

GUIDING

NOVEMBER 1988 75p

**GLASGOW'S
KNOCKOUT
RANGERS**

**THE BIG
INTERVIEW: ARE
YOU DRESSED
FOR THE PART?**

**BEING A
SUPERMUM:
IS IT
WORTH IT?**

**DOWN
MEXICO
WAY**

PLAYING IT AGAIN FOR UNCLE SAM!



The search is on for the 1988 Fundraiser of the Year

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

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

Now the search is on again for the 1988 Fundraising Champions - and we very much hope you'll be playing a part in this national tribute to fundraisers.

What are the awards?

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

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

Who can be nominated?

Any fundraiser who genuinely deserves this very special tribute - it could even be you! The winners will not be selected solely on the basis of the amount of cash raised - rather, the nominations will be judged on personal contribution and achievement, and those qualities which symbolise the true spirit of fundraising.

The winners will be chosen by a panel of judges, all people highly experienced in fundraising. As last year has shown, their job will be extremely difficult - because all fundraisers deserve this sort of recognition.



Smiles all round - winners and finalists after the presentation.

Webb Ivory Award

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

How to nominate

Simply write to Robin Walmsley, Director & General Manager of Webb Ivory at the address below, asking for a Nomination Form. Closing date is 31st October 1988 - we look forward to hearing from you very soon. Please mark your envelope "Fundraiser of the Year".

Special Youth Award

In addition to the Gold, Silver and Bronze Awards, Webb Ivory would also like to pay tribute to the many young people dedicated to raising funds for good causes. As you're involved in Guiding perhaps a young Leader springs to mind, or one of the Guides. To qualify for this special Youth Award, the nominee(s) must be under 18 on 31st October 1988.




POST TODAY

To: Webb Ivory Limited, Primrose Hill, Preston X, PR1 4EL.
Please send me a Nomination Form for the Fundraiser of the Year Awards 1988.

MR/MRS/MISS/MS INITIAL SURNAME

ADDRESS

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 **Webb Ivory**
fundraising service

NPIG

GUIDING

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November 1988 75p

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front PAGE



MICHELLE SMITH

COMMENT

For the past few months it must seem as if I have been bombarding you with ideas in this column.

I haven't necessarily agreed with all of them but I do feel it is vital that we in *GUIDING* keep our minds open to new ideas and influences.

That's why I've kept on posing questions and encouraging you to let me know your reaction to these important issues. I am convinced we have to be flexible in our thinking so that we can adapt to changing circumstances — if the need arises.

Baden-Powell, when he wrote in the original POR, described the rules as 'guiding lines for players in a game'. In other words he saw them as guidelines to help you carry out Guiding in the best possible way for your Units and the girls in them.

He would have understood that today some rules are necessary to help keep our members safe. But I am sure he would have kept them to a minimum. I believe he would say to us now: 'Consider what your girls' needs are and then, if you can, fit the rules, the programme and the activities to meet those needs.'

In the last few months readers have questioned the need for the Arena supplement. 'We read the whole magazine,' they say. One young Guider even wondered if the supplement was patronising. 'Are we inferring that some readers can only see certain bits?'

I think she has a point. In this issue the Arena pages, for Rangers, Young Leaders and young Guiders, are integrated into the body of the magazine. Happy and integrated reading!

Dr JUNE PATERSON-BROWN
Chief Commissioner

FRONT COVER



SUSAN MAYER

Putting themselves on the map. These Guides and Rangers find that Guiding gives them direction and helps them plan their route through life.

To help you get your bearings further 'map-speak' can be located on pages 39 and 42.

**WE ARE GRATEFUL TO
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MONTH'S COVER.**

HURRICANE GILBERT: JAMAICA

Jamaican Guiding has been badly hit by Hurricane Gilbert. A Disaster Fund has been opened at CHQ and contributions should be sent to the Director, Financial Services Division, Girl Guides

Association, 17-19, Buckingham Palace Road, London SW1W 0PT by the end of December 1988. Please make cheques payable to The GGA (Jamaican Appeal). Their need is urgent.

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**Guiding
is . . .
keeping the
flag flying - and
your hat on.**

Walking on cloud nine

'Who is interested in walking?' I asked my Guide Company. Behind the question lay a challenge — to myself.

For five years I worked through the Walking Safely Training Scheme, finally reaching the National Severe Training at Blencathra in the Lake District. I walked with groups from Guide and Brownie Companies, youth clubs, churches and my son's Cub Pack, with family, friends, acquaintances and fellow Guiders, but never as an expedition leader in difficult country ... leading groups of young people. It was time to meet the challenge.

The response to my question was encouraging. But, when I asked who would be interested in walking in the mountains in Wales in May, enthusiasm waned. The initial group of eight Guides dropped to four, with an interested mum and myself, when we started in January. They learned basic map reading, walking on a compass bearing, and could walk at least seven miles on footpaths, without too much trouble, with the correct kit.

Our next problem was getting there. Somehow, we had to transport ourselves, walking gear and tents to a remote village in Wales. I persuaded my husband that he would enjoy camping in May — whatever the weather — but we realised our car would not be able to take seven people plus their kit. We decided to hire a minibus and found one belonging to a club affiliated to the National Association of Boys' Clubs.

6 We were all too busy to begin



Ready for anything Nichola Tindle, Carly Charteris and Emma Draper.

serious hill-climbing training until the week before the trip, when we set off for the two highest points in Buckinghamshire. After a scramble through the woods on various narrow tracks, we emerged into a cornfield and, side-stepping the rows of corn, we came to the trig. point. Their pride in their achievement made all the hard work worthwhile. Next we drove to Butlers Cross and had a stiff walk to the top of Coombe Hill, an even more impressive trig. point — that quietened them down a bit.

On the big day the minibus was collected and loaded though we nearly lost one member of the expedition when we discovered that Carly had just injured her ankle. Fortunately, embrocation and elastic bandages worked wonders and off we went.

We reached the site after circling Glasbury twice and soon realised we would be sharing it with a couple of sheep.

Complete with lunch, kit, boots, maps, route and an instructor, we

piled into the minibus in the morning sunshine and set off for the Black Mountains. We heaved on rucksacs and headed for our first stile of the day and a footpath which wound its way upwards and then around the base of a mountain ridge.

As we clambered up the mountain to the ridge, I encouraged them by pointing out that they would soon be able to see a spectacular waterfall — then we would stop for lunch.

We found a sheltered spot for lunch but, sadly, there was no sign of the waterfall — apart from a map entry. Very soon after lunch we reached the ridge, at 690 metres, and the day's sunshine gave way to powerful wind.

The next day was sunny again, so we set off to the other side of Brecon with our instructor, Joe. Our aim was Pen y Fan, the highest mountain in the Brecon Beacons, at 886 metres. A river-crossing on stepping stones was negotiated safely with help from Joe. It was then a steady climb all the way to the summit, apart from a short stretch where we skirted Corn Du.

We reached the trig. point with arms tightly linked against a powerful wind. As the day's achievement sunk in, I had some problems persuading the youngsters to sleep that night.

It was still raining on Monday morning so we decided on a low level walk. We followed the River Wye and returned along a country road, enjoying the wild flowers and birds. After lunch we piled the kit and tents into the minibus then set off home. And on to the next challenge.

ROSE WAUMSLEY
GUIDE GUIDER
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A KNOCKOUT DAY AT GLASGOW

It's a Knockout is alive and well and living in Glasgow — at least it was on Saturday, August 27. For that, following hard on the heels of the Brownie and Guide events, was Ranger Day at the Glasgow Garden Festival.

Although the weather threatened to ruin things, PRA for Scotland, Sally McMath, was heard to say: 'There was sun on the map this morning — there's always hope when there's sun on the map.'

By 11 o'clock hundreds of Rangers from all over Scotland were in position. They had been divided into four teams — red, green, yellow and blue — and those who weren't competing were cheerleaders and supporters.

Before the games began the cheerleaders went into action. Their T-shirts and pom-poms were the same colour as their team's. They chanted and cheered and their enthusiasm was so infectious that by the time the first competitors lined up, a substantial crowd had gathered.

And then they were off! Rangers in wheelbarrows; Rangers in miners helmets — clambering over paddling pools, carrying buckets of water . . . the atmosphere was electric!

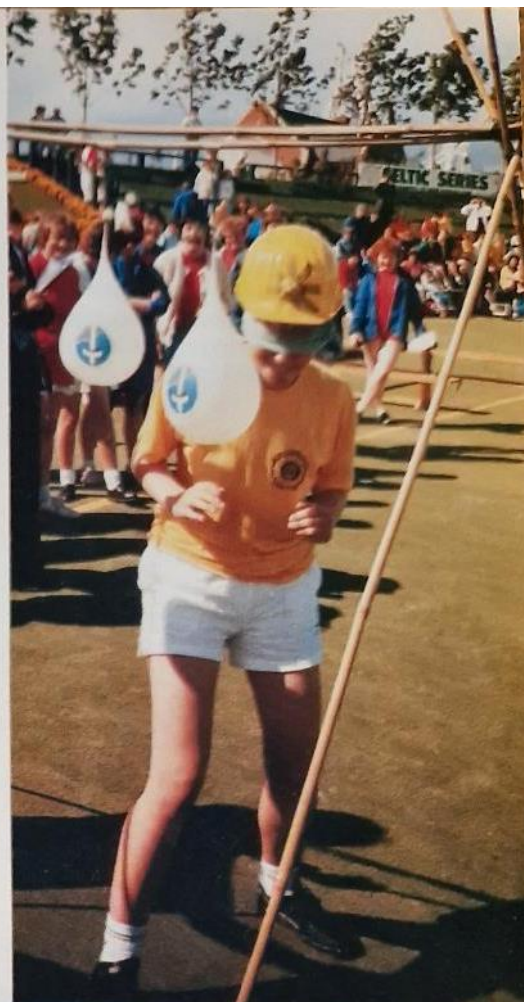
But then, in the middle of game three, the heavens opened. The spectators ran for cover, but the Rangers played on. As one girl told me: 'We'll all be soaked by the end of the competition anyway — so what's a little rain?'

At the end of an exhausting, wet but fabulous day the loudest cheers were for the winners — the green team.

BEN HALL



Tactics time — a quick chat between races. ▼



'Left, left, left, left' — that's it, go for it. ▲



SALLY MCMATH

GREAT GOING, GANG!

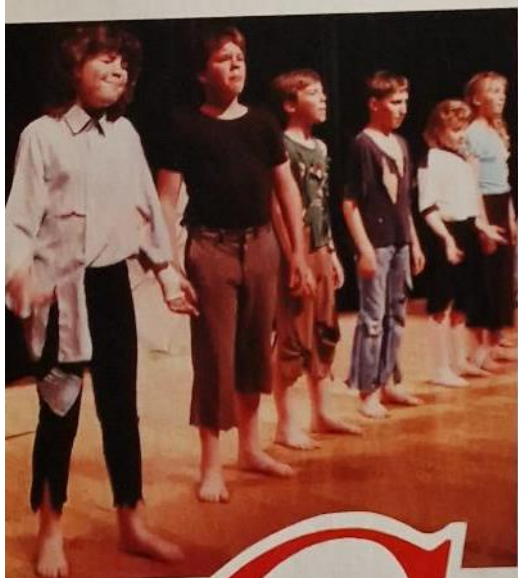
'Wunderbar!' With the applause of the audience still ringing in their ears, the cast of the Thurrock Scout and Guide Gang Show breathed a collective sigh of relief as they took their final curtain call. The show had, without doubt, been an even greater success than they had ever dared imagine.

This very special guest performance took place at the crowded school theatre at Rheindalen Camp, West Germany. The audience consisted of 'Brits' from the military base near Mönchengladbach, Thurrock's twin town, as well as local civic dignitaries and members of the Mönchengladbach Scout Association.

The Thurrock Gang Show had attracted rave reviews back home during its week long run, but the cast had qualms about how they would be received in another country. Would the German half of the audience appreciate the jokes and the comedy sketches? They certainly did

because at the end of the show, the Thurrock Gang was treated to a standing ovation — German style — a long, slow round of handclapping, which gradually mounts up into a thunderous roar of applause and deafening cheers.

The trip to Mönchengladbach was planned over a year ago, to coincide with the 21st anniversary of the Thurrock Gang Show. During its week long run in Thurrock, the Gang played to packed houses, after its dazzling opening night ceremony



Gundling

which was attended by the Chief Scout, Major General Michael Walsh, and the Chief Commissioner for Anglia Region, Mrs Margaret Johnson. The trip was financed by donations from local industry, various sponsored events organised by the

cast and a grant from the local authority.

Two weeks after the first performance of *Stride On '88*, the 82 members of the cast and backstage crew piled into two coaches en route for Mönchengladbach. Disaster struck when the transit van, which was loaded with the show's props, sets and stage settings, could not be fitted onto the ferry. Shipping had to be delayed until the next morning. The ferry berthed at Dunkirk at 12.30 pm — just seven-and-a-half hours before the show was due to start in Mönchengladbach.

The Thurrock Gang was visibly relieved when the trucks, at last, pulled into the base at 6.15 pm. In the meantime, stage manager Mike Carey was faced with yet another setback: the electric motor which operated the main curtains had broken down. This meant that hundreds of heavy duty curtain hooks had to be transferred from one set of curtains to another, and the curtains re-hung. Mike quickly commanded a task force to tackle the problem—the job was completed just half an hour before the show was due to begin.

By the time the curtains rose, everybody's nerves were at breaking

point, but their fears were soon soothed when they were given a standing ovation after the opening number. The cast went on to give a blockbusting performance, winning roars of laughter at the comedy sketches, and good natured groans at some of the ghastly gags ('That's the last time I go on one of Moses's sponsored walks!' grumbled a footsore 'Israelite' in *Exodus Expurgated*) while the sentimentality of songs like *I'd Like To Teach The World To Sing* and *We Are The World* had dozens of women reaching for their hankies.

Earlier in the day, the Gang had been honoured at a civic reception in the town's 1,000 year old town hall, when the Mayor of Mönchengladbach, Herr Gunther Waldhausen, presented the group with a special set of pictures of the town and the official history book. In return, Show Chairman Tricia Beckett and Director Jan Thurnell presented the mayor with a specially inscribed historical map of Thurrock and an official gift from the town's mayor, Councillor John Dunn.

Many new friendships were made during the weekend, and some of the Thurrock Gang have already made plans to visit their host families again.

LEIGH MURPHY



in action

The girls
on set with
the police
video unit



BROWNIE PACK STAR IN POLICE VIDEO

Two young girls are walking up a quiet suburban street when a car pulls up beside them. The driver looks respectable enough — well dressed, well spoken. Politely he asks for directions, but already the girls are cautious, sensing the underlying menace in the stranger's words: 'I know your daddy — let me give you a lift home. Look, I've got some sweets for you. Why don't you get into the car with me?' Fortunately, the girls know how to deal with the situation: keeping close together, they break into a run — heading straight towards the video camera!

The above scene was, in fact, part of a production by the West Midlands Police Video Unit, and the villain was none other than Sergeant Roger Wilcox, a Crime Prevention Officer. The actresses were members of the 9th Aldridge Brownie Pack. This 'Stranger Danger' scene is to feature in a training video which is being made specially for Brownies working towards their Crime Prevention Badge. The three Brownies, ten-year-old Ruth Williams, her sister

Sarah and Nicola Gilchrist, both nine, seemed quite unruffled by their new-found stardom.

Ruth explained that the video was being made in order that 'it can be sent out to all the Brownie Packs so that they can do their Crime Prevention Badge.' She added proudly that all the Brownies in her Pack had already obtained their Badges.

Their Brownie Guider, Pauline Woodall, told *GUIDING* that it was 'a great privilege' to have her Pack selected to feature in the video. She was eagerly looking forward to viewing the finished product.

POSTMAN PAT

The highlight of the first day's film was, without doubt, the guest appearance by Postman Pat — another star performance by Sergeant Wilcox. Janet Adshead featured as Pat's faithful helper, Jess the Cat. Postman Pat emphasised the importance of marking valuables with the relevant post code. Removing his rather heavy headpiece after the filming, Sergeant Wilcox said that this practice has led to significant reduction in thefts in the area. (The sight of Postman Pat, minus his 'head', rather distressed the crowd of tiny tots who had eagerly gathered to watch their hero on location!)

Sergeant Wilcox believes that the video will be particularly effective in putting across the basic concepts of crime prevention to the Brownie Packs. Describing the video as a 'valuable teaching aid', he said that he was confident of its success as: 'Children of this age are very receptive to instruction.'

It seemed right that the video was filmed in Walsall, because they hosted the first National Junior Crime Prevention Conference last year. As a result of the conference, scores of Junior Crime Prevention Panels were established in schools all over the county. These Panels are junior versions of the adult Crime Prevention Panels which were first set up 20 years ago.

These were formed to bring members of the community and the local police together to work out ways of increasing public awareness of crime prevention methods and reduce the fear of crime, which so often prevents people from leading normal lives. The first Junior Crime Prevention Panel was started in 1981 and the system, according to Sergeant Wilcox, has been a great success.

'The young people are far more enthusiastic than the adults,' he said. 'They are far more prepared to get involved!'

LEIGH MURPHY

LEADER OF THE PACK

Until a year ago the words Woolworths Leadership scheme meant absolutely nothing to me. Now I look back with affection on a contest which brought me fun, laughter and a great deal of happiness.

My story begins at school in June of last year. Much to my surprise, I was presented with a Woolworths Leadership Competition Gold Award Winners Certificate. I was amazed to find that I had been selected to represent my school, Eastbourne Comprehensive, Darlington.

The next round was to find a regional winner. By now the competition was very strong but, on the basis of reports written about our achievements and personalities, two winners had to be chosen. I was lucky enough to win this round and I know that my involvement with the Association as a Guide, Ranger and Young Leader influenced the judges' decision.

I was told that I would have a two-day trip to London to receive my prize of a week at an outward bound centre.

In November, I went to London with my mother and the manager of our local Woolworths store. I was very, very nervous but as soon as I arrived, I realised that the other 27 regional winners felt exactly the same! I was rather proud to discover that many of the winners were from our Movement. There were lots of Guides, Scouts, Ventures, Rangers and Young Leaders.

Afterwards we tried out some of the outward bound activities in which we would be taking part.

I woke early and travelled across London to Woolworth House where all the winners were to meet. Having been split into groups we took it in turn to meet TV personalities Keith Chegwin and Maggie Philbin, who presented us with our certificates.

We were then given a briefing on the afternoon's programme before being taken on a guided tour of London.

TEA AT NO 10

Lunch was at the Oval Cricket Ground where we were introduced



to Lady Howe, Chris Bonnington and Radio One disc jockey Peter Powell. We listened to speeches from all three, then a coach arrived to take us to, perhaps, the highlight of our visit — Number 10 Downing Street.

Photographers and television journalists pounced on us. After 20 minutes of questions and brief interviews, we were hustled through the barriers and into the 'blue room' of Number 10.

We waited nervously for the Prime Minister to arrive. The first half hour was taken up with posing for photographs, after which we had tea and a good long chat. Everything was so relaxed. We were talking to one of the most influential women in the world yet we felt like we were with an old friend.

By 5.30 pm our visit was over and the coach arrived to take us back to Woolworth House. And that would have been the end of it all, except that five months later we were all to meet up again for our Outward Bound Week.

OUTWARD BOUND

The months passed quickly. We wrote to each other and waited eagerly for the beginning of April when we converged on Aberdovey in Wales.

We were thrilled to see each other again and very quickly made friends with those we had not met before in London.

At the centre we were split into two groups and told that we were to work separately throughout the week. Each group had its own instructor who, by the end of the week, had the dubious honour of being dubbed 'one of us'.

The week was designed to build upon the leadership skills we had already. This required a lot of thought, team work and patience

and we all quickly learned how to help each other and encourage the rest of the group.

We spent the first few days hiking, canoeing, rock-climbing and abseiling. After each activity we discussed what we had done and how we overcame any faults and problems we had encountered. This was important because it meant that we learnt not only from our own mistakes, but from other people's as well.

In the middle of the week we were delighted to receive a surprise visit from the Princess Royal.

We orienteered, ran an assault course and went on an overnight hike. The next day we went on a hike up Cadar Idris, one of the highest mountains in Wales, at 2,900 feet. We had to push each other to the limit here, physically as well as mentally!

On the final evening, we reviewed the week with our instructor. We had realised our weaknesses and discovered our strengths.

We travelled home the next day. Although we had exchanged addresses, a few tears were shed and cries of 'write soon' rang out from every corner of the station.

I have now arranged a reunion party for my fellow winners — perhaps this could also be classed as a good leadership quality!

Last year's competition did a lot for my confidence. It gave me the opportunity to make new friends, acquire new skills and have a lot of fun.

This year Woolworths is running 'Leadership '88' which promises to be just as wonderful as last year, but with the added bonus that this year Guides, Rangers and Young Leaders may be nominated through their Unit. So, good luck if you decide to enter.

ANNALISA GILL 11

THE PERILS OF PLAYING *superwoman*

Women, whether battling for a top job in a man's world or stuck at home coping with a bawling baby and a tiring toddler, are under stress.

And they are increasingly becoming victims of the same stress-induced illnesses, which were once thought only to threaten the lives of their men-folk.

One woman who devotes her life to the problem is Dr Audrey Livingston Booth, founder of the Stress Syndrome Foundation.

She says: 'I think women have a tremendous problem today and there is a great deal of stress in women's lives.'

Scientists agree with her. One study carried out at Manchester University produced evidence to show that working women — particularly with two or more children — were likely candidates for a heart attack.

Part of the problem is that women tend to feel guilty . . . about almost everything. If they stay at home to look after the family, they feel guilty at the financial burden their husbands carry. But if they go out to work — and more women than ever before have paid work outside the home — they worry that they are neglecting their domestic duties. To compensate, women try too hard to be Supermum at home, as well as super efficient at work.

Yet unless we learn to change our attitudes, we could be heading for deep trouble, the experts warn.

Doctors have pinpointed stress as the epidemic disease of the 80s.

Stress-related illnesses, it has been officially calculated, cost the nation more than £60 million a year in national insurance and social security

payments alone. And the figure is still climbing.

Evidence is also emerging that stress may play a much larger role in triggering off cancer and allowing it to spread than previously recognised.

THE SIGNS

First signs of being under too much stress can include headache, breathlessness, backache, fatigue, irritability and dizziness.

Other distressing symptoms include wild mood changes, panic attacks, weeping and loss of sex drive.

If the condition isn't diagnosed, stress can lead to a string of life destroying physical illnesses including acute digestive disorders, ulcers and heart attacks, as well as mental breakdowns.

Of course stress isn't all bad news. We actually need it in our lives. It gets us going and is the body's natural response to challenge.

STRESS FACTS

- **Career women are three times more likely to have stress-related headaches than male colleagues.**
- **Men list job worries as their main cause of stress, while women blame family cares.**
- **Sex — or a good neck massage — banishes tension.**
- **Miners, not company directors, head the tension table for the most stressful job.**
- **Stress can cause backache, stop you concentrating and wipe out your love life.**

WHAT IS STRESS?

So what does being under stress actually mean? It's when our bodies go into the 'fight or flight' syndrome. The adrenalin glands flood the body with hormones — adrenaline, noradrenaline and cortisol — putting us on red alert. Reflexes sharpen, energy levels increase just like they did in the days when our primitive ancestors were confronted with a hungry sabre-toothed tiger on the look out for lunch.

These days we need the extra boost to meet deadlines at work or a crisis at home. It's what happens next that can cause the problems.

Dr Livingston Booth explains: 'What should happen is that the body responds to stress — a challenge — by being ready for action. Then, when the challenge is dealt with, the system should switch off and the bodily changes that have occurred go back to normal.'

'What has happened now in our industrial societies is that the body is permanently on the alert from breakfast to bed.'

She is speaking from experience. While trying to get the Foundation off the ground five years ago, Dr Livingston Booth suffered a mild heart attack. 'Just a warning I was under stress,' she confesses.

IT'S NATURAL

But she also insists: 'Stress is a natural thing. We need it. It is absolutely essential. If we didn't have it, we would die.'

She has written a new book, *Less Stress More Success* to show women how to make stress work for them both at home and in the office.

Her view that taking time out from your daily routine blocks off stress is supported by Dr Jenny Lisle, a consultant in preventive medicine particularly concerned with the occupational health of people at work. She insists that women must learn to set aside time for themselves if they are to survive.

She says: 'Women have to find ways to unwind, whether it is going to a gym, learning relaxation techniques or developing their own interests.'

SAFETY VALVE

However, women do have one important safety valve. They find it easier to talk about what's bothering them than men do.

But Dr Lisle pointed out: 'There is not always an obvious person for people with stress problems to go

to. They can't always burden their friends and families.'

One possible answer, she feels, would be for firms to add a counsellor to the medical teams they already provide. 'A few firms now are beginning to develop counselling services for their employees. But a lot of small companies don't have anyone,' she explained.

Some medical group practices are also providing counselling as part of the range of services on offer.

Both men and women are particularly prone to stress at certain crisis periods in their lives: when they first leave home, either to go on to higher education, start a job or marry and have to adjust to a whole new life style.

But nature seems to have made sure that women have more emotional traps in store for them than men. Experts have for a long time recognised that birth is a traumatic event for a mother. But it is equally stressful to keep on trying for a child and never succeed.

When the last child goes to school can be a daunting milestone but even worse for a women to cope with is the day her last child leaves home for good.

Dr Lisle said: 'Women whose families are grown up do feel pretty bad. It is a classic time for women to experience problems. They must have interests outside the home and I recommend that they should start them before the children begin to leave.'

Women tend to suffer from a double helping of stress. They also suffer when it's their partner who has the problems. If their men are sick or under pressure in any way, the strain of coping falls on their wives' shoulders.

The burden of coping with elderly and ailing parents inevitably falls on daughters rather than sons.

MARRIAGES IN TROUBLE

Some experts believe that the soaring rate of marriages hitting the rocks is due to the stress of modern life.

Peter Fullerton, a marital therapist with the Tavistock Institute for Marital Studies doesn't feel the situation is so clearcut. He said: 'It is very difficult to say whether the stress of modern lifestyles leads to marriage problems or marriage problems cause the stress.'

Although more and more people are seeking help with their troubled marriages, Mr Fullerton does not

believe it means that more marriages are failing. It is just that people are more prepared to admit that problems exist.

'In years gone by there were more marital breakdowns but people were not prepared to admit it. Now they are willing to go to a professional agency for help.'

Yet the sad fact remains that marriages are breaking up and

distances and unfortunately die suddenly on holiday.'

But don't press the panic button. The situation isn't hopeless. There are various steps to take to deal with stress. The most important, according to Canadian expert Dr Peter Hanson, is to learn how to control the way you react when the going gets tough.

He says: 'Stress can be fantastic or



women are increasingly left to face the stress of bringing up their children alone, as well as going out to work to keep a roof over their heads.

Even taking a holiday isn't always an ideal prescription. The combined effects of travelling, unfamiliar food and surroundings, plus the tendency to drink and smoke more, takes a tragic toll.

A spokesman for Blackpool's Co-operative Funeral Service recently revealed: 'We get a lot of custom from people who have travelled long

it can be fatal. It's all up to you.' He's even written a book to prove his point, *The Joy of Stress*.

All the experts stress the benefits of taking regular exercise, setting aside personal time — to do what you want — and relaxation aids like yoga, massage or meditation.

NORA WARNER

Less Stress More Success by Dr Audrey Livingston Booth is published by Severn House at £11.95. *The Joy of Stress* is published by Pan at £3.99.

OUR CABAÑA

IN THE CITY OF ETERNAL SPRING

Hettie G Smith, former CHQ Music Consultant, has been visiting Our Cabaña for 17 years and is an active member of the Friends of Our Cabaña Committee. She has amassed a comprehensive collection of Mexican artefacts, slides and photographs, and willingly visits Companies on request to give hints and dos and don'ts to prospective visitors. Here she paints a vivid picture from a visitor's standpoint.

'Oh look, there's Popo!' someone cries and we pause to watch snow-capped Popocatepetl emerge from a misty wreath and take his place against a blue sky. Those with cameras capture the scene, perhaps with a pink-blossomed branch of the Primavera tree in the foreground, then we happily make our way to the dining-room.

A trip to Our Cabaña, situated in Cuernavaca (City of Eternal Spring) about 50 miles south-west of Mexico City can be very uplifting. With the long journey behind you, whatever its problems may have been, once you have been welcomed by the friendly staff at the big gates and gazed at the plush, wide-bladed grass surrounded by brilliantly coloured flowers, you feel enthralled and at peace.

My visits to Our Cabaña span 17 years as a seasonal volunteer, a leader for adult music courses and now a member of the Friends' Committee, which meets every February. Alongside our meetings we usually have a gathering of adult visitors from different countries, who follow the same programme as a group of Rangers/Girl Scout Seniors would experience, and thus are able to act as knowledgeable public relations people to Leaders who are thinking of taking a party to the Cabaña.



Welcome to Our Cabaña — the Chief's Door

One of the highlights of these sessions is working with a group of ladies from a nearby parish who come in for a long afternoon to enjoy such activities as crafts, songs and dances in the Craft House, Mixcoacalli (the Great Hall) or the beautiful gardens. The team of gardeners who work under the wise direction of a member of the Friends' Committee, are so successful that the gardens have been included in the opening of local gardens for charity. The afternoon spent with local ladies would have been called a 'service project' some years ago and Guiders/Girl Scout Leaders would have done all the teaching, now it is run on an exchange basis and these ladies have much to impart. With amazingly dextrous fingers and nimble feet our Mexican friends also demonstrate their wonderful singing when leading us in *Cielito Lindo* so that those of us with little Spanish can join in lustily with the 'Aye, aye aye.'

To me a most joyful experience is having the grounds invaded by local children whom we divide into groups to participate in a wide game. Here

that means moving round to various stations to join in games, songs, dances and crafts, culled from the Girl Guide/Girl Scout programmes. These endearing children are friendly and well-behaved; to attract a leader's attention they quietly hiss through their teeth "Ss..ss" and gently touch you, quite a contrast to the frantic hand-waving and shouts of "Mi..iss" we often meet at home.

Each leader taking part in the above fun and games is carefully briefed, her crafts checked and the Mexican or Latin-American members of the group always provide an amusing but necessary crash course in Spanish, so none need panic.

During Committee times we are fortunate in having Mexican Rangers or young Guiders to do the orderly jobs, known as Kapers and one task to which they bring a most imaginative touch is Flag Ceremony. One particular occasion made an indelible impression. After lining up in twos we were told that those on the left were blind and had to rely on their sighted partners to guide them to the flag garden by gentle pressure on the arm, plus whispered instructions. How well my partner steered me round the walls of rough volcanic rock, up uneven steps and round the horse-shoe. The singing of *When I Needed a Neighbour* meant more to me on that occasion than ever before.

I have said nothing of getting to know a little of the country through visits to Taxco, the silver-mining town, or Amecameca, a market town in the foothills of Popo; enjoying the Fiesta enlivened by Mariachis; creating your own Mexican crafts such as a bark-painting; lazing by the pool and, above all, making international friendships.

Save hard to come and share in this exhilarating experience for yourself. Shall I see you there one day? I do hope so.

HETTIE G SMITH



OUR CABAÑA, DOWN MEXICO WAY

The idea of establishing a World Association of Girl Guides and Girl Scouts Centre somewhere in the West was born at a Guiders' conference in Cuba in 1946. After a long search for the ideal spot, a site overlooking the ancient city of Cuernavaca in Mexico was chosen. Surrounded by distant snow-capped mountains — including two of Mexico's highest volcanoes, the legendary Popocatepetl and Iztaccihuatl, whose soaring peaks are just under 18,000 feet — the site of Our Cabaña covers five acres and stands at 5,000 ft. It is 53 miles southwest of Mexico City.

The World Chief Guide dedicated Our Cabaña on Thinking Day in 1956, after a decade of fund-raising throughout the world. Many of its features bear testament to the generosity of friends. The front door, known as The Chief's Door, was a ▷

A tranquil scene at the pool

Poinsettias in the garden of Our Cabaña



Visiting Guides on a day's outing examining pyramid ruins



gift, as was the swimming pool, many trees and much of the kitchen equipment.

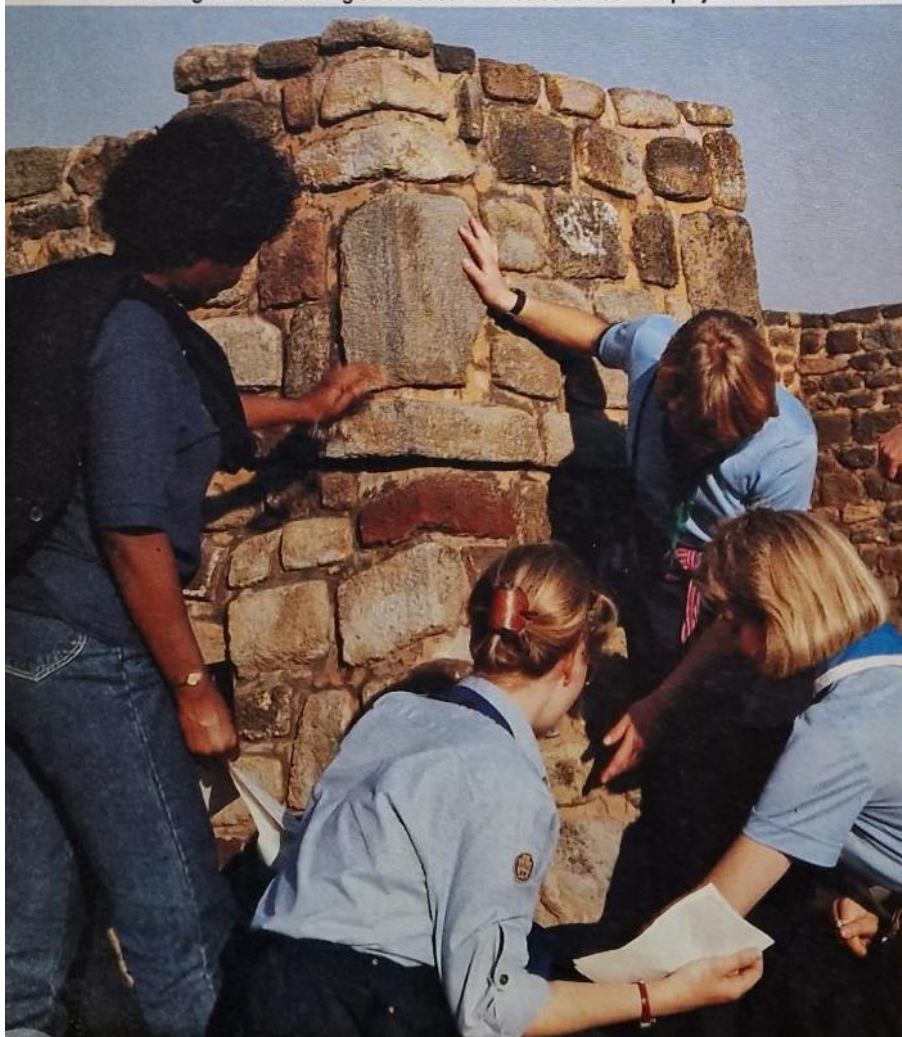
Many Trefoil Guild members, Guides and Guides belonging to member organisations of the World Association visit Our Cabaña every year to attend conferences, undergo training or learn something of Mexican arts and crafts.

Our Cabaña has four dormitories,

each of which sleeps 16 girls and two adults. It offers a cultural programme which includes handicrafts, music and dancing, service projects, sightseeing to historic places — many within easy reach — shopping trips and Girl Guide/Scout activities such as flag ceremonies, campfires and swimming.

Visitors should be prepared to show and pass on information about

Visiting Guides working on a house reconstruction service project near Our Cabaña



their own customs, songs and dances. The Patrol is the basic system of life at the Centre and girls from different countries are mixed in Patrols. Each Patrol is responsible for its share of the house-keeping. All this makes Our Cabaña a wonderful meeting place for friendship, sharing, enjoyment and personal development.

The air fare ranges from about £450 (British Caledonia) to £575 (Air France). If you would like to visit Our Cabaña, ask your Guider, Commissioner and County Commissioner, and International Commissioner for details of sessions. Further background information can be obtained from Hettie G Smith, 8 Sion Hall Place, Bath, Avon BA1 5SJ.

The Mexican climate varies from tropical to cold. At Our Cabaña the average temperature is 50-80°F. Of the 55 million population, some ten per cent are European, chiefly Spanish, about 30 per cent are native Indians and the remainder are 'mestizo' — Mexicans of mixed Spanish-Indian blood. Spanish is the official language, but about one person in ten speaks only Indian. About 95 per cent are Roman Catholic.

Mexico's staple food is maize (first discovered by the Mayas), pounded into flour and used as the basis for tortillas — pancakes, which Mexicans eat as bread; enchiladas a la Mexicana — chicken or meat wrapped in tortillas (the meat is in hot peppery sauce); tacos — strips of meat or chicken wrapped in a tortilla and crisp-fried; tamales — compaste mixed with meat and wrapped in the yellow leaf that encloses the head of corn; quesadillas — grated cheese mixed with maize dough and made into a light crust, filled with meat, potato or beans and spiced with herbs or chilli.

HEALTH TIPS

While the water at Our Cabaña is pure, you are advised not to drink water elsewhere and water sterilising tablets may be useful. Fruit or ice-cream sold by street vendors are best avoided. The GGA Medical form must be completed and taken by you to Mexico together with a Medical Certificate from your doctor confirming your fitness to take part in the event. A list of required injections is on the form. Anti-malaria tablets should also be taken.

Wearing shorts in public is not considered proper in Mexico, except in resort areas. Always walk in groups of two, never alone. A long cotton skirt is suitable for a Mexican Evening function at Our Cabaña.

One of the basic tenets of The Girl Guides Association is that it is a non-political organisation. Yet each one of us has promised to do our best 'to serve the Queen'. Have you ever stopped to wonder if that part of our Promise could be considered political and could cause conflict?

Last year I had a marvellous week in Fiji travelling back from Australia. The weather was superb, the beaches idyllic, the people friendly and the hotels cheap. A luxurious family room in a delightful hotel near Nadi International Airport cost less than £50 for the week — for four of us! Yet the place was almost empty for most of the time.

Why? A recent coup had ruffled the peace of the Pacific. It was international news with worldwide television coverage. Package tours were diverted and some airlines refused to stop in the islands.

As it happened, we travelled freely, in a cut-price hire car. The only troublesome road-block was manned by police ... following a jewel theft in a nearby town. But we did avoid the capital, Suva, partly because of reports in the Fijian newspapers and partly because it was 150km away on rather narrow roads.

a personal VIEW

Thus Fiji became the one country on my round-the-world trip where I did not reach the National or State Girl Guide Headquarters. I did telephone and I did write — and I have some badges and a charming letter to record my visit. But both the Guide and Scout Associations in Fiji were 'lying low'.

Every Fijian Girl Guide had made a promise almost identical to ours — including a promise to serve our Queen. Yet here was a situation where the Governor-General was in open conflict with the leaders of the military coup, the people in control of the country.

My visit was during a peaceful lull. Soon afterwards, the military takeover was completed and Fiji became a Republic and left the Commonwealth. Fortunately the series of coups was relatively peaceful and order returned. But those who had promised loyalty to the Queen were suspect for a time. A year later, Guides and Scouts in Fiji no longer

have a Queen to whom they can promise their loyalty. Nor can they join in activities for Commonwealth members.

When I returned home I had plenty of Guiding news to catch up with including news of the World Conference. One item that went almost unnoticed in all the popular reports was the fact that two national organisations had been deleted from WAGGGS membership. It so happens that both of these — Iran and Ethiopia — were monarchies until fairly recently. Guides in these kingdoms had promised loyalty to their King. Indeed Queen Farah of Iran took an active interest in Guiding and welcomed delegates to the 23rd World Conference in 1978. *Trefoil Round the World* adds the ominous note: 'There has been no news of active Guiding in Iran since 1978'. A similar footnote appears under the entry for Ethiopia.

A glance at the list of founder members of WAGGGS shows that Guiding has ceased to exist in seven of them — and three of the countries have ceased to exist. Next time we talk over our Promise, perhaps we should consider that the second part could lead to conflict in some parts of the world.

NAME AND ADDRESS SUPPLIED

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.





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EXPLORER BELT



Ranger Guides have always been able to join Explorer Belt expeditions but, until now, any Ranger who completed the challenge successfully and was awarded the belt, was not allowed to wear it as part of her Ranger uniform. Now she can and Young Leaders can join in too.

The purpose of the Explorer Belt is to meet people and learn about life and conditions in another country. Here are the seven stages involved in attaining it:

- Plan and train for an international expedition.
- Cover 160km on foot (or appropriate distances by cycle or canoe) in ten days.
- Complete a major project during the expedition approved by the Unit Executive Committee.
- Complete ten approved minor projects.
- Keep a notebook of project notes, a daily diary, personal impressions and details of expenditure.

- Complete a personal evaluation with an independent adviser.
- Plan and make a presentation of the expedition to the Unit.

Expeditions usually comprise teams of two girls or two boys. The projects are designed to help the participants come to a real understanding of another people, their country and their way of life.

EXAMPLES OF MAJOR PROJECTS:

- Survey the leisure and recreation interests of young people and available facilities.
- Investigate typical rural industries or crafts.
- Compare lifestyles in villages in the valleys and uplands.
- Investigate the changing patterns of local industries and the employment situation.
- Follow a river course and investigate the different communities it serves — their industry, agriculture and lifestyles.

EXAMPLES OF MINOR PROJECTS:

- Go shopping with a local family and give details of their week's purchases. Find

out how they live at home.

- Compare the electoral systems in the country visited and Britain of local and national government.
- Ask the mayor of a small town or village how it is governed. Discover local social or economic problems and how they are being tackled.

- Ask a local craftsman about marketing and products.

- Sketch the outside of a local church and make a plan of the inside. Find out about the congregation and ask the minister what part the church plays in their lives.

- What are the most popular sports in winter and summer of the local people.

- Visit a vineyard, find out what kind of grape is grown and how the wine is made.

- Learn a local folk song and a dance and be prepared to perform them at your evaluation.

- Photograph ten features of a town or village which are typical of the area.

- Find out the average wage in the area and calculate how many weeks' earnings buys a family car or television.

If you have not heard of any local Venture Scouts expedition, contact the

Assistant Scout Centre Commissioner (Venture Scouts) to ask if he can put you in touch with an expedition. At least six months' planning will be involved.

Previous experience of expeditions is necessary, preferably over several days, with the other member of your team. You will need good quality equipment and you are normally expected to camp at night, but you can accept offers of home hospitality.

If you are interested, your County Commonwealth and International Adviser will be of great use — she knows all the rules and regulations involved in travel abroad as a member of the Girl Guides Association.

On your return from the expedition your evaluation must take place within a month and then you have to give a presentation of the expedition to your Unit or some other audience approved by your Unit Executive Committee. Assessment will then follow.

The Scout Association's Programme and Training Department at Gilwell Park, Chingford, London E4 7QW publishes a planning guide for the Explorer Belt.



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THE INTERVIEW

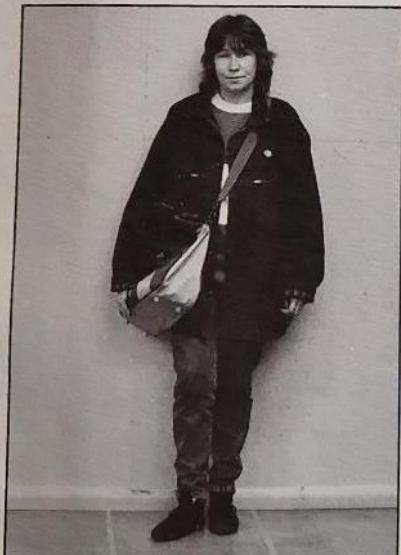
Once the letters of application and application forms are out of the way, the next stage is to wait for the letter inviting you to attend an interview to drop on to the mat. This is often make or break time. No matter how suitable you are for the position, if you don't make a good impression at the interview, the chances are that you won't get the job. So follow our simple, but useful tips to make sure that you are as fully prepared as possible.

NO BARE LEGS

When it comes to job interviews, first appearances do count! So think very carefully before deciding what to wear.

A smart suit or co-ordinating jacket and skirt is ideal for most interviews. You will then appear well prepared and business-like. Your clothes don't have to be new — but make sure they have been cleaned and pressed. Trousers aren't really suitable interview attire for women, even if you are allowed to wear trousers to work if you are offered the job. Rather wear a smart skirt. Tights or stockings are better than bare legs.

Don't wear too much jewellery — nothing gives a worse impression than someone who clanks or jangles every time she moves. Try to avoid clothes which will crease on your way to the interview. You want to look cool and efficient, not as if you've just tumbled out of bed.



Would you hire someone dressed like this?

Remember that smart clothes don't have to be uncomfortable! Shoes which have just given you a blister and a waistband which threatens to slice you in two will make it impossible to relax. Colour

co-ordination is also important — make sure your handbag, shoes and belt tone in with the rest of your outfit.

MAKE UP TIPS

What about make up? Firstly, go for a light natural look. If you don't usually wear make up, experiment a bit beforehand to find the look that suits you best. If you are very pale, a light brushing of blusher is a good idea. Avoid very bright colours, especially when it comes to selecting lipsticks, eyeshadows and blushers. Stick to neutral shades such as beige, coral and soft pinks.

HAIR TODAY

Make sure that your hair is well groomed. If you have an ultra modern spikey style you don't have to tone it down, but make sure it looks as stylish and well cut as possible. Don't fidget with your hair either — the interviewer will find this extremely irritating. If you know you have a tendency to do so, tie your hair back or pin it up into a neat chignon.



That's better — our job candidate looks poised, smart and elegant in this classic suit.

Don't go to an interview with a long fringe dangling over your eyes. Have it trimmed if necessary, but avoid changing your hairstyle dramatically just before an interview — if it goes wrong, you're stuck with it.

Above all, aim to be natural, in your clothes, make-up and attitude. In an interview situation you are under scrutiny, so anything phoney will be obvious.

ACT NATURALLY

The way you conduct yourself at an interview is most important. You should of course be polite and correct, but try to be bright and lively as

arena

APPLYING FOR A JOB

well. Don't be too forward — wait to be asked to sit down and let the interviewer ask the first question. A good firm handshake will give the interviewer the impression of a capable, confident person. It's OK to smile too — and look the interviewer in the eye.

There is an art to answering questions — don't reply yes or no to everything. Try to keep to the point, while giving as much useful background information about yourself as possible.

It is a good idea to have read through your copy of the application form beforehand — just to remind yourself what you did say.

Look interested in what is being said to you and ask questions where appropriate. It's not a good idea to ask about holidays at this stage but do discuss the salary, as this is obviously an important consideration. You could also ask about starting times... but not finishing times or tea breaks.

Don't forget to take with you a notebook or Filofax and jot down facts — this always looks impressive — making sure you've got a pen with you.

If you are very worried about it all, stage a rehearsal. Get a friend to fire questions at you, but don't practise your answers too much or you'll end up sounding like a parrot!

At the end of the interview, shake hands again with your interviewer and thank her for her time. Leave quickly and quietly, and if you have to find out the way to the nearest bus stop, ask the receptionist and not the interviewer.

If the interview was a disaster, don't dwell on it! What if you don't get the job you had really set your heart on? Well, you could write to the company and ask them to tell you why you were unsuccessful in your application. They are not obliged to give you an answer, but it's worth a try. If you are successful — congratulations. You have a foot on the career ladder — and the only way is up!

check it out

Polyester jackets have long since replaced woolly jumpers as the best thing to keep warm in. And polyester stays warm even when it is wet yet it is far less bulky than its natural counterpart — it doesn't make you itch either. GUIDING scaled the Long Mynd in Shropshire with 16th Shrewsbury Rangers in gale force winds to find out which polyester jackets live up to their reputation.

WIN



WINTER WOOLLIES

NORTH CAPE GASHERBRUM

Price: £32

Material: Polyester fibre pile

Sizes: S — XL

Colours: red and navy

Features: The intriguingly named Gasherbrum jacket was the most substantial jacket tested. It has a thick pile inside and a wind and showerproof outer skin which allows it to be worn as an outer jacket even if the weather turns nasty.

The jacket is extremely warm and has two deep pockets and a good solid zip which is chunky enough to be fastened even with gloves on. Both the waist and cuffs are elasticated to really keep the weather out.

But the most impressive feature of the Gasherbrum jacket is its reinforced elbows and shoulders. These are often the points of most wear on jackets, especially if you are carrying a rucksac, and this

reinforcing helps to increase the jacket's lifetime.

Comments: This was the most substantial jacket tested and also the most bulky. It is designed to be used as an outer layer as well as a thermal layer in more severe conditions. The Gasherbrum is very warm and hardwearing. There are no problems with keeping it clean because it is machine washable.

HELLY HANSEN F249 LEISURE JACKET

Price: £43.00

Material: Polyester fibre pile

Sizes: XS — XL

Colour: navy only

Features: The F249 jacket is less bulky than the Gasherbrum and is really intended as a thermal layer rather than an outer jacket. Its knitted design is only partially wind and waterproof but it is very warm and allows body moisture to pass through the fabric, keeping you dry too.

The jacket features a full-length zip and two fairly deep pockets. The zip can be rolled over like a polo neck to keep the neck warm. Elasticated cuffs and waist add to this warmth.

Comments: A warm and very lightweight jacket which is also machine washable.

MOUNTAIN EQUIPMENT KASHMIRA 8K PULLOVER

Price: £39.95

Material: Polyester fleece

Sizes: XS — XL

Colour: cobalt or cardinal

Features: This was the only pullover-type garment tested, although Mountain Equipment also make a Kashmir jacket which has a full zip. Because it is a pullover and has to be pulled on over the head it is very warm and does allow draughts to come through the zip. Instead the neck fastens using a system of 'poppers' which works very well.

The Kashmir's waist and cuffs have a Lycra binding which keeps the icy blast out, but it has no pockets.

Comments: A warm and cosy pullover. One criticism, though — it has no washing instructions.

SURVIVAL AIDS FLEECE JACKET

Price: £32.65

Material: Polyester fleece

Sizes: S — XL

Colour: green

Features: This jacket is very warm and windproof and features an elasticated waist and cuffs. A particularly impressive feature is its zipped pockets. They make it impossible for you to lose anything you put in them.

Comments: A very warm and cosy jacket which is machine washable.

TREFOIL RATING

	WARMTH	DESIGN	VALUE FOR MONEY
NORTH CAPE GASHERBRUM	★★★★★	★★★★★	★★★★★
HELLY HANSEN F249 LEISURE JACKET	★★★★★	★★★★★	★★★★★
MOUNTAIN EQUIPMENT KASHMIRA 8K PULLOVER	★★★★★	★★★★★	★★★★★
SURVIVAL AIDS FLEECE JACKET	★★★★★	★★★★★	★★★★★

arena

BEHIND THE SCENES



HER PLACE ON THE MAP

Wendy Fellingham spent ten long years as a teacher battling against disillusionment with the education system. And then came her big chance — the opportunity to work for the Ordnance Survey — where she eventually found her ideal job — press officer for this world famous map-making company.

Wendy was born in Harrow, Middlesex and at ten, joined the Girl Guides, after visiting her local Guide Company, 7th Rochseth (St Paul's).

She thoroughly enjoyed her first Guide camp and explained: 'We all went off to East Grinstead in Sussex for a week — it was a terrific experience and really boosted my

self confidence.' But she admits that she would never have made a Queen's Guide. 'I was too busy doing daft things like burning the stew at camp!'

She took a break from Guiding when she went away to university and while launching herself into teaching. Wendy became involved with the Association again when she moved to Essex — where she was asked to take over the 10th St Margaret's Brownie Pack in Leigh-on-Sea. 'I loved every minute of it — the girls were always so keen,' she said. But Pack Holidays were a bit of an ordeal: 'The Brownies were always very excited at the prospect of going away, but I was scared stiff! I used to lie awake at night worried that one of the girls would start crying for her mummy,' Wendy recalled.

But, after ten years as a teacher, Wendy found herself becoming more and more disillusioned. She felt trapped in an impersonal and poorly-funded education system. 'I couldn't stand feeling like such a minute cog in the machine and I felt my personal resources were being totally under-utilised. I wanted to broaden my horizons and try my hand at something different,' she said.

But the problem was she wasn't really sure what she did want to do instead. One of the job interviews she went for was at the Ordnance Survey's headquarters in Southampton. They had a vacancy for a welfare officer in their personnel department and Wendy was offered the job.

She explained the job was 'such a refreshing change from teaching. My main task was to make sure everyone was happy with their work ... and they knew they could come to me with any problems they might have. But the Ordnance Survey is a pretty happy company so, thankfully, I didn't have to deal with anything too drastic.'

After four years, Wendy was itching for another job. And her luck was in. The OS had just advertised for a temporary publicity assistant in their public relations department. Wendy got the job and was so good at it that her 'temporary' position turned into a permanent appointment. Before long she was promoted to her current job — press officer.

Public relations never has been an easy option. It involves working long and often irregular hours. The gift of the gab is essential, because the core of the job is communication.

Wendy is convinced that her biggest asset is her 'sunny disposition'. She added: 'Public relations isn't just about churning out press releases. In my job I have to deal with public and media enquiries, be interviewed on the radio and write articles for newspapers and magazines. It's a very demanding job and it helps to be able to see the funny side of things every once in a while.'

She generally works a nine-and-a-half hour day. But she thoroughly enjoys it, explaining: 'It's very "now". You have to react immediately — next week just isn't good enough.'

Wendy is quick to point out that she feels her Guiding experience has helped her in her career. 'It taught me the merits of doing even the most filthy job to the best of my ability — as part of a team effort if necessary,' she declared.

But that wasn't all she learned from Guiding. Wendy explained: 'I think its classlessness gave me the confidence to be able to deal with people from all walks of life, in the fairest way possible.'

There is no clearly defined path into a career in public relations. Ideally a budding public relations executive should combine an alert mind with a friendly personality.

Certain skills are invaluable. Common sense and logical judgement are essential. Efficient organisational skills and the ability to communicate clearly and confidently are equally important. But this doesn't mean you have to ruthlessly bulldoze through everything that stands in your way. You have to be sensitive to the needs of others as well.

One quality that employers consider very important is an ability to make the very best use of any opportunities you are given, in an original but accurate way.

Public relations is not a career for the faint-hearted. If you reckon you can handle the pace, more information is available from: The Institute of Public Relations, Gate House, St John's Square, London EC1M 4DH, telephone 01-253 5151. The Communications, Advertising and Marketing Foundation (CAM), at Abford House, 15 Wilton Road, London SW1W 1NJ can also offer useful advice on a career in public relations.

ROBIN SHUTE

BEHIND THE SCENES

Grub's up



Even the newest Brownie is welcome for lunch at CHQ.

With Christmas just around the corner some of you might be considering taking a trip to London either to see the lights or to do some Christmas shopping. If you do, why not call into the restaurant at Commonwealth Headquarters, for lunch or maybe just coffee and a quiet sit down?

Exclusively for use by members, their families and friends and staff at CHQ, the restaurant offers a variety of hot dishes, salads, puddings, fruit and biscuits, as well as tea and coffee. The facility represents exceptional value for money.

Reservations aren't necessary unless you are

bringing a large party.

Restaurant Manager, Miss Lisa Whitcombe, sums up the helpful attitude of the staff when she says: 'We try to cater for everyone. We can cope with as many people as want to come. We can even cater for special diets, if a request is made in advance'.

The restaurant is situated on the fourth floor of the Commonwealth Headquarters building, 17-19 Buckingham Palace Road, London. Telephone: 01-834 6264 extension 230 for details. Opening times: 10-11 am for morning coffee; 12-2 pm for lunch; 3.30-3.45 pm for afternoon tea.



'I couldn't eat another thing!'



It's so nice just to rest your aching feet and have a chat.



Brownies do a good turn by helping to clear away.

SANTA CLAUS IS COMING TO . . . CHQ!

If you are in London on any of the first three Saturdays in December — why not call in to see Father Christmas? He'll be in his specially built grotto on the first floor of Commonwealth Headquarters from 9.30am to 12.30pm on each of those dates.

As usual his grotto will have a theme — Castles, Walt Disney, Neptune's Cave and Care Bears are among those which have been used in the past, but this year the theme is balloons. Big balloons, little balloons, round ones, long ones, fat ones, thin ones — you name it, they'll be there.

The grotto has been an annual feature for well over 15 years and around 700 children visit it over

the three days.

There is always a wonderful atmosphere and everything runs smoothly with the help of Santa's army of 'Elves'.

Coach parties are welcome — telephone front reception at CHQ for details.

Shop Manager, Miss Barbara Barraclough, said: 'It's wonderful — some families have been coming every year and we've seen the children

grow from babes in arms to teenagers — now they bring their little brothers and sisters.'

TRAVEL DETAILS

Place: First floor Reception, Commonwealth Headquarters, 17-19 Buckingham Palace Road, London SW1W 0PT.

Nearest tube: Victoria.

Dates: December 3, 10 and 17

Time: 9.30am-12.30pm.

Price: 70p

ASSOCIATION'S AWARDS

GOOD SERVICE

LAUREL

MISS NORMA RUSHTON, Brownie Guider and Division Commissioner, Farnworth, Lancashire Border.
MRS ELISE RENSHAW, County Commissioner, Shropshire.

MERITORIOUS CONDUCT STAR OF MERIT

RACHEL JONES, Ranger Guide, 1st Frankby Ranger Guide Unit, Wirral.

Despite several operations and medical treatment Rachel has remained cheerful and is an inspiration to all who have contact with her.

CONCERT BAND COURSE

A course for the National Scout and Guide Concert Band will be held over the period March 23 to April 2 1989.

Instrumentalists are required to cover the following instruments: flutes, oboes, clarinets, bassoons, saxophones, french horns, trumpets, cornets, trombones, euphoniums, baritones, bass tubas, percussion and string bass. Applicants between 13 and 23 and with a playing standard of at least Grade V of Associated Boards or equivalent are eligible. Details and application forms are available from The Programme Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

SING ALONG

The London Guiders' Singing Group, was formed in 1959, with about ten members; today it is a thriving group with around 170 Guiders, aged 17 and older.

The group has recently made a tape recording of some of its favourite Guiding songs and copies are now available for sale.

They can be obtained from Miss E. O. Bishop, 38 St John's Avenue, Burgess Hill, West Sussex RH15 8HH. The tape is selling at £3 plus postage where applicable. It may also be available from the shop at CHQ. All proceeds will be donated to the Olave Centre Fund.

The group has taken part in many activities in the Regions and Counties, including the making of the BBC record *Singing Along With The Girl Guides* in 1971.

Membership of the group is open to Guiders, Rangers and Young Leaders.

CAROL SINGING

A Girl Guides Association choir will be singing carols in Trafalgar Square on Tuesday, December 20th between 4.00 and 5.00pm. The carols will be mainly traditional and the choir will use the Bethlehem Carol Sheet, 32nd Edition. If you intend to bring your unit to Trafalgar Square, it would be helpful if they had copies of the carol sheet. Many churches use it, but in case of difficulties it can be obtained from: The Bible Lands Society, PO Box 50, High Wycombe, Bucks, 10 sheets for £1.15 plus 30p postage. Please make sure that everyone is warmly dressed and that there is a sufficient number of adults to children in your party.

CAP-HANDI

We have been asked to point out that one of the activities we suggested in our Programme Ideas for Cap-Handi (August's GUIDING) could be dangerous.

Christine Brown, the Adviser for Handicapped Members, wishes to point out that if girls followed our suggestion and tried going up and down stairs on borrowed crutches without very close supervision there could be accidents.

INVESTMENT SERVICE

Monthly interest rate after deduction of management commission:

MAY	6.47%
JUNE	6.55%
JULY	8.125%

Additional 0.5% pa for deposits of £2,500 and above.

TRUST FUND

On July 31, 1988 the value of a share in the above Fund was:

For selling purposes	198.55p
For buying purposes	208.66p
Income yield	3.59%

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

CHRISTMAS CLOSING

SOUTH WEST ENGLAND

Closed from 4pm Friday, December 23 until 9am Tuesday, January 3.

LONDON AND SOUTH EAST ENGLAND

Closed from 5pm Friday, December 23 until 9am Tuesday, January 3.

WALES

Closed from 4.30pm on Thursday, December 22 until 9am Tuesday, January 3.

THINKING DAY 1989

CENTENARY OF THE BIRTH OF OLAVE BADEN-POWELL — WORLD CHIEF GUIDE

ORDER OF SERVICE

At the request of the Executive Committee, leaflets containing the Order of Service which will be used at the Association's Thinking Day Services in London on February 18, 1989, are being made available through Country/Region Headquarters.

These leaflets, for which there is no charge, contain the full text of the hymns, readings and prayers which are to be used. It is hoped that Guiders and Commissioners will use this Order of Service as a basis for the services they are planning in their own

area, so that similar services will be held throughout the country.

It is planned that the leaflets will be available from the middle of November. Please do not apply to your Country/Region Headquarters until you have been informed of the procedure which your Country/Region is operating.

The leaflets must not be photocopied because copyright is involved; we do, however, hope to be able to satisfy, in due course, all reasonable demands for further copies.

THINKING DAY/FOUNDER'S DAY SERVICE

11AM SATURDAY, FEBRUARY 18th, 1989, WESTMINSTER ABBEY, ST MARGARET'S CHURCH, WESTMINSTER, WESTMINSTER CENTRAL HALL

Next year, to mark the 100th anniversary of the birth of Olave Baden-Powell, Thinking Day/Founder's Day Services will be held in Westminster Abbey, St Margaret's Church, Westminster Central Hall.

Admission to all three Services will be by ticket only, obtainable from your Country/Region Headquarters. Do not apply until you have been informed through the usual channels of the procedure to be adopted by your Country/Region.

Allocation of tickets to members of the Scout Association will be handled by Scout Counties and Areas.

AMENDMENTS

Please note the following amendments to the Training Calendar in 1989:

FOXLEASE:

June 16-18 Please amend 'Singing Circle' to read 'Foxlease Singing Circle'.

WADDOW:

March 23-27 This course can be used as a residential project for the Duke of Edinburgh's Gold Award.

A MUCH LOVED COUNTRY

WE ARE NOT ALONE

No matter how modern your house may be, however clean and tidy and houseproud you are, you will never be able to avoid sharing it with the rest of creation.

Your first indication of your non-paying guests will probably be the sight of the large house spider, *Tegenaria*, scuttling across your drawing room carpet one autumn evening; probably a male out hunting for a mate. *Tegenaria* spins a large sheet-like web, often more than a foot across, with a tubular retreat. When insects fall into the web, the spider rushes out, grasps and poisons them and sometimes

escape. Please don't wash them down the plugholes because they are very useful creatures.

If you have occasion to go in your bathroom or kitchen during the night, you may see a small shiny silvery insect scurrying across the floor. It will have two long antennae in the front of its head and three tails protruding from the end of its body. The common name for this is silver fish and it is a very primitive insect belonging to a family known as Bristletails. It is quite harmless and not at all dirty. It appears to exist by feeding on small crumbs and the glue from packets of soap powder.

SAWDUST CALLING CARDS

If you live in a house that was built before the last war, you are probably playing host to the furniture or powderpost beetle. Unfortunately, these can do a lot of damage to your woodwork. One of the best places to look for signs of this is under the stairs. Minute holes in the staircase, or the boards which cover it, with little sawdust particles falling from them are sure indications of this unpleasant pest. The only cure, I'm afraid, is to have your house treated.

Not many houses these days are infested by rats or mice, but quite

fashioned milk bottle with a narrow neck, I put some water in it to make the sides slippery, then crumbled some biscuits into the bottom. I left this leaning against the kerb of the fireplace. I put it out for three nights and nothing happened, but the fourth night the mouse found it, climbed inside to get the biscuits, and couldn't get out. So the next morning there it was, watching us while we had our breakfast, looking quite plaintive with its great round eyes and dainty little ears. I took the bottle to the bottom of the garden and released it. As these things usually come in pairs, I put the trap down the next night. Sure enough, the next morning its mate was in the bottle.

BATS IN THE BELFRY?

I would be interested to hear from anyone who is fortunate enough to have bats in their loft. Bats are becoming very scarce these days; they suffer very badly from agricultural pesticides and their nest sites in hollow trees, caves and old buildings are being destroyed. All British species of bats are now protected by law and you are not allowed to disturb or destroy them. If you are unlucky enough to have the woodworm or furniture beetle in your loft and also have some bats living there, I would seek advice on how to have the woodworm treated, as the chemicals that are used to kill woodworm are also poisonous to bats. Old wives' tales about bats getting caught in your hair can be safely dismissed! Bats are equipped with a very sophisticated sonar system which enables them to avoid flying into any objects — including people.

Many species of birds, of course, nest in our homes. Sparrows build under the tiles, while starlings and jackdaws will build in chimneys. Swifts will quite often go in under the eaves and build their nests in your loft. Housemartins attach their little mud nests under the eaves up against your wall. I have noticed that housemartins seem to prefer houses which are painted white. Whether this is because white houses reflect heat and the nests are therefore that much warmer, I don't know. You can encourage housemartins to nest under your eaves by putting up plastic nests available from the Royal Society for the Protection of Birds.

I expect you realise by now that even if you have never had any intention of taking lodgers, you really don't have any choice in the matter!

JOHN ALDEN 25



'stores' them away to nibble on later at its leisure. It is this species of spider that we often find in the bath. These spiders are web dwellers and do not have adhesive pads on their feet enabling them to climb smooth surfaces, so it's impossible for them to climb out of the bath again. You can lend a hand by leaving a 'spider ladder' in the form of a piece of old towel hanging over the bath for the spider to climb up and make its

often field mice, which are not the same as house mice, come indoors for the winter. They can climb up vertical walls and may come in down your chimney. Recently I found the cable of the standard lamp had been cut and blamed my wife for being careless with the vacuum cleaner. A few days later, I noticed a small mouse running round the skirting and, not wishing to kill it, I invented a rather ingenious trap, using an old

A FEW WORDS PLEASE

Guiding should be a **Challenge, Exciting, Fun!** Just a few words to describe the 'ideal' world of Guiding. I am a member of Guides Cymru and have been for 14 years.

I am a product of the 1980s Girl Guides Association and a member of the Welsh Junior Council — 'Llais Y Ddraig' — fresh off the production line.

Over the past two years the Welsh Executive have been questioning and discussing Llais Y Ddraig, as there has been confusion over its purpose. Llais Y Ddraig has gradually gained support and help from this dedicated group of Guides who are also looking forward to the future. This year the Executive has insisted the Chairman of Llais Y Ddraig become a permanent ex-officio member of the Welsh Executive. This is an exciting step forward in fulfilling the original purpose of the Council — who knows what may happen in 1989?

It is now my turn to retire from the Council along with several other members who have completed their term of office. Members may change but Llais Y Ddraig will continue along with Guiding to produce a Movement which will be as challenging and exciting as in the past.

WHY JOIN LLAIS Y DDRAIG?

Llais Y Ddraig is involved in decision making within Guides Cymru. The aims and objectives of the Welsh Junior Council are to assist the Welsh Executive and Welsh Council

and to encourage further PARTICIPATION of young people in the affairs of Guides Cymru.

Becoming a member of Llais Y Ddraig involves attending a selection day. This has proved to be the most successful way of finding suitable candidates. We realise that the thought of an 'interview' is enough to put anyone off, so the selection takes the form of relaxed group discussions on topical issues within the scope of Guiding.

REGIONAL SELECTION DAYS

We are looking for Rangers, Young Leaders and Young Guides aged between 16 and 25. The selection days are held on an annual basis at three regional venues. More information and dates can be gained via your County Commissioner or by sending your name and address to 'Broneirion', Llandinam, Powys SY17 5DE.

Meetings are held twice a year. One is a day meeting in March and is held in either North or South Wales, the other is a weekend in September at Broneirion.

THE USE OF THE WELSH LANGUAGE

Over 25 per cent of Llais Y Ddraig members speak Welsh and for a growing number of people within Guides Cymru it is becoming essential to have up-to-date Guiding publications in Welsh. Many girls take their promise in Welsh and some units meet and do their work in Welsh.

Although a part of The Girl Guides Association, it is still very important for Guides Cymru to be

arena

WATCH THIS SPACE

actively involving Welsh culture in the Movement.

INFORMATION

Directly linked to the Welsh Executive Committee, Llais Y Ddraig maintains a number of links in and outside Guiding. These links allow our members to become involved in issues which particularly interest them and provide a communication link between Guides Cymru and other related youth organisations.

In Guiding the four Association Junior Council members for Wales sit as ex-officio members on Llais Y Ddraig. Although unable to vote, they contribute greatly to our discussions and keep us informed of Junior Council developments.

On a Welsh level, the Duke of Edinburgh's Award Scheme is presently setting up a Youth Council to gain feedback from people taking part in it. For example: how well the programme achieves its intentions, how practical different choices may be, where improvements could be made and so on.

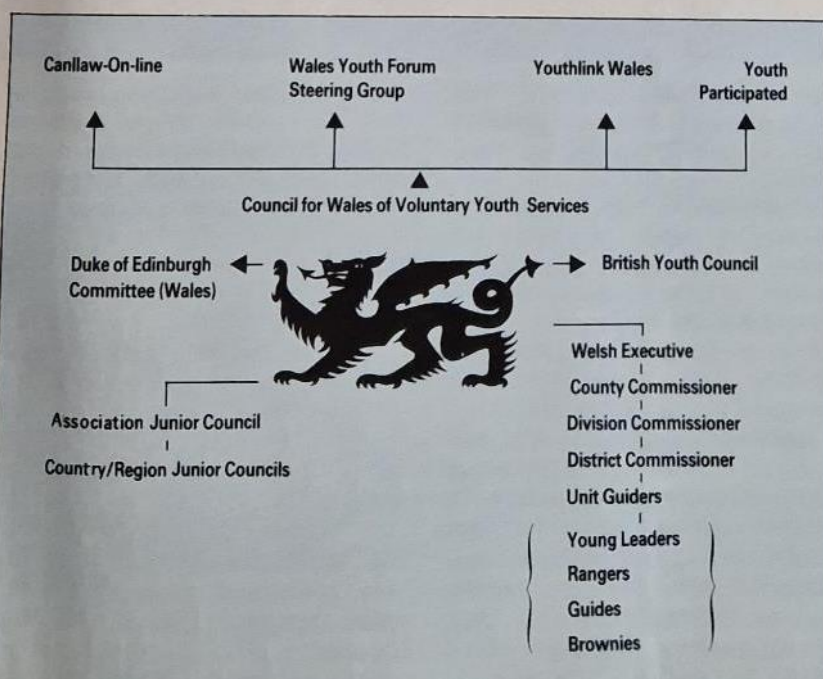
Llais Y Ddraig, being part of Guides Cymru, is closely involved with the Council for Wales of Voluntary Youth Service (CWVYS), an umbrella body of youth organisations in Wales which is particularly interested in youth participation.

Through CWVYS, we were invited to participate in the screening group for the setting up of a Welsh Youth Forum. There is no council of young people from different organisations in Wales as there is in other Country Regions of the United Kingdom.

The Wales Youth Forum Screening Group is keen to establish one. A similar organisation, the British Youth Council, comprises members of youth organisations, student unions, political parties and so on throughout the UK, who meet twice a year to pass policy decisions on youth-related issues. The Girl Guides Association send forward a number of delegates of which two are from Llais Y Ddraig.

A FEW WORDS PLEASE: SIONED HUNT
INSIDE INFO: VICTORIA BANCROFT

27



Camping

GUIDES JOIN ROBIN HOOD'S MERRY MEN

From the air, Sherwood '88 International Camp at Walesby Forest Scout Centre, in Newark, Nottinghamshire, looked like a tented city.

With a population of 8,000 Scouts and Guides from about 30 countries, the community fell into an action-packed daily routine that started with the arrival of its own daily paper, the *Sherwood Arrow*.

Activities included a theatre, creative crafts, volley ball, abseiling, handball, karate, fencing, a trampoline, skiing, orienteering, aerobics and rifle shooting — and many more.

An innovation since the last camp five years ago was that sub camps were fully integrated and Maid Marion sub camp, formerly an exclusive preserve for Guides, was dropped. All sub camps bore the names of Robin Hood and his Merry Men, and had their own Scout Leaders and Guide/co-ordinators.

The camp supermarket ran a daily grocery and gas delivery service, regular denominational and ecumenical services were held and the camp theatre was the centre of a non-stop series of cultural events. While no calls were made on the camp fire service, security officers were kept busy returning lost property to the owners.

The Camp Chief, Mr Derek Ringer, County Commissioner Designate of Nottinghamshire, who endeavoured to speak to everyone over the ten days, said the event was the biggest ever held at Walesby and was probably the largest of its kind in the country. Sherwood '88 also helped to celebrate the 50th birthday of the camp site.

BUILDING BRIDGES IN YORKSHIRE

The 160 Guides who attended the eight-day Bridges '88 Camp at Carlton Miniott, near Thirsk, in North Yorkshire, learned some local history and geography during their stay.

The 14 sub camps were named after counties in North-east England. Each was also given the name of a river and a bridge over that river, in their county.

These bridges, locally famous names like Sowerby Bridge over the River Calder in West Yorkshire and the Lion over the River Aln in Northumberland, symbolised the link between the local counties and the rest of the world. In the camp marquee, a collage display was crafted by sub

Sherwood '88.



camp members showing their bridges and each river's contribution to its area, both socially and industrially.

Organised as an International Camp Conference, the central programme comprised a series of discussion groups designed to share information on Guiding activities in different areas and countries. Twenty-seven Guides from eight countries outside Britain attended.

Activities were divided into three sections — outdoor, arts and discussions. After the final session, to which everyone brought their local Guiding periodicals, handbooks and publicity material, participants agreed they had learned a great deal about varying methods used in different areas.

The third day, August 9, was Visitors' Day when the international Guides provided the entertainment. Bermudan Guides taught everyone their national anthem, Guides from Hong Kong did a fan dance in their traditional costumes and the New Zealand contingent taught everyone how to play the Maori Stick Game.

The two Japanese delegates performed a shortened version of the Japanese tea ceremony in their beautiful kimonos. Austrian Guides sang folk songs, accompanied on guitar by the Scout son of one of the Austrian delegates. American Girl Scouts performed an Indian Ribbon Dance and there were songs from Australia, Canada and New Zealand.

Dr June Paterson-Brown, the Chief

round-up



Commissioner, was the day's VIP visitor.

BALLOON RACE BREAKS THE ICE

Two-and-a-half-years' work went into ensuring that the ten-day West Sussex International Camp held last August at Ardingly, ran smoothly.

Around 3,000 Guides, Scouts, Rangers, Venture Scouts and Leaders attended the four-yearly event. Countries represented included Austria, Germany, France, Spain, Italy, Holland, Belgium, Canada, India, Mexico, South Africa, Norway, Sweden and the United States.

One of the organisers, Mrs Anne Palmer, Brownie Guider with the 2nd East Preston Pack, Avon Valley Divi-



sion, West Sussex, said she had an exhausting, but wonderful time.

On the four activity days, sub camps split off in different directions. Coach trips went to HMS *Warrior* in Portsmouth, the Royal Tournament at Earls Court, Foxlease in Hampshire, the Greenwich Maritime Museum and many other places of interest. Sporting activities included ten pin bowling, roller skating, abseiling, parascending, sailing, canoeing, swimming, hand bell ringing and hot-air ballooning.

'I thought about abseiling but decided on roller skating, then fell down and knocked myself out,' Mrs Palmer recalled. She had better luck making a walking stick.

'We had an instructor who brought wood for us to work on that he had

retrieved from last year's hurricane, as well as antlers for handles,' she said.

She also took part in porcelain painting. Other craft activities included British Red Cross First Aid training, quilling and making corn dollies.

The camp was opened by Major General John Cowley on behalf of Lavinia, Duchess of Norfolk, who was unable to be present. A Balloon Race at the opening ceremony helped participants to get to know each other.

What were Mrs Palmer's lasting impressions? 'Watching the balloons fill the sky and being awakened early each morning by the Sea Scouts' bugler nearby,' she replied.

UNDERNEATH THE ARCHES IN CHESHIRE

Cheshire Border Girl Guides hosted an international camp for 750 at a farm in Church Minshall, near Crewe in Cheshire, from July 30 to August 5. The event was called CUBIC '88, an acronym with the extra letter U standing for us.

The participants who included Guides from France, Malaysia, Canada, Ireland, Norway, Germany, Japan, the United States, New Zealand, as well as Scotland, Northern Ireland and Wales, were challenged to complete a general knowledge quiz in which the questions were designed to encourage participants to get to know one other.

One enthusiastic contestant, Alice Godley, aged 12, who attended with members of 9th Congleton Company, Cheshire, was one of the winners and received a special badge at the end of the week.

Alice said she enjoyed meeting Guides from Malaysia who shared her sub camp. All Patrols in the sub camps were named after Beatrix Potter animals, as were Leaders.

Guides decorated wooden arches at the entrance of their sub camps to reflect their origins. For Alice, windsurfing and the international camp fire were the most exciting events of the week.

Entertainment ranged from a Rock Gospel event to Maypole dancing and a Celidh band. Activities included raft building, handbell ringing, wind surfing, roller skating, a town trail, swimming and a trip on a narrow boat.

Facilities included a tuck shop, souvenir shop and a daily newsletter. 29

DISTRICT COMMISSIONER

On Sunday my god-daughter Judith came to lunch. She is now teaching in a town nearby and, as I need a new Guide Guider, I thought I might persuade her to join my district — knowing that she likes to keep her Guide Company and classroom separate. I broached the question over coffee only to find she has given up Guiding! When asked why, she explained that with Guides becoming so rude and unruly, she decided she could manage without that sort of hassle. I wondered sadly if this is an overall thing or just her own unfortunate experience.

Our Christmas sub-committee meeting went well and great plans are already underway in the Brownie Pack that is temporarily mine. After much deliberation we chose a theme we have not used before and left each Pack and Company to choose its own contribution within that theme. I have a few qualms about it, but they usually manage to rise to the occasion. Thank goodness for my secretary who has already organised the invitations.



I'll be off on Saturday, November 5 for my annual visit to a Guide Company that always has a bonfire holiday weekend. In the good old days when I was CA, I did the fireworks for them. Now they hike to a local display — much cheaper and safer — and then back to a bonfire, cook-out and a warm bed.

A yawn towards the end of a recent Division Meeting volunteered me to join the Division YLs on an

overnight hike. It was great once I got going; interesting to hear they had enjoyed planning and getting permission. And amusing when they found out the hard way that in the dark a metre can seem like a mile. Over coffee — again — they were talking of their ideas to send to the Global Co-operation Bank. In the chilly darkness all ideas were wonderful and viable. I must re-read July *GUIDING* as I felt quite inspired by them.

POLIOPLUS

PolioPlus is a campaign launched by Rotary International Foundation to raise funds for the purchase of vaccines for developing countries where

millions of children die from preventable diseases like poliomyelitis, measles, tetanus, diphtheria, whooping cough and tuberculosis.

The Girl Guides Association is supporting PolioPlus through the Cold

Chain Challenge. The purpose of the Challenge is to create a cold chain, to get the vaccine from the factory to the child.

HOW TO ORDER

Complete the form below, please allow at least 28 days for delivery.

Please complete both parts of the form and send it to: Cold Chain Challenge, Guiding Activities Division, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Please send packs (at £2.50 each) Total £.....

Please send badges (at 60 pence for ten badges — order in multiples of ten only please) Total £.....

Total Price £.....

(cheques made payable to the Girl Guides Association)

Please send cheque & form together with an A4 envelope bearing one 50p stamp for each pack ordered.

Name and address of Guider

Please complete this section for our records — thank you

Name of Six/Patrol(s) taking part in the challenge

Name of unit

Name of Guide County

Name and address of Guider

BLACKLAND

fifty golden years

In 1989 Blackland Farm camp site in Sussex will celebrate its first 50 years. The property of the Manor Charitable Trust, Blackland has been leased to the Girl Guides Association since December 16, 1938.

Mr Alfred Wagg who founded the Trust with three fellow old Etonians, lived in East Grinstead for much of his life. Apart from his work as an eminent merchant banker, he devoted much of his life to helping those less fortunate than himself.

Blackland itself is set in 122 acres of rolling fields and woodland, some of the prettiest countryside in Sussex. It overlooks a reservoir and is on the edge of Ashdown Forest. A more ideal spot for a camp site would be hard to find.

Even during the Second World War, camping continued at Blackland. Mr Barkley Macadam, the first warden, simply moved all the camp sites into the woods. Hundreds of Guides from all over the country came to camp because most of them had been debarred from camping at their usual sites.

Equipment for these camps was stored in cowsheds in the old farmyard and taken to the sites in trek carts. The rough woodland paths were heavy going as they were often ankle deep in mud.

In addition to the usual problems of camping the girls had to be ready to run into the open fields should the air raid siren begin — just in case incendiary bombs were dropped on the woods. They also had to ensure that the tin trunk full of gas masks was within easy reach at all times.

After the war, with the help of generous grants from the Manor Charitable Trust, Blackland began to develop into the estate it is today. As part of the upgrading, the old chapel in the grounds had to close, due to modern fire regulations. An outdoor



chapel in the woods was created, instead.

The World Chief Guide loved Blackland and visited many, many times. Those who were there still talk fondly of the time in 1971 when she opened a new dormitory for the Restrop bungalow. She arrived by car and as it swung into the drive, the waiting Brownies and Guides could contain their excitement no longer, but ran alongside shouting and waving.

There is no doubt that the Chief Guide would have been proud of the way Blackland is today. There are 20 fully equipped camp sites with solid shelters and toilet facilities (a further 20 sites are not equipped) and two Brownie indoor holiday homes. There is also an indoor swimming pool, canoeing and rock climbing facilities and an abseiling tower. Campers can receive instruction in any or all of these activities.



MICHELLE SMITH

Of course, life hasn't always been plain sailing for Blackland — the October 1987 hurricane destroyed over 6,000 trees and several thousand others were damaged. Top priority since then has been to clear fallen trees and to make safe the dangerous area. The assault course was also destroyed in the storm.

The outdoor chapel too was devastated in the storm but this winter it will be recreated and dedicated as part of the Golden Celebrations planned for April 7, 1989. Memorial trees will also be planted then.

The current warden, Martin Robinson, and his team are working valiantly in an effort to put everything right in time for next year's 50th Anniversary celebrations.

A child of our own

Unable to have children of their own, Maureen and John Stewart found they were too old to adopt a healthy baby. Instead they decided to take on a handicapped child, Susan, a blind four-year-old who has transformed their lives. 'She's a fighter,' says John. 'I can't imagine life without her.'

The lush view from her bedroom window over the rolling Somerset countryside is something Susan, nine, will never see. She is blind. Her parents, Maureen and John, adopted her when she was four years old.

'We never think of Susan as adopted; she is our child,' says Maureen, serving tea in pale blue china cups, keeping an ear open for Susan's return from school.

The Stewarts applied to every adoption society in the country and were turned down by them all, because they were too old. Maureen was 34 at the time. They kept telling her she should have applied when she was 25. 'But at 25 you don't know you can't have children. We had been married six years and doctors could find no reason to prevent us having children, but it just didn't happen.

'Eventually one adoption society, pointing out that they couldn't offer

us any hope of a baby, suggested we might be eligible for a child in the *Be My Parent* book, which at any given moment registers about 200 children in search of parents. We felt that blindness or deafness we could cope with — a mental handicap, no. I couldn't cope with that.

'I suppose we realised there was no chance of our having a white, sighted child, perfect in every way.

'But she's just started Brownies and that's been quite a success. They're a lovely bunch of children and they treat her normally.'

We were older, and we thought that gave us the patience to cope with a handicapped child.'

Susan spent the first six months of her life in hospital, having been born under two pounds in weight. Very early on she was taken into care with non-accidental injuries. She was with a foster mother when Maureen and John first visited her.

'Susan was playing happily — she

will accept anything; she's that sort of child. So she clambered all over us. It sounds odd to you I suppose, but I didn't think of her as blind. She was just a normal little girl who needed a little help to be shown something. From the start we knew she was a very special person.'

Waiting for the adoption to go through was agonising, with the constant thought that the mother might change her mind and that the child might favour the natural mother.

'Susan never once asked for her foster mum. I'd expected a traumatic time. But Susan was fine.' She'd been used to a cot, but went straight into a bed without a murmur in the room decorated with pretty things, even though they knew she couldn't see them. 'We were lucky that the very next day we were in touch with a lady who deals with pre-school age blind children, and she advised us on what toys to get, which was very helpful because it was one of our biggest problems. It still is, there aren't enough toys for blind children. Susan plays with yogurt pots and squashy things and anything musical.

'Educationally she is behind; all blind children are. She is finding it very difficult at the moment to leave babyhood behind. We're doing our best to lead her gently on.

Susan gets a helping hand from her Brownie friends.





Maureen and John Stewart with the daughter who has transformed their lives.

'Blindness wasn't our big problem; temper tantrums were. I have to be very firm; the school does the same. She's got to learn "no" means "no". But its getting easier.

'The tantrums started as she began school. She wasn't used to being with noise and so many other people. The first half term I went with her, and she'd just scream and scream. Every time a baby cried (there were younger children with her) it would trigger her off.

'She doesn't realise she's blind. I don't know when that will come, but I know we're going to get problems when it does. At present she doesn't realise she's different to everybody else.'

During our talk, Susan had come home and showed a lively interest in the visitor. She is an extremely pretty child with a strong personality and a bright intelligence. The outsider cannot fail to register the hard work involved in caring for a handicapped child, to ask what the parent gets out of it.

'Having Susan, watching her grow and develop. We get our rewards in that way,' says Maureen. 'She's a happy little girl.

'Without brothers or sisters, one of the problems is finding sighted friends for Susan. She has to move into their sighted world and they are afraid of her, don't know quite what to do. But she's just started Brownies and that's been quite a success. They're a lovely bunch of children and they treat her normally. This is what she needs, the rough and tumble.'

In an effort to understand her world, Maureen and John spent a day at school, under blindfold. They peeled potatoes, made tea and went for a walk led by a guide, right up the main road. 'It felt as though traffic was going by either side and you were walking down the white line in the middle. Terrifying.'

Susan doesn't even have light perception, which they say is very rare. 'Her blindness was caused by her being given too much oxygen at

birth. But she wouldn't be here if they hadn't.'

John, ex-Navy, about to start his own business, came home to squeals of delight and demands for a tickle for Susan.

When she was a small child, he said, he would scoop her into his arms and hold her up to the ceiling to show her what the ceiling was, and give her an idea of the room perimeters.

'Her memory is remarkable, a built-in filing system, and her powers of perception is quite extraordinary. Mummy's curling her hair (from the sound of a brush stroke), Mummy's changed her dress (a different sound of skirt moving). She can identify different water-colour paints by their smell.

'It's been a bit of a battle for survival. She's an amazing and wonderful child. And she's a fighter. You have to be to cope with blindness and succeed. I can't imagine life without her.

OPEN DOOR

This year I had the privilege of attending the Thinking Day/Founder's Day Service at Westminster Abbey. Even before I arrived I was reminded yet again that in Guiding we have a spirit of friendship and trust.

A Guider who had come quite a distance with her Guides noticed my County Badge and, being an avid collector, she asked if I too collected County badges as she would like to swap. I couldn't oblige her there and then, as I needed the badge on my

hat for two other Thinking Day functions. But I said if she gave me her address I would get a badge and send it to her. So she wrote her name and address on a scrap of paper, produced her 'swap' and said: 'Here is your badge.' Then we went into the Abbey.

Two days later I was telling some Brownies about this incident and I asked them why it was that the Guider could trust me, although I was a complete stranger. One Brownie said: 'You promised.' That Brownie understood a lot about making a promise and keeping it.

In the Bible we read of many promises made by God. One of the first is 'While the earth remaineth seed-time and harvest, and summer and winter, and day and night shall not cease.' God has kept His promise and we can trust Him to keep all the other promises He has made. If we, in Guiding, can trust each other — even though strangers — we must surely be able to trust God to keep His word.

IN FOCUS

RUTH TO THE RESCUE

Quick thinking by Guide Ranger Ruth Jones of Elmbridge, Old Harlow, prevented near tragedy when her companion, Elaine Phillips, 18, slipped and fell 200 feet, while climbing in the Lake District.

Ruth, also 18, was the leader of the expedition and instantly took command of the situation. A mountain rescue team was summoned and Ruth worked out the exact location of the fall, enabling the

rescuers to reach the injured girl without further delay.

Elaine was taken to hospital with a suspected fracture, but fortunately escaped with bruising.

Ruth's clear-headed thinking earned her a Duke of Edinburgh Bravery Award, which was presented to her at Girl Guide Headquarters in Bell Street, Sawbridgeworth. The Cokermouth Mountain Rescue Team were full of praise for the way that Ruth played her part in the rescue.

RUTH JONES



IN GUIDING DECEMBER

The Other Olympics
Guiding talks to competitor Irene Hotchkin



Homelessness
Still no room at the Inn
Olave House
A chapter closes

IN TODAY'S GUIDE DECEMBER

Gets Crafty
puts on the glitter
The Play's the Thing
... how to stage your own



Backwoods Cookery
Christmas Goodies
special biscuit recipes

COMING NEXT

IN BROWNIE NOVEMBER 3

Firework code —
to keep you safe
Music, Music, Music!
make your own instruments

NOVEMBER 17

Christmas is Coming:
Make an Advent Calendar
A Fishy Story —
keeping a fish tank



LOOK OUT FOR BROWNIE CHRISTMAS ISSUE DECEMBER 15

Christmas really is coming and we've got a super treat for all Brownie readers. A big, big extra special issue packed with stories, puzzles, games — lots to keep the girls busy while they wait impatiently for Christmas to arrive. Our bumper edition will be out on December 15, so don't forget to make sure you've ordered your copy. There will be no Brownie on December 29.

PROGRAMME DIARY

FUTURE TRAININGS

COMMISSIONERS

WADDOW:

January 20-22 1989

Trainers: P Marshall
L Loudon

FOXLEASE:

November 17-19 1989

Trainers: S Steele
M Yates

Apply to: Guider-In-Charge of the appropriate centre enclosing an £8 deposit.

Have you ever thought that you would like to know more about:

1 The Ranger Programme?

2 The Young Leaders Scheme?

3 How you can encourage self-programming in all sections through events run at District, Division or County level?

4 Your role in the Adult Leaders Scheme?

There must be many other areas in which help would be welcome, so come and join one of the weekends specially designed to meet your needs.

SCIENCE AND TECHNOLOGY

WADDOW:

March 17-19 1989

Trainers: R Sara
M Leftley
R Jacques

FOXLEASE:

November 17-19 1989

Trainers: R Sara
S Fortunka
R Jacques

Apply to: Guider-In-Charge of appropriate centre enclosing an £8 deposit.

Does your Unit Programme reflect the present technological age? Does the present speed of change frighten you?

Finding out and solving problems is fun. Science is all about discovering, using all our senses: sight, touch, hearing and smell.

We use these senses

already in our programme, but do we use them to find out why something is occurring?

A camp gadget is a technological structure; a tree survey is a biological study; star gazing is the beginning of astronomy... Would you like to find out more? There will be activities for all sections to explore and consider for the programme.

DISTRICT TEAM

FOXLEASE:

January 6-8 1989

Trainers: C Hughes
P Farries

May 5-7 1989

Trainers: S Brown
A Hall
A Medcalf
J Stocker

June 9-11 1989

Trainers: B Darwood + team

WADDOW:

January 13-15 1989

Trainers: J Buckle
A Lampson
D Yates

May 12-14 1989

Trainers: K Bill
J Mort
M Thompson

Apply to: Guider-In-Charge of appropriate centre enclosing an £8 deposit.

'You are not born with group skills, nor do they magically appear when you need them. You have to learn them.' *Joining Together, Johnson and Johnson.*

The District team is one of the most important groups within the GGA Structure. Why not spend a weekend with members from your team at one of our magnificent training centres?

The weekend provides an opportunity to step back from the day-to-day activity of local Guiding to consider what is actually happening

in your area, and enable the District to make practical plans and carry out future projects.

During the weekend as well as working in District Teams you will also join together in Section groups. The relaxed atmosphere will provide an ideal opportunity to get to know each other and to exchange ideas, skills, problems and experiences.

District Commissioners are asked to bring a group of Guiders from all sections in the District and of all levels of experience. If your District has no Ranger Unit of its own, why not invite the Ranger Guide of the Unit which serves your District?

This is one of the most popular forms of weekend training, so book early to avoid disappointment.

NEW YEAR

FOXLEASE:

December 29 1988-January 2 1989

Apply to: Guider-In-Charge, Foxlease, enclosing an SAE for an application form.

How do you celebrate New Year? Why not try something different for 1989, and come and spend a few days in the heart of the New Forest.

There will be time to relax and sit by the fire or perhaps take a forest walk. There will be optional 'arts' sessions and, of course,

the traditional New Year's Eve dinner and associated activities.

If you would like a few days away from it all, either enjoying doing nothing or learning new songs or crafts, then apply now.

HILITE ON PATROLS

FOXLEASE:

March 23-27

Trainers: S Brown
S King
R Bradley

WADDOW:

March 23-27

Trainers: S Bamber
L Head
P Fletcher
M Carden

Apply to: Guider-In-Charge of appropriate Centre enclosing an £8 deposit.

An opportunity for Guiders to bring a Patrol to spend a long weekend at Waddow, giving opportunities for the Patrol to gain new experiences and skills and for them to learn about working together. Patrols will be able to undertake a variety of activities, both outdoor and indoor, and have fun planning and carrying them out. The Guiders will be given help in working the Patrol System and will be able to watch and learn from the Patrols as they carry out their activities. A full and varied programme is envisaged for Patrols and Guiders alike.

FOXLEASE

Lyndhurst
Hants
SO43 7DE
Tel: (Lyndhurst) 042 128 2638

GLENBROOK

Bamford
Near Sheffield
S30 2AL
Tel: (Bamford) 0433 51567

WADDOW

Clitheroe
Lancs BB7 3LD

Tel: (Clitheroe) 0200 23186

BRONEIRION

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

HAUTBOIS

Great Hautbois Road
Coltishall
Norwich
Norfolk
NR12 7JN
Tel: (Norwich) 0603 737357

LORNE

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

NETHERURD

Blyth Bridge
West Linton
Peeblesshire
EH46 7AQ
Tel: (Dolphinton) 0968 82208

RAINBOW GUIDERS PROGRAMME PAGES

CHRISTMAS WITH THE RAINBOWS

Christmas time with the Rainbow Unit means excitement, anticipation and lots of preparation, in fact all the things most children enjoy at this happy time of year.

Help your Rainbows to enjoy Christmas to the full with these simple crafts. Use them as part of the theme for your Christmas meeting.

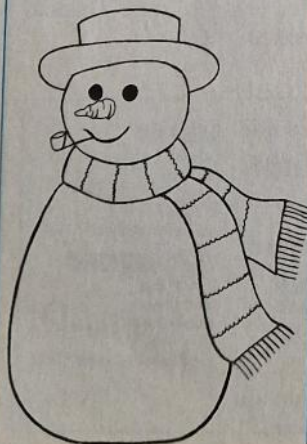
The star, sign of Christ's birth on the first Christmas morning — recreate this with the story of the nativity and end your meeting with a carol.

MR SNOWMAN

For the *body* — use an empty yoghurt carton (or similar). Cover with cotton wool or a piece of terylene wadding (less messy) and secure with sticking tape or glue.

For the *Head* — a piece of newspaper rolled into a ball and also covered with wool or wadding. Place into the open end of the pot.

Make his hat from a circle of card and a piece cut from a toilet roll tube all coloured or covered with paper in your chosen colour. The hat and features are stuck on to the snowman's head. Make a scarf



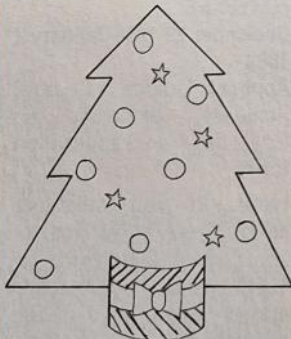
from a piece of material. A piece of tinsel around his hat makes Mr Snowman look festive.

For your Christmas meeting — Listen to the music of *The Snowman*, by Raymond Briggs, before or during the making of Mr Snowman.

Play a game, for example, pin the nose/hat/scarf on Mr Snowman, after the style of pin the tail on the donkey.

A CHRISTMAS TREE

Using a template, Rainbows draw a simple fir tree shape on green coloured card, and cut it out. If the green is a pale shade they can then colour it a darker green using crayons. Make some bauble shapes out of foil and stick on tree, glitter can also be used for this.



For the *tub*, cut about 6cm from a toilet roll tube, colour red or cover with red paper and decorate with a 'ribbon' bow. Cut two slits in opposite sides of the tube, and slip 'tree' into them, and you have a little Christmas tree, a decoration for a free standing card.

The story of the Little Christmas Tree, and the song, 'Oh Christmas Tree, Oh Christmas Tree' with a Christmas tree game could make up a happy Christmas theme for your festive meeting.

MAKE YOUR OWN STARS

Definitely one to try out at home first. Once you have mastered this technique demonstrate it to a small group of older Rainbows, who will probably, after a little practise, be better at star-making than you are!

1 Start with a square of paper, (start big to begin with) and fold in half.

2 Take the right hand edge over to the left up to the dotted line.

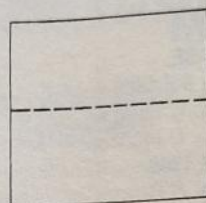
3 Fold left hand corner up and over right along the same line.

4 Fold right over left.

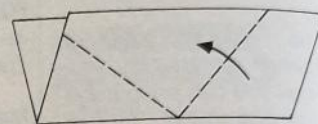
5 Cut along this line and open out.

This pattern makes a ten pointed star.

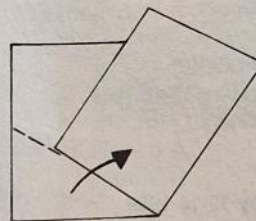
JULIE GUDGEON



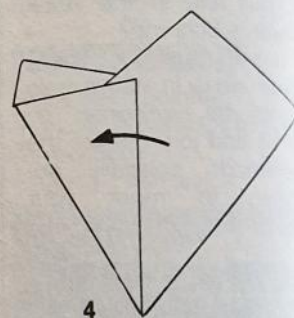
1



2



3



4



5



remnants

FELT — Variety of colours. For large and small toys, collage, applique, etc. £10.95

MIXED PATCHWORK — Large selection of poly cottons in prints and self-colours. Ideal for all types of patchwork £12.50

VELVET — Top quality, furnishing velvets in rich self colours. Approx 1/2yd upwards £13.50

TAPESTRY CANVAS — Stiff cotton canvas. Use as a base for pictures, cushion covers, kneelers, etc. Variety of counts £7.95

PURE IRISH LINEN — Natural and oatmeal shades. Even, open-weave square cloth linen. Ideal for counted thread embroidery. Min. size 27" £14.10

POST £1.80-OVER £20 FREE

REMnants

Dept. G3,
29/31 Green St,
Burnley, Lancs BB12 1UZ

SITE DETAILS...

WHERE TO GO GUIDE

If last summer's camp or Pack holiday is a lovely but fast-fading memory, why not start planning next year's adventure. To help you we've got together some facts and figures you'll need to know before making your choice for 1989. Happy holidays...

WADDOW HALL

BROWNIE PACK HOLIDAY HOUSE

Up to 30 can be accommodated as there is: one dormitory with 18 beds; two curtained cubicles each with a set of bunk beds; one single-bedded curtained cubicle; one single room; one twin-bedded room and one room with two sets of bunk beds. There is a well-equipped kitchen and pantry with a fridge and an upright freezer; a dining room-playroom; a craft room; two showers; bathroom and two toilets (one of which is suitable for handicapped members).

The house has central heating and is open for bookings throughout the year by any groups but Brownies are given first consideration. There is a walled play area with picnic tables. The house is suitable for use by handicapped members.

Toc H Activity Centre

PORT PENRHYN,
BANGOR, NORTH WALES

Self-catering, centrally heated accommodation available for groups of up to 34. Qualified instructors can provide all equipment and instruction for sailing, canoeing, mountain activities, field studies and indoor activities. Plan your own programme or let the centre staff assist you.

For further information,
please contact

Brenda Gould on
0248 351906

PATROL CAMP SITES

There are two Patrol Campsites, both fully equipped and each with a solid shelter. They are also suitable for Rangers for lightweight camping and winter camping.

There are six fully equipped campsites: four for 30 campers and two for 40 campers. Each site has a solid shelter, wood washing cubicles, *Elsan* cubicles and barbeque area. One site may be booked unequipped.

RANGER COTTAGE

The self-catering cottage sleeps 15 people in five bedrooms. There is a large fully-equipped kitchen including a fridge/freezer; a large comfortable sitting room-dining area with an open fireplace and two bathrooms, one with shower as well. Rangers will be given first consideration, but the cottage is also suitable for small Pack Holidays; groups of Guides with Guiders; Trefoil Guilds and District groups.

THE STABLES

A new self-catering Bunk House will be ready in January keeping the old stable appearance. It will sleep 14 in three curtained cubicles each with two sets of bunk beds and one curtained cubicle with two single beds. The kitchen will be fully equipped for 14. There will be a dining-sitting area with a wood burning stove. Why not be one of the first groups to use this superb, new accommodation?

CARAVAN

Why not enjoy a peaceful holiday in beautiful surroundings with your family and friends in Waddow's caravan? This is a six berth, 25 foot long caravan with

separate double bedroom, shower and flush toilet, large dining-kitchen area and sitting area. It is equipped with a full-size gas cooker, gas fire, electric light and fridge. Outside there is a barbeque area and a wooden table and seating.

Applications for 1989 are being accepted from the beginning of November. Applications should be made to: Waddow Hall Clitheroe Lancashire BB7 3LD

FOXLEASE

CAMPSITES

There are four Patrol sites which can be hired fully equipped or unequipped. Each with gas, lighting and heating. They are available to groups of Rangers or Young Leaders to camp out of the main season and are ideal for overnight stays, Queen's Guide Enterprises or Overnight Hike Permit Tests. Camps can begin on any day and some sites are suitable for handicapped members. Campsites are available midweek to school groups.

When applying please state whether you require an unequipped or fully equipped site. Mark your envelope 'CAMP' and enclose a £5 deposit (forfeited if booking is cancelled).

BARN

This is a centre for indoor and Pack Holidays. The Barn has oil fired central heating and is fully equipped — mattresses are provided.

BEAVERBOOK LODGE

Beaverbrook Lodge is fully equipped for 26 with the exception of bedding and tea towels — pillows are provided.

Both the Barn and Beaverbrook Lodge have electric cooking facilities and electricity is charged at the current rate per unit with the meter being read on arrival and departure.

Applications for the Barn and Beaverbrook Lodge for the period after Easter to September 30 next year are being accepted now.

CARAVAN

A four berth caravan is situated next to the Barn. It is fully equipped with gas and electricity. There is also room for a small tent. This is ideal for a family group. For further information contact the Guider-in-Charge, Foxlease.

SWIMMING

A heated, covered swimming pool is available from Easter to October 31. A lifesaver with correct qualifications as laid down in The Outdoor Manual is required. The pool is 1.5 metres in the deepest part. The pool can be booked for a 50-minute session each day at a small charge per head.

CANOEING

Foxlease has eight 'Poly-Pippin' open cockpit Kayaks for use on the lake. Each boat has a paddle and buoyancy aid. Instructional sessions may be booked — for further details contact the Guider-in-Charge, Foxlease.

PIONEERING AND ORIENTEERING

A number of spars, ropes and lashings are available — also drums for making rafts. There is enough equipment for making two or three pioneering projects simultaneously.

Applications should be sent to Foxlease, Lyndhurst, Hampshire, SO43 7DE.

BROWNIE GUIDERS PROGRAMME PAGES

MONEY MATTERS

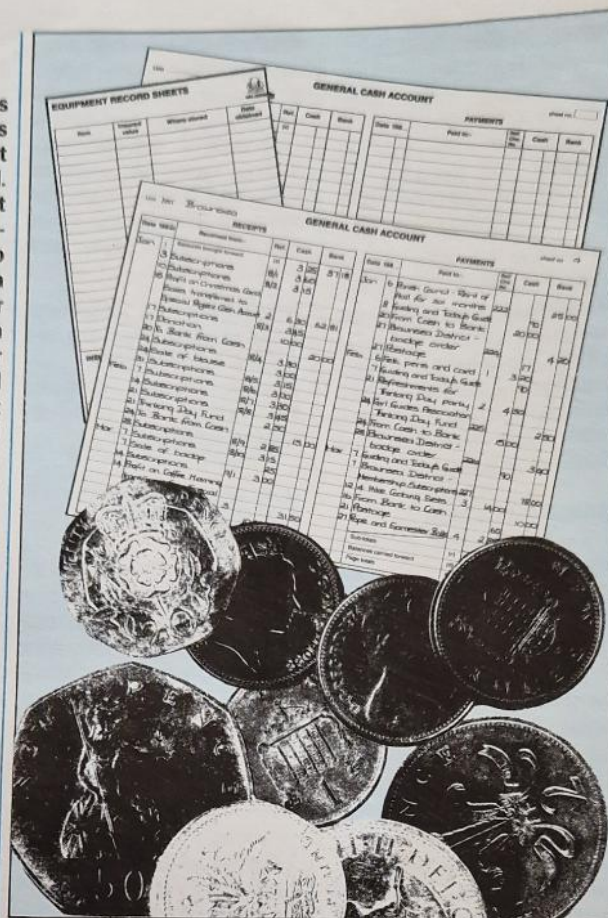
One of your responsibilities in the Unit is to look after its money and ensure that accounts are maintained. The GGA has a Unit Accounts Pack which contains instructions on how to keep accounts, together with sheets for organising your accounts: yes, it too needs a loose-leaf file. Shortly after the Pack has started, you will have to open a bank account in its name. Each cheque will require two signatories, who must not be related. If, for example, you and your sister are running the Pack, you will have to find some other adult willing to accept this responsibility, who is readily available to sign forms. Speak to your DC if this causes problems.

Before your first Pack meeting you should try to find out what other Packs in the area do about funds and subscriptions. Your DC can advise on the current subscription which each member must pay annually to the Association. You will also have to meet the running costs for your unit which may include the heating, lighting or hiring fee for your accommodation.

In your first year it will be difficult to gauge how much you will spend on the Pack, but perhaps another local Guider could give you an idea of how much she spent in the past year on equipment and you can budget accordingly. You should decide how you are going to collect the money. Some Packs like it in weekly; others once a month or even each term. Again, your DC can tell you what happens locally.

LARGE NOTE BOOK

There are two other records you must keep. One



is the Programme Book and the second is the individual record of each Brownie. No special books are available for the Pack Programmes, but any large notebook will do. Write in it the programme you plan to do for each meeting and, if necessary, change it during the meeting, so that you have a record of what you actually did. This is an important record of how the Pack as a whole has been practising the Eight Point Programme, and therefore the Promise.

The individual records are available in packs for a loose-leaf file. This is where you assemble the record of each Brownie's progress through the journeys, and her experience in Ventures and interest

Badges, as well as basic information like addresses and telephone numbers.

STORAGE

You will be able to acquire other equipment — for games, for journey challenges, for activities and ceremonies — as the need arises. There are two things you must consider: the cost of permanent equipment and where to store it. Is there a suitable cupboard at your meeting place which can be used; can it be locked?

If no storage space is available, think carefully about where to keep equipment and how to transport it. Warning: do not allow your own home to become a storage depot (or dump) for Pack equipment

— it is not generally appreciated by the rest of the household. Likewise, never allow yourself to be out of pocket on Pack expenditure. Borrow if possible (balls and ropes from the Brownies) make things yourself like the Brownie Ring centre-piece as mentioned in the Handbook, accept cast-offs from other Guiders (e.g. games books, compasses, scissors and other 'hardware').

You may feel you want to buy a stock of Promise Badge Books for your new Brownies who are preparing to make their Promise. Your Brownies cannot make their Promise to an un-Warranted Guider so you will have to make sure your DC knows in advance that she, or her representative, will be needed at this ceremony. The chances are that this will be such an important milestone in the District's history that everyone will want to come.

This may appear daunting and, of course, looking after other people's children is a responsibility. Guiding is, however, a game for girls, although a game with a purpose, and games are meant to be enjoyed by all. Guiding is not a spectator sport — it's about joining in. Welcome!

FIRE RULES

The advice on how to deal with someone whose clothes are on fire given on Page 147 of the current Brownie Handbook is to be altered.

In future we are falling in line with the St John Ambulance Brigade's recommendation, which advises laying the person flat on the ground not rolling them along.

The new editions of the Brownie Handbook will carry the new wording.

JUST HOW MAP REFERENCES

TO USE SIX-FIGURE MAP REFERENCES

Using *Ordnance Survey* maps and the *National Grid Reference System*, it is possible to pinpoint a site in any part of Britain. This is an obvious advantage to anyone plotting a walking route in a part of the country unknown to them and is a skill which those planning expeditions or walks should learn. The *National Grid* is shown in Fig 1.

The *National Grid* is a network of squares each 100 kilometres long and 100 kilometres wide. Each square is labelled with two letters and the grid lines are numbered horizontally and vertically. The numbers along the bottom of the grid increase as they move in an easterly direction (ie from left to right). These are called *eastings*. The numbers up the side of the grid increase as they

move northwards; they are called *northings*.

Each of the lettered National Grid squares is further divided by a 100 more eastings and northings, all of which are numbered starting with 00 in the bottom left-hand corner.

The grid squares in Figure 2 are in National Grid Square SE. Every grid square can be given a unique letter and number reference. First refer to the easting and then the northing of the south west corner.



ner of a square, then put those numbers together in that order. Thus, the village of Yedingham in Figure 2 is in grid square 8979. This is called a *four-figure reference*. Now add the Nation-

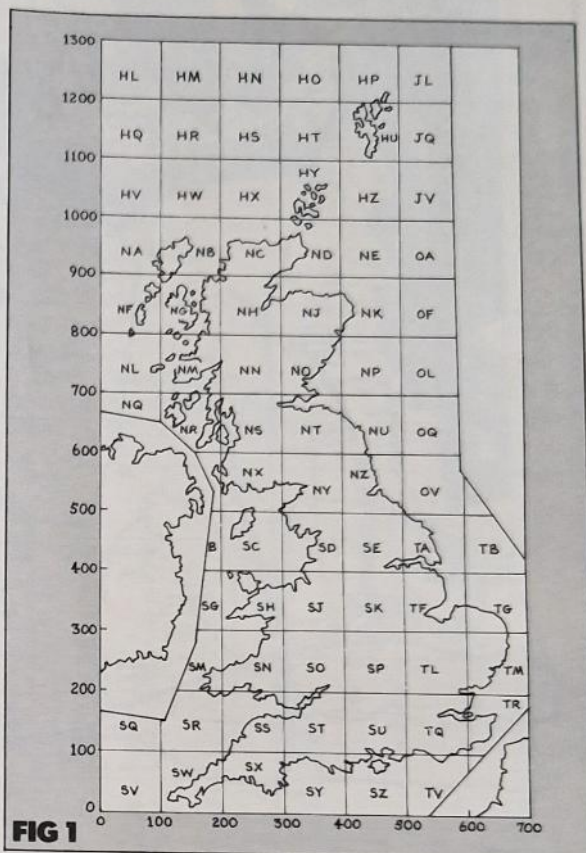


FIG 1

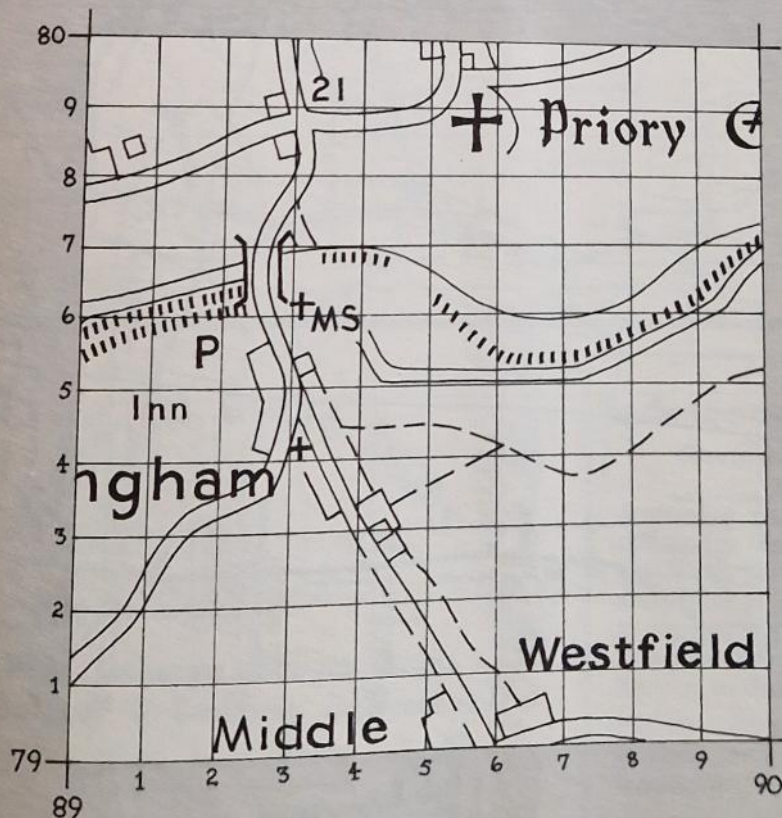
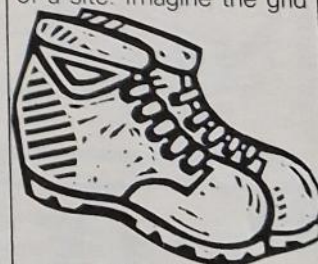


FIG 3

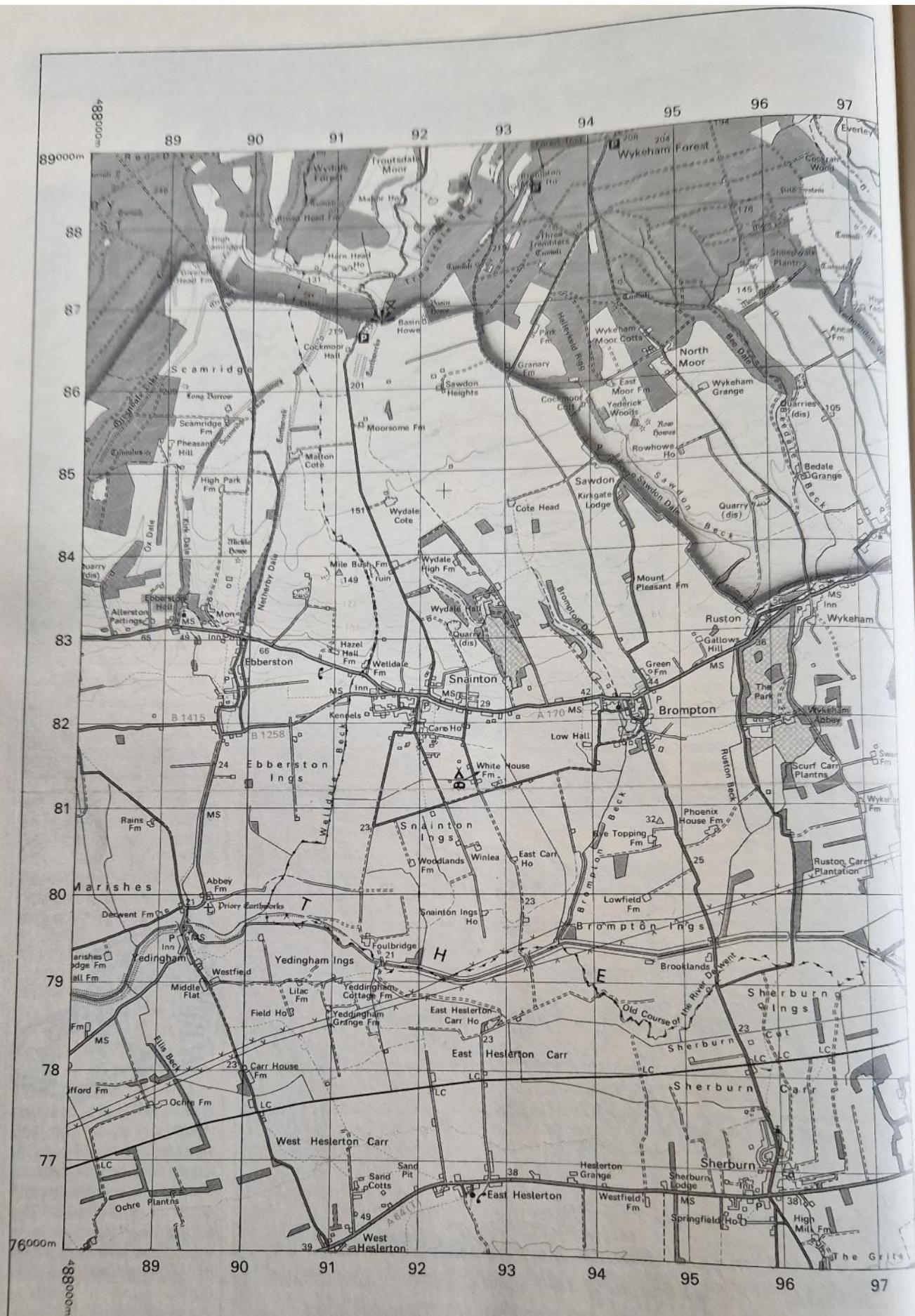
al Grid letter that the square is in to give you its unique reference: SE 8979.

A six-figure provides an even more exact location of a site. Imagine the grid



square 8979 has been divided yet again into 100 smaller squares (Figure 3). Count the tenths east of easting 89 and the tenths north of northing 79. The bridge over the river is in the square two tenths east of easting 89 and six tenths north of northing 79. Its six-figure grid reference is 892796.

FIG 2 ►



HOW TO DO... POLY POLY TOYS

YOU NEED:

Tracing paper
Coloured pieces of felt.
We've used pink, blue, white
and brown. Allow more
seam allowance if other
materials are used
Seam allowance $\frac{1}{8}$ inch

METHOD:

1 Fold a piece of tracing paper double and trace all pattern pieces, placing broken lines on fold of paper. For pieces A, B, G,

use only single paper.

2 Body: Using Pattern A, cut out six pieces in blue felt. Make up into a ball and stuff firmly.

3 Head: using Pattern B, cut out three pieces in white felt and three pieces in blue. Make up into a half white, half blue ball. Stuff firmly, then ladder stitch to body.

4 Feet: Using Pattern C, cut out four pieces in blue felt. Stitch two pieces together, leaving straight edge open. Stuff lightly,

stitch straight edge, then stitch to body. Complete second foot in the same manner.

5 Arms: Using Pattern C, cut out two blue and two pink pieces. Stitch as for feet, using one pink and one blue for each arm. Stuff lightly, then stitch to body.

6 Bib: Cut one Pattern F in white felt, stitch to front of body.

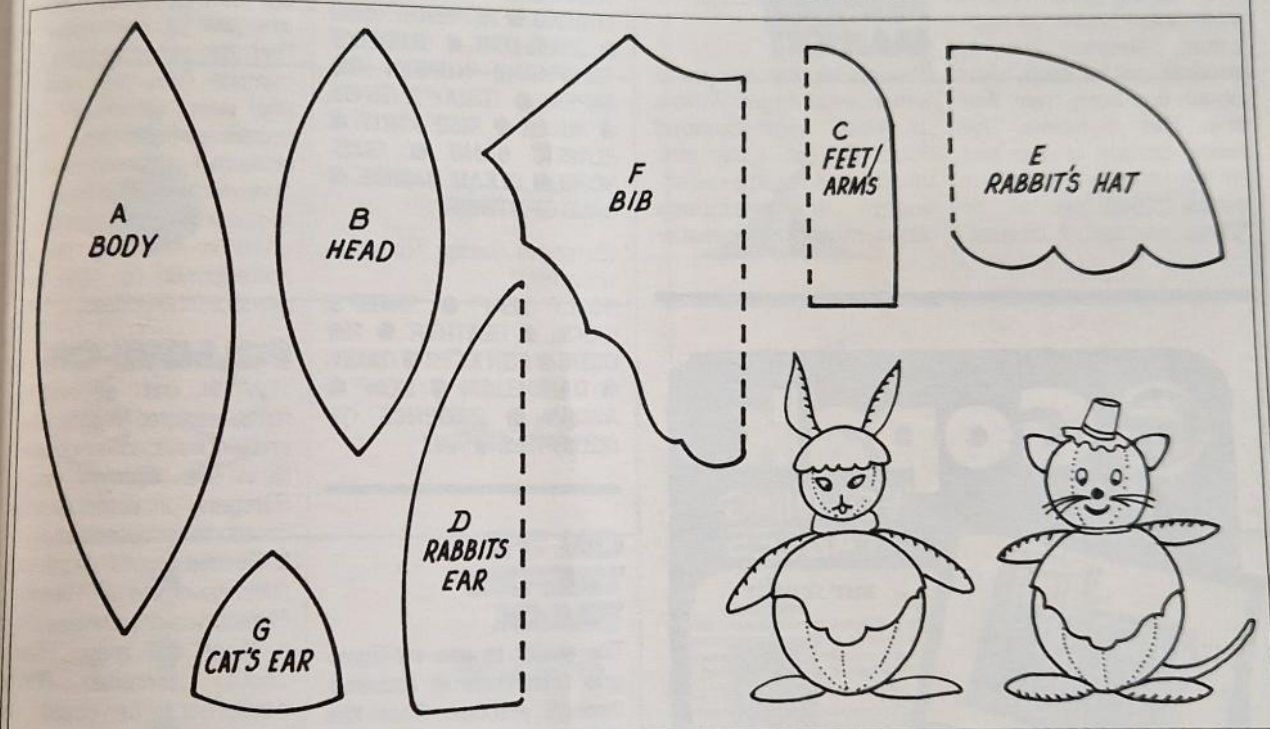
7 Ears: Using Pattern D, cut two pink and two blue pieces. Stitch one of each

together, leaving straight edge open turn, then stitch straight edge to head.

8 Hat: Using Pattern E, cut out two pieces in brown felt. Stitch around large curve, but leave opening for ears.

9 Face: Create your own design. Glue on or stitch features as desired.

10 Pin all the pieces together before stitching so that each piece will fit. For tails use small circle puff ball or felt stitch around pipe cleaner.



SCOTTISH GUIDE SHOPS

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Switzerland
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adults and children

Adelboden nestles in a picture-book setting that tempts the visitor to go walking, to linger and to look. In summer and winter the facilities are many and varied.

In spring and autumn, too, this trim mountain village (1400m) with its old farmhouses, loses none of its charm.

For information and list of group accommodation facilities contact the Tourist Office CH-3715, Adelboden, Switzerland.

GUIDE GUIDERS PROGRAMME PAGES

LUCKY DIP CHEETAL V CHEETAH

This is a good chasing game from India. The cheetah is a deer; the cheetah is a leopard that hunts deer: both of them are known for their ability to run very fast.

The Guides divide into two teams. Two parallel lines are drawn about 2m apart. One team, the cheetahs, sits along one line, the other team, the cheetals, sits along the other, both teams with their backs to each other. Another line is marked out for each team about 6m from their first line. This is home. The leader stands at one end of the room and calls out either 'Chee. ee. tal' or 'Chee. ee. tah'. If 'cheetal'

is called the cheetals must run towards their home, chased by the cheetahs. Those captured before reaching home are out. The game continues until all but one player has been caught.

Forfeits: introduce a forfeit system so that players who are 'out' can rejoin the game: skip 50 times; tie a reef knot; miss a turn and be given a word to spell, for example.

PERSIAN MARKET

Persian Market is a game which encourages Patrols to keep well-equipped Patrol Boxes. It can also be adapted for use out-of-doors to encourage observation and resource-

fulness.

Patrols sit in their corners and appoint a runner. The Leader calls out items from the list below. The first Patrol runner to bring the item gains a token for her Patrol.

Items:

PENCIL SHARPENER ● NOTEPAD ● GOLD SAFETY PIN ● BADGE BOOK ● PICTURE OF B-P ● BLACK BIRO ● FIRST AID KIT ● SHINY PROMISE BADGE ● COMB ● BLACK SHOE ● NEEDLE THREADED WITH WHITE THREAD ● 20 PENCE PIECE ● ENVELOPE ● GUIDER'S TELEPHONE NUMBER (ON PAPER) ● TODAY'S GUIDE ● RULER ● REEF KNOT ● ELASTIC BAND ● SCISSORS ● CLEAN HANKIE ● BALL OF STRING

Outdoors (adapt for your situation):

HOLLY LEAF ● SHEEP'S WOOL ● FEATHER ● FIR CONE ● ASH KEYS ● DAISY ● DANDELION ● LEAF ● ACORN ● EVIDENCE OF SQUIRRELS ● ANT

ON THE TREFOIL TRACK

The ability to use six-figure grid references is acquired through practice. Once the Guides have mastered the basics of the system use this Patrol game as a stepping-off point for further practice.

RANDOM REFERENCES

Each Patrol needs:

- 1 copy of map on p40
- copy of OS symbols (in any OS map)
- 1 set of 'Random Reference' dominoes

Preparation: Photocopy the map to provide each Patrol with a copy. Then photocopy the dominoes shown

right. Spray mount each copy onto a different coloured card and cut out the 'dominoes'.

How to play: Place each Patrol's set of Random Reference dominoes in a pile at one end of the room. One member of each Patrol is given the first domino (they don't all have to have the same one). The Patrol ignores the symbol, but looks up the six-figure reference. When they have found what can be located at that site, another member of the Patrol runs to the pile of dominoes to find the corresponding OS symbol. They then look up the next reference and continue until they have collected all the dominoes. The dominoes should be laid in a line: the last reference in the line should correspond to the first symbol in the line.

FOLLOW-ON

- 1 Work out a walking route around all the reference points, not necessarily in the 'domino' order. Rangers or older Guides could do a route card.
- 2 Guides could work out their own set of Random Reference dominoes using a local OS map. These could become Patrol equipment or could be used for inter-Patrol games. (See December *TODAY'S GUIDE*).
- 3 Plot out a route using a Silva compass.

TREFOIL TRACK RECORD

Pre-Promise Challenge 1

Yellow Trefoil Preparation for Clause

Green Trefoil Introduction to Clause 3bii

Red Trefoil Practical application of Clause 3a

Blue Trefoil Map preparation for Clause 3e



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RANDOM REFERENCE DOMINOES



913866



928767



892861



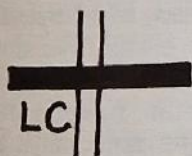
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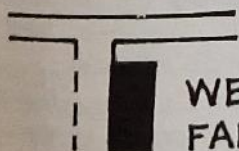
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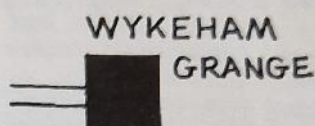
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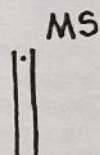
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RANGER GUIDERS PROGRAMME PAGES

BEST FOOT FORWARD

Individual clauses from the Ranger Certificates often make a good starting point for an activity that you perhaps have not tried before — or for a new unit or group of Rangers not yet used to choosing all their own programme. Have you looked at the two new certificates published in September?

Fit for Life offers lots of starting points for positive, doing activities that can involve the whole unit, whether or not they want to go on to complete the whole certificate.

LOOK GOOD — FEEL GOOD

START WITH THE FEET

A number of actresses say that if they can get the footwear right then the rest of the characterisation of a role is easy. Are your feet right for you?

Refer to August's *GUIDING*. How about all the unit pampering their feet?

ACTIVITIES — FOOT SOAK

Equipment: Small bowl each, hand towel, footbath lotion/aromatherapy oil or Epsom Salts.

Half fill the bowls with warm water and lotion and sit comfortably soaking them. Dry feet and look at them as you give them a massage with foot lotion. How about comparing feet? Are they straight or are there the beginnings of nasty things to come — bunions, corns, squashed-up toes? Do you rule the shoes or do the shoes rule you? Did you ever try a mustard bath?

FOOT EXERCISES

See page 20 of August's

GUIDING. Do try these out before you do them with the Rangers. You will feel better for knowing how they work.

People who might help: Chiropodist, Reflexologist.

Looking at feet could lead you off into a completely different direction. If you get the chance, try directing the discussion into looking at things to do with the feet. Did you ever try painting either directly with the feet, as you would with finger painting, or with a brush? If you have someone in the unit who is already skilled at this then it will be a good sharing activity. If no one has tried it before, then it can lead to a really good discussion. Read the Cap Handi articles in *GUIDING* first.

INSPECT YOUR HANDS

Do you know how many of your Rangers bite their nails? Could they be challenged to grow them? They will need lots of encouragement and praise for even the smallest improvement to one nail. Make sure that they are never made to feel bad

about this habit. They can still look after their nails in other ways, and this may help much more than nagging.

ACTIVITIES — MANICURE SESSION FOR EVERYONE

Bring in an expert who can not only show the Rangers what to do to care for their hands and nails, but who can also tell them about their training and the sort of work that they do.

Or arrange for the Rangers to be models for an evening for manicurists in training. (Local FE Colleges may be able to help you).

Encourage the Rangers to ask questions about the materials used, the methods applied and how diet can affect the nails.

People who might help: Manicurist, beauty care expert, students on training schemes.

BODY TALK

What about the middle bit of the body? Do your Rangers know about BYBM and TIB? If you don't know either, find someone in the Trefoil Guild who might.

Look at yourself. Do you stand tall or small?

Equipment: Long mirror, or

simple camera with a film and flash or a video camera.

Look in the mirror or at shots of each person standing sideways and straight on. How do they stand? Do they like what they see? If they like how they look, then they will feel and look confident.

● Do be tactful should you choose to do this. It is best to do it if you know all the girls well and they have decided to work at improving their body shape. The accent should be on becoming fitter by regular exercise, learning relaxation techniques or correcting a particular physical weakness.

Remember — LOOK GOOD — FEEL GOOD. FEEL GOOD — LOOK GOOD.

WHOLEMEAL BREAD

How about baking a loaf of wholemeal bread in a flower pot?

You need: Normal wholemeal bread dough, one clay flower pot/plant pot for each loaf, fat to grease the pot.

Make your dough as you would normally do, kneading it and leaving it to rise. Grease the pot (the size of the pot depends on the loaf size that you want). Put the dough for the final rising into the pot. When it is ready to be baked, paint with a little milk and scatter oatmeal or seeds on the top. Bake in the oven in the pot until it sounds hollow when you tap it through the little hole in the bottom.

Warning the pot tends to hold the heat well, so handle with care.

(From a suggestion from Rotherham Health Promotions Unit).



COPING WITH.... PHOTOGRAPHY

Great photos don't just happen. A certain amount of planning is involved before you take a shot. Most of us are happy snappers: we see something that attracts us, have a quick squint through the viewfinder and press the shutter release. The problem is that these photos are usually rather disappointing when they are returned from processing.

You know the feeling: the lighting is poor, either too light or too dark. There's a pole growing out of Aunt Mabel's head because you've just realised she's standing right in front of a lamp post. And the group photo of the Brownie Pack at the seaside is disastrous — a straggly assortment of girls, half of whom aren't even looking at the camera.

Photography is expensive so it's worth taking the time to learn a bit about cameras — how they work and what makes a great shot. The good news is that you don't need to spend a lot of money on an expensive camera to get excellent results.

CHOOSING A CAMERA

There is a vast range of cameras on the market, from simple pocket cameras to the highly-sophisticated models used by professional photographers. Obviously you will have to choose a camera within your price range, but there are a number of other important factors to consider.

Ask yourself what you need the camera for. If you want to concentrate on fast action shots such as sports scenes, you will want one which will offer you a fast shutter speed.

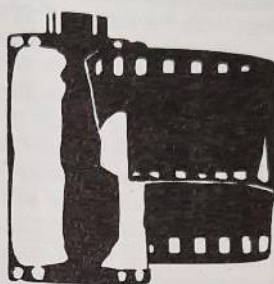
If you're a nature enthusiast and want to take close-ups of flowers, plants and insects, you're going to need a camera with a close-up lens.

For simple family snaps and impromptu pictures of your Brownies

or Guiders, you may prefer a simple pocket camera or a compact 35mm model.

Discuss your requirements with a reputable camera dealer, who will advise you which particular kind of camera will best suit your needs.

Don't be a camera snob: it's silly to waste hundreds of pounds on a 35mm single lens reflex camera with all kinds of expensive attachments when all you really need is a simple instamatic for family portraits.



Once you've bought your camera, read carefully through the instruction manual to familiarise yourself with the different features like the lens, shutter release knob, the correct method of loading film and so on. Shoot off a few rolls of film to get the feel of the camera. Still disappointed with your results? Perhaps the lighting and focusing is better, but the photo itself remains uninspiring. If so, you probably need to brush up on your composition.



COMPOSITION

Ideally, your subject should be big and bold. Amateur photographers often include too many irrelevant details in their shots. They stand too far away from their subjects, which results in a picture which is cluttered

with a mass of irrelevant detail.

How can you get the perfect picture? Let's say you want to take a shot of a group of Guides on camp. Get in as close to the group as possible, using the edges of the viewfinder as a frame for your shot.

What you don't want is a long stretch of grass in the foreground, while your subjects — the Guides — are seen as tiny specks in the distance. After all, the aim of this kind of photo is to capture the cheerful holiday mood, the laughing expressions on the girls' faces.

You must take the trouble to eliminate all the unnecessary and distracting features in the foreground and background, like vast expanses of grass or sky.

It's also important for the members of the group to present a united front to the camera. There's nothing drearier than a group shot in which half the girls are looking bored and gazing in various directions. Worse still the others are too stiff, gazing at the camera with the fixed intensity of a Victorian family portrait.

Crack a joke, get them to laugh, ask them to put their arms round each other's shoulders. This will help to create a relaxed, happy atmosphere. Do make sure that you can see everyone clearly through the viewfinder and that shorter people aren't tucked away out of sight in the back row.

LANDSCAPE PHOTOGRAPHY

Landscape photography needs a fair amount of careful planning. Try to avoid taking photos in the middle of the day. When the sun is high in the sky, the lighting tends to be harsh and flat, resulting in pictures with a dull, washed-out look. Experiment with shots taken in the early morning, when the sun is rising or at twilight, to create a more dramatic effect using natural lighting conditions.

Avoid shots where the horizon is lined up in the centre of the frame. A beach scene can be made much more interesting if two thirds of the frame is taken up with sand and sea and the remaining third by a sunny blue sky — or vice versa. As a general rule though, it's best to avoid

large open expanses of sky, unless you can find some interesting feature, such as a particularly dramatic cloud formation, to liven up the photo.

EXPERIMENT

Try to find a point of interest in the landscape — a lighthouse perched on a rocky outcrop, a charming old country cottage, a dip in the mountains. Then experiment a bit; place this feature in different parts of the frame and see how it fits into the scene around it. Not all landscape scenes have to be taken from a great distance. What about a close-up shot of a gnarled old tree trunk, a stream bubbling over the rocks, an old stone bridge or a bank of wild flowers?

SNOWFALL

You can get some wonderful shots after a snowfall, especially when the snow lies gleaming in the early morning sunshine. Be careful though; an automatic camera will give you a faulty reading in these conditions, because snow actually reflects the light.

The light meter will therefore indicate an exposure reading which is too high for these conditions. Correct this by adjusting your F stop number so that you let in as little light as

possible through the aperture. On a simple camera setting, switch to the symbol marked for bright sunshine. A picture of your Guides engaged in a snowball fight will make a super addition to your Company's photo album.

FLASH PHOTOGRAPHY

An electronic flash is used in conditions where there is not enough light to give you a good picture, such as inside your house, in a church, an office building or outside after dark. The flash provides you with a cheap, portable source of light.

Some cameras have a built-in flash, while others have to be fitted with a flash gun or disposable flash cubes. Most modern flashguns are automatic. They have a built-in sensor which measures how much light is reflected from the subject. This sensor also cuts off the flash when the exposure is correct.

It's not difficult to use a flash gun but there are some pitfalls to avoid. Often the flash lights up the tiny blood vessels in the subjects' eyes, giving them a distinctly vampirish look. Avoid this by moving closer to the subject and, if you have a flash gun which can be bent to different angles, position it so that the flash light bounces off the wall or ceiling.

KNOW YOUR CAMERA

There's no reason whatsoever why you, as an amateur photographer, should not be able to take shots which are bold, original and exciting. You don't need a diploma in photography to get the results you want. But obviously, as with any other hobby, the more you get to know about it, the better your results are going to be.

There are many excellent books available for both beginners and specialists. Pop along to your local library and bookshop and browse around — the photography sections are always well stocked. It's also a good idea to join a camera club, where you can compare results, discuss problems and learn from more experienced fellow enthusiasts.

An excellent book for 35mm camera owners is the *35mm Handbook* by Michael Langford, published by Edbury Press; *Photography Exposed* — *An Easy Guide* by Paul Meighan and Bernard McWilliams, published by Impact Books offers basic guidelines for beginners in picture strip form. *The Young Photographer* by George Haines, published by Hamlyn, is another extremely useful introduction to photography.

The subjects fill the frame; we can see their faces clearly and they look relaxed and natural, making this an interesting photograph.



Not a good shot ... the subjects are too far away, while the foreground is full of unnecessary detail.



HELP THEM TO HELP THEMSELVES

As part of its Christmas Appeal, the Girl's Friendship Fund plans to raise £8,000 to help the residents of Old Quarries, one of the centres owned by the Home Farm Trust.

The Home Farm Trust was established 26 years ago to provide mentally handicapped adults with permanent residential care.

Today there are 12 homes around the country, with a total of nearly 500 residents, who are encouraged to lead independent and fulfilling lives.

Each home tries to be self-sufficient as possible: residents are instructed in farming, gardening, cooking, crafts and recreational activities.

Old Quarries, near Tetbury, the second home to be bought by the Trust, is in need of a tractor with plough attachments and six Dexter yearling cattle.

'We've got 12 acres of ground,' explained Mr Roy Hooper, Residential Manager of Old Quarries, 'with another two-and-a-half acres of ground separate from the main wal-



HOME FARM TRUST

led garden area. If we were able to plough it, we would be able to produce much more of our own 'static' foods — root crops — we certainly couldn't contemplate doing that without a tractor. All this would be done by the residents — we have one who can drive a tractor and more will be trained.

'Having a tractor would also enable

us to do our own maintenance. We've had to hire one when required — we recently had to hire one with a hydraulic fork lift to do repair work on a pair of gateposts which had been knocked down. And there are any number of jobs which we just keep putting off because we don't have a tractor.'

Mr Hooper also wants to try out a different breed of cattle — Dexter yearlings — which are the smallest breed. 'We've had cattle in the past,' said Mr Hooper, 'but the residents were a little wary of them because of their size. The Dexter yearlings are much smaller and apparently much quieter. We've got two volunteers for looking after cattle, who have experience in working with bigger breeds.'

'We're also hoping that we can select some of the yearlings for display at some of the local shows and gain experience in that area.'

Of course, none of these plans can be realised unless sufficient funds can be raised. The tractor and attachments will cost £6,000 and six cattle £2,400. That's a lot of money, but it can be raised — with your help.

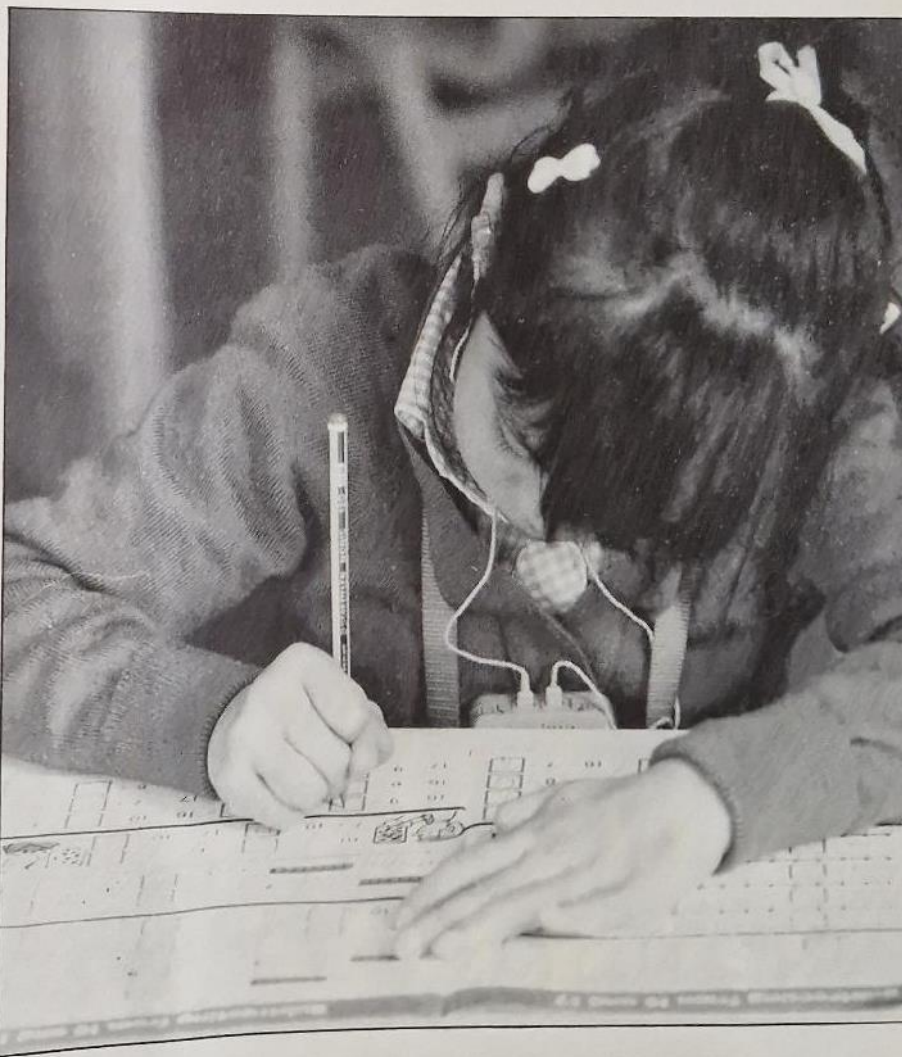
GGFF

HELP A DEAF CHILD

The GGFF's Christmas Good Turn will also benefit the Royal National Institute for the Deaf. Funds are needed to buy radio microphone hearing aids like these for use in schools and colleges. These hearing aids enable the deaf student and teacher to communicate effectively as they amplify the sound of the human voice, while eliminating disruptive background noises. Few parents can afford to buy these expensive aids, which are not available on the NHS. This is where you can lend a helping hand — help us raise funds to give deaf children the chance to learn!



NATIONAL DEAF CHILDREN'S SOCIETY



WORLD NEWS

TOP TRAINING FOR US GIRL SCOUTS OVERSEAS

Seventeen Trainers from the US Girl Scouts Overseas recently gathered at Olave House for a weekend course, presented by Kay Stevens, Adult Development Director (North Atlantic Girl Scouts) and Linda Chartrand, a volunteer Trainer.

Marilyn Zimmerman, Field Adviser for the North Sea Region said that the course was part of a strategy to improve and standardise the skills of Troop Leaders and their Trainers. 'People came together in the USA,' explained Marilyn, 'to have a look into the decline in membership in the Girl Scouting Movement. They came up with three strategies to counteract this — in the areas of membership, programme and training.'

The course at Olave House was one of four being held for Trainers in the US Girl Scouts Overseas. The other courses were held in West

Germany, Belgium and Italy. One of the aims of the courses is to introduce a new process of certification for Trainers and the introduction of a more standardised curriculum for those in leadership positions. Another important aspect involves the definition of job competency — 'What does the Trainer or Troop Leader need to know?'; how to work with children and how to cover the Girl Scouts Programme more effectively. The devisers of the courses are also looking at new ways of training adults and studying the ways in which adults learn.

The standardisation of the training programme should prove particularly beneficial to the US Girl Scouts Overseas, as the Troop Leaders and Trainers are in the position of having to implement the Programme for girls in countries all over the world. Most of the Girl Scouts are the daughters of American military personnel stationed on overseas bases.

The Movement is very popular on the US military bases says Marilyn Zimmerman; one of the reasons being that even if a family is transferred to another post or back to the USA, the Girl Scout will be able to continue with the same Programme.

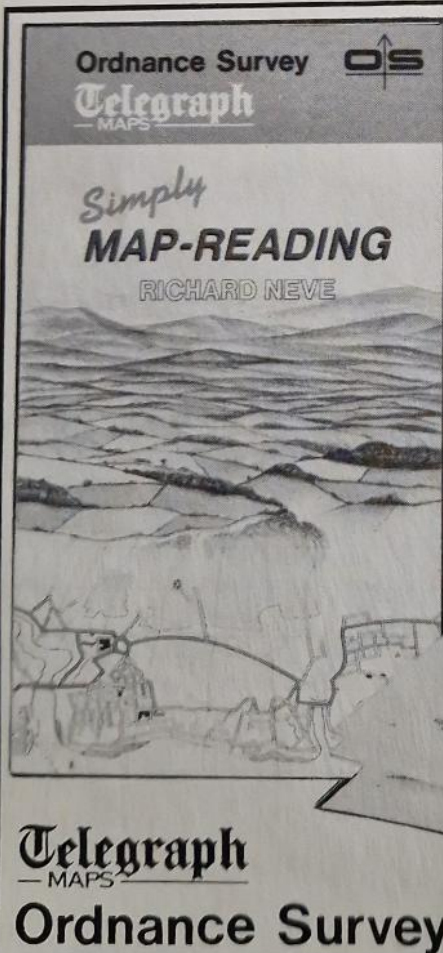
The America Girl Scouts based in the UK (which falls under the North Sea Region) have an excellent relationship with their British counterparts in The Girl Guides Association.

A BIG CHEQUE FOR PAX LODGE

South West Region recently completed a campaign to 'name a room' at Pax Lodge and on September 17 a cheque for £11,658 was handed over by the Regional Chief Commissioner, Mrs Jean Eburne, to Dr Odile Bonte, Chairman of the World Committee. Accompanying Mrs Eburne for the World Bureau ceremony were many of the CCAs of the Region.

WAGGGS is delighted to put a 'reserved' ticket on a room for yet another Region, and sends its thanks to all the Brownies, Guides, Rangers, Leaders and their friends in the Region who organised the successful fundraising efforts which resulted in the big cheque.

South West Region will be very well represented in Pax Lodge because in addition to this room there will be the Devon Room — one of the first to be 'named' in the new World Centre.



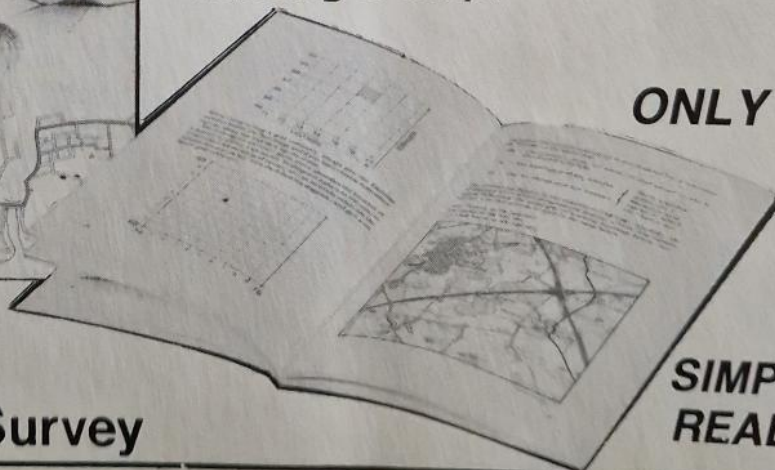
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**SIMPLY MAP
READING**

An aerial photograph of a tropical coastline in Thailand. The image shows a wide, sandy beach curving along a coastline. The water is a deep blue, and the sky is a lighter blue. In the foreground, there are some rocky areas and small figures of people. The overall scene is serene and beautiful.

ONE WORLD THAILAND: THE GENTLE KINGDOM

ONE WORLD



Her Majesty, Queen Sirikit.

The graceful art of parasol decoration.

Thailand is the second country of our PolioPlus quartet. It is one of the most interesting countries of South-East Asia, and the only one which has never been part of a European empire. To the west lay the British colonies of Malaya and Burma; to the east France ruled the countries of Indo-China. But the kings of Thailand managed to stay independent.

This century however there have been numerous coups at home, and civil wars in neighbouring countries. One result has been a large influx of refugees, especially from Cambodia.

For many centuries Thailand was known as Siam. Forget about 'The King and I': the film is banned in Thailand because it is considered insulting to the royal family. People still revere the memory of King Mongkut — played by Yul Brynner in the film — who was probably better educated than most European rulers in the middle of the last century.

The king, who reigned from 1851-1865, spoke seven foreign languages, including English, and took a lively interest in world affairs. He even offered to send fighting elephants to help Abraham Lincoln win the American Civil War. King Mongkut was the first Thai monarch to allow ordinary people to look at and speak to him. His son inherited his reforming zeal — he abolished slavery, established schools and the postal system.

Thai people are still very devoted to the royal family. Almost every home, office and hotel has a photograph of the present ruler, King Bhumipol Adulyadej and the beautiful Queen Sirikit. Photos are hung high on the wall as no other head may be higher than the King's. Even his image on coins and stamps must be treated with respect.

GUIDING GETS GOING

Queen Sirikit is Patron of the Girl Guides Association in Thailand, and her interest has been a great boost to the young organisation. Although there have been Scouts in Thailand since 1917, Guiding activities only started in 1957. Full membership of WAGGGS was achieved in 1972. Yet in a relatively short time, Guiding has spread throughout the country and the Movement has become involved in health and literacy work, as well as a wide range of schemes to help women and girls.

PHOTOS: TOURISM AUTHORITY OF THAILAND



Guides in Thailand are called 'Birds' and have a cheerful bird emblem on their Trefoil badges. At 11 they can become Guides and at 15 they may move on to Senior Guides. The headquarters in Bangkok has modern offices, a shop and hostel with its own swimming pool. In 1984 a nursery centre for pre-school children was added.

The Association has opened child-care centres in many other parts of the country, where Guiders, Senior Guides and Guides can help to care for the children of working mothers and advise both parents and children on matters relating to health and hygiene.

DROP-OUTS

Literacy projects for girls who have not had a formal education, primary health care techniques and handicraft skills which provide them with better employment prospects are also offered. These topics also form part of a programme for school drop-outs and the annual service camps for girls of poor families. A countryside association that is already involved in health care can take advantage of the PolioPlus project and put donations to good use.

The Bangkok headquarters has a full-time trainer, and makes good use of visiting WAGGGS trainers. There is a training centre in Surin — north-east of Bangkok. The staff are trying to put the grounds to good use by developing courses on improved farming methods. And for visitors, Surin has a special attraction: elephants. The November round-up of elephants is one of Thailand's many exciting events, and the trained animals are put through their paces in amazing tests of strength and agility.

FINDING OUT

Thailand has plenty to offer a unit that wants to build up interest for the PolioPlus project. Guiders can begin by looking at holiday brochures available from travel agents. Some companies — including Thomas Cook — have a separate Thailand brochure. Ask around — you may find someone who has been on one of the advertised holidays and can show slides and answer questions.

TRAVEL ADVICE

There are plenty of travel guides in libraries: the *Insight Guide to Thailand* lives up to its name, with perceptive comments on life and customs. *Thailand — A Travel Survival Kit* (Lonely Planet) is useful for the backpacker and the package tourist.

Then there is Fodor's 'Southeast Asia' and other more traditional guides. Leaf through them for colourful descriptive passages that could be read aloud. Get Guides and Rangers to check the brochures and the books for advice on the holiday season, clothing and health.

BUDDHISM

Search the library, too, for books on Buddhism — 93% of Thai people are Buddhist, and the boys of a family will almost certainly spend some part of their lives studying in a WAT, or monastery. Buddhism is a tolerant religion, and many Christian missionary and relief organisations are found

He even offered to send fighting elephants to help Abraham Lincoln win the American Civil War.

in the country and can provide information.

The free TEARCRAFT and TRAID-CRAFT catalogues (from TEAR Fund and Christian Aid or CAFOD respectively) feature beautiful craftwork, much of it by the people of the small hill tribes of Thailand.

Other interesting topics to study are rice growing; silk making and the famous 'Bridge over the River Kwai'. The river and nearby war cemeteries are a day-trip from Bangkok: extracts about the war years in the East may make Remembrance Sunday more meaningful to young people.

BASIC FACTS

Look at the article in December's *TODAY'S GUIDE* for basic facts about the country. Guides may need help to find Thailand on a map. Rangers might find a 'jig-map' of the area a challenge: copy a large map of mainland South-east Asia on to a piece of card and cut around the coast and along the national boundaries. Now try to name the countries and fit them back together. The Thai flag is easy to remember and to draw — challenge a patrol to make and hoist one on a bamboo flagpole.

A 'HOT' MEAL

Thai food is hot! Rice, vegetables, fish and fruit are the mainstays of the Thai diet.

A sinister crop in more remote valleys is the opium poppy. Elderly

people can be seen smoking opium in Thailand to soothe aches and pains. However, the modern drugs derived from opium do a great deal of harm throughout the world, while earning great wealth for those involved in the drug trade. Rangers and older Guides could be asked to prepare short speeches that might be used to persuade poor farmers not to help drug dealers. The farmers, of course, make more money by growing opium instead of food on their remote, tiny plots.

CELEBRATE!

Celebrate with the Thai people! Western Guides take weekends and holidays for granted and few of them know much about the Holy Days of the Church calendar. Not so in Thailand, where Buddhism is a way of life and the Holy Days are a time for celebration. In December's *TODAY'S GUIDE* there will be a brief description of three festivals.

SONKRAM is sure to be popular with Guides: be prepared for water to be sprinkled on Guiders as a mark of respect; then begins the fun and games with water bombs and water-filled balloons! You may not release captive fish and birds, but you might discuss their proper care.

BOON BONG FAI could use up any left-overs from November 5th, with drums and gongs added. Far gentler is **LOI KRATHONG**, which falls in November.

LITTLE RAFTS

Why not have a campfire with a difference — make little rafts of natural materials strong enough to hold a nightlight, and float the lights in a pond or stream while you sing. If that's not possible, how about borrowing a toddler's paddling pool for your centrepiece?

Kite-flying is a national sport, especially from February to April. Thais specialise in fierce fighting models — but you can invent your own kites and plan a contest for them. Most Thai crafts require skills which need years of practice. But units could try their hand at making mobiles (using bamboo if possible); carving elephants from soft wood or even soap or making artificial flowers.

Above all, Thailand is colourful and interesting — and this must be the keynote for meetings that focus on the country. But the enticing holiday information must not hide the fact that many people in Thailand are trapped in a vicious circle of poverty. Better health is one way to break that cycle.

What would happen if the energy ran out?

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BRILLE MAGAZINE

The Royal National Institute for the Blind produces a free braille magazine, *Trefoil Trail*, for visually-handicapped Girl Guides. The magazine is published on the 15th of each month, except in August.

To order copies, write or ring the Customer Services Office at: Braille House, 338-346 Goswell Road, London EC1V 7JE. Telephone: (01) 278 9611/837 9921 and 278 9615 (24 hour direct order line) or 224 Great Portland Street, London W1N 6AA. Telephone: 01-388 1266, during office hours only.

FIGHT RUBELLA

SENSE, the National Deaf, Blind and Rubella Association, has produced a comprehensive information package on rubella (German measles). Some of the topics include 'Current UK Immunisation policy', 'Rubella, A Medical Casebook' and 'Counting The Cost'.

The information package has been compiled in conjunction with leading medical experts in this field. At present, all girls between the ages of 11 and 14 are being immunised at school, but there are always those who miss out on this — if they are off sick that day for example.

Although rubella itself is not a life-threatening disease, contracting the illness during pregnancy can result in serious damage to the unborn child. Every year in this country some 20 to 30 babies are born with severe defects due to suspected or confirmed rubella. Some of these handicaps include blindness, deafness, heart defects and brain damage.

What makes this particularly tragic is the fact that rubella is an easily preventable disease. It is essential therefore for every girl or woman of child-bearing age to be immunised against it.

The SENSE information package is an invaluable addition to the bookshelf of any home, school or community organisation.

It can be ordered from: SENSE, 311 Gray's Inn Road, London WC1X 8PT. Price: £2.50 (includes p&p).

THE WATER CONNECTION

A new video film explaining how British overseas aid helps to improve water supplies in developing countries is now available.

The Water Connection is narrated by David Bellamy and, with the help of several case studies, explains how our overseas aid programme to countries like Kenya and the Sudan has saved thousands of lives by providing people with a clean water supply.

For more information, write to Viscom Ltd, Park Hill Road Industrial Estate, London SE21 8EL, or telephone 01-761 3035.

ALCOHOL-FREE BARS

Many teenagers drinking in pubs today are there simply because there is nowhere else for them to go, according to a new booklet published by Alcohol Concern. This organisation is a national DHSS-funded charity dealing with alcohol problems and the promotion of safer drinking. The publication, *Alcohol-Free Bars*, looks at the growing number of bars and clubs now providing an alternative — alcohol-free meeting places — for adults as well as young people.

Written by journalist Caroline Scott, *Alcohol-Free Bars* includes profiles of local authority and voluntary-run bars, commercial businesses and mobile bars with details of start-up and running costs. It lists alcohol-free cocktail recipes and some of the most popular alcohol-free products.

Alcohol-Free Bars, 36 pages, illustrated throughout, is available at £1.99,

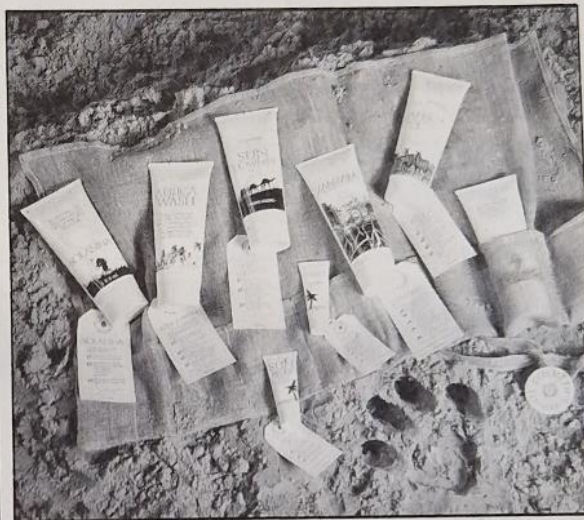
plus 30p p&p, from Alcohol Concern, 305 Grays Inn Road, London WC1X 8QF. Telephone (01) 833 3471.

GET NATURAL

There's a tempting new range of beauty products out, called Cosmetics To Go. Beautifully packaged, but very reasonably priced, all the cosmetics, shampoos, soaps and skin products are made from natural ingredients. Animal lovers will be pleased to know that these are 'cruelty free' products. The only animal products used in the making of Cosmetics

To Go are lanolin, beeswax, eggs and goats milk, and no animal testing procedures have been used at any stage.

There's a gorgeous range of goodies for your man too: hair style products, shaving creams, shampoos and soaps for even the most rugged males. If you're intrigued by names such as Pagoda Tree Moisturiser, Blackberry Bath Bomb or Sealevel Seaweed Shampoo, write to: Cosmetics To Go, 29 High Street, Poole, Dorset, for a catalogue. The company guarantees a fast and efficient mail order service.



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NEWS

'CAP' AND 'LIEUT' FOR 41 YEARS

One of the longest and most rewarding working relationships in the history of Guiding must belong to Freda Redfearn and Gladys Thompson of the 2nd Harringay Guide Company.

They've worked together as 'Cap' and 'Lieut' for 41 years — surely one of the longest partnerships in the history of the Movement? If anyone can top that, we'd like to hear from them! Sadly, the Company had to close last year, due to a lack of recruits.

The story of 'Cap' and 'Lieut' goes back to the

spring of 1930, when young Gladys Thompson was enrolled in the 2nd Harringay Brownie Pack. She went on to devote the next 57 years to the Movement as a Guider, Ranger, Guide Lieutenant and Guide Captain (now known as Guide Guider). When the Company's Captain resigned in 1946, Gladys took over as 'Cap' with Freda Redfearn as 'Lieut', little realising that they were to remain together for the next 41 years.

Gladys, who was District Commissioner for Wood Green at the time of her retirement, was honoured

at a huge farewell party at St Paul's Church, Haringay. Many people had travelled miles to be there, and messages flooded in from as far away as Jamaica and the USA.

BROWNIE BADGE WINNER

No one was more surprised than Jill Walliss when she heard that she had won the national Brownie Badge Competition.

The competition was held as part of the preparations for next year's 75th Anniversary celebrations and Brownies all over the country were invited to submit designs for a badge to mark this very special occasion. Entries poured in from all the different regions, but it was Jill's perky brown owl, perched on a log, against a silvery grey background, which was



picked as the winner at Commonwealth Headquarters.

Jill, who studies art at school, may have inherited her talent from her grandfather, who was a keen painter. She is also a nature enthusiast and a keen supporter of the RSPB and the World Wildlife Fund.

The competition certainly gave her the opportunity

to combine these interests. Yet, when the girls were asked to design a badge, Jill felt she only had a 'slim chance' of making it through to the finals. 'I couldn't believe that I had won,' she admitted. She'd like to continue with her art and perhaps make a career of it, by 'drawing nature'.

There has been quite a lot of interest in the com-

petition. Jill's photo has appeared in three local papers. These must have attracted the attention of the Mayor of Durham, because he invited Jill to spend the day at the Durham County Council Chambers. According to her mother, Jill has coped very well with all the publicity. She feels that 'winning the competition has really boosted Jill's confidence'.



Since winning the competition, Jill has turned 13. She is a member of the First Ouston Guide Company.

TALKING POINT

THE PATH OF TRUE LOVE

'Who ever loved

That loved not at first sight'

Christopher Marlowe.

What's your phenylethylamine level like right now? Or to put it more simply, how's your love life?

Romance, it seems, has fallen under the scientific spotlight. Bored, no doubt, with more mundane matters, like finding a cure for the common cold, scientists are now taking a look at what makes us fall in — and out — of love. Apparently, our bodies produce a chemical called phenylethylamine or PEA, which appears to have a rather drastic effect on our behaviour.

You're sure to recognise the symptoms of a PEA overdose: the pounding heart, flushed face and butterflies-in-the-stomach feeling you get as you gaze, enraptured on your beloved.

Of course, if his PEA level remains constant, while

yours is rocketing skywards, you will, unfortunately have a case of what the poets would call 'unrequited love' on your hands. But let's assume that both of you have been stricken by this alarming chemical imbalance.

The increased levels of PEA produce an almost euphoric state, which we laywomen would term as 'being in love'. It's been dubbed 'the special romantic state' by scientists — a period of ecstatic devotion to one's partner. This is the time for gazing fondly into each other's eyes, for romantic candlelit dinners and for moonlight and roses.

Naturally, all this swooning about can't last forever, and eventually the PEA levels begin to drop, ushering in the next stage of the romance ... the 'attachment' phase.

Gradually the couple become a little less starry-eyed and concentrate on getting to know each other better. They still remain intensely

devoted to each other, though. They'd much rather spend Saturday evening curled up together on the sofa at this stage, so it's best not to include them on your dinner party list until you are sure their PEA levels are beginning to subside.

BIO-CHEMICAL COUNSELLING

If you're the type of person who is constantly falling in and out of love, don't despair — you are simply a victim of a chemical imbalance. Help is at hand: The boffins in the laboratories are busy working out how to sort out your problem. After all, if depression and anxiety can be treated with drugs, why shouldn't the victims of a PEA attack be helped too?

Perhaps all you'll need to wipe the stars from your eyes will be a course of pills to take three times a day, after meals. The next step would be to visit a biochemical dating agency, where you can at last find a

suitable partner. One whose PEA levels are compatible with yours.

There will, of course, be people who don't think it's right to go tampering with the mysteries of True Love. After all, throughout history, poets, writers and musicians have waxed lyrical on the subject. Wouldn't the world be a poorer place without the tales of 'star cross'd lovers' — Romeo and Juliet, Cathy and Heathcliff?

Were Jane Eyre and Mr Rochester chemically compatible, or would their passion have fizzled out after the attachment phase? Most of us, probably, don't want to know. Perhaps we all need a little bit of romance in our lives, without having to worry too much about our PEA levels. On the other hand, maybe there'd be fewer heartbreaks and divorces if we were less addicted to the heady drug of romance and more cautious, more knowledgeable about our emotions. What do you think?

ING BACK BEACHES

The National Trust is now more than halfway to completing the task started 23 years ago — 'acquiring' miles of unspoiled coastline before the developers move in.

The chairman, Dame Jennifer Jenkins, explains: 'Enterprise Neptune is the most ambitious coastal conservation appeal in the world. So far £11.5 million has been contributed by individuals, local authorities and business.'

In September Dame Jennifer travelled to a windy clifftop at Horden on the edge of the Durham Coalfield to unveil a plaque marking the 500th mile of

coast the Trust now owns. The latest land — 700 acres including the cliffs and wooded valleys behind — was given to the Trust by British Coal for a 'nominal sum'.

Coal is no longer mined at Horden and the Trust promises that the coal-blackened beaches will be restored to their former golden splendour.

Already green stripes among the scrubland mark the cliff walks the Trust is developing as part of its improvements.

Attending the ceremony were Mrs Virginia Bottomley, Under Secretary of State for the Environment and Dr David Clark, MP for neighbouring South Shields and Chief Opposition Spokesman for Agri-

culture and Rural Affairs, who is also a member of the Trust's Executive Committee.

Dr Clark made an eloquent plea for Government aid to reclaim the next headland, Nose's Point, which he described as a nightmare lunar landscape because of coal pollution.

Earlier Dame Jennifer said: 'I have no doubt that the need for the Trust to protect the coast is at least as great as ever. More farmland on the coast is coming on the market and is then liable to intense pressure for development.'

'At the same time, more long distance coastal paths are being opened for people to walk and enjoy the beauty of the seascape.

Enterprise Neptune is set for the next 100 miles.'

The National Trust was founded in 1895. Its first purchase was four-and-half acres of clifftop overlooking Cardigan Bay, North Wales. Today it protects 109,000 acres of coastline.

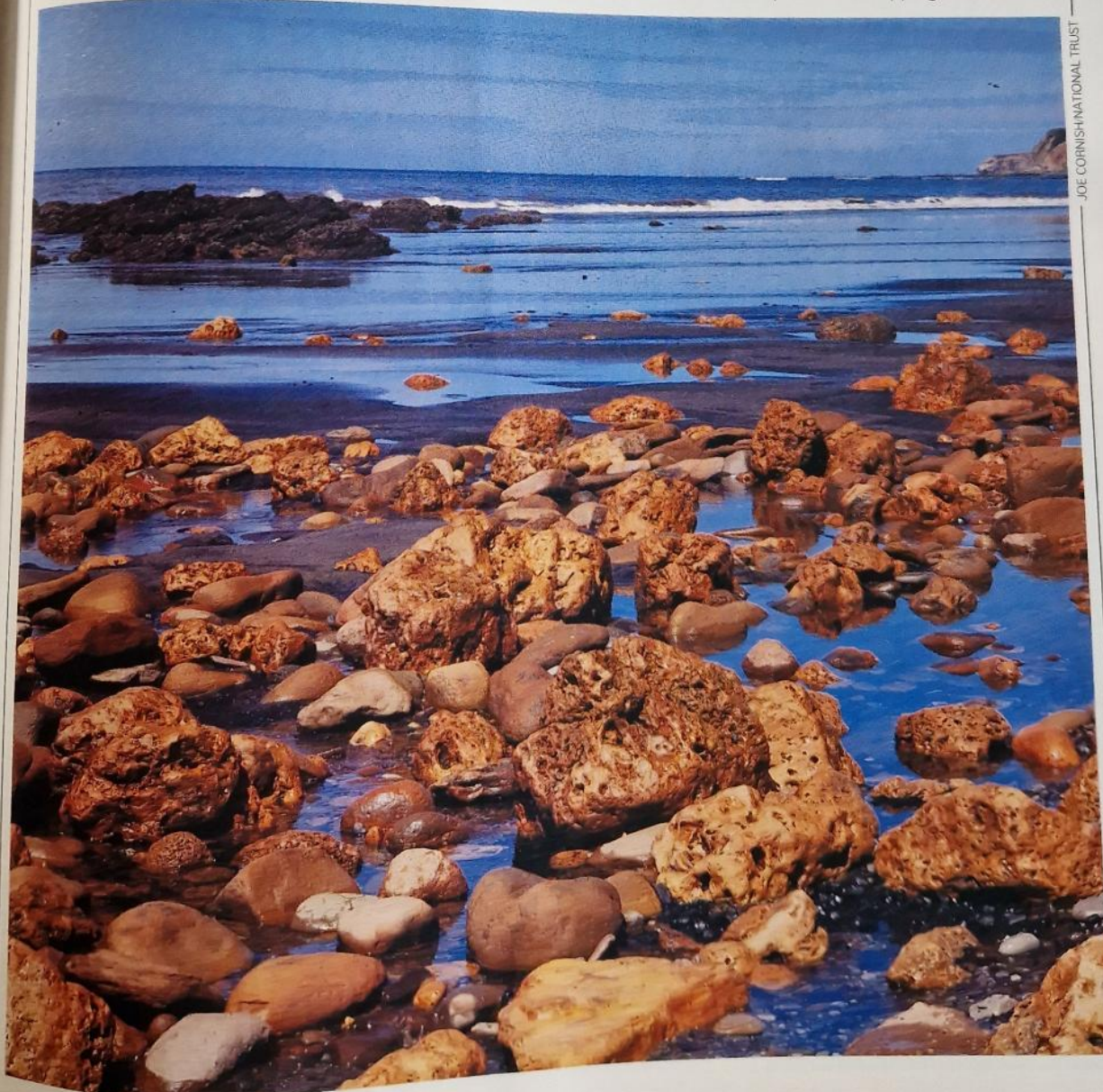
So far this year, nearly £2 million has been raised for Enterprise Neptune.

Guests at the ceremony were treated to lunch at Easington Colliery Institute, centre of the town's social life when the colliery was operating.

Later British Rail laid on a spanking new super sprinter train to take visitors along the strikingly-beautiful coast inspecting the land the Trust now owns and other areas on its 'shopping list'.

NETWORK

JOE CORNISH/NATIONAL TRUST



Rock pools on the beach at Horden.

PEOPLE *and* PLACES

MAKING A SPLASH

▼Helenka Buras of 1st Luton Company at Bedfordshire concentrates hard at the 'Come and Try Canoeing Day' organised by the County Boating Adviser.



BARBARA WATKINS



EIGHTY NOT OUT

▲ Large Trefoil Guild Member, Miss [Name], recently celebrated 80 years of service to the Movement. Giving her a helping hand were Thea Shave, left, and Karen Palmer.

FANCY DRESS FROLICS

▶ Two Guiders added a light hearted touch to Sheffield Girl Guides' annual sponsored walk this year — they spent the whole day in fancy dress.

The two — Trish Halmshaw and Sue Shelley — manned one of the checkpoints on the walk dressed as a parrot and Mrs Mopp.



JACKIE ADAMS

HIGH ON A HILLTOP

▼ Guiders from Wales pictured at Han-nemoos, Switzerland while on a visit to Our Chalet this summer.



M WENSLEY

WALK THIS WAY

▲ Although 1st Lichfield Company only started walking seriously just over a year ago, they have been bitten by the bug! Here they rest before the final ascent of Mam Tor, Derbyshire.

WENDY GRAHAM





A NEW WORLD SYMPHONY

Taking a breather at the White House

There were some raised eyebrows from officials at Heathrow's Terminal Three, when all 76 members of the National Scout and Guide Symphony Orchestra, with all their instruments, checked in at the Air India desk en route for New York City.

It's not all that easy to travel incognito when you have to pass two double basses and eight cellos through the airport X-ray machine. Fortunately, random baggage checks revealed nothing more dangerous than a couple of drum sticks and, at last, the orchestra — accompanied by seven adults — was ready to cross the Atlantic for their long-awaited two-week tour of the United States.

NEW YORK, NEW YORK

The 64 Guides and 12 Scouts had spent a week at the National Sea Training College, Gravesend, busy rehearsing for the tour under the guidance of conductor George Osram.

The rehearsals had gone remarkably well and the British musicians were in high spirits when their plane touched down at John F. Kennedy Airport. What they weren't prepared for was the heat. Throughout their

tour, the group had to endure almost unbearably hot conditions, with temperatures well over 95 degrees F in many places.

Later, after a cheery 'Have a nice day now!' from the friendly American customs officials, the group piled into the waiting coaches bound for their first stop: Mountain Lakes, New Jersey. It was here that they spent the next four nights with their host families. Carol Wright, a Young Leader from First Ash Vale Guide Company, commented: 'The general opinion about our hosts was "They're great!" This feeling remained for the whole of the next fortnight; everyone went out of their way to make us feel very welcome.'

WATERFALL SERENADE

A highlight of the orchestra's trip was the next evening's concert held alongside a waterfall in the Pocono Mountains, Pennsylvania, for the members of the Valley Forge Boy Scout Camp. It was such a success that a decision has been made to use this idyllic setting as a regular venue for open air concerts.

The next day was spent relaxing at the camp, where the American Scouts proved to be super hosts, demonstrating the art of wool spinning and black powder shooting to the transatlantic visitors as well as taking them for a much needed

swim in Marshall's Creek.

Carol Wright recalled: 'Through these activities, our music and the swapping of "patches" (badges), we were able to experience the international family of Scouting and Guiding at first hand, even to the extent of singing "Happy Birthday" to one of the American Scouts'.

IN THE HEAT OF THE NIGHT

The next stop was Bel Air, Maryland. By this stage, the heat was almost unbearable, with temperatures soaring past the 100 degrees mark. The British group was literally drenched in sweat as they took up their positions at the Ellipse in front of the White House, where they played for the people waiting in the queues outside. After an hour's performance, the musicians were themselves shown around the building by Congressman Roy Dyson of Maryland.

That night, during their concert at the Old Post Office building, the weather took its toll when nine members of the orchestra collapsed with heat exhaustion. 'It was a strange experience, playing a concert while paramedics were wheeling our colleagues away!' recalls Carol's sister, Hazel, Assistant Guide with the First Ash Vale Brownie Pack. 'Fortunately, we were able to pick them all up later that evening.'

Ironically, their next performance at the concert bowl at Ladow Mansion's English Topiary Gardens, was a complete wash out! After playing the two national anthems, the heavens opened. After bravely struggling through the first 16 bars of Gershwin's *Porgy and Bess*, the orchestra conceded defeat and dashed for shelter.

SO LONG, FAREWELL

A four-night stay in Hunterdon County, New Jersey was next on the agenda. The first performance was held at Plainfield Presbyterian Church, followed by their grand farewell concert at Voorhees High School. This turned out to be a very lively affair, which ended up with the Scouters and Guiders-in-Charge dancing conga style round the auditorium.

Carol Wright sums up the feeling of the group at the end of the tour: 'It was a wonderful experience... the spirit within the orchestra enabled us to overcome the various hiccups that occurred and to keep a smile on our faces.'

BETTY BAKER

YOUR LETTERS

That letter claiming only mothers can handle children is still ruffling a few feathers. Here are some extracts from your letters...

TALENTS

We all have talents to offer whether we are married or single... And if each mother was totally successful in dealing with her children, we'd have no five-year-old hooligans assaulting teachers; no teenagers wrecking trains — and no need for ANY youth organisations.

MISS J A GRAY

OAA Hampshire North

SHALLOW

I must write to say how hurt and upset I have been made to feel by the unthinking and shallow comments in the letter. As a Brownie Guider myself without children (and one who would dearly love to have them if I only could), I feel I must write to protest on behalf of all Guiders in my position and on behalf of all unmarried Guiders.

Motherhood does not convey some magical properties of understanding — of children or older people. To run a happy programme which fulfils the girls takes thought, time and effort — not the ability to have had children. A loving heart and a willingness to listen are the best qualities to bring to your girls.

Please don't let's start arranging Guiders into first and second class types, those who are unmarried and those who aren't!

NAME AND ADDRESS SUPPLIED

GIRLS' CHOICE

I am not a mother and I resent the implication that

I cannot be expected to know what children do and do not want to do.

I have always believed that one of the principles of Guiding was for the girls to decide what they want to do and I don't have to be a mother to consult with a Pow-wow, PLC or Ranger Executive.

TRISH HALMSHAW

Walking Adviser
Lincolnshire North/
Humberside South

STAYING PUT

An understanding of children does not just come through marriage. As a single Guider in her twenties, I feel I can relate to children just as easily as a married Guider.

I must be doing something right because I am frequently in the position of having to persuade my Brownies to move to Guides when they reach 11. They do not want to leave the Pack.

F STEVEN

Brownie Guider
2nd South Queensferry
Pack

BIASED

In my opinion the letter contained discriminatory remarks stating, in essence, that unmarried Guiders are no use to the Association. I, for one, am pleased that the writer, with such biased and narrow-minded views, is considering leaving the Guide Movement. We have no need for this type of thinking.

I am 28, single and have been involved with Guiding since I was seven. I have run a local Guide Company for almost eight years. In fact, for five of those years I ran two Companies together. What I have learned and the

experiences I have gained through my Company meetings, activities and camps about the girls have been invaluable. I help to teach them about adulthood and its responsibilities and I learn from them about childhood and the lighter side of life.

For the writer to state that Guiders should be married with children of their own is an insult to women like myself who possibly put more time and effort into Guiding and the girls because we don't have any 'family responsibilities'.

CAROLINE J DUFF

Guide Guider
1st Aston Clinton
Company

This correspondence is now at an end. EDITOR

A LAST WORD ON BROWNIES CAMPING...

ENJOYMENT

I welcome the idea and would be quite prepared to take my Brownies camping. My husband is a group Scout Leader and I see the enjoyment on the Cubs' and Scouts' faces after a week away.

I do do Pack Holidays, which the Brownies love, but it would be nice for a change to do a camp rather than a hall. Also to tempt them into Pack Holiday I do a 'day' Pack Holiday to give the new Brownies a feel of what it's like.

I am sure it would make more use of our lovely Guide and Scout sites we have around the country.

MRS MAUREEN SEABROOK

Brownie Owl
Eastbourne (Willingdon)
Brownies

PUT OFF

I have taken Brownies on Pack Holiday for the past nine years and I firmly believe that if a child goes to camp too young, she could be put off camping for the rest of her life. And if she *does* get put off camping, then she could also be put off the idea of becoming a Guide.

Too many young people get too much, too soon in life nowadays. It is excellent discipline for them to have to wait until they join Guides to go camping — and it is bound to be doubly appreciated.

NAME AND ADDRESS SUPPLIED

DISGUSTED

Having just read 'A Personal View' in September's *GUIDING* this article disgusted, disturbed and sickened me. I thought I was part of a caring organisation, I'm obviously wrong.

The girls we work with are young adults, learning about life, going through puberty and adolescence. They need us to care about them personally, as individuals, as well as one of a Patrol.

Guiding is more than playing games. Guiding for Guiders must be an extension of learning, of caring, of helping, of loving. Are we so Victorian in Guiding that we sweep everyday realities under the carpet? Are we all so free from sin that we can judge and condemn these young girls? We've used them to help with younger Guides, with Brownies, then, when they need us most, we turn our backs — we don't want to know.

I can't remember reading (when I answered the advert to become a Guider) that I had to be an

ANGEL. I thought I had to care about the development of the girls I work with. I thought I had to Guide them and love them.

S WATERFIELD
Guide Captain
19th Mansfield
(Methodist) Company

HYPOCRISY

How hypocritical are we going to allow ourselves to be? Youngsters see through hypocrisy and are quickly disillusioned by it, and even worse, it can turn them into cynical beings with all sorts of problems for themselves and for society at large.

With such a high percentage of young people living together before marriage, and I know of several Guide leaders who come into this category, it seems this whole question needs to be faced up to by the Association and debated in depth throughout the Movement.

If those who are unfortunate enough to have publicly been seen to have erred are going to be made scapegoats, then to be consistent surely every potential leader and Unit Helper should have her whole past history searched into before the Association will register her on their books or else we risk putting ourselves in the position of sanctioning double standards.

PHOEBE CAFFYN
District Commissioner
Lewes Windmill District

WELCOME

I am writing in response to the recent Personal View on pregnant Young Leaders. I'm sure that our District would welcome them back, providing they were keen Young Leaders which surely, is what matters.

My daughter, who had given up as a Young Leader to start her first job,

returned home pregnant. Not only was she welcomed back to the Pack by parents and Guiders (and Commissioners), but the Brownies attended the baby's christening and the parents sent cards and gifts. A photo of the christening appeared in *BROWNIE* magazine.

After his birth she helped with the Pack, taking him along regularly to meetings (to the delight of the Brownies!) until her marriage two years later. The Brownies formed a guard of honour at the wedding and attended the service.

**NAME AND ADDRESS
SUPPLIED**

TOO HIGH

It was with great sadness and deep concern that our last District Meeting learned that the 1989 Census Fee was to total £5.25 per head. This amounts to a 30 per cent increase over the 1988 fee (which our units found difficult enough to meet) and we can really see no justification for it.

We are trying to run inner-city units and we do not need to outline the types of problems encountered. We were under the impression that 'Guiding was for all'. This really should be 'Guiding is for all who can afford it'.

At present all our units try to be self-supporting but the constant burden of finding more and more money to meet the annual Census fee, let alone the constant expense for badges, equipment and hall fees is beginning to depress even the most committed of us.

Our meeting felt that those who set this final fee are completely out of touch with inner-city Guiding and urgently ask that they re-think any future rise in fees.

S SMITH
District Secretary
Shoreditch District Guiders

UNTHINKABLE

With reference to the use of unit funds to buy Guiders' uniforms, personally I cannot think it at all right to do this.

The majority of unit funds comes, after all, from subscriptions. If we expect parents to buy uniforms for their daughters, then it seems only fair that we should buy our own.

I would have thought that any Guider would have taken that for granted.

Use could be made of unit funds to buy items of uniform on behalf of Guides or Guiders, but this would always be on the understanding that the money would be paid back upon receipt of goods. Anything less is unthinkable.

ANNA MACKINNON
Guide Guider
1st Werl Guides BGIG

NO LICENCE

I read with great interest the comment regarding warranted Guiders being able to take their units to camp.

I have only recently returned to the Movement and gained my Warrant and have a very young, but very keen, Company who would dearly love to go to camp, but I have to say 'No' because I don't have my Campers licence. The girls haven't even got the option of a district camp in our area this year.

I feel sad for my Company that they are missing out on one of the most exciting activities of Guiding. It would be so much fun to follow one of our day camp trainings with a long weekend maybe during the long summer holidays, but sadly this is not to be.

From my point of view a basic camping section within the Adult Leadership Scheme would open the way to a lot more

activities and ease the work load on me as a Guider.

**MRS HEATHER
O'HALLORAN**
1st Caversham Park Village
Company

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Green Shield stamps are currently making a comeback after ten years. But the new version is much more expensive than its predecessor. One stamp is now given for every 25 pence spent. This means a total of £256 has to be spent to fill one book with stamps.

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But people who have given up collecting the stamps might be willing to give their stamps to a unit's collection. I was surprised with the speed at which my Guide Company's stamp books were filled. After only five meetings we had collected enough stamps for a camp table.

I recommend this method of gaining small items of equipment to other units and possible Brownie Packs too.

B BEAN
Guide Guider
1st Stevenage Guide
Company

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a day in the life of

AN ORKNEYS GUIDE

The Orkney Islands lie 32km away from the northernmost tip of the Scottish mainland. Despite the harsh, cold climate, there is an active Guiding community with over 460 Brownies, Guides and Rangers on the various islands. Audrey Marcus is a Guide on the island of Westray. She is 14 years old.

• Westray is one of the outer islands. There is a ferry, the Orcadia, which comes once a day with post and food but if the weather is bad we can be cut off for days.

There are 700 people on Westray and there is only one school. It is six miles away so I have to cycle up to the main road to catch the bus. I leave my bike at the bus stop and I don't bother to chain it up — everyone knows it's mine and I don't think anyone would want to pinch it!

We do all the usual subjects; my favourites are domestic science and woodwork. I like playing football, too!

Next year I will be going to school on the mainland, in Kirkwall. Kirkwall is a big town and it has the only high school on the islands. It will be just like boarding school because I will have to live in a hostel and go home once a month. I'm really looking forward to it, though, because I'll be able to meet people from all over the islands — and Kirkwall has lots of shops too.

On Westray, school finishes at 4.00pm in summer and 3.45pm in winter. Guide meetings are held straight after school. There is one Guide Company on Westray and I

am Leader of the Thistles Patrol. We meet once a week and do lots of badgework. Camping is my favourite activity — I wish we could do it more often. The best part of the year is the Aiberness Camp, which is held on the main island. Guides and Rangers from all over the Orkneys, the Shetlands and even from Norway go along. It's great fun — there are activities like archery and abseiling and lots of hiking. Because we are so far north, it never really gets dark in summer, which means we can enjoy

ourselves for hours.

Our main problem at Guides is a shortage of wood! There aren't many trees on the island, so we use scrap wood that is given to us by local builders to make gadgets and fires.

When our meeting ends, mum or dad come to fetch me. We have a family meal every evening. There's lots of fresh fish and vegetables on Westray, so we always eat healthily. There are only four shops on the island: a grocer, butcher, post office and a general store. There aren't any clothing shops on Westray, so mum orders most of my clothes from a catalogue.

There's quite a lot to do in the evenings, apart from Guides. I go to the youth club every fortnight. It is run by the Church of Scotland and we often go away on activity weekends. Bible study classes are held every Friday and I go to church with mum and dad each Sunday. I also find the time to go swimming and to dancing classes during the week.

But I don't want to live on the islands when I get older. I want to be a nurse one day and live in a city like Aberdeen or Edinburgh. I think it will be much more fun living on the mainland. It's so quiet on Westray. Kirkwall isn't too bad — it's got a cinema and even a Guide hut, but I think the mainland will be much more fun. •



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