

# GUIDING

JANUARY 1989 75p

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# front PAGE

## GUIDING

VOLUME 77, NUMBER 1  
JANUARY 1989 75p

## CONTENTS REGULARS

- 5 GUIDING IS ...
- 16 NETWORK
- 19 A PERSONAL VIEW
- 27 NOTICES
- 29 DIARY OF A DISTRICT COMMISSIONER
- 34 OPEN DOOR/COMING NEXT/IN FOCUS
- 46 A MUCH LOVED COUNTRY
- 51 LETTERS
- 53 WORLD NEWS
- 56 PEOPLE AND PLACES

## PROGRAMME

- 35 PROGRAMME DIARY
- 36 RAINBOW GUIDERS
- 37 BROWNIE GUIDERS
- 38 COPING WITH
- 40 GUIDE GUIDERS
- 42 JUST HOW
- 44 RANGER GUIDERS
- 45 YOUNG LEADERS

## ARTICLES AND FEATURES

- 6 OPERATION RALEIGH
- 8 GUIDING IN ACTION  
visits the Orkneys
- 12 LIVE ISSUES  
Anorexia, the slimmer's disease

- 14 SONG AND DANCE ROUND UP
- 19 RELIGIOUS COMPETITION RESULTS
- 20 TV VIOLENCE:  
Your chance to have a say
- 22 OLAVE BADEN-POWELL BURSARIES
- 23 THE YWCA  
First in our series on Affiliated Societies
- 24 CENSUS IN PERSPECTIVE
- 25 BLACKLAND GOLD RUSH
- 28 SCOTLAND — HAIL AND FAREWELL
- 30 A CENTENARY CAKE  
to celebrate Olave, Lady Baden-Powell's birth
- 32 BLUE EYES AND HER SLAVE ... a happy husband's story
- 48 ONE WORLD  
looks at Uganda
- 54 A SPOT OF COMIC RELIEF
- 58 JIM FIXED IT ...  
for some Brownies
- 63 A YEAR IN THE LIFE OF  
Netherurd House

## ARENA

- 10 BEHIND THE SCENES  
a Queen's Guide with muscles
- 18 TALKING POINT
- 28 WATCH THIS SPACE



## COMMENT

The Christmas holidays are over now and we are starting a new year — a very important year for Guiding. It is 100 years since the World Chief Guide's birth and, in February, we shall be celebrating her centenary with special Thinking Day Services.

However, I feel that this month, the beginning of the year, we should be taking a critical look — from the angle of our own particular role(s) — at the way we manage Guiding.

Are we really as democratic as we think we are? We are training girls from the Brownie Pow Wow, through the Patrol system to the Ranger Councils to discuss ideas, weigh up the pros and cons and then come to a decision. This is a very important process which, hopefully, ensures that the girls learn the responsibility of making a decision.

In District meetings the Guiders have the chance to discuss ideas and proposals before coming to a decision, as indeed we do in the Counties', the Countries' and Regions' Executive Committees and finally at the Association's Committee of the Council itself.

There are times when it is difficult to reach a decision. This is where we must ensure that we are not mistaking democracy for fudging the issue — how often is an issue passed on to be talked over by yet another committee because a decision is difficult? Of course, wide consultation must take place and it is vital that we are democratic in our decision-making, but please let us get on with it.

As Brownies and Guides the girls are encouraged to contribute. It is equally important that our Guiders, Young Leaders and adult helpers can feel their voices are heard.

They must feel their views and opinions are valued and noticed by those who make the final decisions. Let 1989 be the year this dialogue gets underway.

Dr JUNE PATERSON-BROWN  
Chief Commissioner | 3

## FRONT COVER



### At the end of the Rainbow.

Rainbow Guides Sharon Barker, Samantha Heydon, Vanessa Gonzalez, and twins Jackie and Andrea Smith of 17th Stevenage Rainbow Unit get to grips with their namesake. Our newest section looks set to take the Movement by storm. We all wish them well and know that at the end of the Rainbow there's a heart, if not a crock, of gold.

SUSAN MAYER



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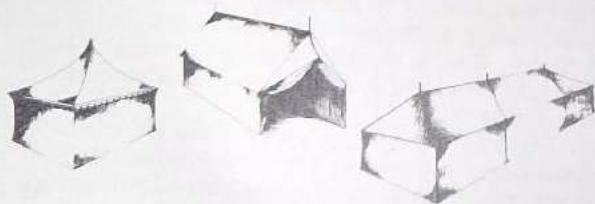


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# Operation Raleigh

## THE SPIRIT OF ADVENTURE

Operation Raleigh is out to recruit 'wrinklies' — that's anyone over 26 — to join special five-week expeditions.

Carefully-selected volunteers could find themselves tackling Botswana's Kalahari Desert or Okavango Swamp, climbing the Himalayas; riding through the jungle on an elephant or braving the rapids in West Nepal.

And although the new-style expeditions are aimed at business executives — male or female — there is no reason why Guiders should not apply.

An Operation Raleigh official explained: 'They are being geared towards executives because most private individuals wouldn't want to spend the amount of money involved — £5,000 — on a leadership course. But there is nothing to prevent a Guider or anyone else applying.'

Since Operation Raleigh was launched five years ago, 4,000 young people aged between 17 and 24 have been on expeditions. Over 60 per cent of them were — or had been — Guides or Scouts.

Due to end in April, Operation Raleigh has now been extended indefinitely.

The project was born to test out one of Prince Charles's most cherished convictions. He believes that 'young people need the challenges of wartime in a peaceful situation'.

To provide that challenge, a series of round-the-world expeditions were set up. The young people taking part were expected to cover three areas: community, research and adventure. They had to raise £1,500 through sponsorships to take part. The only other stipulation was that they must be able to swim.

Prince Charles is Patron of Operation Raleigh, as he was of its forerunner, Operation Drake.

The task of making the dream reality belongs to soldier-explorer Colonel John Blashford-Snell, MBE.

FRANCIS CHIDELL gives Guiding a behind-the-scenes glimpse of Operation Raleigh.



Venturer Sara Beasley with young Pakistani children during a community project in the Hunza area.

### DREAMS COME TRUE

Not long ago Princess Alexandra presented a medal to a young woman who had been nominated for showing courage, endeavour and initiative in the face of adversity. At the ceremony the Princess was introduced to an assembled company of young explorers, their backers and members of the staff of Operation Raleigh.

The winner of the medal, Mrs Anna French, had been a disabled Young Explorer on one of the previous series of expeditions, Operation Drake. Anna has battled with cancer, while coping with being a wife, mother and film producer.

Princess Alexandra knows all about Operation Raleigh because, in September 1984, she commissioned the Operation's flag ship *Sir Walter Raleigh* at Hull. A month later, the first batch of 'Venturers' sailed away.

Since then, young people from 40 different countries have been on expeditions. Each expedition party has had an international mix and is guided by experts. Usually half the Venturers are girls. So far, 58 expeditions have taken place.

An American girl wrote: 'Operation Raleigh has taught me to dream big and work hard to make those dreams a reality.' It is also a dream-made-reality for Colonel John Blashford-Snell. However, there is a serious purpose behind all the adventures.

An increasing amount of scientific data is being gathered from remote areas, where scientists are pleased to have the chance not only of getting to them through the Operation Raleigh organisation, but also of harnessing the help of scientifically-minded Venturers.

Working on community projects has brought Venturers into close contact with the communities in which they temporarily find themselves. This can be a mind-expanding experience for them at an age before prejudices have had time to set in. It also gives the young pioneer a chance to practise one of the programme's most important concepts ... service before self.

In an endeavour to motivate young people back home, who might well enjoy a variety of outdoor activities, Venturers are setting up Operation Raleigh support groups. To date, there are over 30 in Britain alone.

Raleigh applicants are sought from people in all walks of life, including unemployed youngsters, many of whom are finding that the longer they are unemployed, the more difficult it is for them to find a job. On their return home ex-Venturers are encouraged to help motivate these young people.

Using young people to get through to others of the same age can be very effective, not only in inner cities but also in rural areas, where the need for action is just as great. After their Raleigh expedition, many of these young leaders become instructors with The Duke of Edinburgh's Award Scheme.

Future projects in Africa, Australasia and South America include conservation and community aid projects. It is planned to organise a disaster relief pool from which young teams could be drawn to help communities recover from any natural disasters. Each stage of Operation Raleigh aims to motivate and increase the self-confidence of those taking part.

Meanwhile in Chelsea, the hard-working staff at Central Headquarters stick more and more coloured dots on their wall maps to mark current expeditions all over the world. The sail-training ship's posi-



tions are indicated with one pin, while another shows a medical research project or a diving team. And now, a new group of Venturers are to be admitted.

Leadership expert Professor John Adair and Colonel John Blashford-Snell are currently focusing on an older age group who for years have been saying: 'Oh, if only Raleigh had existed when I was young.' From May, 1989 Operation Raleigh is to recruit a few carefully-selected 'wrinklies', as the impudent young refer to the Over-26s.

The scheme was launched because Venturers wanted other, older, people to visit their expeditions and see them in action. A secretary with British Rail summoned it up: 'Then they'll understand we've not been on holiday at the firm's expense.' However, when the idea was tried out at a gathering of sponsoring companies, it became clear that Operation Raleigh ought to use its well-tried methods to help executives learn team development and realise their potential to the full. The companies wanted an opportunity for overworked managers to have the chance to recharge their batteries, develop new skills, cope with unfamiliar situations and study leadership in management, then return home stimulated and remotivated.

One of the many projects on the drawing board is a dog sleigh journey across Alaska to study conservation and wolves in 1998. All the proposed expeditions are packed with variety and interest and, it is claimed, can be tackled by anyone who is fit, healthy and has an adventurous spirit.

Like their younger colleagues, older applicants will go through an assessment weekend in Britain. There will also be follow-up meetings to see how the experience has helped performance. Since the idea was floated, enquiries have poured in to Operation Raleigh and, as might be expected, some of the first came from Japan. One secretary called up to ask: 'Could you take our Chairman to the North Pole for as long as possible?'

So another chapter begins. More dreams are set to come true. Adventure with a purpose continues with the aim of helping people to help themselves... and others too. And, of course, to put service before self.

**The first selection of older Venturers will be held in March. Anyone interested should contact: Colonel John Blashford-Snell, Operation Raleigh, The Power House, Alpha Place, Flood Street, London SW3 5SZ.**



Ex-Guide Louise Fothergill — Venturer in Japan — surveying the lava caves of Mount Fuji.



Scuba diving on The Great Barrier Reef, Australia — Venturer examining a giant clam.



# Gill

## THIS BEAUTIFUL WILDERNESS

An isolated barn packed with farm equipment is a rather unusual setting for a wedding reception, but that was the place chosen by the Orkney Girl Guides for their Fancy Dress Wedding — the finale of their week-long summer camp.

Over 150 'wedding guests' packed the stone built building at Aikerness Farm, Evie. Evie is a district on Mainland, which is the name of the main Orcadian island. And, as often happens, while the revellers danced and sang folk songs to the sounds of an accordion, a dense fog rolled in off the Atlantic. The 'happy couple', Jock and Janey — better known as Guiders Joyce Tulloch and Clair Newton, led the dances and as they whirled across the floor, the accordionist was hard pressed to keep up with them.

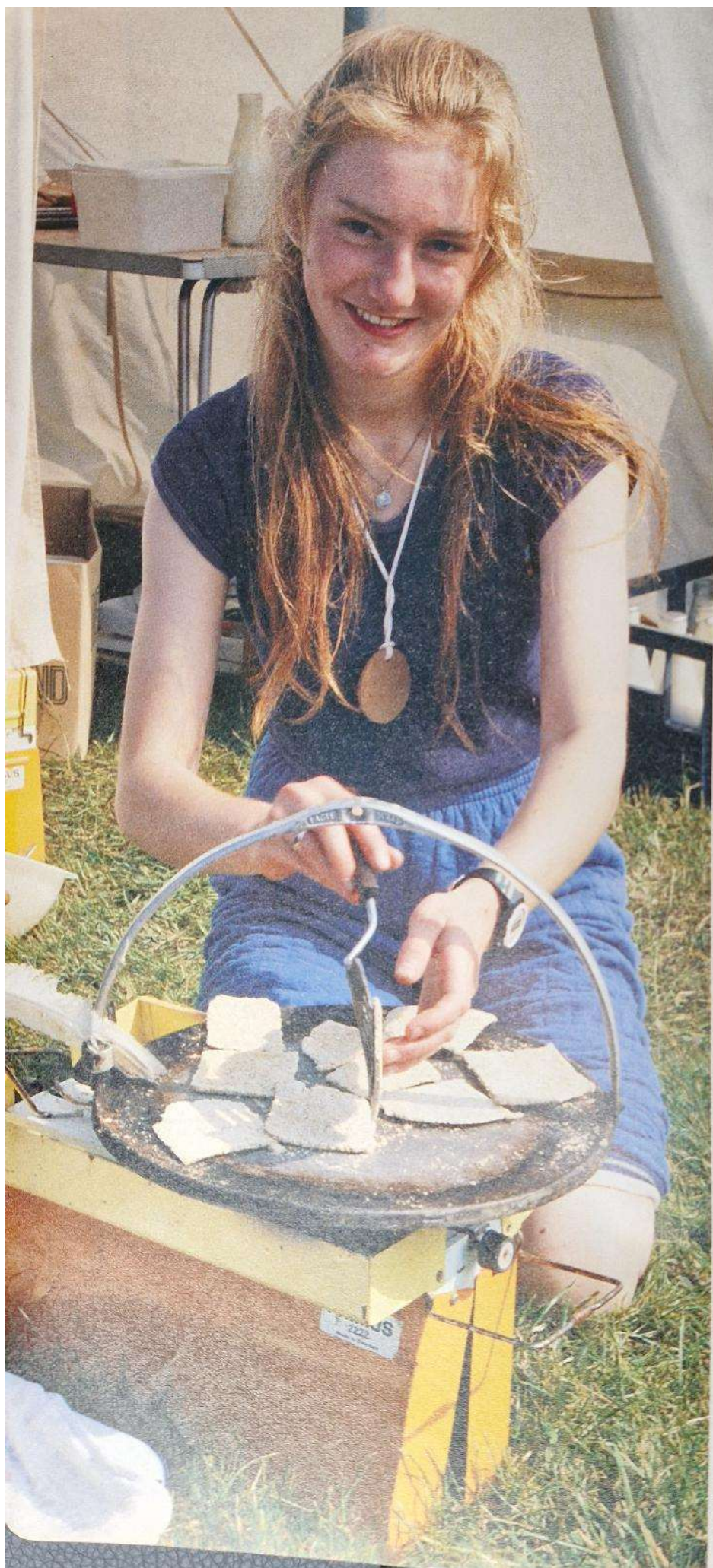
The camp itself was home from home for more than 50 Guides. Some had travelled from as far afield as Shetland and Orkney's twin town, Bergen, in Norway. But most were, naturally, from the Orkney Islands. Susan Hutchinson of 1st Westray Company had come over by ferry from her remote island. She was keen to talk about her experiences at camp.

'We've been all over the place this week — on Monday morning we were up at six to go on a breakfast hike to the wind generator on Bugar Hill,' she said. 'And on Tuesday we spent the day on another outlying island — Rousay — watching cheese being made'. Other camp activities included archery, abseiling, spinning and traditional baking — Orcadian oatcakes are something of a speciality.

An amateur radio station was also set up. The Guides found this particularly exciting, because they were able to make contact with amateur radio stations all over the world, including some in Australia and the USA.

Camp cooking with a difference: cooking oatcakes on an open griddle.

ROBIN SHUTE





# ding in action



ROBIN SHUTE

Take a bow: Jock and Janey leading the dance at the fancy dress wedding.

The cat's whiskers: Guides in fancy dress at the wedding of 'Jock and Janey'.



## PART OF THE MAINSTREAM

One aspect many of us would find off-putting is the feeling of isolation, but Margaret is adamant that this is no longer the case. 'We are connected to the national electricity grid, have our own radio station — Radio Orkney — and we are proud of our 19 Brownie Packs, 13 Guide Companies and two Ranger Units'.

Indeed, the Orkney Islands are no longer the inaccessible outposts of the past — regular ferries and flights to and from the islands have seen to that — and Orcadians are proud of the fact that they have the highest number of telephones and cars per inhabitant than anywhere else in Scotland.

How many of us who live in busy cities and towns don't envy the clean air, calm atmosphere and beautiful surroundings Orcadians take for granted? Even the isolation would be splendid — just for a few days!

ROBIN SHUTE 9

## A CALF IS BORN!

One drama which added a novel twist to the week was when camp Quartermaster, Barbara Hutchison, was called upon to deliver a local farmer's calf by Caesarean section. Barbara is a qualified vet.

When the excitement of that particular incident had died down, Barbara took a moment to tell me a bit about how she had prepared for the camp. 'It's a real problem buying camp equipment,' she admitted. 'Nowhere on the island sells it, so we have to get it all by mail order through the Girl Guides Trading Service.'

Cagoules, bottled gas, ropes and so on are no problem because we can get those in the ship's chandlers, in fact there's even a shop in Westray — the capital of the Orkneys —

which sells Guide uniforms, but camping equipment just isn't available.'

Something else which isn't readily available is firewood. Because the soil has such a high salt content, very few trees grow on the islands. Local builders have to import wood which can be very expensive, but such is the spirit of unity in the tiny community that off-cuts are given to the local Association free of charge.

This is the sort of thing which County Commissioner, Margaret Flett, feels makes living on the islands such a joy. 'Everybody knows everybody else,' she said. 'Folk aren't very security conscious — they don't have to be. Nobody locks their car around here and I can't remember the last time anywhere was broken into'.



# arena

## BEHIND THE SCENES

### KAREN GETS PHYSICAL

Pint-sized Karen Warner's training as a Guide came in handy the day she won a coveted place on a sports Youth Training Scheme.

She explained: 'We had to turn up for a day's assessment. There was an interview followed by circuit training and then the last bit was standing up in front of people and shouting at them - telling them what to do.'

An ordeal for most not-quite-17-year-olds. But that's where 5ft 2ins Karen's Guiding experience came in useful. For, as Leader of the White Rose Patrol of the 6th Kenilworth Guide Company, she was used to people obeying her.

'I definitely got a lot of confidence from being a Guide. I like being in charge, although I like helping people as well,' she said.

These days, 21 year-old, blue-eyed Karen is an instructor at Sparkling Health, an upmarket health club in Tunbridge Wells, where she's teaching the well-heeled how to look after their bodies.

It doesn't leave her much time for her own favourite sports — netball and cricket — or even for her new husband, Mark, who is a professional golfer.

She said: 'We both work shifts, so it's a bit like ships that pass in the night, although it is easier in the winter when Mark finishes at 4pm.'

Not that 23-year-old Mark is much use in the kitchen, Karen says: 'He's not very practical. He wasn't a Scout you see — too busy with his sports.'

The couple, who were married in October, met at a Coventry nightclub when Karen was completing her year-long YTS course, which was backed by star runner David Moorcroft.

Like Karen, Mark is sports mad. Karen explained: 'When Mark was 10 seven his dad became ill and, as he



Karen relaxes for a moment.

recovered, they both decided to take up golf. Mark just loved it and he decided that was what he wanted to do. But he did a lot of other sports as well.

'He played cricket and hockey at county level, but chose to concentrate on golf because it is an individual sport and you can't blame other people if you don't do well,

only yourself.

'Mark became Warwickshire champion, so he couldn't better himself there. Then he decided to come south because that's where the money is. It is the only place you can make a living out of golf.'

When Mark got the job as assistant pro at Tunbridge Wells's premier club, the Nevill, he asked Karen to

Get healthy the scientific way.





come south with him.

'I told him that if he found me a house and a job I'd come. Within two weeks he telephoned to say he'd got me a job.'

By chance, Mark met up with an instructor at Sparkling Health who was planning to go to Australia. So, when the manager heard about Karen, she was invited down for an interview.

Karen believes more people are aware of the need for keeping fit these days. She never needs to diet, staying pencil-slim no matter how much she eats.

'We had one gentleman who came in and said: "I'm paying for the third year running and I haven't set foot in the club" ... people seem to like to say that they are members of Sparkling Health without actually making use of the equipment to get healthy.'

'That's just the people with money, of course. There are normal down-to-earth people who really use the club. They come in every day or at least three times a week and work really hard, then struggle to find the fees to rejoin at the end of a year.'

Karen joined the Brownies when she was seven, like her sister Christine, who is two years older. 'I was a member of the 9th Kenilworth Brownies,' said Karen. 'I liked the practical side of it — doing things. They made me a Sixer, but mum wouldn't let me go on the Pack Holidays.'

There was a bit of a problem when it came time to move up to Guides. 'I didn't want to go into the 9th because I didn't like the Leader, I wanted to go to the 6th where all my friends went,' she confessed. Karen had to wait, but she finally got what she wanted. She finally joined the 6th — 'the best in Kenilworth' — and became Second and then Patrol Leader, of the White Roses.

'I got a lot of pleasure out of Guiding and I learned a lot,' says Karen. 'I'd recommend it to everybody really, because I enjoyed it so much. I learned how to do things like wiring a plug instead of waiting for someone to do it for me.'

'If I have any children I'll definitely send the girls to Brownies and Guides.'

'I meet friends who weren't Guides and they have been thrown into the real world without being able to cope. They can't cook, don't know how to clean. If they do get their own home, they won't know how to manage. Their mothers do everything for them.'

Karen learned to cook in the Guides. She said: 'I loved camping. The food used to be the best bit, it

was excellent. At camp there was something to do all the time. I remember once we went to Nottingham and we made our own bows and arrows in the forest.'

Karen worked hard and became a Queen's Guide when she was just 14. She said: 'I enjoyed every minute of it. It was great, but it did take a long time. The presentation was in front of my Company and all the people who had helped me get through were there, plus my parents and aunts and uncles. We made a special evening of it which ended with a camp fire and all of us joined in.'



Karen at 14 and a Queen's Guide.

She's lost count of the number of badges she gained, but reckons her Camper's licence was the best one.

'I had to take a Patrol out for a weekend's camp and arrange the whole thing. That was brilliant.'

The trouble was the weather. It was the wettest and windiest day of the year. We had stuck our tent near some bushes and we were the only ones that slept through. The others were up all night trying to keep their tents down. It was just so wet it was like swimming in a mudbath.'

After Guides, Karen was a Young Leader for a year. She had to give it up eventually, because her working hours didn't fit in with meeting times. But she is hoping to rejoin the Movement now she is settled in the south.

Ever since she was 14, Karen was determined to have a career in sport. She told me: 'I was always a sports-minded person and at every career interview I told them what I wanted, but was always told: "You can't do that — you have to have A levels". I

didn't want to do all that.'

So, at 16, Karen left Kenilworth's Priory Hall School with a couple of O levels and took a business studies course at the Mid-Warwickshire College of Further Education. Then she had a stroke of luck. A woman at the college told her about the YTS course and put her name down for it.

As a teenager Karen says that, as far as sport was concerned 'you name it, I did it'. She played netball for Warwick Hospital and cricket for a ladies' team from Norton Lindsey, a village near Stratford-on-Avon.

'I love cricket,' she confessed. 'My dad was a cricketer. He was the chairman of the village club. At first I used to play with the lads and then they started a ladies' team because a lot of the players' wives were interested. I used to bowl and, yes, it was overarm,' she added wearily.

She isn't too keen on swimming, but collected a coaching qualification in it while on her YTS training.

Karen would advise anyone to try what YTS can offer ... especially the sports course — 'that's the best'. She insists: 'The money isn't much, but it helped that I could live at home.' She spent a day a week at college and the rest of the time on placements. 'You could be teaching games at a junior school or helping mentally handicapped people do PE; working at a fitness centre, a sports centre or a play group. And they would send you on special weekend courses if you were interested,' she added.

After a year, Karen had part one of a City and Guilds Leisure and Recreation qualification and a job.

Her first placement was at a health club. She enjoyed the work and they liked her, so she asked if she could stay there a further three months. The organisers agreed as long as the firm were willing to give her a proper job when she completed her training. They were happy to do so.

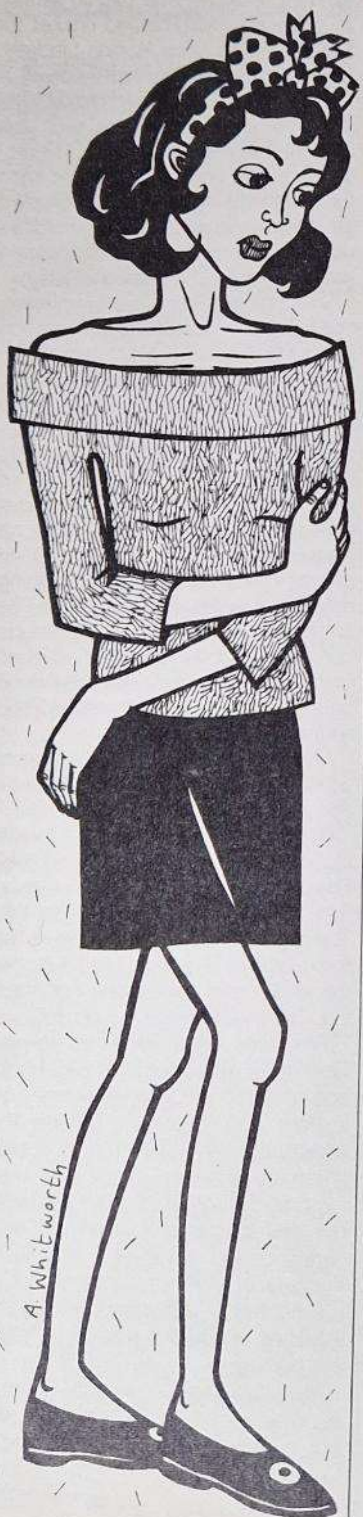
That was when she had to quit Guiding. 'I was working silly hours and only getting one Friday night off in four and it wasn't fair on the others, but I do want to start again,' she told me.

'I thought it was an honour to wear my uniform. We all used to love parading and being on parade in Kenilworth with the streets full of our parents. Guiding has helped me a helluva lot. I think it is just a great organisation.'

At the moment she is taking golfing lessons. 'I kept saying I wouldn't, but it is the only way I get to see Mark.'



# DYING FOR A BISCUIT



It has been said that as many as one in every 20 girls between the ages of 16 and 18 suffer from an eating disorder. This doesn't mean that they are watching their weight — it goes much further than that. These girls are suffering from anorexia or bulimia nervosa. But what exactly are these diseases? And how can the symptoms be spotted?

The first description of anorexia nervosa in England was made by Richard Morton, a 17th century doctor. But the name is somewhat inaccurate. Literally translated, anorexia nervosa means 'loss of appetite for nervous reasons'. But this isn't the case. Nearly all anorexia sufferers retain their appetite, but lose the ability to satisfy it.

Anorexia is a disease which can affect anyone, male or female, at any age, but it is most common in adolescent girls. There is also evidence to link it with social class. Girls who come from middle or upper class families tend to be the most common victims, particularly where high achievement — either academic or social — is encouraged.

This is by no means a hard and fast rule — anorectics can, and do, come from every social class. The one thing they seem to have in common is an unusually strong emotional dependency on their parents. Anorectics are often sensitive, intelligent girls. They fear failure and often feel that they are unable to cope with becoming adults. This seems to mean to them life without their parents. They were perhaps happy in early childhood and are very reluctant to grow up. To them this seems to signify the loosening of parental ties and the loss of security.

It must be realised that anorectics are not trying to starve themselves to death. By not eating, they are controlling the only thing in their lives which they feel they can control — their weight. They are elated when they lose weight because they have achieved something on their own, something that they have controlled

from beginning to end. This gives the sufferer a feeling of success which, in fact, mirrors a deep-rooted fear of failure. A result of this fear is that food becomes a fixation. What they are unable to appreciate is that this attitude indicates their *lack* of control.

So, how do you spot an anorectic? No doubt if a girl in your unit loses an enormous amount of weight you will notice it... or will you? Anorectics are notoriously secretive and devious. Their sole preoccupation is food and how to avoid it. As anorectics also have low self-esteem, they often withdraw from life unable, or unwilling, to let anyone get close to them. They feel unworthy of even the most simple act of kindness. They become socially isolated but, as the sufferer may always have had a low opinion of herself, this may not be immediately obvious.

Anorectics have a distorted idea of both themselves and life in general. They see themselves as grossly overweight, disgusting to other people. This often makes them difficult to treat.

It must be understood that anorectics are not being selfish or childish (although many are childlike) but are fighting a battle with their inner selves which is a source of constant revolt and revulsion to them.

Many anorectics become hyperactive and their periods usually stop. Apart from this, the more common symptoms of starvation are present. These include severe constipation and abdominal pain, swelling of the stomach, ankles and face, and dizzy spells.

The first thing you might notice is that the sufferer refuses to eat with other people. Often they say that they have eaten earlier or they are trying to lose 'a few pounds'. If pushed, anorectics can cause a 'scene' and get out of eating that way. If an anorectic *has* to eat with other people, she will often conceal the food in some way, either in pockets or in plastic bags, to dispose of later. They are also likely to make themselves sick and take huge quantities of laxatives.

Anorectics can, and do, recover. This is not to underestimate the severity of the condition — it is potentially fatal. To be able to recover, anorectics must first learn to *like* themselves. They *must* accept themselves as normal human beings with the same number of strengths and weaknesses as everyone else. An anorectic would be hard pushed to make a list of their good points but



they must learn to accept that these exist and try to believe in them.

But what happens if you think you may be suffering from anorexia nervosa yourself? No matter how early the stages are, go to your doctor and explain what is happening. The more people you tell the better — when you are feeling down, the fact that other people know, understand and can be supportive, helps a great deal. They may also reassure you enough to help you through the 'difficult patch'.

If you have a friend or colleague who you think may be an anorectic, do something about it. Tell your Guider or boss, or someone who you know is capable of taking control of the situation. If they live at home, try to speak to their parents. Whatever you do you won't be popular with the anorectic but you might be saving her life or, at the very least, saving her years of suffering.

If you think that you, or someone you know, has an eating disorder, contact your local GP, ring the Samaritans (their number is in the phone book) or contact: Anorexic Aid, The Priory Centre, 11 Priory Road, High Wycombe, Buckinghamshire HP13 6SL. Telephone: High Wycombe (0494) 21431.

## JEMIMA — HISTORY OF AN ANORECTIC

**Age 10** Becomes aware of her own mortality.

Her uncle and great-grandmother die.

Finds her family's inability to communicate distressing.

Is desperately afraid of death and fire. Becomes frightened and alarmed if her parents light a fire and she is not there to watch it personally.

Spends much of her time writing morbid poetry.

**Age 16** First goes on a diet — to please her boyfriend.

Loses 5 lbs.

Her godmother, to whom she was very close, dies.

Comfort eats — gains weight.

Boyfriend returns from holiday abroad — relationship ends.

Starts sixth form college and begins diet.

Cuts out bread and cereals and increases intake of high fibre foods such as fruit and vegetables.

**Age 17** Feels at a loss socially since the break-up.

Doesn't feel she can return to her old friends because she neglected them when she was with her boyfriend.

Is losing weight — making herself sick after meals.

Buries herself in work — 3 'A' grade 'A' Levels predicted for her.

**Age 18** Stops going to college regularly.

Spends much of her time bingeing while she is alone in the house during the day.

Is regularly making herself sick.

Her teachers are concerned about her lack of work and her weight.

Starts to see a child guidance counsellor.

Given hypnosis to calm her nerves.

Is told that her anxieties are the root cause of her problems.

**Age 19** Takes a year off to 'pull herself together'.

Slips further into depression.

Starts taking huge number of laxatives — is still vomiting after eating.

Makes an attempt to eat normally and come off the laxatives — after five days complains that she is 'crawling the walls'.

Begins exercising excessively — is up all day and night. Her knees swell and she suffers from the cold.

Her weight is about five stone (Jemima is 5'4" and her natural weight is around eight and a half stone).

Feels suicidal.

Complains of being enormous and repulsive.

Wears large clothes so no-one can see her body shape.

Given anti-depressants — weight rises due to appetite-enhancing qualities of the drugs — is well enough to visit her penfriend in Italy.

While on holiday her weight drops back to five stone.

**Age 20** Starts a degree course at college.

Lives first with one landlady, then another, with whom she stays for a year and two terms.

Won't mix with students of her own age — finds a few friends among the mature students on her course.

Refuses to see psychiatrist while at college — is helped through first two years by the college nurse and her landlady.

Is still five stone.

**Age 21** Moves into college. Feels guilty that she might have hurt her landlady.

Carries enormous guilt for what she has done to other people. This makes her worse because she takes the blame for situations which aren't her fault.

Comes off the anti-depressants

because they make her 'dopey' Still won't mix with people her own age for fear of sexual attraction and misinterpretation.

Dislikes pubs and discos which she sees as the only places young people meet.

Doesn't feel in control of the messages she sends out to men — has a fear of being in a potentially embarrassing situation.

Is afraid of hurting someone by rejecting their advances so avoids situations where this may occur.

**Age 22** Has a job as an au pair in London.

Is on intensive treatment but still views the future pessimistically.

Knows that she is doing permanent damage to herself and that she faces possible kidney failure.

Cooks all her own food because she doesn't trust other people not to add things.

Is hoping to do a PhD but looks to the future only if she has to — still sees, as she did at ten, life as a process which only leads to death.

## SHOCK STATISTICS IN CHQ SURVEY

A survey on the dieting habits of women who work at Commonwealth Headquarters produced some surprising results.

The most shocking statistic revealed was that four out of the 61 women who agreed to take part had at sometime made themselves sick after over-eating. This was a massive six per cent of the survey sample. Six per cent of the total number of British women is 1,740,000.

A high percentage also said that they felt that losing weight would make them more attractive.

Two women in our survey said that they lost weight for a boyfriend but most said they began to diet for themselves.

The most common age group for women to start dieting was 16–24.

Surprisingly, age did not seem to make our sample less weight conscious — some of the over 40s said that they worried just as much as they did when they were younger. Some even said that their concern about their weight had increased with age.

And weight is obviously a cause for concern because only six claimed never to have dieted at all.

**BEN HALL**

Next month we take a look at Bulimia Nervosa — the hidden slimmers' disease.



# *we have a song to sing, oh!*

**The Song and Dance Challenge certainly captured the imagination of Guiders everywhere and their nimble-footed Guides and Brownies. The Challenge involved learning three new dances and three new songs, which were to be performed in three different places.**

All over the UK girls have been having great fun dancing and singing — and lots of them have used the Challenge to raise funds for good causes too.

The stories of what they got up to are still flooding into Commonwealth Headquarters; here's just a few from our files.

In Cambridgeshire West, Brownies, Guides, Rangers and Young Leaders combined for a non-stop singalong. They kept going for 30 hours and raised a massive £4,200.

It wasn't always plain sailing though. Anne Kelley, Brownie Guider of 2nd Banchory Brownie Pack, watched in dismay as the girls struggled to master the intricacies of the highland fling. She couldn't help feeling a little sceptical when, two days later, on the way to a Brownies' swimming night, one of the Pack enthusiastically suggested: 'Why don't we dance in the pool tonight?'

'Thinking of the muddle on dry land, my heart sank: chaos at swimming as well!', recalled Anne. But to her delight, the Brownies took to the pool like ... ducks to water — and Aqua Dance '88 was born.

Blandford United Reformed Church Brownie Pack also tried their hands at aquatic dancing, although in slightly different circumstances. The girls were about to take part in a TVS Telethon event, a Pied Piper's Picnic at Merley, Dorset, when the rain came down, soaking their masks and props.

They may have performed their Rats dance looking rather like drowned rats, but in true Brownie tradition, they kept on smiling, and 'performed brilliantly' according to their Brownie Guider, Jackie Kenyon.

They also managed to raise £300 for Telethon and visited the TVS studios at Southampton to present their cheque.

One Guide Company performed a play on roller skates, while another unit performed their routine in three separate locations around their town, raising £500 in the process and also making a video.

Charities benefiting from the girls' efforts include Great Ormond Street, community centres and a Ranger was helped to go on an international visit.

The girls danced and sang at a mind-boggling number of different places — at the Glasgow Garden Festival, agricultural shows, fêtes

and town centres; in old peoples' homes, hospitals and schools.

And they brought great pleasure to the elderly, the sick, the mentally and physically handicapped — as well as their own parents and friends.

Not forgetting the girls themselves, who had a wonderful time — and learned some new skills. As one Brownie Guider put it: 'Thank you, Guiding, for helping to turn our two left feet into left and right!'

**Now what would Robin Hood and his mob have made of this? Skirts twirling to a Virginia Reel on the green at Nottingham's splendid castle. The performers with the flying hairstyles are members of 1st Eastwood Guide Company, Nottinghamshire.**



T. BAILEY, FORMAN NEWSPAPERS LTD





▲ It's carnival time, courtesy of the 11th Brondesbury (St Gabriel's) Brownie Pack, Middlesex East. Most of the costumes they made themselves — and some they borrowed. And where better to borrow costumes than the Notting Hill Carnival.



R BOARDMAN

Full marks, look you, for those who recognise a traditional WELSH dance. The girls also performed an ENGLISH Morris dance and an IRISH country dance. Take a bow, the SCOTS lassies of the 2nd Banchory Guide Company, Kincardine and Deeside. ▼

▲ Hey, you with the headphones, don't look behind you, but . . . this line-up of hip-wiggling young ladies from the Eccles and Patricroft District of Greater Manchester West can afford to smile. They don't have to wrestle with the push-button technology.



MRS R A BIRD



## GET CREATIVE

Budding young poets, craft workers and artists are invited to submit entries for the 42nd National Exhibition of Children's Art. The competition has been sponsored by Cadbury's since 1980.

The Exhibition aims to encourage more traditional art forms and provides the opportunity for winning exhibits to hang alongside some of the finest collections in top art galleries and museums around the country. It attracts over 50,000 entries annually from children up to the age of 18 in the fields of arts, crafts and poetry. There are also several cash prizes, special awards and the opportunity of a tour to Italy for the top prize winners.

The current Exhibition will run until August 5, 1989. The winning entries will also be displayed in Hereford, Derby, Edinburgh, Scarborough and Blackpool during the next eight months.

The best 200 poetry entries have been published in the *Cadbury's Sixth Book of Children's Poetry*, Beaver Press, £2.50, which is available from all good book shops. All royalties going to the Save The Children Fund.

The book and entry forms for the 1989/1990 Exhibition are obtainable via mail order from Granby Marketing, School Lane, Durham Massey, Altrincham, Cheshire WA14 5SZ.



Winter Beauties by Lucy Barnard, ten, from Moorfield Junior School in Humberside.

Ian Taylor, with Susan Lake, Sarah Pearson and Melanie Jones (in car) in the pits at Thruxton.



## PASS THE SPANNER

If any Formula One racing teams are short of mechanics for the next season, they can always call on Broadstone Rangers. Recently three of the Unit went to the Thruxton Racing Circuit in Hampshire to be presented with their Motor Mechanics certificates.

They were met by Ian Taylor who runs the racing drivers' school. He

showed them some of the Formula Ford cars used at the circuit. Dressed in their smart, new — borrowed — overalls, the girls were given the chance to demonstrate their skills on one of the cars.

To give them the feel of a few racing laps at Thruxton, Ian took the Rangers round in his saloon car at a nail-biting 120mph. He repeated the experience for their Guider, who was not quite so impressed.



## NATIONAL PET WEEK

The first ever National Pet Week to be held in the UK will take place from April 30 to May 7.

National Pet Week is already very successful in the USA where it has been staged for the last seven years.

Its aims are:

- to promote responsible pet ownership
- to make people aware of the benefits of pets to people
- to raise awareness of working animals
- to increase public awareness of professionals involved with pet animals.

The idea was launched in the autumn at a press conference where the guest speakers included Janet Fookes, MP for Plymouth Drake and Caron Keating, popular presenter on *Blue Peter*.

Janet Fookes, who is the Chairman of the Parliamentary Animal Welfare Group,

announced: 'I owe a personal debt to pets. I grew up with horses, dogs and cats. They added an enormous dimension to my life as they do for everyone's and I want to repay my debt to them.'

'National Pet Week is a golden opportunity to put over the idea of responsible pet ownership.'

The organisers have set up a network of regional controllers to co-ordinate events in their areas.

Events will range from pet shows, open days to walks and competitions.

The project has the backing of all the major animal-centred organisations from the British Small Animal Veterinary Association to the Cats Protection League.

To find out about events planned in your area keep an eye on your local papers. If you need further information, or would like to take part in National Pet Week, contact The Pet Health Council, 4 Bedford Square, London WC1B 3RA or National Pet Week at 7 Mansfield Street, London W1M 0AT.



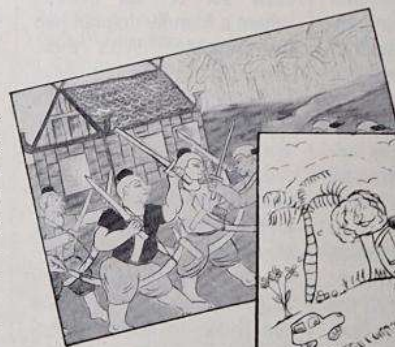
NETWORK

## WASTE NOT, WANT NOT

The National Council for Voluntary Organisations has launched a new campaign called Waste Watch to save some of the 15 million tonnes of household waste discarded every year.

Consumers will be encouraged to use their purchasing power to persuade manufacturers to take the subject of recycling more seriously. Waste Watchers will be advised to find out what can be recycled in their own areas, to make use of local bottle banks, can and paper collection schemes and to choose packaging which can be recycled.

To join the organisation, write to: Waste Watch, 26 Bedford Square, London WC1B 3HU or telephone 01 636 4066



## POLIOPLUS NOTELETS SALE

Help raise money for PolioPlus by selling packets of notelets specially designed for this purpose. Each notelet has a black and white illustration drawn by a member of the Movement in one of the countries — Peru, Uganda, Thailand and Jamaica — featured in the Cold Chain Challenge activity pack.

There are 12 notelets in each individual pack, which are available in multiples of 20. They are being sold to

members of the Movement at cost price, ready for resale at the recommended price of £1 per pack of 12. The minimum order that can be placed is £12 for a set of 20 packs of notelets. Orders should be sent to the Guiding Activities Division, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Cheques must be made payable to the GGA and should have PolioPlus written on the back.



## COOK YOUR WAY TO DISNEYWORLD

A trip to America for four people is the top prize on offer in a cookery contest for eight to fourteen-year-olds.

Backed by food giant J Sainsbury's, the contest to find the Young Cook of Britain was given a champagne launch at London's Savoy Hotel.



There four young cooks prepared special dishes, which they then served to experienced chefs.

Anton Edelmann was served canapes by 14-year-old David Longman, while 13-year-old Stuart Burgess cooked a 'flashy fish dish' for Glynn Christ-



ian. Sophie Clayton, 12, created a fruit cream brulee for Sophie Grigson and Caroline Waldegrave watched 12-year-old Georgina Fisher produce a healthy, crunchy salad.

Television personality Sarah Kennedy introduced the contest, which will end with a national final at the Savoy in October.

To enter — either as an individual or as part of a school project — keen cooks must come up with an imaginative, healthy and balanced meal for the guest of their dreams ...

and say why they want to meet him or her.

The written entries will produce 64 regional winners, who will get the chance to cook and present their meals. The judges will include top chefs and cookery writers. Specially designed mini kitchens will travel Britain in June to the eight areas where the contests are being staged.



The eight regional finalists will battle it out at the Savoy for the top prize — a seven-day trip for four to Disneyworld, Florida. They will also visit the Restaurants of the World Showcase at the Epcot Centre.

The runner-up will spend a weekend at the Chateau de Montreuil, Northern France. There are lots of super prizes for all the other finalists. All regional winners get a cook's kit worth £50 and a certificate.

The closing date for entries is March 31. Entry forms will be available from mid-January from Sainsbury's supermarkets and DIY centres or direct from Sainsbury's Young Cook of Britain, 2 Terminus Road, Chichester, West Sussex

PO19 2DR.



## arena TALKING POINT

### OPERATION SUNFLOWER: GOOD VIBRATIONS?

Can dolphins help people suffering from severe depression? It may sound like a far-fetched idea, but Dr Horace Dobbs, a medical research scientist believes they can — and he's set up Operation Sunflower to help prove it.

Horace Dobbs, founder of International Dolphin Watch, an organisation for the study and conservation of dolphins, has spent many years studying — and frolicking with — these gentle animals in different parts of the world.

In his latest book, *Tale of Two Dolphins*, he describes how a sensitive, but troubled, young woman — who could not swim — was persuaded to make contact with a friendly dolphin called Percy off the Cornish coast. Tri-

cia Kirkham was quite transformed by her experiences with Percy and later with another dolphin, Simo.

A film about Percy was screened by the BBC in 1986 and Horace Dobbs received hundreds of letters from people, describing how uplifted they felt after watching the programme. By this stage, he was convinced that dolphins could help people suffering from depression — all he needed was the evidence to prove it.

It was Dr Dobb's meeting with Bill Bowell, a chronic depressive, which led to the formation of Operation Sunflower. Bill had been unable to lead a normal life since a severe nervous breakdown in 1974. Amazingly, this fearful, withdrawn man and the wild dolphin called Simo formed an instant bond, as they gambolled together in the cold sea off Portreath. In the words of Tricia Kirkham, Bill 'blossomed like a sunflower'.

And so Operation Sunflower was born. There seemed little doubt that dolphins exerted some kind of powerful influence on human beings. But, as a scientist, Dr Dobbs

knew he would have to prove his theory.

Fortunately, a further opportunity for gathering data came in 1987, when Dr Dobbs, Bill Bowell and a film crew set off for Ireland, where a friendly dolphin had been sighted. With them were two young people, Neal Jackson and Gemima Biggs, both with severe emotional problems.

Gemima, an anorexic, described her feelings as follows: 'I had come to see my life as worthless, but when a ten to twelve-foot-long intelligent creature from the sea chose to float just beneath me, I felt a glow of love. This special creature made me feel special. I did not have to be slim to be desirable company. That lone wild dolphin which deigned to swim with me showed the care and unconditional love which penetrated my personal despair and made me want to live.'

Inspiring words ... but what are the practical implications of all this? Obviously, few people can experience the mysterious powers of the dolphins at first hand. But Dr Dobbs

points out: 'It might be possible to capture the essential emotion-changing quality that dolphins have on to film. The videos would evolve in relation to the kind of response we have,' he said, 'and they could be sent to selective psychiatric wards round the country.'

He is however, a long way from being able to come up with a conclusive scientific theory to explain his findings.

'It is far too early to produce tables and graphs of significant results. At this stage, the shape of the project must evolve like a Van Gogh painting of a sunflower — and that is a very exciting prospect,' he said.

Still sceptical? Do you think problems like depression and anorexia are best left in the hands of conventional medical practitioners? Or are you prepared to accept that dolphins do perhaps give off 'good vibrations' which can change our way of thinking? What's your view?

*A Tale of Two Dolphins*, by Dr Horace Dobbs is published by Jonathon Cape, £5.95.



**How can we judge the 'value' of what we do in Guiding? A Brownie meeting is hardly the place for a time and motion study and you cannot quantify a Guide camp in terms of a profit and loss sheet.**

It's tempting to play the numbers game and think 'that Guider has a full Pack, so she must be good'. Some look at the Census figures and see that the number of Rangers is down on the previous year and comment: 'Where are we going wrong?' or learn that the Scouts have more members of a certain age and ask: 'What are they doing right?'

Obviously, to justify to ourselves and our families the time and effort we give to Guiding, we want to feel that we are doing a good job. Everyone likes to be thanked. But we mustn't let our pride come before the more important aim of the all-round development of each girl who joins the Movement.

Guiding and Scouting share the same founder. We are seen by outsiders as twin Movements. But we are different. Obviously, the way I think is based on my experiences and may be unduly influenced by local variations — that's why this is my personal view and not an official opinion.

As a mum of both a Scout and a Guide, I have noticed for instance that my son has, in one year of Scouting, faced more exciting challenges — canoeing, abseiling, caving, archery, air-rifle shooting — than his sister has in four years of Guiding.

The Scout safety regulations, from outside, seem less onerous than the Guide ones and so far he's emerged unscathed. Surely it should still be possible to organise exciting challenges within our safety rules with the added reassurance they give parents that every precaution is taken.

His sister, however, has learned far more about caring for herself and her belongings, for example: cleaning shoes, ironing clothes, contributing domestically, cooking and cleaning, being creative, arts and crafts and what being part of a small group entails. So, excitement or self-development, I wonder which set of experiences will be more useful in later life?

I've also noticed that our Cubs and Scouts generally fit in more week-ends away than do our Brownies and Guides. One reason, I think, for the greater number of camps is that it is easier for male than for female

## a personal VIEW

leaders to abandon home and family. Locally, most Guiders are married or have other domestic commitments and going to camp does *not* just involve the packing of personal and unit kit.

So what of the future? Do we continue on our separate courses, anxious to justify ourselves in Guiding by comparison with Scouts? I hope not. It would surely be better for all if co-operation with Scouts increases. We could learn to share not just buildings but also other equipment, training, ideas and programmes. We have good examples of co-operation already. In London and

South East England, the Guide and Scout Great Ormond Street fund-raising project is one.

I'm sure these examples could be extended to joint specialist leaders' trainings on issues such as drugs, AIDS, child abuse or first aid. Expensive equipment such as canoes could be jointly purchased. A Leader with a boating qualification from one Movement should surely be acceptable to the other and so on.

Such changes would, I am sure, improve the Guide and Scout experience for young people and would not necessitate either side losing their separate identity, nor merging. Let's keep Guiding single sex. We have lots to offer and a great tradition. But let's also work with every possible source of help in our task of helping girls develop in today's world. Then, and only then, are we doing a good job.

**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.

## Religious competition winners

While working for her Guide Service Flash 13-year-old Joanne Lloyd of 9th Lincoln Company became a voluntary helper at St Barnabas Hospice in Lincoln.

Now the project she compiled about her work there has led to her being chosen outright winner of the Duty to God in '88 religious competition.

The judges concluded that Joanne, who receives a £20 gift token, is 'clearly a very caring young girl'.

Joanne's mother is a nurse at the hospice and, at first, Joanne helped with occupational therapy craftwork. Now she helps serve meals, washes up and does 'the jobs that the nurses don't find time to do when they're extremely busy'.

In the Brownies section the three judges decided that one entry 'stood out from the rest'. It belonged to eight-year-old **Philippa Farrimond** of 1st Drury Pack, Clwyd. She also receives a £20 gift token.

Her acts of service included going to church; looking after children, animals and plants and helping the handicapped.

In the Guider's section it proved



impossible to select a clear winner, so three prizes were awarded.

The winners were: **Mrs Beryl Murricane**, Brownie Guider with 3rd London Colney Pack, St Albans (£20 gift token); **Miss Pat Heynes**, Assistant Brownie Guider, 8th Bath Pack (£15 gift token) and **Mrs Jessie Pembry**, Guide Guider, 1st West Dulwich Company (£10 gift token).

Entrants were required to carry out 88 minutes — or more — of service which illustrated practical ways of doing their duty to God.

**Joanne Lloyd**  
outright  
winner



# TV VIOLENCE

## *What do you think?*

Violence on television is one of those subjects that really gets the experts going ... judges, social workers, teachers, the police. Even Prince Charles has delivered cultured but stern words on the subject.

**JACK THE RIPPER** — a major transatlantic television production dealt graphically with the grisly tale of the infamous murderer. Hailed as a significant dramatic work last autumn, the series included violent scenes. Are they necessary for dramatic reality or should such subjects be hinted at but not shown?

The situation could get worse. By 1993, according to the Government's White Paper on the future of television, viewers will be able to choose from 20 or more TV channels.

However, the plans also include a move to give statutory powers to control sex and violence to the Broadcasting Standards Council. And BSC director, Colin Shaw, has promised to give viewers a big say on how much sex and violence appears on the screen.

**GUIDING** isn't waiting for that. This month, we're launching our own survey to find out YOUR verdict on brutality on the box because, in Guiding we're not just concerned

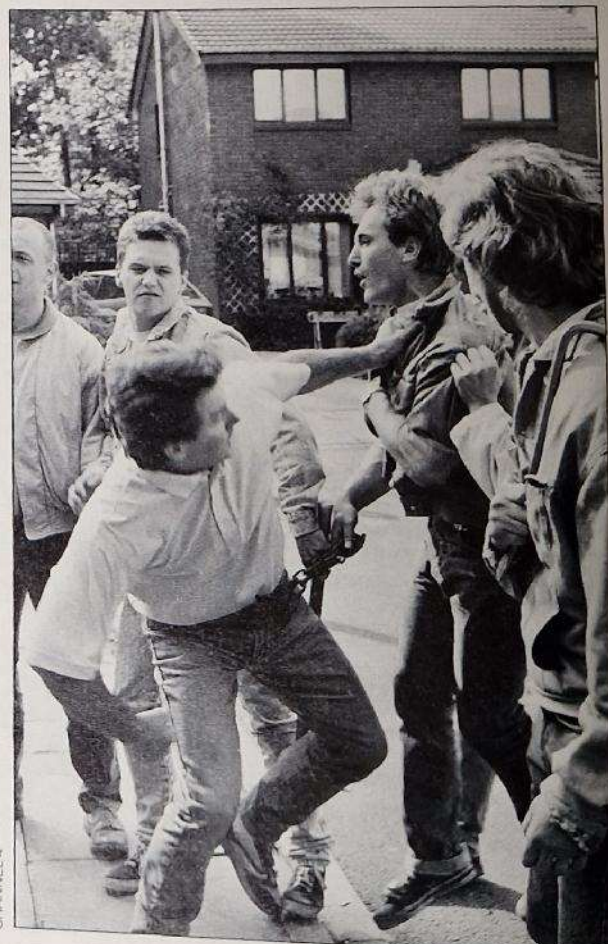
about the welfare of growing youngsters — we actually do something about it.

Is television a boon to youngsters growing up? Or can it really be a monster? Now is your chance to say what YOU think by completing our simple questionnaire right.

**Queer-bashing on Brookside Close.** Channel 4's popular soap opera, Brookside, has dealt with major contemporary issues such as rape, under-age sex, homosexuality, underworld violence, murder, divorce, adultery and blackmail. But is 5 o'clock on a Saturday afternoon the right time to be screening such issues?



THAMES TELEVISION



CHANNEL 4



# PLEASE FILL IN THIS QUESTIONNAIRE

Do you think there is too much violence on TV — or that the balance is about right?

Too violent ☐

About right ☐

Do you think that TV violence is mostly gratuitous or essential to the story lines?

Gratuitous ☐

Essential to plot ☐

Do you think that advance warnings like 'This programme contains violent scenes' should be flashed on screen — or that this would encourage people to watch violence?

Screen warnings ☐

No, it would have the opposite effect ☐

Do you believe that make-believe violence on TV affects children's behaviour?

Yes ☐

No ☐

Do you believe that less TV violence would mean less crime?

Yes ☐

No ☐

Do you think that TV news bulletins show too much real-life violence?

Yes ☐

No ☐

Do you feel it is more dangerous to deal with violent issues in Soap Operas like *Eastenders* and *Brookside* than in one-off dramas or documentaries?

More dangerous ☐

Less dangerous ☐

Which acts of violence — war, murder, rape, gangland brutality, or whatever — upsets you most?

Please specify \_\_\_\_\_

If you had the power to ban a TV programme for its violent content, which would it be?

Please specify \_\_\_\_\_

Do you feel that violence essential to a story should be left in, cut out, or shown in a modified 'toned-down' way?

Retained ☐

Axed ☐

Modified ☐

Would you like to see a 'violence censorship' panel vetting all TV programmes?

Yes ☐

No ☐

Now some personal details about yourself.

Under or over 30 \_\_\_\_\_

Are you married? \_\_\_\_\_

Do you have children \_\_\_\_\_

What is your position (if any) in the Guiding Movement?

How many hours, on average, do you watch television each week?

Under 7 hours ☐

7-21 hours ☐

21-35 hours ☐

35-49 hours ☐

Over 49 hours ☐

Finally, if you feel strongly about the subject — one way or the other — you might like to tell us your views by answering this optional question: If you were made Minister for TV tomorrow, what would you tell the programme makers?

Now cut out this page and send it to: TV Survey, GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT.

## BELVOIR CASTLE (Home of the Duke of Rutland)

Location of films "Little Lord Fauntleroy", "Hazard of Hearts", "Treasure Hunt", "Surprise, Surprise!" and "Heirs & Graces".

Special arrangements for Guides/Brownies/Beavers etc.

Free colour leaflet with group rates, special events, opening hours etc. from:

Jimmy Durrands,  
(FREEPOST), Estate Office,  
Belvoir Castle,  
Grantham, Lincs NG31 6BR.  
Tel: Grantham (0476) 870262

## adelboden Switzerland Bernese Oberland

Group accommodation facilities for  
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.



# OLAVE BADEN-POWELL BURSARY FUND

## A CHANCE TO MAKE THEIR DREAMS COME TRUE

The Olave Baden-Powell Bursary Fund was set up in 1979 in memory of the late Chief Guide to help Guides, Rangers and Young Leaders achieve something they have always wanted to do, but who need some extra money to make their dream come true.

Bursaries of up to £100 are allocated in May of each year. In 1988, 60 girls were helped to further their hobbies and interests. Bursaries have been given for such things as camping and outdoor equipment, cameras, musical instruments and many more.

There may be a girl in your unit who has a dream that could come true if she was given some money towards it. An Olave Baden-Powell bursary could make all the difference. Please



These walking boots helped Samantha Dowson of Leighton Heath Rangers cope with an international camp in Canada.

draw her attention to the article in February's *TODAY'S GUIDE* as she must apply in writing herself.

### Here's what she must do:

- Write to the Fund Secretary at The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT for an application form, enclosing a stamped addressed envelope. Then she should consult her parents and Guider before completing the form.

- Obtain a supporting letter giving necessary background information.

- Show she has wanted to achieve her objective for some time and it is not just a whim.

- Show her own fundraising efforts towards her project.

- Fill in the name and address of her District Commissioner and obtain her signature on the form (the cheque will be sent to the DC).

- Return the application form plus supporting letter and stamped addressed envelope by April 30.

- If she is one of the successful applicants, it is important that she remembers to acknowledge receipt of the cheque, and write afterwards and describe how the money was used. She will be expected to use the bursary within 12 months.

### Here are just a couple of comments from 1988's lucky applicants:

'The nights would have been nowhere near as warm without the

good sleeping bag that the Olave Baden-Powell bursary enabled me to buy,' Linda Marsh, Birstall, Leicester Rangers and Young Leaders, who camped in Sweden.

'Having my own clarinet will help me to accompany the Guides when we go carol singing to the senior citizens. I hope one day to be able to play with the Welsh Girl Guides Orchestra,' Catherine Boardman, 1st Penryffordd Guide Company.



Rachel Argyle of 2nd Bewdley Guides went on a National Children's Orchestra Course.

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Between two clean lakes, surrounded by snow-capped mountains...  
... a perfect base for excursions on foot, by car or mountain railway.

### Chalet

For self-catering parties from 30 to 50 persons. Sitting and dining room, 50 bunks in 6 rooms, fully equipped kitchen. Located just a few steps from the shores of Lake Thun on camp site 'Manor Farm' with a wide range of services and facilities.

Ask for brochure and excursion programme:  
MANOR FARM, CH-3800 Interlaken-Thunersee, Switzerland  
Telephone 0104136 222264, Fax 232991, Telex 923196



# WORKING TOGETHER FOR A BETTER WORLD

This month *GUIDING* takes a look at the work of one of our Affiliated Societies — the YWCA. In coming months we will focus on the Salvation Army, the Church Army and the Girls' Friendly Society.

## THE YWCA

What is the YWCA? It is a movement for youth. It is a women's movement. It is a movement which is both Christian and ecumenical. It is an association of people who share the same ethos and work together because they have more impact in association than they do as individuals.

The Young Women's Christian Association is still today, as it was when it came into being 133 years ago, an association which bases its life on prayer and service. It is 'faith driven and faith led' — in the famous words of a former World YWCA President — and this, oddly enough, means that it is extremely open.

The work in which it is involved reaches out to anyone who has need of what it is and what it does — there are no barriers of race, religion or creed.

Since its earliest days the YWCA has always seen its Christian purpose as extending the frontiers of its work in order to effect change. And change is necessary in order to give women and girls the power to use the divine potential each possesses and so to enhance their quality of life.

The YWCA is in the business of trying to redress the inequalities in our society and, ultimately, in the world around us. We recognise that we are, all of us, inter-dependent upon one another — no-one stands alone.

As a national association the YWCA of Great Britain is affiliated to the World YWCA — one of 82 countries — and our World Movement is very hot on the issue of leadership by women, as well as racism, peace and human rights.

It has worked in the refugee camps in the Middle East since 1948

and in the refugee camp outside Vienna (Traiskirchen) since the early Fifties and, additionally, in the camps on the borders of Thailand ... always conscious that the majority of refugees are women and children.

Young people are encouraged to take part at every level of the association. In each hostel and club members are given the opportunity of electing their management committees — sitting on the management committees themselves if they so wish and taking an active part in the decision-making process.

Every four years there is a World Council at which the priorities for the ensuing four years of the World Movement are given definition. These are currently, peace education, refugees and migrants, human rights (including working towards the elimination of racism in all our societies), health care and energy and environment.

Every four years the YWCA of Great Britain has its own members' conference to determine its own direction. Although the priorities given force by the World Movement play a part in the programme of the YWCA in Great Britain, this association has determined its own priorities: the problem of homelessness, the image of the YWCA and funding for our youth and community work.

All YWCAs world-wide also take part in the Co-operation for Development Programme, which provides leadership training, primary health care projects and life-enhancing work for all those of us involved in the life of the YWCA. This is very much a sharing process and not simply confined to our sisters in the Third World.

The YWCA's very close links with the Girl Guides Association started as long ago as 1912, shortly after the

GGA was born. Anything new is invariably looked upon with a measure of suspicion and the newly-fledged Guide Movement was not received with open arms by everyone. After all, society generally did not then expect its young women to wear uniform, sleep in tents and generally take part in 'boyish' activities.

The leaders of the YWCA at that time, having spent by then more than 60 years working with girls were able to help. Not just by training leaders and organising companies, but also by providing accommodation in which the newly-formed Companies could meet. And, of course, once Guiding's frontiers expanded and it became an international Movement, this formed an even stronger bond between the two organisations. Both associations encourage friendship and understanding between girls and women of all nations on an ethical basis. This understanding and co-operation exists still and the interchange of leaders between the Guide Movement and the YWCA continues to this day.

At the present time a Guide Leader is one of the Vice Presidents of the YWCA of Great Britain and our respective World Movements have invariably had Guiders/YWCA Leaders on their staffs.

The present Director of the World Association of Girl Guides and Girl Scouts was formerly on the staff of the World YWCA in Geneva. So each brings to the other the richness which is theirs to give — long may it last.

**JOYCE SCROXTON**

Immediate Past President YWCA of Great Britain,

former County Commissioner, Middlesex East. 23



The YWCA crowd tramping across the West Country on the Ten Tors walk.



The passage of time is marked in different ways for different people. For Guiders and Commissioners the arrival of the Census Form is an annual event which is almost always a surprise but hardly ever welcome.

The Census is intended to produce a statistical snapshot of the Association, and that is why all Unit Guiders are now asked to complete the form using the numbers which are accurate on February 22, rather than on any date they choose. As Guides, we are hardly likely to find this date hard to remember!

A lot of time and thought has gone

search project which, in turn has provided us with vital information for Guiding in the future. The mechanics of planning the market research itself would have been impossible without the details given in our Census returns.

Many Countries/Regions, Counties, Divisions and Districts also consider very seriously 'their' part of the overall statistics, so that they can detect trends and plan for the consequences.

Producing the tools and equipment for good Guiding, in an organisation the size of ours, presents many

As one of the largest voluntary organisations in the United Kingdom, the Association has an important and influential part to play both within the Youth Service and outside it, in, for example, representing young people and their needs and aspirations to local and national government and in applying on their behalf for grant aid. It is important in this context that we are able to say each year exactly how many young people are members, how many voluntary leaders we have and how much other adult support we can count on.

Numbers also play a very impor-

# *'It can't be census time again!'*

into explaining, in this magazine and elsewhere, the necessity for collecting an annual subscription, and we should all by now be well aware of how this money is used for the good of Guiding. But how important are the actual numbers, the statistics of Guiding which are compiled from our Census Forms every year?

Obviously, the number of members and prospective members from whom a subscription is due must be entered accurately, otherwise there could be grave financial implications for our Association, but this is not the sole purpose behind the collection of all those statistics.

In many ways the quality of Guiding which we can offer the girls depends upon these figures. When the numbers of Rainbows, Brownies, Guides, Rangers and Young Leaders throughout the UK are studied annually, they are translated into percentages of the population in the appropriate age groups. It is of vital importance for us to know whether our percentage in any particular group is rising or falling; on this information a radical change in Programme might well be based. Indeed, it was the knowledge of certain statistical trends during the last few years which led the Association to embark on the recent market re-

logistical problems. Because of an increase or decrease in certain sections, those responsible for planning the Programme may see the need for a new kind of handbook, some different publicity, a new badge or style of uniform. Many important decisions will be based on our statistical information, and when the preparatory work has been done, even before the new item is beginning to roll off the production lines, our manufacturers and publishers, our Trading Service, all need to know *how many*.

We don't always get it right. Even in businesses where many more resources than we have are used to determine the questions of supply and demand, they are not always completely successful. Without the figures which appear on our Census returns, the exercise would be quite impossible for us and we should certainly not get it right as often as we do.

Other services which the Association provides are also based on our known numbers. The Association's insurance cover is a good example, as the premiums we pay are based at least in part on our numbers. It would not be fair to the Association or to our insurers if these numbers were incorrect.

Every adult in Guiding is a part of our public relations team, and so we all need to have at our fingertips, accurate and up-to-date figures about the Association. To the non-member who questions the popularity and significance of Guiding in the modern world, the information that there are over eight million Guides in the world, 708,828 in the UK, and 464 in your District is more impressive than any amount of high-sounding waffle.

Remember, when the dreaded forms arrive once more, that we really do need those numbers. The accurate and up-to-date information you are providing is of vital importance to the programme planners, to the magazine editors, to the publishers, to the manufacturers and all the Guide trading establishments — and to those charged with dealing on behalf of the Association with national and local government and other organisations.

Please complete your Census Form carefully and accurately. If you are a Unit Guider, use the figures which are correct for February 22. Once you have played your part, then we can do our share!

**MARJORIE HAYTER**  
The General Secretary



# GOLD RUSH 1989

By 1989, Guides will have been camping at Blackland Farm in Sussex for 50 years.

So how are they planning to celebrate? With a camp, of course! A camp with the appropriate name of **GOLD RUSH**, because they hope that you will all rush to take part in Blackland's Golden Jubilee.

All sorts of exciting activities are planned. Each Guide will have the chance to take part in three different types of activity — adventurous, creative and campcraft — each day for three days.

There will be special Camp opening and closing ceremonies and a sub camp challenge. Campfires, a wide game or treasure hunt and a barn dance will be part of each evening's programme. There will also be plenty of time for exploring this big, beautiful site in Ashdown Forest, as well as the chance to make new friends, swap badges and relax in your own camp.

The camp is for Patrols of four to six Guides from any part of the United Kingdom, with or without Guiders. Guiders are, of course, very welcome.

**GOLD RUSH** will start Sunday, August 13 and end Friday, August 18, 1989.



Giving a pal a hand — canoeing at Blackland Farm.

The fee is £26 for Guides, which includes all activities, but not food or travel to and from camp.

Patrols should be self-equipped and self-catering.

If your Guides want to come along, fill in the application form below (complete one form per Patrol) and send it with £5 per person non-returnable deposit (cheques made payable to GGA Blackland Camp 1989) to: MRS FRANK ALLEN, 28 THE GROVE, SIDCUP,

KENT, DA14 5NQ, together with TWO LARGE first class stamped addressed envelopes (minimum size 9in x 6 1/2 in). CLOSING DATE FOR APPLICATIONS is March 3, 1989.

Full details will be sent to all applicants. If you have not received acknowledgement of your application by April 14, 1989 contact Mrs Allen. Telephone 01-300 9963 between 6.00pm and 10.00pm MONDAY TO FRIDAY ONLY.



## PATROL APPLICATION FORM FOR GOLD RUSH 1989

PLEASE USE BLOCK CAPITALS EXCEPT FOR SIGNATURES

NAME OF UNIT \_\_\_\_\_

PATROL NAME \_\_\_\_\_

DIVISION \_\_\_\_\_ NUMBER IN PATROL \_\_\_\_\_  
(Minimum 4 maximum 6)

GUIDE COUNTY \_\_\_\_\_

NAME AND ADDRESS TO RECEIVE INFORMATION FOR THIS PATROL \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

UNIT GUIDER'S NAME AND ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IS THE UNIT GUIDER ATTENDING THE CAMP WITH THIS PATROL?

YES/NO (Delete as necessary)

NAME AND ADDRESS OF ANY OTHER GUIDER FROM THIS UNIT ATTENDING THE CAMP \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

UNIT GUIDER'S SIGNATURE \_\_\_\_\_

NON-RETURNABLE DEPOSIT @ £5 PER HEAD ENCLOSED  
(Cheques made payable to 'GGA Blackland Camp 1989')

£ \_\_\_\_\_

DIVISION CA'S SIGNATURE \_\_\_\_\_



# CAMELOT

THEME PARK

M6, JUNCTION 27 & 28 M61, JUNCTION 8

## An Action Packed Quest Day for Brownies

Saturday 15th April only £3.45

The Magical Kingdom of Camelot is Britain's finest theme park for children.

On 15th April hundreds of Brownies will be meeting at Camelot for their very own special day.

Camelot is a spellbinding world of magic and mystery with over eighty thrilling rides and attractions.

There's live jousting everyday and only for the bravest our new roller coaster ride THE KNIGHTMARE.

Join in our special Brownies 'Quest' competition.

Discover clues hidden around the park and win £50 for your pack.

The Magical Kingdom of Camelot - fill out the coupon below for a day out that's everything you could wish for.



### Brownies Special Day- Saturday 15th April 1989

ORGANISER \_\_\_\_\_ BROWNIE PACK \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 TEL: \_\_\_\_\_ No. IN PARTY \_\_\_\_\_ TOTAL AT £3.45 EACH \_\_\_\_\_

Please return to:- Guest Relations, Camelot Theme Park, Charnock Richard, Chorley, Lancashire, PR7 5LP.  
 For details telephone (0257) 453044.



## BROWNIE 75TH ANNIVERSARY

The 75th Anniversary Badge, which was designed by a former Brownie Jill Wallis has been on sale since September 1st 1988. Guiders are asked to note that Brownies are entitled to wear this Badge above their Venture/Journey Badges from January 1 to December 31 1989.

## TREFOIL GUILD HOLIDAY FUND

The purpose of the Fund is to give financial help to Guiders, ex-Guiders and Trefoil Guild members to enable them to have a much-needed holiday which they could not otherwise afford.

Grants may be given:

- after illness or to prevent a breakdown
- invalid ties at home
- enabling the invalid to go away for a short while.
- after redundancy or during unemployment
- to enable a Guider to go to camp who otherwise could not afford to do so.

Anyone may recommend a person through the Trefoil Guild County Chairman, who has a stock of application forms. All applications are dealt with in the strictest confidence. Closing dates for applications are February 28, May 31 and September 12. Applications cannot be considered in retrospect.

## THINKING DAY/FOUNDER'S DAY SERVICE

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

As announced in November *GUIDING*, last 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.

The following songs and hymns will be sung before and during the Services:

**The World Song**  
**All Night, All Day**

Girl Guide Song Book No1

**Everybody Knows It**

Songs for Tomorrow

**Sing For Joy**

Songs for Tomorrow

**Prayer For Peace**

Songs for Tomorrow

**Light a Little Candle**

Songs for Tomorrow

**Breton Fisherman's Song**

Songs for Tomorrow

**Let Us Sing Together**

Our Chalet Song Book

**Do Lord**

Australian Camp Fire

Song Book

**Praise the Lord, O My Soul**

Sing for Joy

**He's Got The Whole World In His Hands**

Hymns to be sung during the Service are:

From HYMNS FOR

TODAY'S CHURCH

**Lead Us Heavenly Father**

(525) Tune: Mannheim

**Father God In Heaven, Lord**

**Most High** (358) Tune: Kum

Ba Yah

**Make Me A Channel Of Your**

**Peace** (S 19) Tune: St Francis

**Hail To The Lord's Anointed**

(190) Tune: Morning Light.

## THINKING DAY ON THE AIR 1989

**Aim** To promote Guiding friendships by Guides within the United Kingdom passing greetings to other Guides and through follow-up activities.

**Date** Saturday and Sunday February, 18-19.

**Time** Any time between midnight Friday and midnight Sunday.

## SPECIAL CALL SIGNS

These can be applied for by any radio amateur prepared to supervise the station. A special Call Sign means that unlicensed people, ie Brownies, Guides and Rangers, can speak under supervision for up to two minutes to any station in the UK, USA, Canada or Falkland Islands, contacted by the radio amateur.

Applications for Special Call Signs must be made at least six weeks before the event.

## INFORMATION SHEETS AND REPORT FORMS

These are available from: The Programme Department, Girl Guides Association, 17-19 Buckingham Palace Road, London, SW1W 0PT, on receipt of a stamped addressed envelope A4. Please mark the envelope TDA.

## BROWNIE PROMISE BOOK

Please note that, due to a printing error in the new large print edition of the *Brownie Promise Book*, the captions on page 21 for the Haiti and Hong Kong badges have been reversed. Our apologies to readers and to the countries concerned.

## ORCHESTRA COURSE

The next National Scout and Guide Symphony Orchestra Course will be held in Edinburgh from Friday, July 28, to Thursday, August 3. The cost will be approximately £100.

The course will include section tuition by professional musicians with one or two concerts.

Acceptance for the course will be subject to selection and applicants will need to have reached a good standard of playing and to have had orchestral experience. Applicants must be between the ages of 13 and 22 by July 31, 1989.

Application forms are available from: The Programme Manager, The Girl

Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT

## SONG AND DANCE YEAR '88

If your unit has taken part in the Challenge, but not yet returned the Record Sheet, please note that January 31, 1989 is the final date for its receipt.

## LEAFLET PRICE

The price of the Duke of Edinburgh's Award Scheme GGA leaflet is 45p, not 35p, as it was given in December's *GUIDING*.

## SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

July ..... 8.125 per cent  
August ..... 9.375 per cent  
September ..... 9.875 per cent

Addition 0.5 per cent per annum for deposits of £2,500 and above.

## TRUST FUND

On September 30, 1989 the value of a share in the Scout and Guide Trust Fund was:

For selling purposes 199.82p  
For buying purposes ... 209.99p

Income yield..... 3.57 per cent

## WORLD ASSOCIATION THINKING DAY FUND

1987.....£47,305

1988.....£42,851

1989.....???????

Contributions by cheque or postal order payable to the Girl Guides Association — not cash — should be sent to: Financial Services Division, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Please mark the envelope 'Thinking Day' and include the name and address of the sender and the Unit, District, etc.

A stamped addressed envelope MUST be enclosed if a receipt is required.



# arena

## WATCH THIS SPACE

### DEAR WATCH THIS SPACE,

I have a problem, you see I am a 'young Guider', I run my own unit — I think very successfully — but I really feel that my Guiding life is an uphill struggle. The girls are great, some of the parents were a bit doubtful when I first took over, but they are all right now. I've even managed to win over the caretaker — no mean feat I can tell you.

So where's the problem? Guiders — all of my sisters in Guiding who put me down before I've even had a chance. If I try to speak at a District meeting I'm shouted down. Well

who do I think I am anyway, they've been Guiding since creation and I have no experience. Actually folks, I've been involved for 14 years and my basic skills are excellent. If I should dare to volunteer for anything, the bitchy comments are unbearable.

One Guider here said she couldn't teach the Guides compass work as it was all Dutch to her. Well, being competent, I learnt a lot for my Young Leader and Duke of Edinburgh expeditions. I asked her if she would like me to come and take a few sessions with her. She went mad. I know I've got a lot to learn, but I also have a lot to offer.

One more trauma and I resign.

**DISHEARTENED OF ANGLIA**

### DEAR DISHEARTENED OF ANGLIA,

Firstly, you are not alone. This problem has been raised at the Regional Junior Council (Anglia). It is certainly Region-wide and we assume nationally too. Not that this helps you. Your situation does seem particularly bad. Some other

examples are less serious, but still leave that feeling of isolation. If you feel you are being left out, ask politely and don't take 'No' for an answer. Talk it over with your District Commissioner, it will probably help. Even if it doesn't, you have gone through the correct channels. And above all, keep smiling. Guiders, Commissioners, Trainers, Advisers, Secretaries, etc., need to be chosen by their ability, whatever their age. There are good and bad Guiders of all ages and experience. After all, we do not necessarily choose the oldest in the Patrol for the Patrol Leader. The Anglia Junior Council has drawn this issue to the attention of the Executive Committee and all we can do now is wait. Good luck.

**ANGLIA JUNIOR COUNCIL**

If anyone within the Anglia Region has any ideas/problems/queries affecting the age range covered by the Junior Council or any Guiding matter, please contact us through your County reps or through Mrs B J Kippax, Ashley House, Old Station Road, Newmarket, CB8 8DT.

## HAIL AND FAREWELL

Scottish headquarters won't be quite the same now that Audrey James, General Secretary and her Deputy, Sybil McCulloch have retired.

Together they formed a popular team known as 'Macanoddrie' and together they spent 19 years at Coates Crescent. Audrey James, who was awarded an MBE last year for her services to Guiding, had been General Secretary since 1969.

'I was never a Guide myself,' she said. 'And I never became involved in active Guiding — I was always too busy as the General Secretary!'

There were many humorous moments in her Guiding career, like the time she accompanied Princess Margaret on a tour of Scottish camp sites in 1970. Unfortunately, the tour took place during a particularly rainy period and Audrey remembers squelching through the wet and mud at the Argyll camp with the Royal visitor. 'But she was very good about it indeed,' recalled Audrey.

She won't be paying too many visits to her old workplace: 'I'll leave the new regime at headquarters to get on with it themselves,' she said.

Audrey knows exactly how she plans to spend her retirement. She's looking forward to taking long walks,



The Chief Commissioner links arms with Sybil McCulloch (left) and Audrey James.

bird watching, golfing and gardening at her country home.

### GOODBYE TO MAC

Scotland's energetic Deputy General Secretary, Sybil McCulloch, will always be remembered ... for her infallible memory.

She has been in active Guiding for many years. 'I enrolled as a Guide,' she said, 'and went to my first camp at the age of 11. I remember crying my eyes out when I had to leave.'

Sybil looks back on her days at Scottish headquarters with great affection. 'It was an all-consuming job, but tremendous fun. Definitely not a nine-to-five job though!'

Life will be a good deal more relaxed at the cottage at Kingussie,

which she shares with Audrey James. 'It's going to be wonderful, being able to have the time to read, instead of only being able to open a book for the first time at one in the morning,' she said.

### WELCOME, PAULINE

Pauline Ashton, Scotland's new General Secretary, is well versed in the art of Guiding. She was a Brownie, Guide and Young Leader, before becoming a Guide Guider and, for a brief period, County Arts Adviser.

Pauline took her Training Licence in 1983. She takes up her new post after spending four years as Training Secretary in the Programme and Training Department of Commonwealth Headquarters.





## diary of a **DISTRICT COMMISSIONER**

I think the best part of January is the District Christmas Party — there's not time to fit it into December! We all take a partner — husband, boyfriend or whoever — and it's quite interesting to see which boyfriends one year turn up as husbands the next. It's a very casual gathering and just what we need after the Christmas rush.

Then it's back to real Guiding — what it's all about — the children. They are busy thinking up a unique way to celebrate the 100th

anniversary of Lady Baden-Powell's birth. On top of that, the Brownies have decided that, as a District, they want a bumper year for their own birthday celebrations — all will be revealed in due course, I dare say.

The dark spectre of Census looms ever nearer and I must remember to train my Guiders in the use of NCR paper. Last year we had some family secrets and shopping lists making interesting reading as they innocently leaned on their Census envelopes to do their other office work.

We always start the year with a rough outline of events we want to fit in and book the venues early before everyone else gets them. That way we can plan logically ahead and, hopefully, not have too many things crowded in together.

We had a good fireside training on the Promise, which I think is a hard

subject to get to grips with. It's so much easier to discuss it in a small group. I find that evening trainings in general are most useful for my Guiders who work in shops and the service industries. With most trainings being at weekends, I would not expect them to give up a Saturday for a training when some of them only get four weekends a year off.

Now it's back to the kitchen to make this year's supply of marmalade for family and friends and, while stirring, to meditate a little more and formulate all the ideas put forward for our Thinking Day gathering. It will also give me a little peace to think about my New Year resolutions. And to wonder if I will ever get some Rainbows in my District, will we finish the District Standard and can I please have one free night every week?



# BAKE Olave's CAKE

On February 22 we will celebrate the 100th anniversary of the birth of Olave, Lady Baden-Powell, the World Chief Guide.

Many of you will be planning special events to mark this very important occasion.

At GUIDING we com-

Guides and Girl Scouts will also be sharing this extra-special Thinking Day.

Olave, Lady Baden-Powell and her husband were, of course, great travellers and will have visited most of these countries.

As well as providing a special way to celebrate, the cake will help Brownies, Guides and Rangers

ing in size between 5 inches and 14 inches. You can obtain one by sending a SAE marked *Cakes*, to Guiding, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

The fruit cake should be made at least one week before icing. The cake can then be coated in marzipan and iced with royal icing if

## CAKE

For a 9-inch square cake — the same quantities will provide a 10-inch round cake — you need:

**1lb/450g currants**

**11oz/300g sultanas**

**6oz/175g raisins**

**4oz/125g glace cherries**

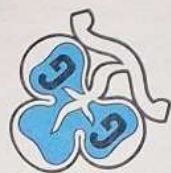
**4oz/125g almonds, blanched and chopped**

**4oz/125g mixed cut peel**

**Grated rind from 2 lemons**



# 100 Years



# OB-P



missioned our cookery expert Myra Street to come up with a unique birthday cake you and your girls can make in her honour.

The cake is decorated with a map of the world showing the 112 countries where over eight million

visualise the size of the Movement — as well as giving them a chance to brush up on their geography.

Make the cake following the instructions given below. We made a 9-inch square cake but are producing an information leaflet to give the quantities necessary for cakes rang-

there is time. For those short on time and skill with the more elaborate type of icing, use fondant icing which can be bought in any leading supermarket. Simply roll out to cover the cake following the instructions on the packet. Colour more fondant icing to make the map decorations.

**3 tablespoons sherry (optional)**

**11oz/300g plain flour**

**1½ teaspoons mixed spice**

**¾ teaspoon nutmeg**

**3oz/75g ground almonds**

**9oz/250g margarine or butter**

**10oz/275g soft brown sugar**

**1½ tablespoons black treacle**

**6 large eggs**

**Grated rinds from 2 oranges**



## ALMOND PASTE

(to cover top and sides):  
1½lb/575g ground almonds  
10oz/275g icing sugar  
10oz/275g castor sugar  
2½ teaspoons lemon juice  
½ teaspoon almond essence  
2 large eggs (approximate as size varies)

## ROYAL ICING

(to cover top and sides):  
4 egg whites  
2lb/900g icing sugar  
3 drops lemon juice  
2 teaspoons glycerine

If only icing the top of the cake, use half quantities. Additional icing will be required for decorating according to how elaborate you make your decorations.

### Method:

First line a cake tin.

1 Cut a strip of greaseproof paper to fit the sides of the tin, about 5cms/2ins wider than the depth. Make a 2.5cm/1in fold along the length of the strip, cutting this fold at 1cm/½in intervals at an angle.

2 Place this strip round the inside of a greased tin with the snipped side fitting flat against the base. Cut a double piece of greaseproof paper using the bottom of the tin as a pattern. Brush all over the inside with oil or melted margarine or butter.

3 Preheat the oven to 140C, 275F, Gas Mark 1.

4 Cream the margarine or butter until light and fluffy. Beat in the treacle and then add the beaten eggs a little at a time. Add a little sieved flour with each egg and beat well to avoid the mixture separating. Sieve in half the remaining flour and spices and fold into the mixture. Add the prepared fruit and then fold in the remaining sifted flour.

5 Carefully spoon into the prepared tin and place in the oven. Test with a skewer after three hours. If the skewer comes away clean, then the cake is cooked. The cooking time

will depend on the size of the cake.

6 Remove from the oven when cooked and allow to stand in the tin for 15 minutes before removing carefully.

A loose-bottomed cake tin is easy to use for these heavy cakes. When cool, wrap in greaseproof paper or foil until ready to ice. The cake can be coated with marzipan and royal icing or fondant icing can be put straight on to the cake without using marzipan. Take care to use sieved hot apricot jam to ensure the fondant icing sticks to the cake. Also try to keep crumbs from the board or these will spoil the appearance of your cake.

Left-over fondant icing may be flavoured with peppermint, rolled out, cut into shapes and used as sweets.

To make the Friendship map for the decoration, trace the map on to a clean sheet of paper. Mark the blue Guiding areas carefully through the tracing paper.

When you feel that you have achieved a fair copy of the map, cut the world into sections to use as a pattern for the icing.

Colour quarter of a packet of fondant icing with blue vegetable colouring. Knead well until the icing is an even, pretty, pale blue colour.

Make another quarter of the icing pale green to indicate the areas in the world with no Guides.

Roll out the coloured icings using sifted icing sugar on the worktop until you have an even layer, about the thickness of a 10p piece. Each Guide can then cut out her country with a pair of sharp scissors or small knife.

Put the map together on a piece of foil or paper and with fingers dipped in icing sugar work the pieces together. Dampen the area of cake to be covered with the map with a little boiling

water.

Transfer the map to the top of the cake. Arrange the islands separately by brushing with just a drop of boiling water (not too much or you will leave marks on the surface).

A further quarter can be coloured yellow and rolled out. Make a paper pattern of a trefoil and cut these out to decorate the edges.

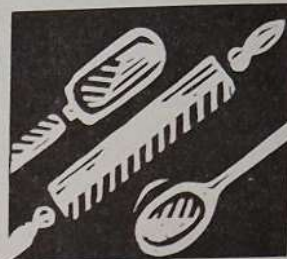
Mark the four WAGGGS World Centres with small flags of the countries they are in. The flags can be made by the Guides. These can be fixed on to halved cocktail sticks representing India, Mexico, Switzerland and the United Kingdom.

Knead and re-roll the blue icing and cut out the letters you wish to use to decorate above and below the map. We have used 100 YEARS above the map and O B-P (Olave Baden-Powell) under the map. However, you can use

your imagination and make up your own message.

The sides of the cake, if iced, may be finished by decorating with trefoils or tying a blue ribbon round the middle.

MYRA STREET



**Note:** We have suggested using blue and green icing. However, on the map on the adjoining page, we have used pale blue instead of green, for technical reasons.

Current Government health warnings advise against using raw egg in any recipes. So we suggest using only fondant icing instead of royal icing and marzipan.

# BAKE Olave's CAKE



## Gopak

### FOLDING TABLES



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This elegant folding table has proved an outstanding success with countless Guide Groups throughout the United Kingdom.

It is strong and lightweight with high grade aluminium frame and legs, and is simple to operate.

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GDG



# BLUE EYES AND HER SLAVE

## *-a true story*

A. Whitworth '88



It all started when I met this blue-eyed blonde with the shapely legs who carried the Girl Guides' flag in the local procession. Well, that's not quite accurate. You see, I was introduced to her in a Manchester peasoup fog, so strictly speaking, I could not see the shapely legs. Our friendship developed and soon I was attending Guide functions in order to carry the massive loads associated with such activities.

At first it was agony for a macho, male teenager. However, my bondage was mild, other 'slaves' appeared and later, when carting duties had been completed, I had rather a pleasant time.

Then war broke out and slaves found themselves in various arms of HM Forces, leaving the Guides to cart their own loads. On my first leave I became engaged to the blue-eyed blonde; on another I married her and on two others there were christenings. By this time Blue Eyes had graduated through Sea Rangers to become a Guider.

### LEFT, RIGHT UM . .

During the war there were parades for a multitude of patriotic reasons and Blue Eyes, always keen on discipline, decided the girls should look smart when they marched. She persuaded her father, a First World War Sergeant-Major now a Second World War Home Guard Regimental Sergeant-Major, to drill her charges.

On one leave I was persuaded to join in and put up a splendid performance, yelling non-stop and pulling out all the chestnut jokes of traditional rookie training, even to the extent of telling them to: 'Wipe those silly grins off their faces'.

In fact, the girls marched really well – that is, except one who marched out of step with the left arm swinging with the left leg and right arm with the right leg. I couldn't resist the temptation to order: 'OK. If you can't change, we all change.' This resulted in sheer chaos, with everyone weak with laughter. Thereafter Blue Eyes had to answer a weekly question: When was Mr Blue Eyes coming on leave again? This became an impossibility, for to preserve sanity and morale on the home front, I was sent overseas.



## A PEACEFUL LIFE?

After the war we moved to a peaceful, West country village. Over the years the family increased to eight, and Blue Eyes continued with her Guiding. Depending on their age and sex, the family attended Guide Camps and Pack Holidays. I became a practised baby-sitter and the peaceful West Country village was peaceful no more.

My first claim to local fame occurred when carting shrubs on a wheelbarrow from our council house to a newly-purchased semi. A police car came to a screeching halt when the driver spotted a bush proceeding down the road in a southerly direction. He was equally startled when a face appeared through the leaves to say: 'Good morning'.

I digress. On another occasion a piano appeared in a Guide jumble sale. Blue Eyes sent a message through one of the kids: 'A piano, shall we buy it?'

Buy it we did. Then came the problem of transportation. A close examination of the castors showed them to be sound, so with the help of three boys, I decided to push it home. Villagers stared with astonishment at the sight of a perambulating piano. And, if this wasn't bad enough, the youngest boy decided to perch on the top and pretend to be a monkey.

Worse was to come, as the road to our new home was not tarred, so the piano had to plough through a carpet of mud. We took a break and the slave was asked to play a tune. A rendering of 'St Louis Blues' boomed across the meadow, scaring the wits out of a herd of cows on the other side of the hedge.

As the concrete path leading to the house was a steep downward slope, it was unanimously agreed to let the piano find its own way home.

## GUIDES, JAMES

From owning a bicycle I graduated to a scooter which was soon commandeered by Blue Eyes. At times it carried stranded Guides, always followed by Blue Eyes, peddling furiously on her bicycle. Once I was asked to transport a chemical toilet to camp on the back. When I loaded up I discovered, to my horror, that someone had charged it up with chemicals. Throughout the journey it produced a series of

horrible slopping noises. Stopping at one set of traffic lights accompanied by a loud slurp of liquid, a bystander couldn't help asking why I carried around a chemical toilet. With a straight face I answered: 'Merely for emergencies.'

As we prospered, the scooter gave way to a Dormobile — that was a fatal move. The vehicle was rarely around the village unless loaded with a horde of kids. One Christmas morning I opened a carefully-wrapped parcel to discover a chauffeur's peaked cap — and wore it for the rest of the day out of sheer spite.

Christmas invariably produced hilarious episodes, particularly when the Brownies and Cubs joined forces for their party. Such was their reputation that a Scouter and myself were invited to handle the Christmas party for an up-market private school. To begin with, the affair was very dignified. That is, until the games began and such was the bedlam created that we were never invited again.

Once I was persuaded to transport equipment to a Ranger Camp. Tents, cooking equipment and personal gear were stowed aboard when, to my horror, the Guider produced sheets of corrugated iron and enough bricks to build a church. I dutifully loaded up, but the tyres were almost flat with the weight. The situation was not improved when a Ranger remarked innocently: 'The tyres might be flat at the bottom but they are full at the top.'

## THE MISSING LOO

Not such a long time ago, a local Big Wig offered the Guides a gamekeeper's cottage for weekend camps. The girls made a wonderful job of interior decoration but could not trace the 'outdoor' lavatory. Local slaves were called to locate the missing loo and it was eventually discovered underneath a mass of undergrowth and thick foliage. After a hard day's work, a way was cleared to the door and all assembled to watch the official opening. The door was opened — and shut very quickly.

'What's wrong?'

'The skeleton of someone trapped by the advancing foliage!' The door was opened, accompanied by enthusiastic applause, to reveal a remarkably dry, clean, yet serviceable, antique loo.

In fact, the cottage really was an idyllic place. Birds and animals

were remarkably tame and played happily on the grass nearby. Unfortunately, the weekend activities of the Guides restricted the movements of poachers, who took their revenge by shooting out windows and wrecking the interior.

## TEARS AND JOY

The years passed by, the children grew up and went away, yet Blue Eyes continued with her Guiding. We retired to a nearby seaside town and Blue Eyes continued with the local Pack. She was also persuaded to run the town Guide shop. I was not too pleased for it increased my driving commitments. Yet I endured all the waiting around. Asking her to give up the Movement would be like removing a limb. To the present day, postmen and carriers stagger to the door under heavy loads and our dwelling is submerged under a tidal wave of equipment ready for checking and transferring to the shop. Transfer is achieved by my hauling a loaded shopping trolley through the streets.

I also take the shop receipts to the Treasurer and, in order to fend off bandits, disguise myself as a fitness freak, wearing track suit and running shoes.

But what are my feelings after such a lengthy bondage? I have seen Blue Eyes return home exasperated by parents who regarded her Pack as a convenient vehicle for child-minding. There have been parents who believe that Guiders are paid for their work, and one father brought his daughter to Brownies, refusing to allow her to go on the waiting list and demanded that she be enrolled at once so as to 'experience social activity vital to her intellectual development'. Other times, she has returned home euphoric at thanks from an appreciative parent and in tears at the simple words of a grateful young Brownie.

In fact my bondage is self-inflicted because Blue Eyes is devoted to the Movement and I delight in her enjoyment. I have my own interests, so the arrangement is not one-sided. We surmount all difficulties with humour.

Our reward is a host of friends and acquaintances, some whose friendship has endured over half a century.

I wouldn't change a second of my bondage. It's been — and still is — great fun.



## IN FOCUS

### WHO IS SHE?

Can anyone identify the woman in Guide uniform in our picture and solve a problem that has been puzzling the Chief Commissioner.

Dr Paterson-Brown was shown the photograph by a Scottish archivist and asked who the mystery woman was. 'I thought I recognised her but I couldn't put a name to the face,' the Chief Commissioner explained.

She managed to get the picture published in all the papers in the North of England and Southern Scotland.

'I had several replies but all of them were different,' she said. 'So I'm still not sure who she is.'

So come on, *GUIDING* readers, I'm sure you can put the Chief Commissioner's mind at rest. Answers please to *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT.



## OPEN DOOR

Katy is a lovely girl — popular with adults and children alike. I've watched her grow up through the weekly Guide meetings, on into Rangers and Young Leaders and now, at last, a Warranted Unit Guider. Throughout, she'd always impressed me with her whole attitude to life and friendliness to all with whom she came in contact. It was therefore with great joy that I included her in my camp staff last year as the camp

first aider.

During the early part of the year, the meetings began to plan the forthcoming camp, and Katy first met the rest of the camp staff team. Not to my surprise, she gelled immediately and the planning went ahead with the usual laughs and good humour.

It was some days later that she surprised me greatly by saying she envied me. Me! — I was amazed and asked why. She envied me because

I'd done so much with my life. Stunned surprise from me. Katy is 16 years my junior, and to my certain knowledge, has lived her life a great deal fuller than I ever had at her age. Closer questioning established that she envied me my close friends, the closeness of which had become apparent to her during the camp preparation meetings.

Over the next few weeks I tried to analyse this. Accord-

ing to Katy, having close friends, is living life to the full. Equally, I know that all my close friends are, and have been, Guiders. Simple deduction leads me to believe that the principles of the Girl Guides Association form a good basis for living life to the full. 'I promise that I will do my best . . . to live life to the full?' Well, why not, I can think of worse reasons for trying my best to keep the Guide Promise and Law.

## COMING NEXT

### IN GUIDING FEBRUARY

Thinking Day Special — Olave, Lady Baden-Powell's life and times

Live Issues — Bulimia nervosa . . . the secret disease

Meet a Brownie Guider who paints sails for top people

### IN TODAY'S GUIDE FEBRUARY

Get Crafty — make your own junk

jewellery

Beatrix Potter's own story Archaeology in your back garden

Get Smart — on the track of secondhand bargains

### IN BROWNIE JANUARY 12

● All About Brownies — 75 years of achievement

● Putting old Christmas cards to good use

### JANUARY 26

● Creative Collage  
● All about animals in danger

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# PROGRAMME DIARY

## FUTURE TRAININGS

### SCIENCE AND TECHNOLOGY

#### FOXLEASE:

November 17-19, 1989

Trainers: R Sara  
R Jacques  
S Fortunka

#### WADDOW:

March 17-19, 1989

Trainers: R Sara  
R Jacques  
M Leftley

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

Does your unit programme reflect the present technological age? Does the present speed of change worry you? Do you want to find out? Should you be wanting to find out? Finding out and solving problems is fun. Science is all about discovering, using our eyes, hands, ears and noses. We use these senses already in our programme, but do we use them to find out WHY?

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.

### HILITE ON PATROLS

#### FOXLEASE

March 23-27, 1989

Trainers: S Brown  
S King  
R Bradley

#### WADDOW:

March 23-27, 1989

Trainers: S Bamber  
L Head  
P Fletcher  
M Carden

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

An opportunity for Guiders to bring a Patrol for a long weekend 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.

### EQUIPPED TO GO OUT

#### WADDOW

February 3-5 1989

Trainer: C. Hughes

**Apply to:** The Guider-in-Charge, Waddow, enclosing an £8 deposit

Everyone who arranges outdoor activities knows the importance of suitable equipment, be it for walking, camping or whatever. However, the range on offer can be bewildering and the cost can be daunting. This weekend will provide an opportunity to find out what is available and what to look for when choosing. It will also give a chance to look at alternatives to buying equipment, including ideas for making your own.

The keynote will be the suitability of equipment for particular needs, which may mean taking a fresh look at some established ideas.

### FIRST AID COURSE

#### WADDOW

April 7-9, 1989

Renewal Course

May 26-28, 1989

Standard Course

Both courses will be run by the Lancashire Branch of the British Red Cross Society.

#### RENEWAL COURSE

Guiders wishing to renew their British Red Cross Standard First Aid Certificate are invited to apply for this course, whether they originally gained their certificate on a GGA-based course or not.

Using the latest techniques and training materials, the Red Cross Instructors will provide a challenging weekend, leading to renewal on the Sunday.

The cost of the course will be £25 + VAT plus the usual residential fee for Waddow.

#### STANDARD COURSE

Have you ever thought that there must be an easier way of gaining the qualification necessary to take your unit away to Camp than attending two hour lectures once a week for eight whole weeks? Well, at last there is! You can follow a four-day intensive course using the latest Red Cross films and take the examination before you go home. Successful candidates will receive the British Red Cross Standard First Aid Certificate which is valid for three years, covers the GGA requirements and also the requirements of the Health and Safety (First Aid) Regulations 1981, which means that holders can act as First Aiders at work.

Applicants should consider applying for a CHQ Training Bursary and enquire about other help locally or from their employer.

The cost of this course will be £42 + VAT plus the

usual residential fee for Waddow.

### INSITE

#### WADDOW:

February 17-19, 1989

(Joint with Venture Scouting)

#### FOXLEASE:

February 24-26, 1989

**Apply to:** The Guider-in-Charge of the appropriate centre enclosing an £8 deposit

The weekend is planned to help you work together to extend your Unit's programme as well as helping you to explore the working of a Unit committee.

Leaders at the weekends will have the opportunity to observe and learn from seeing Unit members planning, discussing, organising and, hopefully, developing in confidence to use the skills acquired. You will also have the chance to share experiences and problems with other leaders.

Come and join us — what about filling a minibus from two or three different Units in your Division or County?

Don't forget you can try and apply for financial support from your local youth service to help pay for a weekend such as this.

### STOP PRESS

Portfolio Weekend on March 31, 1989 at Waddow — see February's *GUIDING* for further details.





# RAINBOW GUIDERS

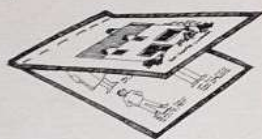
## PROGRAMME PAGES

### SOME NEW YEAR IDEAS

Rainbow Guiders! Here are some Programme ideas for you to try with your Unit in the New Year.

### RED: LOOK INSIDE

Talk to your Rainbows about helping people at home and at school. Everybody then decides where they are going to be especially helpful. Then help your Rainbows to make a 'Look Inside' book to show where and who they helped by using two pieces of paper of equal size. Draw the place on the top sheet and on the second, the people. Staple together at the top and lift up.



### ORANGE: WHY NOT MAKE A SNOWMAN CALENDAR?

**Items you will need:** paper plates, felt pens, cotton wool, glue, odd pieces of materials, paper and wool, calendar.

Make a cotton wool snowman, glue to the paper plate and add details using the wool and pieces



of material. For a finishing touch, decorate the edge of the plate with felt pens. Attach the calendar.

### YELLOW: HOT DOG

Rainbows all sit in a circle with one member holding a bean bag or a ball — the 'hot dog'. A Guider, who stands outside the circle, facing away, acts as the catcher. She then calls 'hot dog'. Whoever is holding the ball/beanbag leaves the circle and joins the catcher. The new catcher decides on the number to count to. Then both catchers count to it and call 'hot dog' together. Continue in this way until everyone becomes a catcher.

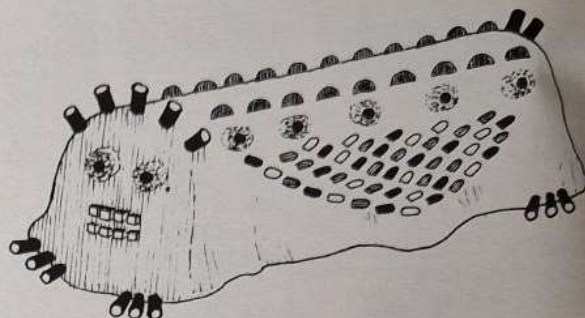
### GREEN: IN THE WINTERTIME

Talk to your Rainbows about feeding the birds through the winter. Maybe you could look through a book about garden birds with the Rainbows, read them a story about birds or play them some bird songs. Afterwards, they could draw a picture to take home to remind them to ask their families to feed the birds in their gardens. Say a 'thank you' for birds.

### BLUE: COOKING WITHOUT AN OVEN

#### MONSTER CAKE

Let each Rainbow make her own fondant icing in a margarine tub, and choose her own colouring. Careful supervision is required here; one small drop of colour is enough. Give each child a plain individual swiss roll, over which to spread the fondant icing and use dolly mixtures, chocolate drops and other small sweets for features



and body. A messy activity, but satisfying for all concerned!

For quick fondant icing you need: 8oz icing sugar and 2 tablespoons of sweetened, condensed milk. Mix together until soft and creamy, add colouring (drop by drop). Knead well.

### INDIGO: TELL A TALE

Come together for a story-telling time. There are many ways of starting a story ... try to have all the children taking part. 'If I was a duck I would ...'. Give everybody an item to include in an ongoing story. One child starts a story and when a bell rings, the next child continues.

### VIOLET: A CAN YOU? QUIZ

Make a set of cards with a

variety of pictures on them, for example, telephone, house, envelope, buttons, zips and some simple words such as hop, jump and so on. The cards are placed face down and the Rainbows choose one at a time. Then you ask them to do something connected with the picture, for example, House: Tell me your address. Jump: Can you jump in a circle?

### WHITE: PRAYERS — THANK YOU

Ask each Rainbow to mention something she would like to thank God for.

End the prayer by saying 'Help us always to say thank you'. This method can be adapted for many occasions and themes.

JANET GAINES  
JULIE GUDGEON





## BROWNIE GUIDERS

## EARLY BROWNIE GAMES

You should know by now that in 1989 Brownies will have been around for 75 years. Introduce a little history to the Pack with some of these activities from the early days. You might have to adapt some of them, but this is how they appeared all those years ago.

● THE FIRST BROWNIES WERE CALLED ROSEBUDS

They saluted with two fingers together instead of three and had special passwords:

'Dubesor a uoyera?' ('Are you a Rosebud?') to which the answer was:

**'Duba Mai'** ('I am a Bud')  
Make up Brownie passwords:

'uoyera ohw?'

'einworba mai'

and special Six codes using a Codecracker like the one below.

The 'tests' for Rosebuds were:

- To know how the Union Jack is made up and how to fly it
- To know how to tie the Reef Knot, Sheetbend, Clove Hitch, Bowline, Sheep-shank and Fisher-

man's Knots and their  
uses.

● IN 1915 ROSEBUDS BECAME BROWNIES

At first they met in Patrols which were named after British trees and they began to wear a brown uniform. Before she could be enrolled a girl had to:

- Know how to wash up the tea things
- Clean and fill salt cellar or hem handkerchief or duster
- Plait her own hair
- Tie her own tie

### Plaiting game

**You will need** — a 'tail' for each Six, made from three bits of rope 50 cm long, and knotted together at the top (make sure that each Six 'tail' is the same length); a measuring stick or card for each Six marked off in roughly 10 cm divisions.

Hang each 'tail' from the back of a chair and keep the measuring sticks by them.

**Relay:** Sixes line up and on 'go' run, one at a time, to the tail and plait 10 cm, then run back to let the next Brownie go. First Six to plait the whole length *correctly* wins.

### An 'elephant' knotting game

Brownies in two equal-

sized groups. One group are elephants, roaming free in the jungle. The others are Mahouts, or elephant-drivers, and each of them has a short piece of rope. The Mahouts have to go out into the jungle and chase elephants. When a Mahout catches an elephant, she ties one end of her rope to the elephant's belt, using a round turn and two half-hitches, then leads the elephant to a post (or a drainpipe, or anything suitable — use your imagination!) and tethers it using the same knot. Change over so that everyone gets a turn.

● IN 1916 THE *WOLF CUB'S HANDBOOK* WAS PUBLISHED, AND WAS USED BY BROWNIE PACKS EVERYWHERE

Swap Packs for an evening with your Cub Scout counterpart, or run a meeting on 'Cub' lines (some Packs won't notice much difference anyway!). The *Wolf Cub's Handbook* is still available from Scout Shops.

● IN 1917 THE BROWNIE GUIDER BECAME BROWN OWL AND SIXES WERE GIVEN NEW NAMES TAKEN FROM BRITISH FOLKLORE

The reason given for this was that a tree was 'a great slow-growing, quiet and passive sort of beast, whereas a Brownie is just about the opposite of this'.

● 1918 GIRL GUIDING: A HANDBOOK FOR GUIDELETS, GUIDES, SENIOR GUIDES AND GUIDERS WAS PUBLISHED. THIS APPEARED IN IT: Walking the plank

Lay a four or six inch iron drain pipe on the ground, or a railway rail, or a couple of boards edgewise with an apple or small prize on the ground at the end of it for the Brownie who can walk the plank, squat or stoop and pick up the prize, turn round and bring it safely back again.

(This practice is most valuable in producing concentration of mind and action — the effort of body-balance develops mental balance.)

## Stepping stones

Put down small bit of board, or cardboard (nailed to the ground), or mark on the ground a twisty line of stepping stones as if for crossing a brook — some close together, others far apart. Each Brownie to try the course in turn, two tries. On the second try she carries in her hand a mortar-board about eight inches square on which is a tennis ball, which of course must not be dropped.

(Object similar to that of 'Walking the Plank'.)

## COIN CHALLENGE

The Brownie Coin Collector Challenge 1989 will be launched in the February 23 issue of *BROWNIE* magazine.

The aim of the challenge is to raise money for local charities. There are also exciting prizes to be won by the Pack raising the most money — including a trip to the Royal Mint in Wales.

To find out how your Pack can enter make sure you see a copy of the February 23 issue of *BROWNIE*.

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



# arena

## COPING WITH FOREIGN TRAVEL

Travelling abroad is fun — or it should be. Nothing could be more enjoyable than taking a Guiding trip to some distant shores, as long as you observe Baden-Powell's famous adage and 'Be prepared'.

Foreign travel for the uninitiated may seem a daunting prospect but it needn't be. Just a few simple steps taken in advance could mean the difference between the trip of a lifetime and one you'd rather forget.

### BEFORE YOU GO

**Note:** Leaders hoping to take a group abroad (five or more members) should complete a form INT1 (Permission to Plan) at the earliest possible moment, and read the booklet 'Travelling Abroad'.

It's vital that you discuss your proposed trip with your County Commonwealth and International Adviser (CCIA). Her job is to advise on all matters relating to international Guiding — including travelling abroad. If you don't know who your CCIA is, a quick telephone call to your District Commissioner will provide the answer.

It's a very good idea to find out as much as possible about the country you are visiting before you get there. Several sources of information are available to you — travel books, atlases plus tourist authorities and their publications. Of course, there are some things you can only fully appreciate when you experience them first hand.

A country's culture and customs are highly-prized and jealously guarded by the people who live there. Make sure you know about them otherwise you may develop a nasty case of 'culture shock' and you risk offending the locals through ignorance. For instance, Continental men and women are more demonstrative, kissing both male and female friends in greeting, while in New Zealand Maori tribesmen often

greet visitors by poking out their tongues.

Lack of knowledge about a country's culture could result in you unintentionally breaking important unwritten codes of behaviour. Bare heads and shoulders are not acceptable in churches in some Catholic countries and shoes should always be removed before entering a Japanese home.

### SOME RULES AND REGULATIONS

If you don't get this part of your planning right then you will run into some serious problems. The following documents *must* be in order.

**Forms:** If your group has five or more members you must complete an INT1A and INT1B form at least ten weeks before you leave. Both forms are obtainable from your CCIA.

The INT1A is a general International Camp/Holiday Overseas form. Two copies must be completed.

One copy of the INT1B (Travel Information For Host Country) should be filled in for each country to be visited.

In addition two copies of form C12 (Holiday Afloat) should be completed if your holiday involves a cruise.

Your INT1A should be signed by the Guide Commissioner, the CCIA, the County Camp Adviser (CCA) and, if applicable, your Adviser for Handicapped Members; your District Commissioner and, if there are any Scouts or Venture Scouts in your party, the District Scout Commissioner. Then the form must be sent to your Country/Region Office to be signed, before it is forwarded to the International Department at Commonwealth Headquarters. They in turn provide you with an International Introduction Card — accepted at Passport Offices as the official authorisation letter which must accompany applications for collective passports.

### PASSPORTS

Everyone over the age of 18 must have an individual passport, either a full ten year British passport (available from your area passport office — application forms available from main post offices) or a one year British Visitors' passport (available from main post offices). But remember some countries won't accept the one year passport so be sure to check up before you get one.

Often the time you have to wait for a ten year passport can be quite lengthy, particularly in peak periods

— like the beginning of the year — so it's a good idea to send off your application form as soon as you know you are going abroad. Also check if you need a visa for the country you are visiting.

### TRAVEL INSURANCE

It is advisable to take out travel insurance to cover medical expenses, loss of baggage and so on, and this can be obtained through the Girl Guides Association, a reputable insurance company or travel agent.

The Girl Guides Association operates a travel insurance policy through the Home and Overseas Insurance Company Limited, at very competitive rates. For further information, contact the Insurance Manager at CHQ. A traveller and her possessions are easily parted, so be alert and be insured!

A word of warning: No matter how good your cover may be, it does not absolve the traveller from taking every sensible precaution both in what she does and how she looks after her baggage.

### HEALTH

It is vital to check which injections and preventative medicines are needed for the particular country/countries you intend to visit. These can range from vaccinations against polio and tetanus to yellow fever jabs. It's important to check the requirements for every country you intend to visit because these will vary, for example, anti-malaria tablets recommended for specific areas change from time to time. Chemists will advise on the best patent medicines to include in your 'medicine chest' to ward off tummy troubles and other minor ailments that can ruin a holiday.

Visitors to EEC countries should complete the form enclosed in booklet SA30 which is available from your local DHSS office and from many travel agents or clinics. Parents must complete these on behalf of their children as if they were taking the holiday. Having done so, you will receive an E111 which entitles you to medical care on the same conditions as nationals of the country you visit. You may still have to pay something if you need immediate medical help, but this is usually much less than if you had no E111. Keep this form safely inside your passport, as it must go with you to the doctor or hospital.

### HOW OLD?

The Girl Guides Association recom-



mends that girls going abroad in response to official invitations should be at least 14. This often makes them older than other girls at these events. For other trips any girls of Guide age are eligible — as long as they are safe and secure within their own unit.

As a general rule it may be difficult to cope with too many 11 or 12-year-olds — they could be a little young to deal with a foreign environment. But you know your own girls best — some girls of that age are better able to cope than others, so it's really a leader's decision.

However, experienced travellers will tell you that it's more difficult to keep a party with wide-ranging ages entertained than it is with girls of similar ages. What interests an 11-year-old may not appeal to a 17-year-old and vice versa.

## PARTY SIZE

This is again an individual decision depending on how many members the leader feels she can cope with. However, it's important to remember that group rates usually only apply to parties with ten or more juveniles travelling. Don't let the group get too big however, and make sure you know the girls who

are going. If you don't, make a point of getting to know them — it'll help all of you to feel more relaxed about the trip.

## LEADERS

The leader *must* hold a Camper's or Holiday Licence depending on the type of event and the deputy leader should be a responsible person capable of sharing the load, and working as part of a team.

A minimum of three leaders is required and one of them must speak French, German or the principal language of the country you are visiting — a Ranger/Young Leader doing an A level course in one of these languages should cope.

Not everyone speaks English, although many foreigners are fluent in our language, but it is unreasonable and unrealistic to expect that everyone you meet will be able to do so.

You will need a first aider — someone with an up-to-date qualification. Remember, there will be *no* NHS to fall back on, so correct action by the first aider is very important. If you are staying in one place, the first aider should find out where the doctor and nearest hospital are located.

If you are self-catering then you need a good Quartermaster who is both flexible and adaptable — local food stuffs should be used wherever possible and a good Quartermaster will relish the challenge.

## WHEN YOU GET BACK

Make sure that you have taken enough photos and brought back enough momentos and souvenirs to be able to provide the rest of your unit/District with an International Evening. Try to learn a local folk dance or song to add a bit of extra colour.

Of course, you will have kept a diary — or log — of the trip to help you tell everyone about your experiences. Looking back in the years ahead is almost as much fun as actually being there.

The Association has produced a super booklet called *Travelling Abroad*. Written by seasoned traveller Ann Mitchell, it's packed with useful tips and information — the ideal travellers' companion in fact. It costs £1 and can be obtained from Guide Shops or through the GGA Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ.

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## GUIDE GUIDERS

# PROGRAMME PAGES

Learning about the history of Guiding isn't something that has to be left to the few girls who tackle the B-P Trefoil. Use this game as an introduction to the subject.

### THE PRINTER'S APPRENTICE

Most people know that Robert Baden-Powell was the founder of the Scout and Guide Movements. Many people know that he was the author of several books on the subject, including handbooks for boys and girls. But how many people know that he was also a talented artist and cartoonist, and as such, actually illustrated many of his books?

One of these books was the second Guide Handbook, called *Girl Guiding*. It

was first published in 1918 and there were many later editions. You don't actually need a copy of it to play the game, but it would add a lot more interest if you could get hold of one: your County Archivist may be able to help you here. When you have played the game use the illustrations\* as a starting point for further discussion and discovery: uniform, test work, Guides and the War Effort, posture and so on. Books like *1910 ... and Then*, *History Notes* and *The Girl Guide Album* will all provide more information.

### HOW TO PLAY:

Photocopy the page opposite enough times for one page per Patrol. Cut

out the pictures and the captions. Place each set in an envelope.

Explain to the Guides that B-P has taken his manuscript and illustrations for the second Guide Handbook to the printers. The printer's apprentice is helping to set it up, but has managed to muddle up the illustrations and their captions.

The Guides' task is to sort them out. You could vary this by leaving the sets at one end of the room and making the Guides run to collect them, or by issuing them for correct answers to a quiz.

\*The illustrations shown here were taken from the 1929 edition of Robert Baden-Powell's *Girl Guiding*, *The Official Handbook* and appear, with their captions on the following pages:

A No more of their camping on my ground **P121**

B As a munitions worker **P52**

C Not the best way to salute **P73**

D A First Class Guide **P129**

E She won't be happy till she gets her First Class **P129**

F A Guide must be able to estimate heights **P133**

G So after dark the two children went out into the wood to seek the Brown Owl **P12**

H Growing girls are very apt to slouch **P83**

I How to salute **P19**

J Training young ones to fly **P102**

K A Guide should have her head screwed on the right way **P109**

### TREFOIL TRACK RECORD

Pre-Promise Challenge 8

Yellow Trefoil Could lead to a Target; find out more...

Green Trefoil Possibility as subject for Clause 3a

Red Trefoil Introduction to Clause 1 B-P Trefoil

Blue Trefoil Introduction to Clause 1 B-P Trefoil

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### LUCKY DIP

#### ALPHABET STORIES

If Patrols have time to fill and have access to paper and pens, they can try this game. A dictionary would be a useful reference book and would help to extend vocabulary.

Challenge Patrols to write a story in which each letter of the alphabet starts one word and the words are presented in alphabetical order. Patrols vote for the best story.

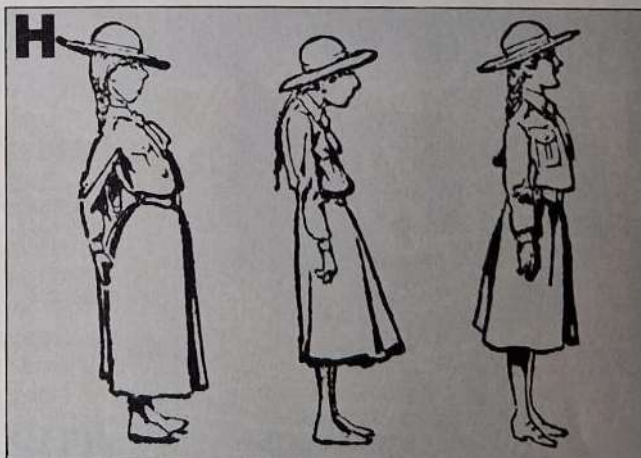
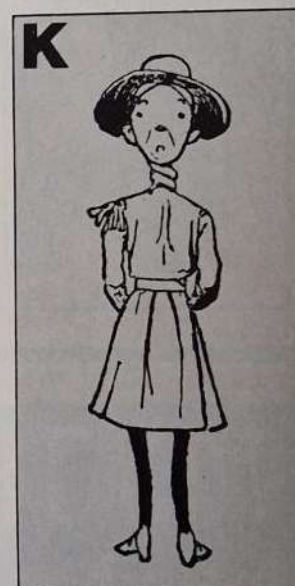
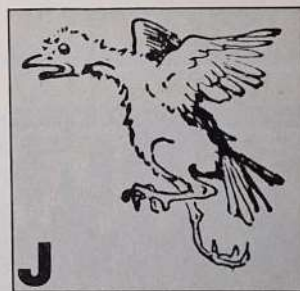
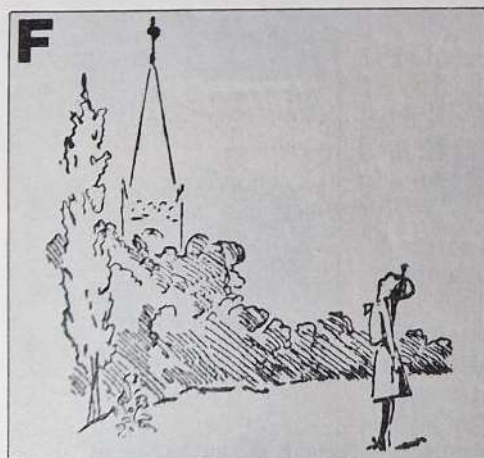
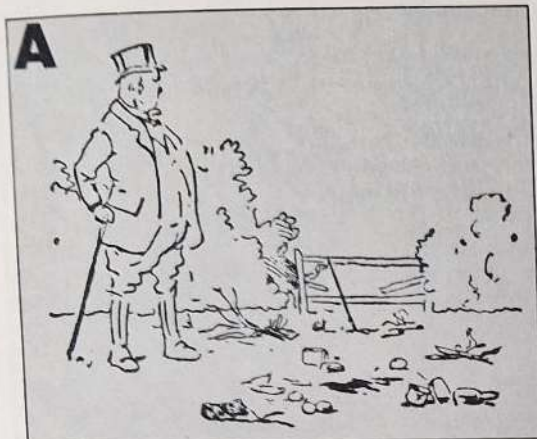
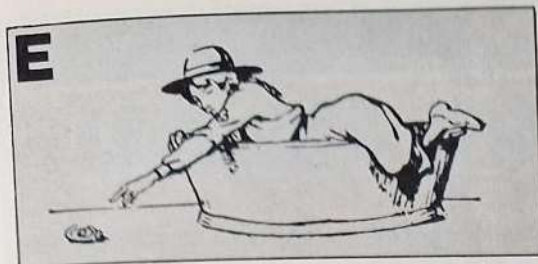
#### FOX AND RABBIT

A good run-about game for ten or more players.

Girls divide into groups of four, leave two girls over: one is the fox, the

other is the 'spare' rabbit. Three girls from each group of four form a circle by putting their hands on each others shoulders. This is their rabbit warren. The fourth girl is the rabbit who squats inside the warren. When the leader blows the whistle the fox tries to catch the spare rabbit. The spare rabbit may run into any warren but, as soon as she does so, the rabbit who was inside must leave it and becomes the spare rabbit. The fox may not enter or reach into any warren and the spare rabbit may not return to her own warren during her turn. If the fox catches the rabbit, they change places.





No more of their camping  
on my ground!

As a munitions worker.

Not the best way to salute.

A First Class Guide.  
She won't be happy till she  
gets her First Class.

A Guide must be able to  
estimate heights.

So after dark the two  
children went out into the  
wood to seek the Brown Owl.

Growing girls are very apt  
to slouch.

How to salute.  
Training young ones to fly.  
A Guide should have her  
head screwed on the right  
way.



## JUST HOW

# WHISTLE & HAND SIGNALS

Anyone attending a Guide function for the first time is impressed by the apparently 'secret' sign: the raised hand which commands silence in just a few seconds. This is just one of several hand signals which Guides do well to learn, for they encourage observation and self-control. Guides who are used to watching out for and obeying signals indoors are more manageable in large open spaces out of doors.



## HAND SIGNALS

### 1 Hand raised high

'Silence and listen' (Guide responds by raising own hand, stops talking, and nudges anyone who has not noticed the signal.)

### 2 Hand raised high — palm out

'Halt'

### 3 Hand raised and waved quickly at full extent.

'Come here quickly'

### 4 Hand raised high — waved slowly from side to side at full extent of arm.

'Go further out' or 'Scatter'

### 5 Hand pressed down — palm down.

'Sit'

### 6 Hand waved several times

across the face from side to side.

'As you were'

## WHISTLE SIGNALS

Whistle signals have the advantage of catching the attention of those who are not looking:

— = short blast

—— = long blast

### 1 — 'Attention'

### 2 — = 'Silence' or 'Halt'

### 3 — several short, sharp blasts

'Come here' or 'Fall in'

### 4 — Several long, slow blasts

'Go further out' or 'Scatter'

### 5 — — — — — short and long blasts alternately

'Warning' or 'Be ready'

### 6 — — — — —

'Leaders come here'

### 7 — — — — —

'Come to the cookhouse door, girls, come to the cookhouse door' ie 'dinner is served'.

B-P was keen for Guides to develop their own signals. Why not develop your own Company signals:

'Patrol Second come here'

'Patrol Time Now'

'Clear up your corners' ...

# WEATHER PROOFED, FIRE and when our British made tents are put

Dear Sir,

Please find enclosed the remittance for 5 patrol tents. I would like to take this opportunity to commend your company on it's prompt and efficient service. On inspection of the tents, I found them to be of excellent quality and will recommend your company to other groups within our district.

Yours Gratefully *Joe Mersfield*

Joe Mersfield, Group Scout Leader  
1st Shaftesbury Scout Group

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# RANGER GUIDERS

## PROGRAMME PAGES

### 'I WANT TO BE A QUEEN'S GUIDE'

On page 51a of the Ranger Guider's notes it states: 'This (the Queen's Guide) is not for every girl, and you and the Unit will have to give much thought to the kind of support that will be needed for a girl embarking on the Queen's Guide Syllabus. There will be many advantages for the whole Unit if a Ranger starts to work on it.'

In a busy life there is not time to read everything, but how many Ranger Unit Guiders could be found guilty of not having read the 1988 Syllabus and Notes? Fortunately, reading the training pages in the privacy of your own 'special' reading place, and feeling guilty there, is much easier to bear than in the more public surroundings of a training session.

Do you know how to respond to the Ranger who announces that she might like to 'have a bash' at it? Do you know what your role is? Do you know what part the Unit will play?

### ACTIVITY:

Marking up your file

**Materials:** Queen's Guide Syllabus and Notes 1988; pink highlighter pen.

**Immediate Action:** Go through the Syllabus and mark in pink each occasion when it refers to 'your Unit'. Go through the notes and mark in pink all those phrases that refer to 'their Unit', 'by the Unit', 'the Ranger Guider', 'the Ranger Unit' or the 'Ranger Unit meeting'.

You may be surprised to discover that although the candidate, once she has been recommended, becomes the responsibility of the Division Commission-

er, there are actually quite important responsibilities for the Unit.

It is the Unit who decides whether or not the Ranger should be recommended. You are a member of the Unit. This should be an undertaking for the Unit Executive but, if the Unit is small, then it may be that the Unit in Council will do this.

### EVALUATION ACTIVITY:

Can MY Unit Executive cope with recommendations?

**Requirement:** Thinking time, large sheet of paper, chunky felt tip pen.

### ACTIVITY

Put the names of the Unit Executive at the top of the sheet to remind you who they are — perhaps draw a little thumbnail sketch of each of them.

Now answer the following questions:

- Which member of the Executive knows the names of all the members?
- Which members of the Executive attend all the meetings and activities?
- Which members of the Executive are the 'leaders' — which the 'followers'?
- Which members of the Executive have yet to make or renew their Promise?

Now consider:

Does the Executive really know individual members of the Unit? In a large Unit with Rangers involved with different parts of the Training Programme, it might well be that some do not really get to know each other at all. On the other hand, in a small Unit where everyone gets together more easily, it is possible to be too well

known! What is the situation in your Unit?

Which members of the Executive are really happy to discuss their own commitment to the Promise with other members of the Unit?

Who would lead such a discussion with the Ranger candidate?

Now ask yourself: Can MY Unit Executive cope with the recommendation?

If you are confident that they can, then that is fine — if not, what are you going to do about it?

If you have Rangers working for the Ranger Challenge, then the Executive will be well used to assessing the individual. They will also be taking note of the effort each girl is putting in as an individual, in order to complete each clause. The recommendation, however, is rather different. The potential candidate 'must be able to show that she is honestly seeking to make or renew her Promise.'

If the Executive are happy that this is the case, then they can recommend the Ranger to the District Commissioner as a candidate. If they decide not to recommend someone, they must be able to say why and clear reasons should be given to the Ranger. Could your Executive cope with this? Could your Unit members accept the decision of their elected representatives?

If you have serious doubts about whether or not the Unit could cope with this, then you really need to plan some way:

- to help the Executive make decisions
- to help the Unit accept the decisions of their democratically elected group.

Do you actively train your

Unit Executive, or are the skills that the Rangers need learned by chance? It is easy to hide behind 'in' phrases. 'Hands on' and 'experiential' learning should not become smokescreens within our minds.

### ACTION:

Examine the Unit constitution. Does it give you the opportunity to propose a training weekend — or day — for members of the Unit Executive?

If so, then why not go ahead and organise it? It could be that the Executive groups from other Units in your Division would welcome the chance to join together.

**Where to seek help:** Your Division Commissioner — she runs meetings and she will be the one to receive the recommendation.

If your Unit is small at the moment, then the Unit in Council may take the place of the Unit Executive. Even if this is the case, decisions still have to be made by the peer group of the candidate and not by you alone.

Sometimes you may find it as hard to accept their decisions as some of the Rangers do. How you respond in these instances will go a long way towards helping the Unit to respond appropriately.

It is important to examine carefully the ability of the Unit to cope with the possibility of making a recommendation. An examination of the skills they may need to do this effectively and the role that you need to play in preparing and training them will certainly be advantageous to the Unit. And you'll have done it before anyone has declared their intent to be considered!



# YOUNG LEADERS PROGRAMME PAGES

## AWARD CHANGES

This month we take a closer look at the Duke of Edinburgh's Award and the way in which recent changes affect girls working towards it.

Many girls hope to use the Young Leader Certificate towards the Award and were left wondering how the amendments announced in September's *GUIDING* will affect them.

Some changes have been made to try to make the use of the Young Leader Certificate more logical in the Duke of Edinburgh's Award Scheme. Under the previous system you could use certain clauses for one level and complete Young Leader Certificate for a different level — all of which could get a little confusing.

I'm only talking about service through the Girl Guides Association by the way. This covers Community Service and Youth Leadership.

## COMMUNITY SERVICE

Opportunities for members of the GGA and non-members at Bronze, Silver or Gold:

The service given under this section would involve you in the care and maintenance of a Guide headquarters and for camp sites. Most Divisions and many Districts have their own headquarters and/or camp sites. They are only too pleased to have someone to see to the maintenance. Your local Commissioner or Camp Adviser might be able to help.

Incidentally, this is now the only way that non-members of the GGA may give service through the GGA.

This next section applies

to members of the GGA only.

## BRONZE

The Practical Service included in this section may be carried out as a Ranger on a short term assignment in a Pack or Company for a particular purpose. That means giving instruction or help on a specific subject such as music, craft or story-telling for a number of meetings. This might mean that you would be involved with all of the Brownies or Guides in a unit, a Six or Patrol or some other small group which was particularly interested.

Anyway it is service for a short time with a specific unit, providing you can commit yourself to giving at least six months continuous service. Rainbows can't really cope with a lot of chopping and changing. They need stability and continuity, which is why you have to guarantee six months.

## YOUTH LEADERSHIP

The second type of D of E service for members of the GGA only is Youth Leadership. This is where you can use your Young Leader Certificate. Although, in the same way as you do for Queen's Guide, you should notify all the Guiders concerned of your intentions to use it for both before you start.

## SILVER

Gain the Young Leader Certificate or a Ranger Camp Permit endorsed for leadership.

Yes, I know that some Young Leaders are not Rangers, but it does not prevent them from taking the qualification called the Ranger Camp Permit.

## GOLD

Gain the Young Leader Certificate or the Ranger Camp Permit endorsed for leadership, if you haven't already gained them for Silver. If you have already used them or you become a Guider — that isn't out of the question is it? — then, depending at which stage you are during the changeover period, you have to make a choice. You must either gain the Adult Leader's Certificate or gain the Adult Leadership Scheme Stages I and II. If you already hold a warrant you must gain the Quartermaster's Certificate, Camper's Licence or Pack Holiday Licence.

So you see, there are plenty of leadership qualifications for you to aim for and which can be used for the Duke of Edinburgh's Award.

I hope it's now clear, but

if you would like it explained more fully the GGA has very recently produced a new leaflet called the Duke of Edinburgh's Award Scheme and Guiding, price 45p.

Incidentally, even if you are a Young Leader working for a Duke of Edinburgh's Award, you must still comply with the current Award conditions for the Service Section.

Assessment will be made by the Young Leader Adviser and/or District Commissioner. It depends on how well the Young Leader Adviser knows the candidate.

If you are confused by my suggestion of working with Rainbow Units or have not heard of a Ranger Camp Permit endorsed for leadership, I can only advise you to look out for future items in this column.

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# A MUCH LOVED COUNTRY

## CHILDHOOD MEMORIES

Most people find it pleasant to cast their minds back to the



days of their childhood; for those interested in wild things the experience may be enhanced by the memory of their first exciting discoveries in the world of animals, birds and plants.

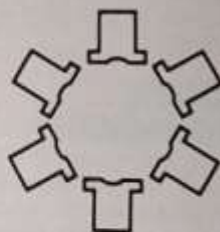
My own interest in such things started when I was about eight and grew as time went by; the visit to a small valley with a stream so full of sticklebacks, crested newts, frogs and other aquatic life that it was possible to catch them in your hands; the bubbling call of a female cuckoo heard as she flies silhouetted against the setting sun of a June evening; the wild call of the green woodpeckers that nested in the willows at the side of the stream and the sight of a nightjar lying lengthwise along the branch of an oak tree at dusk; the return of the mallard duck in March to nest by the little river; and the thousands of finches, including bramblings and chaffinches dropping down into the dead grasses in a covering of deep snow.

I remember the excitement of two small boys flushing their wader,

albeit only a snipe, and watching it zig zag away over the field. Wood anemones in April and snakeshead fritillaries in the long grass; gold crests and tits in a small pine spinney and yellow and grey wagtails flitting along the edge of the river in spring time. The eerie call of the tawny owl and her young on a summer's night and hay meadows free from broken glass and plastic waste. Away from the countryside itself, the sound of leather on willow as an evening cricket match was in progress and on those fields in the winter, hundreds of gulls flocking to feed on the worms beneath the surface.

These are my memories of a childhood in Ealing. Now sadly the area about which I speak has been spoilt; the river polluted by the introduction of sewage waste from incorrectly laid pipes on a housing estate; the valley destroyed by owners who allowed it to be used as a waste tip. The pine wood is only a scorched remnant of its former self; the stream runs through an underground pipe and the wildlife is gone forever. Such, I'm afraid, is the mark of progress.

JOHN ALDEN



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## A collection of vintage children's magazines and cutouts. Visible titles include 'Girl Guide Album', 'Trefor', 'Brownie', '1910... &amp; Then?', 'bonjour', 'buenos', 'hello', 'guten', 'buon', and 'CUT-OUT DOLL'. The items are arranged on a dark surface, showing various illustrations and text.



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<b>62919 Set 2</b>	<b>£0.70p</b>	Guides United Design.	
<b>Brownies Around The World</b>		<b>63693 Multi Language Greetings Card</b>	<b>£0.25p</b>
Colourful illustrations and interesting facts about Brownies in other countries.		<b>63404 The Girl Guide Album</b>	<b>£3.50p</b>
<b>70078 No.1</b>	<b>£2.40p</b>	An affectionate look back over the years of Guiding since the start of the Movement.	
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<b>70086 No.2</b>	<b>£3.25p</b>	Pack of 44 quiz cards containing questions on Guiding topics.	
<b>74252 No.4</b>		<b>63735 Thinking Day and International Guiding Pack</b>	<b>£1.95p</b>
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A brief account of Guiding in every member country.		<b>63255 Planning A Service for Thinking Day</b>	<b>£0.30p</b>
<b>60327 Games From Many Lands</b>	<b>£0.70p</b>	The outline of a Service which could be used for Thinking Day.	
A selection of 36 games from different countries.			
<b>71548 World Games &amp; Recipes</b>	<b>£0.60p</b>		
Games and recipes from many lands.			

Don't be short of ideas and information order now.



# UGANDA

## A NEW BEGINNING

**UGANDA** is our third PolioPlus country. Most of us are aware of Uganda's troubled past under Idi Amin in the '70s, and the dream that turned sour under Milton Obote in the early '80s. It is a sobering fact that anyone under 25 — which is a high proportion of Ugandans — has only known life in a country where the economy and law and order have completely broken down.

A project on Uganda must face these facts. But most of us — and the members of our units — live such comfortable and secure lives that we often remain blissfully unaware of the harsh realities that face people in many other parts of the world. February's *TODAY'S GUIDE* carries a feature looking at the life of a Ugandan Girl Guide, which stresses the vital importance of the Cold Chain Challenge as outlined in the PolioPlus pack.

### PEARL OF AFRICA

Uganda is about the same size as the UK and is one of the most beautiful countries in Africa. It is a landlocked country of mountains, lakes, rivers and game parks, with a pleasant climate and friendly people. The River Nile flows from Lake Victoria through the middle of Uganda and the spectacular Owen Falls are used to generate hydro-electricity.

In the south-west are lush tropical forests, tea plantations and the snow-capped peaks of the Ruwenzori mountains. The climate described in the Pack — pleasantly warm temperatures and rain all year — is the climate of Kampala and the area near the equator. Northern Uganda experiences dry weather from November to March, when the long grass turns brown and the women have to walk even further than usual to find water. The north-east is very dry, and few people live

on the plains of Karamoja.

Lake Kyoga marks the approximate dividing line between the well-watered, fertile and more heavily populated south and the remoter, drier, less-populated north. It is also the northern limit of tribes speaking Bantu languages. Most important of these are the Baganda people, whose kingdom was in the area of the capital, Kampala.

### BREAKDOWN

More than 15 million people live in Uganda today. The natural increase is reckoned to be 3.4 per cent a year. By the end of the century, the population could have swelled to 25 million. This rapid increase is partly the result of the impact of Western medicines and vaccines (this issue could provide a discussion point for Rangers). There has also been a breakdown in both information about, and desire for, family planning in the insecure years since 1971. Most people live in villages, with only 12 per cent in the towns. During the '70s, many town-dwellers moved back to family lands in order to grow their own food, because essential supplies were no longer available.

Older Ugandans can look back to the days before 1970, when there was plenty of food and some thriving industries. The country attracted many tourists who went to see the spectacular scenery and the animal life.

Uganda became independent from Britain in October 1962, when everyone was very optimistic about the future. An American economic report on Africa published in about 1970 singled out Uganda as one of only two African countries with bright prospects. But everything changed in 1971, when the head of the army, Colonel Idi Amin, seized power while the President was out of the country.

Most of us will remember the impact this flamboyant dictator made on the world's press and his publicity-seeking stunts. He ran up

huge debts by overspending on grandiose projects, enlarging the army and on luxuries for his huge family and supporters. In 1972, Amin ordered non-Africans to leave the country. This included all the Asian business men and shopkeepers as well as Christian missionaries and other foreigners who ran many of the schools, hospitals, factories and agricultural projects. Some of the educated Africans left too.

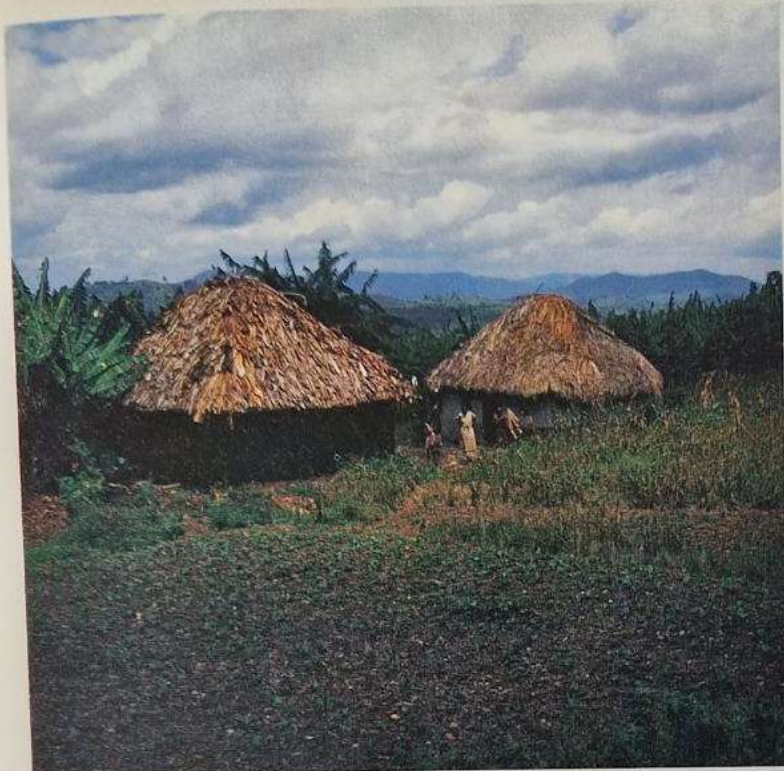
Almost overnight, shops were emptied of stock and essential supplies such as sugar, salt, soap and medicines disappeared off the shelves. The technicians had gone and imported goods and spare parts were unobtainable. Amin's opponents invaded from Tanzania, but they were crushed. To make matters worse, Amin gave the best jobs to people from his own tribe. His opponents and people from their tribes were massacred. Following the inevitable economic collapse came an almost total breakdown of law and order.

### OVERTHROWN

Idi Amin was overthrown in 1979. The new government had an impossible task trying to rebuild a shattered country. In 1980, Uganda's first President, Milton Obote, returned. He organised the first elections for 18 years but, sadly, under his rule the country once more sank back into a state of lawlessness. Attempts to root out Amin's supporters led to yet more massacres.

For the past three years, President Museveni and his government have been trying to put Uganda back on its feet and life is beginning to be a little safer and more comfortable. The Ugandan Church, which played an important role in maintaining some stability in the '70s, has led the way in promoting grass-roots development. One of its projects is the Christian Rural Service which trains local people in health care. But it will be a long time before Uganda returns to the level of prosperity en-





A rural scene in southern Uganda.

joyed in the '60s.

Both education and medical services have been badly hit by Uganda's problems. During the '70s the people couldn't afford to clothe their children and many buildings were looted. Everything of value — even roofing material — vanished. Kampala's main 600-bed hospital ran out of drugs and distilled water. And rural areas were even worse off. Preventable diseases have increased because vaccines were not available and there are few trained medical assistants. Also, the vital Cold Chain has been broken because fridges remained unrepaired and people were frightened to travel unless they really had to. Now that life is returning to normal, every effort the Guides make to promote the PolioPlus project is of vital importance.

## REBUILDING

It is amazing that Guiding has survived at all in Uganda. And yet members of the Movement are now going all-out to help rebuild their country.

Guiding began in Uganda in 1914, although the first Company wasn't officially recognised until 1922. It became a WAGGGS Associate Member in 1963. Full membership was delayed until 1984 because of all the upheavals in the country. Many units closed during the troubled years of the '70s. And yet, on Thinking Day 1982, 2,000 Guides

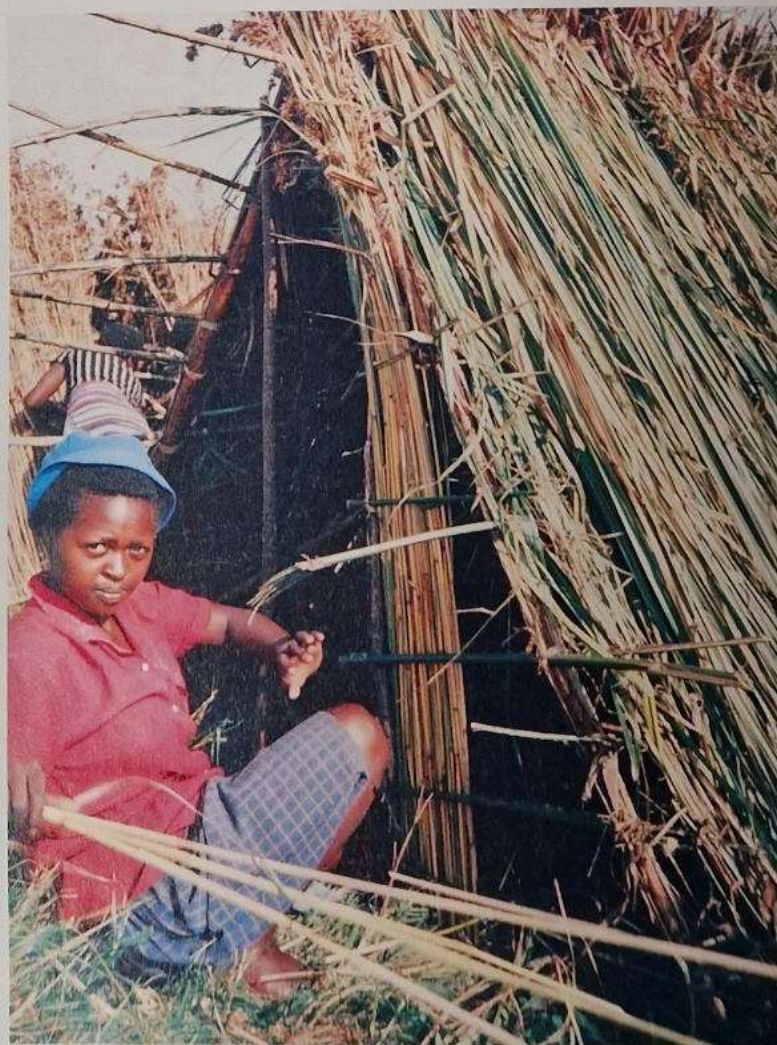
from all over the country gathered at a national camp at Kaazi to celebrate 60 years of Ugandan Guiding.

In spite of more dangers and upheavals in 1985, Uganda's 5,000 Guides celebrated 75 years since the start of Guiding and publicised the Movement nation-wide. They have been grateful for the help given by our own Girl Guide Friendship Fund and other gifts from all over the world to replace equipment that was lost or looted and to help re-establish a training programme.

The PolioPlus Project fits into a programme of service by the Ugandan Association. This includes teaching people in the villages about simple hygiene; planting trees to conserve the soil; visiting disabled people to help them in practical ways, as well as teaching basic skills such as cooking and sewing. They are also sure to use the Project to promote Guiding and to show others that they are part of a world-wide, caring Movement.

The resources in the PolioPlus Pack do focus on everyday life and

BARBARA LANGHORNE



This Ugandan Guide is thatching a roof in the traditional manner.



its problems. *A Day in the Life of a Ugandan Guide* is designed as a questionnaire — but it could be adapted to a radio or TV interview. The singing game 'Mawira Maitu Ni Ogwa' would be suitable preparation or follow-up and so would the model Shamba. Follow the plan, though

traditional huts were round, but most Ugandans live in rectangular houses and roof them with corrugated iron if they can. They are hot and noisy, but fire-proof.

Water activities are always fun, but can a British Guide carry as much as far as her African counterpart? And

how safe will it be to drink? Find out about methods of purifying water — it will stand some Guides in good stead one day. Make them make the effort to boil some for long enough over a wood fire or a charcoal one like many Ugandans would use — wood is scarce in many areas.

JILL WRIGHT



A Guide cooking Ugandan-style.

## UGANDA: FACT FILE

AREA: 236,036 sq km (91,134 sq miles)

POPULATION: 15,477,000

CAPITAL CITY: Kampala (population about 458,000)

HIGHEST POINT: Mount Stanley, 5,109m

OFFICIAL LANGUAGE: English

OTHER IMPORTANT LANGUAGES:

Swahili, Luganda, Luo, Ateso

CURRENCY: Ugandan shilling

MAIN EXPORTS: Coffee, cotton

**NATIONAL FLAG:** Six stripes: black, yellow and red repeated. Black stands for the African people; yellow for the sun; red for the brotherhood of mankind. These were the colours of the Uganda People's Congress which won the national election at Independence in 1962. In the centre of the flag is a white disc with a picture of a bird called the crowned crane, which is a fairly common species and a national emblem.



Ugandan Guides on camp.



# YOUR LETTERS

## WAITING

I was most interested to read in September's *TODAY'S GUIDE* the result of the survey regarding our future uniform. What I would be more interested in is — when will my unit be receiving the questionnaire we requested immediately after the *Clothes Show* programme? I'm sure my unit is not the only one waiting. Are we not allowed a view?

When the survey was originally suggested, my husband's reaction was that I was wasting time requesting it. 'It's just another PR gimmick to make everyone think you are getting a view on the uniform for the 1990s which you will have to buy,' he said. My husband always scans the Guiding publications. I defended the Movement, so what evidence can you come up with, merely to prove my husband's comments wrong?

**MRS MARGARET BUCKBY**  
GUIDER  
1ST CHILVERS COTON  
(ALL SAINTS)  
NORTHAMPTON

We asked Tricia Lawrence, Chairman of the Uniform Panel to reply. She writes: I am very sorry that your unit did not receive a questionnaire after the *Clothes Show* programme. In response to the article about uniform in *GUIDING* in April 1987 we received about 300 replies. In view of this number we estimated that there might be 2,500-5,000 requests for market research forms after the TV coverage and planned accordingly.

The BBC actually received almost 10,000 requests for questionnaires and were quite understandably unable to cope with the demand.

Eventually they sent out approximately 7,000 forms. Most of these were returned and then processed by Research Services Ltd. This number is quite adequate for this type of research. The research is now complete and has been presented to Jeff Banks and members of the Uniform Panel.

Your husband is quite correct, this is a public relations exercise, one which has been very successful so far. It is the first time that the Association has embarked on making changes to the uniform in this way. Everyone in the Movement has had the opportunity to make comments and suggestions about uniform either through the usual channels, by writing to the Uniform Panel or by taking part in the research. The views of members are being taken into account and will be reflected in the final outcome.

The survey reported in *TODAY'S GUIDE* September 1988 was completely separate from the main market research. It was carried out by members of the magazine staff interviewing Rangers, Guides and Brownies visiting CHQ during the summer holidays — Jeff Banks received that survey too!

## SO CHEAP

It was with no sadness at all that I learned of our Census fee being raised to £5.50 per head this year. I think that at 11 pence per week this represents extremely good value for money. I realise that Ms Smith (November's letters) is involved with an Inner City unit and fund raising is probably difficult for her. But an extra 11 pence per week on subs would meet this bill and prevent the annual panic when the

forms are handed out. After all, 11 pence is less than the price of a packet of crisps and a small sacrifice for any child getting the benefit of being part of the Guiding Movement.

I think Ms Smith and her District should re-think their budgeting. How about opening a deposit account into which money could be saved for Census on a weekly, monthly or term basis?

Compared with other activities such as swimming, music lessons, riding, ballet, or even joining the youth club, Guiding is cheap!! And, possibly, because of this, taken for granted.

Let's be realistic, without Census there would be no admin, no insurance, no Headquarters and thus no Guide Movement. Inner City or not, fund raising is always difficult. But we, at least, have the knowledge that the money is being spent wisely and for the benefit of the girls.

**JULIE BARTRUM**  
GUIDE GUIDER  
2ND SWAFFHAM GUIDE  
COMPANY

## WELL-LOVED

I am concerned that my notice in November's *GUIDING* relating to the cassette which the London Guiders' Singing Group has made, was amended to give the misleading impression that it contained some of the Group's favourite songs. The cassette was specifically made to keep on record some of the Movement's old and well-loved songs, particularly remembering Mary Chater — once CHQ Music Adviser — who gave us so much music in the past.

I trust that any Guiders

who have purchased cassettes under the wrong impression will not be disappointed.

**OLIVE BISHOP**  
ORGANISER AND  
SECRETARY  
LONDON GUIDERS'  
SINGING GROUP

## SAFE HOUSES

The Accommodation Scheme the Trefoil Guild was asked to help organise is now functioning and the register of hostesses grows daily with addresses country-wide.

One or two snags, however, are surfacing mainly through applicants not fully understanding the guidelines, which we are strictly following. Briefly the scheme is for young people up to 25 years of age — *members of the Movement* — who are attending an interview for work, college or university; or starting a new job and looking for permanent accommodation. The maximum stay is to be two weeks.

We have confidence the system devised has ensured the hostesses registered are genuine members of the Trefoil Guild, therefore 'safe-houses'. So that they know the guests are also Movement members, we ask that the initial approach should be through their local Trefoil Guild Chairman, Young Leader or Ranger Adviser and so on.

Thanking everyone for the support and co-operation shown to date.

**MRS BERYL LAWRENCE**  
TREFOIL GUILD  
CO-ORDINATOR  
ACCOMMODATION  
SCHEME





# ***GIRL GUIDES* On Safari**

## **at Windsor Safari Park**

### **April 22, May 20, June 17, 1989**

Last year nearly 10,000 Guides, Brownies, families and friends enjoyed a fun-packed day at Windsor Safari Park. This year as usual, we are pleased to be able to invite you all to join together to come along on safari on any of the three dates above.

Normal admission price will be £6.50 adults and £5.50 children, but Girl Guide Association members and guests are offered the very special all-inclusive price of £3.50 for both adults and children (under 4's admitted free of charge). This special rate only applies on a PRE-BOOK, PRE-PAYMENT BASIS.

Minimum of twelve in one vehicle for this special rate. In addition **WINDSOR SAFARI PARK** undertakes to make a contribution of 25p per head towards **GIRL GUIDES** funds.

Gates open at 10am and we recommend that you book early to avoid disappointment as the numbers on any one day will be limited.

To make your booking please fill in the form below and encourage as many people as possible to join us on our **GIRL GUIDES SAFARI**.

#### **GIRL GUIDES ON SAFARI - April 22, May 20, June 17, 1989**

Date of visit: 1st Choice: .....

Group (Name) .....

Address .....

Group Leader .....

Total No. in Party ..... Tel .....

Total amount of cheque/PO enclosed ..... Adults ..... Children

Payable to: Windsor Safari Park Ltd (prices include VAT)  
Minimum number of 12 in one vehicle to qualify for special rate, and we regret that refunds cannot be given. When completed please return to: Windsor Safari Park, Winkfield Road, Windsor, Berkshire SL4 4AY.







## ANOTHER EVEN BIGGER CHEQUE FOR PAX LODGE

WAGGGS was delighted to receive a further £51,584.42 towards the building costs of Pax Lodge.

The money was handed to Dr Odile Bonte, Chairman of the World Committee and Chairman of Fundraising, Dr Helen Laird by Mrs Patricia Noble, Chairman of the Trefoil Guild and Miss Mary Smith, Chairman of the North West England Trefoil Guilds.

It is anticipated that when Pax Lodge opens in 1990 many Trefoil Guild members will be queuing up to visit and stay and to see the Trefoil Guild rooms as well as the rooms from other groups in the UK and around the world.

## THE TREFOIL GUILD OLAVE HOUSE SPECIAL APPEAL

It all started in the autumn of 1986 with a letter from the Chairman of London and South East England Trefoil Guild. She suggested that, in view of the urgent need for funds to build a new World Centre to replace Olave House, the Trefoil Guild might consider making a special fundraising effort in 1987. That is not to say the Guilds had not been contributing before. Ever since the first appeal was launched, the Trefoil Guild has been one of the most generous donors. But a special appeal — that was a challenge which could encourage even more effort. When approached for suggestions WAGGGS' Chairman of Fundraising, Dr Helen Laird, came up with the solution. The Fundraising Committee had been discussing the possibility of appealing for particular rooms — would the Trefoil Guild like to try for a study/bedroom — cost £10,000? The

Dr Odile Bonte, Mrs Patricia Noble, Miss Mary Smith and Dr Helen Laird at the presentation ceremony.

Central Executive Committee of the Trefoil Guild was very enthusiastic and decided that a target of two rooms should be set — £20,000.

By return of post North West England said they would try for their own study/bedroom. And so the race was on! The CEC agreed that the Appeal should run from July 1987 to July 1988, in order that Guilds could plan for special fundraising events as part of their programme. But most could not wait for the fun to start and immediately the money began rolling in.

Great ingenuity was shown. There were sponsored slims and sponsored swims. Christmas tree decorations and Welsh dragons were made and sold, whenever a buyer could be found! There was a special stall of handicrafts at the IFOFSA General Assembly — £3,000 came from the Dorset Guilds and £76 from an individual member — £1 for every year of her life and so on. Some cheques were sent in memory of dear friends and others in thanks for years of Guiding.

North West England Trefoil Guild members raised the magnificent total of £11,544.98. And the national figure soared past the £20,000 target so that now the cost of furnishing the rooms could be covered. Until, on July 31, the grand total of £51,584.42 was reached — the equivalent of over £3 per head from every member. And the money is still coming in and will be put towards the Trefoil Guild study/bedrooms.

It is a magnificent effort and very tangible proof of the Trefoil Guild's commitment, not only to the past, but also to the future of Guiding.

## BERMUDA

Girl Guides on the Caribbean island of Bermuda have a new Standard, thanks to the efforts of Dorset Girl Guides.

It was designed by Guides from Bermuda and embroidered by Guides and Guiders from Dorset. The Standard was dedicated at their Thinking Day service last year and Guiders from Dorset have since been to Bermuda for two weeks to see their handiwork in its place of honour at the island's Guide headquarters.



STANDARD ON SHOW: Association members from Dorset admire their handiwork at Bermuda Girl Guides Association's AGM.

## HURRICANE GILBERT: THE AFTERMATH

This scene shows some of the damage done to the Headquarters of the Girl Guides Association in Jamaica after the roof of the building had been ripped off by Hurricane Gilbert. Thanks to prompt action by CHQ, two sponsors — Mowlem International and Greenham Export — were found, who generously donated two tarpaulins to cover the roof as a temporary measure.



MICHELLE SMITH

HAROLD MEAD



# COMIC RELIEF

## LAUGHING ALL THE WAY TO THE BANK

Laughing all the way to the bank — that's what the organisers of Comic Relief were doing last year.

Their first day of comedy on February 5 was such a mega success that they raised well over £15 million — that's £12 million more than they had hoped for.

And, although a lot of fun was had along the way, raising money was the main aim of the day — so where did all that money go?

Well, 20 per cent went to charitable projects in the UK, the rest was sent to Africa.

In the UK, money was given to projects which desperately need financial help.

Homelessness is a major problem in Britain today — the issue was highlighted in December's *GUIDING*. Charity projects, like *Giroscope* in Hull, are doing what they can to help. *Giroscope* is a group of previously unemployed young people who are buying homes, renovating them and then renting them out to young, homeless people, single parents, the disabled and the unemployed.

Projects working with and for the disabled, operate around the country to help integrate them into the community.

Comic Relief has helped numerous projects including the Disabled Persons' Housing Service and those trying to find work for the disabled. They have also been able to fund special equipment, including a pneumatic muscle which helps form a working arm when attached to a wheelchair — fittingly this was developed at *Spitting Image*, ITV's satirical puppet show.

Alcohol and drug abuse is still the scourge of modern day society. In fact experts link 33 per cent of all child abuse with regular heavy drinking and 80 per cent of people with a drug problem are *not* in contact with a drug service. Comic Relief has been particularly keen to help groups of young people who are helping themselves because, at the end of the day, recovery is up to them.

In Africa, two main areas were helped. They were Ethiopia and Sudan.

Sudan is home to the Beja nomads who, in the 1984-85 drought lost most of their animals. Unlike crops, animals don't grow back when it rains and without them, the Beja couldn't survive. Comic Relief was able to provide Oxfam with enough funding to regenerate the herds.

Immunisation is a key to longer life in Ethiopia. Six preventable diseases kill more African children every year

than famine. For only £3 one child can be immunised against all six diseases — Comic Relief has been able to help this programme to continue to expand to the tune of £115,400.

## WHAT YOU DID

As usual units up and down the country rallied to help a good cause — and what an inventive and imaginative lot you are. Collingbourne Kingston Guides and Brownies, Wiltshire, held a sponsored silly eating competition — spearing baked beans with a cocktail stick, eating jelly with chopsticks and 'drinking' custard through a straw were just a few of their crazy ideas.

The 218th Glasgow Pack held a clowning around evening, they invited parents and friends and raised £250.

And just because they are a Pack of only ten Brownies didn't stop the 4th Wallingford Brownies raising £148.11 with a sponsored silence — pretty good going, eh?

## THIS YEAR

Red Nose Day 1989 will be on March 10. This time the money will be split 66 per cent to Africa and 33 per cent to the UK — and here Comic Relief organisers intend to plough money into projects for the elderly, whom they feel are in desperate need of funds. And, as ever, Comic Relief assures us that every single penny



you raise will go directly to the areas where it will do most good. Nothing will be taken out for administration costs because this sum has been generously donated by a variety of people and organisations. That includes the wages of the staff and all office and printing costs.

So, get your thinking caps on and prepare for March 10 — the second national day of comedy.

## THE RED NOSE NIGHTMARE

Last year, the only real problem experienced by Comic Relief was that the national supply of red noses ran out long before demand for them did. So this year they have decided to run a scheme whereby non-profit making organisations can order noses in advance at ten pence each.

This is a 40p less than the usual price. If you are interested in the scheme, send off to the address on the form below and ask for details.

BEN HALL



*Card Deckert + Paul. H. Dean Mike*



*no thanks +*

We would like to support Comic Relief and would like to order the following materials:

Posters, Comic Relief General	Quantity _____
Posters to advertise my event	Quantity _____
Sponsorship forms	Quantity _____
Lapel stickers	Quantity _____

I undertake to ensure that all event proceeds (and nose proceeds if applicable) are returned to: Comic Relief Nose Office, AG15/16, Comic Relief, Centre House, BBC TV, Wood Lane, London W12 7RG.

Name \_\_\_\_\_

Unit \_\_\_\_\_

Position \_\_\_\_\_

Address (including post code) \_\_\_\_\_

Daytime telephone number \_\_\_\_\_

Please send this completed form to the address above.



# PEOPLE *and* PLACES



## A SPECIAL GIFT

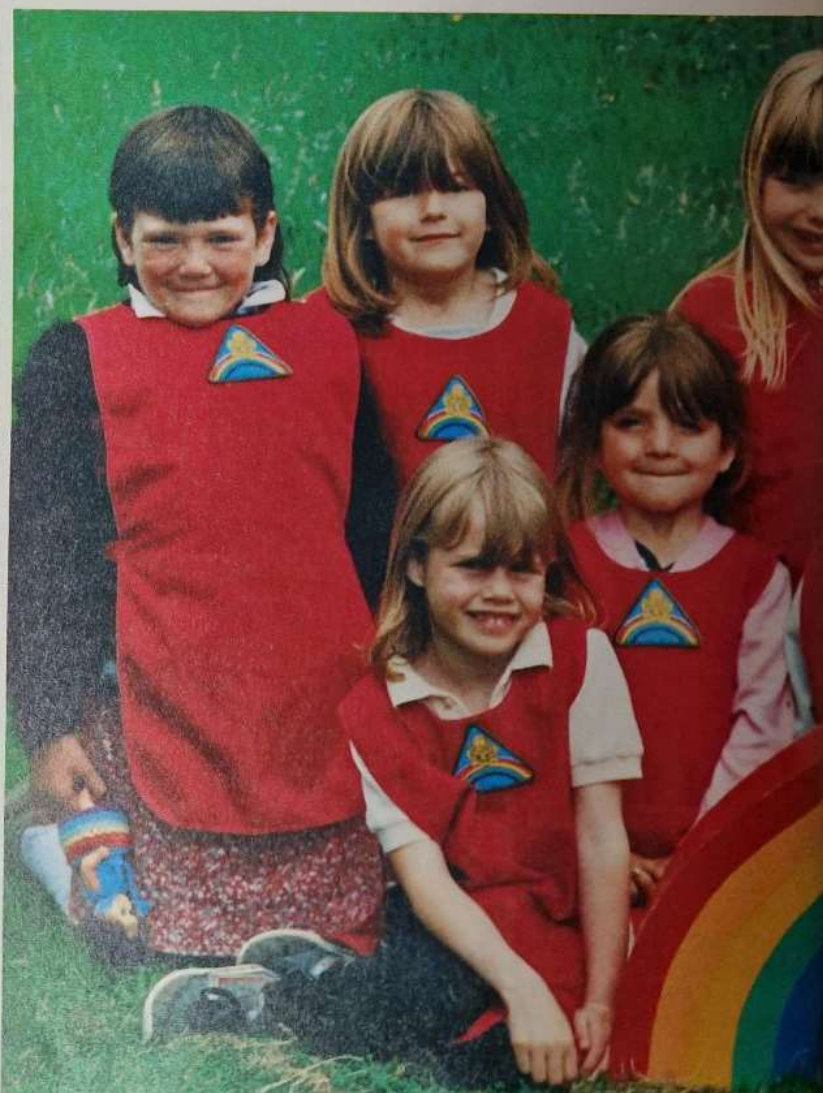
▲ Plucky Anna Dart of 4th Brixham Brownie Pack was just the right person to hand over a cheque for the Wishing Well Fund to Dr Clayton of Great Ormond Street Hospital. Anna suffers from a rare disease and receives regular treatment at the hospital herself.



## IN THE RED

▲ Remember Comic Relief? 4th North Oxford Brownie Pack celebrated it by holding a Red Theme Party — complete with red noses, red jelly and red cherryade!

They raised over £75 for Comic Relief by holding a sponsored matchbox fill. Special honorary Brownie, Claire Short, who has multiple handicaps, raised another £35.





## CRUISING DOWN CANALS . . .

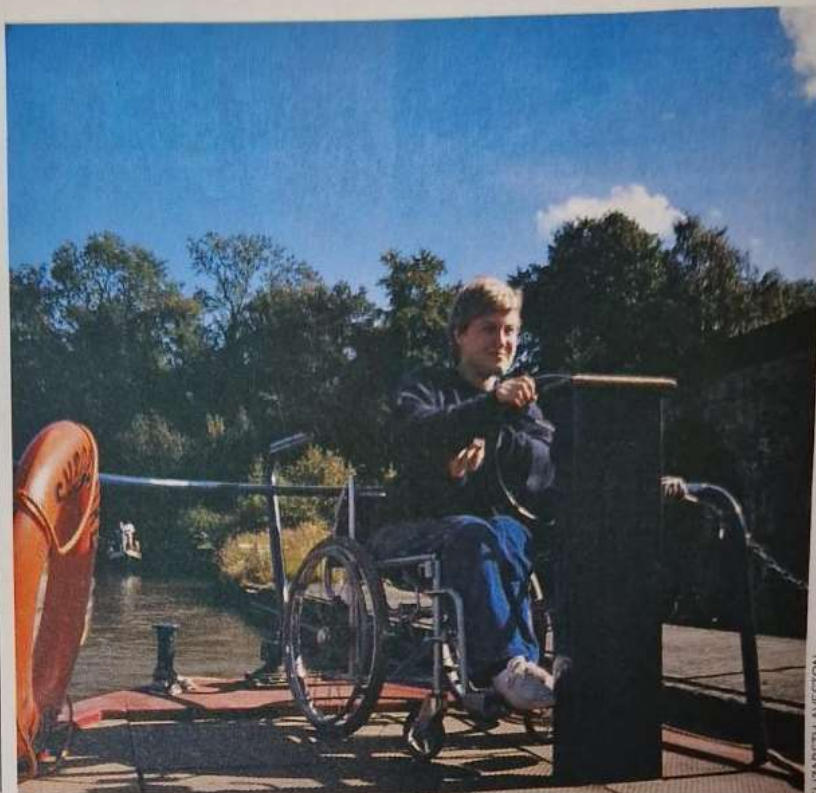
► This is the life, says Rachel Bowcock of 16th Shrewsbury Ranger Unit, which spent a few idyllic days on a canal boat. She had no problems getting around either — the boat's been specially designed to meet the needs of disabled people.

## UP TO ROYAL STANDARDS

◄ Um, is my work all right, then? A Brownie casts an anxious eye as Princess Margaret has a look at her craftwork at the City of Dundee's new GGA Outdoor Centre and Camp Site at Newbigging, Perthshire. Princess Margaret had officially opened the Centre earlier in the day.

## SMILE AWHILE!

▼ Sunshine smiles from the enterprising 1st Kirstall Rainbow Guides, who've done everything from bathing a baby to adopting a granny. Move over, mum, I'll do the dishes now . . .



ELIZABETH AVESTON



THE YORKSHIRE POST



**Eight Brownies from Bloxwich in the Midlands sailed through their test for the Signaller Badge on board two of Her Majesty's minehunters after a crash course in semaphore with the Royal Navy.**

**But why should the Royal Navy take the 5th Bloxwich Brownie Pack under its wing? Because Jimmy Savile, the man who regularly transforms young people's fantasies into entertaining TV viewing — fixed it.**



Getting into the swing of things...

The twist in this story is that the dreamer was Brown Owl — 24 year-old Sandra Burwell, who founded the 5th Bloxwich Pack three years ago.

She wrote to Jimmy Savile last January outlining her dream. She kept it a secret, she explained, in case nothing came of it. 'I didn't want my Brownies to get excited then feel let down.'

The letter she received from the BBC in October outlining an itinerary for the Brownies' Semaphore Fix-It three weeks ahead came as a shock — if a welcome one.

Sandra said: 'My first problem was choosing only eight girls out of the 17 in our Pack. It was very disappointing that the BBC couldn't include them all'.

The eight names were picked out of Sandra's hat. Victoria Sheppard, Leanne Duckhouse, Joanne Wilks, Nina Perrins, Natalie Allport, Dawn Cox, Kelly Ball and Sandra Cope started swotting up their signals.

Between them the Royal Navy and the BBC gave the girls, aged between seven and nine, an adventure they will never forget. Accompanied by Sandra and the District Commissioner of Bloxwich Central, who happens to be Sandra's mother, Mrs Margaret Burwell, they made two trips. On the first they were guests at HMS Mercury, the Royal Navy's shore-based Signalling School where they learned semaphore under ex-



## JIM FIXED IT... for some Brownies

pert tuition.

'Their instructors praised the girls for learning so quickly. They only had to show them once or twice', Sandra recalled.

On their second visit about two weeks — and much practising — later, the Brownie stars split into two groups and were welcomed aboard HMS Hubberston and HMS Nurton to be taken out to sea for their big test.

As the vessels closed in on each other the teams started semaphoring across 100 yards of choppy sea.

In front of the cameras the Brownies excelled. Behind them the BBC film crew became increasingly sea sick.

Victoria Sheppard, aged nine, said the trips were the most exciting

she'd ever made. 'None of us had ever been to sea. We were all presented with our badges on board the ships.' She was looking forward to meeting Jimmy Savile.

Patrick Pearson, a Royal Navy Public Relations Officer, who watched them said: 'They were very impressive. They proved they were better sailors than the BBC team'.

It had been an instructive occasion for the sailors on board the vessels, he added, as semaphore had long ago been replaced by morse code and signalling lamps.

The last word will come from Jimmy Savile. He will find out how much the young salts appreciate their adventure when he receives a Thanks Badge from them.

Flags down means 'smile for the camera'



# CLASSIFIEDS



## Gang Show

### WORTHING SCOUT & GUIDE GANG SHOW

'gee, it's a wonderful life'  
PAVILION, WORTHING  
25th March - 1st April 1989

Nightly 7.30pm.  
Matinees 25th, 28th March,  
1st April at 2.30pm

SAE for booking form to Mrs O. Holliday,  
101 Rectory Road, Worthing, West Sussex.  
Tel: Worthing 66216

### GOSPORT SCOUTS present

## GANG SHOW '89

4th-11th February  
BOOKING ENQUIRIES  
0705 521020

### Epsom Playhouse

4711 Gang Show, 16-18th  
February, bookings: phone  
Epsom 22850  
Thursday, Friday, 7.30p.m.  
Saturday 3pm and 7pm

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Guide offers site on flat field adjoining farm, in lovely countryside in Peak National Park. Write or telephone Mrs Sue Higgins, Boosley Grange, Newtown Longdon, Burton SK17 0ND 02903-446 for details.

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For a brochure and further information, please contact:

Acorn Venture,  
137 Worcester Road,  
Hagley, Stourbridge,  
DY8 2XQ  
Tel: 0562 882151



ABTA  
No. 12328

Avon North Guides Campsite, 8 miles south of Bristol City centre, equipped 36 persons, hard shelter. SAE for information to: Mrs Shorland, 37 Bridgewater Road, Bristol BS13 7AX.

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Blackwell, Nr Bromsgrove,  
Worcestershire B60 1PX.

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"Sandy Acres" lovely countryside: few miles from Winchester, Portsmouth, Southampton. Solid shelter, kitchen, toilet facilities. Very large site. Write Miss Smart, 9 Apsley Road, Southsea PO4 8RH. Please mark envelope "Campsite".

Aberdeen City Guides Camp Site, in grounds of Crathes Castle, 15 miles from Aberdeen. Fully equipped for 12 Patrols; hut, toilets, nature trails, orienteering. SAE Jean McKenzie, 2 Thistle Street, Aberdeen AB1 1ST.

Camp in beautiful Kent countryside. Division site at Cudham, large hut for solid shelter, 3 tents, cooking utensils for 4 Patrols. SAE to: Mrs Clinton, 35, Braemar Gardens, West Wickham, BR4 0JN.

Forest of Dean Parkend Church Campsite, £35 p.w. Rev Watkins. Tel 0594 562284.

Jordan Heights (Surrey East) County Campsite, situated on North Downs, in sheltered position, within walking distance of historic town or Reigate. Ideal for walking, horse-riding, outdoor activities, near historic buildings and leisure centre. Good train service London/Brighton/Guildford. Wooded site, fully equipped for patrol and Company camping, has large hut with fireplace. SAE: Mrs Frosztega, 35 Smallfield Road, Horley, Surrey.

Beaudesert, Cannock Chase, Girl Guides campsites in wooded area. Apply for details to: The Warden, Crawford House, Chestall Road, Cannock Wood, Staffs. Please enclose large SAE.

West Somerset, Castle Green, Wiveliscombe, Private secluded wooded 3 acre site, basic facilities, available all year. Tel: 0984-23606. (Farrington).

### PERRY WOOD INTERNATIONAL CAMP SITE

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On Surrey/Sussex border close to London, Gatwick and S. Coast. Ideal Cub and Scout camping on flat ground with some wood.  
Indoor accommodation available.

Warden (Tel: 0342 712106)  
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52-acre parkland with lake for swimming, canoeing, fishing, pioneering, abseiling, archery two indoor centres, flush toilets, showerblock. Provide for sweets, drinks, souvenirs.

For information large SAE envelope to:  
Essex Scout Council, 3 Cowal Avenue,  
Chelmsford, Essex CM1 1TF

The Quarries Camping and Activities Centre, Milton Keynes. Easy access M11, A5. Open all year for Pack Holidays and Guide Camps. New accommodation centre available January '89. A "funderful" site. Details sae. P Brant, 12 Ryeland Stony Stratford, Milton Keynes MK11 1DB.

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**Worce.** Girl Guides County Camp Site, Blackmore Park, Hanley Swan Worcs. 5 sites, 1 equipped. Apply Mrs. Kittingridge, 119 Cleveland, Malvern, Worcs WR13 6PO.

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Map Reference: Sheet 125.086 245

For further information send SAE to:

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**Pack Holidays** convenient village hall, Denmead, Portsmouth, August. Shops Churches, Doctors, Countryside Buses nearby, Eveleigh, Martin Avenue, Denmead, Portsmouth.

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**Packington Village Hall** 1 1/2 miles Ashby-de-la-zouch, welcomes Brownies and Guides, £16 per day. No extra charges for heating and lighting. Coaches can be arranged for transport and day trips at moderate charges. SAE: Mr C. G. Westwood, 46 High Street, Packington, Leicestershire. Tel: Ashby 415123.

**Stawell Village Hall** rebuilt hall in grounds of approximately 1/2 acre between Bridgwater and Glastonbury. Large SAE for details: Mrs L. Twose, Orchard Close, 44 Monmouth Close, Weston-super-Mare, Somerset.

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# a year in the life of

## NETHERURD

**Netherurd is the GGA's Scottish Training Centre. Situated some 25 miles south of Edinburgh in Scotland, the house can provide accommodation for up to 39 people in its many splendid bedrooms.**

There has been a house at Netherurd for longer than records exist. The present house was built in 1791 by William Lawson who, although he lived only seven miles away, used it as a summer residence for his family. At that time he renamed the place Newken Muir, after his first home.

During the 1800s, a family called White took over the house which reverted to the original name of Netherurd.

When the next owner, Mr Nichol, moved in during the 1920s, he immediately closed it for a year to allow modernisation and restoration work to take place.

The alterations and additions included a tower, central heating and the old spiral staircase was replaced with a magnificent wooden half-rotation and galleries. The drawing room floor was fully sprung for the many balls and parties held at the house.

The next owner was Major Thomson, who has the dubious distinction of never having lived in the house. He was related to the Nichol family and inherited the property.

During the Second World War, Netherurd was requisitioned and, by 1945, Major Thomson had heard from his sister-in-law Patricia Thomson, a keen Guider, that the Scottish Girl Guides were looking for a training centre. He decided to rent the house to them for half a crown (12p) a year. After seven years he gave the property to the Association outright.

The gift included the land on which

the house stands and the woodlands surrounding it.

'This means that we have excellent, safe camping here,' said Guider-in-Charge, Evelyn Blackie, 'something which is a surprise to many people.'

Netherurd is open throughout the year, but their programme has to be seasonal.

'Guiders don't want to come in January because of the weather,' Evelyn explained.

Training courses for Guiders start again in February until Easter, when events are run specifically for Guiders.

'May is a mixture,' said Evelyn. 'We run some training courses, but we usually have outside events as well — sometimes it's tricky to juggle the two, but we always manage.'

In June, the house comes alive when the Trefoil Guild Handicraft

Circle descends and training courses are temporarily postponed.

Evelyn said that July is a particularly exciting time — it's when they run two adventure weeks for Guides. 'Participation is by invitation,' she explained. 'Each County in Scotland is invited to send along two Guides — that, of course, includes Companies from the Western Isles and Shetland.'

Most Counties naturally take advantage of the opportunity and the girls find themselves taking part in a variety of events, including Arts and Crafts, always a great favourite at Netherurd.

August is for adults, including students, who often stay at the house mid-week.

The training courses start again in September and continue without a break until Christmas.

Evelyn is hoping that in the future, her training in hotel management will be of considerable use.

'Like all the training centres we are having to look very carefully at the finances to see if we can't increase our income in some way,' she explained. 'We are hoping to start taking outside bookings for day conferences and the like. It does seem daft to have such a lovely house standing empty for five nights a week.'

'We have to look for opportunities to use the house to secure its future,' she continued. 'We will even take people on a casual basis for bed and breakfast.'

Netherurd is on the Glasgow-Peebles Road. The nearest railway station is Carstairs.

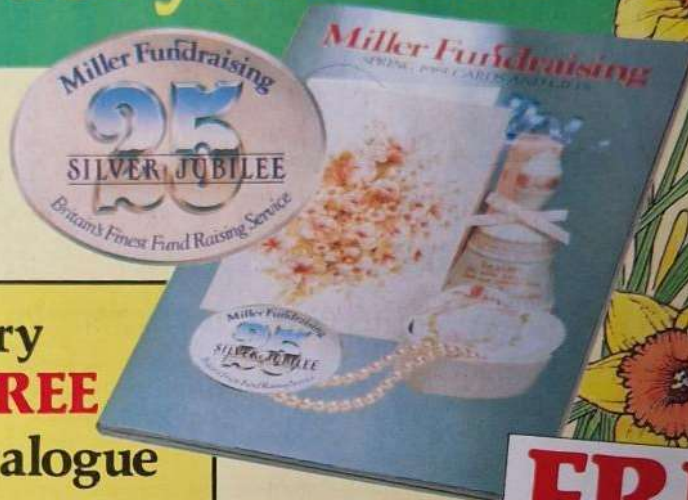
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