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GUIDING

VOLUME 76, NUMBER 5, MAY 1988

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FRONT COVER

COVER PHOTO: SUSAN MAYER

This Guider found an appreciative audience when she took some Brownies on a magical trip back to the days of princesses, dragons and knights in shining armour.

WE ARE GRATEFUL TO WEBB IVORY LTD FOR SPONSORING THIS MONTH'S COVER

front PAGE

Since I became Chief Commissioner in 1985 I have had the opportunity to travel all over the country. I've met and talked to all sorts of Guiders and friends and 'relatives' of the Movement. But even so, I have only talked to a tiny number of the total of people involved.

I would like to use this column to change that. To talk to you all personally about my own ideas, thoughts and concerns. I want to talk to you Guider to Guider.

In a way it is unfortunate being called Chief Commissioner. It creates an impression of seniority, but in The Girl Guides Association NO ONE ranks above anyone else. We are all Guiders, we simply have different jobs to do.

Guiders really have the most important role to play. They're at the sharp end of Guiding - actually working with the children. Without Unit Guiders there would be no Girl Guides Association.

But of course, Guiders need help and support. That's where Trainers and Advisers come in, helping Guiders to develop the skills that they in turn pass to the girls.

The Commissioners are the lynchpin of Guiding locally. They are there to support the Guiders in their area and to act as their representative. They should be able to voice the needs and problems of every Guider in their District, Division or County and in many cases, to provide a solution.

The important thing is that we all - Chief Commissioners, Commissioners, Trainers, Advisers and Guiders - work together as a team. Only then will we be sure that Guiding is there for every girl who wants to do it.

I've said that I want to use this column to talk to you. I hope that you'll take the opportunity of letting me know your feelings too by writing to GUIDING.

June Paterson-Brown

JUNE PATERSON-BROWN
Chief Commissioner

Welcome to the new look GUIDING magazine. Inside you'll find many of your old favourites, plus new features and ideas. Happy reading!

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RAINBOW TOYS

F.U.N.D.R.A.I.S.E.R.S

STARTER KIT

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Perfect for the small organisation or small event, we've put together an exciting collection of stalls under the title 'Summertime Special'.

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We've created Summertime Special to take the worry out of staging events - all you have to do is decide which day to hold it and set up the stalls.

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PUNCH + JUDY LUCKY EGG DIP



Based on the traditional Punch & Judy show, these dips contain items such as key rings, necklaces, gliders, stationery and ornaments. The eggs are different colours for boys and girls and will sell at 10p each.

WE SUPPLY
100 eggs

PIRATES TOMBOLA



Yo-ho-ho fun galore, with this stall. All the eggs used in this tombola contain small items of treasure and some also contain winning tickets too, entitling the lucky few to bigger prizes.

WE SUPPLY
125 eggs
10 treasure
10 winning
100p
10 50p
10 20p
10 10p

PIN THE TAIL ON CARROTS THE DONKEY



The Victorian favourite updated for the 1980s. We supply a large poster of Carrots the Donkey, 2 tails and a selection of prizes - all you need to provide is a pin.

WE SUPPLY
50 prizes
50 pin
100p

BINGO!



The excitement of a Bingo game, but without the need for a caller. The tickets are like bingo cards, all players have to do is check their numbers against the winning number card provided. Prizes include toys, novelties and household goods.

WE SUPPLY
375 tickets
10 winning
100p
20 super
100p

POCKET MONEY STALL



Stocked full of low priced toys and novelties, this stall is sure to attract plenty of attention from thrifty parents and bargain hunting youngsters. We supply a huge selection of 180 different kinds of toys, novelties and keyrings.

WE SUPPLY
180 toys

CAP'N BLACK'S TREASURE MAP



All the thrill and excitement of treasure hunting... we supply a large map of the tropical island where Cap'n Black hid his stolen treasure. As well as the valuable map, we provide you with stickers for your supporters to mark where they guess the treasure is hidden and a second map marking the exact locations of the booty.

WE SUPPLY
1 Big
Treasure
100p
200 stickers

KITE & GLIDER TOMBOLA



An exciting prize every time tombola, where everyone takes to the sky. Each player gets a glider but if they pick a winning ticket they win a super large kite instead. And at 20p everyone feels a winner!

CONTENTS
25 winning
gliders
8 winning
100p
3 kites.

CATCH-A-DUCK



Catch-a-Duck is particularly suitable for youngsters, who delight in trying to hook a duck. And with a prize every time no one's disappointed. We supply numbered ducks, rods 100 prizes, 100 consolation prizes.

WE SUPPLY
12 numbered
ducks
2 rods

NAME-THE-TED



To win one of the super cuddly teddies all a player has to do is pick its right name. For 10p a go they choose a name from the long list we provide, if it's the correct one they win - it's that simple.

WE SUPPLY:
1 Teddy
100p
200 names

PET'S TOMBOLA



Popular with children and adults, no one can resist the chance to win one of the cuddly toy pets. We supply you with little eggs, each of which contains a small charm animal, some of the eggs too contain a winning ticket entitling the lucky to choose one of the cuddly pets.

WE SUPPLY:
137 eggs
12 cuddly
prizes

Please Note: All these stalls are available individually. See Previous magazines for full details.

SUMMERTIME SPECIAL: PROFIT DETAILS

Punch & Judy Egg Dip	100 x 10p =	£10.00
Pirates Tombola	135 x 20p =	£27.00
Pin the tail on Carrots the Donkey	100 x 10p =	£10.00
Bingo!	375 x 10p =	£37.50
Pocket Money Stall	180 x 15p =	£27.00
Cap'n Black's Treasure Map	200 x 10p =	£20.00
Kite & Glider Tombola	133 x 20p =	£26.60
Catch-a-Duck	200 x 10p =	£20.00
Name the Teddy	200 x 10p =	£20.00
Pets Tombola	137 x 20p =	£27.40

PLUS 50 FREE POSTERS!

£225.50

Cost to you £100.00

Your profit £125.50

YOUR LETTERS

WHAT FUTURE FOR THE RANGER SECTION?

I was saddened by the resignation of my current Ranger Adviser. But, after much thought, I have decided not to appoint her successor for the time being.

An adviser needs a job description and I am unable to write one in the current climate of fewer and fewer Ranger Units and more mixed Venture Scout units. In our County there are now only two Venture units which are NOT mixed, so there is ample provision for girls in the 15-18 age group to enjoy activities with boys.

Of a membership of 5,000 in Cambridgeshire East there is a Ranger contingent of only 80. A number of these are in 'Units' of less than five girls, and I am sure some of these will join Ventures as soon as they are 15½.

M SAUNDERS
County Commissioner
Cambridgeshire East

HISTORY OF THE 'TIN TAB'

I wonder if anyone is interested in the history of the Gaddesden Row Guide Centre.

It was originally built as a 'Mission' in 1885 and because it was a 'Chapel-at-Ease' it was dedicated, not consecrated.

It was used as both a church and village hall and was affectionately known as the 'Tin Tab' by local people because of its corrugated iron construction.

The church was closed in 1975 because of a declining congregation and in 1977 it was leased to West Hertfordshire Division who reopened it as a Brownie and Guide holiday house with a camp site.

Recently, while a new path was being laid between the

house and the camp site, a very unusual stone was unearthed. The supervisor in charge of the work realised how unusual the stone was and sent it to the Rothamstead Research Station in Harpenden. There they discovered it was roughly 55 million years old and had been brought to this area by a glacier in one of the ice ages. The stone was the first of its kind to be found in Hertfordshire.

Can any other Guide Centre claim such an ancient history?

BARBARA HALL
Secretary to Management
Committee
Gaddesden Row Guide
Centre

SURPRISE PRESENTATION

It was with great pleasure that I accepted an invitation to join my old District for a Guiders' Dinner recently.

I was asked to discreetly check up on my sister Pamela's record of service as a Guider and to let the District Commissioner have a note of this prior to the evening. She was to be presented with her Long Service Award, but at the dinner I realised it was not

her case history that was being announced, but my own!

How proud Pamela and I were to receive our awards. With 50 years of warranted Guiding between us we do not propose to sit back, but will encourage younger Guiders to add to this length of service.

JANICE BARNES
Division Commissioner
Ashford Knoll Division

SUPPORT FOR SYLLABUS CHANGES

Today I received a delightful letter from the mother of a seven year old Brownie. She explained that her daughter found it almost physically impossible to keep her room tidy on a regular basis and to comply with the other duties in order to gain her House Orderly Badge.

She went on to ask if her daughter could go ahead with her Computer Badge as her talents with computers were far beyond the requirements of the badge.

The world changes constantly and how right to update the syllabus on a regular basis!

MARJORIE BARNETT
Brownie Guider
11th Kenton Brownie Pack

FREE TIME

It is becoming a worry to me as to how much time The Girl Guides Association is compelling its Guiders to give up under the new Adult Leadership Scheme.

Guiders in my own District can and do give up as many as four nights a week. Is it not time we remembered that this is a voluntary organisation.

K ORR
District Commissioner
Glasgow

KEEPING IT IN THE FAMILY

I am sure there are quite a few Guider-mums who have invested their own daughters into Brownies, Guides or even Rangers. But have many Guiders taken the Promise of one of their own sisters?

My daughter Frances Harper is Assistant Guider of a local Brownie Pack, and she recently invested her seven year old sister Kathryn into the Pack.

But this is not the extent of our Guiding family. I myself am Guider of 3rd Burntwood Guide Company.

MARY HARPER
Guide Guider
3rd Burntwood Guide
Company



AIRING CARING SHARING

THINKING DAY THANK YOU

A big THANK YOU to all those involved with the Thinking Day Service at Westminster Abbey this year.

One of the Guiders I was to go with from my Division had to drop out at the last minute. It was agreed that I could take an eight year old Brownie, whose mother had passed on just before Christmas, instead.

How privileged I was to have such a delightful companion. From the moment we joined the queue for the service her obvious excitement flowed through the hearts of all those around her. It was touching to see all who spoke with her showing such concern, especially the Chief Commissioner. She took the time, in the midst of a crowd, to talk to her too.

The day was made even more memorable by the joy of having this special Brownie with me. Surely what we experienced was what Father Roger Barralet spoke of at the service; 'that spirit of love which is the spirit of God working within us.'

NAME AND ADDRESS SUPPLIED

SOS

I am trying to do a good turn for my pen pal in Port Perry, Ontario, Canada.

In the 1950s she had a Guide pen pal, but over the years they have lost contact. She would very much like to make contact again with her pen pal, Pauline Leedale, 123, Gordon Road, Ilford, Essex.

She, of course, may be married now, as is her Canadian pen pal whose name was Thelma McEachern, and is now Mrs Thelma Rowlands.

I do hope Pauline will contact me so that she and Thelma can make contact again.

MARY ENGLISH

County Chairman
Sussex West Trefoil Guild

PLEASE REPLY THROUGH
GUIDING

BO FOR BROWN OWL

I must share this gem with you: At a recent Promise Ceremony one of the hostesses handed round her cakes. She had iced everyone's initials on the top of each one, N for Nightingale, H for Helen and so on. She proudly showed me mine — BO!

ANON BROWNIE GUIDER



THE SWEET TASTE OF SUCCESSFUL FUNDRAISING STARTS HERE!



Please rush me further details

NAME: _____

ORGANISATION: _____

ADDRESS: _____

G1

POST CODE: _____

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Perhaps the tastiest advantage of using this method of fundraising is the fact that you pay only for goods which you have already sold and only after you receive the money.



We could whet your appetite even further by telling you that profit margins work out at 48% on cost... and it's easily organised, but to find out more, why not simply fill in the coupon and post it to The Chocolate Connection. Tempting... isn't it?



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IN AID OF FAMILY LIFE

Family Fortnight invites you to help families and communities between 26 June and 9 July.

It aims to bring families and the groups that work with them together in a nationwide network of activities. These will highlight the positive aspects of family life, with fun days, workshops and exhibitions.

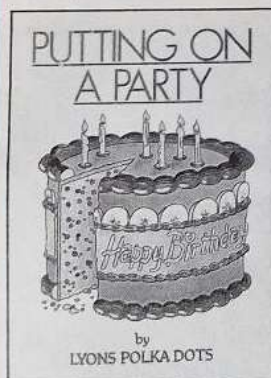
The four themes of the fortnight are safety, housing, community care and justice. If you want to find out more, write to Jane Wilson, Family Forum, Cambridge House, 131 Camberwell Road, London, SE5 0HF.

PARTY TIME

A free booklet is now available to give inspiration and advice for anyone organising a children's party.

Putting on a Party has ideas for party themes, games and practical advice on what food you should provide.

For a free copy, send an 8" x 6" SAE to Lyons Polka Dots, Consumer Relations, Lyons Tetley, 325-347 Oldfield Lane, Greenford, Middlesex, UB6 0AZ.



HANDBOOK

The National Trust's 1988 handbook is now available, costing £2.95, from bookshops, stationers and the Trust's shops.

It is full of ideas for days out this summer, with essential information on all of the Trust's properties. These include 112 gardens, 190 historic buildings and 58 nature reserves.

BRASS RUBBING IN WINDSOR

The Windsor Brass Rubbing Centre is now open for the summer. All materials needed for brass rubbing are provided, as well as instruction and advice. All profits from the centre go to Windsor Parish Church funds.

The Windsor Brass Rubbing Centre at Windsor Parish Church, High Street, Windsor is open from 10am to 5pm Monday to Saturday. Parties are welcome and bookings can be made by telephoning 0753 852730.

A CHRISTIAN RESPONSE TO DRUG ADDICTION

£500,000 is urgently needed by the Meta House Trust's Addict Aid Appeal.

This Christian-based Trust is the only one of its kind in this country to help young women seeking rehabilitation from drug addiction. It is based in Bournemouth and the appeal is to raise funds for a Mother and Baby Unit and to relocate the existing centre which is in the path of a new relief road.

If you would like further information, write to Addict Aid Appeal, 133 Princess Road, Westbourne, Bournemouth, Dorset, BH4 9HG.

HOST

A new national charity has been established to ensure overseas students can look forward to their vacations.

HOST aims to reduce the number of overseas students in this country who have to spend their holidays without their families. The charity will co-ordinate the efforts of organisations and individuals who have already put foreign students up over the holidays into a national effort.

If you are interested in helping HOST, look out for details of schemes in your area in your local press or for further information write to HOST, 18 Northumberland Avenue, London, WC2N 5AP.

ON THE MAP

A new project has been launched to encourage communities to create imaginative maps of what they value in their local area.

The Parish Maps Project hopes to encourage communities to focus pride in their surroundings as a starting point for local conservation action.

Their publication *The Parish Mapper* brings together ideas and events from mapping projects throughout the country. It is available free by sending an A4 SAE to Common Ground, 45, Shelton Street, London, WC2H 9HJ.

JUST THE FACTS

Aimed at putting the facts at the fingertips of voluntary groups throughout the country, a new series of fact-sheets has been launched by the Sheffield Council for Voluntary Service (SCVS).

The ten *Factfinder* topics include finding funds, managing money, insurance and health and safety.

Factfinders cost 25p per sheet, plus 13p postage for up to eight sheets. The entire series costs £2.70, including postage. They are available from the Information Unit, SCVS, 69 Division Street, Sheffield, S1 4GE, tel 0742 755138.

RSPB BREAKS NEW BARRIERS

A new leaflet published by the Royal Society for Protection of Birds (RSPB) breaks new ground by giving disabled people the chance to enjoy the wildlife at its nature reserves.

Reserves for the Disabled lists those reserves with wide-surfaced paths, nature trails, birdwatching hides and information centres suitable for the disabled. In all 26 of the Society's properties have been adapted with disabled visitors in mind. These include Radipole Lake near Weymouth, Dorset, which has facilities to allow blind, partially-sighted and deaf people to appreciate the wildlife.

For a free copy of the leaflet, send a first class stamp to RSPB Reserves for the Disabled, The Lodge, Sandy, Bedfordshire, SG19 2DL.



NEWS

A SOBERING THOUGHT

More and more Britons are turning to low alcohol drinks to try and reduce their alcohol intake.

Over one million people die each year from drink-related liver diseases, but 14% of people drink less now compared to a year ago.

HEART DISEASE WARNING

The Royal Society of Medicine has produced a new video warning women of the dangers of heart disease.

According to recent statistics heart disease is becoming increasingly common in women under 40 years old.

MARION SINCLAIR

Marion Sinclair, famous for writing the *Kookaburra* song, died in Adelaide on 15 February aged 91.

She had been involved in Australia's Guide Movement since 1931 and was one of its pioneer spirits. *Kookaburra sits in the old gum tree* was composed in 1934 and the song rapidly became popular with Guides the world over.

LOW FIBRE

Breakfast cereals claiming to be 'high fibre' may actually contain no more fibre than ordinary cereals, claims a *Which* report.

THE WISHING WELL

Great Ormond Street Hospital for sick children is the most famous children's hospital in the world. Less well known is the role played in the life of the hospital by its Scout and Guide Group. **GUIDING** found out.

It's 5.45 on a Tuesday evening and Mike Gooderson, the Group Leader, arrives early at the hospital's small play centre, home to the Scout and Guide Group. Every week the routine is the same, as Mike and his helpers shift all the toys into a barely covered area of the playground. Space in the hospital is so restricted that every available inch has to be used: many of the Group's activities taking place in corridors, on landings and outside lifts. The situation is far from ideal but it is the same for everyone working here.

The Scout and Guide Group is open to any child over the age of six who wants to take part. They do not have to be members of either Association, but a record of their attendance is kept just in case they want to continue in the Movement after they leave hospital. 'Recruiting' is done before each meeting with helpers going round to each ward; great care is taken not to interrupt hospital routine and this does mean that sometimes one or two children who would like to come to the meeting are unable to.

Back at the play centre the children are grouped into Patrols. One little girl doesn't want to be a member of 'Stag' Patrol, but is perfectly happy to be a 'Deer'. 'Stag, deer, it's all the same to me — I don't mind,' says Mike handing her a neckerchief. Members or not, for this one evening they are all just Scouts and Guides.

Mike and his helpers are very aware of the possible limitations of the children in their care and more than most unit leaders they make sure that everything is adaptable. No one is wrapped in cotton wool but care is taken to

match the activities to the collective abilities of the children. 'The only allowance we make', says Mike, 'is that running about activities have to be limited, because they cannot easily accommodate wheelchairs.'

Wheelchairs apart, they are just like any other group of young children anywhere in the country. Maybe they work together more readily than other children, behaving like old friends with people they have only just met, but they are just as capable and just as much in need of Scouting and Guiding. They look forward to the weekly meetings, not only as something fun to do, but also as a release from the medical environment of the wards; it is something different to do and somewhere different to go. For them it is an important part of hospital life.

By eight o'clock and the end of the meeting the children are beginning to wilt. Prayers are said, the flag lowered and each child presented with badges and certificates to chart their attendance. The presentation of a certificate for 14 weeks continuous attendance is an achievement for the child, tinged with sadness for the

adults at the knowledge that here is another long-term patient. Still, there's next week's meeting to look forward to and the certainty that Mike Gooderson and the Group will be there — as they will the following week and the week after that.

With the multitude of problems that beset the Group it is vital that there is strong leadership. Mike Gooderson provides it and seems able to inspire enthusiasm and dedication in his helpers. He deals with everything with the good humour which is typical of his attitude. He is resilient, resigned to making the best of what is available for however long it may last. He is also a realist, aware of the pitfalls and brickbats which are a way of life to anyone connected with the hospital.

The majority of helpers are nursing staff who are connected with Scouting and Guiding, or who have been. Even when staff are transferred to other hospitals they often commute across London to help and it is not uncommon for Mike's helpers to make the Group their first port of call on returning from holiday.

While the nursing staff are the Group's stalwart helpers, members of both Association's provide vital assistance. Just before Christmas



Guiding

the 8th Blacklands Guide Company visited the hospital and they are currently raising money, some of which will go towards improving facilities for the Scout and Guide Group. Two Scouts working for their Duke of Edinburgh's Awards were regular visitors. Every week the post brings offers of help from Guide units and Scout Groups, sadly many of them too distant to be of any use, but any from a reasonably local source are welcomed.

Like Scouters and Guiders everywhere, the members of the Great Ormond Street Group are there not for thanks or any reward, but for the children. They know that they have an important role to play in the hospital and so they will be at the play centre every Tuesday — for just as long as they are needed.

SPARE A COIN FOR THE WISHING WELL

'Great Ormond Street offers a symbol of hope to many children and their families daily.'

His Royal Highness, The Prince of Wales, launching a major nationwide fund raising appeal for Great Ormond Street Children's Hospital.

'The Wishing Well Appeal' aims to raise £25 million towards the cost of rebuilding and redeveloping this unique hospital. It is a centre of excellence as the home to the largest range of children's specialists in the UK and children are referred there from all over the world.

The money is desperately needed. In parts the hospital is literally falling down. Recently, a solid stone step fell through two flights of an old staircase; miraculously, no one was hurt.

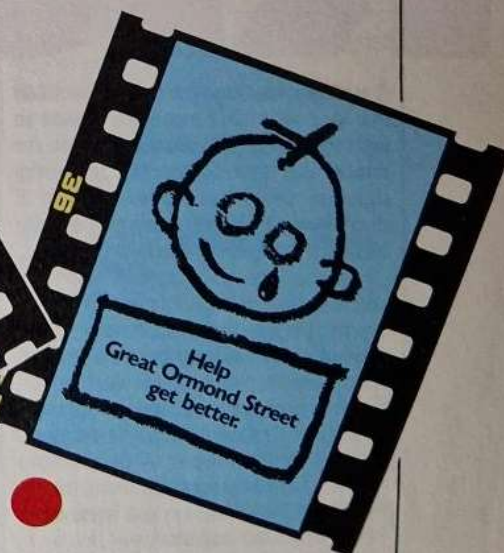
But many of the hospital's problems stem from its original design. In the past hospitals were built with small wards, wide apart to prevent the spread of infectious diseases. Medicine today needs more space to accommodate the

battery of equipment used to treat critically ill patients. Even post-operative facilities are inadequate, with children having to recover in corridors.

Sick children are particularly vulnerable and it has been found that they recover far more quickly in the company of their parents. Parents staying at the hospital sleep in converted wards, on camp beds, or in playrooms, all with inadequate washing and toilet facilities. Remember, some parents stay for months at a time.

If you would like further information contact: The Wishing Well Appeal, 49 Great Ormond Street, London WC1N 3HZ. Telephone number 01 831 1199.

Many units around the country are already working hard to raise money for the Wishing Well Appeal — children helping children. London and South East Region have joined forces with the Scouts to provide £250,000 for a 'Guide and Scout Leukaemia Ward'. Money may be sent to the Guide and Scout Appeal directly. Cheques should be made payable to 'Guide and Scout Great Ormond Street Project' and sent to: The Treasurer, The Guide and Scout Great Ormond Street Project, PO Box 103, Croydon, Surrey, CR9 5QD.



in action



WOMEN AT RISK

A woman waiting alone at an isolated bus stop after dark has every reason to feel threatened, a possible target for attack. But that frightening and risky situation could have been avoided if she'd thought ahead, arranged a lift with friends or booked a taxi to take her home.

Far too many women now are afraid of becoming victims of harassment, robbery or assault and every sensational news report of a violent crime against a woman intensifies that fear. In fact, the chances of falling prey to violent crime are still very low in most parts of the country. But the risks can be reduced even further if women take some simple measures to protect themselves.

Looking after yourself is *not* about learning to fight or becoming a karate expert. It's about *minimising risks*, and calls mainly for commonsense and forward planning. It means guarding against situations where you could be vulnerable and staying alert to possible dangers. Don't take chances and aim to make it as difficult as possible for anyone to single you out as a potential victim.

PROTECT YOURSELF

It makes sense not to walk alone at night. If it's unavoidable stay alert and walk confidently — body language is important. Keep to well-lit main roads, resist short cuts and stick to the centre of the pavement, away from overhanging bushes or dark buildings. Carry a torch for safety and walk facing oncoming traffic, to avoid kerb crawlers.

If you think someone is following you on foot, try crossing the street, several times if necessary. If you're still uneasy walk quickly to the busiest, best lit place you can find.

When you know you're going to be out late at night, arrange a lift home with a woman friend or book a taxi in advance. However foul the weather and even if the driver says it's a taxi *never* take a lift from a stranger.

On public transport try to avoid isolated bus stops and stations. On the bus sit on the lower deck near the conductor or driver; on tubes and trains choose the compartment nearest the guard or near other

women. *Never* sit in an empty compartment.

Be careful with bags — don't issue open invitations to thieves by leaving handbags and shopping bags undone. Carry your bag close to your body and, if you use a shoulder bag, hold it with straps forward, then it's harder to pull you to the ground from behind. If someone does make a grab for your handbag remember *you* are more important — let the bag go.

When driving alone at night have enough money or petrol to get you to your destination and back, plus change for an emergency phone call. Plan your route in advance, keep a map handy so you don't need to stop for directions and carry extra petrol in a safe can.

However much your instincts and training tell you to help out, *don't* pick up hitch-hikers and *don't* stop to investigate road accidents (unless you have actually witnessed the accident) — either could be exposing you to unacceptable risks. Police advise that you drive on to report any accident you see because the accident might not be genuine and you could be taking dangerous chances by stopping.

Park your car in a well-lit spot and lock it up, putting valuables out of sight in the boot. On your return check the inside of your car with your torch and have the keys ready so that you can get in and drive away quickly. Take extra care in multi-storey car parks.

However you travel you may feel safer if you're equipped with a personal alarm of which there are now several types on the market, both battery and gas operated. One of the most effective is an alarm that operates at any angle (even upside down) and emits an ear-piercing shriek; it continues to shrill even if you drop it (Walk Easy Alarm from Topline International, around £3.50).

Personal alarms are designed to attract attention and to gain you time. With your assailant momentarily thrown off guard by the din you should have an opportunity to escape. But do keep your alarm handy, not buried at the bottom of your bag out of reach!

It's worth considering just how you think you would react if you were attacked. No one really knows for certain what they would do; some women freeze, others fight back ferociously. But don't think that doing nothing is necessarily the best defence — if the violence is the most attractive aspect of the crime for your attacker a passive response could enrage him more.

If you're unlucky enough to be attacked, scream and shout as loudly as you can and use any ploy to gain escape time. You have the right to defend yourself with reasonable force but forget any notions about fighting and overpowering — this is not a fight you can win.

Aim to injure and escape and retaliate by using fists, fingers, knees and anything you have to hand. Your umbrella, car keys, comb, hairspray, even your high heels can all be used in self-defence but the law does not allow you to carry a knife or any specially-adapted item (such as a sharpened comb) which could be described as an offensive weapon. If you'd feel happier learning more about self-defence you could enrol in a local course — contact your council, education authority, sports centre or library for more information.

If the worst happens and you are raped or sexually assaulted dial 999 or go to your nearest police station immediately. Since there are rarely eye witnesses to rape, forensic evidence is vital in obtaining a conviction — so don't wash, shower or change your clothes. Don't drink alcohol or take tranquillisers because you'll need to give a clear account of what happened. Try to remember everything you can about your attacker — the more information the police have and the quicker they receive it the more chance they have of finding him before he can harm someone else.

For more information on practical steps to safety and on victim support schemes there are several booklets available. Copies of *Violent Crime — Police Advice for Women on How to Reduce the Risks*, published by the Home Office, are available from local police stations or from Room 133, Home Office, Queen Anne's Gate, London SW1H 9AT.

Many employers are taking the safety of their female employees very seriously. Some are equipping staff with personal alarms, others organising information and training sessions. Marks & Spencer, for instance, have produced an award-winning film for female employees on ways to prevent attack and minimise personal risk. The video is available for hire at a cost of £50 for three days, £100 for a week, getting together with other Companies or youth organisations in your area, organising several showings of the video and sharing the cost, would make this a possible option. More details from Marks & Spencer Training Department, Michael House, Baker Street, London W1, telephone 01 935 4422.

PROTECTING YOUR MEETING PLACE

Unfortunately, there's no such thing as a typical Guide meeting place! They range from wooden huts in country fields to solid city church halls and cover just about every combination in between! Not only do they vary in type, but in quality too, so your 'making safe' precautions are to some extent influenced by the nature of the building you use.

Your main aims are to ensure as far as you can that intruders cannot get into the hall before you arrive or during the meeting and to make sure Guides and Guiders can arrive and leave in safety.

Protecting your meeting place with strong locks and bolts is obviously sensible and where this is worthwhile the expense is clearly justified. However, you might think twice if your unit is housed in a not-too-substantial wooden hut where all an intruder has to do is smile at the locks and remove a couple of rotting wooden panels at the back!

Under those circumstances you would do better to concentrate on getting good strong lighting provided at entrances and exits. A door viewer and/or safety chain for the meeting room door could also be reassuring. Good lighting and door viewers/limiters are important for more robust meeting places too and are excellent ways of cutting down risks.

Where Guides have to use a toilet block which is separate from the main meeting place the safety implications of trips to the 'loo' should also be considered! Make sure good lighting is provided on the route to the toilets, at the entrance and inside. Make it a rule for girls to go across to the toilet block in pairs or groups or delegate older Guides to supervise younger ones. Young Guides wandering off alone to outside toilets is an unacceptable risk and one you should not take.

Arrange to arrive at the same time as another Guider or group of Guides and go into the hall together. Opening up a deserted hall or hut, or tidying and locking up after the meeting is best done in company — avoid situations where anyone, Guide or Guider, is left alone. Leave, as you have arrived, in pairs or groups.

It's unlikely that there will be any problems once a full meeting is in progress but discourage 'peeping toms' by keeping windows covered if you can. This is not so easy in summer when windows are open and Guides perhaps enjoying outside acti-

vities. The most you can do under these circumstances is be vigilant.

If you see someone who looks suspicious or the Guides report seeing any strangers around get a good description and inform the police. The chances are that this will not develop into a problem but better to be safe than sorry.

On camps you won't have a meeting place to protect but a group of tents and a Company of Guides in holiday mood. Basic safety rules to protect people and property are essential and all Guiders, Guides and helpers should understand their importance.

Here again the aim is to reduce risks and your list of rules for camp and outdoor activities should include the following:

- No Guide to wander off alone.
- Groups leaving camp on outside activities to state destination and time of return.
- Small groups left in camp should be accompanied by a Guider and, preferably, be equipped with personal attack shrill alarms.
- All strangers seen loitering near the camp to be reported to the Guider-in-Charge.
- Guides should not bring expensive equipment to camp. This includes ghetto blasters, expensive cameras or personal stereos. These are easy to steal, too inviting for thieves and encourage strangers onto the camp area — the very opposite of what you're trying to do!
- Rambles and hikes to be planned in advance and route left with a responsible adult. Check-in points to be organised along the route.

PROTECTING YOUR GUIDES

It is important that Guides are made aware of the risks to their safety and how they can protect themselves. Some may think they know all about it from talks at school, others may have been upset by newspaper reports of attacks on women and be worried about their safety. Either way a discussion of the problem and the ways in which women can cut down risks could be helpful.

Base a 'Women at Risk' theme evening on information supplied in the first section of this feature (Protecting yourself). Present the main points in the form of a short talk, quiz or game. The personal safety article in this month's *TODAY'S GUIDE* (*Be Smart: Be Safe*) could also be used as source material.

Or obtain copies of the free booklet | 11

mentioned above and give Guides a chance to read through. Describe a possible risky situation and ask them to comment on what they would do, then expand this into a general discussion.

The aim is to get girls talking, identifying dangers and sharing any 'near-miss' experiences they may have had when, through lack of thought or care, they've ended up alone and at risk.

Those experienced in leading this kind of informal discussion say youngsters will reveal to each other information they would not dare tell parents and these 'personal experience' warnings are more readily heeded by other girls than any amount of lecturing. It seems that the Guider is not an inhibiting presence in these discussions! Guides place her in the position of friend, not parent — despite the fact that often she's the mother of one of their number!

Once there has been a general discussion on the problem it could be followed up in several ways:

1 Organise the showing of a 'safety' video. This would reinforce the impact of the safety message for the TV generation! (Details on availability above).

2 Ask a local police officer to visit your unit, to answer questions raised by the discussion and add important local information. He/she can pinpoint local danger zones, suggest areas, roads or buildings where girls should be especially vigilant. Write in to your local police station to request a visit. Say that your unit has been discussing personal safety, is working on related projects and would welcome more detailed local information. Requests to talk about specific issues are usually better received than vague 'come and talk about what you like' invitations.

3 Considering the problem in relation to another group of people often helps to put it in clearer perspective. Guides could consider the safety needs of others in their community — the elderly, for example, or the local Brownie Pack. They should work out how they would get the 'stay safe' message over to them effectively (eg with talks, posters, leaflets, advertising etc). In the case of Brownies they should think about:

a Getting safely to and from Pack Meetings.

b Getting safely to and from school.

c Warnings against taking treats or lifts from people they do not know or without mum and dad knowing.

d Warnings not to wander off on trips out — with family, school or Brownies.

e Warnings not to keep secrets — if they are frightened by someone they should tell mum, dad, a teacher or grown-up they can trust.

For the elderly in their community they should think about safety at home and out on the streets.

a Reminders *never* to let strangers in without checking their identity and to use a door chain and viewer. Make sure outside light is strong enough to identify visitors, especially unexpected ones.

b Make sure all outside doors and windows can be secured. Work out a 'lock-up' and 'lock-out' routine and stick to it.

c If they see or hear anything suspicious to phone the police immediately.

d Take care of keys.

e Stay in touch with neighbours; join Neighbourhood Watch schemes.

f For reminders about safety out on the streets see first part of this article.

4 Choose a month for safety observation. During this period Guides should note places in their area which could be possible danger areas (eg subways, tunnels, deserted areas, badly lit streets or alley ways, dark buildings, unlit corners and walkways on housing estates, isolated bus stops or railway stations, etc) get them to list occasions when they have seen girls taking unacceptable risks (eg getting off the bus two stops early to save money, hitching lifts, taking shorts cuts, walking alone after dark or on lonely roads, etc).

5 Guides to draw up a list of 'safe' houses on major routes to and from Guide meeting place. These should be *homes of Guides, Guiders or schoolfriends* known to all Guides and where you know that girls, mothers or Guiders are at home on Guide meeting evenings. Guides to prepare note for circulation to parents and obtain their agreement to this listing. (One list is compiled and all Guides are to be given a copy. Then, if any girl runs into trouble on the way to or from Guides, she has a safe place to aim for.

6 Each Guide to compile her own list of emergency telephone numbers. This should include members of her immediate family, family friends or neighbours, police station, hospital, etc. Use this opportunity to run through emergency services telephone drill and make sure each Guide

also knows how to make a reverse charge call.

7 Safe travel to meetings. Guides should be discouraged from arriving early for meetings, to cut down the risk of them waiting around alone. Similarly, after meetings girls should walk home in groups or pairs or be met. No Guide should be left alone waiting for lifts. Get Guides to think about the safety risks by drawing up their own solution to the transport/travel problem.

Younger Guides probably expect to be collected but older girls look for more independence. Peer group pressure is important too — the one girl who is collected may become the butt of jokes, eventually giving up Guides because of the teasing. Ask Guides to make plans to protect each other — working out groups to walk home together, or walking to a pre-arranged point where parents will meet; organising a rota of parent drivers to pick up. That way Guides can keep and retain their independence and feeling of self-reliance. They can inform parents of the system, not be told what will happen.

8 Guides to use all safety information gathered (plus list of 'safe' houses) to make a plan of the local area, marking all danger spots, no-go areas and places where help is available, eg police station, safe houses, telephone boxes, late-opening shops, garages etc.

9 Safety rules for camps, holidays and outdoor activities also need to be clearly understood by Guides. They could prepare noticeboards listing rules for camp safety. Also important are rules for days out, visits, sports evenings, theatre trips etc — Guides should realise the importance of knowing travel arrangements and sticking to them. After special events like these they're often more lively and excitable than usual and thus more likely to take unacceptable risks.

Of course the issue of personal safety is not one that can be compartmentalised into 'interesting projects', the problem will not disappear because of a few talks. Guides should not be allowed to lapse into thinking they've 'done' safety and can forget all about it. They need to be reminded at regular and frequent intervals of the 'do's and 'don'ts' covered here. In future activities seize every relevant opportunity to draw in reminders so that Guides stay aware of the 'Be smart: Be safe' message.

SONG AND DANCE

With Song and Dance Year well under way you have no doubt found that some girls have looked at traditional dance forms and turned them down as 'not enough of a challenge'. Rejecting the familiar, they will have set their sights on something new and different — creative dance.

The name 'creative dance' sends a tingle of fear down many a spine. It is surrounded by a veil of mystery; a dance that exists only at the moment of performance, for which there are no rules or instructions to follow. No wonder that many people think that it is impossibly difficult to attempt anything 'like that'.

But creative dancing can be very rewarding. For the adult it takes a good deal of courage to introduce something where there is so little apparent structure. For the girls it can be like stepping into another dimension where the only restriction on their imaginations is their movement ability. So put your best foot forward, and think creative. The suggestions below will help you to get started.

You will recall from previous articles the importance of considering your audience and venue. The venue can be particularly important in creative dance where there is often the temptation to create great sweeping movements. If your performance is going to be on a small apron stage the result will be chaos. So, when you are devising and rehearsing your dance be sure to keep within the boundaries of your performance area.

GETTING STARTED

This is the moment when you need to let the girls' imaginations run riot. Good sources of inspiration include:

- Stories.
- Children's books.
- Poetry.
- Sound effects.
- Music.
- Television and film themes.
- Pictures.
- Local library.

There is an inexhaustible supply of myths and legends on which to base dances. Many areas in the British Isles have their own local stories and legends which could be used, for



example, King Arthur at Glastonbury.

With children's books it is best to stick to something relatively simple. Stories such as *The Tales of Beatrix Potter*, which are brief, dramatic and descriptive, adapt excellently.

There are any number of useful poetry books around. One which I have found a particularly good source of ideas is *That Way and This* by F Baldwin and M Whitehead (published by Chatto and Windus).

You can quite easily record your own tape of sound effects, putting on footsteps, doors slamming, telephones ringing, or whatever you like.

Music is already half-way to dance; as well as giving you an accompaniment it can also suggest movements. Mike Oldfield's *In Dulci Jubileo* has a bright quality which will quickly get the children dancing.

Television and film themes are often written specifically to suggest a mood or subject and so transfer naturally to movement.

Every picture tells a story, so they say. Local art galleries, newspapers and magazines are all useful sources.

FINDING THE MOVEMENTS

Dancing, like speaking, has its own basic vocabulary:

- 1 **Gesture** This includes all movements not concerned with supporting body weight and can involve arms, legs and head.
- 2 **Stepping** All transferences of weight from one support to another come under this heading. Stepping can take place in all directions.
- 3 **Locomotion** This is any method of transferring the body from one place

to another, for example, sliding, wriggling, rolling, crawling and so on.

4 **Jumping** Any movement where the body leaves the ground.

5 **Turning** Any movement which includes changing the front shown to the audience.

Every one of these movements has a quality of time, weight and space. They can be sudden or sustained (time), firm or light (weight) and direct or flexible (space) and any point in between these extremes.

While time and weight are important and give the dance its expression, it is the use of space which gives the dance its form. The dance can incorporate a variety of levels, high, medium and deep. It can also move through different dimensions as the dancers advance towards the audience or retreat from them, rise up or sink down, or disperse or close up.

USING THE DANCERS

You can extend the vocabulary of dance design according to the number of available dancers. Once a movement has been started additional dancers can respond by mirroring, contrasting, extending and reversing the original movement. Movements can be towards, away, under, over, through or round another dancer or dancers.

Dance design can have many and varied components. In my next article I will look at three simple ideas to get you started.

JULIE SPARROW

Movement and Dance
Consultant

- Always remember who your performance is for.
- Investigate the venue and make sure that it is appropriate.
- Do you need props or costumes? Who will provide them?
- Will you require music? Who will provide it?
- Have you allowed enough time for rehearsals?
- If the performance is not part of the Song & Dance Challenge, do you have copyright clearance for the music?

A FRESH LOOK AT THE WHOLE QUESTION OF UNIFORM.

THE STORY SO FAR

Did you see *The Clothes Show* on BBC1 on 22/23 March? If you did you will know that Jeff Banks has agreed to redesign the Association's uniforms, with a view to introducing a 'New Look' in 1990.

It may have seemed from the programme that the new uniforms concerned only Brownies and Guides. This is not the case. Unfortunately, material concerning Rangers, Young Leaders and Guiders was cut from the final broadcast.

New uniforms will be designed for all sections, so please make your feelings known by taking part in the market research announced on *The Clothes Show*. Write now for a questionnaire from: GIRL GUIDE UNIFORM, *The Clothes Show*, BBC Pebble Mill, Birmingham B5 7QQ.

The timetable below shows how the question of uniform has been considered up to this point.

SEPTEMBER '86

The Executive Committee appoints a new Uniform Panel to take a 'Fresh look at the whole question of uniform'.

JANUARY '87

The Panel recommends a 'plan of action' to the Executive Committee. This includes opening up the discussion to all members with a view to introducing a 'New Look' in 1990.

APRIL '87

An article in *GUIDING* asks members to discuss the question of uniform and to send their comments to the Uniform Panel.

MAY '87-DECEMBER '87

The Uniform Panel receives many interesting replies to the questions posed in the April article. A summary is prepared and used as an overall brief for Jeff Banks.

MARCH '88

A meeting between the Uniform Panel and Jeff Banks is recorded for broadcast on *The Clothes Show*. Also present is Clive Dibbon of Research Services Ltd. He helps to formulate the questionnaire which goes to Brownies, Guides, Rangers, Young Leaders and Guiders. The information will be analysed to establish what members require in a uniform.



A meeting between Jeff Banks and the Uniform Panel is filmed for *The Clothes Show*.



The project is on target for a 'New Look' in 1990.

The Clothes Show and *GUIDING* will keep you up-to-date on the project as it develops.

PATRICIA LAWRENCE
Chairwoman Uniform Panel

MATTOYS

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Carnival in Trinidad offers enormous potential for exuberant Song and Dance activities. During May and June *TODAY'S GUIDE* and *BROWNIE* will contain lots of practical activity ideas for costumes, dance, masks and calypso-writing on this theme. Here are some suggestions to help you organise similar activities with your unit.

BEFORE YOU START

Make sure everyone taking part is well prepared. It is essential that each person (leaders and helpers included) has a general introduction to Carnival and Trinidad. Don't just read out dry pieces of writing at a meeting, but interest the girls in learning for themselves through project and activity work which involves listening to music, looking at books, films and videos and, most important, talking to people in your area who have visited or come from the Caribbean. Find out about the background to Carnival in Trinidad and Rio, and Mardi Gras in New Orleans. If there is a Carnival in your area it makes a good starting point. Find out all about Trinidad, from its history and geography, political and racial make up, to its wildlife, fiction, folk tales and poetry. (See May's *TODAY'S GUIDE* and 21 April's *BROWNIE*).

PLAY MAS'

Mas' is the parade of masquerade bands at the annual Carnival in Trinidad. Each band or 'camp' chooses and secretly works on a different theme and at Carnival the extravagant costumes and magnificent floats are unveiled. Every band tries to out-do each other, vying for the prized title of King or Queen of Carnival. May's *TODAY'S GUIDE* gives instructions on how to make some traditional mas' characters, but don't let these limit you. Encourage each Patrol or group to choose a theme, keep it secret and construct costumes as extravagant as they can to fit it. Choose exciting and modern themes; favourite films, pop stars, songs or TV programmes, famous women, books, poems, stories or sports, major issues in the local news, or even environmental issues such as the destruction of tropical rain forests: the possibilities are endless.

BOOKS

Compilations of folk tales and poetry are available at most main libraries. *Masquerade* Jeremy Taylor (Macmillan)
The Middle Passage V S Naipaul (Penguin)
I Like That Stuff ed. Morag Styles

CARNIVAL CAPERS

(Cambridge University Press)
The Trinidad Carnival Errol Hill (University of Texas Press)
Trinidad Carnival: the World's Most Colourful Festival (Key Caribbean Publications, Port-of-Spain, Trinidad)
David Frost Introduces Trinidad and Tobago eds M Anthony and A Carr (Andre Deutsch)
Trinidad Carnival Olivia Bennett (Macmillan Education)
Festival! Carnival Teachers' notes and pupils' worksheets Rosalind Kerven (Commonwealth Institute and Macmillan Education)

DANCE

Traditional Caribbean dances such as the pique or reel often have very complicated set steps and movements. If you want to teach one of these yourself, you may need expert help.

CONTACTS

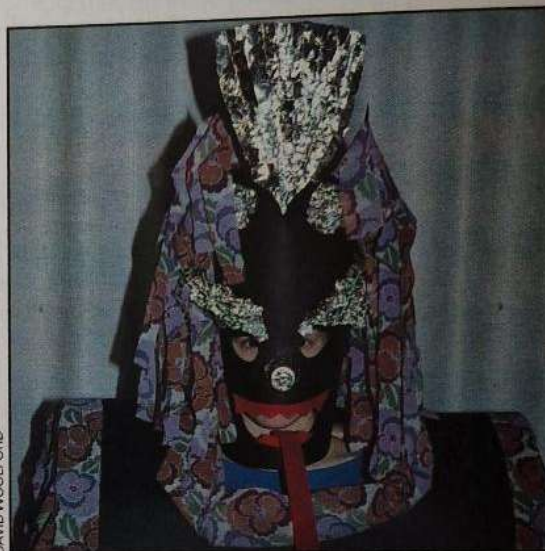
Get in touch with black dance and theatre groups in your area. Local arts associations and arts centres, libraries, local newspapers and listings magazines, independent cinemas and theatres are all useful sources. If there is not a large West Indian community in your area you may be lucky enough to find a touring dance company who might join a workshop. If there are any relevant dance events in your area why not arrange a trip for any interested Guides?

BACK TO YOUR OWN CHOREOGRAPHY

You can do wonders with mime and acting in Carnival activities, as each of the traditional mas' characters has a clearly defined personality and movements. There are some ideas for playlets and action dances in *TODAY'S GUIDE* to start you off.

MUSIC

This is of course essential for this activity. Introduce (or get the girls to introduce you to) the rhythms of calypso, soca, steelband and reggae and choreograph your own dances by



DAVID WOOLFORD

building up sequences of the traditional parade steps — jumping up, wining and chipping. All these steps are to be found in May's *TODAY'S GUIDE*.

BOOKS

Golden Heritage — the Dance in Trinidad and Tobago Molly Ahye (Port-of-Spain)

RECORDS

The Heart of Trinidad Calimbo Steel Band (GNP Crescendo GNPS62). Look under the reggae section in any big record shop or good record library. As well as the ever popular **Bob Marley** and **Peter Tosh**, look for traditional reggae from Jamaica and modern bands such as **Aswad**, **Black Uhuru** and **Steel Pulse**.

VIDEO

There is usually coverage on television of Carnival in Trinidad and Rio and Mardi Gras in New Orleans during Lent. Showing excerpts from the programmes at meetings or workshops will really give the girls a vivid insight into the nature of Carnival. The Commonwealth Institute and the High Commission of the Republic of Trinidad and Tobago both have good audio-visual resources for hire.

COSTUMES AND INSTRUMENTS FROM JUNK

To make really bright and effective costumes, masks and instruments, start collecting a store of suitable junk. Useful items include:

fabric—brightly coloured and lots of different sizes crêpe paper, tissue paper, tin foil, scraps of felt **coloured wool and ribbon** stiff white and black card **old T-shirts, leggings and opaque tights** old make-up **cardboard boxes**—lots of different sizes **milk bottle tops sequins and buttons** fruit nets **newspapers** egg boxes **toilet roll tubes** pipe cleaners **litre-sized plastic lemonade bottles** margarine tubs **paper cups and plates** elastic bands **clean empty biscuit tins** milk bottles, spoons, graters **lentils, dried peas and beans** staplers **glue sellotape scissors** poster paints and thick brushes **felt pens**



CALYPSO

This is the traditional music (and poetry) of Carnival. Why not try writing and singing your own calypsos? It's difficult, but fun and worthwhile. Make sure that the girls taking part are well prepared and know exactly what a calypso is (including its musical and rhythmic form) by playing records of calypso music and reading examples aloud. It may also help to learn to sing some traditional calypsos (see the song book below) before attempting your own. Calypso is always satirical in tone, scattered with good humoured insults and at its best is wittily improvised. Each one should last about three to four minutes. You might organise a competition for all the writers: each could invent a silly

name (and adopt a silly costume to match if wanted) and compete for the title 'Queen of Calypso'. The vital starting point is lots of ideas, not just concerning the Caribbean and Carnival, but about contemporary life, such as:

- issues in the local news
- Song and Dance Year
- personal issues; family, school, romance
- our Patrol is best

If inspiration is still absent, you might encourage the girls to think of calypso as a form of rap and play some of the wealth of current rappers, such as **Smiley Culture** and **Run DMC**, and especially the women rappers such as **Roxanne Shante** and **Salt 'n' Pepa**

BOOKS

The Traditional Calypso Keith Warren (Heinemann)

Mango Spice: 44 Caribbean Songs Y Connolly, G Cameron, S Singham (A & C Black)

RECORDS

Children's Jamaican Songs and Games sung by Louise Bennett (Folkways Records FC 1250)

Calypsos from Jamaica assorted artists (Request Records SLP 734)

Look for records by classic Trinidadian calypso artists such as **Mighty Sparrow**, **Attila the Hunn** and **Calypso Rose**.

FOOD

Traditionally the Carnival route is crammed with stalls selling all sorts of delicious foods. Why not organise a grand feast of easy-to-make Caribbean delicacies for all to taste? If you have local West Indian restaurants or grocers you might even persuade them to help. Try these easy recipe ideas:

rice and peas banana cake **ginger cake** sweet potato **jug-jug** rotis **okra served with tomato and onion** fruit salad **baked bananas** tropical mixes of nuts and dried fruit

And try to get together as many types of exotic Caribbean fruits and vegetables as possible, such as:

coconut lime **guava** okra **mango** pawpaw **plantain** breadfruit

More and more of the large supermarket chains sell these fruits and cooking instructions are often given on the displays or packaging.

BOOKS

Every good library has at least one book about Caribbean cookery.



DAVID WOOLFORD

GENERAL INFORMATION

Commonwealth Institute
Kensington High Street
London W8 6NQ

Invaluable range of books, fact sheets, records and audio-visual material available for loan from the Library, Resource and Information Centre. Also exhibitions, theatrical and musical events, educational programmes and an excellent bookshop.

High Commission of the Republic of Trinidad & Tobago
42 Belgrave Square
London SW1X 8NT

Information leaflets and films for loan.

Trinidad and Tobago Tourist Board
48 Leicester Square
London WC2

Glossy leaflets, brochures and posters aimed at tourists.

Oxfam Education
274 Banbury Road
Oxford
OX2 7DZ

Write for catalogue of booklets, wall displays and teachers notes.

Afro-Caribbean Educational Resource Project (ACER)
Centre for Learning Resources
275 Kennington Lane
London SE11 5QZ

Information on multi-cultural educational materials and on the Afro-Caribbean community in Britain.

The Steelband Association of Great Britain

10 Gainsborough Gardens
Greenford

Middlesex UB6 0JG

Newsletter and advisory service on steelband music.

SUSANNAH MARRIOTT

A PERSONAL VIEW

On examining my new *Commissioner File* I was surprised and rather saddened to note the change of wording on page 3.2 with regard to the Promise. It reads 'the acknowledgement of the necessity for a search for a faith in God, a Supreme Being, and the acknowledgement of a Force higher than man, of the highest Spiritual Principles'.

This is in contrast with the present *Commissioner's Handbook* which says... 'In the UK this (ie principles contained in the Promise) acknowledges that a personal God exists and that man has a duty to try to know, love and serve Him, and to know and love His children...'

I admit that I am very concerned with the change of emphasis here. It seems to me that if we, as an influential Association in British society seem (or are seen) to think of God in such an impersonal way, as some kind of remote, undemanding 'Supreme Force' rather than as knowing and describing Him as a loving, knowable personal God to whom (like it or not) we are all accountable, then

clearly we are deviating from the Truth and moving towards very shaky ground.

Today many of us in our Association are grappling with the consequences of a society that feels that it is normal to be unaccountable — to do one's own thing — regardless of the consequences to individuals or to society as a whole. Abortion levels, the breakdown of marriages and family life, personal abuse by various addictions, the increase of pornography and the open practice of unacceptable language and behaviour and the general lack of 'normal' moral standards and so on, is only too clearly evident.

We are renowned as a Movement which moves with the times, flexible and open to change and there is much scope for this — providing we remain on the rock on which we were originally built and refuse to water down our stand with regard to the first part of our Promise. If we compromise, gradually but surely we shall see our Movement become impotent and shall be forced to apply

ourselves to dealing with the erosion of behaviour that our action will help bring about.

It is still not quite too late, we can still be what the general public thinks us now to be — a Movement committed to decent behaviour, taking a firm moral stand and pointing its young girls to commit their lives to God.

This is the God whose hand many of us hold — no impersonal Force — but the hand of a Father who loves us enough to hold us personally accountable for how we live our lives and share His love with others.

BARBARA JONES
District Commissioner
Newcastle Audley District

The views expressed in this article are not necessarily those of The Girl Guides Association nor endorsed by it.

The Editor reserves the right to edit any item received for publication.

If you have a Guiding topic you would like to raise write to:

The Editor, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT.
Contributions should be a maximum of 900 words long.

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★ **SPECIAL DATES IN '88** ★
Guide Day — Saturday 30 April
Brownie Days — Saturday 14 May
Saturday 18 June
Saturday 24 September

DIARY

BOATING WEEKEND

HAUTBOIS: 8-10 JULY

Trainer: F Ardley

Apply to: Guider-in-Charge, Hautbois

This weekend will include canoeing and dinghy sailing on the River Bure as well as Hautbois' own water, 'The Cut'. It is suitable for members of any age and experience and complete beginners are welcome. Come and enjoy a weekend in Hautbois' relaxed atmosphere.

Candidates must be able to fulfil the Association's swimming requirements as stated in *The Outdoor Manual*.

OUT AND ABOUT AT FOXLEASE

FOXLEASE: 21-30 JULY

Trainers: L Stevens and team

Apply to: Guider-in-Charge, Foxlease, enclosing a £5 deposit

An opportunity to spend a little time exploring Foxlease and the surrounding area. This session is aimed at section Guiders looking for more exciting Programme ideas for outdoor activities at evening meetings, on days out and at residential events. It is hoped to cover topics including walking safely skills, orienteering, pioneering, rafting, canoeing and offshore sailing. Where Guiders have specific requests for learning or improving outdoor skills we shall try to meet them.

Depending on space it may be possible to accommodate husbands on this course.

BRITISH CANOE UNION (BCU) PLACID WATER SKILLS 1

FOXLEASE: 8-10 JULY

Trainer: J Chittock

Apply to: Guider-in-Charge, Foxlease, enclosing a £5 deposit

WADDOW: 15-17 JULY

Trainer: J Wetzig

Apply to: Guider-in-Charge, Waddow, enclosing a £5 deposit

An opportunity for inexperienced canoeists to learn basic canoeing skills in open cockpit kayaks on placid water. With both theoretical and practical sessions, trainees successfully completing the course will be awarded a BCU Placid Water Skills 1 certificate.

Candidates must be able to fulfil the Association's swimming requirements as stated in *The Outdoor Manual*.

RANGER GUIDE/ YOUNG LEADER EVENT

NETHERURD: 25-30 JULY

Trainer: B O'Donnell

Apply to: the Secretary, Netherurd with a SAE. Initial applications two per Unit

An opportunity to meet people from different parts of the country and enjoy a variety of indoor and outdoor activities. Participation in this event qualifies as the residential clause of the Duke of Edinburgh's Gold Award.

ADVISERS FOR HANDI-CAPPED MEMBERS

FOXLEASE: 1-3 JULY

Trainers: C Bartlett

L Loudon

Apply to: Guider-in-Charge, Foxlease, enclosing a £5 deposit

This weekend is designed to clarify the role of Advisers for Handicapped Members through the preparation of videos on awareness, integration and adapting the Programme. There will be a chance to highlight resource requirements. If you are interested, or involved, in working with handicapped members then this weekend is for you.

ARTS WEEK FOR GUIDES

NETHERURD: 1-6 JULY

Apply to: the Secretary, Netherurd, enclosing a SAE. Initial applications two per unit.

A week of fun and friendship at Netherurd. Activities will include crafts, music and the home arts.

PATROL WEEK

HAUTBOIS: 10-17 AUGUST

Apply to: Guider-in-Charge, Hautbois

An opportunity for Patrols who really enjoy working together to come to Anglia's new Training and Activity Centre near Norwich. Apart from the challenge of coming together you will learn new skills both indoors and out. Patrol Leaders should apply for this challenging and fun week.

WADDOW

Clitheroe

Lancs

BB7 3LD

Tel: (Clitheroe) 0200 23186

FOXLEASE

Lyndhurst

Hants

SO4 7DG

Tel: (Lyndhurst) 042 128 2638

NETHERURD

Blyth Bridge

West Linton

Peeblesshire

EH4 7AQ

Tel: 0968 82208

GREAT HAUTBOIS HOUSE

Great Hautbois Road

Coltishall

Norwich

Norfolk

NR12 7JN

Tel: 0603 737357

LORNE

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Tel: (Holywood) 02317 3180

GLENBROOK

Bamford

Near Sheffield

S30 2AL

Tel: (Bamford) 0433 51567

BRONEIRION

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SY17 5DE

Tel: (Caersws) 068 684 204

OPEN DOOR

It was one of those golden Easter weeks when the warmth of the sun made everyone conscious of the unfolding of spring.

The Brownies were enjoying a Pack Holiday in a small village near the north coast of Cornwall — an ideal opportunity for really getting to know each other through living, working and playing together. The weather had been ideal for the additional joys of going to the beach, visiting the nearby lighthouse, and the local church — still beautifully decorated following Easter Day.

Instead of reading prayers in the evenings, the Brownies had decided that

when they were in bed they just wanted to thank God for all the things they had enjoyed during the day. The first two evenings were rather as anyone would have predicted but on the third evening the sunset was magnificent. The very sight of the Pack, in bed, bathed in the evening sun was unforgettable. The first Thank You God came — for the sunset. This was soon followed by Thank You God for our eyes so that we can see the sunset and all the beautiful things you have made, please help those who can't see. The Thank You God ideas continued to flow — Thank You for our Brownie

Promise; please help us to keep it not only on Pack Holiday, but everywhere when we go home.

I felt very humble and privileged to be with these Brownies who had got the Promise not only at the centre of their Programme but in every part of it.

As we sang *Quietly* together, before settling down, the words were just so appropriate

*'Quietly we are gathered
Quietly for night is near
Quietly close beside us
Quietly God is near'*

ANGELA THOMAS

COMING NEXT

IN BROWNIE 5 May

All About Poisonous Plants
— Full colour chart.
Brownies Around The World
— Trinidad and Tobago.
Fabulous Potato Prints
— How to do.
Safety in the Home
— Colour — in page.

IN TODAY'S GUIDE June

Crafty Ideas — Make your own scents and cosmetics.
Window on the World — The North Atlantic Girl Scouts.
Test Run — Product testing torches.
Patrol Project — Make a picture map of your area.

Food Glorious Food
— Outdoor Chef badge.
Get Packing — The right way to pack a rucksack.

IN GUIDING June

Childline — An interview with Esther Rantzen.
A Look at Logbooks — How earlier generations

recorded their experiences.

One World — Australia
— International Selection.
Check It Out — Gas Stoves.
Coping with — Recruitment.
ARENA
Behind the Scenes — Anne Gregg (BBC *Holiday Programme*).
Conservation
Unit Management continued

FOCUS ON INSITE

IT'S AMAZING WHAT YOU CAN DO WITH A COATHANGER

Pass us the shammy, ta very much,
We've got to get rid of this muck, and such,
The vehicles were dirty both inside and out,
Watch where you stand whilst the hosepipe's about.

There's a hole in the floorboards where water comes through.
But the bus is much better, all shiny and blue,
A coathanger's useful for removing the dirt,
It likes it much better than hanging a shirt.

We scrubbed on the outside for such a long time.
Only to find on the inside more grime,
The dirt has transferred from vehicles to us,

So now we can travel in a clean?

Challenge What and where are these vehicles?

Throughout the year you will find cars or minibuses arriving at one or other of the Training Centres spilling out unusual groups of participants for a training weekend: they are Ranger Guiders and Rangers (sometimes Venture Scouts). They travel from all parts of the country to take part in INSITE weekends.

Why is it different? INSITE is the one course provided at the Association's Training Centres especially for Rangers and Ranger Guiders.

Why do they come? It will be fun! They are a new Unit needing help in getting started. They want some new ideas. The Ranger Guider thinks it might 'do

the Unit good'.

Yes, there is fun; short nights, good food, laughter and new friends. But it is also an opportunity to take a close look at the Unit Programme, the role of the Unit Executive and the challenge of planning and carrying out a service project.

There is so much to do and a weekend will always prove to be too short. But there is still time to take part in 'Foxlease Frolics' or 'Waddow Capers', where the main ingredients are the dark, the camp sites, the woods and Guiders waiting at checkpoints to provide equipment for a problem to be solved.

A different sort of problem solving is tackled in the light-weight cooking event. It's not easy to produce a two course meal, for three or four, on a one burner stove, on a dark, wet night. Never

mind, no one goes hungry because there is always the soup and hot-dogs before bed. Bed, what's that?

Leaders at the weekends have the opportunity to see their Rangers planning, discussing, organising and, hopefully, developing in confidence to use the skills learnt. But will leaders learn to listen, to question, to support?

'I now make the coffee.'
'I feel redundant, what else can I do?'

INSITE aims to give help in all these aspects and many more. An experience valuable in training for the partnership of young people and adult leadership.

Come and join us next year — or encourage your County to include an INSITE weekend in their Training Programme.

KATE ROBERTS 19

BUT I DON'T EAT MEAT

Over 4 million people in this country now eat a vegetarian diet or avoid red meat according to a 1987 Gallup survey conducted for The Realeat Company. For Guiders this is an important statistic: women are twice as likely as men to be non-meat eating and the 16-24 age group most likely of all. So what do you do when the inevitable happens. It's the first night at camp, you've put up store tents, wrestled with gadgets and sweated over a hot fire rustling up a delicious beef stew. Then a handful of voices pipe up...

'BUT I DON'T EAT MEAT'

Don't give up! You don't have to spend the week cooking two versions of every meal or struggling with lentils. A little forethought can deliver the most simple and sumptuous culinary concoctions!

FORWARD PLANNING

- Ask parents whether their daughters have any special dietary needs before you plan the camp menu.
- Meet with these parents to discuss favourite dishes and exchange recipes.
- Look at *The QM Handbook*, which contains lots of exciting vegetarian recipes.
- Save cuttings from magazines and borrow recipe books from the library. *Good Vegetarian Food for Children* by J Coveney and R Mooney (Angus and Robertson 1987) is particularly good.

WHO ARE THE VEGETARIANS?

All kinds of people enjoy vegetarian food for a variety of reasons. We regularly eat a couple of vegetarian meals a day — think about it! Many people object to the inhumane

slaughter of animals or dislike the thought of eating secondhand the hormones which were fed to the animals. Some people don't eat meat for reasons of health or economy, or simply dislike the taste, and some religions prefer to leave various types of meat out of their diet or eat none at all.

Jewish Guides at camp need their own cooking arrangements. They will not eat pork products or certain fish, including all types of shellfish. All other meat, including poultry, will have to be bought from a kosher butcher. Milk food and meat food must never be cooked or eaten together, so you'll require two sets of utensils and pans for cooking, two sets of plates and cutlery for eating and two sets of washing-up bowls, dishcloths and teatowels, all clearly distinguished (colour-coding may help). Jewish Guides will wait three hours after a meat meal before they eat anything containing milk — even a drink.

Muslim Guides don't eat pork, pork products or eggs, but they will eat other meat if killed according to Islamic law — halal meat. You will therefore have to buy meat from a halal butcher.

Hindu Guides are mostly vegeta-

ONE WEEK OF VEGETARIAN MENUS FOR PATROLS COOKING FOR SIX.

DAY 1 BREAKFAST

½ an Orange
Cereal or porridge
Wholemeal bread or toast with tomatoes.
Tea or milk

MID MORNING

Blackcurrant juice and biscuit

LUNCH

Lentil and tomato soup
Salad — to include lettuce, tomato, cucumber, watercress, beetroot, haricot beans (hard-boiled eggs and cubed cheese can be served separately)
Potato salad — boiled potato, skinned and cubed with a little chopped onion and dressed in salad cream
Wholemeal roll

TEA TIME

Tea or squash and bun or cake

SUPPER

Vegetable Kebabs served with rice and tomato sauce
Baked bananas
Homemade lemonade

DAY 2 BREAKFAST

Muesli (home made) with milk
Boiled egg and brown toast (for those who do not eat eggs, toast spread with vegetable extract)
Tea or milk

MID MORNING

Coffee or juice and biscuit

LUNCH

Bean and Vegetable Stew served with wholemeal pasta
Fruit salad and yogurt

TEA TIME

Tea or juice and brown bread tomato sandwich

SUPPER

Lentil and Nut Fritters
Baked potato, cottage or soya cheese filling mixed with chives and coleslaw
Strawberry jelly (whip with strawberries or other fruit, as available) — some jellies contain gelatine from animal sources

DAY 3 BREAKFAST

½ an Orange
Cereal, milk
Tea, mushrooms on bread or toast

MID MORNING

Squash and biscuit

LUNCH

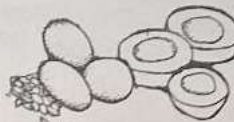
Vegetable Pasties (oven) with salad or Stuffed Pancakes served with a green vegetable
Summer Pudding with custard

TEA TIME

Tea and peanut butter sandwiches

SUPPER

Caribbean Red Bean Rice served with carrots and peas
Fruit yogurt sprinkled with chopped nuts



nians, eating no fish, meat or eggs. Beef is strictly forbidden in their diet.

Sikh Guides have no dietary restrictions, but even those who aren't vegetarians usually won't eat pork or beef and strict Sikhs won't eat eggs.

Buddhist Guides have no special dietary restrictions but, as Buddha forbade the taking of life, many are vegetarians.

THE ADVANTAGES OF A VEGETARIAN CAMP

Many Guiders swear it's the only way to cook for a camp which is wholly made up of Muslim or Jewish Guides, for example, if you're pitched miles away from the nearest halal or kosher butcher. It may also be the only choice for a camp which includes Jewish, Muslim, Hindu, Sikh or Buddhist girls.

A vegetarian camp is the answer if you've no access to a freezer or fridge in the summer. It is not advisable to store meat in a hot, unhygienic hanging larder and, as you should never re-heat leftover meat, you will be wastefully throwing food away.

WHAT DO VEGETARIANS EAT?

Lacto-vegetarians eat everything ex-

cept flesh, ie meat, chicken and fish. This diet is easy to cater for as it's made up of fruit, cereals, pulses (dried peas, beans and lentils), and dairy products as well as vegetables. Some may eat fish.

Vegans eat only plant products. They will not eat foods which derive in any way from animals. This includes eggs, milk and cheese as well as meat. To make sure vegan Guides on camp receive all their daily nutritional requirements, make sure you use a wide variety of cereals, pulses, whole grains, nuts, fruit and green vegetables, including soya bean products, such as vegetable protein (TVP) and yeast spread. Fortified soya milk and peanut butter are invaluable in a vegan diet as they help provide the vital nutrients lacto-vegetarians get from dairy products.

Vegetarian food doesn't have to be stodgy, tasteless and brown. Be adventurous and stun all your Guides with the following recipes. I guarantee they'll be pestering mum for more of the same when they get home!

PACKED LUNCHES

When at camp, don't waste time traipsing back to base for lunch — take it with you. Packed lunches don't have to be dull and don't have to be

meaty to provide a third of a child's daily nutrients. Here are some ideas to get you going.

Use all types of bread, not just sliced white, as the base for your sandwiches. Try French sticks, rolls and baps, pitta bread, crispbread, oat-cakes or scones.

Fill them with generous portions of:

- Cottage cheese and pineapple or jam.
- Peanut butter and dates.
- Hard-boiled egg, mayonnaise and water cress.
- Dates, grated apple and lemon curd.
- Sultanas, nuts and celery.
- Russian salad — cooked diced carrot, potato and beetroot with mayonnaise.
- Mashed soya cheese mixed with chopped celery and sandwiched between huge slices of tomato or pineapple rings. Add a flask of leek and potato soup (made with vegetable stock), or hot blackcurrant with spices, for the perfect lunchtime filler.

MAIN COURSES

The recipes on the following page are calculated for six people. They can easily be adjusted when cooking for a whole Company.

DAY 4 BREAKFAST

½ an Orange
Porridge or cereal with milk
Tea, French toast and tomatoes or tomatoes on bread or toast

MID MORNING

Milk or squash and bun

PACKED LUNCH

Flask of soup
Large bap rolls filled with cottage cheese, pineapple and nuts, (put roll filling in dried lettuce leaves to prevent the rolls becoming soggy)
Hard-boiled egg for those who eat eggs (use soya cheese for vegans)
1 piece of fruit

TEA TIME

Tea or blackcurrant juice and nut slice

SUPPER

Oven Vegetable Lasagne and green salad
Baked apples with raisin and brown sugar filling or Scone
Pizza Pie
Apple flan, base made with Rice Crispies

DAY 5 BREAKFAST

½ an Orange
Cereal or muesli with milk
1 fried egg with baked beans on bread or toast
Tea and bread or toast

MID MORNING

Squash or milk and biscuit

PACKED LUNCH

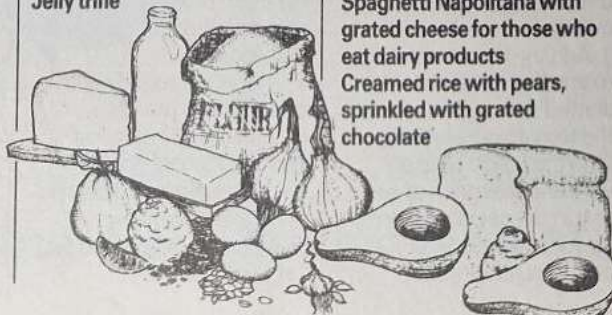
Flask of soup
French sticks filled with salad and tuna fish (if allowed)
Fruit and nuts or fruit and cheese

TEA TIME

Tea and Peanut Butter Cookies

SUPPER

Kusherie served with yogurt and green vegetables
Jelly trifle



DAY 6 BREAKFAST

½ an Orange
Cereal or porridge with milk
Tea, bread or toast with tomatoes, beans and mushrooms

MID MORNING

Apple juice and biscuit

PACKED LUNCH

Flask of soup
Brown rolls filled with chopped dates, apple and lemon curd or a savoury salad mixture if preferred
1 piece of fruit, nuts and raisins

TEA TIME

Tea and hot buttered potato cakes

SUPPER

Spaghetti Napolitana with grated cheese for those who eat dairy products
Creamed rice with pears, sprinkled with grated chocolate

DAY 7 BREAKFAST

½ an Orange
Cereal or muesli with milk
Tea, bread or toast with yeast extract, jam or honey

MID MORNING

Milk or squash and bun

LUNCH

Minestrone soup including pasta or pearl barley, as preferred (thick vegetable soup served with grated cheese if possible)
Wholemeal French sticks
Pancakes with lemon juice or jam, dusted with sugar

TEA TIME

Tea and Chocolate Crispy Cakes

SUPPER

Potato and Cauliflower Goulash served with brown rice and a green vegetable
Fresh fruit salad with yogurt or cream



BUT I DON'T EAT MEAT



CARIBBEAN RED BEAN RICE

FOR SIX SERVINGS:

YOU WILL NEED — 1 chopping board, 1 sharp knife, 1 can opener, 1 frying pan, 1 slotted spoon, 1 heatproof bowl, 1 x 3 pint billy.

3 tbs vegetable oil
2 large onions, peeled and chopped
2 cloves of garlic, crushed
2 peppers, deseeded and diced
½-1 level tsp chilli powder (to taste)
1 450g (15 oz) can of tomatoes
1 tbs tomato purée
150ml (¼ pint) vegetable stock
Salt and pepper
450g (15 oz) can of red kidney beans
2 medium-sized mugs of pre-fluffed rice (approx 225g (8 oz))
2 tsp of coriander
2 tsp of parsley, washed and chopped

- 1 Heat the oil in the frying pan over a medium heat, add the onions and garlic, stir until the onion becomes transparent but not brown.
- 2 Add the peppers and continue to cook for three minutes. Sprinkle on the chilli
- 3 Stir in the tomatoes with juice and break down with the spoon, then pour in the tomato purée mixed with the stock. Finally stir in the beans and remove from the heat.
- 4 heat five medium-sized mugs of water until boiling in the billy, add salt and

sprinkle in the coriander and rice.

5 Place the bean mixture in the heatproof bowl over the rice and cook for 15-20 minutes on a low heat or until the rice is cooked and has absorbed all the water. Serve the bean mixture on rice sprinkled liberally with chopped parsley. The bean mixture can also be served with cooked pasta shapes.

POTATO AND CAULIFLOWER GOULASH

FOR SIX SERVINGS:

YOU WILL NEED — 1 chopping board, 1 sharp knife, 1 potato peeler, 1 can opener, 1 frying pan, 1 slotted spoon, 1 x 3 pint billy, 1 set of measuring spoons, 1 heatproof bowl to fit over billy.

2 tbs of vegetable oil
2 large onions, peeled and chopped
1 clove of garlic, crushed (optional)
1 kg (2.2lb) of potatoes, peeled and cubed
2 carrots, scraped and diced
2 tsp of paprika
¼ tsp of chilli or curry powder (optional)
1 450g (15 oz) can of tomatoes with juice
2 tbs of tomato purée
300 ml (½ pint) vegetable stock, made with a cube
Salt and pepper
1 cauliflower, cut into florets
100g (4 oz) mushrooms
1 bay leaf (optional)
2 medium-sized mugs of pre-fluffed rice (approx 225g (8 oz))

- 1 Heat the oil in the frying pan over a medium heat, add the onion and garlic. Stir until transparent with the slotted spoon.
- 2 Add the potatoes, carrots and mix well with the onions, sprinkle with paprika and chilli and stir until the vegetables are evenly coated.
- 3 Add the tomatoes and mash down with the slotted spoon. Pour over the tomato purée mixed with the stock. Season with one teaspoon of salt and a little pepper. Simmer for ten minutes or until the potatoes are almost

cooked.

4 Stir in the cauliflower and the sliced mushrooms, cook for a further 15 minutes. Taste the juice for seasoning and check liquid (add a little water if necessary).

5 Bring five mugs of salted water to the boil in the billy, sprinkle in two mugs of rice (measured in the same mug). Turn the heat down and cover the rice with a fitting heatproof bowl containing the goulash.

6 The meal will be ready in about 15 minutes or when the rice is cooked. BROWN RICE will take longer to cook. Top goulash with yogurt if preferred.

LENTIL FRITTERS

FOR SIX SERVINGS:

YOU WILL NEED — 1 x 1½ pint billy, 1 bowl, 1 strainer, 1 board, 1 frying pan.

200g (6 oz) lentils
Salt and pepper
4 slices of bread
2 spring onions, washed and finely chopped
1 tbs parsley, washed and chopped
3 tbs chopped nuts
1 tbs tomato ketchup
25g (1 oz) cheese (optional)
2 tbs flour
4-6 tbs vegetable oil

- 1 Wash the lentils in boiling water, remove any discoloured seeds. Cook in 600 ml (1 pint) salted water, boiling until soft. Drain well and keep the cooking water.
- 2 Beat the lentils in the bowl with a wooden spoon until smooth.
- 3 Soak the bread without crusts and squeeze dry with clean hands, add to the lentils.
- 4 Mix in all the other ingredients except the oil and the flour to make a fairly stiff mixture. if too stiff add a few drops of cooking water.
- 5 Shape into rounds with clean, floured hands.
- 6 Heat the oil in a frying pan and fry until golden on each side. Serve with salad or a green vegetable. Tomato sauce can also be served separately.

KUSHERIE

FOR SIX SERVINGS:

YOU WILL NEED — 1 chopping board, 1 slotted spoon, 1 frying pan, 1 sharp knife, 1 can opener, 1 heatproof bowl, 1 x 3 pint billy.

150g lentils, washed
vegetable oil for frying
150ml vegetable stock
225g rice
1 450g (15oz) can tomatoes
2 x 5ml spoons tomato purée
1 onion, peeled and chopped
1 clove of garlic, crushed
1 green pepper
1 stalk of celery
cayenne pepper to taste

- 1 Fry the lentils in the oil until brown. Add the stock and cook for ten minutes.
- 2 Stir in the rice and more water or stock as necessary. Bring to the boil and simmer for about 25 minutes.
- 3 For the sauce, simmer the tomatoes, tomato purée, onion, garlic, green pepper, celery and spice for 20-30 minutes.
- 4 Serve with plain yogurt as a side dish.



To make your load light...

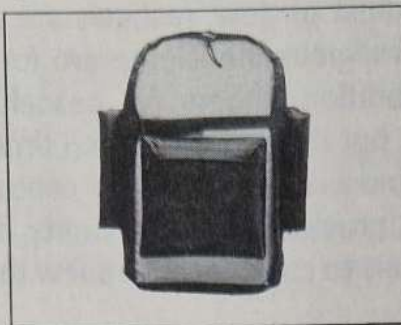


Sherpa Range by Vango

This excellent range carries the reliable Vango name. 4oz Oxford nylon, top accessory pocket and 2 side pockets are featured in all sizes. Pre-shaped padded back, padded hip belt and shoulder straps. Chest strap.

□ 83436 45 ltr. £23.55 □ 88344 55 ltr. £25.75

□ 88351 65 ltr. £26.95 □ 88369 75 ltr. £33.25



88377 Mojave Rucksack

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83519 Camp Blanket

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88419 Colt 20 by Vango

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This popular, traditional daysack features two large side pockets and a large showerproof top. In 4oz Oxford nylon, ideal for walking, climbing or trekking. Capacity 20 litres (incl. pockets)



88393 Tanami Rucksack

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88401 Sonara Rucksack

£6.25

Lightweight, proofed nylon Rucksack with padded, adjustable shoulder straps. Large, front zip pocket, cord lock sack. Colour Red/Grey. Capacity 18 litres

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Attractive new addition to our range. Filled with 38oz polyester with nylon/viscose outer. All round zip for conversion to bed quilt.



Marco Polo Sleeping Bag

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□ 88252 Three/Four season

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□ 83428 Two Season Bag

£31.95

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**GIRL GUIDES
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9.00am to 4.30pm Monday to Friday.

These items are also available at any of the Girl Guides Association Shops at 17/19 Buckingham Palace Road, London SW1W 0PT, 130 Green Lanes, Palmers Green, London N13 5UN, 5 Ryder Street, Birmingham B4 7NE, 117 St. George's Way, St. John's Precinct, Liverpool 1 and 14 Faraday Street, Manchester, who can supply all your Guiding requirements.

When you buy from the Movement, we all benefit

FESTIVALS! Love them or hate them, we all celebrate them. Muslim, Christian, Buddhist or Jew, festivals are a part of our religious life. Some are for joy and celebration, others for peaceful reflection, but they are all 'sacred times'. They remind a community of its central beliefs and provide an opportunity for individuals to consider and renew their faith.

RELIGIOUS FESTIVALS CALENDAR

Way back in history, festivals helped our ancestors to come to terms with the mysteries of nature and time. Today we still mark the passing year with customs, pagan in origin; the present of Easter eggs, representing new life; the harvest gifts with which we give thanks for the fruit of the earth.

Generation after generation has celebrated these festivals. They have each told their own stories and passed them on to their children. And with each telling the story has been interpreted anew.

The attraction of festivals is obvious. They are often colourful, with music, song and dance, special foods, presents, new clothes and story telling. They mark the passing year, something to look forward to or back on.

Festivals are designed to involve the individual in a community of religion. This is done through stories and symbols. In one faith special food or dress may be used for a particular celebration, or universal symbols, such as darkness and light, may be used in different ways.

One of the main features of all festivals is the idea of sharing. Festivals are above all a time of sharing; shared meals, shared worship, shared journeys and shared experience. Celebration with others affirms old bonds and forges new ones — they allow the community to make a new beginning.

In many religions these elements are used to teach children about the origins of their faith. For us, festivals provide an ideal opportunity to learn, with our Guides, not only about our own faith, but also about our sister Guides in other countries. They are a door into another world.

It is tempting to assume that the more colourful and dramatic the festival the more important it is. Next to Christmas, Easter can look low key and a lively celebration such as Divali, the new year, can seem to dominate the Hindu calendar.

That is why it is so important to look at festivals as simply one aspect of faith. While we may use the celebratory aspects to interest and encourage children, we must look beyond the purely superficial to the roots of

belief.

On these pages we publish a calendar showing religious festivals for major world religions over the six months from May to December 1988. A further six months will appear in the October issue of *GUIDING*.

The calendar is taken from the *Calendar of Religious Festivals* published by the Shap Working Party, August 1987. Copies of the full calendar are available at 50p each from: Peter Woodward, 45 Mallard's Reach, Mereside Way, Olton, Solihull, West Midlands B92 7BX.

For more information on religious festivals see *Festivals in World Religions* also by Shap, price £11.95 (hardback), published by Longmans 1986.

KEY TO ABBREVIATIONS

B Buddhist	Jp Japanese
Bh Baha'i	M Muslim
Ch Chinese	Nat National
H Hindu	R Rastafarian
J Jewish	S Sikh
	XT Christian

MAY

12 (XT) Ascension Day 40th day after Easter. Commemorates the last earthly appearance of Christ.

16-21 (XT) Christian Aid Week Prayer, fund raising and help for the Third World.

17 (M) Eid-ul-Fitr The end of the fast of Ramadan. Charity giving is an essential feature of the day and children are given presents.

22-23 (J) Shavuot (Feast of Weeks, Pentecost) One of three Pilgrim Festivals when the Temple still stood in Jerusalem. Synagogues are decorated with flowers and dairy products eaten.

22 (XT) Pentecost/Whitsuntide Named after the Jewish festival on which the followers of Christ first received the Holy Spirit and proclaimed the Gospel. Often thought of as the birthday of the Church.

23 (Bh) Anniversary of the Declaration of the Bab The Bab heralded the arrival of Baha'u'llah and was co-founder of the Baha'i faith. He first declared his mission in Persia in 1844.

29 (Bh) Anniversary of the Ascension of Baha'u'llah Commemorates the death of Baha'u'llah in Akko in 1892.

JUNE

18 (S) Martyrdom of Guru Arjan Dev (1606) The fifth Guru was tortured to death by the Mogul emperor of the time.

18 (XT) Corpus Christi Catholic festival to celebrate the Eucharist.

18 (Ch) Dragon Boat Festival Commemorates the suicide by drowning of the poet and statesman Ch'u Yuan. Celebrated with dragon boat races between slim rowing boats shaped like dragons.

JULY

9 (Bh) Anniversary of the Martyrdom of the Bab The

Bab was executed by firing squad in Tabriz in north Persia in 1850.

23 (R) Birthday of Haile Selassie I One of the holiest days of the Rastafarian year.

24 (J) Tisha B'av Full day fast mourning the destruction of the First and Second Temples in Jerusalem and other tragedies in Jewish history. The Book of Lamentations is read.

24 (M) Eid-ul-Adha Four days which celebrate the end of the Hajj (pilgrimage to Mecca). Muslims sacrifice animals and give the meat to the poor.

AUGUST

13 (H) Raksha Bandhan Sisters tie red or gold amulets to their brothers' wrists to ward off evil. Their brothers give them gifts in return.

13 (M) Al Hijrah New Year's Day Commemorates the migration of Muhammad from Mecca to Medina. Gifts are exchanged and stories told about Muhammad and his Companions.

15 (XT) Assumption of the Blessed Virgin Mary Celebrates the 'taking up' of Mary's body and soul to Heaven. Many Catholic communities mark this festival with processions and fêtes.

21 (H) Janamashtami Birthday of Krishna. The new-born Krishna is welcomed with songs, dances and sweets in temples.

SEPTEMBER

11 (R) Ethiopian New Year's Day Rastafarians have a four year cycle. This is the beginning of the year of Luke.

12-13 (J) Rosh Hashana New Year's Day, commemorates the creation of the world. This festival begins ten days of repentance and self-examination during which God sits in judgement on each individual. Apples dipped in honey are eaten in the hope of a 'sweet' year.

21 (J) Yom Kippur The last of the ten days of repentance. This is the climax Day of Atonement and the holiest day of the year. Jews neither eat nor drink for a full day, spending much of the time in prayer.

26-4 October (J) Sukkot A harvest festival which also commemorates the 40 years in the wilderness on the way from Egypt to Israel. Temporary huts are built and used for eating meals and other family activities.

27-6 October (H) Navaratri/Dussehra/Durga Puja Commemorates Rama's conflict with Ravana, the Demon King, and celebrates Durga's slaying of the 'Buffalo' Demon.

(XT) Harvest Festival Collections of food are made in church where services dedicate the food and thank God for His bounty. The food is often then distributed to the old and needy.

OCTOBER

19 (Ch) Chung Yuan Also called the Festival of Hungry Ghosts. Paper objects for use in the spirit world are made and offered to aid spirits who have no resting place or descendants.

20 (Bh) Anniversary of the Birth of the Bab The Bab was born in Shiraz, Persia in 1819.

21-27 Week of Prayer for World Peace.

22 (M) Birthday of Muhammad Celebrated with processions, stories and lectures on the life of Muhammad.

24 (H) Divali New Year festival lasting two to five days during which lights and lamps are hung out. Gifts and cards are exchanged.

NOVEMBER

1 (XT) All Saint's Day An opportunity to offer thanks for the work and witness of all saints in the recognition that all are not known or specially celebrated.

2 (R) Anniversary of the Crowning of Haile Selassie I Celebrates Haile Selassie's ascension to the Ethiopian throne. One of the holiest days of the Rastafarian year.

12 (Bh) Anniversary of the Birth of Baha'u'llah The founder of the Baha'i faith was born, eldest son of a Persian nobleman in Tehran.

13 (Nat) Remembrance Sunday The Sunday nearest Armistice Day, devoted to remembering the dead of two world wars.

23 (S) Birthday of Guru Nanak (1469) The founder of the Sikh religion. It is celebrated by a complete reading of the Guru Granth Sahib, 'Akhand Path' which is started two days before the birthday so, with non-stop reading, the text is finished on the morning of the birthday.

27 (XT) Advent Sunday The start of the Christian year. Advent is often counted through the use of Advent calendars or Advent wreaths on which an additional candle is lit each Sunday until Christmas, signifying the transition from darkness to light.

30 (XT) St Andrew's Day Andrew is the Patron Saint of Scotland and was an apostle and brother of Peter.

DECEMBER

4-11 (J) Hanukah Celebrates the rededication of the Temple of Jerusalem after it was won back from the Syrian Greeks by the Maccabees. For the eight evenings of the festival, candles are lit on a special candlestick.

13 (S) Martyrdom of the Guru Tegh Bahadur (1675) The ninth Guru was executed under orders of the Mogul emperor opposite the Red Fort in Delhi.

24 (XT) Christmas Eve Evening carol services and midnight masses inaugurate Christmas.

25 (XT) Christmas Day Celebrates the birth of Jesus. Feasting and gift giving is the order of the day.

RAINBOW GUIDERS

RAINBOW GUIDERS

Vital resources for Guiders starting Rainbow Guide Units: the **Starter Pack** and **Alphabet Packs 1 and 2**.

The STARTER PACK Price £1.50

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Notes and Hints for Commissioners
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A Rainbow Guide Guider The Programme — interpreted for the Rainbow Guide section

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Planning the Programme

Safety at Meetings and First Aid

Stories and Storytelling

Equipment for your Unit

A Letter to Parents/Guardians of New Rainbow Guides

Programme Ideas/Activities

ALPHABET PACKS 1 AND 2

Price 80p each

Each comprising 14 A4 sheets of Programme ideas and activities for Rainbow Guides. The ideas provide starting points and can be used as they stand or elaborated to last five minutes or a full meeting.

The Packs aim to encourage the children, individually or in groups, to listen, look, talk, do and have fun.

The Packs are available from Girl Guides Association shops or from The Girl Guides Association Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ. Tel 061 941 2237. A 50p small order charge is made on all orders under £10.



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UNIT GUIDER'S NAME & SIGNATURE:

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EVENING

THANET HOUSE, COPPERAS STREET, LONDON SE8 3DA

BROWNIE GUIDERS

BROWNIE POINTS

In my neck of the woods Brownie Guiders are still called Brown Owls and regarded as a cross between Mother Goose and the Oracle. Now this is all very flattering, but when a recent 'Please come and help' conversation ended with 'Well, it's all right for you.' I began to wonder. Is it?

Perhaps the chief problem for a Guider is how to become one. Despite the Association's Training Scheme, it can be very slow work. Some people, of course, know instinctively what to do with a Pack and how to guide each particular Brownie. The rest of us have to learn the game from the beginning and some of us are very dim! But patience is a virtue!

I sometimes make all sorts of excuses for being a Guider. There wasn't anybody else. I knew the children. I wasn't too bright with Guides and was tactfully diverted (In fact I was drawn in by the usual method of 'there is nothing to it and it is only a couple of hours a week!'). But there is really only one reason I am a Brown Owl and that is because I believe in Guiding and want to do it.

The first thing I realised was how totally unprepared I was. I was well trained, but still suffered from the 'I'll never be as good as Jean down the road' syndrome.

When the day came for me to take responsibility for 20 or so small girls I was swept off my feet by it all. I just knew that no one had ever had so many problems and wondered if I should give up there and then. It is only a long time later with the benefit of that experience I realise what everyone must learn for herself — that there are many different ways to be a Brownie Guider.

To some it means teaching a subject — Brownies — to small children.

To some it means training or guiding children in the things that really matter — love, honour, kindness, justice, self-control and so on.

To others the Pack is an extension of their lives. They are generally described as being 'good with children'. They like to be with them. They give the best they have but at the same time they unconsciously draw the little ones to themselves.

Last, there are some who try to help Brownies grow and develop through Guiding because they themselves believe in Guiding and what it stands for.

To be honest, like most leaders I waiver through all four but aim for the last.

But it is one thing to grasp Guiding in this way and quite another to apply it in detail. And sometimes we get so obsessed with detail! I have heard myself saying that I can't do singing games, or that I am no good at telling stories or that I have had no proper training in handicraft. But are these the things that really matter. After all, when the Founder gave us Guiding he did not ask that we pass examinations in all matters Brownie, study psychology or be able to play a certain number of games. He asked, quite simply, that we play the game of Guiding like sisters in a family and that we learn together.

I try to remember that there are really only three lessons to be learned in the Pack.

First, there is the friendliness which grows from the Brownies' own natural trust and faith. Do many of the problems of adult life arise because as children we have never learned about the right sort of trust?

Next there is the teamwork. Helping a child to take her place in her Pack will help her to take her place in the world when she grows up. If mutual trust and teamwork are part of soci-

ety's foundation then it must be important for a child to have the opportunity to experience these.

Last comes helpfulness — the beginning of Guide service (the difference between them to my way of thinking is that Brownies, quite rightly, wish to help in their own special way which sometimes passeth adult understanding!). Good manners too are part of helpfulness and I think it is important for children to learn to be courteous and gentle and quick to think of others. It is possible that Guiding can help to stem the tide of 'yob' culture that is sweeping the land.

After years of experience I have learned to plan ahead and do try to find time for each individual Brownie. My only *real* problem now is making time for myself as a person, not me the Guider. It is not just the daily routine of life or our social programme or family commitments, it is remembering to make time for my Guiding, for my Promise. I don't feel that I can trot off to the Pack each week and encourage friendliness, teamwork and helpfulness unless I have been trying to achieve it myself. Like my Brownies, all I can hope for is 'to do my best!' so perhaps it is 'all right for me!'

PACK HOLIDAY CHECKLIST

Pack Holiday time is on us again. Are you sure that you have everything organised so that when the time comes everything goes smoothly? Here's a checklist to help you.

- ☐ Pack Holiday Application form (C9) sent
- ☐ Accommodation arranged
- ☐ Doctor contacted
- ☐ Helpers organised
- ☐ Parents contacted - notice / consent forms sent

- ☐ Kit lists provided
- ☐ Health forms distributed
- ☐ Consent forms all in
- ☐ Transport organised
- ☐ Menus decided
- ☐ Provisions organised
- ☐ First aider/first aid kit
- ☐ Activities, daily programme decided
- ☐ Brownies making things to take with them
- ☐ Things to take

For more information see: *Pack Holidays* available from GGA shops and Trading Service

HAVE YOU ANY PACK HOLIDAY ACCOMMODATION IN YOUR AREA?

There are many different places that are suitable for Pack Holidays, ranging from village halls to community centres, from schools to youth centres, including Scout and Guide Headquarters.

Certain basic standards need

to be adhered to:

- Good kitchen facilities
- Good toilet and washing facilities
- Safe outdoor play areas
- Preferably, a separate room for Guiders

All Pack Holiday accommodation must be recommended by the County Pack Holiday Adviser. So, if you think you know of somewhere suitable please contact your Division Pack Holiday Adviser who will liaise with her.

Pack Holidays are on the increase but it is becoming more and more difficult to find suitable accommodation. Please stay 'wide awake' for possible places!

PRINTING FOR BROWNIES

Printing can be easy if you simply use the objects around you. All you need to provide is:

- Watercolour powder paint, poster paint or block paint.
- Brushes. You can use watercolour brushes about 1cm ($\frac{3}{8}$ ") wide, but a piece of sponge held in a spring-type clothes peg does just as well.
- Palette. A sheet of plastic or wood will do, or any flat, non-absorbent surface.
- Cutting tools. A sharp kitchen knife or pastry cutters. Remember, Brownie fingers can easily be cut!
- Water and jam jars for water pots.
- Aprons and rags to clear up.
- Paper for printing on and newspaper to cover the table or floor.

PRINTS FROM VEGETABLES

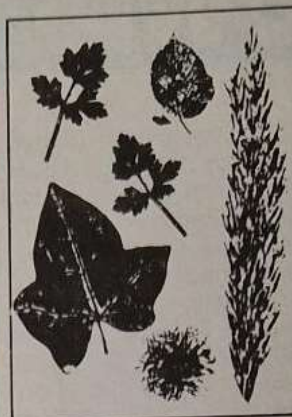
Potatoes Cut a potato in half and wipe any moisture away. Before you start printing put some colour on the

surface and try printing to test the colour. Leave plenty of potato as a handle before you cut the image. You can use any fruit or vegetable in the same way.



NATURE

If printing from leaves it is best to put a pad of paper under the piece you print on. Always make sure the Brownies are careful which plants they use. Put another sheet over the top and use gentle pressure evenly over the leaf.



HOUSEHOLD OBJECTS

Practically everything can be used; keys, cutlery, combs, even toothbrushes. If you have difficulty holding an object, make a small handle from Sellotape by squeezing a strip together.

Ideas from *Simple Print-making* in the Leisure Crafts Series from Search Press, price 95p. Available by mail order from: Search Press, Wellwood, North Farm Road, Tunbridge Wells, Kent TN2 3DR.



Our Brownies were hopeless at doing maps and didn't seem to have a clue how the streets fitted together. To solve the problem we gave them a bird's eye view of our town without having to suffer air sickness. It is amazing what can be seen from the top of a block of flats.



Tawny Owl — 'So you see Brownies, bats need friends. Not many people like them.'

Brownie — 'Why not?'

Tawny Owl — 'Well, like not many people like spiders.'

Brownie — 'Why don't the bats and spiders be friends then?'

Tawny Owl — Groan.

THORPE PARK FOR THE TIME OF YOUR LIFE

Thunder River—now that's what I call a wild ride!

...but the Magic Mill ride was enchanting.

...and I liked the Farm, especially the pig in the pond!

My favourite was Space Station Zero—talk about fast!

For the time of your life visit Thorpe Park, set in 500 acres you'll find a variety of attractions, rides and exhibits, it's a place where you can relax and the kids can have fun and never get bored. And it's easy to find—just off Junction 11 or 13 on the M25, with ample free parking. For full details of prices and opening times, please telephone or write to: Bookings & Enquiries, Thorpe Park, Staines Road, Chertsey, Surrey KT16 8PN Telephone: Chertsey (0932) 562633

Thorpe Park

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ARENA

RANGERS AND YOUNG LEADERS



**INSIDE: □ THE 'BRAT PACK' □ TALKING
POINT □ YOUR LETTERS □ BEHIND THE
SCENES □ UNIT MANAGEMENT □ DIY**

TALKING POINT

HOW GUIDING CAN HELP INDUSTRY

There can hardly be a more tangible means of assessing the influence of Guiding on industry than to learn first hand from my wife. She was a Guider for 20 years, ten of them while working in West Midlands industry, the other ten while a busy wife and mother.

work-place as it is at home and in the community.

In the factory, warehouse showroom or office sector, teamwork is always of the essence. Many industrial concerns are happy to welcome groups of young people in an effort to give practical demonstrations of the working environment. Guiders should be encouraged to arrange such visits for their units, possibly in conjunction with the local school or college.



Practical application of the Guide Law and the Eight Point Programme will provide every girl with the basic requirements for industrial recruitment and training. First impressions created at job interviews indicate the basis upon which career decisions will be built. Whether aspirations point towards the functions of production, research, selling or administration, the most relevant personal qualities need to be projected.

Educational achievements can be readily measured from school and college reports, with appropriate examination certificates. Personal attitudes and life skills are not so easily measured but will be readily displayed by those girls whose personalities have been developed within the Guiding movement.

Industry now operates in a world market which requires quality products and services at the right time and with competitive prices. Readiness and ability to serve employer and customers alike are fundamental to successful career performance. The Guide Promise of commitment to high standards is equally important in the

Similarly, programmes of Guide activities can be structured to allow training and personnel officers from industry to come to Guide meetings in order to explain the practical aspects of their business. Exchanges of ideas on such occasions can only prove mutually beneficial in helping to structure future training policies.

At all levels of industry particular emphasis is placed on the quality of product and service required to comply with British Standard specifications. By understanding that standards of creativity are important in the factory as well as in educational establishments, Guiders will realise that there is a natural thread of progression in all aspects of life and work.

Without the ability to work as part of a team within the organisation much personal effort and motivation can be wasted. Experiences within Guide units enable such sharing and communication skills to flow into the industrial scene, and then to be harnessed into practical application.

BE PREPARED is a motto as crucially important to industry as it is to Guiding. Most barriers are more arti-

ficial than real and it is essential that Guiders realise that we are the same people at home as we are when at work. Problems arise, accidents happen; caring and sharing (and the occasional cup of tea!) are evident on a daily basis. Physical and mental fitness must be nurtured in an effort to maintain those very important values of BODY, MIND and SPIRIT.

ERIC S MOORE
Managing Director
Metalrax Group PLC

YOUTH CLUBS HAVE THE EDGE

From February *YOUTH CLUBS* magazine, the official publication of Youth Clubs UK (formerly the National Association of Youth Clubs) has incorporated *The Edge* in three of its five annual editions. Produced by Oxfam, *The Edge* is designed to bring an international flavour to information, activities and issues which are of interest to young people and youth workers. Stories include personal experiences of the floods in Bangladesh and the storms in Brighton. Life in Managua and drama in Leicestershire are also featured. Resources and ideas for Central America Week and International Women's Day are among material intended to stimulate interest, action and involvement.

YOUTH CLUBS is published five times a year and is available on subscription at a cost of £8.00 per annum. If you are interested contact: **Subscriptions, YOUTH CLUBS, Youth Clubs UK, Keswick House, 30 Peacock Lane, Leicester LE1 5NY.**

SOCIAL SECURITY AND YOU

Two new publications have been produced explaining the April 1988 changes in the Social Security system.

A free leaflet from the National Youth Bureau

(NYB) explains how the new system affects benefit entitlement for 16-25 year olds. It highlights the benefits that can be claimed and summarises other regulation changes.

The leaflet is available from: **NYB, 17-23 Albion Street, Leicester LE1 6GD.**

CHAR, the Housing Campaign for Single People, has produced a guide concentrating on the effects of the new system on the badly housed or homeless.

Copies can be ordered from: **CHAR, Room 11, 5-15 Cromer Street, WC1H 8LS. Price £5.95. Post and Packing £1.50.**

RANGER/ YOUNG LEADER DAY GLASGOW GARDEN FESTIVAL

Do you live in Scotland? Are you a Scottish Ranger or Young Leader? If you are then why not pop along to the weekend being run for you at Achachairders camp site, Gartocharn, Dumbar-tonshire from Friday 26-Sunday 28 August?

The event will be in the form of a self sufficient lightweight camp. That means that you have to bring everything you need with you, such as tent, stove and food.

There will be a variety of activities including 'Mission Impossible' on Sunday morning. But the highlight will definitely be spending Saturday at the Ranger/Young Leader fun day at the Glasgow Garden Festival.

An *It's a Knockout* competition will take place with plenty of time left to explore and enjoy all the Festival's facilities. The cost for this weekend will be £10.

If you would like to attend, send a cheque for £10 made payable to 'Scottish Ranger/Young Leader Event 1988' to: **Mrs Gill Munro, 20 Burt Grove, Dunfermline, Fife KY11 5DG, enclosing a SAE.**

If you want to come along just for the Fun day contact **Gill on 0383 735596** or write to her at the above address enclosing a SAE. Applications must be received by 1 June 1988.

For many people the Junior Council is simply another cog in the huge mechanism of The Girl Guides Association — others have never heard of it. And yet the Junior Council was set up to provide a forum for the young people who are the majority of the Association.

In March a new chairperson took over, Penny Brown. Penny talked to ARENA about her hopes for what some members of the Association see as...

THE BRAT PACK

'There are people within the hierarchy who are very pro Junior Council... but there are also the well established, older Guiders who think, "What do these kids know?" — they have a real "Brat Pack" image of the Council.'

It is an image Penny is hoping to dispel as she and the other Council members work to make a positive contribution to the Association. 'It is up to us to prove ourselves to be a driving force to be reckoned with by taking a few risks, making some good decisions and, hopefully, not too many mistakes.'

They don't see themselves as revolutionaries but feel that they have just as much to give as a Guider of 30 years standing. They are all involved in active Guiding and, with an age limit of 26, consider themselves to be relatively close to the Guides themselves in attitudes and values.

It is a point that Penny feels is important. 'With all due respect, some of the ladies making decisions aren't still running Companies; they aren't unit Guiders. Guiders who actually turn out for unit meetings on cold winter nights and all the other nights sometimes feel they don't have a say. They see decisions being taken by people who they think don't really know what is going on at grass-roots level.'

Who takes the decisions is a major concern of the Junior Council. Country/Region Junior Councils are now pretty well established and seem to be making headway and Penny feels that it is a sign that the Country/Region are listening to their young people and are prepared to accept them as responsible groups. This must be a step in the right direction but more remains to be done.

The Junior Council's terms of reference are currently being looked at by an Ad Hoc Committee including past and present Association and Country/Region Junior Council Chairpersons. But until a member joins the Executive Committee with voting rights it will be seen by many as



THE BRAT PACK

'While we recognise our successes we should acknowledge our imperfections'

simply a token gesture, an effective way of keeping a group with ideas safely away from any real power. Without voting rights they do sometimes ask themselves 'Why are we here?'

They stick at it because they feel it is important and that there are some issues where they can offer valuable suggestions. They make a point of focusing on issues which may become a problem in the future rather than the ones that have been in the past. But it does mean that effort is sometimes duplicated, that the Junior Council is looking at a question that another group somewhere else in the Association has already considered.

Perhaps because they are outsiders themselves to a certain extent, they worry about the position within the Association of the non-Christians, the poor, the people who don't conform. 'We have this cute little image of little, dimpled, white girls, but we

ought to promote the fact that we do encourage minorities of religion, race, disability — whatever.'

But Penny doesn't feel that the Association can sit back and wait. 'We must change the Programme to accommodate people coming in. There's no point in thinking, if we get someone in we'll think about changing the Programme.'

And changes to the Programme are needed. 'Many of our publications don't really seem to acknowledge the existence of any God other than a Christian one. Certainly, little account is taken of the demands of other faiths in terms of uniform or the Promise, for example.'

So many people today don't conform to what was once 'the norm', that Penny thinks we should take another look at our attitudes. 'Many Guides don't come from families with two parents, three children, a house and a car: their parents are divorced, their father unemployed and their siblings in care! And Guiders are just like other people. Commissioners ought not to say automatically: "If you run off with the milkman we'll take your Warrant away."'

Penny is intensely proud of the Association for what it has achieved. She also acknowledges the invaluable help that the Junior Council receives from the Chief Commissioner and her Deputy and from people like Marjorie Hayter, the General Secretary, and her team. 'Sometimes we don't know what we would do without them.' But knowing the virtues of the Association makes her only more determined to see it live up to those high ideals.

'While we recognise our successes we should have the capacity to acknowledge our imperfections, to try things another way. The Junior Council are trying to help change the things that don't work any more and modernise those ideas which are out of date.'

By the time she's finished Penny hopes that everyone will know what the Junior Council is and what it stands for. With her enthusiasm and determination, they undoubtedly will.

If you would like to know more about the Junior Council contact: Miss Elizabeth Anderson, Assistant General Secretary, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

For further information concerning Country/Region Junior Councils contact your Country/Region office.

For more news of the Junior Council watch this space for their regular column.

ARENA RANGERS AND YOUNG LEADERS

DO IT YOURSELF SAFETY FIRST

HOW TO MAKE YOUR OWN BIVVI TENT



Anyone who attended Trapper Camp in Holland will know all about this really simple bivi tent which is very lightweight, easy to make and ideal for one person in a sheltered spot.

You can suspend it from a tree or keep it upright with a single pole. It is pegged out through eyelets or by means of simple loops made of cord.

What you need

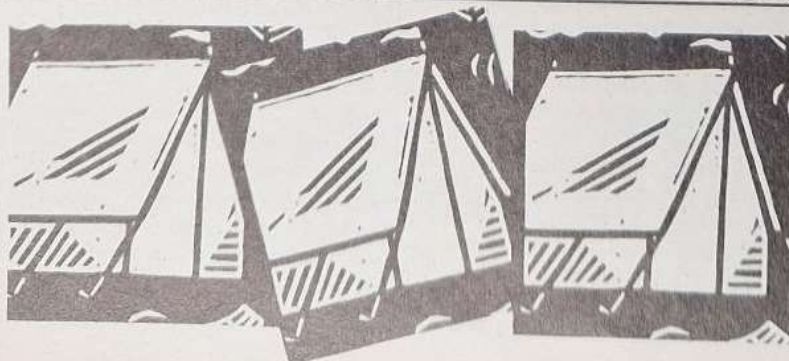
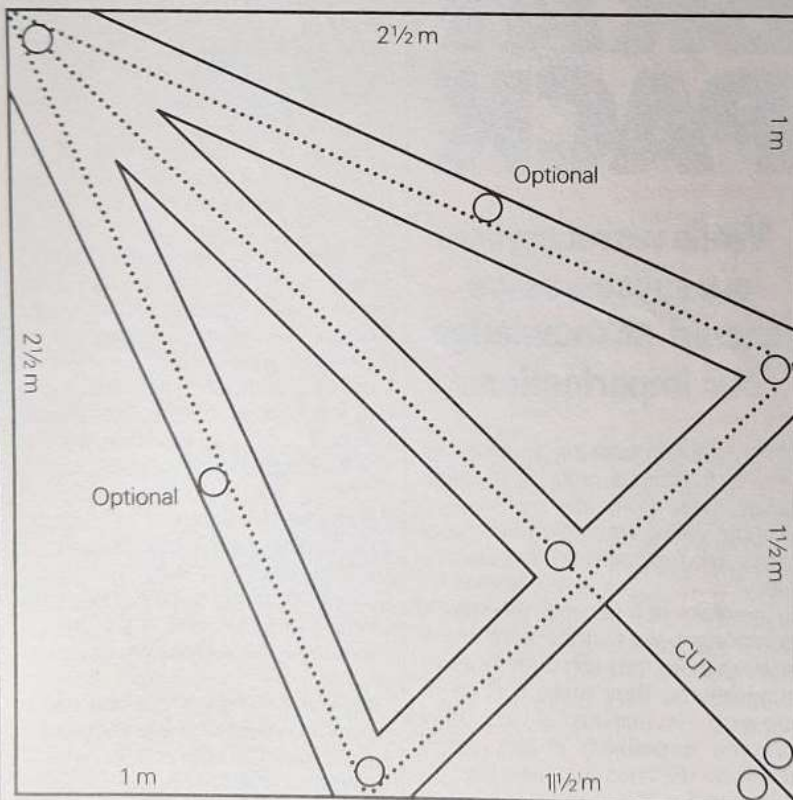
- A sheet of opaque heavy duty plastic 2½ metres square
- 5 or 7 plastic clip-on eyelets (obtainable from GGA Trading Service)
- 10 metres of masking or strong plastic tape 5 cm wide
- Thin card
- 5 or 7 tent pegs
- A cane or thin pole 80 cm long with a spike at one end (optional)
- 1 tree (also optional)

What you do

Follow the diagram below. Fold where it says fold and tape where it says tape. The eyelets go where illustrated. It really is fool proof — well, almost!

.....
FOLD LINES
○ Eyelet

TAPE ALONG FOLD LINES



Individual crimes against women understandably receive much publicity and cause many young women to worry. In fact the chances of becoming a victim of serious crime are low but, whatever they are, you'll feel happier if you take steps to protect yourself.

At home, on public transport or on the street, sensible precautions work. Our feature article *Women at Risk* in this month's *GUIDING* sets out safety watchpoints — you may like to expand on these with some local survey work of your own.

1 USEFUL INFORMATION

Compile a list of local information — distribute to members of your Unit and to Guide Companies in your District. This should include telephone numbers of the local police station, mini-cab service and bus station, plus times of the last train, last bus and last tube. Telephone numbers of family and neighbours should be added by individuals. The information should be easy to read and the sheet could also carry an attention-grabbing note saying that in an emergency you should stop any police officer or vehicle or dial 999 and ask for the police.

2 DESCRIPTIONS WANTED

Know the kind of information the police would need if there was an incident in your area. If you see or hear anything suspicious or if you're threatened or attacked, the following details could help speed an arrest:

- Have you seen him before?
- How old was he?
- Height and build?
- Complexion/skin colours?

- Face shape, clean-shaven or bearded?
- Colour of eyes?
- Type of clothing?
- Any distinguishing features such as scars, tattoos, jewellery?
- Did he have an accent?
- Did he have a vehicle — could you describe it?
- Which way did he go?

3 SELF-DEFENCE TACTICS

If you live outside the London Metropolitan Police District, groups from your Unit could enrol in locally-run classes: you may find

more details from your local library, council offices, local education authority or police force.

If you live in London, instructors can be provided by the police for self-defence classes for organised groups who can arrange their own premises. The courses last four weeks and are suitable for girls and women aged 14 and over who must have a reasonable level of mobility. For further details write to: The Metropolitan Special Constabulary Liaison Officer at your local police station.



BRENDA BICKERTON

- c How good are your local public transport services? Do they run frequently enough (and late enough) for all sections of the community to enjoy a social life and get home safely?
- d Would there be support in your area for a mini-cab service run by women for women?
- e Are there enough telephone boxes (working!) in your district or village.
- f Could children's safety be improved if 'Beware of Strangers' type notices were posted in parks, playgrounds, outside schools?

At this preliminary stage and before you take any action whatsoever involve your Guider/Commissioner so that she knows exactly what's going on.

Also find out more about what's involved in taking community action and the various methods available to you for drawing attention to a particular need.

Your local library may have leaflets to help and a recent book called *Citizen Action* by Des Wilson (a self-help guide published by Longmans, 1986) is also a useful publication, taking you step-by-step through the stages of a campaign and warning of pitfalls and problems.

Once you feel you have pinpointed a local need, do some research on any previous action taken. Don't assume you're the first (or only!) people to have come up with this brilliant idea! Someone in the community may already have a file of correspondence on the subject (possibly showing why previous action achieved no results).

Representatives of local organisations (eg tenants' associations, parent/teacher associations, playgroups, amenity groups etc). The social worker or health visitor for your area may also be helpful.

Combing through back copies of local newspapers in your library could also lead you to local groups who have worked on this subject before.

For improvements to services run by private companies (eg more or better maintained telephones) you need to write direct to the head office of the company concerned (in this case British Telecom). Write to the Customer Relations Officer, state your case concisely and include any information you have on local support to strengthen your case.

For public services you need to contact the body responsible. This could be a parish, town, district or county council or even a govern-

ment department. Your local council offices or your local ward councillor (your elected representative on the council) can advise you on the relevant authority, department and person to contact.

If you need to go further, the next step is usually to draw the attention of your Member of Parliament to the problem. Write to him at the House of Commons (be short, sharp and to the point) or make an appointment to visit him at his local 'surgery'. (These are held weekly or monthly, generally on Friday evenings or Saturday mornings and details are usually advertised in the local newspaper or at the local library.)

Throughout any action your Ranger committee should consult with a Guider/Commissioner. Each stage should be thoroughly discussed; any action carefully planned and its implications thought through.

This is particularly the case if you and your Guider contemplate activities such as letters to local newspapers (eg the women's page for an issue such as all-women mini-cab services) or drawing up local petitions. Discuss with your Guider how you would cope with any media attention your actions may attract. Can you handle this effectively?

Another way to play your part in community safety is to join a Neighbourhood Watch or Home Watch Scheme. Members work together against crime by looking after each others homes. Joining one can help protect your home and make your community a better place in which to live.

The Crime Prevention Officer at your local police station can give you the name of your neighbourhood co-ordinator if there's a group near you. If not, get together with neighbours to discuss the idea and, if people are keen, get more information from the Crime Prevention Officer.

More unusual schemes have also proved popular such as an 'adopt a lamppost' scheme where members of a group check on broken street lamps and report back to the authority responsible. See if you can interest your Unit in such a scheme and do your bit to make sure your street lights stay lit!

In most areas there's room for improvement and these have just been a few ideas to set you thinking. Why not compile a local survey and highlight the top priority for your community. Then formulate a plan of campaign and go into action!

4 COMMUNITY ACTION

Think about the safety of your community. Discuss ways in which it might be improved. The suggestions here are to set you thinking but there'll be others more specific to your own neighbourhood:

- a Street lighting — is it adequate, is it kept in good repair. If there are housing estates in your area, how safe and well lit are they? Are there dark corners, unlit passageways or walkways?
- b Conditions of pavements, paths, etc. Are these safe or broken, in need of repair, constituting danger to the elderly and small children?

LETTERS

COLOURS BLESSED AFTER THREE YEARS WORK

Three years of sheer hard work have finally come to fruition for Eaton Socon District Ranger Guide Unit, Cambridgeshire, with the completion of their new Unit colours.

They are a quartered banner, with a gold and aquamarine Trefoil in the top left quarter, next to the County badge, Cambridgeshire West, with the Huntingdon Huntsman, the crossed keys of St Peter

and Peterborough Cathedral in the background; the Eaton Socon division, St Neot's bridge, and to its right, the Unit symbol, St Mary's Church.

The colours took over a year to design and receive approval, the second stage was then to raise funds to buy material, the pole and Trefoil for the flag. This took another year, and then a further 12 months were spent actually making the colours, taking literally hundreds of hours. The culmination of these three years came when the new colours were blessed in a Service at St Mary's Church in Eaton Socon.



HUNT'S POST

PUSHING THE BED OUT!

European Challenge Sponsored bed push.

As part of their project for the European Challenge the Young Leaders of Dunbartonshire decided to raise money for the Mentally Handicapped Society (Scotland) by pushing a bed through the streets of Clydebank.

They chose a cold Saturday at the beginning of December, decorated a hospital bed with Christmas decorations and took to the streets.

To keep up the 'medical' theme the Young Leaders and their Ranger helpers, dressed up as doctors, nurses and patients. They even had a seriously ill patient in the bed — fortunately he is stuffed and goes by the name of Teddy Bear.

The first half of the five mile course was plain sailing — no sweat! That was until they realised that to get back they would have to push back up the hill they had just cruised down. By the end of the day Teddy was in grave danger of losing his position!

Just before the girls collapsed onto the bed they were delighted to hear that they had raised £150 for the charity and they insisted that they really had had a super time — pass the bed pan, sister!

CLOTHES SHOW QUESTION

At a recent County Ranger meeting we were urged to watch *The Clothes Show* as it would feature some interesting news regarding a revision and update of uniforms for Rangers. I watched the programme with interest and, although what was shown was very good, there was *not one* mention of the senior section — Rangers or Young Leaders.

I know we are in the minority as regards numbers, but surely we deserve a mention!

Rangers and Young Leaders are as much a part of The Girl Guides Association as Brownies and Guides and if anything an update of uniform would affect this section more. I am sure Rangers all over the country will have their own ideas about the present uniform and constructive suggestions for future uniforms.

I hope the questionnaire will be widely distributed and advertised in *GUIDING* as I feel as many young people as possible should have the opportunity to air their views on this important subject.

I HARDIMAN
Ranger Guide

I'm not surprised you felt a bit left out! When the programme was recorded Jeff Banks was most careful to mention Rangers, Young Leaders and Guiders. Unfortunately, by the time the programme was broadcast this material had been cut from it.

You still have the chance to take part in the survey mentioned on the programme by writing for a questionnaire

from: GIRL GUIDE UNIFORM, *The Clothes Show*, BBC Pebble Mill, Birmingham B5 7QQ.

Let us know what you think about the whole question of uniform.

All Letters should be addressed to ARENA, *GUIDING* magazine, 17-19 Buckingham Palace Road, London SW1W 0PT.

A meeting between Jeff Banks and the Uniform Panel is filmed for *The Clothes Show*.



ALLAN TITMUS

UNIT MANAGEMENT

Over the next few issues of *GUIDING* Sheila Steele will be looking at Unit Management. These articles are intended to supplement the information already contained in *The Ranger Guide File* and they explain the role of the Unit Executive and its various members. This month we cover the roles of the Chairman and Secretary.

THE ROLE OF THE CHAIRMAN OF THE UNIT EXECUTIVE

Ref: *The Ranger Guide File*, Unit Management (p25)

You may have been delighted to be selected as Chairman at the AGM or the Unit Executive meeting last night. But this morning perhaps you feel unsure of what the job actually entails. Are you the Unit spokesman, its representative, its organiser or the person who does all the work and takes the blame when things go wrong?

You may even be wondering what a Unit Executive is for. Quite simply it makes sure that things get done. It is a way of sorting out and ordering your priorities in the most effective way. It allows everyone to have a say in what happens and as an elected member you are directly responsible for carrying out their wishes.

While you are the Chairman of the Executive you will have a leadership role and you will therefore need to inspire the other members of your Unit by your enthusiasm and commitment to the Unit and its Programme. You will need to be the driving force behind the translation of ideas and plans into actual activities. Your standards of reliability, attendance, punctuality and good humour will be noticed and perhaps emulated by the other Rangers. If all this sounds an awesome task, don't worry! The role of Unit Chairman will also bring you a lot of fun and will be an experience which will be of great value to you in later life.

The practical aspects of your job are:

1 Chairing Meetings

These may be Executive meetings or full Unit meetings. Even though you will probably feel nervous at first, try to speak firmly, clearly and loud enough for all to hear. Don't be afraid of sounding bossy! The Rangers will prefer a decisive-sounding Chairman, but a smile helps!

You will need to strike a balance between letting every Ranger have her say and letting everyone shout at once. When making decisions try to reach a consensus but, if this is not possible, take a vote. Be sensitive to the mood of the meeting and if you suspect that one or two Rangers are not making their feelings known, or if the discussion has been dominated by the most vociferous, put the issue to a vote. Don't forget to ask for the abstentions — a large number may mean that further discussion is necessary.

Chairing meetings skilfully takes practice, so don't be discouraged if you are not too good at first. Details of the format of meetings can be found in the role of the Secretary of the Unit Executive.

2 Making Plans

Having listened to the views of other members of the Executive and the Unit, you will need to plan the agenda for the meeting with the Unit Secretary. Plans made at the meeting for future activities will then need to be followed through by all those carrying responsibility. It is your job to make sure this happens. It is not your job to do all the work yourself, so learn to delegate.

3 Evaluating

Evaluation is important in the follow-up to any Unit activity (see page 29 of *The Ranger Guide File*). You will constantly have to review the needs of the Unit, and remain aware of the differing tastes and enthusiasms of individual Rangers. All the Rangers should be happy with the range of activities.

4 Representing the Unit

You are the spokesman for your Unit whether it be at a District Meeting (if

called upon by your District Commissioner), at the local Youth Members Council, or on the County Ranger/Young Leader Council, etc. As spokesman you should be fully aware of the thoughts and opinions of your Unit for it is these that you are expressing, not just your own. Remember too, that you are an ambassador for your Unit and it will be judged by the impression which you make.

5 Co-ordinating

As Chairman you are the co-ordinator between all the members of the Unit, making sure that the Rangers are aware of their responsibilities to each other. Have a caring attitude towards all the Rangers, not just your particular friends. This is especially important for new members who can feel very lonely, unimportant and 'out' of the group. Work hard to incorporate new members into the group, make them feel welcome and encourage them to express their opinions at meetings. Co-ordination of the different areas of responsibility in Unit activities is your role too and you should keep a check on the progress of plans.

As you can see the role of Unit Chairman is a demanding one, but there are people to help you! First and foremost of these is your Guider. She will always be on hand to offer advice, encouragement and condolences when necessary. Work closely with your Guider who, while not always agreeing with everything you say, will support and assist you. The other members of your Unit Executive are there to share the work and responsibility and to share the problems when they arise. Your District Commissioner, too, will be only too pleased to help if asked; if a problem arises and your Guider or Assistant Guider are not available, then you can always turn to your District Commissioner for help.

Now you know what the job entails you can face its challenges with confidence, but remember that we all make mistakes and you will learn from these and grow into the job.

Basically if you are enthusiastic about your Ranger Unit and put plenty of cheerful energy into doing the job of Unit Chairman then you can't go wrong. So — have fun!

THE ROLE OF THE SECRETARY OF THE UNIT EXECUTIVE

Ref: *The Ranger Guide File, Unit Management* (p25)

You may have been elected as Secretary because the other Rangers thought you were efficient — are you? The very word 'secretary' suggests, to most people, a brisk, business-like, immaculately groomed person with pen and notebook at the ready, coolly supplying exactly the right information at the right time! Don't panic if this is not quite your image — efficiency can be acquired and perhaps the immaculate grooming will follow! If you enjoy writing letters, meeting people and any sort of organising job, then you are well on the way to becoming a good Secretary to your Unit.

The practical aspects of your job are:

1 Compiling the agenda for meetings

This is done in partnership with the Chairman of the Executive. At the bottom of the minutes, it is important to include when the agenda items for the next meeting must be submitted and to whom. Agenda items may be put forward by any member of the Ranger Unit, whether they are an Executive Committee member or not. For example:

Jenny Biggs would like the Unit to consider making a Unit flag. Helen Downes would like the Unit to participate in the Domesday Project, etc.

These suggestions are included in the section 'items for discussion required'.

The agenda might follow this format:

Date of meeting

Prayer

Apologies for absence

Chairman's opening remarks

Minutes of the last meeting

Matters arising

Correspondence

A Unit flag — Jenny Biggs

The Domesday Project — Helen Downes

Any other business

Date of next meeting

The Chairman will:

a Ask the meeting if everyone has received a copy of the previous meeting's minutes.

b Ask if the minutes are a true record

of the previous meeting. If necessary amendments may be made by members of the floor. Once the amendments have been accepted the Chairman signs the minutes.



c Then take any item arising from the minutes and you may need to supply additional information or report on developments which may have happened since the last meeting.

d Ask you to read out any correspondence which you have received and to give details of any responses which you may have already made.

e Ask if there is any other business. Items may have been selected by you, the Chairman, your Guider or any Ranger, but they should be kept short and the decision made as to whether they are put forward as agenda items for the next meeting.

f The date of the next meeting must be agreed by the meeting and noted by you.

2 Taking the minutes

a Use a notebook with easy-to-turn pages.

b Summarize the discussions and accurately record any propositions made, naming the proposer and seconder.

c After the meeting write out the minutes from your rough notes taken during the meeting. The minutes may take this format:

Minutes of a meeting of Greenfield District Ranger Unit held on 8 May 1988 at Greenfield Guide Headquarters.

Present Susan James (Chairman)

Fiona Wright (Secretary)

Carol Johnson (Treasurer)

(list of the Rangers present)

1 The Chairman opened the meeting by reading a prayer.

2 Apologies for absence — Jane Brown, Jennifer Young and Tracey Masters.

3 Chairman's opening remarks — the Chairman thanked all the Rangers who had helped with the church jumble sale.

d The minutes should correspond with the agenda. Write each agenda heading, etc., followed by a summary of the discussion and any decision made.

e At the bottom of the minutes write the date for the next Unit Executive meeting and the meeting place. Also give the date for Agenda items, eg next meeting 25 June at 7.30 pm, Greenfield Guide Headquarters. Please give any agenda items to Fiona Wright by 18 June.

f The minutes of the meeting should be distributed as soon as possible after the meeting, to all Rangers and Guiders of the Unit, whether they were present at the meeting or not.

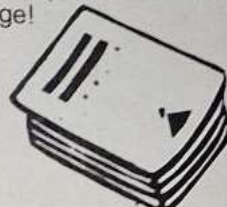
3 Dealing with correspondence

As a general rule you will write all the letters on behalf of the Unit. These might be letters of enquiry, invitations to speakers, letters of thanks, etc. Good letter writing combines a friendly tone with all the necessary information.

When writing to invite someone to speak to your Rangers, remember that they will need a choice of dates, the time and venue, some idea of the length of time you wish them to speak and on what subject. Whether the person is a member of the Movement or not, it is wise to say whether or not the Rangers will be wearing uniform. Always include a stamped, addressed envelope with such invitations.

Sometimes it will be appropriate to use the telephone for enquiries so always make it clear at the beginning of the call that you are the Secretary speaking on behalf of your Unit. Keep a careful note of the telephone calls you make and the stamps you use so that your Treasurer can reimburse you at regular intervals.

As Unit Secretary you will work very closely with the Unit Chairman, the Unit Treasurer and, of course, your Guider(s). When you are first elected why not ask your District Commissioner if you may visit a District Meeting so that you can observe a Secretary doing her job. You will see committee procedure in action and you could have a chat to the District Secretary who no doubt will be able to give you some helpful advice. Your experience as Unit Secretary will certainly make you a much sought-after person — so take care of that image!



GUIDE GUIDERS

WORKING THE SYSTEM

Right from the word go our Founder was convinced that his game called 'Scouting' should be based on the group method. The term 'Patrol System' was quite naturally determined by BP's military background. Many years and Programme changes later we are still using the Patrol System in our Guide Companies. Why? Quite simply because the Patrol System is a good one.

Walk into any Guide meeting during Patrol time and you will probably think you are seeing a classic case of organised chaos. Groups of girls in different parts of the hall, every group probably doing something different, varying levels of noise, and the Guiders either chatting amongst themselves or busy with just one or two girls, in either case apparently oblivious to what is going on around them.

In actual fact the Guider would be able to tell you a great deal about each Patrol, how well the girls work together in it, how new or experienced the Patrol is and how much or how little she has to help them.

She would also tell you that using the Patrol System allows her to take a step back and observe the girls at work together. That way she can also get to know them as individuals and watch each one develop over the months.

What appears to make the Patrol System difficult to operate is the fact that at any one time in any one Company each Patrol seems to be at a different stage of development. How much easier it would be if every Patrol developed at the same rate, and if every girl in every Patrol thought the same, behaved in the same way, enjoyed the same things. But life's not like that, thank goodness.

So how do we get the Patrol System to work?

Name Of Patrol	Stage	Definition
	1	New Patrol or Patrol with lots of recent changes.
	2	Patrol members getting to know each other.
	3	One girl in the group being encouraged to take a lead in Patrol activities. Gradually increasing Patrol responsibility.
	4	Patrol beginning to choose activities from a choice of several, none requiring a lot of planning.
	5	Patrol beginning to work well together; capable of choosing from a range of activities all of which require planning.
	6	Patrol choosing activities from a variety of sources, including <i>TODAY'S GUIDE</i> and handbooks. Planning and carrying out the activity.
	7	Patrol now very experienced and capable of planning and carrying out an activity lasting for most of the meeting. Guider beginning to feel superfluous.
	8	Patrol working as a self-programming and self-governing group; able to make decisions, plan, carry out and evaluate.

Let's go back to the Guide Company we were visiting just now and ask the Guider to fill in the following chart by entering the names of her Patrols next to the appropriate stages.

If the Guider is able to place all of her Patrols at stage 8 she is a very lucky woman indeed. It is more likely that she will have a spread of experience, but all her Patrols will be aiming to reach stage 8, even if they never quite get there.

Over the next few months we will take a closer look at the eight stages mentioned above, giving ideas, suggestions, games and activities for you to try with your Patrols.

In the meantime, and before next month, why not visit another Guide Company in your area and try out the chart above. Do discuss it with your District Commissioner both before and after the visit.

LUCKY DIP

In my spare time I enjoy . . . This is a game for Patrols or units who are good at miming and enjoy using their imagination. Try playing it when you need to quieten them down or to while away some time in the dining shelter at camp when the rain won't let up.

Write out the activities below on separate pieces of paper and put them in a hat. Each Patrol takes two or three slips of paper. Allow time for discussion within Patrols as to how they are going to mime their activities and to decide who will do the miming. Patrols then take turns to mime one of their activities, introducing each mime with the words: 'In my spare time I enjoy . . .' The other Patrols have to guess the activity.

eg

Windsurfing
Watching tennis
Panning for gold
Birdwatching
Exploring the attic
Handbell ringing
Watching TV
Listening to my personal stereo
Skateboarding
Going to Guides
Finding fossils
Babysitting
Writing letters
Wallpapering
Playing tiddly-winks
Playing conkers
Cleaning the car
Doing wordsearches
Flower arranging
Visiting old churches
Stamp collecting
Playing computer games

THE DIY GAME

The Handywoman's Kim's Game

How familiar are you with the contents of the average household toolbox? If the answer is 'not very' then the chances are you leave household repairs and general 'DIY' well alone. That means that you probably never let the subject get an airing at any of your Guide meetings either. Let's change all that. Why not take along a Handywoman's Kim's Game to your next Guide meeting?

First of all, find someone who knows about DIY and ask them to help you put together an 'easy' collection of items. The list below will give you lots of ideas. Make sure you are familiar with them all and know what they are for. When you set the game up for the Guides, encourage them to pick them up so that they get used to handling the items. Explain the name and use of each item and award extra points

for this information afterwards.

Play the game again a few weeks later, introducing more specialised items. The list below should point you in the right direction. Perhaps your friend would be prepared to come along and explain the uses for you.

'Easy': hammer; screw-driver; spanner; fuse; paint-brush; spirit-level; wallpaper scissors; glass paper; nail; nut; rawplug, etc.

Specialised: Counter-sunk screw; raised-head screw; cross-head screw; tenon saw; rip saw; hacksaw; jig-saw; circular saw; smoothing plane, etc.

See also: The Handywoman's Toolbox Word-search in the June issue of TODAY'S GUIDE.



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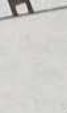
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Nature

NATURE

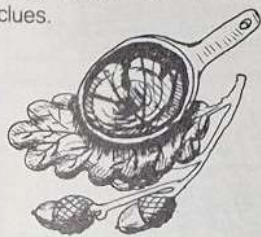
The natural world presents many opportunities for exploring and discovery and there will be no shortage of enthusiasm for an imaginative and well presented exploration of the extraordinary and fascinating world about us.

BE A NATURE DETECTIVE

Most of the activities suggested here require the girls to become 'nature detectives'. The key to being an effective detective is wanting to know the answers and enquiring until everything is clear.

Find some things for the girls to 'investigate'. Why is a plant, weed, or new tree growing where it is? What events led up to it growing there? Where did it come from and what is it doing now? Where does that stream start and why does it take this particular route? Why is this insect this particular size and colour? Why does it have that number of legs and feelers and so on?

Once the girls have got into the habit of asking questions, they are starting to become nature detectives. Some of the answers will come from reference books, some will come from older and more experienced nature watchers, perhaps the most satisfying answers will come from personal observation. You can't beat getting down on your hands and knees and searching for clues.



IDENTIFICATION

That old stalwart, Kim's Game, can be used for a

nature theme, indoors or out. Your theme may be leaves, flowers, types of stone, or grasses. Assemble a number of varieties of your chosen theme (this could be another exercise in itself for the girls!) and lay them out on a tray. After a few moments viewing the tray is removed, perhaps two of the items on it are removed, and the girls have to correctly identify those which are missing. There are many variations on this, including asking the girls to list all the items on the tray before it is returned, or using the objects for a relay race. In this case you will need as many sets of objects as you have Patrols.

There are other identification exercises you can arrange. In suitable terrain, and perhaps with a suitable reference book, you might ask the girls to list all the species of tree, or wild flower, in a defined area. Alternatively you can do this yourself, add a few spurious entries to the list and get the girls to check your list against what they find, and eliminate those species which are not present.

SCAVENGER HUNT

A list of natural objects is given to each Patrol, and they are required to collect as many of the items as possible in a given time. In this exercise, as with all the others in this article, you should have due regard for plants and flowers in locations where they should not be picked, and for all life forms that may be damaged unacceptably by being picked, handled and walked on.

Instead of providing each Patrol with a list you might give them carte blanche to bring back the most interesting natural history specimen they can find, complete with identification/explanation, or at least an attempt at it.

IN DARWIN'S FOOTSTEPS

If you are going on a hike, why not imagine you are a team of Victorian naturalists, exploring a foreign country for the first time? Pretend that nothing is familiar and that everything is new to you. The chances are that much of it will be new to the girls — we pay little attention to our natural surroundings these days. Collect samples, make detailed drawings and notes, perhaps take photographs. On your return, compile the whole thing into a nature log of the journey.

There is an enormous range of places to visit to see wildlife presented for easy viewing. Although some of the excitement of the chase is missing, it is often more convenient to see animals and plants in a carefully defined area.

Consider what you have near you in the way of bird sanctuaries, nature trails, zoos, wildlife parks, arboretum, butterfly museums, farms, city farms etc. A visit can be very rewarding and unusual, especially if you select one of the lesser-known ones that mum and dad may not have come across.



Many of the other activities suggested in this article can be implemented or adapted to these locations. However, it is a good idea to discuss your plans with the authorities at each. This will ensure that they are practical and acceptable and may also produce more ideas and help.

SURVEYS

A survey offers an excellent opportunity to get to know an area or subject in some detail. If you do not live in the country you might carry out an urban nature survey in

which the girls list as many examples of nature regaining a foothold in the concrete jungle as possible. These examples may be as a result of man's intervention, or the sheer strength of nature — it might be interesting to distinguish between the two. For the purpose of this survey it would be as well to define a comparatively small area, as you may be surprised at the amount of evidence you collect. Birds, animals, trees, weeds, plants, moss ... leave nothing out.

A tree survey is another interesting exercise. Most trees are hosts to a wide range of animal and plant life and a close study of this habitat at different levels can be most rewarding. Rather than make this a one-off survey, it might be a good idea to do a preliminary study in some detail and then revisit the tree once a month to see what changes have taken place. What reasons might there be for these changes?

A pond survey can be most rewarding. Areas of

still water attract a range of different life forms which merit exploration. However familiar and shallow the pond may be, do have regard to sensible safety precautions.

A SANCTUARY OF YOUR OWN

If your Company is likely to be able to maintain the commitment, and a site presents itself, you might consider setting up a sanctuary of your own. This

ADVENTURE OUTDOORS

might be for birds, or plants, or small animals. Take expert advice, not only on how to care for it, but also on the legal implications of the site you have chosen, public access, etc.

You might experiment with building an observation hide. It should be of natural coloured materials which will blend into the surroundings, although the materials themselves need not be natural. You will need a framework which is light and easily assembled, over which the cover can be draped. The hide should be big enough for one or two people to sit in comfortably, with sufficient viewing holes to make viewing easy without too much movement.

Position the hide downwind of the area where you expect to see birds or animals and preferably conceal it among shrubs, trees, rocks etc. The occupants of the hide should be well prepared for a long wait, with refreshments that can be consumed quietly and pro-

tection against the cold. They should be equipped with binoculars, camera, sketch pad and identification handbook.

YOUR OWN GARDEN

It is almost too late to start thinking about sowing seeds in the garden now, but it is not too early to start planning for next year. The Company might approach the local church, or council, for permission to take over one of

their neglected flowerbeds and tend it next season. The Guides could then spend some time looking at other flowering beds and selecting which flowers they wish to grow in 'their bed'. Then later in the year the ground can be prepared, seeds ordered, and responsibilities delegated for the work that is to come.

NATURAL ART

Natural materials present opportunities for creativity, and these should be seized

upon. You can carry out the activities now, or simply collect the materials and keep them for winter. Those which might be kept include bark for rubbings or Christmas decorations, leaves, twigs, cones, etc for nature collages and decorations.

IN CONCLUSION

That's about it for this month. I hope you have found at least one idea that you will try out. Do let me know how you get on, and remember that the December issue is for your ideas. If you have a favourite activity which fits into the theme of Adventure Outdoors, and you think it may appeal to a wider readership, drop me a line care of *GUIDING*, and we will consider it for inclusion in the December issue. I look forward to your inspired thoughts with eager anticipation!

DAVID SAINT



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JUST HOW TO USE A MAP AND SILVA COMPASS

ORDNANCE SURVEY (OS) MAPS

OS maps have their own language and it is very important that you understand it. Familiarise yourself with all the OS symbols and make sure that you understand all the other information presented.

You will find one of the most important pieces of information at the edge of the map, shown like this

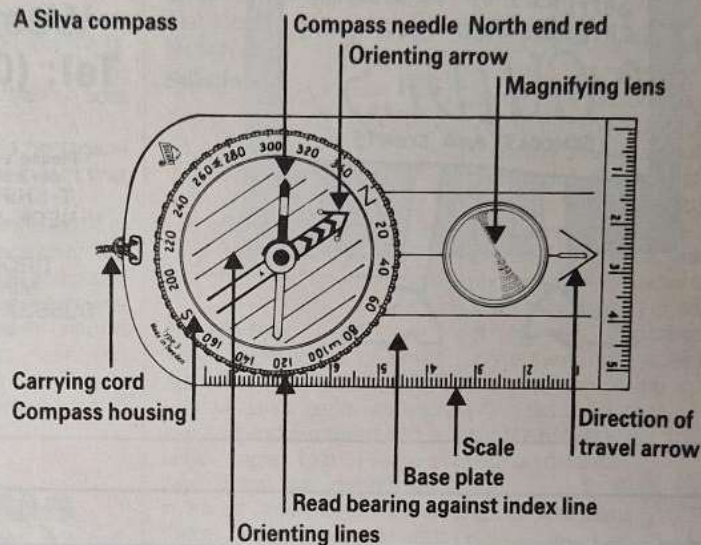


THIS IS THE 'MAGNETIC VARIATION'

When you use a compass the needle points to the magnetic north pole. On your map you will find grid north and, finally, there is true north, the real direction of the north pole. The grid

magnetic angle given on your map shows you the difference between north, as shown on your compass, and true north, allowing you to take a correct bearing.

A Silva compass



TO PLOT A HEADING AND PLAN A ROUTE

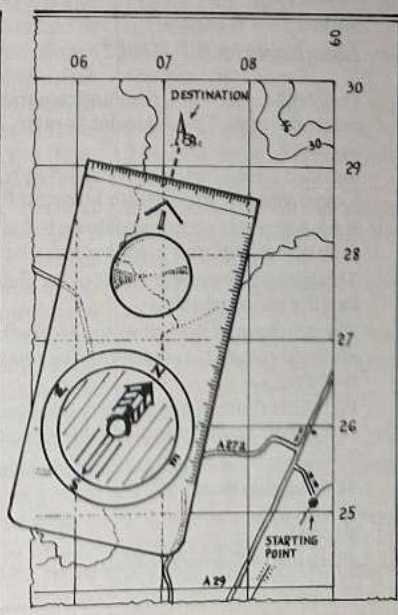
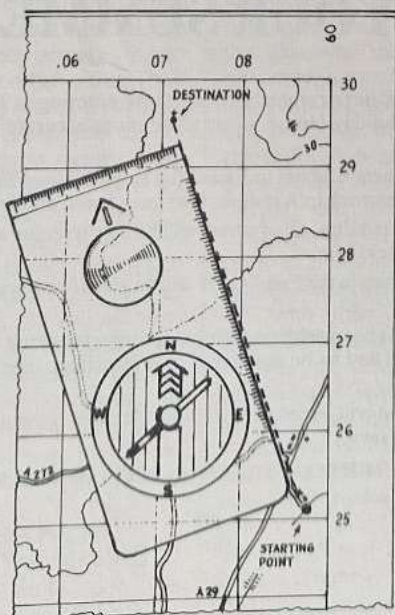
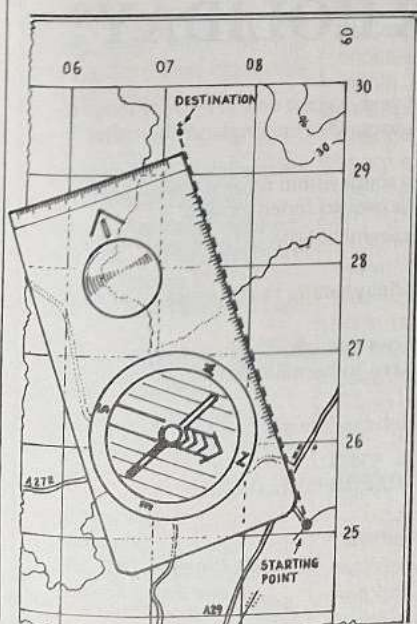
1 Place the compass on the map with one long edge joining your starting point and destination.

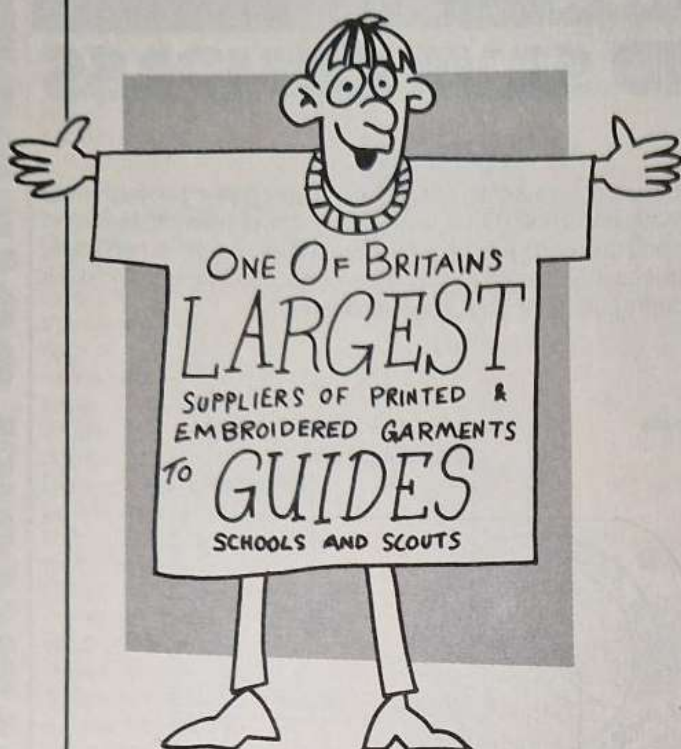
2 Turn the compass dial until the orienting lines are parallel to the grid lines on the map and the orienting arrow points to north on the map.

3 Add the correct magnetic variation by turning the compass dial anti-clockwise.

4 Maintaining the same setting, turn the whole compass until the needle covers the orienting arrow, with the red end pointing north.

5 Follow the direction of travel arrow.





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whan soft was the
sonne" — William
Langland (1330?-1400?)*

HAVE YOU ARRANGED YOUR SUMMER HOLIDAY?

On 26th March, 1988, the Fund celebrated its twentieth birthday. Now, entering its 21st year, a great new venture is about to reach fruition. The Malcolm Sargent Holiday House — or to be more accurate Houses. One in England the other in Scotland.

Situated on the beach at Jaywick Sands, near Clacton in Essex, the English house faces south within its own walled garden. Coincidentally, the Scottish house, at Prestwick in Ayrshire, also faces south and has its own secluded garden.

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RANGER GUIDERS

NEW UNITS START HERE

New to Rangering? First of all, congratulations for taking on the job; you will get a great deal out of it. Secondly don't expect too much of Rangers too soon, especially if yours is a brand new Unit. It is not a myth that Rangers generate their own ideas and plan their own Programme, but it will seem that way if you expect them to do so right from the start. There is probably no better way of silencing a group of new Rangers than to ask them what they would like to do for the next six weeks!

Before you do anything else read the relevant pages in *The Ranger File*. Then arm yourself with paper, pens, a few large sheets of wall-paper lining paper, a thick felt tip pen, some Blu-tack, and a diary. Take all these things to the next Ranger meeting and get two of the Rangers to stick up the sheets of lining paper. They should then mark out a seven week planner, showing the dates of meeting nights and weekends. On another sheet of lining paper the word RAINBOW is written in large letters vertically. This is where the thinking starts. Working in twos and threes the Rangers should write down as many activities, subjects or ideas as they can starting with each of the seven letters that spell the word RAINBOW, eg

R Reading; Riding; Rollerskating; Russia; Recording.
A Acting; Aerobics; Auction.
I Interests (Pre-Investiture Challenge clause 2).
N Nibbles; Needlework; Navigation.
B Biscuits; Business; Baking; Brownies; Bowling.
O Origami; Oratory; Oboe.
W Weeding; Walking; Wellie-wanging.

Keep the ideas coming, even if some of them are ridiculous, until you have quite a long, but also feasible

list for each letter. Now try to fit one activity from each of the seven letters into the wallchart. The Rangers will be aware of what is possible, and what is not, but it is worth keeping a mental checklist ready in case they get carried away with their own enthusiasm.

Remember

- 1 Guest speakers need alternative dates and plenty of warning.
- 2 Some activities cost money.
- 3 Rangers should be organising with your help, not vice versa.

Aim for a completed Programme by the end of the meeting, together with such information as who is organising what, whether uniform should be worn, time and venue, etc. See *The Ranger File* for examples of how to set this out.

BOOTY BAG

It's Ranger night. It's half past eight. Ten Rangers are sitting around in their best uniforms. The speaker should have arrived 15 minutes ago. It's BOOTY BAG time!

A BOOTY BAG is a plastic bag or large envelope containing four or five different kinds of activities eg a craft, a skill, a puzzle and a game. Give one bag to each group of Rangers and ask them to choose an activity to do within a certain time. Then sit back to watch and listen. Change the contents of your booty bags at regular intervals, and save them for emergencies.

During the next few months you will find ideas on these pages to put in your booty bags, but you will soon get the knack of picking up ideas from all sorts of places. If you have good ideas of your own why not send them in so we can share them.

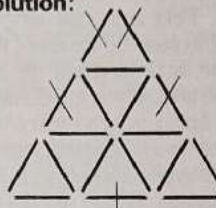
1 Matchstick Puzzle

Provide a matchbox full of matches. Write out the puzzle on a small piece of

paper and stick it to the outside of the matchbox. Seal the solution in an envelope marked 'Solution to Matchstick Puzzle'.

'Using 18 matchsticks construct 13 equilateral triangles of which nine should be small, three middle-sized and one large. Then take away five matchsticks so that only five triangles remain'.

Solution:



2 Feelie Bag

Make a collection of small samples of as many different kinds of paper as you can find and put them into a large paper bag. Rangers take turns to identify as many as possible by feeling them inside the bag and without looking of course.

Types of paper you could use:

carbon ● news ● silver ● wall ● greaseproof ● cartridge ● typing ● rice ● blotting ● kitchen ● cellophane

BRIDGING THE GAP

It is a fact of Guiding life that only a very small number of the girls who joined Brownies stay in the Association right through to the Ranger Section. One of the criticisms levelled at the Rangers is that they are so busy carrying out their exciting Programme they are rarely seen at Division or District events and have little or no link with their immediate Guide Companies. The introduction of a fact-finding clause in the Guide Blue Trefoil syllabus, together with an optional visit to a Ranger event, has done something positive to make the transition from Guides to Rangers less of a journey into the unknown. There is a lot more that the Rangers themself-

ves can do to introduce Guides to the idea of joining them.

One way of helping bridge the gap is to ensure that Rangers are familiar faces in the Guide world. Arrange occasional visits to Guide Companies with Guiders to allow you to take over the whole meeting. The Rangers will have ideas of their own about what to do with the Guides, but do set aside some time during the evening (after you have broken the ice) to have a chat with the Guides about what Rangers are, what you do, how you operate, etc. Take along the Unit's log book, video or photographs to show them. Then play your own version of Human Anagrams to make sure the Guides actually take something in. You will need to adapt the set of questions below to suit your own Unit.

Human Anagrams

Prepare one set of alphabet cards per Patrol, ie 26 post-card-size cards, each with a letter of the alphabet. Add three extra cards with question marks on. These can be used as any extra letter.

Call out a question. Patrols form the answer by holding up the letters to spell the word(s). Every member of the Patrol must hold a letter. Points can be awarded as appropriate.

- 1 On which night does our Ranger Unit meet?
- 2 Name one activity our Rangers have done recently.
- 3 Guides have a Handbook; Rangers have a _____.
- 4 What is the official name given to the colour of the Ranger blouse?
- 5 What is the minimum age of a Ranger?
- 6 Guides work on the Pre-Promise Challenge. Rangers work on the Pre-_____ Challenge.
- 7 Name one activity the Rangers are going to do soon.
- 8 What is the name of our Ranger Unit?
- 9 What is our Guider's name?

HOW TO DO SCREEN PRINTING

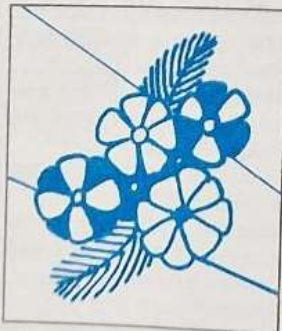
It was the Japanese who first employed the technique of screen-printing. They used a special type of rice paper to print with, holding loose pieces of the design in place with lengths of human hair. But it was not until the 20th century that the potential of screen-printing as an art form was fully realised.

A full list of the materials you need and a step-by-step guide to screen-printing is appearing in this month's *TODAY'S GUIDE*. The article describes a Patrol project to print a poster of a Patrol emblem.

YOU WILL NEED

A FRAME Make from four lengths of softwood that fit together like a picture frame and hold together with corrugated metal fasteners. This must lie flat. If it rocks, sand down the underside to make it steady. You might like to enlist the help of an expert woodworker.

A SCREEN Ideally a silk organ-die should be used but silk is expensive. Nylon voile is cheaper and just as good. Secure this screen to the frame with drawing pins. Begin by pinning two points opposite each other at the centre of two sides. Then pin the centre of the other two sides. Work towards the corners until the screen is



fully pinned to the frame.

A SQUEEGEE Used to push the paint through the screen, an old windscreen wiper works well and has a convenient handle. If you can't

find one, tack a length of firm rubber draught excluder to a piece of wood instead. The piece of wood should be deep enough to give a good hand-hold. The squeegee should be roughly 2cm narrower than the width of the frame.

TAPE To seal the inside and outside of the frame, it must be paper tape, not the plastic type. Fold it in half lengthwise to seal the inside of the frame, attaching half to the wood and half to the screen. Seal 5cm at each end of the frame too. This will make two 'wells' to hold any excess paint. The remaining clear fabric within the frame is the area you will be able to print on.

AN OLD BLANKET To pad the table you are going to print on, protected with a sheet of polythene.

PAINT Powder paint mixed with Polycell wallpaper paste to give it a thicker consistency.

WHITE SUGAR PAPER To make 'masks' and to print on. It should be slightly larger than the screen.

PRINTING ON PAPER USING A PAPER MASK

1 Draw a Patrol emblem onto a piece of paper with a marker pen or paint brush. Keep the design as simple as possible. This will be the 'mask'. It is wise to keep a tracing of your design in case you want to use it again.

2 Cut the mask out. If you want to print a coloured design on a white background, use the paper you cut the design from as a stencil. For a white design on a coloured background, use the design itself as the mask.

3 Put a sheet of paper on the table.

4 Put the mask on top of this. Be careful not to move it once it has been put down.

5 Carefully lower the frame, screen side down onto the

mask. Do not move it once it has touched the mask.

6 Spoon paint into one of the wells and pull it across the screen using the squeegee two or three times. You will be able to see where it has gone through the screen.

7 Resting the squeegee at one end of the frame, lift the screen vertically off the table. The mask will be attached to it by paint. If you can't hold the screen up between prints, rest it on four upturned flowerpots.

8 Organise a 'production line' to start printing a second sheet immediately after the first one. This will stop paint drying on the screen and clogging it up.

PRINTING A SECOND COLOUR

1 Wash the screen thoroughly in hot soapy water and replace all the tape.

2 Washing will destroy the paper mask, so a new one will have to be made. This is where a tracing of the original design comes in useful.

3 Line up the screen accurately to print the second colour. Centre lines drawn on a large sheet of paper taped under the polythene sheet on the table will help. Mark the centres of the sides of both the paper and the screen and line them up with each other. This will take one girl at each end of the screen to ensure it is done accurately.

MAKE A MORE DURABLE SCREEN

A paper mask will only last for 10-12 prints. A more durable mask can be made using **Shellac Varnish** which can be painted onto the screen to give a permanent mask. All you need to do is trace the design directly onto the screen and paint the shellac on both sides.

Check for places missed by the varnish by holding it

up to the light. Carefully fill in any places where pinpoints of light show through. Take care if long runs of prints are needed or if the screen will need to be washed.



PRINTING ON FABRIC

Screen printing is ideal for printing on cotton T-shirts, Patrol pennants, cutlery bags and felt badges. Best results on fabric are achieved using *Rowney Screen and Fabric Printing Colour*, a special paint for screen-printing.

The same basic printing rules apply for fabric printing as for paper printing. It is a good idea to put a pad of newspaper inside T-shirts to stop the paint from going through to the other side of the garment. The design should be ironed on to make it permanent.

Always wash screen-printed items separately in case any excess dye comes off.

SUPPLIERS

You can buy wood, fasteners, and varnish from any DIY shops or superstores like WH Smith's Do It All.

Nylon voile can be brought from furnishing shops or furnishing departments of department stores.

Art material suppliers or art and craft shops stock sugar paper and the paint you will need. If you have trouble finding one, write to George Rowney and Co, PO Box 10, Bracknell, Berkshire, RG12 4ST for a list of their stockists throughout the country.

COPING WITH.... STORYTELLING

Storytelling is not only one of the oldest art forms in the world, it is a natural human instinct. Just listen to people talking, you'll hear them telling each other stories, although they may not even be aware of it: the man in the pub telling the story of last Saturday's football match; the old woman talking about the funny things her grandchildren do (like the tale I heard recently about a small boy who came rushing up the beach after his first dip in the sea, protesting that 'Someone's been putting salt in the water!').

For centuries traditional tales have been shared and passed down in families and at social gatherings. Sitting round the fire in the evening stories would be told and songs sung and the listeners would learn the art of storytelling from hearing their parents and their grandparents and they in turn would pass it on to their children. In many countries storytelling is still an important part of everyday life, not simply as entertainment, but also as a way of passing on the history and customs of the race.

In Britain, as in other 'developed' countries, the telling of traditional tales has virtually died out with the coming of cinema, radio and television. But, at last, people are waking up to the fact that in letting this custom die, we have lost something precious. It is a totally different experience from simply sitting in front of a television screen. It is life-giving because it involves the people listening in the story itself rather than in passively watching. The storytelling revival has started.

For most of us getting back to traditional tales is a matter of finding the right books. But, having found them we then have to develop for ourselves the ability to tell a tale. We all know someone who can transform an ordinary, everyday anecdote so that we can see the event as if we had been there. We have all suffered from people who drone on and on without putting any life into what they say. This is the difference between good and bad storytelling.

One of the most important things to learn is once you have found the right story, put the book away. It is no good trying to learn the story by heart: you'll find that your imagination is tied up in the effort of remembering the words. Simply read the story and as

you do so try to get a feeling for it, open your mind and heart, allow it to take over so that you live it as you read it. Put the book aside and you will find that you can retell it, or at least some of it, by reliving it in your mind and describing in your own words what happens. You won't achieve a perfect result first time but if you persevere you will find that the story becomes more and more clear to you and increasingly enjoyable.

Just like singing or playing an instrument it takes time to develop the skills that bring a story to life. It is very easy to sound as if you are simply



reciting a lesson. If you find yourself doing this concentrate on finding some details to make it more real. Imagine the wolf sitting up in grandma's bed, wearing her night clothes and pushing back the spectacles which keep sliding down his long nose. Can you see the bed, it is one of those old fashioned four posters with curtains and those spectacles are just like yours! Once you have started you'll find that there is a wealth of detail that you can use to make a story come alive. The final touch is when you begin to change your voice for each character as they become individuals.

This is the point at which people begin to ask 'Isn't story telling rather like acting?' Well, it is and it isn't. The best traditional story tellers, like the Scottish traveller Duncan Williamson, are natural actors when it comes to convincing you of the 'reality' of their characters. But their art remains distinct from acting. While an actor has a set script which he performs each night the storyteller re-creates the tale with every telling. There is a distinctive tone to traditional storytelling which is intimate and personal, the storyteller in person, talking to his audience as one might talk to a few

friends at the fireside about the events of the day. However dramatic the story may become, however real the characters, one never entirely loses the feeling of personal connection with the teller.

This is the true voice of storytelling and it is best learnt by listening to someone, like Duncan, who was born into the tradition. The next best thing to do is to get hold of a few good books of traditional tales and try for yourself. These must be traditional tales, because they are designed to be spoken aloud, unlike a lot of modern, written stories, which go well enough when you read them but frequently go to pieces and sound all wrong when told.

People who are not used to traditional tales often shy away from telling them at first, under the mistaken impression that stories about kings, princesses, and magical animals are 'for children'. Before the Victorians watered them down into children's books, everyone knew that the powerful stories of folklore were for people of all ages. Everyone I know who has overcome this particular hurdle has ended up thrilled by the power of these tales. And if you want a big word to justify your enjoyment of them, remember that fairytales are 'symbolic'.

So take your courage in your hands. Find yourself a good book (and then get rid of it) and become a storyteller.

JENNY PEARSON

FIVE POINTS TO SUCCESS

- Find some good traditional stories
- Don't try to memorise
- Visualise the tale yourself before you try to tell it to anyone else
- Forget your inhibitions. let yourself be carried along
- Re-tell your tales every time

Good source books include:

English Fairy Tales and More English Fairy Tales ed Joseph Jacobs — (Bodley Head)
Celtic Fairy Tales and More Celtic Fairy Tales ed Joseph Jacobs — (Dover Publications)
Fireside Tales of the Traveller Children ed Duncan Williamson — (Canongate)
Penguin Folklore Library
 Folktale collections of Ruth Manning-Sanders (Magnet)
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TRADE
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INTER-SPEC '89

An international Scout and Guide entertainment will be held at the Royal Albert Hall, London, on Saturday 2 December 1989. There will be only one performance. This will be an ideal show for a pre-Christmas outing combined with a visit to London. Auditions will be held throughout the United Kingdom from November 1988 to February 1989. Details of box office arrangements will be announced later.

For further details please apply to: The Programme Secretary, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

THE ASSOCIATION'S AWARDS

MERITORIOUS CONDUCT STAR OF MERIT

Rebecca Eveleigh, Guide, 1st Linton Guide Company, Herefordshire.

Rebecca has shown strength of character and endurance. She is generous, always smiling in spite of any difficulties she may encounter and is admired by her sister Guides.

Mrs Shirley Norcott, Brownie Guider, 1st Digswell Pack, Hertfordshire.

Despite ill health, Mrs Norcott gave many years' devoted service to the 1st Digswell Pack. Everyone was impressed with her spirit of love and care and her cheerfulness in the face of adversity. Sadly we have to report that Mrs Norcott died in December 1987.

Pamela Northwood, Young Leader, 5th Sawbridgeworth Pack, Hertfordshire.

Pamela is an exceptionally brave and courageous young woman. She participates in all the Pack's activities and is loved by all the Brownies.

Kathy Walsh, Guide, 211th Birmingham Guide Company, Birmingham.

Kathy is a very popular member of her Company and, despite some difficul-

ties, joins in as many activities as possible. Her friends consider themselves lucky to know her.

ROYAL COMMONWEALTH SOCIETY ESSAY COMPETITION

These are the entries forwarded to the Royal Commonwealth Society for inclusion in their international essay writing competition:

Jillian Payne 3rd Downham Market Brownies (Young Leader), **Helen Jones** Dronfield Rangers, **Karen Boulton** 3rd West Moors Guides, **Alison McKay** 3rd Poynton Guides, **Susan Cameron** 4th (St Columba's) Glenrothes Guides, **Katherine Goldsworthy** 16th Shrewsbury Guides, **Megan Mathais** Llansantffraid Guides, **Sophie Khadr** 4th Dhahran Brownies, **Rachel Creasy** 3rd Tilehurst Brownies, **Talia Eagle** 4th Dhahran Brownies, **Emma Herbert** 1st Brussels Guides, **Caroline Leslie** 9th Reading Brownies, **Helen Fisher** 2nd Sonning Common Guides.

RELATIONSHIPS BETWEEN THE GIRL GUIDES ASSOCIATION AND THE SCOUT ASSOCIATION

Mention of Guide and Scout co-operation usually results in one of two reactions. Either a fairly laid back yawn that says 'Oh, we've been doing that for years!' or maybe, more typically, a raising of the draw-bridge and a 'We don't want anything to do with them' attitude that makes East/West summit meetings look like Sunday school treats!

This seems a pity. We do after all have a joint Founder, a shared commitment to a Promise and Law and similar training programmes based on the Patrol System. So as part of the forward planning of both Associations a joint Guide and Scout working party has been set up with the following terms of reference. Firstly, it has

been asked to investigate the extent of present Guide and Scout co-operation at local level, the wishes of young people themselves in this area and the views of the adults involved in both our movements. Secondly, we are to examine how our present structures, boundaries and rules inhibit co-operation and whether real economic savings could be made for the benefit of both our Associations through joint support in things like insurance or legal services. Finally, after this research the working party has been charged to make recommendations for the future.

Guide and Scout co-operation can be an emotional subject which generates much heat and little light. The working party has committed itself to a long and open-minded look at all these questions and intends to come to no conclusions without the most careful consideration of all the issues and only after presenting an interim report to the Executive Committee of the Girl Guides Association and to the Committee of the Council of the Scout Association. As part of its work the joint working party has also been asked to consult widely and we would like to start this process through this joint article asking you to give us your opinions about present co-operation. In particular we would like to know about those areas where Guide/Scout collaboration works well and what accounts for this good practice. (We also would like to know about where it does not work well at all and why.) So can you give us your experience and your views about it.

Please let us know in whatever form you like, but it would be helpful if you consider in your comments the following questions:-

How much experience have you had on Guide/Scout co-operation?

Did it work and why (or why not)?

Would you like to see more co-operation, and if so in what ways?

Similarly, if you think the present balance right in your area let us know ab-

out it and your reasons for your view.

This article is being published simultaneously in *GUIDING* and *SCOUTING* and County Commissioners will have received a letter asking them about County co-operation but we hope to have lots of comment from you as to what is happening at the grassroots — where it really matters.

Please write to either of the joint chairpersons: Mrs Pamela Hudson, c/o General Secretary's Department, Commonwealth Headquarters, 17-19 Buckingham Palace Road, London, SW1W 0PT; Dr Allen Warren, Baden-Powell House, Queen's Gate, London SW7 5JS.

JOINT SCOUT AND GUIDE CO-OPERATION WORKING PARTY

The Girl Guides Association representatives are:

Mrs Pamela Hudson (Joint Chairperson, Member of Council), **Mrs Elizabeth Aveston** (Member of Council), **Miss Alison Fyfe** (Member of Council and of the Executive Committee), **Miss Marjorie Hayter** (The General Secretary).

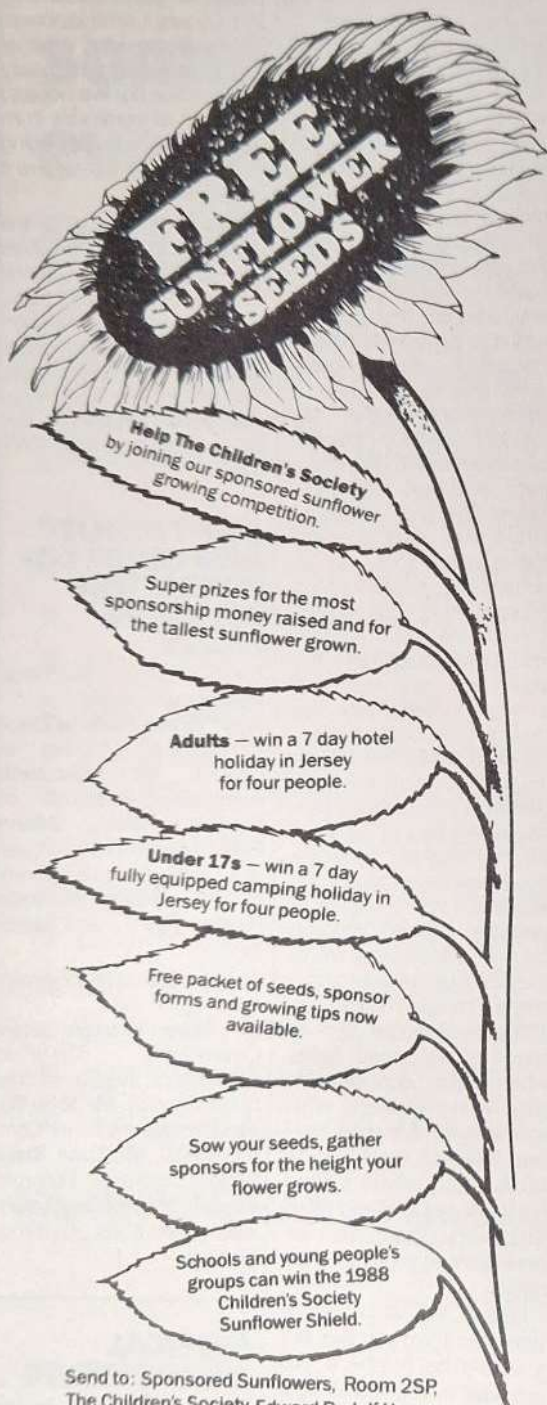
The Scout Association representatives are:

Dr Allen Warren (Joint Chairperson, Co-opted Member of the Committee of the Council), **Mr John Bevan** (Assistant County Commissioner), **Mr Tony Black** (Chief Executive Commissioner), **Mr Robbie Robinson** (Executive Commissioner).

MUSICAL INSTRUMENTS

Applications are invited for the loan of musical instruments. Violins, a viola, cello, flute, oboe and a guitar are available.

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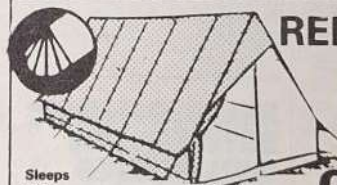
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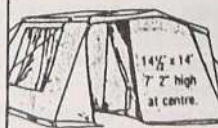
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FIRE

ONE WORLD



TOM MILLER

'88

A sea of green with a sprinkling of blue — that was the Thinking Day ceremony in the chapel at RAF Sculthorpe, near Fakenham, Norfolk. Thinking Day itself was still a week away, but this truly international occasion needed a celebration. Over 100 Girl Scout leaders from the 14 Neighbourhoods of the North Sea Region were gathered for their annual conference, along with about 40 Cadette and Senior Girl Scouts and some 30 Guiders from ten Counties, and us, a small contingent of UK Guiders.

Recently, we have heard quite a lot about British Guides in Foreign Countries and know that there are units on

military bases in Germany and Cyprus. But did you know that Britain is host to many Girl Scout troops on US military bases in England and Scotland?

The title of this year's conference was F.I.R.E. '88 — Friendship; Involvement; Recreation; Enthusiasm — just the right ingredients for a residential training session. The posters on our room doors; the badge on our conference folder and every item within it; on our meal tickets and the blanket-bag to take home were all adorned

with a blazing camp fire.

Participants came from all over the North Sea Neighbourhoods (see box) and all sections of the Movement, as well as Neighbourhood Chairmen and other members of Neighbourhood Troops Committees who do a lot to ease the load on leaders. The North Sea Region Commissioner, Barbara Guillotte, came from London. The team of trainers were from Britain and Germany, and the Field Adviser, Helen Heinz, and Adult Development Director, Kay Stevens, also came over from Germany on behalf of the North Atlantic Region.

The tone for the weekend, hard work but fun, was set by the first night, when the base fire department engineered a fire drill at 1:30 am — who told them of our theme? Friendships were made or renewed. Recreation included some free time to rest and explore; plus a 'Songfest' late each evening, skills sessions to encourage us to try something new, and 'Crackerbarrel' — the Sunday night entertainment with items from all Neighbourhoods and groups. The Guide Guiders certainly showed a willingness to be involved. The majority of skill sessions were run by the 'girls in blue' (or brown for the Dutch) and our rendering of *The Train to Glasgow* was a huge success. I am just about straightening up after being two of the train's wheels!!

Involvement, too, was demanded by the 18 seminars (we'd call them trainings) on offer in three sessions. A few of these were for the Cadettes and Seniors who had their own programme, led by four 'firebuilders', and their own retreat on the top floor. Many took the opportunity to earn badges or a Training Bar. The overall aim of the conference was to promote 'enthusiasm' and there was no shortage of that by the end of the weekend.

Although some sessions had strange-sounding titles, few would have been out of place at a United Kingdom Guide training session. In First Aid; Service Projects; Outdoor Skills; Being an Effective Chairman (ie Commissioner); World Association and World Concern, both Guide and Scout leaders had plenty in common. 'Ceremonies' may have been different, but could be adapted to a British meeting. 'Stress Management' may not be on the agenda for County training yet — but it may be needed soon!

Guiders who attended the session 'On Beyond Badges and Try-its' were fascinated at the special opportunities for Girl Scouts overseas to earn badges for projects about the areas in



TOM MILLER

WHY I'M A LEADER

I'm not a leader for the easy hours, the high pay, Parents' gratitude, power or prestige...

I'm a leader because I want the world for your daughter and mine...

A world she can share and help shape:

A world of love and laughter where she can show compassion. I want her to look at the stars, a sunset, a sunrise. The work and world of man — and feel it's beauty inside herself.

I want to help her learn to finish anything she starts — and do it well... and to guide her to know her worth with a deeper understanding of herself.

I want to help shape women with strength of character and who are sensitive to the needs of others. I want them to be the best they can be...

Whether as career women or as homemakers: wives and mothers who are the heart of the family.

In giving of myself and my time, I reap rewards far beyond what I give. I receive for my children and future generations a better world.

I'M A GIRL SCOUT LEADER BECAUSE I CARE!

LYNNA WHEELER,
Nampa Idaho, Girl Scout



TOM MILLER

which they live. There is a badge for exploring London, as well as similar badges for other cities in Europe. I found the idea of the 'East Anglia Connection' most interesting — an exploration of the links between East Anglia and the settlement of America. 'City Orienteering' is a project applicable to any town, and there are other badges for 'International Friendship' and 'Family Involvement'. Certainly for work on these badges, Girl Scouts at all levels might welcome the interest of their Guide neighbours to share both the exploration and the international friendship.

I am particularly glad that I swapped a session to attend 'Activities from the Five Worlds', led by the two trainers from Germany. Just as we have our Eight Point Programme, so Girl Scouts from 5 to 18 work in Five Worlds. These are:

World of Well-Being (physical and emotional health, nutrition and exercise, personal relationships, home, safety, work and leisure).

World of People (culture and heritage of our own society and of others around the world).

World of Today and Tomorrow (how and why of things; exploring and experimenting with technology; looking to future events, roles and responsibilities).

World of Arts.

World of the Out-of-Doors.

It is an intriguing exercise to fit our Eight Points into the Five Worlds. Service, the Law and Promise pervade them all. 'Homemaking' is underplayed, whilst the Girl Scout Programme places great emphasis on careers, science and technology, and on issues concerning health, relationships and the role of women. 'Contemporary issues' was another training session, about drugs, child abuse, drunk driving, teenage pregnancy etc — issues that Guiders felt might be discussed with Rangers, whilst Girl Scout leaders looked for opportunities to prepare girls even from Daisy age. The science and technology element is evident in all the handbooks, and a two-session course in Outdoor Biology was popular with leaders.

I had expected 'Girl Scout Leader Enrichment' to be full of ideas for my next Company meeting. In fact, the assorted bunch of Brownie and Guide Guiders; Daisy, Brownie and Junior Troop leaders were made to step back and look at themselves; the role of a leader, and ourselves in that role. A brave Senior Girl Scout, daughter of a trainer, took part to tell us of the problems when mum is in charge of

the troop — something that seemed to touch a chord in many a heart. We may not have learnt how to fill another 40 minutes of a meeting, but we did consider how to organise, to delegate, to save ourselves and serve others. While most sessions concluded with a sheaf of handouts, I will leave readers with food for thought to enrich us: you might consider how it relates to your own life in Guiding.

JILL A WRIGHT
2nd Mulbarton Guide Guider

POOR MRS SLOAN

She did her best, poor Mrs Sloan
To run the troop all alone
She made the cakes, she trimmed the tree
She made the favours personally
She bought the food, she made the fire
She set the trail through brush and briar
'Girls are so slow', she always said
'Might as well do the job instead.'
She made the plans and carried them through
And the girls grew bored with nothing to do
They went their way, and she lies here
Worn to a frazzle, the poor old dear!
NEW LONDON AREA GIRL SCOUTS COUNCIL INC.

Since 1951, Girl Scouting has been promoted on US bases throughout the world as TOFS: Troops on Foreign Soil. All activities in Europe and the Mediterranean come under the umbrella of the North Atlantic Region, with its headquarters in Germany. This large region is divided into six smaller regions, one of which, the North Sea Region, covers Britain.

Following the pattern of Girl Scouting in the USA, the North Sea Region is divided into 14 Neighbourhoods, each under a Neighbourhood Chairman. These roughly correspond to Districts and District Commissioners. Most Neighbourhoods cover one base, or a group of nearby bases with a small number of troops. Thinking in terms of our Guide regions, there are seven Neighbourhoods in Anglia; one in London and South East; two in South West; one in North East; and two in Scotland. The 14th Neighbourhood is Iceland.

AGE GROUPS

Daisy Girl Scout 5-6
Brownie Girl Scout 6-8
Junior Girl Scout 9-11
Cadette Girl Scout 12-14
Senior Girl Scout 14-17

WORLD NEWS THANKS FROM WAGGGS

North West Region's target of £10,000 to 'name a room' for the new Olave House has been reached and exceeded. The many different fund raising events and activities involved Brownies, Guides, Rangers, Leaders and their friends and supporters too. To quote the Regional Chief Commissioner; 'We have made an all out effort, often in difficult circumstances and with many other claims on our pockets, because we feel it is a wonderful way to celebrate 1989* and to repay all we owe to the World Chief Guide.'

*The centenary year of the birth of Olave Baden-Powell.



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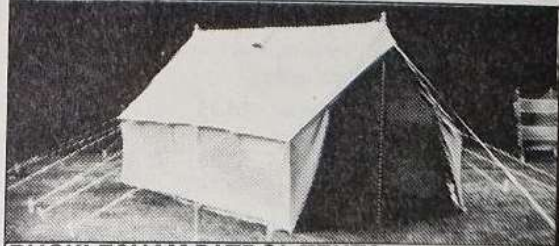
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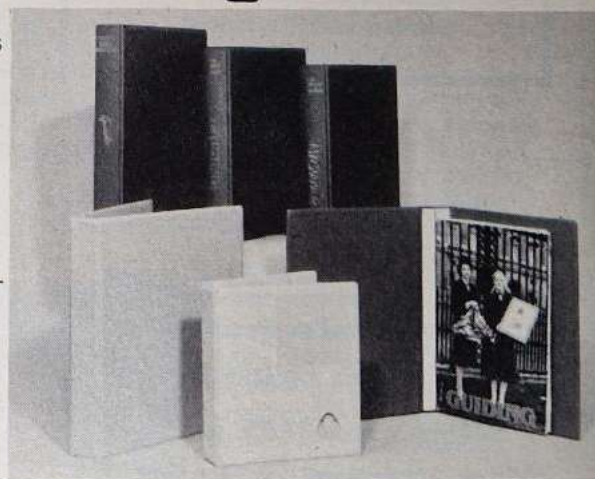
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POLYWARM

Competition

Polywarm Products are the British market leaders in the design and manufacture of quality sleeping bags. Now *GUIDING* is offering readers the opportunity to win one of their superb models in an easy to enter competition.

There are ten sleeping bags to be won from the company's Western Isles range. The range incorporates many striking outer cover designs from the UK and mainland Europe which are printed on top quality polyester cotton. Dacron Hollofil filling by Du Pont ensures comfort and warmth and full length vision zips enable the bags to be opened out into a luxurious quilt.

Polywarm are constantly researching attitudes to keep abreast of consumer trends and you can play a part in that research through this competition.

HOW TO ENTER

All you have to do is place in order of importance the eight factors listed which you judge to be the most important in the manufacture of a sleeping bag.

Send your entry, marked 'Polywarm Competition' to The Editor, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT. Entries will be compared to a master list held by the Editor of *GUIDING* and all correct entries received by 31 May 1988 will go into the prize draw. The first ten picked out will each win a Polywarm Western Isles sleeping bag.

Converts to single quilt

Quality inner lining

Cover design

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Comfort and warmth

All-round nylon zip

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RULES

- 1 The Editor's decision is final.
- 2 No correspondence or communication will be entered into.
- 3 All entries must be received by 31 May 1988.
- 4 No cash or other alternatives to the prizes listed are available.
- 5 Entry into the competition denotes acceptance of the rules.
- 6 Employees and their relatives of Polywarm Products Ltd are ineligible to enter.
- 7 Do not enclose any other correspondence with your entry.

ENTRY FORM

(PLEASE PRINT IN BLOCK LETTERS)

NAME: _____

ADDRESS: _____

POSTCODE: _____ TEL. NO: _____

YOUR GUIDE UNIT OR POSITION _____

AN INNER CITY COMPANY

MONDAY, 10 pm The bell rings. 'Juss parssin' pipes a voice from the street below. Resignedly I let them in. Two 14 year old Patrol Leaders with an incredibly dirty, exhausted but smiley baby girl — in an equally tatty broken-down buggy. The baby belongs to a 16 year old who has 'gone art' for the night. Having settled them down with coffee, biscuits and ashtrays they proceed to update me on the estate gossip, their streetwise banter not faltering as they change the now crying and bored baby's nappy on my dining room carpet. They pacify her with prawn-flavoured crisps and by blowing smoke in her face. They tell me that three of our Company's ex-Guides are currently pregnant, none over 16 and one not yet 15. They tell me who is "avin' it away wiv who"; who has been 'chucked out' of their home; whose

dad's currently 'inside', and what for; what their current record is for days 'bunked off' school — how they hate their social workers, Education Welfare Officers, teachers, the police, 'Pakis' and quite often one, or for those who are lucky enough to have two, of their parents. They talk about who's 'pushing', who's 'taking' and 'what's available' (drugs). Who has been taken into care and who has or is about to be 'nicked'. They talk about unattainable 'dream' jobs; about having babies as passports to housing and because it would be the first thing they had ever truly 'owned' themselves; of the financial attractions of child prostitution and child pornography; of street money-lenders and their mothers' resulting debts; of coveted videos, stereos and space-age furnishings; of *Dallas*, *EastEnders*, Breakfast TV and the

new Cable installations that allow you the daily choice of 28 different channels — only £20 per month, 'wurf it'. They also talk about Guiding — about various badge requirements and our coming Programme. One asks me if she can start her B-P Trefoil. They both grill me about the next camp and when we are doing our next 'Old Tyme Music Hall'. One of them asks me to adopt her (she knows I'm already a foster mum to another of the Guides). She is presently in care and her own mother has taken out an injunction to prevent her going back home and assaulting the 'new man' in her life. The baby is roughly awoken and the girls grudgingly leave about 1 am — into a wet and miserable night. Only the baby has a coat. They came to me because there was no money for the meters at home. Neither will go to school tomorrow, baby will have crisps for breakfast.

TUESDAY In the office I surreptitiously 'phone the Council trying to strengthen the case for giving housing priority to one of our Guide families living in a slum squat. While sympathetic, the officer is unhelpful — over 10,000 are on the housing



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G.U.

waiting list here, 1,000 complete families officially registered homeless. Later in the day a non-statutory social worker from the charity that refers the majority of our members to me 'phones concerning tomorrow's Case Conference involving three of our girls. Incest is suspected. Not surprising when child abuse here is reported as being three times the national average. As an aside he tells me that two Guides he took with him to one of his deprived children's seven day summer camps had only one pair of clean knickers between them. The younger one never got a turn.

WEDNESDAY GUIDERS MEETING

We talk about a camp with other units which I know my girls would abhor.

THURSDAY MEETING NIGHT 25

excited, voluble and very demanding girls, each one having been hand-delivered a written reminder by me earlier in the week (another three hours' work but an excellent opportunity for 'street recruiting' and chats with the mums). Their uniforms look exactly what they are — cast-offs of every vintage and hue patiently collected by our charity sponsors and sent to us from all over Britain. They rarely fit properly and the footwear — everything from second-hand pink ballet pumps to fluorescent yellow wellington boots — would have many a Commissioner tearing her hair out. Also, alas, very few long white socks. The girls love and are immensely proud of their uniforms, often the best quality clothing they possess: we follow the Programme to the letter; the girls genuinely earn their badges and awards by doing their best, not necessarily ours. Our Guiding Programme is packed and adventurous. We get very little community support and even less from the girls' families. Almost every penny for every facet of our Guiding costs must be raised by me from within the voluntary sector; the parents rarely contribute more than a token, rarely are they able to. Membership subscriptions are crippling as are the increasing costs of camping and other activities. It is a fairly typical night for us, with a crowd of foul-mouthed taunting boys breaking into the premises, plus somebody carving 'Red Hot Pussy Patrol' on the Vicar's newly painted front door. Only one helper doing it more out of 'Christian Duty' than for any real empathy with inner city youngsters. A painfully thin young single mum with toddler in tow turned up offering to help. I later

discover that her baby is on the Abuse Register. It's hard to turn her away, but I must.

FRIDAY A call to the office from a distraught mum, four of whose girls are in our Company. One of her teenage daughters has walked into a police station and accused a member of the family of raping her on the night that one of her younger sisters was killed in a hit and run accident. The

'... the footwear — everything from second-hand pink ballet pumps to fluorescent yellow wellington boots — would have many a Commissioner tearing her hair out.'

whole family have fled their home and gone into hiding. We visit them that evening. Their distress is agonising. We reassure and do what else we can. Within 24 hours we have arranged respite care with private families in the country for all the girls, who can now be moved at a moment's notice. Social Services are grateful and the kids go off for a fortnight's break. Tensions increase at home. Later that evening we visit another of our ex-Guides now almost 18. She is also in hiding, on the run from her drug-taking and drug-pushing ex-boyfriend. He is known to have VD and we must convince her to go to the STD Clinic for a checkup. We don't talk about AIDS.

SATURDAY A Company outing: to Crufts no less. The girls think it is 'Ace' but our day is somewhat marred by a number of complaints from the public about bad language. We occasionally have the same problem at camp, with the girls deliberately demeaning themselves in front of others. It is a great sadness to witness the children stigmatising and devaluing themselves and each other. They have so many exceptional qualities and talents, and just beneath every rough exterior there's a 'little girl' crying out to be loved and to be wanted. We see their true needs so many times, but usually only after enormous damage has been done by a generally uncaring society.

SUNDAY CHURCH PARADE A fundamental part of the Guide Pro-

gramme plus the firm desire of the Church that provides us with accommodation. Of our 'Christian' members most come from families who are not part of Dr Runcie's '3% of the Inner City who attend Church'. They would be hard-pressed to find any evidence of a caring God in their homes or on their streets. Of the few who have been baptised most are 'RC' in their parents' vain hope that it will get them into one of the Borough's 'better schools'. And what about our Bangladeshi Muslims? Five girls turn up to church, with another 12 lurking outside for the afternoon's trip into the centre — to feed the pigeons in Trafalgar Square, to try to make the Horseguards laugh and to gawp back at the tourists. None of the girls will expect or get a proper Sunday lunch. Home by five, exhausted but full of high spirits. At least another hour's wait for the mum who promised to pick up her daughter. She didn't so we had to take her home. Mum was drunk at 6 pm. Out of uniform, dinner and feet up. 10 pm. The bell rings. 'Juss parssin' pipes a voice from the street.

Every incident above is based on fact. The 'cases' are all real and are all true. The girls are all Guides. Guiding has touched every one of their lives and has contributed significantly in very many different ways, improving their quality of life, broadening their horizons, providing lifelines into deprived homes and introducing to them many of the alternatives in life accepted as a basic right by the Association's more affluent members.

Guiding for inner city children — for the socially deprived, the abused and for those with other special needs is relevant and vital, and has more than sufficient flexibility to meet every requirement of disadvantaged youngsters. But to fulfil the potential requires change within the Association in attitudes and perhaps in a re-allocation of resources, both human and material. Perhaps also a re-examination of our own commitment as Guiders to all girls — irrespective of race, colour, creed or social background.

We are not alone in this need among the uniformed and other youth organisations. And, perhaps like British Rail, we are getting there. But there are still far too many desperately deserving inner city youngsters missing our particular train.

NAME AND ADDRESS RECEIVED.

This article is the first in a series looking at Guiding around the country. Please let us know of your experiences by writing to *GUIDING* magazine.

PEOPLE *and* PLACES

LIKE A DUCK TO WATER

► Christina Sherwood of 'RS Lightning', Bournemouth North Ranger Unit, took to canoeing like a duck to water after her first taste of it at Foxlease.

Christina has spina bifida so canoeing was quite a challenge for her, but she was absolutely delighted with her achievement. She is determined to canoe again and is learning to swim so she can enjoy more water sports.

DANISH BAND TOUR

► Pouring rain didn't dampen the spirits of the 17th Tonbridge Scout and Guide Band on their recent Danish tour.

They are twinned with a Danish Scout and Guide Band from Allerod near Copenhagen. The visit was the last in a long series of exchanges between the two.



CHRISTINE BROWN



BARBARA DAVISON

BADEN-POWELL TREFOIL FOR LONE GUIDE

► Cathy Bennett of the 1st British Guides in Foreign Countries Lone Guide Company has become the first member of the Company to be awarded her Baden-Powell Trefoil Badge.

Cathy lives in Rome and was one of the founder members of the Company three years ago. The award is quite an achievement when you realise she has to rely on letters from her Guide leader in England instead of active Guide meetings.

She is going on to become one of the first members of the BGIFC Knot-a-Lone Ranger and Young Leader Unit.

A GOOD TURN

◀ Over £1,200 was raised by 1st Hartley Brownie Pack's 1987 Good Turn to pay for the training of a guide dog, with enough left over to donate to Children in Need and The Church of England Children's Society.

One of their fund raising ideas was to publish a book of famous peoples' favourite recipes. It includes recipes from the Prime Minister, the *Blue Peter* team, Cilla Black and many other stars. They also raised money by a sponsored May Day walk and a charity concert.

Little did they know that their name had been put forward to appear on a special charity edition of *The Money Programme*. They appeared on national and local TV and in local newspapers.

After all this publicity they had no problems raising enough money to pay for a guide dog's training. And what did they call it? Hartley of course!

NORTHERN PRESS





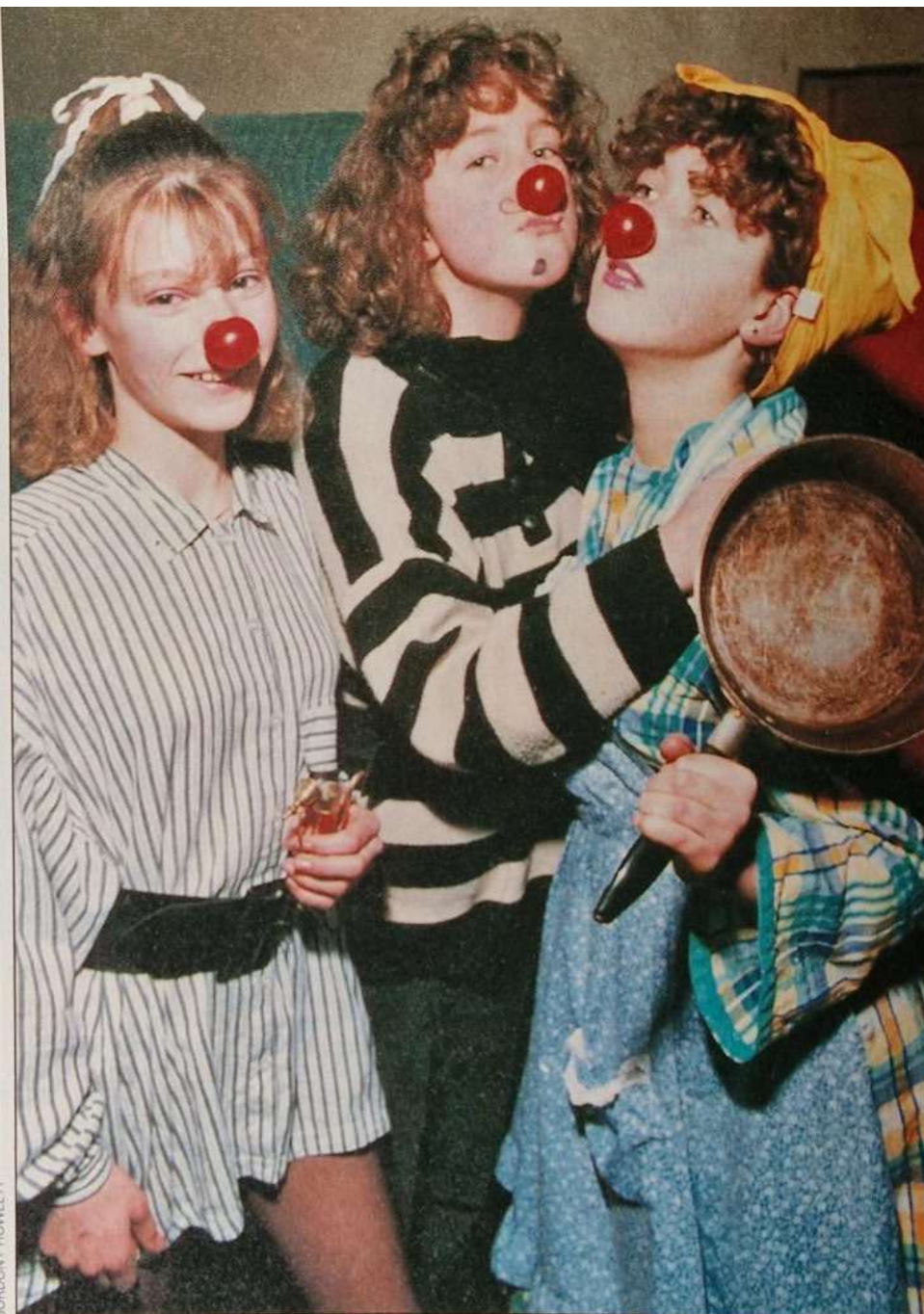
ANN MUNDAY

COMIC CAPERS

► Sketches, songs and jokes were performed by units all over the country to raise money for Comic Relief Day in February.

8th Mansfield (Methodist) Guide Company put on a series of comedy sketches and a version of Aladdin. 4th Brooklands Guide Company couldn't buy their red noses anywhere because they had all sold out, so they decided to make their own out of ping-pong balls and nail varnish. 16th Shrewsbury Ranger Unit had no trouble buying their noses. They put on a special Fun Day for the event.

GORDON F HOWLETT



CATHY GUNTON

ELIZABETH AVESTON



check it out - DAYSACS

Daysacs are the smallest rucksacs you can buy, just large enough to carry all the kit needed for a day's walk. A comfortable daysac can make all the difference between an enjoyable hike or a nightmare trek. **GUIDING** asked 16th Shrewsbury Rangers to put a range of daysacs through their paces and report back with their findings.

SHERPA HIKER

Price £8.99

Capacity 20 litres

Features This sac has both a waist and a chest strap. A side carrying handle allows it to be carried like a suitcase. A zip opening gives easy access to the sac's contents.

Comments The straps are hard to adjust and are poorly positioned. The waist and chest straps are too high to be comfortable.

Verdict The poorly positioned straps let an otherwise well designed daysac down.

VANGO SPRINT 30

Price £15.00

Capacity 30 litres

Features The Formula has padded shoulder straps and a comfortable waist strap.

Comments The sac's zip top is difficult to close when it is fully loaded.

Verdict A comfortable and reasonably priced rucksac.

BERGHAUS DART 30

Cost £35.95

Capacity 30 litres

Features The Dart is extremely comfortable, with shoulder straps that are con-



ELIZABETH AVESTON



toured to fit the chest and a waist strap. Compression straps fold it down when it is only partly filled, increasing stability. It also has an ice axe loop.

Comments The sac was very comfortable throughout the day. All buckles and fastenings did up easily, even with gloves on. But the external pocket was not large enough to carry maps.

Verdict You get what you pay for with Berghaus and the Dart 30 certainly goes to prove it. The only thing against this sac is its high price.

KARRIMOR VISTA 2

Cost £21.00

Capacity 25 litres

Features The Vista 2 has a waist strap and two side pockets.

Comments A waist strap and tapered shoulder straps make this sac very comfortable to carry. Fastenings are easy to use but the two side pockets do not fasten up thoroughly and kit could fall out of them.

Verdict This sac is well designed but expensive. If you can afford it you will not be disappointed.

CAMPING GAZ NOVA

Price £17.95

Capacity 26 litres

Features Shoulder straps can be zipped away to allow this sac to be carried like a suitcase.

Comments The external pockets are too small to carry maps.

Verdict Ideal if you want a daysac that doubles as a small suitcase on your travels.

SHERPA AROSA

Price £8.99

Capacity 30 litres

Features This sac had a padded back and comfortably shaped shoulder straps. The zipped pockets on the waist strap are an unusual feature.

Comments The zip fastening is difficult to close when the sac is fully loaded.

Verdict A reasonably priced and thoughtfully designed daysac.

★ STAR BUY CAMPING GAZ LEO

Price £10.95

Capacity 25 litres

Features The Leo has a toggle-closing top with an elasticated hood, but there is no waist strap, although its back is well padded.

Comments The front pocket is too small to take an OS map.

Verdict In terms of comfort, design and price this sac came out top in the test.

KARRIMOR TACPAC 2

Price £19.00

Capacity 25 litres

Features The Tacpac 2 has a waist strap, a front map pocket and mesh side pockets.

Comments It is very good apart from the mesh side pockets, which are not waterproof or large enough for maps.

Verdict Poor side pocket design lets an otherwise good sac down.

TREFOIL RATING

	Comfort	Ease of use	Quality	Value for money
SHERPA HIKER	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
VANGO SPRINT 30	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
BERGHAUS DART 30	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
KARRIMOR VISTA 2	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
CAMPING GAZ NOVA	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
SHERPA AROSA	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
CAMPING GAZ LEO	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
KARRIMOR TACPAC 2	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆

Our thanks go to Liz Aveston, Thelma Hall, Jill Rickard, Rebecca Williams, Helen Scott, Emma Hood and Paula Freer of 16th Shrewsbury Ranger Unit.



A MUCH LOVED COUNTRY

My name is John Alden and I am an amateur naturalist of many years standing. After 25 years in the police force I recently retired and took up professional gardening. This series of articles will combine my enthusiasm both for natural history and for horticulture.

I am what you would call a 'field naturalist', that is to say I get out and about in wellingtons and anorak. I'll be looking at things and describing them to you. I try to keep my accounts as accurate as possible although mistakes can creep in so if any of you read my efforts and know that I'm wrong, or perhaps have observed something different, then please write in and let me know. Nobody knows everything about natural history and there are always new things to be discovered. In this series I would like to show you how much pleasure can be gained from watching wildlife and how easily. Let me start by telling you about my first efforts at badger watching.

Badgers are still quite common in Britain and they are not difficult to find. One summer while on holiday in Somerset a friend and I set out to find a badger set to see what we could watch there. The set, as the badger's home is called, was situated in the side of an old sunken lane, its muddy bottom little used except by the occasional farm tractor or horseman. The presence of badgers was indicated by vast earthworks, mounds of soil and numerous deep excavations with connecting paths. Outside the occupied set traces of hay could be seen where the animals had changed their bedding material.

Badgers are mainly nocturnal and usually come out at dusk. On warm summer evenings, provided they are not disturbed, the cubs may appear by about 8 pm to play in the late evening sunshine. So, bearing this in mind we arrived at the set we had disco-

vered at about 7:30 pm. We took up our position on a bank of the lane opposite the set and downwind of some entrance holes. As the sun began to sink the chorus of robins and thrushes diminished and the evening became still except for the rustle of leaves and a light breeze. Looking down into the lane the shadows lengthened and faded as the sun sank behind the trees away on the far side of the meadow. A common shrew ran quickly along the tree trunk on which we were sitting and dived into the cover of ivy that clothed part of the tree.

Now some movement was evident from the set opposite, a sinuous black and white-striped head appeared at the entrance. Tentatively testing the air the badger moved its head from side to side seeking any scent of danger. A second animal appeared and once their reconnaissance was complete the two animals relaxed and began to scratch and play at the entrance. From down the lane came noises of more badgers moving up towards us and within a few minutes of the first appearance eight badgers were playing in the lane. The two badgers opposite then parted company, the sow, or female, entering the set again to bring out bundles of bedding which she left to air at the entrance. The boar made his way down the path to join another pair and four cubs in the lane bottom. The seven animals began to fight and tumble over the bread and jam which we had placed as bait. Having eaten their free meal the cubs began to explore up the side of the lane, scampering along the steep paths which lead up to the meadow. One cub came tumbling up the bank, over the top, snuffling its way along the path close to where we were sitting. It passed within inches of us on the way to the meadow giv-

ing us no more than a perfunctory glance.

By now darkness had fallen and the animals in the lane were no longer visible but squeaks and grunts below betrayed their continued presence. In order to see better I switched on my torch and directed the beam along the lane bottom. Maybe I was too quick with the light, or perhaps a drift of our scent was detected below, because the badgers became alarmed and dived to safety down holes in all directions. Our audience was at an end.

If you are fortunate enough to live in an area where badgers live it is quite simple to take a small party of girls badger watching. It is sensible to make the group not more than five. Behave as we did, wear sensible clothing, take something, like bread and jam, as bait to put down near the set, and always sit with the wind blowing towards you, not with the wind behind you blowing towards the set. You must of course be quiet but you can get pretty close, a distance of about ten yards is quite far enough away. Better still, if you can get up into a tree and sit comfortably there that is an ideal spot. I made the mistake of turning the torch on and moving it too quickly. You could use a red torch, as badgers cannot see red light, but if you have only got an ordinary one and you move it slowly, they will tolerate it because it seems like moonlight.

Always search for the set during the day time. If you try to approach in the evening when the badgers are beginning to come out they may detect your presence and disappear for the evening.

Badgers have very noticeable hair, black and white and very tough. You may have seen an old fashioned shaving brush (not very many of them sold these days) made of badger hair, so you can see what it's like. Today most farms and landowners use barbed wire and you can confirm that there are badgers in the vicinity by checking for traces of wiry hair on the fences.

You may have to try several times before you get a really good look at your badgers but don't be disappointed. A little bit of perseverance usually pays off and once you get skilled at badger watching you will probably be able to sit much closer.

JOHN ALDEN

If you have any questions to ask or comments you would like to make, write to: The Editor, *GUIDING*, A Much Loved Country, 17/19 Buckingham Palace Road, London, SW1W 0PT.

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ACCOMMODATION

Swiss Information Centre for group accommodation availability. Your enquiry, giving dates required, number in party, type of accommodation, your address, reaches 320 homes in Kandersteg and many other resorts in Switzerland, free of charge. You will receive detailed offers direct from Swiss landlords. Apply to: CONTACT, CH4419 LUPPINGEN, SWITZERLAND. m

YARNER FARM offers catered/self-catering, dormitory-type accommodation for up to 30 people. Beautiful Victorian mansion in 104 acres on edge of Dartmoor. Nature reserve within walking distance. Involvement on our farm welcomed. £3.50 per person per night. Details: Mrs Holman, Yarnar, Bovey Tracey, Devon TQ13 9LN. Tel: 03646 354. d

Peak District 17th Century cottage accommodates 12, all mod. cons, centre for Derbyshire Dales, all guiding members and their families. SAE: Mrs Taylor 21, White Knowle Road, Buxton SK17 9NG. b

Arkengarthdale. Herriot country, walking, touring. D/B & B — £12.00 in Guider's comfortable home. Singer. Tel: 0748 84203. g



COMING EVENTS

1st South Ruislip Brownies are celebrating 50th Birthday, July 1988. Any past members please contact Cathy Richards, St Mary's Church, The Fairway, South Ruislip, Middx HA4 0SP. b

FOR SALE

Advertising Pencils, Ball Pens, Pens, Combs, Diaries, etc. gold stamped Company name. Raise funds quickly. Bran Tub Toys. Details: Northern Novelties (GG), Spencer House, 18 Napier Road, Bradford BD3 8BT. g

Attention Brownie Guiders! Totems (Toadstools) available. Red tops with white spots in fibreglass, 18in high with detached tops, £17.50 each plus £2.50 p&p; cash with order. From T G Higgins, Boosley Grange, Newtown, Longnor, Buxton, Derbyshire SK17 0ND. Tel: 029883 446. c

Badges. Sew on. Inexpensive and attractive. Contact the manufacturers, S A Cory Ltd., Glengarriff, Co. Cork, Eire, 010-35327 63159. k

Bobble Hats, for outdoor activities GGA approved. Navy with Gold Trefoils. £3.50 each, post free. 6 or more £2.65 each, p&p £3.50. Margaret Bucknell, Staylittle, Llanbrynmair, Powys SY19 6BU d

Button Badges, quality button badges made in any quantity, ideal for any event, contact Bredon Hill Badges, 28 Cornfield Way, Ashton-under-Hill, Worcs. Phone 0836 881197. b

Don Higham Enterprises, Shelters, carts, altars, fires, much more. Details: Aldridge 51607, 30 Weston Crescent, Walsall WS9 0HB. b

Lucky Dips from £8.00 per hundred. Samples £1.00. Wholesale jewellery, toys, party goods. Paul Tomlin, 5 England Crescent, Heanor, Derbyshire DE7 7BD. f

Save money — Make your own outdoor equipment and clothing. Wide range materials, patterns, accessories. Sae for free sample. Pennine Outdoor, Holmbridge, Huddersfield, W. Yorks. Tel: 0484 682688/684302 h

Sleeping bags, All types available from £10.95 to £31.25, single or bulk orders welcome. For details send SAE to: T.G. Higgins, Boosley Grange, Newtown, Buxton, SK17 0ND. c

T-shirts and Sweatshirts screenprinted to order, quickly and efficiently by Paget Design, Tregumo Cliff, Lamorna, Penzance, Cornwall. (Cash after goods satisfactorily despatched). b

HAVE YOU ANY BOOKS MAPS BADGES OR OTHER GUIDING MEMORABILIA?

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WANTED

Discontinued Badges especially Patrol Emblems, County Proficiency, other Guiding Ephemera. Also books by Brent-Dyer, Elsie Oxenham, (not Children's Press/Seagull), D.F. Bruce, W.E. Johns (not Dean Thames), Bilski, 4 Sheepfold Lane, Amersham, Bucks. b

LATE UNCLASSIFIED

CLASSIFIED ADVERTISING COUPON

Please complete this coupon to place a classified advertisement in GUIDING

Rates: Lineage 45p per word. Semi display (boxed advert) £8.50 per single column centimetre. Reversing out 50% extra (All rates + VAT)
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Please write your copy below — one word per box: telephone numbers charged as two words — **BLOCK CAPITALS PLEASE**

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IMPORTANT

All copy is subject to the approval of the Association or its agents which reserve the right to refuse, cancel or suspend any Advertisement. Advertisements for the sale of secondhand clothing, other than uniform, cannot be accepted. Uniforms for sale should not be sent to CHQ. Advertisers will receive communications direct from applicants. Advertisements for camp sites, activity centres and Pack Holiday Houses must be countersigned by the County Camp Adviser indicating that in her opinion the site/centre/ house is satisfactory.

County Camp Adviser (Signature)
Advertisements for joint Ranger/Venture Scout events must be countersigned by the Guide County Commissioner indicating her approval of the event.

Guide County Commissioner (Signature)
The Girl Guides Association takes no responsibility for statements made in advertisement or from any matter arising therefrom.

DISTRICT COMMISSIONER



'Can I take my Guides on a hike during the Easter Holidays?' asked a keen Guider during a recent meeting. 'Yes, of course,' I replied, making a mental note to check *Walking Safely* with her at the end of the meeting. 'Would you like to come with us?' 'Yes, of

course,' I replied. Now, in a hot bath of bubbles, while my boots drip in the sink, it seems less of a good idea, but by tomorrow the feet will be rested, the boots clean and the soul refreshed.

I kept up a middle pace — wishing

neither to show off my hiking prowess nor to be left behind. We stopped to cook lunch, sheltering from the April breeze (around force 7) among the trees in a friendly farmer's field. Two boxes of matches later I explained 'punk GGA style' and we had a few minutes of 'Is this a holly tree?' and 'Ouch! Yes it is.' There's something distinctly different about smoked cream of tomato soup and burgers garnished with onion and wood ash.

'Come into my parlour.' I invited a Brownie Guider. 'How about me coming on Brownie Pack Holiday with you?' She nearly said 'No', but all she could manage was a weak 'Well . . .', breathless from shock. My enthusiasm suddenly waned with the allocation of jobs when there remained the questions of 'Who's Quartermaster?' and 'What's DC going to do?' I was ready to outline my plans for a regal visit, but it was too late; the Guider took her revenge and I was minuted as 'volunteered'. 'What do Brownies eat?' I asked innocently. 'Burgers and Commissioners!' came the less than heartening reply.

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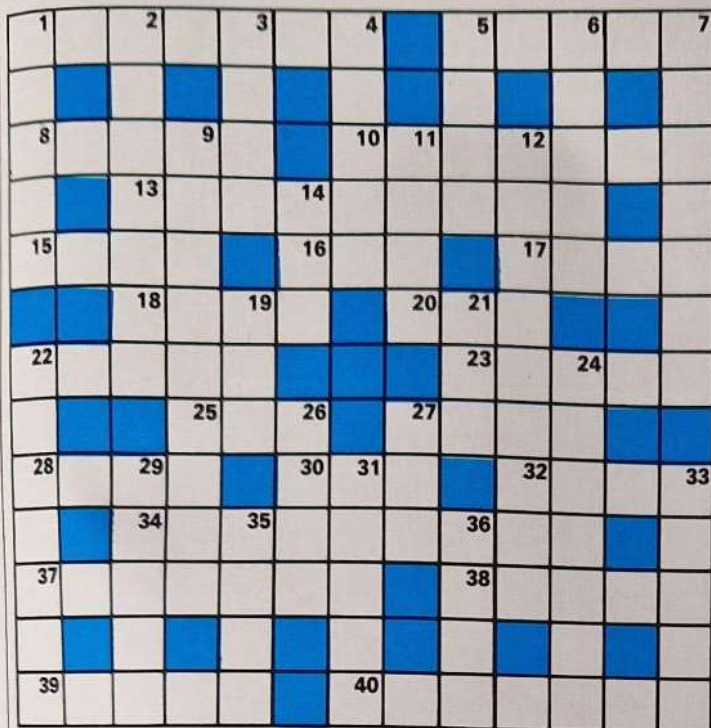
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CROSS WORD

ACROSS

- 1 Examining carefully (7)
- 5 Sign of heart beat (5)
- 8 Path of heavenly body (5)
- 10 Threads — of sand? (7)
- 13 Living (9)
- 15 Agitate (4)
- 16 Cereal or town? (3)
- 17 Rent, a sign of sadness? (4)
- 18 Slight tinge (4)
- 20 Palindromic creature (3)
- 22 Zest (5)

23 In the land of S Africa is the home of this animal (5)

- 25 Tot up (3)
- 27 Black (4)
- 28 Entrance to a mine (4)
- 30 Give it to attend (3)
- 32 Half a quart (4)
- 34 Deputes (9)
- 37 Take for granted (7)
- 38 Employers (5)
- 39 Adam did (5)
- 40 Foot lever (7)

DOWN

- 1 Supports (5)
- 2 Burrowing rodent (7)
- 3 Sounds like the ability to see (4)
- 4 Full of vigour (5)
- 5 Ripe for a fairy (4)
- 6 A sudden thrust

- with a sword (5)
- 7 Sun reed arranged to make sure (7)
- 9 Annoys (9)
- 11 Biblical 'you' (4)
- 12 Neat poles for an animal (9)
- 14 Skill (3)
- 19 Sleepy land? (3)
- 21 Connective tissue (3)
- 22 Held fast (7)
- 24 Used to expel wind (7)
- 26 Meed to consider (4)
- 27 Period of time (3)
- 29 Perfect (5)
- 31 Deputy (5)
- 33 State a flavour (5)
- 35 Rule a decoy (4)
- 36 A pipe for the train (4)

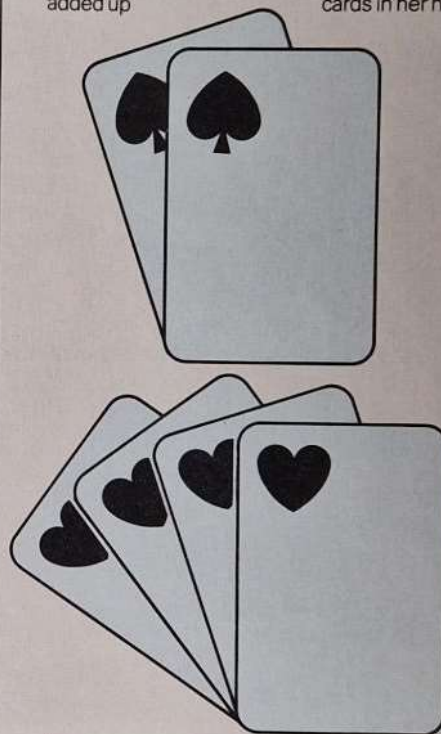
Answers next month

CARD GAME

At the beginning of a game of cards, Jane was dealt six cards. From the clues given below can you identify the six cards she held in her hand.

CLUES

- 1 Four of the cards were hearts and two were spades.
- 2 No two cards had the same number of pips.
- 3 The pips on the cards from the suit of spades added up to three more than the total number of pips on the suit of hearts.
- 4 One of the cards from the suit of spades had one-third of the total number of pips on all the cards.
- 5 There were no court cards in her hand.



LIQUID ASSETS



In a camp store tent stand five bottles. Each contains, or in one instance has contained, a liquid. From the clues given below, can you fill in on the diagram the contents of each bottle and the amount contained in each.

CLUES

- 1 The empty bottle is between the orange

squash and the salad cream; the latter contained less than the former.

- 2 The bottle of cooking oil is half full.
- 3 The lemonade is in the bottle at the right-hand end of the row.
- 4 Bottle two is three-quarters full.
- 5 The full bottle is not second from the right

Bottle 4
Salad Cream, 1/4 full.

Bottle 2
Orange squash, 3/4 full.

Bottle 1
Cooking oil, 1/2 full.

Hearts — 1, 2, 4, 5.
Spades — 6, 9.

ANSWERS

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