freezing. We dress, pack kit and then breakfast at 6.

6.30 am We are ready to start. The porters have already gone. Each one carries two kit bags and mattresses, others carry the tents and dining shelter. The kitchen porters carry the cooking equipment and food. The cook, who is next in importance to the Sirdar, walks unencumbered except for his personal gear. He buys food at the village where we camp. There is always a cheer when he passes us along the route because we know then that our next meal was assured. We sometimes met the goat destined for our supper trotting ahead!

We walk for about four hours and then break for a meal, a rest, bathing, washing clothes and writing up diaries: usually two hours or so. The trek continues until about 4.30, and cups of tea. The tents arrive and are put up. The sun goes down, we have a meal and then go to bed.

The first few days we were walking up and down through sub-tropical forests and terraced rice fields, hearing monkeys and

HIMALAYAS

parakeets chattering, catching sight of beautiful butterflies, lizards and dragonflies. We learnt the necessity of covering our heads with a sunhat and an umbrella, and of putting on fleecy jackets at sundown. We experienced the excitement of approaching a village, walking through the middle and seeing the different styles of building, craft and costume at each one. Everyone is outside about their business or, if not, they come out as you pass. Narrow as the track is, it is the main artery of the country and the whole world seems to be moving along from place to place. The Nepalese are a great trading people so there is a constant stream of men and women walking along carrying loads on their backs. Turn a corner, meet a moving haystack and underneath is a diminutive woman in a long dark dress with bright velvet jacket. Come to a stream and pass tiny children carrying stones in their slings, suitable in Nepali eyes to their age but of incredible weight to the English. Struggle up an excessively stony track but beware you are not knocked sideways as the mules pick their way by the easiest route. The panniers make them very wide and it is not in their mind to be polite to you! Nowadays there are increasing numbers of trekkers from all over the world. It is stimulating to chat to Americans, Japanese, Scandinavians, Indians and French as you rest at a village sucking in long draughts of *Coke* or *Fanta*. It is imperative to drink huge quantities and this becomes a constant battle. Six cups of tea at breakfast, *Fanta* by the wayside, a litre in your water bottle, more tea at lunch and as many bowls of soup and cups of tea that you can push down at supper. The cook boils water for drinking and we all used iodine tablets. We soon discovered that drinking water, collected hot at night, kept the toes warm before use the next day suitably chilled by the frosty air. Dehydration can make altitude sickness more likely.

Gradually we were climbing higher and higher and our lovely river was getting smaller. Even as a stream it ran with great vigour and noise. It was a milk white blue bouncing over grey and white streaked rocks. The noise when close to it was almost deafening and most nights we camped beside it. Pipes taking water to the villages have only been installed in the last few years. Water is not piped to

By Marion Smith

individual houses so the constantly flowing fountain is always in use for personal washing, and everything else.

All Nepalese smile and laugh. They greet you and you greet them back. They welcome you into their villages and houses and this is one of the joys of the trip. You feel valued as an individual. The mountains are so harsh and grand being alive is a statement in itself.

We leave the forests behind. The track is extremely stony and precipitous. Sometimes it is only a foot's breadth wide with sheer drops. We cross many bridges of all shapes and sizes, many quite terrifying. Single bamboo pole, logs, suspension bridges with most of the walkway missing, and still the river rushes underneath us. Now we are above the tree line. We see magnificent, majestic snow covered mountains towering above us. The mountains we traverse here are solid bare rock, merciless and stark, and still the sun burns down and the eagles soar high above us. We walk along a wide flat river bed. We are at 14,000ft and marvel at the stone houses built against the mountainside, the myriads of flags fluttering their constant prayers.

After a hard slog, up and down, the path heads us into an ever decreasing valley. The river is but a stream far below us. It disappears and we come up short against a wall of rock. There is a small platform with just enough room to pitch a few tents. (By now I hardly notice the crossed guy lines.)

On the ninth day of trekking, we were out of bed at 4 am and ate breakfast. Wearing our headlamps and all our fleecy gear, we set out up a near vertical slope to climb over the mighty Thorong La pass. That day we all achieved wonders! It was cold, the sun and snow were glaring, the air became very thin, every step was hard. The sky above us was a deep bright blue. Suddenly the skyline looked a little lower. We were there. We'd done it. The blizzard that howled at that moment hurried us down the other side to drink our champagne in a bit of shelter.

The next few hours down to Muktinath seemed endless in the heat of the day and I think everyone was pleased to spot orange tents in the distance. A rest day followed, and we washed ourselves and our clothes in the icy stream that gushed from the rocks in the old walled city. This was one of the few camp sites that was open and wide. Thousands of miles of barren, rocky mountains stretch in all directions. We were facing the main trading route to China (Tibet) and the people living in this area are of Tibetan stock. They have strong browed faces, the women have apple cheeks and slanting

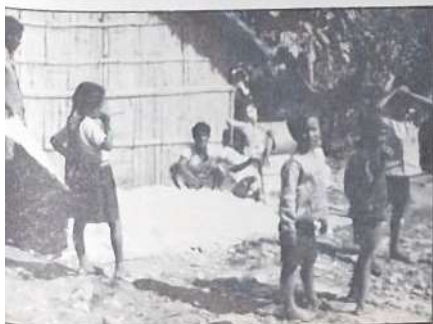
eyes. They wear black or dark grey dresses with gaily striped aprons and shawls. They gather round and try to sell you coral and turquoise necklaces and carved yak bone bracelets. The married women wear beads of enormous size, great blobs of coral, round their necks. When we climbed the pilgrimage steps to visit the shrines of Muktinath, we realised how high we were. Breath was short and it was tiring work.

Renewed by a rest day and the achievement of Thorong La, we set out westwards down a little luxuriant valley in the desolate wilderness. We dropped into the valley of the river Kali Gandaki in all its majesty. *Should I tell you of the searing dust along the river bottom, the yaks standing patiently, the shaggy goats in charge of their little boy minder, the airstrip at Jom-*



som where tiny aircraft flit upwards through a seemingly impossible gap in the mountains? No, let me tell you of the bliss of the hot springs at Tatopani, where the boiling water burnt your body if the icy river waves withdrew slightly from your perching rock.

Let me tell you of the long climb to Ghorepani and the dawn viewing of Annapurna, the Fishtail and hundreds of snowcapped mountains, many over 26,000ft high. Breathtaking and unforgettable, defying description. The Annapurna Himal remains in your heart, and as you catch sight of it during the descent you love it more and more. Suddenly it seems you are in the foothills and there spread below are rolling hills. In the distance, a day's walk away, is the lake of Pokhara. We stood looking, it was completed; we had walked right round those great peaks and must now return to the lowlands.



A PRACTICAL ALTERNATIVE

Queue for Activity

How often do you find yourself standing in a queue, sitting on a platform for a train, making a long journey, in short, how often do you find yourself sitting with nothing to do? 'I always take a book with me', you may say, but one can almost guarantee that the one occasion when you leave your book behind, you will find yourself waiting, you and the queue and nothing to do.

This month's **Practical Alternative** therefore takes the theme of 'filling in time'. We give you ideas for games and activities for you and your Guides to use to fill in your time. Never again will you despair at the end of a queue for the loo. Instead, see it as a 'queue for an activity'.

Smile

When faced with a queue, smile. First of all, smile to yourself. That will get you into the right frame of mind. Next, smile at someone else. Think of how uplifting it is, to pass a stranger in the street, and have them give you a friendly, genuine smile. So do the same for somebody else, see how many people you can make smile. Ironically a word of warning needs to be given here. Choose your person carefully and warn your Guides against smiling at strangers when they are on their own.

Mental Games

These ideas are easily adaptable for doctor's waiting rooms, dentist's waiting rooms, hospitals, post offices, banks, etc. The real skill lies in not talking out loud and making sure your lips don't move.

1. Practice your multiplication tables.
2. Be a thesaurus, think of one word, and then as many others as you can that mean the same thing.
3. Test your eyesight, using first your right and then your left, see how far your reading sight covers.
4. Try to name all the counties in England, then Scotland, then Wales (not necessarily in that order).
5. Practice learning quotes. Think how relaxing it will be, sitting in the dentist's waiting room running idly through the love scene from *Romeo and Juliet*.

Exercise

Exercise is a great way to make use of your time. Nothing so obvious as getting down and doing 20 press-ups, but something very discrete. For example:

Breast toning: Smile. A big cheesy grin, stretching from ear to ear. You will feel the pectoral muscles pulling. Do this 10-20 times (or until someone grins back).

Buttocks: A touch of the old clench and squeeze, very beneficial exercise. This can be done sitting or standing.

Feet: To stop your feet and ankles getting stiff, bob up and down on your toes, together, then on one foot and then the other, like jogging but without lifting your feet off the ground.

Challenge the Guides to think of other ways in which they can exercise while they wait.

Car/Train Spotting

Brownies or Guides may enjoy a session car or train spotting. They may want to concentrate on types of cars, colours of cars, or registration numbers. Presentation for this activity could involve collecting pictures of cars from magazines and books, so that they can recognise the cars on their survey. If they are collecting registration numbers, can they tell from the numbers where the cars come from? The book 'I Spy... Cars' will be useful here.

It Takes All Sorts

Here in the UK we are renowned for our queuing. It is a quaint 'British' trait that we will stand, if not happily, obediently, in line waiting for whatever it is at the end of the line, be it a loo, refreshments, the cinema, a bus, you name it, in a peculiar combination of democracy and 'first come first served', we will queue for it. Visitors from abroad are frequently amazed at the British queue, and are often the victims of reproving glares and indignant shoulder taps as they breeze by, ignorant of the 'system'. Queuing is just one aspect of the differences between the races. Let the Guides consider and discuss, in what ways the British people differ from say, the Americans, the French, Indian People, the Germans, South African people. They will be considering characteristics but also how a nation's character is influenced by its circumstances, geographical, economic, cultural.

People Watching

People are a fascinating activity. You don't have to talk to them, or go out of your way to find them, you just need to be standing still for 2 minutes, and there they are, all around you. And they are amazing to watch. Very often though, we do not notice the people around us, we whizz along, with our noses directed at the pavement and we miss all the faces that are milling past. Next time you are standing waiting, do a spot of people watching. Try these ideas:

1. How many men go past?
2. How many women go past?
3. How many people over the age of 50 go past?
4. Decide, before the next person passes, that you will notice their hair, their shoes, their walk, or their eyes.
5. Who looks harassed?
6. Who looks relaxed?

The list of samples to choose from is endless.

People watching is good training for being discrete. One can only partake in people watching if one is polite about it, and does not stare, or let the other person know that they are being watched. They are unlikely to appreciate that they form part of your 'Queue activity, the wonder and diversity of human beings'.

PS



THEME EVENINGS

12

A Medieval Evening

by Beryl Rooke

Why not hold a medieval banquet for your Unit this summer? In fine weather it could be held outside, but could just as easily be enjoyed in a hall. Invite your District and Division Commissioners to come and be 'King' and 'Queen' for the evening. The Unit Guiders could dress up as 'Jesters' to keep the action moving. It would probably be useful to have a couple of Rangers to help.

Each patrol chooses a colour for the event. Each girl makes herself a crepe paper tabard in that colour, and a cardboard crown to wear.

A medieval banquet is devoted to eating, riding displays, games and dancing. Food can be cooked on a barbecue or altar fire and eaten between games. Hobby horses, made by each girl in a previous meeting, provide the mounts.

Start with the entrance of the 'King' and 'Queen' suitably dressed for the occasion; who walk around the arena to see all the riders and horses as they line up. They could also, at this point, judge the hobby-horses and present a small prize to the winner. They would then go and sit on their thrones on a raised dais just beyond the finishing line.

Food

Start with a small square or finger of pizza as soon as everyone is seated. Then a cup of soup with chunks of fresh French bread, eaten while watching the riding displays. Main course could be chicken drumsticks, sausages and jacket potatoes, followed later by an apple or banana. Squash, lemonade or a fruit punch would be welcome during the evening. Ideally, metal plates and cups should be used, but paper and plastic would involve no washing up.

Riding Displays

Each Patrol to put on a 'riding' display in turn, lasting 3 minutes, to include some dressage and team work. 'King' and 'Queen' to award points and present tissue paper flowers to winners. The display could be worked out and practised the previous week.

Games

1 Target.

Line up 2 Patrols at one end of the arena, each mounted on their horse. First in each Patrol also has a lance (garden cane) decorated with Patrol colours which is tucked under one arm. They have to gallop down the course and hit the target without stopping, ride on round the target and back to the Patrol where the lance is handed on for the next girl to try. Scoring one point for each hit, how many points can be scored in 3 minutes? The final would be between the two Patrols with the best score.

2 Rings

Line up 2 Patrols as before. Tie a rope between the target poles. Dangling from the rope, on pieces of string, will be 6 'rings' per patrol (attach strings to rope with donkey hitches so they come undone easily when pulled). The first one in each Patrol gallops down course and tries to hook a ring on the end of the lance, without stopping, then returns to the Patrol. As soon as Patrol has six rings the Patrol Leader takes all six to the 'King' and 'Queen'. The winners of each heat compete again in a final. The rings could be made from triangles of cloth in the same way as ring-pads in First Aid.

3 Through the Hoop

Attach a small hoop covered in tissue paper to the target arm. Line up 2 Patrols, each girl holding a metre-long, thin stick. The first one gallops down the course and throws her stick through the hoops and returns to the Patrol. Each girl following in turn. One point is scored for each stick which goes through.

When all the points have been added up the winning Patrol could be awarded small prizes by the 'King' and 'Queen'.

The evening could then finish off with some kind of dancing; country or disco, whichever is preferred by the girls.

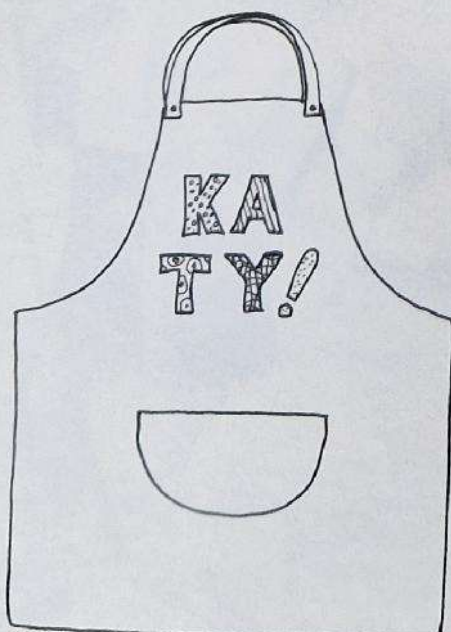


This type of applique is quick, effective and can be done by hand or machine. It is useful for shopping bags, aprons, patches on dungarees, Patrol hangings etc.



MAKE YOUR OWN

Simple Applique
From an idea by Cicely Port.
Series arranged by Sheila Edwards.



You will need

Material, cotton or polycotton, calico,
Iron-on vilene,
Card, pencil, scissors,
Pins, needles, cotton,
Sequins, buttons,
A sewing machine (optional).

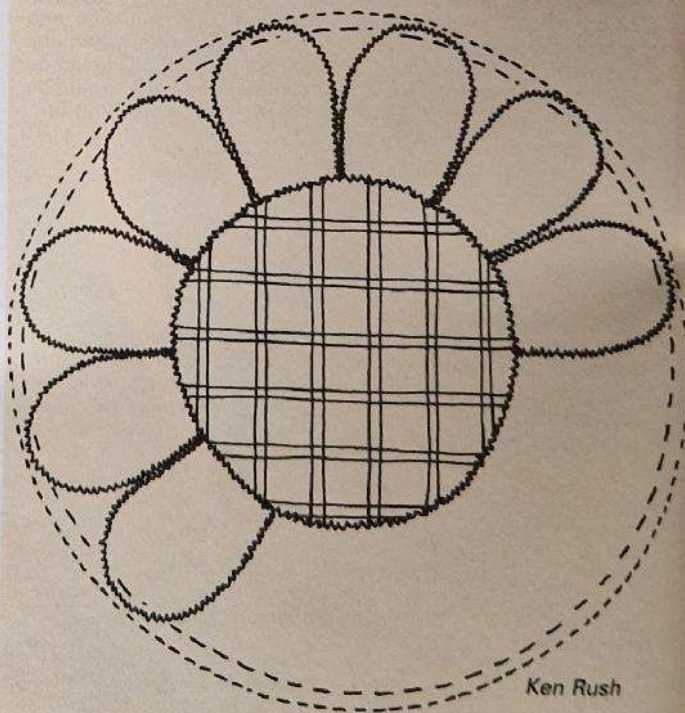
Method

The first step; is to cut out the pieces for the item you intend to make, as the applique is best done before making-up. Use smooth, firm cottons or polycottons, but do not mix, as these fabrics need different ironing temperatures. For aprons or shopping bags unbleached calico is good, but *hot wash first* to shrink fabric, or your applique will be a disaster. The second step; is to choose the fabrics for applique, and iron the pieces onto iron-on Vilene to bond them together. They can now be cut into shapes and do not need any turnings to stop them fraying.

The third step; is to cut thin card patterns keeping them simple and blocky, and draw round them in pencil on the bonded material. Cut out, build up the design by pinning and tacking, then buttonhole round edges if by hand, or zig-zag if by machine. Add decoration with large sequins for eyes, fish scales etc. or ornamental small buttons if the article has to be washed often; also with feather-stitching by hand, or lines of zig-zag if by machine.

Handy Guides can plan, pin and tack at meetings, then take the item home to machine sew. Brownies can keep it very simple and sew round with fine tacking. Rangers and Guiders can have fun! You can use this method to make your own Camp badges too.

The owl was built up with egg shapes and backed by simple leaf shapes which were put on first. Sequin or button eyes may be used along with zig-zag decoration. It is a good idea to experiment with tacking.



For the sunflower cut round a plate and tack on. Cut round a saucer and tack over (on or off centre). Machine stitch as shown and then cut away pieces in between the petals with very sharp scissors.

Highland Way

I've done many silly things in the name of Guiding—caving, climbing, being put in the stocks, wading in icy rivers; but the latest Guiding venture has followed on from my interest in the walking safely scheme. A friend and I have progressed through the scheme up to severe level and it seemed a good idea to go on an extended expedition, similar to that which our gold Duke of Edinburgh Award Rangers follow. We'd been up to Scotland the previous summer and our thoughts fell upon the West Highland Way; a long distance footpath that runs from Glasgow to Fort William, a distance of 100 miles and 12,000 feet of ascent.

We decided to use a combination of accommodation; youth hostels, a mountain bothy, a bunkhouse and, of course, camping.

Amid much trepidation we made it safely through Glasgow's one way system and Saturday afternoon traffic and we hadn't even started walking! We even managed to put off the start until after a pub lunch, but I think we were happier when we actually started walking and discovered that you can indeed walk in relative comfort with 33lbs on your back, and even forget it occasionally!

We pitched the tent for our first night at a Forestry Commission campsite at Cashel about 5 metres away from the shore of Loch Lomond. What a beautiful spot, complete with showers; yes it was T-shirt weather in Scotland at Easter.

We were up late the next morning as we had a fairly easy day of walking ahead of us to the Youth Hostel at Rowardennan. We wound our way in and out of woods and forests never far from the banks of Loch Lomond. The footpath was really well way-marked at changes of direction, with confirmatory markers along the way.

We got into Rowardennan with plenty of time to sunbathe and watch the board-sailors sailing across the bay beneath Ben Lomond, Loch Lomond's mountain. As if we hadn't done enough walking that day we went out again that night and found this plaque on the wall of the Rowardennan Hotel.

Friend, when you stray, or sit and take your ease,

On moors, or fell, or under spreading trees,

Pray, leave no traces of your wayside meal,

No paper bags, no scattered orange peel,

Nor daily journal littered on the grass,

Others may view these with distaste, and pass.

Let no-one say, and say it to your shame,
That all was beauty here before you came.

The next day, according to our guide, was going to be long and hard with lots of ups and downs so we left early, meeting a family on the path. It was one of our first encounters with fellow 'way walkers'. I called this our 'waterfall' day as we crossed many burns and rivers rushing down into the loch below. We stopped at the famous Inversnaid Hotel for lunch where we met the ten firemen we had first

met at Rowardennan. They seemed to live the place up wherever they were. The hotel is the only break in the hills on the east shore of the Loch and was the only road we had to cross on the 20 mile stretch alongside Loch Lomond. We carried on to the bothy at Doune. The countryside was changing in character; the loch was much narrower and the hills were becoming higher and more rugged. The main road was closer on the other side of the loch but we felt very isolated from the 'real' world. The path clings to steep rocks clinging and plunging into loch with great cliffs and boulders that hang over your shoulder. We also met some wild goats with big horns. I wasn't too keen on meeting them as I had nearly been attacked by a domestic goat the previous summer. I was glad though that the feral goats were more wary of us and were busy with their kids.

We spent a quiet, but very windy, night at Doune as the wind was gusting up the loch. We were on our way early again the next morning. The loch was soon left behind us as we walked into Glen Falloch. We had to climb high past Dhu Lochan and we weren't too happy until we reached the summit cairn and looked back over the Loch and Ben Lomond where the views were superb. We walked through the lower half of the glen and decided to stop at the Inverarnan Hotel for an early lunch. We bumped into the family we had met earlier and compared our various aches and pains. The youngest member of the group aged eight was the only one raring to go at that stage. We were once again put to shame by the youngsters! We were soon on our way again and the glen was beautiful but to be honest the memory of that day will be of mud! It was of the sticking variety and at one stage was nearly to the top of my gaiter. We were both relieved to reach the youth hostel at Crianlarich, complete with the ten firemen. Crianlarich is a Grade I hostel but very friendly and with a real character so often lacking in modern hostels. Supper was soon cooked and two weary travellers were soon in their beds having completed half the way in four days of hard walking.

We spent the next day on the West Highland Railway which must be one of the most spectacular railway journeys in the UK. Now we were more rested and ready to undertake the second mountainous part of the journey.

The next day was an absolutely glorious sunny day. We spent most of the morning walking up to and then around Beinn Dorain. I can't be the first person to be seized with an admiration of that mountain and make a mental note to return to climb it. We reached the Bridge of Orchy station complete with Post Office on its one platform! The walk to Forest Lodge was superb with views over to the Southern Central mountains still capped with snow. We spent a few hours sunbathing before we even thought about setting up camp. Soon after I spotted a common

lizard—common it may be but it was the first lizard a townie like me had ever seen. I was later sorting myself out in the tent when I was called out and there, not further than 25 feet, away were two stags and their attendant harem. I don't think I'll ever forget that sight. It was one that you could only see in the Highlands and far away from 'civilisation'.

That was our last day of brilliant sunshine. Indeed the next day dawned but with drizzle and one had to *imagine* the high peaks all around us. It all added to the atmosphere however as we walked across wild and brooding Rannoch Moor. This was a bleak and exposed stretch of path broken in the middle of Babridge. It crosses a little gully through which an incredible amount of water gushes through. I stood mesmerised for a while wondering where all the water came from. We continued on upwards to the col where we saw the memorial to Peter Fleming, the writer and brother of Ian. It was then down and round the hill to the Kingshouse Hotel which is reputed to be the oldest Inn in Scotland. We had booked a place in the bunkhouse where we dried out ourselves, our clothes and tent. We spent a pleasant evening chatting to fellow walkers amid the skiers from the nearby ski runs of Glen Coe. I almost wished I could have stayed to ski a day but our plans were made for the next couple of days.

The next day was Easter and we found that the Easter Bunny had indeed visited and we wondered how many other Easter Eggs had been carried. Today was one of the longest in distance and we climbed nearly 2,500 feet in bad weather so I can't say it was one of my best days. We were tired now from seven days walking but even with the limited visibility the scenery was spectacular. We climbed over the Devil's Staircase overlooking Glen Coe and then began the long descent to Kinlochleven. Our greatest danger was avoiding the trailriders on the footpath; the Outdoor Manual doesn't mention them!

Kinlochleven was soon left behind us and we climbed out of its steep valley. It was raining hard by then and the wind was beginning to get up so we took shelter in a sheep hut. We began to dry out and now put the tent up inside. It would have made a strange photo. That night seemed to be the coldest we had spent although we had expected it to be chilly being camped at over 2,000 feet. When we got up in the morning it was obvious why it had been cold; there was a fair amount of snow on the ground. We didn't spend too long in the morning walking out of the desolate mountains and down into the Forestry Commission forests of Ben Nevis.

It was strange but it seemed to be a real anti-climax walking down to Glen Nevis Youth hostel. I was waiting for the population of Fort William to come and congratulate us but they didn't seem to realise that we had really done it and walked the

Continued over



Photo: Scottish Tourist Board

West Highland Way. It wasn't till the next day that we realised the enormity of our undertaking and how we had successfully completed our goal.

The West Highland Way is Scotland's first official long distance footpath and was opened in October 1980. The route is best undertaken from the south to north. It's very attractive from the beginning running alongside Loch Lomond but it definitely climaxes in the high and desolate highlands where one is amongst the mountains. The route follows ancient rights of ways, old railways, military roads, drove roads and forestry tracks.

The walking of the way was a serious undertaking and one needs to be properly prepared with walking and mountain skills but I can honestly say how much I enjoyed the Way and would recommend it to any fellow walker.

Jackie Adams

How things happen in Guiding and how we all fit into the system of things

If a Brownie, Guide, Ranger Guide or Young Leader has a suggestion which could, say, alter the way things are done, or has a suggestion for a special event, she would first bring up her idea at Brownie Pow Wow, Guide Patrols In Council/Patrol Leaders' Council, Ranger Committee/Council or Young Leader Group. If the general opinion was, a democratic vote having been taken, that it was a good idea, the Leader would take it to her next District Meeting.

The District Meeting is a regular meeting, usually monthly, when the Commissioner, her District Assistants and all the adult leaders of the District come together. It is a time of sharing, of support for one another, encouragement and friendship. At this time the leaders

represent the girls of their Unit. Most ideas come to rest here, and arrangements for such events as Brownie revels, craft exhibitions, District gatherings might result.

The District Commissioner is responsible for Guiding in her area, and there are several ways she can enlist help. These would be:

(1) the Local Association, which is a body of people called into being by the District (or Division) Commissioner. A LA is made up of parents and interested friends, and it helps to maintain good relationships with local bodies and generally promotes the aims of Guiding in the District or town. It has no responsibility for the running of Units, but it helps in many ways with finance, such as contributing towards the cost of leadership training courses, and assisting leaders to purchase uniforms, etc.

The District Commissioner may also turn to:

(2) the Trefoil Guild for help. They are there to give support to Guiding and Scouting, and are usually adults who have been Members of the Guide or Scout Associations, who no longer wish to wear uniform and hold no appointment for which a warrant is issued. Others may become members if they are willing and able to make the Guide Promise.

(3) the Supporters' Committee, which is a group of adults interested in giving support to a Unit or related Units. It has no executive powers and is often a joint committee serving Guide and Scout Units.

Most ideas emanating from the girls and the Units would be sorted out within the District itself. If, however, that idea is something more fundamental, the District Commissioner would take it to the next Division Executive Committee. Division meetings are held at regular intervals throughout the year, and are often held just before the District Meeting.

The Division Executive Committee consists of the Division Commissioner, her District Commissioners, Secretary, Treasurer, the Division Adviser(s) for outdoor activities, and possibly a Division representative for the County Training Committee.

The Division meeting is not only the place where ideas from Districts are discussed, but it is the time for passing on information and making plans affecting the division.

The Division Commissioner is then responsible for passing on to one of the County Advisers, usually at the County Executive Meetings, any relevant information from the Division Meeting.

Such information as was necessary would, in turn, be passed on to one of the County Advisers, or to the Country Region Chief Commissioner (through the Country Region Executive Committee). She could then pass the information on to a Country Region Adviser/Consultant, or maybe even on to the Chief Commissioner and the Association Executive Committee... and, if necessary, the suggestion could eventually be discussed at the World Conference which meets every 3 years!

The flow would, of course, be reversed at certain times, and information and decisions would filter back to the Districts, Units and girls.

So you see, we *all*, girls, parents and leaders, have a place in the Girl Guide Association!!

Mrs Sheila A Leach

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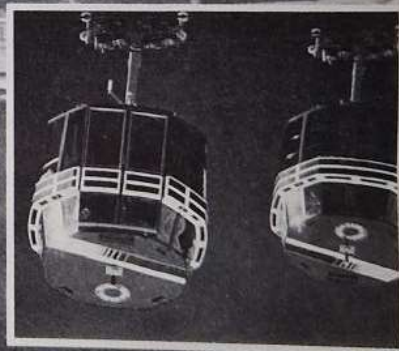
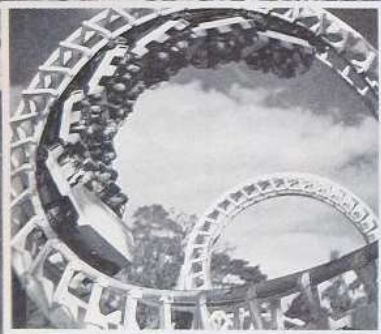
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Julia

Story of a Queen's Guide

They must have had Julia Aglionby in mind when they devised the second aim of the Queen's Guide award; 'to provide an award which is sufficiently challenging for the exceptional girl.' She not only achieved her aim in completing the award, she also found a way of making the powers that be sit up and take notice. This is how it happened.

Paddington Ranger Julia Aglionby's, decision to research the validity of providing bottle bins in her area, in the 'Service as a Citizen' section of the Queen's Guide award, was the start of something big. She began her research by talking to neighbours and soon realised that people were aware of how the world's ever increasing population were slowly using up the world's resources. She decided to focus her attention on recycling, in particular glass recycling, and decided that her 'job' would be to find out if people would use bottle bins and if it would be financially viable for the Westminster City Council to make the journey to collect the bottles.

Deciding that people would be more forthcoming with information if she could assure them that this was not just 'a fanciful idea' Julia decided to visit the council offices at Westminster City Hall. She was then able to assure her interviewees that, if there was substantial support, real progress could be made.

The next decision Julia had to make was the exact area she was intending to cover in the survey, as a 16-year-old schoolgirl she did not have unlimited time available. Consequently she restricted herself, to the parish of St Mathew's Bayswater, extending into St Stephen's.

The questions were kept very simple, and included a request for ideas for possible sites. This question seemed to produce an almost uniform response of 'just around the corner', so Julia decided to provide three possible sites and see what the reaction to those would be.



Julia receives her award, left, from Councillor Mr Peter Hartley, while Division Commissioner Mrs Virginia Ashton looks on.

Right, Julia makes use of one of the bottle banks.



Julia called at approximately 160 houses, deciding not to return to houses at which she received no reply and covering more ground in the process.

Of the people who responded to her questions, primarily conducted on Sunday afternoons for safety's and interviewees' sake, 86% said they would use a bottle bin if it was provided. Of those who would not use it, the majority said that they would be too lazy to take bottles along. Only few people felt that it would be detrimental to the area.

Car drivers, who would prefer to save up their bottles, wanted sites with good vehicular access, whereas regular shoppers preferred the idea of a bottle bin close to the shopping area.

The question of safety was also considered and Julia decided to disregard sites which could provide potential 'hideouts' for muggers. She also concluded that sites near flats or multi-occupancy buildings would be of use to a large number of people.

The Bayswater Residents Association were very interested in the scheme and sent out a questionnaire to all their members.

Julia bound her report, which included figures, results, photographs of potential sites, a map and her conclusions, and submitted it to Westminster City Council. Needless to say, they were impressed.

Westminster Council agreed to present Julia with her certificate at the

Glass Recycling Gala which was held at the Intercontinental Hotel, Park Lane, in March of this year. They also announced plans to implement every one of her proposals. They were encouraged by Julia's findings, and the sensible and thorough way in which she had produced her report.

Councillor Peter Hartley, Chairman of the Environment Committee of Westminster City Council, said that the Council are always delighted to help in conservation projects as far as they are able. He was most impressed by Julia's report and said that the bottle bins will save the Council money as garbage collection is paid for by the ton and would obviously weigh less without so much glass in it.

Through her research Julia said that she herself had discovered that 'However good people's thoughts and principles are, their actions never quite reach the same standards. If you want people to recycle their glass you have to bring the bottle bin to their street corner.'

Having now completed her Queen's Guide award, Julia is working, with others from her Unit, on a project helping to create a garden at the Paddington Community Hospital as part of the European Challenge. Another positive approach to inner city life.

Julia has certainly earned her Queen's Guide award and hers is a name to look out for in the future.

Ben Hall

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G18/87

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'Our Chalet', for details of low cost inclusive arrangements to the International Guide Centre at Adelboden, contact the official agents, YHA Travel, 14 Southampton Street, London WC2E 7HY. 01-240 5334.

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Continued on page 48



THE EIGHT POINT PROGRAMME



Continued from page 33

Idea for Target

'Technology in the home' How has the advancement in science, such as the silicon chip, revolutionised the home? Look around your home or in shops and make a study of these devices.

eg teletext; microwave ovens...

Turn your Patrol into one which is 'Handy about the house'. Look at Clause 4 of the Handywoman Badge. In how many of these can the Patrol become expert? Invite a 'handy Dad or Mum' to help you.

Young Leader Activities with Guides

1. Safety in the home. Give the Patrols broken up sentences and see if they can complete them. eg Wipe up... spilt liquids. Don't leave chip pans... unattended.

2. Young leader makes out a list of items in the home, eg gas cooker, microwave oven, television, video, dining table, carpets etc. Each Patrol is given a list and asked to sort out the items into essential goods and luxury goods.

(a) Say why they have put the items into these categories.

(b) Say which of these things would they choose to buy if their budget was limited.

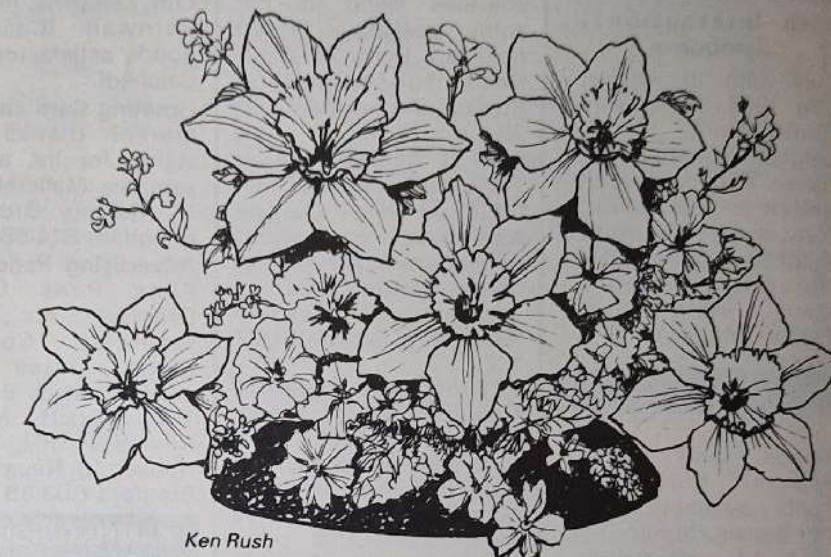
(c) As a challenge make a collage or dolls house or accessories for a children's home.

Rangers Homecraft

Here is an opportunity for Rangers to take part in discussions, use their imagination and practical skills.

1. Buying a house

Speakers: Estate Agent; to discuss choice of house and area and points to take into consideration. Building Society or Bank Representatives to explain about getting a mortgage.



Ken Rush

2. Protection and upkeep of house

Speakers: Insurance Agent; to discuss insurances available.

Crime Prevention Officer; to explain precautions needed to keep house safe.

Parents; to point out the expense involved in running a house e.g. rates, electricity, gas, water, repairs and all other costs.

Practical skills which you may like to try. Invite an expert or a handyman. Emergency repairs should be the first area to look at; changing plugs, fuses, tap washers, clearing blocked drains. Have you ever changed a light bulb?

3. Preparing the home

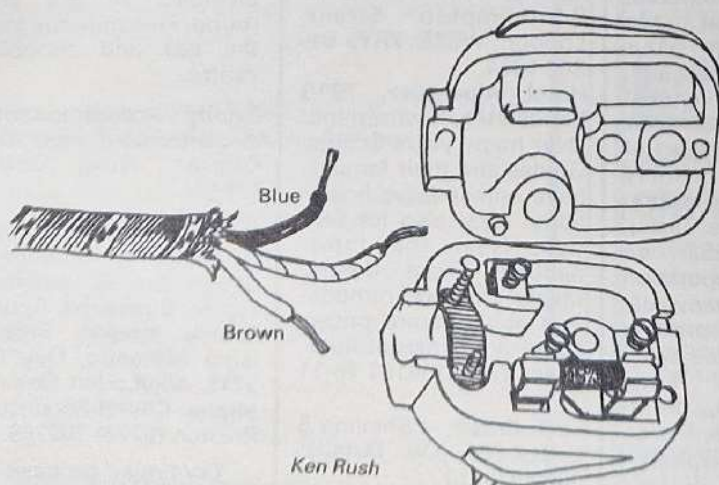
At least two evenings could be set aside to discuss the following topics:- Planning rooms and cost of furniture. Choice of colour schemes. Many hours of fun can be had in actually doing something practical, such as: Home Decorating, Making soft furnishings, Flower arranging.

There should be something there for everyone in the Unit, whether they are the type to finish up with more paint on themselves rather than the walls or are very artistic. In fact a challenge for the Guider is to work out how many of the 8-points would be covered in such activities, how they would help a new Ranger, a Ranger who has been in for a year or more or a Ranger who has started, or is thinking about starting, the Queen's Guide Award.

4. The family

Many areas can be covered here but you may like to start by inviting Speakers: Marriage Guidance, Family Planning, Health Visitor.

On a slightly less serious note you may discuss, or take part in, a course which could lead to far greater understanding of: catering for the family and special occasions, Family First Aid. Dressmaking for the family.



Ken Rush

Ideas from North East England

Teachers, lecturers and youth workers are uniquely placed in the battle to prevent the spread of AIDS' said Education Secretary Kenneth Baker whilst launching a new booklet, 'AIDS: Some Questions and Answers' and it is indeed true that schools, colleges and youth services have crucial roles to play in ensuring that young people know the facts about the disease, the risks and how to avoid them.

The booklet sets out clearly questions that young people might be expected to ask, along with the answers: 'What is AIDS?'; 'Why is AIDS so serious?'; 'What sexual practices are most risky?'. The booklet also contains footnotes explaining some of the technical terminology. The booklet however is not as graphic and subsequently not as effectively informative as some of the television programmes which have been presented recently. It does however provide a good basic guide to the disease and as it is intended for the 13-16 age group is simplified for that reason.

The booklet will be sent to all teachers in primary, secondary, further and higher education, teachers in penal establishments and for full time workers in the youth service. The booklet will also be sent to non maintained special schools and independent schools, grant aided colleges, voluntary youth organisations and universities.

Whilst any correct information concerning AIDS is important, this booklet may not satisfy the needs of 16 year olds and must be used solely for reference rather than a definitive work.

The booklet can also be obtained from: Publications Dispatch Centre, DES, Government Buildings, Honey-pot Lane, Canons Park, Stanmore HA7 1AQ.

BH

Bright Ideas—Crafty Money-makers, by Audry Vincente-Dean. Scholastic Publications, £4.95

This book contains the usual ideas and gifts to make for bazaars, fetes and coffee mornings. It is divided into sections: Fun Jewellery, Gifts from the Kitchen, Toys, Scented Pretties and Quick Makes. The book is extremely well laid out with easy to follow instructions and diagrams. Also included under the heading of each

BOOK REVIEWS

craft is the age range, which helps considerably when choosing a craft for Brownies. An excellent book for the price which includes postage and packing.

MSC

Bright Ideas—Games For P E, by Pauling Wetton. Scholastic Publications, £4.95 inc p&p.

The book is divided into chapters for Activities suitable for 5-11 year olds. Also included are pre-sport skills, pre-athletic skills, and 5-10 minutes fillers. Each game is explained clearly with excellent diagrams, details on equipment required and the objective of the game are also included. The games combine all the usual skills, running, jumping, catching and throwing, to help improve the children's weekly fun activities.

MSC

Singing and Dancing Games On Cassette. Scholastic Publications £5.00 inc p&p.

This cassette features both singing and dancing games, familiar and unusual, including some from other cultures. Well-known Brownies songs—'There was a princess long ago' and 'Tzena Tzena'. For Thinking Day you could try 'Dipidu' or 'Shay Shay Koolay' from

Africa. The accompanying booklet gives instructions for the movements to the games. I used the cassette with Brownies and they enjoyed it immensely, but some of the songs were only suitable for the younger age group.

Let's Dance On Cassette. Scholastic Publications, £5.00 inc p&p.

Have you ever wanted to teach your Brownies maypole or country dancing? Well here's your chance. This cassette with accompanying booklet is designed for use with primary school children. Each piece of music is provided with full instructions for a suitable dance together with terms and formation arrangements. It is all laid out clearly with special attention being paid to diagrams for the maypole dancing. Details of where to obtain your Maypole are given at the front of the book.

This, and the other scholastic publications mentioned may be obtained from: Scholastic Publications Ltd, Westfield Road, Southam, Leamington Spa, Warwickshire CV33 0JH.

MSC

The Ultimate Alphabet, by Mike Wilks. Pavilion Books, £10.95.

Dragoon, Deodar, Dromed-

ary, Drupe . . . 'Looking is not the same as seeing. We are all proficient at looking, but very poor at seeing.' So says Mike Wilks, creator of this remarkable pictorial journey through the alphabet which incorporates a prize competition as an added incentive for 'seeing' his pictures. There are twenty-six paintings in the book, each dedicated to a single letter and crammed with a multitude of images associated with that letter. The aim of the competition is to find all the items in the paintings which correspond to lists of words in the accompanying workbook. There are 7,777 correct answers in all; and the reader is told how many are to be found in each painting, from 30 for the letter 'x', to 1,229 for 's'. As well as being a good exercise in properly observing art, as opposed to merely staring at it, the book enlarges one's appreciation of the richness of the English language; for, although many of the words are in common usage, others require more thought or a little research, which in itself can be very rewarding. Although the book is beautifully produced with excellent reproductions, it seems rather inaccessibly priced. It will be published in paperback, however, on August 24th, at £5.95. The competition is open until 1st April 1988, and there are special prizes for the under 18's. Dik-dik, Dolphin, Dugong, Dory . . .

PVL



CLASSIFIED ADVERTISEMENTS

Continued from page 45

Group Accommodation in Switzerland, close to 'Our Chalet'. Ring (0865) 60917.

Ex-Guider offers reduced rates for Movement members in licensed family hotel, overlooking Solent. Bathroom ensuite in most rooms. Budget get-away breaks, from September to April. Brochure on request. Springvale Hotel. Tel: Isle of Wight 612533.

Holiday Centre, near Southport, equipped, sleeps 24, suit Brownies, Guides, Rangers, handicapped, mixed groups. Sae foolscap to: Mrs Spalding, 25 Kirklees Road, Southport, Merseyside PR8 4RB.

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HELP NEEDED

'Initiatives for Deaf Education in the Third World needs your help. Information from 9 Church Walk, Much Wenlock, TF13 6EN.'

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GRAPEVINE

Grapevine starts off this month in a caring vein with . . .

Charities and safety

Honeybee have developed a nightdress which is made in 100% pure cotton which conforms to the exacting British Standard safety Regulations 5722. The nightdress is flame retardant and fully machine washable, in non soap based washing powders. The nightdresses are available in a variety of sizes from 2-14 years and will be available in specialist children's shops for about £15.

Although the number of children injured in fire related accident is frighteningly high, so is the number of children who drown each year in Britain's waterways and seas. In fact this summer will see the peak of the 150 young people who will drown in 1987. Consequently the **Royal Life Saving Society** has launched a major initiative in every one of the 30,000 primary, first, middle and preparatory schools throughout the country. They have done this by distributing a special RLSS folder of water

safety resource material. The information and material in the folder offer practical assistance to those teaching water safety. A wide range of teaching resources is available. There will also be a copy of the 'Blue Code' for water safety for everyone of these 5 million schoolchildren. The project was launched by the Right Honourable **Margaret Thatcher MP**, The Prime Minister.

Perhaps one of the principal dangers to children these days is that of abduction by strangers. More and more children are admitting to having been abused by adults, thanks primarily to the publicity of **Childline**, the 24 hour helpline service. Leading from this greater public awareness of the situation **Conte (UK) Ltd**, the suppliers of art materials to schools are running a national colouring competition in a bid to make children more aware that 'strangers mean danger'.

The main thrust of the campaign will be with posters in thousands of shops nationwide. The prizes in the competition include 12 Raleigh bikes and a hundred Halina cameras, as well as lots of packages from the Conte art materials range. Look out for a special competition in **THE BROWNIE**.

Arthritis is a particularly nasty and disabling disease and is very traumatic for the sufferer, no more so than when that sufferer is a child. **1987 is the 40th year of Arthritis Care**, the only social and welfare organisation for those with arthritis in the UK. As part of the celebrations, the organisation will be participating in the **Dista Awards for Young Arthritics**, a scheme launched in 1981 in recognition of the effort and achievement of young people with arthritis. They are also hosting a series of self care courses at selected venues in the UK, throughout the summer. Topics for discussion will include **exercise and physiotherapy, pain relief and relaxation, footwear and footcare**. For further details of the **1987 Dista Awards** and all the other 40th Anniversary events contact: **The 35 Group, 29 Darrell Close, Chelmsford, Essex CM1 4EL. Tel: 0245 358519.**

If you go down in the woods today you're sure of a big surprise, because you'll probably bump into a few thousand people at the **TyPhoo/National Children's Home Teddy Bears Picnic**. Actually you'll only meet them if you go down to **Knebworth Park on Bank Holiday Monday (31 August)**. **TyPhoo** are putting a lot into their fundraising events in an attempt to add another £50,000 to the already substantial amount that they have raised this year. So, if your Guides or Brownies, sons or daughters would like to go along to the party all they have to do is send a stamped addressed envelope to: **The TyPhoo/NCH Appeal, 154 Great Charles Street, Birmingham B3 3HU**. Don't forget to state how many tickets you require, and don't forget to take **Teddy**; after all it is his day out.



If you can't get to **Knebworth**, which is situated 30 miles north of London, don't worry because **TyPhoo** are offering **free Teddy Bear Picnic Packs**, from the same address, so you can set up your own Picnic and help raise money for the **National Children's Home**.

Continued on page 50



GRAPEVINE

Continued from page 49

Whilst you are in the mood for a spot of fundraising, why not see what you can do for **Zoo Check**. They have just launched a Schools Appeal on TV AM's **Wide Awake Club** and are currently running a desperate appeal to save the **Tsavo Rhino**. In 1970 there were **20,000 Black rhino**: today there are less than **300**. They aim to protect the Black rhino in the wild, in a sanctuary in **Tsavo National Park**. You can help in a variety of ways, by joining **Zoo Check**, a special rate of **£2** for students, including school children, is in operation; or by organising a disco, jumble sale, fete, tea party, sponsored event—the list goes on but the numbers of Black rhino won't unless we act now. For further information about this appeal, and the other issues **Zoo Check** are concerned with contact; **Zoo Check, Cold Harbour, Dorking, Surrey RH5 6HA** tel: **0306 712091**.



Conservation

Chatsworth will play host to the **National Parks Festival** on **Sunday, 20 September**, which will also mark the highpoint of the two year '**Watch over the National Parks Campaign**'. The campaign was designed to increase public awareness of the national parks, to obtain positive support from central and local government; and to show how the parks are run, and the role of the local authorities and that of the Countryside Commission. They also aim to protect the parks from the onslaught of pressures such as electricity generation, quarrying and insensitive afforestation. The festival which takes place at **Chatsworth, near Bakewell** in the Peak District by kind permission of the **Duke of Devonshire** will include displays of country crafts such as wood turning and dry stone walling, expert fly fishing displays as well as a major hot air balloon rally.

If you are a member of the **National Trust** you will have received their summer magazine and be aware of the competition for young readers to draw a boat. The magazine is sent free to

members of the **National Trust**, but is also available from **National Trust** shops and offices price **50p**.



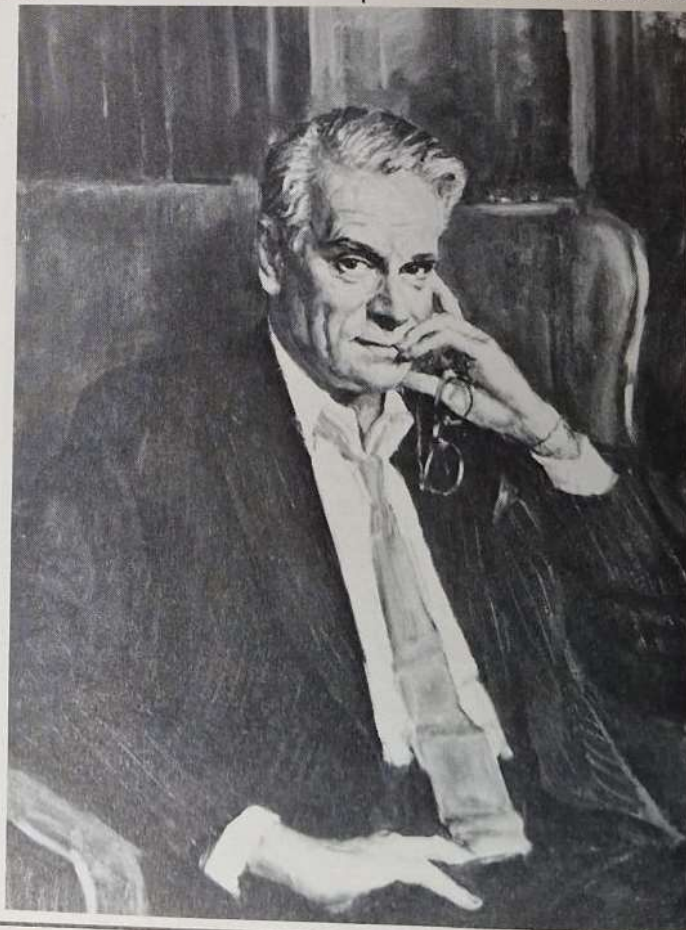
Shell have made over **£80,000** available in grants from their **Better Britain Campaign**. Groups should apply for grants before **31 October 1987**. Last year more than **250** groups were helped for projects which included the conversion of a bombed Edwardian swimming pool in Bristol into a community leisure garden. Grant application forms and copies of **Raising Money for Environmental Improvement; A Guide for Voluntary Groups** are available free of charge from; **The Administrator, Shell Better Britain Campaign, Nature Conservancy Council, Northminster House, Peterborough PE1 1UA**.

Tribute to Laurence Olivier

'In Close-up' is a small display of portraits, photographs and video film mounted by the National Portrait Gallery in honour of the 80th birthday of Laurence Olivier. There have been surprisingly few portraits of our greatest classical actor, but those on display include Salvador Dali's portrait of Olivier as Richard III, a portrait by Emma Sergeant of him as Romeo in 1935, and a wonderfully alive offstage portrait by Bernard Hailstone painted in 1965. Photos trace Olivier's brilliant stage and screen career from the early 1930's up to date, and there is a video made up of clips from four widely varying film performances.

Admission is free to the National Portrait Gallery and to this exhibition, which runs until 29th November. There will also be three opportunities to see Olivier films on Saturdays at 3 p.m. in the Gallery Lecture Room, as follows: 15th August **Hamlet**, 29th August **Pride and Prejudice**, 12th September **Sleuth**.

Below: One of the portraits on display. Olivier by Bernard Hailstone, 1965.



Olave Baden-Powell Bursaries 1987

Continued from page 32

North West England Continued

Louisa Keeling	1st Sandbach Heath, Cheshire Border	Easel and palette
Emma Wood	2nd Ness Rangers, Wirral	Experiment in International Living, Japan

Wales

Kathryn Bates	Young Leader, Pontypridd, Central Glamorgan	Wet weather gear
Rebecca Cowan	South Ceredigion Rangers, Ceredigion	Experiment in International Living, Japan
Paula Williams	8th Merthyr Tydfil Guides, Central Glamorgan	Clarinet

Scotland

Wendy Aitken	2nd Uddingston Guides, South Lanarkshire	Kilt and hem
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Tracy Barlow

185th Glasgow Guides,
Glasgow

Overseas Travel —
International
Camp, Norway

Karen Brown

2nd Burnside Guides, West
Lanarkshire

Skiing weekend

Christine Gahagan

2nd Burnside Guides, West
Lanarkshire

Skiing weekend

Fiona Howarth

2nd Burnside Guides, West
Lanarkshire

Skiing weekend

Michelle Morrison

2nd Burnside Guides, West
Lanarkshire

Skiing weekend

Glenda Johnston

2nd Burnside Guides, West
Lanarkshire

Skiing weekend

Kirsteen Bryden

5th Rutherglen Rangers,
West Lanarkshire

Overseas Travel,
Explorer Belt,
Iceland

Fiona Campbell

191st Edinburgh Guides,
Edinburgh

Bagpipes

Lindsey Maxwell

5th Rutherglen Rangers,
West Lanarkshire

Overseas Travel,
Explorer Belt,
Iceland

Pauline Smyth

Young Leader, 185th
Glasgow Guides, Glasgow

Experiment in
International
Living, Japan

Walk, Don't Run!

The TSB Million Mile Walk

A message from the organisers

Can you help us walk 1,000,000 miles? If so, then the GGA will help the National Playing Fields Association raise over £100,000 to ensure that all of us, now and in the future, whether able-bodied or disabled will have safe places to play. The TSB Million Mile Walk is the biggest ever sponsorship event of its kind to take place in the United Kingdom; and it has been designed to be simple and easy to take part in, because all you have to do is walk!

There are no specific rules except, of course, with regard to safety. If you would like to take part with other Guides in an organised event of your own, that's fine. If you want to help by yourself, that's OK too. All we ask is that you get as many of your friends, family and neighbours as you can, to sponsor you while you're on the Million Mile Walk. It's as easy as that!

Official TSB Million Mile Walk leaflets are available from any branch of the TSB, containing special sponsorship forms and pay-in slips, together with suggestions for different kinds of walking events, and a comprehensive safety advice section including the Green Cross Code.

If you would like to organise a group of Guides or other friends to take part, then you will need a special Million Mile Walk Organisers Kit containing leaflets, stick-on badges and guidelines. To get one of these all you have to do is write to: **TSB Million Mile Walk, 536 Kings Road, London SW10 0UH**, with your name and address and the number of people you think you can organise.

The National Playing Fields Association was founded over 60 years ago with one simple belief: that every child has a right to play. It is an independent charity with a Royal Charter, devoted to the preservation, improvement and acquisition of playing fields, playgrounds and play spaces where they are most needed and for those who need them most; in particular children, young people and the handicapped. It looks after over 1,000 play areas in the United Kingdom; from playgrounds in the inner cities, to countryside fields.

Finally, walking is one of the best and safest forms of exercise recommended by doctors. Walking can also be a lot of fun!

The walk was launched on Tuesday, July 7th and will be completed on October 31st.

West Lindsey Half Marathon

The above event, formerly known as the Gainsborough Lions Half Marathon has been arranged to take place on Sunday 20 September 1987. Sponsored by West Lindsey District Council, administered by the Gainsborough Lions Club and Gainsborough Morton Striders, the race starts at 11.00 am from Park Springs Road, Gainsborough.

For the young and less experienced there is a Fun Run of approximately 3 miles which has been arranged in conjunction with the main event. The entry fee for AAA registered runners is £3.00, £3.50 for non-registered runners in the Half Marathon and £1.50 for all entrants in the Fun Run.

Valuable prizes are to be won, whilst trophies will go to the winners. There are fancy dress and spot prizes for competitors in the Fun Run. Commemorative medals will be awarded to all runners completing the courses.

Proceeds from the event will be devoted to Lions charities which, in turn, will be ploughed back into the community.

Entry forms are available from: **West Lindsey District Council, 26 Spital Terrace, Gainsborough, Lincs.** Team entries will be available only from: **the Race Secretary, Ian Loxley, 31 Alfred Street, Gainsborough, Lincs. Tel: 0427 610824.**

Applicants are requested to provide a stamped addressed envelope, 9 x 4 inches, please.

Clent Clamber

27 September 1987

West Midlands Fire Service are organising a 21-mile Worcestershire circuit walk through hills, trees and fields around the Clent and Lickey Hills. The day will include outdoor entertainment in good company and grand country scenery. The walk will start at 9.30 am at **Old Halesonians Clubhouse, Wassell Grove, Hagley** (off A456, Birmingham/Kidderminster Road). Participants will be given detailed written directions and checkpoints will be set up along the route to aid those people who need help. A bar and refreshments are provided at the finish and certificates are awarded to those who complete the walk. Entry forms are available from: **Bob Evans, 22 Glebe Drive, Boldmere, Sutton Coldfield B75 5SZ.** When applying please enclose a SAE. The closing date is 12 September and there is a fee of £2. Enquiries should be made to John Roberts on **021-440 2108.**

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