

# GUIDING



MARCH 1990 90p

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SAFETY  
QUIZ**

**THE  
CLEAN  
-UP  
TEAM IN  
ACTION**

**GUIDES  
SPRING  
SURPRISE  
ON  
MARGARET**

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# GUIDING

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# front PAGE



JOHN EDWARD LEIGH

## COMMENT

As you know, we are making all kinds of plans to secure a safe future for the Movement. An essential part of this planning is the provision of enough adult leaders and, to this end, we are now embarking on an adult recruitment programme.

Our goal is to provide each unit with three warranted adult leaders who, together with Unit Helpers and Young Leaders, will be able to produce the interesting, challenging, adventurous programme that the girls demand. If each unit has this number of Guiders, everyone will enjoy their Guiding more because the leaders will have time for more of the girls' needs and new activities will become possible.

The provision of enough Guiders is not confined just to existing units, of course. We must be able to provide Guiding wherever there is a demand. We especially need to find and train enough Guiders to work with our older age-groups, to strengthen and extend our Ranger Units, to make their programmes more exciting and fulfilling — so that those girls who are ready to move on from Guides have the choice of becoming Rangers and do not have to turn to Venture Scouting for adventure.

The Research that we undertook in 1987 showed that we lost, or could not find, Guiders because Guiding took up too much of their time and they often felt overworked and pressured.

Attracting more Guiders and more Commissioners into the Movement should remedy this. They do not need to have any previous knowledge of Guiding — bringing in 'newcomers' is a marvellous way to introduce new ideas. I was a newcomer myself when I came in to 'help out' thirty-plus years ago!

So please, take an active part in our recruitment campaign wherever and however you can. Commissioners and PRAs will have planned all kinds of projects to attract new leaders and may well be asking for your participation.

Help us to make all our jobs easier — and more successful.

**DR JUNE-PATERSON-BROWN**  
Chief Commissioner 3



## FRONT COVER

Wanted: More smiling and enthusiastic Guiders like this! Next month we're launching the nationwide Adult Recruitment Campaign to attract much-needed leaders to the Movement.

MICHELLE SMITH



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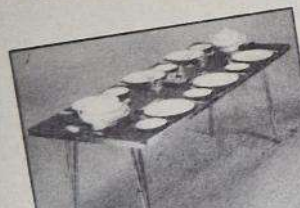
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## RACHEL CALLING

The first Guide Radio/Communication badge has been gained by 14-year-old Rachel Oakley of the 24th Gateshead Company.

Her achievement so impressed King Hussein of Jordan — a keen radio ham — that he has agreed to officially hand over the badge on his next visit to England.

Both Rachel's parents are keen radio buffs and she passed the Radio Amateurs' Examination when she was only 12. She has also gained the runners-up prize in the Radio Society's Young Amateur of the Year Award.

Rachel, who lives in Low Fell, told her local paper: 'I would like to see more women get involved.'

'My parents are keen operators and I thought if you can't beat them, join them. It is a wonderful hobby and I feel I have many friends all over the world.'

## CAST-OFF COLLAGE

These Bournemouth Brownies found a good use for a cast-off old uniform — they made a collage out of it.

The 24 members of the

Southbourne Pack took six weeks to make the picture, which records the history of the Brownies right back to 1915.

Their efforts made them one of the winners in a contest organised by

**BROWNIE.** Over 500 Packs took part and the Southbourne Brownies were one of 75 units to be presented with all the trappings for their very own anniversary celebration: food, drinks, paper hats and streamers.

ROUND UP



NEWCASTLE EVENING CHRONICLE & JOURNAL LTD



JOHN P. BEASLEY



## HAPPY DAY FOR SAD SAMS

It's a special day for any Company when someone earns their B-P Trefoil Award but, when 11 members succeed at the same time, it really is a red letter day.

The 14th (First Tower) Jersey Guide Company were in this happy position recently and every girl received a customary 'Sad Sam' to mark the occasion.

Guide Guider Mrs Fay Robinson has presented the soft toy as a congratulatory gift for the last seven years, but never imagined having to buy 11 in one go.

The girls were presented with their certificates by Island Commissioner Jurat Mrs Mazel le Ruez at a family service at St Andrew's Church. A reception for parents and friends followed.

THE JERSEY EVENING POST

## A ROYAL TRADITION

Three Welsh Guides will have an extra-special reason to remember their enrolment — they followed in royal footsteps.

Tanya Howard, Kim Stringfellow and Susanne Jackson were given special

permission to make their Promise on the slate dais at Caernarfon Castle, where the investiture of Prince Charles as Prince of Wales was held.

The ceremony for the new recruits to the 1st Taveton Guide Company drew quite a crowd and ended with *Canadian Taps* echoing around the castle.



SOUTHERN EVENING ECHO

## RACING RAFTS

Scarborough West Division Guides were raring to go after years of reading about the annual Scout Kon Tiki Raft competition on the Mere.

So they built, launched and raced their own rafts around the islands, with every one of the crews remaining afloat and dry at the end of the day.

Forge Valley Guides won the raft-building trophy and

1st Scalby Guides were judged the best cooks, after preparing a meal of bacon and eggs, over an open fire, while afloat.

## THROUGH THE WINDOW

When the World Chief Guide wrote her autobiography, she chose as its title *Window On My Heart*, so when Manchester County planned a special



## PANDA WALK

Pandas are supposed to be pretty rare but the girls from the 1st Woolston Brownie Pack look delighted to have found one.

Twelve of the Brownies took part in the nationwide

'Walk for Wildlife' organised by the World Wildlife Fund last year and managed to raise £247.

As if that wasn't enough, a separate sponsored silence, involving the whole Pack, raised another £200.

tribute to mark the centenary of her birth, Windows seemed an appropriate title.

The spectacular featured a paper stained glass window, which incorporated ideas and designs submitted by every branch of the Movement throughout the 13 Divisions.

A team of actresses — from Brownies to Guiders — drawn from all the div-

isions traced Olave, Lady Baden-Powell's life story.

As part of their year of celebrations, the County had chosen to fund raise for two Indian charities — the Deep Griha Society and the Amand Gram Leprosy Rehabilitation Centre.

Members were challenged to raise a penny for each of the 100 years that had passed since the birth of the World Chief Guide.

MRS DOREEN TONKS



When Brownie Guider Linda Varley started working as a Duke of Edinburgh supervisor/organiser with the Marple Rangers, she soon became so involved with the girls that she became their Unit Guider.

'I was doing so much with the Unit that it was inevitable that I would transfer from my Brownie unit to become Ranger Guider, when the existing Guider wanted to stand down,' she explained.

Nine of her Cheshire Rangers were ready to complete their Gold Award last year. Now Linda describes the run up to and the triumph of finally completing the expedition...

We met at our freezing Guide HQ early in January, an assortment of Rangers and LINK, united by a common goal and separated by a range of universities, colleges and schools.

There were 11 of them but, by the next meeting — at an equally cold Easter — the group stabilised at nine (supplemented by two 'outsiders' to make 11). We'd chosen our ground — the Lake District — the composition of the two groups and training and practice dates.

The next stage was my administrative nightmare — the C16, the wild country D of E notification; the arranging of the assessor and collecting of route cards and overlays from each group — in triplicate, of course.

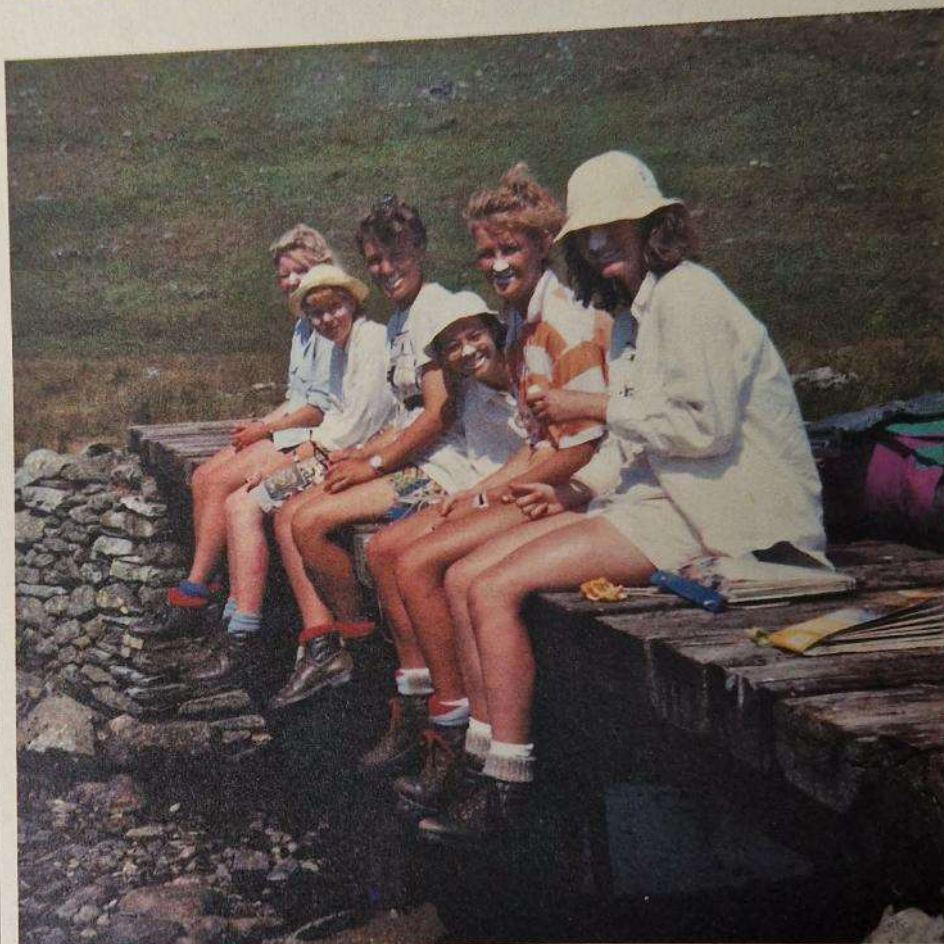
All contact was related to holidays — it was the only time that I had them all together. So we spent the Spring Bank Holiday practising in the Peak District and Yorkshire Dales.

After talking to the assessor, I called an extra training weekend... 'not compulsory but highly recommended'. Was it the look on my face as apologies began to be made that ensured 100 per cent turnout? As it happened, it was the best thing we could have done.

Soon it was the real thing. We set off in the heat of July, arriving promptly for the pre-assessment check. It felt quite stressful as the ex-Marine/serving police officer grilled the groups for two hours.

Next day they were up at 6.30am in order to set off by 8am. This first day the groups walked a similar route, to reach a high level camp with no amenities and steeply sloping edges.

# A TIME OF TRIUMPH



The pleasure of their remote and rather adventurous site was somewhat tempered by the lack of water — no springs or small pools and it was heatwave conditions.

The following morning the groups separated and this was where our car — and foot — mileage rapidly increased. One group stayed high level, only coming down to more tame countryside after three-and-a-half days.

They emerged sunbeaten, weary, dirty, dishevelled and desperately in need of a bath.

They had experienced pain, the joy of having their own private tarn for bathing, isolation, group harmony and incredibly beautiful scenery.

The second group 'came down' a full day earlier. And they slogged on,

more exhausted than they cared to admit, trudging in two hours behind their fellows.

But, like the late, determined finishers in the London Marathon, they got as much glory. The first group ran across the footbridge and uphill to greet them with joyful hugs and tears. Then escorted them to the finishing line.

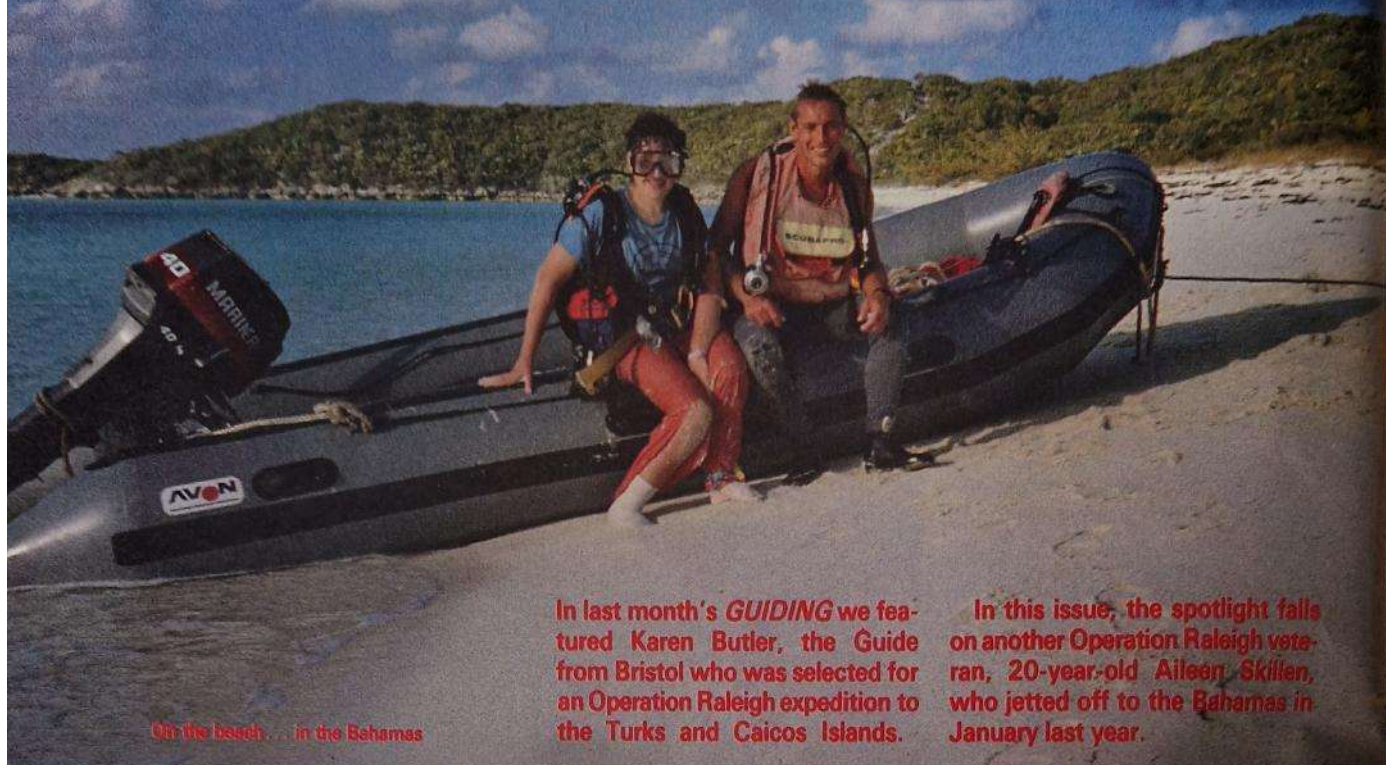
They crossed the footbridge two by two, their joy and triumph clear to see. I couldn't watch without a lump in my throat.

I felt proud, relieved, drained, exhausted and on a definite 'high'. It was all the reward you could ever want for giving your time and yourself to these young people.

Sunblock cream is a must when you're hiking in a heat wave



# TROPICAL DREAMS



On the beach... in the Bahamas

In last month's **GUIDING** we featured Karen Butler, the Guide from Bristol who was selected for an Operation Raleigh expedition to the Turks and Caicos Islands.

In this issue, the spotlight falls on another Operation Raleigh veteran, 20-year-old Aileen Skillen, who jetted off to the Bahamas in January last year.

Operation Raleigh was set up nearly six years ago to present young people with what its Patron, Prince Charles, calls 'The challenges of war in a peaceful situation.'

And, although, like Karen Butler, Aileen was born with spina bifida, it didn't stop her from meeting those challenges head-on.

Aileen's story begins three years ago, when, as a member of the 5th Coatbridge Ranger Unit, she was nominated to represent the GGA on an Operation Raleigh expedition.

First, like all prospective Venturers, she had to convince the organisers of Operation Raleigh that she could cope with the rigours of the trip. Operation Raleigh selection weekends are never easy. And the one Aileen went on was no exception.

Midnight hikes over rough terrain and abseiling down a 100 foot cliff face in a disused quarry were just some of the challenges she was set.

## ON TARGET

Some weeks later, Aileen was thrilled to hear that she'd passed the selection test. But it was still too early to start popping the champagne corks. Because, somehow, she had to raise £1,500 to cover the cost of the trip.

Aileen approached companies, clubs and church groups for sponsorship... and, of course, her Guiding colleagues launched an intensive fundraising campaign. Within a couple of months, Aileen had reached her target.

The first leg of Aileen's journey was the shuttle flight from Glasgow to London. And, she confided, it was only then that she found herself face to face with the enormity of the

adventures that lay ahead.

'I'm not ashamed to admit that I was petrified,' Aileen confessed. 'It suddenly hit me that I would be away from home for three months and anything could happen.'

Luckily her mum and dad, who'd accompanied her on the flight, were there to lend their moral support.

And, once they'd arrived at Heathrow's Terminal Four, Aileen's thoughts were occupied with more immediate problems... like looking for her fellow Venturers.

'We rushed about frantically, trying to find other people wearing Operation Raleigh sweatshirts,' she laughed. 'We eventually met up and I felt instantly at ease with them.'

The 'merry band' was made up of 25 young men and women from all corners of the globe... the UK, Australia, New Zealand, Italy and Hong Kong.

Their expedition leader was John Parsloe, a New Zealander, whose sailing experience was to prove invaluable on the last leg of the expedition.

Their excitement was infectious and they were all in high spirits when, a few hours later, the 747 taxied down the runway — the



An adventure to remember



adventure had begun.

However, Aileen confessed that the nine-hour journey to Miami would have been very boring indeed had she not found herself sitting alongside two 'very chatty' lads — and fellow Venturers — Bill and Richard.

## GOLDEN ROCK

When they finally touched down in a 'hot and humid' Miami, the Venturers were whisked on to a connecting flight to Freeport, Grand Bahamas.

At the airport, the travellers were welcomed by Operation Raleigh staff and taken to a nearby camp, Golden Rock, which was to be their main base for the following six weeks.

If Aileen had had any romantic notions about life in the Bahamas, they were soon dispelled. 'It was rather dirty and quite barren,' she recalled. 'Not quite the picture of the lovely place I had in my head. However, I was soon to discover what a beautiful and fascinating country the Bahamas really is.'

The camp itself was a far cry from the luxury hotels frequented by trendy tourists. 'It was an old US army barracks,' explained Aileen, 'complete with sleeping quarters, a mess hall and a large administration area.'

'That night we were given a hot meal, some beer and lots of floor space to sleep on.'

Not exactly five star treatment... but then, that wasn't what the Venturers were there for.

'Our days at the camp were divided into lectures, swimming and initiative tests and boatwork. A very testing time indeed,' remarked Aileen, 'only half-joking.'

The next stage of the expedition took place on Abaco, the second largest island in the Bahamas.

'Our camp there was called the "Hole in the Wall" and it was situated beside a lighthouse in the southern part of the island.'

Here the accommodation was even more spartan than at Golden Rock.

'Some of us slept in an old storeroom with slightly uncomfortable shelves for our beds; others chose the great outdoors.'

Aileen opted for the shelves. The thought of sleeping outside didn't appeal to her at all, she said.

But the fascination of the island itself more than made up for the rough-and-ready living conditions. The Venturers were encouraged to take part in all sorts of activities.

The projects included a parrot survey, to find out how many species were on the island (800 birds were

listed); caving; fossil-hunting and constructing fire towers in the forest.

'We also abseiled down the lighthouse twice, which was absolutely terrifying,' said Aileen. Then she added: 'But it was also thoroughly enjoyable!'

After a fortnight on Abaco, the Venturers sailed away to their next destination, Exuma and Cays, a small island group in the central Bahamas.

'We stayed for three weeks at a place called Hall's Pond Cay,' she recalled.

It was, she said, an 'idyllic' setting. 'Our camp was an old disused clubhouse, perched on a steep hill, overlooking the clear blue water. Best of all, the beach was only two minutes away.'

'Our main project there was scuba diving, which I really loved. Two instructors were assigned to me and eventually I was taken out to Fruck Reef, which goes down to ten feet.'

Aileen was enthralled by the 'beautiful, living world of the sea' and revelled in the sight of barracuda and brightly-coloured tropical fish.

The land survey projects were also popular, even if they did involve quite a bit of hard labour. The young people carried out repair work on

last leg of the expedition.

And, this time, Aileen and her fellow Venturers were in no danger of jet lag. Because, instead of flying back to England, they sailed back, on a tall ship, the STS *Lord Nelson*.

It wasn't a pleasure cruise. The Venturers were expected to help the crew members in all aspects of running the ship... and that included setting the sails, navigating and steering and going on watch.

'It was hard work and certainly more tiring than the land phase,' admitted Aileen. 'But worth it all.'

Even though she's back home now, Aileen is still leading an adventurous life. She's a keen scuba diver 'and goes sailing most weekends'.

Although much of Aileen's time is taken up with her secretarial studies, she's eager to resume her Guiding, as an Assistant Guider with a local Ranger Unit.

And she's looking forward to visiting the US and Mexico with Guiding friends from Lanarkshire in 1992.

There's no doubt that Aileen's experiences on Operation Raleigh have whetted her appetite for adventure... and boosted her confidence.

Her advice to anyone considering applying for a place on one of the expeditions is: 'Go for it!'



wells, cleared pathways, and re-thatched beach huts.

Aileen also worked on an individual project, designing an eye-catching map of the island to attract tourists. The final days in the Bahamas were spent in Freeport, preparing for the

'Going on an expedition with Operation Raleigh means risking something. And it is only when we are doing so, that we can realise what a splendid thing life really is — and how splendidly it can be lived.'

LEIGH MURPHY 9



# Guiding in action



Margaret Miller surrounded by her good Samaritans, the 1st Kemble Guides

WILTS & GLOUCESTERSHIRE STANDARD

The 'best-kept secret in the world' was how ex-Guide Guider Margaret Miller described the gift of an electric wheelchair from her former unit.

Without the scooter-style chair Margaret, who suffers from multiple sclerosis, might have been forced to give up her teaching post. Now, thanks to the 1st Kemble Guides in Cirencester, she has a new lease of life.

Margaret was presented with the wheelchair last summer, but such an extra-special gift naturally has to be 'handed over' with a certain amount of official ceremony and *GUIDING* went along to share in the happiness.

Margaret Miller was already there, weaving effortlessly in and out of the throng of guests with a simple touch on the controls of her new American Rascal wheelchair. This was the marvellous moment the 1st Kemble Guides had worked for just over 12 months to achieve.

In that time, with 'tremendous' support from many local groups and charities, they raised an impressive £2,100 for Margaret's wheelchair appeal.

Teresa Aldridge, who took over the unit when Margaret was struck by MS 14 years ago, explained: The idea to fund raise for the chair came from Margaret's daughter, Sharon during a casual conversation in June, 1988. This idea grew in my mind and, after consulting the Guides, we took up the challenge.'



She added: 'Margaret has fought her problems bravely, trying to live as near-ordinary a life as possible. She is respected by all who know her for meeting head-on all the setbacks and difficulties.'

The Guides felt that Margaret deserved some relief from her suffering and were determined to raise the money required, no matter how long it took to do it.

With a combination of sponsored events, concerts and car boot and jumble sales, the girls were soon well on target — but their lips were sealed.

Teresa said: 'Until enough money was raised, it was the best-kept secret in Cirencester, because no matter who Margaret spoke to after the secret was broken, they knew about it.'

One of the Guides, Sarah Dennis, admitted that it was difficult to keep the appeal a secret for so long.

'When Mrs Miller came to see us, we would usually carry on with our normal Guiding activities, so she wouldn't guess,' she said.

How did Margaret react when she found out?

'Her face was an absolute picture,' recalled Teresa. 'She couldn't get over the fact that somebody had done something for her.'

That evening, Margaret's joy was obvious. She said: 'My specialist has wanted me to have one of these chairs for years, but you have to find the money for these things.'

The whole thing was a complete surprise to me and I'm absolutely amazed at the number of people who were in on it.'

Since MS struck, when Margaret was just 37, she has been determined to carry on both her Guiding activities — she is now Commissioner for Cirencester Rural District — and her job, teaching 11-16-year-olds at Cirencester School.

Originally Margaret taught physical education, but had to switch subjects to maths. As the disease took a greater hold, she even had to consider the possibility of giving up work altogether.

'I've gone downhill quite considerably — you notice these things,' she explained.

'Although I've got a zimmer frame and an ordinary wheelchair, it became very hard work to do things like going into town and shopping. But, when I was talking about giving up work, my doctor said I could deteriorate rapidly if I did,' she added.

But all that has changed with Margaret's new-found freedom.

'I've done things in the last three months that I haven't done for years,' she smiled.

These include visiting a supermarket, window-shopping in the high street and taking the dog for a walk.

She simply gets in the car, with the aid of a special lift for the wheelchair,

chair, Margaret can do just that.

'I wouldn't be without it. It's mine now and nobody gets it,' she declared.

Even now, though, Margaret is determined not to be confined to a wheelchair.

'I still walk a bit, but I need something to hang on to, like the



WILTS & GLOUCESTERSHIRE STANDARD

and takes off.

'My daughter, Sharon, who lives at home with me, gets a bit put out now because she wakes up and I've already left the house,' she confessed.

As for Guiding, Margaret admits that she's 'not very energetic about it', but she does continue to 'turn up when people aren't expecting it'.

She said: 'My attitude is that I couldn't have lasted 14 years if I'd given up.'

'I just get on with it. When I was first diagnosed, someone said to me that it's a matter of brute force and ignorance — well, I've got plenty of both. I've just got to keep fighting,' she added.

With the help of her new wheel-

**Margaret Miller shows off her new wheelpower to Guider Teresa Aldridge (right); County Commissioner for Gloucestershire, Mrs Beryl Evans and the Deputy Headmaster of Cirencester School**

chair, Margaret can do just that. I have grab-rails at home or I just shuffle myself across the floor. I feel I have to because the more I give up, the less I'll be able to do,' she said.

Of course, a formal occasion calls for speeches and official thank-yous to assembled local dignitaries, including the Mayor of Cirencester.

'I'm not making any speeches myself,' said Margaret. 'This is really Teresa's evening — she did a lot of work for it.'



Your neighbour has been trying to introduce you to her reflexologist for months, there's a notice about aromatherapy in the hairdressers, the District Commissioner missed part of the Division meeting because of a chiropractic appointment... Over the last 20 years, there's been a surge of interest in 'natural' therapies. But why? And what are they?

There are various reasons for the growing popularity of complementary medicine — it's called 'complementary' rather than 'alternative' because it in no way needs to conflict with conventional medicine.

One is the super-efficiency of orthodox treatment. No-one disputes that through drugs and surgery, modern medicine achieves wonders in saving lives and overcoming disease — yet, among many people there is some disquiet. They are worried about over-reliance on drugs and, as diagnosis and treatment become increasingly hi-tech, they feel alienated by science.

Furthermore, although a visit to the GP sorts out most complaints, there are often persistent niggles like back pain, tension headaches, indigestion... that they must 'learn to live with'. Or must they?

Two other factors make complementary medicine attractive. First, the practitioners have more time for their patients: they listen to them, encourage questions, explain treatments. Second, complementary medicine doesn't just focus on isolated symptoms. Instead it treats the whole person, recognising that body, mind and spirit interact and affect each other.

This holistic approach is reflected in the initial diagnostic consultation, which may last for as long as an hour. During this time, the therapist not only examines the specific complaint, but also takes a complete medical history, and asks about the patient's home life, work and emotional state.

In the field of complementary medicine, there are many different therapies. However, most work in the same way: they encourage the body's self-healing processes. This month and next, *GUIDING* introduces some of the leading therapies and tells you where to go for further information.

Almost all treatment is only available privately: fees differ according to geographical area and the initial consultation is always more expensive

# NATURE'S WAY

than subsequent treatment sessions.

Having decided to try a particular therapy, there are several ways of finding a reputable practitioner. For many people the most satisfactory is personal recommendation.

Alternatively, contact the relevant professional organisation. In some countries, practitioners such as acupuncturists, chiropractors and homeopaths are registered by the State.

This is not the case in Britain which means that anyone — whether

trained or not — can set up a practice.

So, to represent accredited practitioners, safeguard standards and protect the public, most of the better-known therapies have established their own national bodies.

Each of these organisations keeps a register of members: normally, would-be patients can ask for the names of qualified practitioners in their area or, on payment of a small fee, can receive the complete UK list.



Linda Tement, Aromatherapist of the Year 1988, massaging a patient with essential oils



## ACUPUNCTURE

Acupuncture is an ancient system of healing which originated in China at least 5,000 years ago. Traditionally, Chinese medicine believes that a person's life-energy or *qi* — flowing through the body along a network of meridians — has equal and opposite elements: *yin* and *yang*. Any *yin-yang* imbalance leads to bodily malfunction and disease. Acupuncture aims to restore the balance.

Treatment, to sedate or stimulate energies, involves inserting fine needles into special points along the appropriate meridian. In most cases, there is no pain — just a slight tingle. Needles are sterilised to stringent standards, thus eliminating all risk of infection.

Another therapy, frequently used by acupuncturists, is moxibustion: burning dried herb leaves (moxa) round the needle — or even directly on the skin — to aid stimulation.

Modern research, trying to explain the traditional theory, has discovered that acupuncture points are electrically different from other areas of the skin. Needle insertion at these points can cause chemical changes and stimulate production of the body's own painkillers and anti-inflammatories. But, as yet, there is no complete scientific explanation.

It is generally accepted that acupuncture relieves painful conditions such as arthritis, lumbago, rheumatism and migraine. But the treatment is, in fact, used for a very wide range of disorders including infectious diseases.

Acupuncture is sometimes available under the NHS. For this to happen you must be referred by your GP either to a specialist pain clinic, which offers acupuncture, or to an NHS doctor who also practises acupuncture.

Most people, however — especially if they want treatment for a specific disorder rather than pain management — go to a private practitioner. Fees range from £20-£30 for the first consultation and from £12-£20 for treatment sessions.

There are some 1,500 qualified acupuncturists in the UK represented by various professional organisations. Those accredited by the British Acupuncture Association and Register, Register of Traditional Chinese Medicine, Traditional Acupuncture Society and the International Register of Oriental Medicine are listed in a combined directory issued by the Council for Acupuncture, Panther House, 38 Mount Pleasant, London WC1X 0AP. Send cheque for £1.50.

Also contact The British Medical Acupuncture Society (doctors who also practice acupuncture, either privately or NHS), Newton House, Newton Lane, Whitley, Warrington, Cheshire W04 4JA. Tel: 092 573 727. Send sae for list of practitioners in your area.

## ALEXANDER TECHNIQUE

The Alexander Technique is not a therapy, but a re-education into correct body use. It is based on the principle that a proper relationship between head-neck-back is fundamental to all our activities. Where this relationship exists, there is complete muscular harmony and the body's systems function efficiently.

Normally, small children use their bodies correctly, but the unnatural habits and pressures of modern living soon take their toll, distorting the head-neck-back relationship. This in turn can cause many common complaints such as back pain, headache, indigestion, breathlessness and poor circulation.

The Alexander Technique does not claim to cure — or even treat — an illness. But, by teaching people to use their bodies properly — to become more aware of balance, posture and movement — it often removes the causes of an illness and symptoms disappear.

Lessons, lasting 30-40 minutes each, are individually programmed and consist of manual guidance, plus some verbal instruction. Cost varies between £10 and £20 per lesson; for lasting benefit, a course of 20-30 lessons is recommended. By this stage, the client should have adopted new patterns of body use and probably have noticed an improvement in general health.

For a list of qualified teachers send an sae to: Society of Teachers of the Alexander Technique, 10 London House, 266 Fulham Road, London SW10 9EL.

## AROMATHERAPY

Aromatherapy is the therapeutic use of essential oils. These oils — part of medicine since civilisation began — are distilled from a range of flowers, trees, herbs and fruits. In treatment they are primarily used for massage (blended with a carrier oil).

The skin absorbs the essences and distributes them, with their specific healing properties, throughout the body system. Essential oils can also be used, to similar effect, in inhalations and baths.

In addition to this direct action on the body, the oils — through their fragrance or aroma — also have an impact on feelings. Scent receptors are located in the 'emotion' part of the brain, which explains why aromatherapy relieves negative moods like anxiety and depression. Aromatherapy is, in fact, particularly popular in treating stress-related conditions such as skin problems, and PMT.

Within the last few years, the term 'aromatherapy' has spread to the High Street and various stores now stock essential oils for home use.

But do-it-yourself aromatherapy, although satisfactory for minor ailments, is not the same as consulting a fully qualified practitioner. He/she not only considers the complaints, but also the personality before prescribing an individual treatment.

For lists of qualified aromatherapists contact (with saes): International Federation of Aromatherapists, 4 Eastmearn Road, West Dulwich, London SE21 8HA; Association of Tisserand Aromatherapists, 10 Victoria Grove, Second Avenue, Hove, Sussex BN3 2LJ. On average, aromatherapy costs £20-£25 per session.

## CHIROPRACTIC

The word chiropractic — from the Greek *chiro* (hand) and *praktos* (to use) — literally means manipulation. Chiropractors specialise in treating disorders of the spine, joints and muscles. They do so by applying direct pressure on to specific parts of the spine.

The treatment is particularly effective for back problems and related pain in hips, shoulders, neck and arms, as well as for muscular aches and joint troubles generally.

Chiropractic is quite similar to the other main manipulative therapy — osteopathy — but there are some differences. Notably, osteopathy largely depends on massage and gentle manipulation, while chiropractic technique is more direct and forceful. Also, chiropractic almost always uses X-rays for diagnosis.

Chiropractic fees average £25-£30 for the first consultation and £12-£15 for subsequent treatments. Although the number of treatments varies according to need, most people visit their practitioner six to ten times. For a list of qualified therapists contact: The British Chiropractic Association, Premier House, 10 Greycoat Place, London SW1P 1SB. Enclose a large (9 x 6in) sae, two second class stamps and a cheque for £1.

CATHERINE DELL 13



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## A GREEN AND PLEASANT LAND

**Did your unit take part in Adopt and Cherish or the Kodak Conservation Award?**

**Are you appalled by oil spillage in the Arctic, concerned about the disappearance of our hedgerows, determined to preserve a local footpath?**

If the answer to all or any of these questions is 'Yes', then you would have enjoyed being part of the first Conservation training weekend, held at Glenbrook.

Friday night was spent getting to know each other and identifying the parts of the Programme where conservation had practical implications. Then, on Saturday morning, we donned our wellies and the work began in earnest.

We tackled several projects suitable for Patrols. Sadly, even at Glenbrook, there was no shortage of litter. However, every cloud has a silver lining and I'm happy to inform the group who lost a dixie lid in the stream that it has been recovered and awaits collection.

After an early lunch, the warden from the National Trust arrived to take us to the site above Ladybower Reservoir, where we were to spend the afternoon working.

Anyone contemplating volunteer work with one of the conservation organisations would be well advised to acquaint themselves with some of the jargon first:

For 'It's just up here a little way', substitute: 'It's approximately a mile walk and 2,000 feet up.'

'We'll start by moving a few of these up to the site', means: 'Would you mind transporting a couple of hundred heavy waterlogged pine fencing posts about 600 feet up a near-vertical slope?'

The object of our labours was to fence in a patch of moorland. In recent years, overgrazing by sheep, the encroachment of bracken, and acid rain have all been held responsible for the gradual disappearance of the heather moor. With the sheep held at bay, it is hoped that the heather and bilberry in this part of the moor will regenerate.

We all agreed that this kind of hard physical labour was immensely rewarding and are determined to revisit our 'patch' to see how it is getting along.

Over the rest of the weekend, we had the opportunity to develop games and activities suitable for our own units and to tackle more practical projects outside.

Keen conservationists, our trainers informed us, are not deterred by a bit

of bad weather. That's why Sunday morning found us surveying the lichens growing in a local churchyard in the pouring rain. Lichens are a good indicator of the acidity of the local rainfall.

A major lesson we learned was that good conservation practices often demand a price. It's no good being concerned over the state of our rivers, if we continue to use high phosphate detergents; or lobbying for a reduction in acid rain, unless we are prepared to pay a higher price for our energy.

Burning fossil fuels is a major contributing factor to the greenhouse effect but, if it's cold and wet, are you still prepared to ride your bike down to the local shops?

I want my children and my Guides to live in a green and pleasant land. I hope I will give them the chance to enjoy that privilege and teach them how to respect it.

I already use unleaded petrol and have banned CFC aerosols from the house. I am resolved to making better use of my local bottle bank, recycle all my waste paper, change back to a low phosphate detergent and, most of all, persuade my children to turn off lights and shut doors. How about you?

**JULIE OLDROYD 15**



## SUNSHINE SEEDS

A free booklet *Sunshine For All Seasons*, published by the American Sunflower Seed Bureau, features a series of seasonal recipes all incorporating — as you might have guessed — sunflower seeds.

The recipes range from a tangy Easter cake — in the shape of a bonnet — to mixed vegetables with sunflower seed dumplings. The booklet also gives snack ideas and nutritional information. For your free copy, send an sae (9½ins x 6½ins) to: Booklet Offer, The American Sunflower Seed Bureau, 33 St John Street, London EC1M 4AA.

OGILVY & MATHER PUBLIC RELATIONS



Strawberry ring and stir fried prawns



Young Woman  
And Child At  
The Well

## IMPRESSIONS

Camille Pissarro (1831-1903) was a powerful figure in the Impressionist Movement whose pictures reveal a strong empathy with the countryside as well as a passion for Paris.

This spring there is a major exhibition of his work

— featuring paintings from North American and European collections — in Birmingham and Glasgow.

The pictures can be seen at the Birmingham City Museum and Art Gallery from March 8-April 22 and at The Burrell Collection, Glasgow, May 3-June 17.

## 65 DEGREES N

*Landscapes From A High Latitude* is an exhibition of 20th century Icelandic art, the first of its kind in Britain.

Many of the 70 works — some abstract — in oil, watercolour, sculpture and tapestry interpret that country's stark, striking profiles: notably mountain, fjord,

snowfield and glacier.

The exhibition, already seen in Hull and Grimsby, is at London's Barbican Centre, February 27-April 8. It then goes to Brighton Polytechnic Gallery, April 26-May 23 and finally to Talbot Rice Art Gallery, Edinburgh, June 10-July 21.

*In The Mountain Hall*  
Einar Hakonarson/Barbican



## TRAIN AWAY

Inter-Rail — the card that allows young people one month's unlimited train travel — now covers Czechoslovakia and Asiatic Turkey, making a total of 22 countries. Cost in 1990 is £155 (or £180 for the Inter-Rail Boat Card, which adds free travel on some Mediterranean, Scandinavian and Irish shipping lines).

For those with less time there is the Inter-Rail Flexi-card: £145 for ten days travel on train and shipping services.

Inter-Rail Cards also offer discounts on BR services and cross-channel ferries.

Buy the card from the International Rail Centre at London Victoria, any main BR stations or accredited travel agents.

HAYWARD GALLERY



## SILK 'N' LACE

To mark the 150th anniversary of her marriage to Prince Albert, Queen Victoria's wedding dress is on display at the Museum of London, February 6-April 22.

Made from Spitalfields silk satin and trimmed with Honiton lace, the romantic creamy-white dress was last seen at the museum in 1981, at the time of Prince Charles's marriage. A booklet about the dress can be bought at the Museum Shop, price £2.

MUSEUM OF LONDON



The delicate silk satin wedding dress worn by Queen Victoria

## WEBB IVORY FUNDRAISER

The top Webb Ivory Fundraiser of the Year Award for 1989 has been won by Rachel Clarke, a 21-year-old hairdresser with Hodgkin's Disease for her 'unstinting and selfless work for fellow cancer sufferers'.

The Young Fundraiser

Award was shared by 14-year-old Anthony Buchanan and 17-year-old Jeanette Hawksworth.

Mrs Glenys Kinnock presented the awards at a special ceremony in Lon-

don. Robin Walmsley, director and general manager of Webb Ivory said: 'We had hundreds and hundreds of nominations, all of them telling of fundraisers who deserved recog-

nition.

'Judging was extremely difficult, we just wish we could have awarded everybody. They certainly merit acknowledgment of their work.'

## LEATHER CARE

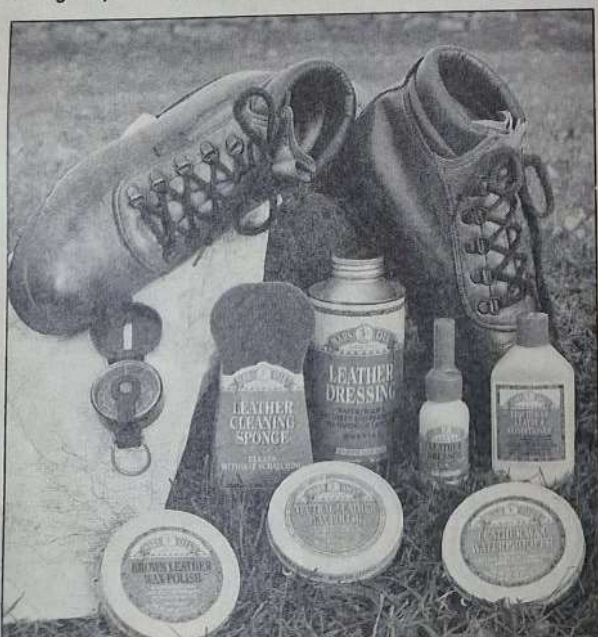
For nearly 90 years, Mars Oil Company has been producing natural leather care products, mainly concentrating on one item — their Original Leather Dressing.

After extensive research, the Company has expanded its range to include a leather wax waterproofer and a liquid wax leather condi-

tioner. These wax treatments, they claim, offer a 'high degree of waterproofing for all types of leather and are, particularly suited to lightweight leathers.'

To underwrite their claims, the company can produce testimony from among others Scouts and the Cleveland Search and Rescue Team, who tried them out.

All a good pair of boots needs — the range of Mars Oil products



NATIONAL DAIRY COUNCIL

## MAKE A FRESH START



National Dairy Council

Make A Fresh Start, one of the NDC videos, explains the nutritional requirements of various age groups

## GOTTA LOTTA...

Michael The Milk Bottle, The Magnificent Nine (Cheeses), Make A Fresh Start... just three of ten information videos made by the National Dairy Council.

Covering milk, cheese

and topics such as nutrition and health, the videos are available on free loan in England and Wales.

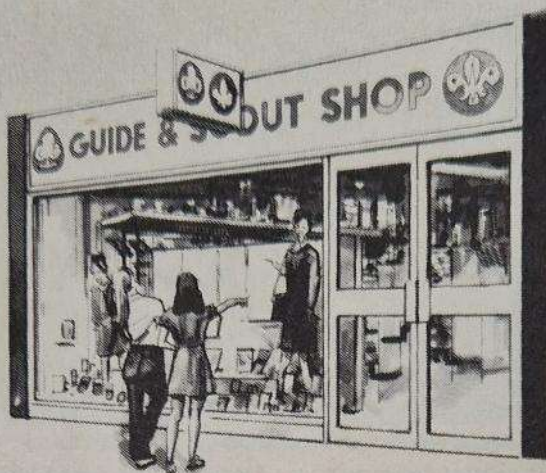
Further information from: Education Department, National Dairy Council, 5-7 John Princes Street, London W1M 0AP. Tel: (01) 499 7822.



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For further details apply to the Warden, Blackland Farm, East Grinstead, Sussex RH19 4HP or telephone 0342 810493 or 0860 393026.





Each year 67,000 people injure their eyes in accidents in their own homes. And some of the victims suffer partial or permanent loss of sight.

In an attempt to slash the statistics, the Royal National Institute for the Blind — the RNIB — is currently campaigning to raise people's awareness of how, when and where accidents occur.

They want to highlight the hidden dangers in apparently low-risk popular leisure activities including DIY, gardening and sports like squash, hockey and billiards.

The campaign — Be Wise — Protect Your Eyes — was launched last October and runs for a year.

The RNIB has produced an eye-catching range of posters and literature to get its message across.

They advise: 'Always protect your eyes — either wear goggles or safety glasses — and don't take them off for a closer look.'

The RNIB spells out the activities where care should be taken:

● **DIY** — paint stripping, sanding, cutting tiles, welding, sawing, painting ceilings and laying insulation are all

potentially hazardous.

● **Car Maintenance** — flakes of rust, grit, oil, anti-freeze or paint can all damage the eyes and special care should be taken when working underneath a car.

● **Cleaning** — ordinary household cleaning agents like bleach, lavatory cleaner, ammonia and washing powder can be very dangerous to eyes. Read labels carefully and never peer into containers to see why the contents won't come out. Be careful if squirting or spraying aerosols containing chemicals to point them away from your eyes.

● **Gardening** — the pleasure can turn to pain if care isn't taken when pruning twigs, fixing canes and stakes or cutting the lawn.

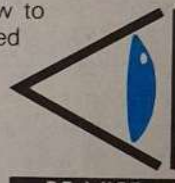
Even babies can be lethal! A favourite game is to poke mummy or daddy in the eye, but it could cost their sight. Young children should be taught that eyes can easily be damaged.

Anyone who damages their eyes is advised to consult their family doctor or go to hospital.

The RNIB stresses that every home first aid kit should contain an eye bath and gauze pad. And list some first aid hints to cope with eye injuries:

# EYE CARE QUIZ

Just to make sure you and the girls know how to stay safe, we asked Bernard Fleming, Community Education Officer with the RNIB to dream up 20 safety questions. So it's eyes down for our safety quiz:



**BE WISE  
PROTECT  
YOUR EYES**

- 1 How many blind and partially sighted people are there in this country?
  - a) 500,000
  - b) One million
  - c) Two million
- 2 Which famous Frenchman blinded himself in an accident at the age of four?
  - a) Louis Braille
  - b) Maurice Chevalier
  - c) Giscard d'Escargot
- 3 How many people injure their eyes in accidents in the home every day?
  - a) 50
  - b) 100
  - c) 200
- 4 Are men or women more likely to suffer eye injuries in the home?
  - a) Women
  - b) Men
  - c) Both are equally likely to injure their eyes
- 5 The group which is most at risk in the home is:
  - a) Children under 16
  - b) Adults 17-35
  - c) Adults 35-65
  - d) Adults 65-plus
- 6 Which of these items can lead to serious injury to the eye?
  - a) Christmas tree
  - b) Drill
  - c) Lawnmower
  - d) Sun bed
  - e) All of them
- 7 The activity which causes most injuries to eyes in the home is:
  - a) DIY
  - b) Gardening
  - c) Car maintenance
- 8 Which of these DIY activities is most likely to lead to eye injury?
  - a) Sawing wood
  - b) Paint stripping
  - c) Drilling masonry
- 9 Which of these garden items is most likely to lead to eye injury?
  - a) Garden cane
  - b) Lawn mower
  - c) Strimmer
- 10 If your eye has dust, grit or chemicals in it what should you do?
  - a) Nothing
  - b) Clean out with clean, cold water
  - c) Carefully rub out with tips of your fingers
- 11 True or false. Damage to one eye greatly increases the chance of losing sight in both eyes.
  - a) True
  - b) False
- 12 Which parts of the eye can be replaced?
  - a) The whole eye
  - b) The pupil
  - c) The lens
  - d) None
- 13 Pregnant women who catch German measles may have children who are born:
  - a) Blind
  - b) Deaf
  - c) Mentally retarded
  - d) All of these
- 14 When should you wear eye safety goggles?
  - a) Painting the ceiling
  - b) Paint stripping
  - c) Drilling
  - d) Mowing the lawn
  - e) All of these
- 15 If you wear glasses do you need to wear eye safety goggles?
  - a) Yes
  - b) No
- 16 A good pair of eye safety goggles, approved by the British Safety Board, can cost as little as:
  - a) £3.00
  - b) £8.00
  - c) £15.00
- 17 In which sports should you wear some form of eye protection?
  - a) Swimming
  - b) Squash
  - c) Cricket
  - d) All of these
- 18 Which charity is organising Eye Safety Year?
  - a) Girl Guides Association
  - b) Royal National Institute for the Blind
  - c) Royal Society for the Prevention of Accidents
- 19 True or false. Blind people see nothing at all.
  - a) True
  - b) False
- 20 If a blind person asks you to help her across the road do you:
  - a) Let her do it by herself
  - b) take her arm and guide her from behind
  - c) Let her take your arm and walk just in front of her

Now please turn to p. 30 to check your safety rating.



# arena

## MEET THE ACHIEVERS

The next decade is expected to witness major changes in the world of work. Many of them should have particular relevance to women — appropriately, given that by the late 1990s, four out of five people coming into the job market (for the first or second time) will be women. The changes will range from practical matters, such as greater flexibility in working hours, to the influence of important global issues — like the environment and Third-World development — on company policy. Also, with a predicted shortage of school-leavers, there will be an emphasis on

retaining part-time staff (and maybe increasing their commitment) and on attracting older people back to work.

All this is good news for women — not just because there will be more job opportunities at all levels. But also because women more easily empathise with the new, caring attitudes now being adopted by industry and commerce. And, as more women get into management, they should have a humanising effect on Britain's business culture, making it less aggressively male.

In this context, women with a Guiding background should have lots to offer. Alongside their professional training, they are experienced in the 'people business' and can bring a valuable range of life skills and abilities to any employment situation.

Through encouraging personal development, the Guiding programme fosters self-awareness and self-confidence — both fundamental to success in any sphere from shop floor to boardroom. At the same time, because the programme provides opportunities to work on one's own as well as within a team, it

promotes a variety of complementary attributes. On the one hand, initiative, resourcefulness, independence and decision-making; on the other, flexibility, tolerance, understanding and sensitivity.

All this isn't intended as a mini-profile of Superwoman! It is intended to indicate just some of the leadership and relationship qualities that Guiding nurtures. Qualities that will be much needed in tomorrow's market place. Qualities that are a blueprint for achievement — but always with a very human face.

Of course, there is nothing new about women who have forged high-flying careers on the life-skills they developed as members of the Movement.

We've already featured some of them in *GUIDING* like television presenters Anne Gregg and Anneka Rice; Consumers' champion Anne Ferguson; Kirsty Gray, a partner in a top firm of accountants; scientist, Anita Govan and best-selling novelist Christine Marion Fraser.

And this month we start a new series, *Achievers*, which will be focusing on some of the many women who are making their way — and their names — by contributing to every aspect of our national life.

## ENGINEERING HER WAY TO THE TOP

**Assistant Guider Anne-Marie Carter is the Young Woman Engineer of the Year yet her career almost ended before it began, when the firm she worked for shut down.**

Anne-Marie, who comes from Corfe Mullen, near Wimborne, Dorset, had only served two years of her technical apprenticeship with Quest Automation Limited when it closed.

But red-haired Anne-Marie refused to give up her dream of becoming an engineer. She said: 'I was out of work for two months. It happened in July, 1983, and that gave me time to find another job. I had to find one by September so that I could continue at college.'

20 She joined Plessey Defence Sys-

tems, where she is now — at 24 — the principal communications trials engineer.

The man who spotted her potential, John Frampton, the company's technical manager, was in the audience to see Anne-Marie presented with her award in January by Sir Trevor Holdsworth, President of the CBI.

He told *GUIDING* proudly: 'I'm very pleased. She was bright, enthusiastic and very keen when she joined us. She really shone, sucking up knowledge like a sponge.'

'We get a lot of visitors on site at Christchurch and we always try and make sure that Anne-Marie is upfront. She is very good at communicating, particularly with young people.'

That's the area in which Anne-Marie hopes to be working. She is keen to attract young people — particularly girls — into engineering.

One of the aims behind the contest which is sponsored by the Caroline Haslett Memorial Trust and the Institution of Electrical and Electronics Incorporated Engineers, is to focus attention on electrical and electronic engineering as a 'professionally worthwhile career for women'.

At the ceremony, where Anne-Marie received a cheque for £250 and an inscribed rose bowl, speaker after speaker urged girls to join the industry. If they do, says John Frampton, 'girls do extremely well.'

Yet, in Anne-Marie's first year at the Engineering Training College, Poole, there were 130 boys and only five other girls. Among the fellow students she met that first year was her husband, Mike.

They were married in 1987 and Mike, an engineer with a power boat company, was in London to share



the limelight. He was surrounded by reporters clamouring for him to admit that his wife was 'a much better engineer' and tackled all the wiring jobs at home.

Later he told *GUIDING*: 'I'm very proud of her. She's done really well.'

Anne-Marie insisted that, like most modern couples, they shared the chores. Mike's support also spills over into her Guiding. She is Assistant

in the class taking the subject.'

Anne-Marie went on to pass her GCE O levels but was determined not to join the sixth form. That's when she left school and started as an apprentice at Quest Automation.

She took day release and evening classes at Bournemouth College of Further Education to gain a BTEC Certificate in Electrical and Electronic Engineering.

used to some 'funny looks' when explaining what she does for a living.

She plans to continue with her career, although she and Mike do want a family eventually.

Before Christmas Anne-Marie went to a training course at Foxlease on introducing Science and Technology into the Programme. 'A lot of good ideas came out of that and I found it very helpful,' she said.

A delighted Anne-Marie with the coveted trophy



THE DAILY TELEGRAPH

Guider with the 2nd Corfe Mullen Company — having been both a Guide and a Young Leader with the unit.

It wasn't always easy to cope with her studies and her commitment to the Movement but Anne-Marie was determined not to quit. She said: 'I wanted to do something different from work. It's important to have some relaxation.'

Her family moved south from Liverpool, where Anne-Marie had been a Brownie, because of her father's job — he's a chartered accountant. It was at St Edward's Roman Catholic Secondary School, Poole, where Anne-Marie first became interested in engineering.

'I had this idea that it was something I'd like to do and the teacher who taught engineering drawing encouraged me,' she said. 'I was the only girl

After joining Plessey Defence Systems — now Siemens Plessey Defence Systems — she studied for both a Higher National Certificate and a Higher National Diploma in Electronic Engineering at Dorset Institute of Higher Education. Anne-Marie is also a graduate member of the IEEE.

After working as assistant engineer with the trials group, she was promoted to senior assistant engineer. Last July she was again promoted and, in her present post, is responsible for the design and development of special test facilities for use on defence communications equipment and software by the trials group and customers.

Ultra-feminine and very pretty, Anne-Marie insists she has not met any prejudice against women engineers, but admits that she had to get

Although Anne-Marie was 'thrilled' to be chosen out of the six finalists in the contest, she couldn't really share in the reception afterwards. Two years ago she discovered she was allergic to gluten and has to watch what she eats.

The allergy developed after Anne-Marie picked up intestinal parasites while in France. Yet, in spite of sickness and discomfort until tests revealed what was wrong, there was no stopping Anne-Marie.

In 1986 she received the Mary George Memorial Prize, awarded to a young woman showing particular promise as an incorporated engineer.

And she wore the gold chain that she bought with her £100 prize money, when she collected her latest award.



## PARENT POWER

Fifty per cent of shops will sell cigarettes illegally to under-16 year-olds according to a survey by a new pressure group Parents against Tobacco.

Founded by 100 famous parents, including Richard Branson, Esther Rantzen, Anita Roddick and Des Wilson, the group aims to set up a 'tobacco blockade', which will make it difficult for tobacco 'pushers' to advertise or sell cigarettes to children.

The GGA is one of the organisations backing the group. Dr June Paterson-Brown, our Chief Commissioner, is also fully behind the scheme. As Marjorie Hayter, the General Secretary, points out: 'The Association is obviously concerned for the health and welfare of girls and young women and so we are doing everything we can to support the campaign. More details of our involvement will be available later in the year.'

For more information write to Citizen Action (PaT), 3 Endsleigh Street, London WC1H 0DD.

*GUIDING* hopes to feature PaT in June.

## CULTURE CAPITAL

Athens, Florence, Amsterdam, Berlin, Paris ... what do these cities have in common? Each has been the European City of Culture staging celebrations ranging from a three week event to a six month cultural programme. Glasgow has been chosen as European City of Culture in 1990 and the celebrations will last for a full year.

If you would like to see something of these celebrations in August, join the party planned at Netherurd House, the Scottish Training and Activities Centre.

There will be two six-day holiday periods (Saturday, 11 - Friday, 17, and Saturday, 18 - Friday, August 24), both include three whole day visits to Glasgow.

Write for further information to: The Secretary, Netherurd House, Blyth Bridge, West Linton, Peeblesshire EH46 7AQ, enclosing an sae (9ins x 4ins).

## SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

<b>September 1989</b>	<b>12.720 per cent</b>
<b>October 1989</b>	<b>13.675 per cent</b>
<b>November 1989</b>	<b>13.797 per cent</b>

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

## TRUST FUND

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

<b>For selling purposes</b>	<b>238.70p</b>
<b>For buying purposes</b>	<b>250.71p</b>
<b>Income yield</b>	<b>3.29 per cent</b>

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

## MAGAZINE DELIVERIES: THE FACTS

There is absolutely no reason why readers should not be regularly receiving *GUIDING* from their local newsagent. And that goes for *BROWNIE* and *TODAY'S GUIDE* too.

None of our magazines has ever been published late and all wholesalers are provided with the quantities they have asked for.

Any problems are always investigated thoroughly and, almost invariably, traced back to problems in the distribution chain.

There is a way of making sure your magazine always reaches you on time — take out a subscription.

The Finance Department at CHQ will be pleased to take your order. Contact them either by phone (01) 834 6242 or write to: The Girl Guides Association,

17-19 Buckingham Palace Rd, London SW1W 0PT.

## CONTEST

As part of their preparations for the 27th World Conference, WAGGGS are holding a photographic competition.

All entries should reflect the conference theme — Strength and Harmony in Diversity — and show Guiding/Girl Scouting in action.

Entries are invited from four separate age groups: Six to ten years; 11 to 14 years; 15 to 18 years and adult.

Entries may be prints or slides and in either colour or black and white. They must have been taken on (or after) January 1, 1988. Competitors are asked not to write on the back of the photographs, which become the property of WAGGGS and cannot be returned.

Hurry to apply for your entry forms through the usual Country/Region channels because they must be returned by March 15 to the International Section, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

## CHQ SHOP CLOSURE

Please note that the CHQ shop will be closed from Friday, April 13 to Monday, April 16, inclusive.

## WOODPECKER CAMP

A special camp is being held at Blackland Farm, East Grinstead, Sussex this August. It's intended for Guides from any Company in the UK, who don't have the opportunity to go camping, and have not done so before.

Up to 100 Guides will be catered for at Woodpecker Camp. The girls may attend in Patrols, with a small group of friends or even as individuals.

The total cost of the camp, which will be run as

an ordinary Guide camp, will be £35 per Guide. This covers the site fee, tent and equipment hire, all food, activity equipment and two activity sessions provided by Blackland Farm. It does not include the cost of transport to and from the camp, pocket money or personal kit.

The two activity sessions will include archery, rock climbing, abseiling and canoeing.

The camp will run from Sunday, August 19 to Saturday, August 25, not August 20-26 as supplied for February's *GUIDING*.

Interested? Then write to: Mrs J Hazell at 46 St Mary's Crescent, Isleworth, Middlesex TW7 4NA. Please enclose an sae for an application form and further information.

## ROYAL BRITAIN WINNERS

The two winners in our popular Royal Britain competition were Mrs Jane Lucas of Chulmleigh, North Devon and Mrs J Tompsett of Staplehurst, Kent.

They win complimentary tickets to the Royal Britain Exhibition. Our thanks to all those who entered.

## MISS TOFT

Miss H A (Darkie) Toft MBE, the Association's General Secretary from 1952 until 1962, died December, 1989.

## BADGE TESTS

A new Fact Sheet, *Badge Tests*, is now available. It covers the various badges and certificates girls can gain as part of their individual programme of activities. It replaces the leaflet *Badge Test Hints For Commissioners And Guides*.

Also included are useful notes for Guiders, Testers and parents or guardians, and an explanation of the function of the Badge Review Committee.

It costs 25p and is available through Trading Services and GGA Shops.





I went to visit my old Guide Company this week. The church they meet in is being rebuilt and so, for the next 18 months, they're going to decamp to another local hall. And, as I arrived, I saw — standing forlornly in the corner of the playground — the much used (by the Guides) and much abused (by the playgroup) equipment hut.

In what must be its third resting place in my time, it sat very lopsided, looking as if it had just landed smack on top of the wicked Witch of the West! Were the Munchkins about to leap out at any moment? Judging by some of my own very special moments at camp, the treasured equipment inside our lopsided hut could tell some stories too!

We used to arrive at camp late on Friday evenings and, as the sun set, we would be found hastily getting the tents up. The Patrols were allocated their own Stormhavens and another for a Guider or general use.

The Guiders' tents always went up first! This was all very well, but as darkness fell, the Guides could be heard muttering in the gloom hunting for the main guys and dollies of their Patrol tent.

As a Guider with the utmost confidence in her girls, I would dash round my own abode in the dead of night, checking that I did have the requisite number of guys and pegs and that they had been knocked in properly.

## SWALLOW'S TALES

It is useless imagining you will sleep well otherwise! One serious gust of wind and you will be homeless! Not to be recommended, as we all know the first night of camp invariably brings rain with the gale!

The bright sunshine of the first full day brings the picture of the camp site sharply into focus! Good heavens, who told Green Patrol they could pitch there? Did they actually pace out for their main guys? Indeed, where are they? Do you mean they slept in that?

A scavenger hunt produced the missing main guys 20 yards upfield — apparently the girls had originally planned to set up home in that area. But arguments over lumps in the grass, back door views and neighbours brought them further and further from the vital elements of their tent and quite invisible in the all-enveloping darkness!

Obviously not so vital — we have

found in our camp inspections tents that have gone several days without main guys. They're so magnificently proofed, they could probably stand up without poles! Even Guiders taking turns at inspection had not spotted the lack of guys, believing they couldn't NOT be there!

There have been occasions when we wondered what madness had brought us to the fields of our great British countryside. But then some of us are very fond of the odd beetle in our beds, the blade of grass in our tea, the lost racing pigeon in our lat pit — guess who had to wade in and fetch!

One magical sunset is enough to brighten the whole week, even if you never get out of your full wet weather gear for the rest of it. Guiding without camping? Unimaginable! That's what makes us special!



# BE A LONE

## QUESTION:

What do you do if you enjoy being a Guide and then find you can no longer go to meetings each week?

## ANSWER:

Ask your Guider to help you find out (through your County or Regional Advisers) how the Lone Guide Scheme works.

There are lots of keen Guides and Rangers who can't join a unit because they live too far away or go to boarding schools which don't have their own. Then there are other girls who have other commitments like music lessons on 'Guide night' and so can't attend their local unit. They don't have to miss out on Guiding entirely — they can become Lone Guides and Rangers.

Lone units follow the same Guiding Programme as ordinary units but, instead of weekly, live meetings, their meeting comes by post. It is often like a magazine and is produced by their Guiders.

All units are run differently, but in Hampshire we have one meeting for every month of the school terms.

Each meeting has a mailing list and pre-addressed sticky labels. Then, when each person has had the meeting for three days, she is able to send it on to the next in line.

It takes about two months for a meeting to complete its journey.

During the school holidays, I try to contact each Hampshire Lone, either by letter or phone. We also try to have a 'live' meeting annually and, sometimes, camp together. Lones are encouraged to join in with their 'home' units whenever it's possible.

So, if attending meetings regularly becomes a problem for you, don't forget, 'Don't be lonely, be a Lone'.

**MARGARET CHEFFETT**

Hampshire Lone Guides

# FRIENDS WANTED

Membership of British Guides in Foreign Countries — BGIFC — has grown to around 7,000 Rainbows, Brownies, Guides, Rangers, Young Leaders and Guiders in more than 30 countries, since it began in 1911 with the formation in Portugal of a Guide Company. It provides an opportunity for British women and girls living overseas to remain part of UK Guiding.

They follow the same programme of activities and badge work, make the same Promise, and — with adaptation for climate and custom — wear the same uniform. As a flourishing part of UK Guiding, BGIFC is organised in a similar way to a UK Country or Region with its own Commissioner, Mrs Anne Dunford, and secretarial staff at CHQ.

There is also a Friends of BGIFC which exists to offer support. Friends with Guiding experience, perhaps as

a Commissioner, Trainer or badge testers are always needed. So too are those new to Guiding who are willing to help with a range of tasks from administration to making training aids, or maybe by passing on any special skills.

Friends who live or travel overseas are invited to represent the Commissioner by visiting Guide units to take and bring back news.

Anyone who would like to support this work will be warmly welcomed. Membership is open to anyone, male or female, not just BGIFC members. Friends are asked to pay a small subscription annually of £1.50. They receive a newsletter twice a year, a BGIFC annual report and membership card. They are also invited to an annual get-together.

Please become a Friend by completing and returning the form to Dorreen August at CHQ.

I wish to become a Friend of BGIFC.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_

Please circle your age group

Under 17, 17-30, 31-45, 46-65, Over 65

Brief details of Guiding experience. Please indicate whether current or previous.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Previous/current connection with Friends of BGIFC (if any)

\_\_\_\_\_  
\_\_\_\_\_

Languages spoken: \_\_\_\_\_

Please list skills you can offer: \_\_\_\_\_

\_\_\_\_\_

Do you visit any countries frequently or plan to visit any? Include dates if possible.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cheques should be in sterling, made payable to BGIFC and sent to: Mrs D August, Friends of BGIFC, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.



## FOOD POISONING

Over 44,000 cases of food poisoning were reported last year, but many still go unreported. And, recently, there seems to have been an increase in the number of incidences of food poisoning. Of course, this may well be due to an increased public awareness, or there may really be an escalation in the numbers of people suffering from food poisoning.

The food that we eat is one of the essential components to our good health. We expect it to increase our well being not make us ill but, nevertheless, the risk from bacteria in food must be taken seriously.

An attack of food poisoning can make you feel anything from a little off colour to so wretched that medical attention is required. Therefore, obviously, food hygiene needs to be taken seriously, both in the home and when catering for large numbers, such as at camp.

It is necessary to constantly guard against the risk of contaminating food and to use common sense in the way food is prepared and cooked.

Current eating trends are moving away from food being artificially preserved and this can lead to food having a shorter shelf life than we are used to. Increased use of freezers and microwaves can lead to stomach upsets, if they are not used correctly.



At camp and Pack Holiday it is especially important to ensure that food is prepared, stored and cooked correctly because of the large numbers that are being catered for.

Food should be kept in containers, which should be specially chosen for each particular type of food and have tight-fitting lids. All food needs to be kept covered. Hanging larders should be used at camp to keep food cool and off the ground.

Fresh food should be used whenever practical, which means it needs to be prepared and eaten as soon as possible because it is difficult to store fresh food properly when camping.

People involved in preparing and cooking food should be aware of the basic rules of hygiene: hands should

be washed before touching food; long hair should be tied back and raw and cooked food must be prepared separately.

When cooking food over a fire, it is important to remember that the temperature will vary. It cannot be controlled like the hobs on your cooker back home. It is therefore important to check that food is properly cooked before it is served. Guides need to understand how important this is when they are cooking in Patrols.



Foods which are high risk should, if possible, not be used. Eggs, for instance, often cannot be properly cooked over a camp fire. Foods which require careful storage should also be avoided.

In any situation, where large numbers are being catered for, the correct cooking time for such vast quantities of food needs to be worked out and hygiene rules need to be maintained in the kitchen area, whether this is at camp, Pack Holiday or for a special gathering at home.

## GOOD HYGIENE

Encouraging good hygiene habits can be included in the weekly meetings of all sections of the Movement. Activities, such as 'Spot the unhygienic practice', could be used. One way of getting home the message is to pass round pictures and ask the girls to circle any unhygienic practices they see. Or you could set up a kitchen featuring all the wrong ways to deal with food and encourage the girls to put the kitchen to rights.

Outbreaks of salmonella and listeria hit the headlines but many other common bacteria can also cause painful attacks of food poisoning. Germs are not selective about whom they lay low. Yet many of these potentially harmful bacteria can be prevented from contaminating food or eliminated, if only food is handled, prepared and cooked in the right way.

Symptoms of food poisoning may



# arena

## WATCH THIS SPACE

appear within an hour or may not show until five days later. Common signs are stomach pains, often with vomiting and diarrhoea. If symptoms are painful or persistent a doctor should be consulted. If, however, the symptoms are only mild, then the affected person should have plenty of rest. Fluids should be given until they feel ready to have solid food again, and this should be light.

If you are suffering from vomiting and diarrhoea, you should avoid preparing food at camp or Pack Holiday. It is better for others to



struggle without you for a while, than for everyone to go down with the 'bug'.

It might seem a waste to throw large quantities of food away at camp, but it is much worse to serve food that will make everybody ill.

Contact the local Environmental Health Officer at the council offices if you or your doctor think the infection is related to a particular food. Remember, bacteria can get into the food at any stage from production to sale and from purchase to eating.

This may all seem very negative, so it is important to keep this in perspective. Most of us eat without any ill effects but, nevertheless, it is important to guard against the risk of contaminating food.

Although you may think you know how to handle and cook food, are you really sure you eliminate all possibilities of food poisoning at home, camp and on Pack Holiday, where in the last two situations good hygiene practice is both more difficult and essential?

**CHRISTINE HEBBORN**

London and South East  
Junior Council Representative 25



# GGA ADULT RECRUITMENT CAMPAIGN

## Practical Aids Kit Order Form

The Association has produced a complete kit of practical aids for PRAs to help with recruitment campaigns.

Kits may only be ordered using this form, or copies thereof. Please do not order through normal GGA Trading outlets—shops or depots.

The kit will be supplied in two parts. Part 1—the fact sheets—will be supplied immediately; Part 2—the audio-visual and display material—will be supplied mid-April, immediately prior to the launch of the new uniform.

Most items, including videos, will be available separately. Details appear opposite

Completing the order form opposite will ensure delivery of both parcels.

## What the Kit contains

### Pack 1—Fact sheets

Advice/guidelines on recruitment and follow-up specifically for:

Division Commissioners  
Division PRAs/recruiters  
Division Commissioners  
Recruit co-ordinators.

#### Public speaking notes

Giving a talk on Guiding

#### Potential recruit Qs and As

Questions potential recruits are likely to ask, plus suggested answers.

#### Information for the media

Dealing with the media

#### Radio & TV appearances

Example press releases for you to adapt and use locally  
Media Qs and As—questions the media are likely to ask, plus suggested answers and including radio and TV talking points

Dealing with the difficult questions

#### Laminated displays

List of what is held at Country/Region and available on loan.

#### Caption sets

List of items available.

N.B. All these items may be photocopied locally.

## Pack 2—Audio-visual and Display items

### Video—Leading the Way.

A 20-minute VHS video for showing to potential recruits of all types. It will stress the satisfaction of being an adult leader/helper in Guiding.

### Video B—Welcome to Guiding

A 20-minute VHS video for showing to new recruits. A mini-induction course covering the basics of the Adult Leader Scheme, Stage 1.

### Slides

6 slides showing new uniform, to be slotted into local slide shows.

### Display posters

New posters created for the campaign:

- 24 A2 full-colour posters
  - 24 A3 full-colour posters
  - 50 A4 full-colour posters
- } same design

Basic selection of existing adult recruitment posters, as available.

### Leaflets

100 new full-colour version of 'What is a Guider?'

### Newspaper advertisements/direct mail letters/envelope inserts/flyers

Suggested texts/layouts for you to adapt and use locally.

### Re-order form

All items in Pack 2 available as optional extras.



### Individual Practical Aids

The complete kit is available only using the order form at the bottom of this page.

Additionally, the items below are available

Item	Code	Price
videos - Leading the Way	64642	£7.50
Welcome to Guiding	64659	£7.50
posters (packs of 10) -		
A2 (packs of 10)	64667	£1.50
A3 (packs of 10)	64675	£0.95
A4 (packs of 10)	64683	£0.35
slides (set of 6)	64709	£1.70
A4 folded leaflets (pack of 10)	64691	£0.55

separately, as trading items, from mid-April and may be ordered through shops, depots, or direct from Broadheath, in the normal way.

Cast and crew pose for a final photograph after filming is over for the second video.



## ORDER FORM

To: Girl Guides Association Trading Service  
Atlantic Street  
Broadheath  
Altrincham  
Cheshire WA14 5EQ

(Block letters please)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

County \_\_\_\_\_ Postcode \_\_\_\_\_

Please send me \_\_\_\_\_ Adult Recruitment Campaign kits.

I enclose a cheque/postal order for \_\_\_\_\_ (£30 per pack

inc. p&p), made payable to Girl Guides Association Trading.

I understand that you will send me the first part of the pack immediately, and the second as soon as it is released in April

**Please circle which you are ordering on behalf of:**

Unit/District/Division/County/Country/Region

 **GIRL GUIDES**



# MINI BUSES

## THE RULES HAVE CHANGED

**Small Bus Permits apply only to England, Scotland and Wales. The use of minibuses for voluntary groups is fraught with legal pitfalls and the rules which came in on August 13, 1987 have to be carefully understood.**

The Transport Act 1985 calls a minibus a 'small bus' which can carry the driver and nine to 16 passengers.

If you hire or borrow, or use your own minibus for any Guiding activity and the passengers on the minibus contribute to the cost of the journey — even indirectly — you are operating the minibus for 'hire and reward', which is illegal unless you have a Small Bus Permit.

This includes any arrangement where there is a payment:

- 1 of any charge for the trip, or
- 2 towards the cost of the petrol, or
- 3 towards a donation to the owner of the minibus, or
- 4 of an overall fee — say for camp — which includes something towards travelling expenses, or
- 5 of a subscription to unit funds, out of which the travelling expenses are then paid.

In any of these or similar circumstances, or if you are in any doubt, you must make sure you have a permit which covers the minibus.

Check whether the vehicle you intend to use has a minibus permit issued before August 13, 1987 under its own registration number; or whether your unit already has a Small Bus Permit, which covers use by members of the GGA. If not, ask your Country/Region for an application form in good time before you plan to use the minibus.

The 'Small Bus Permits' are issued by the GGA, with the authority of the Department of Transport, at a fee of £3.50. It is also possible to apply for a permit from your local Traffic Commissioners (but this costs £7.00).

They can only be issued to Guide units so, if you plan a joint expedition with Scouts or any other organisation which is not part of the GGA, you need a GGA permit and the Scouts — or other organisation — will have to have their own permit as well.

Unlike the permits issued before August 13 1987, which only related to a particular minibus, the new permits will apply to any minibus used by the unit to which it was issued. You will need one permit for each minibus you are using at any time.

When you apply for the permit, you will be given a free Department of Transport booklet called *Passenger Transport By Voluntary Groups*. The booklet is very helpful and it is worth taking the time to read it carefully. Apart from explaining how the permit

works, it deals with the regulations which apply to the minibus while you are using it.

The regulations apply to the equipment; the use; and the construction of the minibus. They cover such things as first aid kits and fire extinguishers; not blocking gangways or exits; number of passengers; not locking doors when in transit; maintaining the minibus in good condition and unified standards of construction and equipment.

The regulations applying to the equipment and the use are very clearly and simply summarised in the Department of Transport's explanatory booklet.

Those relating to construction are more complicated, partly because they are inevitably technical, but also because new regulations apply to all minibuses first manufactured after October 1, 1987 to comply with the standards laid down in the new Road Vehicles (Construction and Use) Regulations 1986. If a minibus, manufactured before October 1, 1987 is to be used with a Small Bus Permit, it must comply with either the new regulations or with the old 'Minibus (Conditions of Fitness, Equipment and Use) Regulations 1977'.

Whether you own, hire or borrow the minibus, if you are using it with a Small Bus Permit, you must take steps to establish that the bus complies with one or other of these sets of regulations. You may be able to borrow a copy of them from your Country/Region, otherwise you can obtain a copy from HMSO. In the case of the 1977 Regulations, copies used to be distributed with the applications for the old minibus permits and may still be available in your unit records.

If you do have any queries about minibus operation or legislation, contact either the Legal Department at CHQ or: The National Advisory Unit for Community Transport, Keymer Street, Manchester M11 3FY. Telephone 061 273 6038.

## REMEMBER

- You must be over 21 to drive a small bus and have a full (not provisional) driving licence. You may drive a small bus once you are 18, if you have a Public Service Vehicle Driver's Licence.
- Small buses are now subject to 'on the road' safety checks like lorries.
- Small buses require annual MOT certificates from 12 months old (not three years like cars).
- A small bus can carry more than 12

seated passengers, it requires a Class V MOT certificate which can only be issued by a special testing centre, not just any MOT-appointed garage.

- When using a small bus with a permit, the permit disc must be displayed within the vehicle so that it is clearly legible from outside.

- The 'three for two' rule for seating children is now legal for small buses used with permits, that is to say three children under 14 may occupy two seats intended for adults. However, while this practice

may be legal, it is not necessarily safe and the Association advises that a ratio of one adult to six to eight children should be maintained and no adult leader should drive a minibus full of children without at least one other adult helper on board the vehicle. Carrying more children than the normal seating capacity allows may invalidate vehicle insurance.

- You need an additional certificate to drive a small bus in EEC countries and the small bus will probably have to be fitted with a tachograph.



## IN THE BAG

Whether it's a huge sack for carting college books or a clutch bag as tiny as an envelope, the handbag is an essential accessory in every woman's wardrobe. But, according to psychologists, there's more to a handbag than meets the eye. It can reveal, not only what type of life you lead, but a lot about your personality too.

Psychologist Simon Hunt feels that handbags are more than mere fashion accessories. 'Your aspirations, status, job — you broadcast the lot when you pick up your bag to go out,' he says.

According to Hunt, modern handbags perform two functions: 'They're a fashion accessory, used to signal aspirations, and a portable nest — a way of reassuring yourself that you've got everything you need with you.'

His theory seems to check out. For instance, if you see a chic, sophisticated lady carrying a tiny clutch bag, you're not going to pigeon-hole her as a busy working mum.

Similarly, a trendy young girl with an enormous duffle bag doesn't fit in to the profile of a high-flying executive. So the type of bag you carry does add to the image you project and tells others a lot about what you do.

Lugging around a heap of Guiding gear requires a strong arm and a reliable — and commodious — bag. For many Guiders a conventional handbag is just not big enough, as CHQ's Ann Moynihan, Editorial Manager (Books), and busy Brownie Guider explained. 'When I come to work I carry an organiser bag or one which is big enough to put papers in,' she said. 'But, for Brownie meetings, I take an enormous shopping bag, sometimes two!'

But does Ann's choice of bag really say anything about her as a person? 'I always pick a bag to suit the purpose,' she explained. 'I carry an organiser bag to work but I'm certainly not organised! I suppose you can tell what a person is like by the bag they carry but I've never really thought about it before. You can spot a harassed mum by what she's carrying!'

Mr Alex Forsey, Fire Officer at CHQ, would be the first to admit that handbags are more than a fashion statement, they're just plain useful — for men as well as women. 'When I was an engineer in Saudi Arabia,' he explained, 'I kept a handbag because we didn't have anywhere to put our money or other bits and bobs.'

When Dawn Egan, Features Writer for *GUIDING*, packs her bag for the day, she obviously prepares herself for any eventuality at work or in her

# arena

## TALKING POINT

social life. 'If I go out straight from work, I don't want to go out without my face on,' she explained. 'So I seem to carry half my make-up kit as well as stuff for my hair.'

'Sometimes I even put in a spare pair of shoes! It's also got to have room for my tape recorder, notebook and lots of spare pens, that way I'm ready for a scoop at anytime!'

I asked Dawn if she felt her choice of bag revealed anything about her personality. She wasn't too sure, adding: 'By the end of the day I've ended up with a lop-sided shoulder but at least I'm always prepared.'

What's your view? Before you answer why not swop bags with a friend, then list the contents and see if it gives away any secret personality traits? Or does common sense not fashion fads dictate the type of bag you carry.

JUSTINE CHATTING

# WIN A RINGSIDE SEAT

It's the moment we've all been waiting for — the launch of the new uniform. And you can be there.

We're giving away 50 tickets to readers so you can come and join us at the Press launch at Central Hall, Westminster on Wednesday, April 18.

As well as being some of the first members in the country to see the full range of Jeff Bank's exciting design, you should also get a glimpse of Fleet Street in action.

The first step to taking your place in the audience is to fill in the form below and send it to CHQ. But you'll have to hurry because applications must reach us by Friday, March 16.

The first 50 names out of the lucky draw will be notified immediately afterwards.

Each winner *must* be accompanied

by two girls. They can be any combination of members from all sections, for instance two Brownies or a Rainbow and a Ranger.

Winners should be at Central Hall by mid-day. They will, of course, be responsible for their own travel costs. The launch should be over by 3pm.

Current uniform or activity wear, whichever you feel most comfortable in, should be worn. We're only making two conditions for entry: hats should *not* be worn and each group must carry a current copy of either *GUIDING/TODAY'S GUIDE* or *BROWNIE*.

Simultaneous Country/Region launches, except in London and South East, are being held. And *The Clothes Show* on BBC1 on Sunday, April 22 will also feature our super new uniform range.

As we told you in July's *GUIDING*, the date when the uniforms will be available through the Trading Service will be announced at the launch.

Existing uniforms can, of course, be worn for at least three years after the introduction of the exciting new styles.

Details about wearing the new uniform will be included in the *Guiding Manual*, available later this year. And a special uniform supplement to the Trading Service's catalogue is being produced.

## FORM

Please fill in the following details:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_

Mark your envelopes Press Launch and send them to *GUIDING* at 17-19 Buckingham Palace Road, London SW1W 0PT by Friday, March 16, 1990.



# a personal VIEW

The number of girls in our County who become Ranger Guides has been dropping each year, indicating that special effort is needed in enhancing this section. For years and years there has been very little change in the Ranger Section other than the introduction of the Queen's Guide Award, and this appears to consider individuals, rather than being of benefit to the Unit as a whole.

Although a working party has recently been set up to discuss how the Scout and Guide Associations can work together more co-operatively, I am surprised how little has been done to promote or help Joint Units, which were established in the 1970s.

Having helped to run a Joint Unit for 12 years, I could write page upon page of the benefits this Unit has brought to the Guide District, to the Scout Group, to the Guide County and the Scout County.

Even parents, who at first were very sceptical about their daughter joining a unit with BOYS, now give it every support. The girls soon begin to realise that working alongside boys and pooling their skills and resources enables the planning of a more varied programme, often with more fun. After all, such co-operation is good training for adult life.

Election to the Unit's executive committee probably gives the greatest opportunity for co-operation and, it should be stressed that, they do not assume there should be a male chairman and female secretary. Over

the years the positions have been filled equally by Rangers and Ventures, each being as capable as the other.

Many Guiders still believe that girls do not progress if working alongside the 'more dominant male', yet we have had plenty of Rangers achieving their Duke of Edinburgh's Award — but very few Ventures.

Also, on a 24-mile challenge hike, it was the boys who collapsed in the bus to fall asleep at the end, while the girls talked all the way home! Equally, there have been occasions when the boys have waited for a Ranger struggling up a hillside. But this is soon forgotten when they see her speed off in a canoe, climb a rock face or prepare complicated route cards.

Despite the successes, we feel the pressure is upon us to become a Mixed Venture Scout Unit, like all the others around us. We meet in a Scout hut, frequently use the Scout Group minibuses and attend several Venture events and camps.

Very few members of the public have heard of Joint Units, and Guide publications rarely mention them.

In contrast, however, Venture Scout publications and booklets proudly show photographs of girl Ventures, and they feature strongly on their video. There is a definite feeling of support from the Scout Movement, and many of their events welcome Rangers, whether members of Joint Units or not. The Guide Movement has not been so flexible.

Since rules for Scouting activities differ to rules for Guiding activities, we must go through more paperwork and rulebooks than any other type of unit in either Association. For this

reason, two of our former members, now adults, have opened up a Mixed Unit rather than a Joint Unit. The more straightforward the rules, the more one is likely to abide by them.

As a final comment, I encourage the Rangers and Ventures to gain good standards in their favourite outdoor activities, hoping they will come back in time as instructors. If the Guide age range continues to request more adventurous activities, then someone from somewhere is going to have to instruct them. Surely these Rangers as adults will be ideal if we can maintain contact with them?

But is anybody really bothered about keeping Joint Units going? Girls have always wanted to share activities with boys since the Crystal Palace days, particularly at the teenage stage. However, many leaders and Commissioners in the Girl Guides Association of this country have tried to prevent this happening. Yet most make their judgement having no personal experience of running Joint Units.

Neither should Guiding or Scouting be compared to life at school, where children are aiming to acquire personal skills, and there is less emphasis on co-operative effort to achieve goals.

I wonder what Lord Baden-Powell would have suggested in this day and age?

**MRS JEAN LUNT**

Asst Ranger Guider  
District Commissioner  
County Water Activities Adviser

● **GUIDING** has been invited to visit this Unit, look out for our report.

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.

## QUIZ ANSWERS

1 b; 2 a; 3 c; 4 b; 5 a and then  
b; 6 a; 7 a but all of these  
activities are potentially hazard-  
ous; 8 c; 9 a; 10 b; 11 a; 12 c;  
13 d, so it is important to get

vaccinated; 14 e; 15 a; 16 a, a  
lot less than a new pair of  
eyes; 17 d; 18 b; 19 b, only  
ten per cent of blind people  
see nothing at all; 20 c is the

correct way to guide someone  
who is blind, but ask to make  
sure that she would actually  
like you to help her.

If you would like to know

more about eye safety or  
blindness please contact the  
RNIB at 224 Great Portland  
Street, London W1N 6AA.  
Tel: (01) 388 1266.



## OPEN DOOR

Last year the Jewish Guide Advisory Council's annual service took Building as its theme. Here is one of the thoughts shared on that occasion. . . .

### CONSTRUCTION KITS

It can be fun building something yourself, can't it? You can feel proud when you have been able to

do it yourself!

Construction kits are like stories of life. God does not give us a completed life; He gives us the raw materials out of which to make a life.

God gives us ourselves, with all our gifts and abilities. He gives us the world, with all its beauty, its bounty

and its resources. He gives us the people we live with; and He says to us, 'Out of all these things, make a life that is worthwhile'.

It is never God's way to do things for us; it is always His way to enable us to do things for ourselves.

To succeed with your kit, you need, however, do

one thing — follow the instructions! Life is like that too.

God gives us the raw material of life, and gives us the instructions how to turn them into a real and worthwhile life . . .

People are lonely because they build walls instead of bridges.

## IN FOCUS

The letter from Buckingham Palace didn't say no exactly — just 'wait and see' . . .

When Brownies from the 7th Halesowen (Our Lady and St Kenelm's) Pack, West Midlands heard that the Duke and Duchess of York were expecting a second baby, they sent the royal couple a congratulations card and added a footnote to their good wishes: Would Princess Beatrice become a Brownie one day?

They were delighted when they got a reply from the Palace thanking them

for their 'lovely card'. But their question remained unanswered: 'I am afraid their Royal Highnesses cannot say whether Princess Beatrice will become a Brownie; we will have to wait and see when she is old enough', it read.

However, the Duchess of York is on record as saying she would like her daughter to be a Rainbow and then a Brownie (November's *GUIDING*). So, who knows . . .

Two of the Brownies, Laura (left) and Victoria Billingham, hold up that letter from Buckingham Palace



BIRMINGHAM POST AND MAIL

## COMING NEXT



### IN GUIDING APRIL

**Stepping Out**  
from Coast to Coast  
**Up, Up and Away** —  
on the D of E Award trail  
**Sleeping Out** . . .  
to help the Homeless  
**A Stitch in Time:**  
patchwork perfection  
**Getting Out** . . .  
goes climbing

### IN TODAY'S GUIDE APRIL

**Eggstravaganza**  
eggcellent ideas for Easter  
**Window On The World**  
spotlights New Zealand

### Seasons Badge

helping you with your  
badgework

### Practical Projects

paper engineering

### Hot Topics

focuses on the Churches'  
attitude to women priests

### Know How

all the facts you need  
about portable camping  
stoves

### IN BROWNIE MARCH

#### Flying Fun —

making a kite

#### Happy, Healthy Brownies:

play our super board game

#### Body In Action

Helping the Blind

#### Water Rescues





Sharon Turton's and Dorothy Jones's lives are very different. Sharon is married with two children and Dorothy has neither husband nor child.

Yet they share one important characteristic — a deep enthusiasm for Guiding.

As stars of the videos featured in the Association's Adult Recruitment Campaign launched next month, they are hoping to attract other women into the Movement they love.

During a break in filming, **NORA WARNER** asked them both about their roles in the GGA.

Dorothy Jones earned the nickname 'One Take Jones' on the set. The brown-eyed brunette's crisp, no-nonsense approach and sense of humour won her high praise from the camera crew.

A 40-year-old childless divorcee from Stafford, Dorothy is an accountant and Outdoors Activities Adviser for Staffordshire.

Looking completely at home in her track suit, she announced: 'I'm not sports-mad. I do it purely as administration. I lead a team of experts. Having said that, I do — when pushed — canoe and try this, that and the other.'

'We needed a new team in Staffordshire and my County Commissioner asked me, knowing that the outdoors isn't my first love. In fact, I've just written my report for the County book... I started it off saying "I'm surprised I'm still here after 12 months." But ended by saying that a lot of people feel as I do about the outdoors and recalling what I thought the last time I'd been canoeing and fighting with the oar — again — and losing: "Come on in, the water's fine."

'Really what I'm saying is that I too had pre-conceived ideas, but it is OK when you do it.'

Dorothy continued: 'I was a very mediocre Guide but went on to Rangers and, I think, it was Rangers that really grabbed me. I did D. of E. and, for Service, helped at Brownies and became a Tawny Owl.'

When she married, Dorothy moved away and says she lay 'dormant', as far as Guiding was concerned, for the next eight years.

Then she read in a local paper that a Brownie Pack was about to close Dorothy felt it was 'a shame'. She investigated and was asked to come to the rescue.

# GUIDING STARS: TAKE TWO

Dorothy admits she was doubtful at first because she often had to work late, but went along to a Pack meeting. There she was greeted by two Unit Helpers, who invited the girls to come and have a look at their new Brown Owl... Dorothy.

'I was in, and from then I've never got out,' Dorothy confided. 'I went on to do Rangers and from there the job of Division Commissioner came up.'

'I've never done amateur dramatics, but I work for Barclays Bank and, for a long time, I was one of their training officers. A lot of the new methods of training at the bank are on video and role play situations.'

'So I knew a bit about the technique. I certainly knew not to look at the camera anyway,' said Dorothy, who was also working for her training licence with the GGA at the time.



'When I changed my job and moved house, I had to give up my Division. It was just at the time that the County Commissioner was looking for something completely different for the outdoor team and that's just what she got,' she said.

Starring in the video was another first for Dorothy. She read about the hunt for the video stars in *GUIDING*. 'I must admit it is something that does appeal, the PR side of Guiding,' she said. And was she glad she'd applied? 'It has been very, very good,' she declared.

**Dorothy Jones's professional approach to filming really impressed the camera crew**

She believes that the Movement needs new recruits partly because 'sometimes people wear more than one hat.' She added: 'I do myself. I think once you are into Guides you realise how valuable it is for the young people. The word "No" drops out of your vocabulary.'

'We do over-commit ourselves, but it's because we've come through the Guiding Movement and we wouldn't dream of letting anyone down.'



She added: 'I do think people are taking a lot on. I, myself, am the Outdoors Activities Adviser, I'm also a Unit Helper — I would be a Unit Guider, but my job means that I can never guarantee when I'm going to finish.'

'I think there are a lot of people who wear two — or even three — hats and they can't go on doing it forever. We've got a lot of talent, a lot of specialist talent, that perhaps isn't being used to the best advantage because they are doing other jobs that have to be done.'

'I hope the video hits the right spot. It won't be for the want of trying.'

## ON THE TELE

Reed slim with a cloud of glorious red-brown hair, Sharon Turton is 32 and the mother of six-year-old Giles and eight-year-old Emma. Her children were in the wings to cast a critical eye over mum's efforts.

The family lives in West Hoathly — a village covered by Sussex Central Division.

Were Emma and Giles impressed by mother's starring role? They are taking it all very casually, confessed Sharon. The bit they are interested in is when they'll be able to see it on the tele — the important bit!

Sharon was virtually born into the Movement. She said: 'My Dad was a Scouter and I was carted off to camp at the age of three-and-a-half.'

'I was born in Betchingley, a little village in Surrey, and went to Brownies there. I had to travel to Redhill for Guides and Rangers.'

She has been running a unit in West Hoathly since 1986. The family moved to the village nine years ago, just when the old unit was about to close. 'I was carrying Emma at the time and proffered my assistance to try and keep it afloat, but was told it was too late,' she said.

'It wasn't until I became involved with the young people in the village that I realised there was something missing. The boys had a thriving Scout unit and it seemed that the girls were missing out. I had such a great time at that age I felt they should at least have the opportunity.'

'I probably would have gone back to Guiding sooner, but I used to be an air stewardess before I had children and you couldn't do that sort of thing, it just wasn't practical.'

When Sharon told her father what she'd done, he commented: 'What took you so long?'

She decided to apply for a video role after reading *GUIDING* from cover to cover while Emma was in

hospital having her tonsils out.

'It was just after I had been helping out with a stand at the South of England Show — the first time that Guiding had been represented there — and I was just amazed at how little people seemed to know about us,' Sharon explained.

She added that some of the reactions were surprising and feels the Adult Recruitment Campaign is 'a super way of getting people into the Movement.'

When she found the filming was to take place at half term, Sharon was delighted as she regards the school holidays as the 'children's time'. Learning that the children

manage to convey to the crew was that if they just let six girls put up a tent, they would have a problem anyway, without trying to create one!

Filming had its own difficulties. 'We are doing this unscripted, so you are not repeating learned lines,' Sharon explained. 'You are trying to do what you do normally, and then they say: "Can you repeat that again?" and you wonder "What did I say?"'

'It has been a lot of fun but it's put me off — I'd never want to be a film star. It must be murder on the umpteenth take to try and keep it natural.'

'I have enjoyed the atmosphere of



Sharon (standing) takes a break from her starring role

MICHELLE SMITH

were welcome to come along was 'wonderful,' she said.

The children were kept well out of camera range most of the time. 'When I was doing my traumatic tent scene yesterday, Emma tells me Giles kept popping out from behind the trees, but I don't think he's actually in the shots. They've managed to amuse themselves so far,' she said.

Sharon's 'big scene' involved the girls having to put up a tent and develop a problem, which she was meant to solve. 'What we couldn't

actually doing it — the Guides are so much fun and it is nice to be among different girls... but I don't think I shall want to see myself.'

If the adults did all the talking both on and off the screen, it was the girls who were the scene-stealers. Whether it was Brownies sweeping leaves or Guides wrestling with map reading, they were naturals.

After polishing off her last scene one Guide spoke for them all: 'It was a brill way to spend half-term,' she told me. 'Can we do it again next year?'



## WADDOW

### MARCH

- 2-4 Lancashire West  
9-11 1. Junior Council 2. Building Confidence  
16-18 North East England  
23-25 Working The Programme With Your Unit (Brownie, Guide and Ranger Guiders)  
30-  
April 1 Leicestershire

### APRIL

- 6-8 Bedfordshire  
12-17 Hilite on Patrols  
20-22 Lancashire South  
24-26 Working The Programme With Your Unit (all sections)  
27-29 West Mercia

### MAY

- 4-6 Essex West  
11-13 Oxfordshire  
18-20 Midlands  
22-24 Build On Your Training Skills  
25-27 Family Weekend

### JUNE

- 1-3 Merseyside  
8-11 Friends Of Waddow  
15-17 Nottinghamshire  
22-24 1. Multicultural Guiding 2. Rainbow Guiders  
29-  
July 1 1. North Tyneside 2. North East England

### JULY

- 6-8 1. CCIA/CIA's 2. BGIFC Trainers  
13-15 District Team (Outdoor Bias)  
20-24 Guiders With Their Guides/Rangers/YLS  
27-  
August 3 Walking At Waddow

### AUGUST

- 16-30 Holiday Period

### SEPTEMBER

- 7-9 District Team  
14-16 Cleveland  
21-23 North West England  
28-30 Derbyshire

### OCTOBER

- 6-7 North Yorkshire  
12-14 West Yorkshire  
18-18 South  
18-18 Assertiveness For

- Guiders  
19-21 Lancashire Border  
26-28 1. Tutors 2. Prospective Trainers 3. For Those Involved In Training Guiders: 14+

### NOVEMBER

- 2-4 North East England  
9-11 Lancashire North West  
13-15 Working the Programme With Your Unit (all sections)  
16-18 Warwickshire  
23-25 Cumbria North  
30-  
December 2 1. Music In The Programme 2. Community Development

### DECEMBER

- 7-9 Ranger/YL Advisers/Consultants/Commissioner

## FOXLEASE

### MARCH

- 2-4 Essex North East  
9-11 International Opportunities  
16-18 1. Heart Of The Matter 2. Leading Your Team  
23-25 London North West  
30-April 1 South West England

### APRIL

- 6-8 1. First Aid Course 2. Placid Water Skill  
12-17 12-25 Outdoor Adventure Time  
20-22 Adult Leadership Scheme Stage III  
27-29 Tapping The Talent In Your Unit

### MAY

- 4-6 Middlesex East  
11-13 1. Rainbow Guiders 2. Rutland General  
15-17 Working The Programme With Your Unit (Rainbow and Brownie Guiders — creche facilities available)  
18-20 Hertfordshire  
25-28 Family Period

### JUNE

- 1-3 District Team (Outdoor Bias)

- 8-10 Working The Programme With Your Unit (Brownie, Guide and Ranger Guiders)  
12-14 Assertiveness For Guiders  
15-17 Cornwall  
21-26 Friends Of Foxlease  
29-July 1 Surrey West

### JULY

- 6-8 1. Science And Technology 2. District Commissioners  
13-15 Towards 2000 — Young Leaders And Guiders 16-30s  
21-  
August 4 Holiday Time

### AUGUST

- 11-19 Summer School  
22-25 Pursue A Hobby  
29-  
September 2 Out And About At Foxlease

### SEPTEMBER

- 7-9 For Those Involved In Training Guiders: 14+  
14-16 Midlands  
21-23 Lincolnshire South  
28-30 Kent East

### OCTOBER

- 5-7 Northamptonshire  
9-11 Working The Programme With Your Unit (Guide and Ranger Guiders)  
12-14 Dorset  
19-21 South West England  
26-28 District Team

### NOVEMBER

- 2-4 Working The Programme With Your Unit (Brownie, Guide and Ranger Guiders)  
9-11 Avon South

- 16-18 Ranger/YL Advisers/Consultants/Commissioner  
23-25 Somerset  
30-  
December 2 Wiltshire South

## GLENBROOK

### MARCH

- 16-18 Advanced Walking Safely

### MAY

- 4-6 Walking For Rangers/D of E/QGS/Intermediate Walking Safely

### JUNE

- 15-17 Leicestershire  
22-24 Canoeing/Climbing/Caving

### SEPTEMBER

- 14-16 1. For Those Involved In Training Guiders: 14+ 2. Canoeing/Climbing/Caving  
21-23 Midlands

### OCTOBER

- 12-14 Walking For All Including The Family  
26-28 Ranger/YL Advisers/Consultants/Commissioner

### NOVEMBER

- 16-18 Advanced Walking Safely

To apply for any of the training weekends mentioned, apply to the Guider-in-Charge at the appropriate centre enclosing an £8 deposit and an sae. For full details of future trainings please send an sae to the Guider-in-Charge of the appropriate centre.

#### GLENBROOK

Barnford  
Nr Sheffield  
S30 2AL  
Tel: (Barnford) 0433 51567

#### FOXLEASE

Lyndhurst  
Hants  
SO43 7DG  
Tel: (Lyndhurst) 042128 2638

#### WADDOW

Ciltheroe  
Lancs  
BB7 3LD  
Tel: (Ciltheroe) 0200 23186

#### NETHERURD

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

#### LORNE

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

#### HAUTBOIS

Great Hautbois Road  
Cotishall

Norwich  
Norfolk  
NR12 7JN  
Tel: (Norwich) 0603 737357

#### BRONEIRION

Udenham  
Powers  
SY17 6DE  
Tel: (Caernwr) 0686 688 204

#### BLACKLAND FARM

East Grinstead  
Sussex  
Tel: (Sharpstone) 0342 810 493



# PROGRAMME DIARY

## FUTURE TRAININGS

### DISTRICT COMMISSIONERS

**FOXLEASE:**

**July 6-8**

**Trainers:** P Tiley, T Hope

This weekend is specifically designed for District Commissioners. A variety of aspects of the District Commissioner's job will be explored including training in the District and managing the Adult Leadership Scheme. Recruitment and attracting new leaders into the Movement will also be included.

### TUTORS

**WADDOW:**

**October 26-28**

This training course has been established to provide support, at Association level, for those working as GGA Tutors. These weekends will cover a variety of subjects and the Tutor File will be available. Further details will be sent direct to Tutors.

### ADVANCED WALKING SAFELY

**GLENBROOK:**

**November 16-18**

**Trainers:** T Halmshaw, J Adams

Have you reached the Advanced Stages of the Walking Safely Scheme? If so, this course is for you. This weekend can be tailor-made for those attending so as to help you practise navigation, give experience in group leadership, improve your own walking skills or help in any other part of the syllabus.

On this weekend we hope that the weather won't be too good so that you can experience poor conditions and visibility in difficult country under skilled leadership.

### BUILDING ON YOUR TRAINING SKILLS

**WADDOW:**

**May 22-24**

**Trainers:** CHQ Training Team

This MIDWEEK training is for anyone with a training role: Advisers, Commissioners, Training Licence Holders and Prospective Trainers.

Do you need fresh enthusiasm and ideas to widen your training skills? This is your chance to practise using modern techniques and to experiment with visual aids. Building on your experience, we will explore group dynamics and how adults learn.

### ASSERTIVENESS FOR GUIDERS

**FOXLEASE:**

**June 12-14**

**Trainers:** CHQ Training Team

**WADDOW:**

**October 16-18**

**Trainers:** CHQ Training Team

These MIDWEEK trainings are open to any adult member of the Movement.

We all need to stand up for ourselves more — even to say 'no' occasionally. Learn the art of effective communication: how to really say what you mean without causing offence.

### PROSPECTIVE TRAINERS

**WADDOW:**

**October 26-28**

**Trainers:** J Lilley, H Boon

This weekend will provide an ideal opportunity for all those who have already begun the process of becoming Training Licence Holders to meet other Guid-

ers in a similar situation from throughout the UK. Valuable training sessions will be taken by experienced Trainers and there will be the added bonus of being able to discover the wide range of facilities Waddow has to offer.

### PURSUE A HOBBY

**FOXLEASE:**

**August 22-25**

**Trainers:** A Malling, M Eddolls, S Brown, J Lines  
Why not spoil yourself and spend some time learning a new craft or skill: plenty of time to really learn or develop a hobby. There will also be a little time to relax and walk in the pleasant surroundings of Foxlease.

Further details of exactly what is available may be obtained by sending an sae to the Guider-in-Charge at Foxlease.

### 12-25 OUTDOOR ADVENTURE TIME

**FOXLEASE:**

**April 12-17**

Calling all Guides 12+, Rangers, Young Leaders and Young Guiders (up to 25 years).

This is your opportunity to stay in the comfortable surroundings of Foxlease house and to branch out into a range of activities which will include swimming, orienteering, archery, a night exercise, canoeing and, possibly, sailing. Come on your own or with friends from your unit and join other young members of the Association from all parts of the UK. You may come for all or part of the time.

Write to the Guider-in-Charge at Foxlease, enclosing an sae, for details of

cost and an application form.

### SCIENCE AND TECHNOLOGY

**FOXLEASE:**

**July 6-8**

**Trainer:** R Sara

Does your unit programme reflect the present technological age? Does the present speed of change worry you? Have you ever wondered when...? 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 the 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.

### BCU PLACID WATER SKILLS

**FOXLEASE:**

**April 6-8**

Here is an opportunity to gain an introduction to Placid Water Canoeing. On the course a complete beginner should be able to achieve the Skill I Award, which will introduce the basic strokes and a knowledge of safety and access.

The cost of the course is £46.75 per person for the weekend. This includes course fees, food and accommodation. The weekend is open to anyone who can swim 50 metres and stay afloat for five minutes in clothes.

Places are limited, so early application is advisable.



## TAPPING THE TALENT IN YOUR UNIT

**FOXLEASE:**

**April 27-29**

**Trainers:** S Edwards and team

Whether or not you have any artistic ability, if you are a Brownie, Guide or Ranger Guider, then this weekend is for you. It will be based on a theme to help Guiders to inspire and encourage the girls in their units to develop and use their artistic talents.

## CANOEING/CLIMBING/CAVING

**GLENBROOK:**

**June 22-24**

**September 14-16**

Have you always had that secret ambition to try pot-holing, climbing or canoeing? If so, this is your opportunity with skilled and patient instructors. These weekends provide a chance for you to do any two of these activities or perhaps concentrate on only one.

In addition, the instructors can offer those with some experience of these sports a chance to improve their skills or to train to lead others and gain qualifications.

These weekends are open to Guiders, Rangers and Young Leaders.

## WALKING FOR RANGERS

**D of E/QGS/INTERMEDIATE WALKING SAFELY**

**GLENBROOK:**

**May 4-6**

**Trainers:** H Jenkins  
J Pollard J Simpson

This weekend aims to help you on your way! It will cater for the needs of those who apply: probably including route planning, map and compass work, navigation, group and personal equipment or any part of the syllabus.

For those planning an expedition or exploration

and are short of personnel, this may be the opportunity to meet up with someone who can fit in and complete your party.

Those waiting to complete a practice expedition may do so, in difficult country, for one or two nights.

## HILITE ON PATROLS

**WADDOW:**

**April 12-17**

**Trainer:** L Head

Would you like to have a long weekend away with one of your Patrols? Here is an opportunity to do a wide variety of activities such as pioneering, exploring, rafting, making things and much more. Do you enjoy a challenge? Would you like to meet Guiders from other parts of the country? Be the first unit in your District to do something really different. Come and have fun at Waddow and bring one of your Patrols with you.

## GUIDERS WITH THEIR:

**GUIDES/RANGERS/YOUNG LEADERS**

**WADDOW:**

**July 20-24**

**Trainers:** M Eddolls  
J Walker H Brown

Would your Guides, Rangers and Young Leaders benefit from a weekend away? Would they enjoy meeting others, and taking on new challenges and activities? Would you enjoy the opportunity to share your success with other Guides? Bring your Guides, Rangers and Young Leaders to join this exciting weekend.

## ADULT LEADERSHIP SCHEME STAGE III

**FOXLEASE:**

**April 20-22**

**Trainers:** V Pyne  
P Cashin B Hewison

Although any course at a

residential centre will cover this clause of the Adult Leadership Scheme, places on this weekend will be kept for those who have completed Stages I and II and wish to continue their training in the company of others at a similar stage.

This weekend will concentrate on basic outdoor skills, providing help with planning outings, expeditions, Pack Holidays and camps.

## TOWARDS 2000 —

**Young Leaders and Guiders 16-30's**

**FOXLEASE:**

**July 13-15**

**Trainers:** CHQ Training Team

Where will you be in the year 2000?

This weekend is designed specially for Young Leaders and young Guiders. This is an opportunity to get away from it all, to look at ourselves and identify our strengths. We will work in small groups to improve our team and leadership skills. We will also include an exchange of craft ideas and activities for you to take back to your units.

## WORKING THE PROGRAMME WITH YOUR UNIT

**FOXLEASE:**

**May 15-17**

(Rainbow and Brownie Guiders)

**October 9-11**

(Guide and Ranger Guiders)

**SPECIAL MIDWEEK OPPORTUNITIES.**

These two trainings have been specially organised for those who find it impossible to attend residential training weekends. In addition to this, the May weekend will have professional creche facilities for children between the ages of 12 months and five years. The cost will be approximately £15 per child for the creche, which will operate

during the two days and £5 per child for Foxlease accommodation. Fees for Guiders with children will be £28. As the creche cannot be booked until the extent of the demand is known, application for this facility must be made by March 1.

There will be ideas to introduce to your Rainbows, Brownies, Guides and Rangers and help with some of the skills related to the Programme. There will be an opportunity to try your hand at a large number of different activities, with prepared notes and instructions for you to take away. A lot of help will be at hand for everyone and a chance to exchange ideas, skills and problems whatever your experience. Those who are new to Guiding are most welcome. Why not organise a small group from your area to come along together?

CHQ bursaries are available to help cover the cost of this training.

## RAINBOW GUIDERS

**FOXLEASE:**

**May 11-13**

**Trainers:** J Gaines  
J Francis

**WADDOW:**

**June 22-24**

**Trainer:** J Gudgeon

These weekends are open to all Guiders currently working, or expecting to work, with Rainbow Guides. Topics such as programme planning, Promise and special ceremonies, activities, story telling and help with resources will be covered.

Guiders applying are asked to specify any areas they would like included.

## FAMILY PERIOD

**FOXLEASE:**

**May 25-28**

**WADDOW:**

**May 25-27**

Do you have difficulty leaving your family for a weekend training?

Why not bring them to Foxlease or Waddow with you?



# RAINBOW GUIDERS

## PROGRAMME PAGES

### WARMING UP

We're all going on a summer holiday...

As I prepare this month's column, it is just approaching Christmas. By the time you will be reading the magazine, it will be early March. Neither time really revives memories of long, lazy summer days but summer is what we're going to be thinking about this month.

It may seem like forward planning gone mad, but summer really isn't that far away and, as at Christmas, you will probably want to lay on a special event for your Rainbow Guides.

### FIRST STEP

A popular choice during the summer holidays is a trip out. Once you have decided to actually have a summer outing, you'll need to discuss with the other Rainbow Guiders and helpers where to go. Given your local circumstances, you might have little or no trouble in getting a unanimous agreement on where to go. On the other hand tact and diplomacy may be required.

### WHERE TO?

Here are some ideas to inspire you:

- A picnic in the park
- Steam railway/museum
- Theme or adventure park
- Bird or wildlife sanctuary
- A walk in the woods
- A visit to a farm
- Fun fair
- Visit to the gardens of a stately home or castle.

### TELLING PARENTS

All the girls' parents will appreciate plenty of warning about your summer trip. There will, inevitably, be a few girls who will be away on holiday then. You will need to get written

consent from the parents or guardians of all the Rainbow Guides who wish to go.

### CHECKLIST

Obviously, because the girls are not that old, you will not be planning to travel a great distance. But, even so, it will still need organising. With girls of this age it is more important than ever to make sure they are adequately supervised. I'm sure some Mums would be willing to go along to help out.

To help you with your planning, we've put together a checklist. Most of the items are obvious and you are bound to have ideas of your own.

- Check out cheap train and bus fares for groups. Book seats if possible.
- Do you need to hire a minibus or coach? Who will drive? Book up in good time.
- Don't forget the first aid kit. Do you need to stock up on any items?
- Do you need to recruit any extra helpers? Ask in good time.
- Can you get cheap group tickets for the place you want to visit?
- Plan to have regular head counts and toilet stops.
- Are any of the girls prone to travel sickness? Mums will let you know in advance. Are there any steps you can take to avoid this happening?
- Avoid over-heating and over-eating. If it is a very warm day, try to keep the girls as cool as possible. One tip is to avoid direct sunlight where you can. Make sure there are plenty of drinks to go around. Whatever the weather, none of the girls should eat too many sweets or have too many fizzy drinks. In this way, you may avoid unnecessary travel sickness.

You might also find the following items useful:

refresher wipes for sticky fingers; damp flannel and towel; sun block cream, if very hot; roll of small plastic bags (for rubbish and sickness!); large plastic bags for lunch-time rubbish and endless supplies of drinks.

The girls will need to take (as well as a packed lunch and drink where appropriate): sun hats or rain gear; name and address label and maybe a favourite small toy.

Remember to let the parents know what time you will be back and try to stick to it.

how about giving a small prize to each girl and adult for taking part?

**Wet...wet...wet.** Invite the Rainbow Guides to a water day. Ask them to bring swimming costumes, advise any leaders to do the same and then clear the area. Provide plenty of water (check if hose-pipe bans are in force first), squeeze bottles, buckets, sponges, towels... and lots of helpers!

**Rainbow rock.** Have you any budding Kylie's in the Unit (leaders excepted of course)? Do a bit of talent



You and your fellow Rainbow Guiders may decide that a visit is not appropriate for your girls, but that you would like to meet with the Rainbow Guides during the holidays for an activity day.

Here are some ideas that we have come up with:

**Mini-Olympics** featuring: water-carrying race; book on the head race; three-legged race; relay race; Rainbow obstacle race; throwing the plimsoll; parents and Rainbow Guides relay race and throwing the frisbee.

Instead of giving gold, silver and bronze medals,

spotting at a Rainbow Guide disco. Collect a tape of the latest hits and organise some party games as well. The old favourites, like Pass the Parcel and Musical Statues, will probably go down well.

**Junior barbeque.** Have a lunch-time barbeque for the girls — they'll think they're very grown up to get an invitation to lunch. Perhaps one of the dads would act as your chef? You may be able to have an event like this in a garden belonging to one of the leaders or parents.

Getting in the mood... for summertime



# JUST HOW PORTABLE CAMPING STOVES

There are many merits to becoming a confident user of a portable camping stove. The camping stove is cleaner, more easily controlled and dependable than a wood fire. It is quick to set up, provides virtually instant heat, and there is no mess to clear up afterwards.

Portable stoves come in a number of shapes and sizes, consume different kinds of fuel, and are designed for different situations. Your choice of stove will depend on several factors, including cost, proposed use of stove, running costs, weight and safety aspects.

The types of stove that Guides, Rangers and Young Leaders are most likely to use can be narrowed down to the following:

## GAS CARTRIDGE STOVES

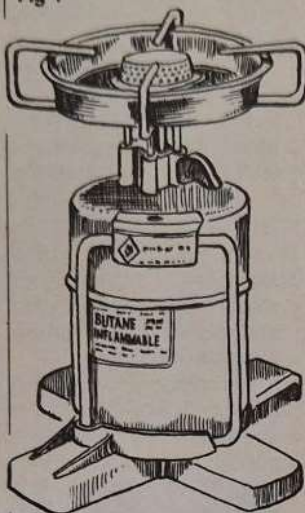
This is one of the most popular stoves (Fig. 1). The gas comes in sealed metal canisters, varying in size from small cartridges suitable for backpacking, to large cylinders which feed domestic cookers.

Gas cylinders and canisters are usually available from hardware shops and most on-site shops at commercial camp-sites. An initial deposit is required for the larger containers; afterwards you only pay for the gas, exchanging an empty container for a full one. The smaller cartridges are disposable.

Many Guiders use these stoves to make a quick mug of tea first thing in the morning. They are invaluable on wet days and excellent for camps where large quantities of food are needed.

There are, however, a couple of disadvantages. It is difficult to calculate how much fuel is left, so

Fig 1



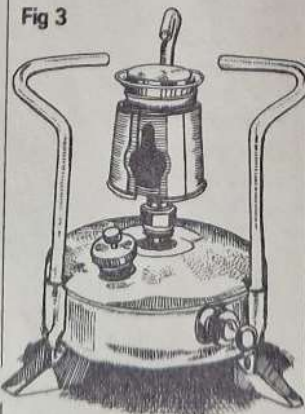
you need a spare cartridge or canister handy in case the gas runs out while you're cooking. If you've got a lot of cooking to do, the cost of disposable canisters can be very high.

The efficiency of these stoves tends to decrease at low temperatures.

## PARAFFIN PRESSURE STOVES

Paraffin pressure stoves, like the Swedish 'Optimus', are cheap to run, but are not the simplest of stoves to operate. Running off vaporised paraffin, they need a second fuel to

Fig 3



provide the initial heat. The second fuel, known

as a 'primer', is usually methylated spirit, but it's possible to buy solid fuel tablets or a priming paste. Once alight, the primer heats up the burner until it is hot enough to vaporise the paraffin. At this point, the pump is pushed in and out slowly, once or twice, until a small blue flame appears on the burner. A few hard pumps will increase the size of the flame and you can start cooking.

Keep these points in mind when using portable camping stoves.

## METHYLATED SPIRIT STOVES

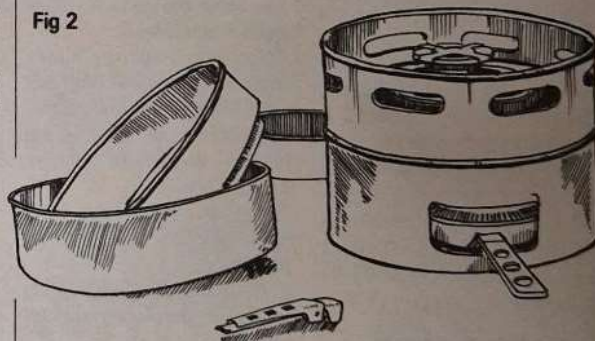
Probably the most well-

known methylated spirit stove is the Swedish 'Trangia'. Particularly suitable for backpacking and hiking, it comes complete with its own cooking set of billies, lids and sometimes a kettle, all of which pack away into a lightweight, compact set.

Methylated spirit is reasonably cheap and not as dangerous as other fuels because it evaporates quickly and is fairly inert.

Methylated spirit stoves (Fig. 2) do use a lot of fuel, but one filling lasts for about 40 minutes. They are ideal for quick, simple meals. However, as meths stoves tend to be one-burners, you are limited to the type of meal you cook and to the quantity.

Fig 2



## DO

- Supervise the use of stoves.
- Read and follow instructions carefully.
- Keep spare fuel away from the lighted stove and from food.
- Carry spare fuel in special leak-proof, metal containers, labelled clearly with the contents.
- Check all valves are working before lighting.
- Shield the stove from any wind so that it burns properly.
- Ventilate well.

● Remember that camping gas is heavier than air. If the stove has been turned on by mistake, gas will have settled in the bottom of the rucksack or on the floor of the tent.

## DO NOT

- Try to fill stoves without a small plastic funnel.
- Light or refill stoves inside a tent (they may be used under the cover of an awning as long as special care is taken and there is plenty of ventilation).
- Refill stoves when they are hot.



# BROWNIE GUIDERS PROGRAMME PAGES

## IRISH NIGHT

The spring term is a busy one for Brownie Guiders. No sooner has Thinking Day passed than hot on its heels comes Mother's Day and Easter, all brimming with possibilities for handcraft activity. Little wonder that the richness of March's two Saints' Days often gets lost in the rush. So why not make this year different and see that at least one — St Patrick — is not forgotten?

St Patrick's Day falls on March 17. He is, of course, the Patron Saint of Ireland and his cross is commemorated in the national flag.

For your Irish Night you will need: white card, red card, scissors, red, deep blue, pale blue and yellow crayons or felt tip pens, sticky tape and glue pen.

Prepare a large St Patrick's cross (Fig 6) by cutting the cross in red card, then drawing its shape on to a backing card of white. Cut the red cross only into a 'jigsaw', one piece for each Brownie. Mark the shape of each individual piece on to the cross outline on the white card. Write a Brownie's name in each space on the white card, and on the back of the corresponding piece of jigsaw.

Draw enough copies of the Brownie doll (Fig 1) on the card for all the Pack to have one each. It needs to be stiff enough to stand up but not too stiff for the girls to cut.

Trace the items of uniform (figs 2, 3, 4 and 5) and make two card templates for each Six.

You will also need a copy of the St Patrick's flag (Fig 6) for each member of the Pack.

Before the meeting, pin the white card on the wall, and have near it a glue pen.

Scatter the jigsaw pieces round the room. As each Brownie arrives, tell her to search for her piece and to stick it on the correct place on the large card.

After your usual Opening, explain briefly the significance of the flag and show how it contributes to the Union Flag. In Six corners, have each Brownie colour in a small printed St Patrick's Cross and attach it with sticky tape to her uniform.

If you have time, the Brownies would enjoy making Irish Oat Biscuits. But, if not, perhaps you can make up the mixture at home and bring it with you. The girls could help, after washing their hands.

Distribute the Brownie dolls and uniforms to the girls in their Six corners and ask them to cut out the Brownies. Next they should take turns in drawing round the uniform templates you've provided and colouring in the uniform.

If you don't have a copy of *Brownies Around the World*, the uniform should be as follows: Brownies in Ireland wear bright navy blue skirts with shoulder straps and caps of the same colour. Their blouses are pale blue with a yellow tie crossed in front.

The girls may enjoy hearing a little bit of St Patrick's story. The son of a Christian family, he was captured at 16 by raiders and taken to

However, he became convinced that God wanted him to return to Ireland and preach to the people.

Patrick trained as a priest and, as a bishop, returned to Ireland. He lived there until his death 30 years later, winning many converts and establishing the Christian religion in Ireland.

Afterwards the girls might enjoy a musical game, perhaps 'If I Were a Fair One' from *Musical Fun with the Brownie Pack*.

Before they go home, hand round the biscuits they've helped to make.

## IRISH OAT BISCUITS

### Ingredients

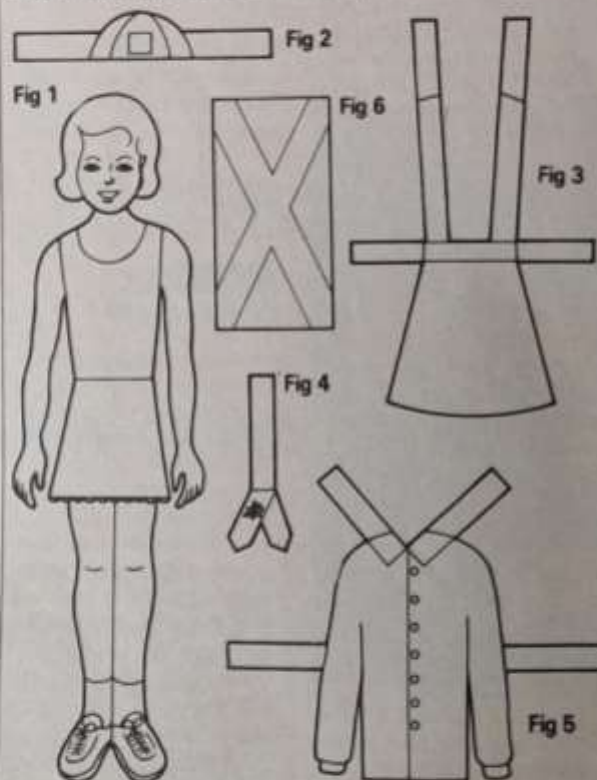
4oz (100g) self-raising flour  
2oz (50g) butter  
4oz (100g) rolled oats  
4oz (100g) sugar (brown or white)  
1 tspn mixed spice  
2 tbsps golden syrup  
¼ tspn salt

Mix together the flour, oats, salt and spice. Cream the butter, sugar and syrup. Stir the two mixtures to form a malleable but not too sticky consistency.

Roll into walnut-sized balls and flatten slightly. Place the biscuits about two inches apart on a greased baking tray. Bake in a fairly hot oven (375 degrees Fahrenheit, Gas Mark 5) for about ten minutes until lightly browned. Cool on wire tray.

You may need to photocopy and enlarge the drawings to use as templates.

GILLIAN ELLIS



by rolling out a small ball of biscuit mix in their palms and putting them on a greased baking tray. These can be cooking while the girls move on to another activity.

Ireland — then a pagan country — as a slave.

He managed to escape after six years and finally returned to England, where he married and had a family.

Don't forget to order *BROWNIE* from your local newsagent for your girls. The magazine is a supplement to their handbook.



# GETTING OUT ME AND MY SHADOW

**Do you want to try something different for your unit holiday this year? Then why not try a cycling holiday and explore the marvels of this country? Touring by bicycle is the perfect way to see it and very rewarding.**

I plead guilty to being a vigorous advocate of the charms of bowling along the open road with the wind in my hair on my two-wheel friend. A cycle is, after all, an environmentally-benign form of transport, which will play an important part in our future. The simple life you will find is far more satisfactory. Travelling by cycle still provides a sense of adventure and excitement missing from journeys by sea, rail and air these days.

Why not put the idea to your unit? I guarantee the surprise will soon be

for the right reasons. A comprehensive list will provide you with the game plan for your cycling holiday. Don't worry, a cycling holiday takes no more organising than a camp.

There are a variety of books on the market which deal with cycling in Britain. Most can be borrowed from public libraries, although there are also travel companies who specialise in this type of holiday. Details of these can be found in cycling publications. Fact sheets published by the GGA provide additional valuable information.

## PLANNING

Much of the fun comes from planning your individual route. As a first step, take a road map to your meeting and establish

preparing for walking safely. Route cards should contain all the relevant information. You need not follow the ones designed for walkers, providing the one you use contains all of the necessary information. Try to devise a route that avoids heavy traffic and too many hills, unless you are all very fit.

Like a camp, consider having a theme. For example Norfolk Windmills, Three Peaks, Coast-to-Coast, The Odyssey Way, Inland Waterways — canal towpaths are very good for cycling. Remember, you only cycle at between six and eight mph when your cycle is fully-laden and, in hilly country, this can be reduced to four to six mph.

If you haven't cycled any distance before, don't worry, a few short rides will help you get the feel of it. A beginner should be able to cycle 20 miles in a day.

## ROUTE

Unless you choose a circular route — the ideal journey — you will have to decide on how to get to your starting point. Some British Rail services offer free conveyance of accompanied cycles, so do some ferry operators. Contact your local station or travel agent and they will supply up-to-date details. You may find the girls' parents will be prepared to transport bikes and riders to the starting point... and pick you up when you finish.

I haven't mentioned the cycle yet. Almost any type will do, providing it is in good working order. If you have a basic three-speed cycle, stick to easy terrain. A cycle with multiple gears allows greater scope.

Our unit cycle ownership

varies from me and 'my shadow' — a 12-speed lightweight cycle — to none at all. Friends and neighbours usually can be persuaded to help out by allowing you to borrow their 'wheels'.

It pays to know how to maintain a cycle and all your party should be able to carry out simple repairs. Don't forget to take the necessary tools and spare parts with you.

## SPECIALIST

It isn't necessary to buy specialist clothing, use what you already have. Wear thin layers that can be shed, shorts and tops are great, but a pair of shoes with a firm sole and waterproofs are musts.

On such a holiday, the girls may decide they would like to try an alternative to camping, believe it or not, everyone doesn't want to camp. There is a wide choice of accommodation available at a variety of prices. Youth Hostels now provide excellent value lodgings and have about 260 centres in various locations.

This year my Rangers have decided they want to camp (all camp sites must be approved by the CA). We have two lightweight tents of our own and access to others. We are going to keep equipment costs down by making our panniers and waterproof clothing at unit meetings.

'Backpacking' means more weight to carry so it is essential to take only necessities. I class my sleeping bag as an essential as it gives me a comfortable night's rest. But my hot water bottle helps — it's the one luxury I'd hate to do without.

You will also need some form of ground insulation, stoves, water carriers —



A Guide Company preparing their route

replaced by delight, and a buzz of noise which will increase as their imaginations take over. The first stages of planning will have started!

Good planning is the basis of any enjoyable and successful holiday. Careful preparation ensures that you will remember the trip

through discussion the area you wish to tour. Then obtain the largest scale OS map you can for that area. Motoring maps are suitable for the rough planning but a 1:25,000 is the smallest scale you should use for the actual tour.

Apply the same rules for navigation as you would if



cyclists get through a lot of water, especially in a summer like last year's.

## FOOD

Food is a matter of personal choice. One of the great advantages of cycling is that you can always find a shop, even in remote areas, and purchase items daily.

Everything you take has to be carried. The only place to put it is in the panniers. Don't wear a rucksack, you will be overloaded, off-balance and a danger to others. If you don't mind being limited to round trips each day,

then set up a base camp.

As cycling can be dangerous, safety is an important consideration. Know your *Highway Code*, watch out for other traffic and make sure they can see you, especially at night. All members of the party should carry a small first aid kit. As cyclists are prone to wind and sunburn, make sure you have an adequate supply of sun cream and lip salve with you and use it generously.

There are no special 'C' forms for cycling holidays, so apply for permission on a C9. If your tour covers

more than one area, class it as a touring holiday and complete the appropriate number of C9s. As the holiday is an authorised activity, it is covered by the Association's insurance (providing the rules are complied with so study that small print). Home insurance policies often cover cycles, or can be extended to do so for an additional cost.

With careful housekeeping the cost of such a venture is often cheaper than a standing camp.

There is far more to a successful cycling holiday

than I can possibly cover in this article. However, we all know getting along out of doors is a matter of common sense and experience.

So why not take up the challenge to try something different. You'll enjoy the company, humour and friendship of the girls under circumstances you would have never imagined. And, afterwards, you'll dine out on your adventures for months and be very pleased you went for a spin.

MAXINE GROCE

# SUBSCRIPTION OFFER

Many readers have written in to say they are keen to take advantage of the special subscription offer we launched last December. However, some of you didn't quite grasp the details. So here for them — and any of you who overlooked it in the Christmas rush — is what we're offering:

Anyone who places a regular order for five or more copies per month of each magazine delivered to the same address will receive them free of any postal charge. The offer does not apply to a mixture of *GUIDING*, *TODAY'S GUIDE* and *BROWNIE*.

A single yearly UK subscription

to *GUIDING* costs £14.16 but anyone ordering five copies (or more) each month will save £3.36 per year in postal charges. Savings of £2.88 (*TODAY'S GUIDE*) and £1.80 (*BROWNIE*) can also be achieved by ordering five or more copies every month of each magazine.

## GIRL GUIDES ASSOCIATION

### POST-FREE SUBSCRIPTION OFFER ON FIVE COPIES OR MORE

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90p monthly, £10.80 per year

#### *TODAY'S GUIDE*

65p monthly, £7.80 per year

#### *BROWNIE*

80p per issue, £9.60 per year

## ORDER FORM

To: The Finance Department, The Girl Guides Association,  
17-19 Buckingham Palace Road, London SW1W 0PT, England. Tel: 01-834 6242

Please send ..... copies\* of *GUIDING*

for ..... months commencing .....

..... copies\* of *TODAY'S GUIDE*

for ..... months commencing .....

..... copies\* of *BROWNIE*

for ..... months commencing .....

I enclose cheque/postal order/money order for ..... payable to The Girl Guides Association.

### BILLING ADDRESS

### DELIVERY ADDRESS

Notes: \*minimum order to qualify for post-free offer is five copies.  
post-free offer applies to subscriptions commencing January 1990 or later.  
All magazine subscriptions are for no longer than one year, but can be had pro rata for shorter periods.



## GUIDE GUIDERS

# PROGRAMME PAGES

### LEADING THE TEAM

Take a look at the Patrol Leaders in your Company. Do they really know what is expected of them? Do you?

Consider the role of the Patrol Leader in the early days of Guiding. She was always one of the oldest girls in the Company, by which time she probably also had an armful of badges and twice as much experience to go with them. She attended trainings especially laid on for her and had her own Handbook containing ideas to help her run her Patrol well. She was expected to take the initiative in Patrol activities and to keep a watchful eye on the progress of each of her members.

Of course, times have changed — and so has the role of the Patrol Leader. For example:

● The age-range of Guides has been lowered. So whereas girls were just

school commitments than ever before. Some may feel that they don't have enough time to take on the responsibility of leading a Patrol.

● Guides now choose which Patrol they wish to join. After a Company reshuffle this could mean that any one Patrol could consist of Guides of the same age: all ten-year-olds, perhaps. If they are then to choose a Patrol Leader from such a young age group she would, in all probability, be unable to carry out all the tasks expected of a 16-year-old.

### TOGETHER

So, is there a role for the Patrol Leader in the 1990s? The answer is yes — but not an arduous one. Today we view the Patrol as a group of girls who work and plan things *together*. The emphasis now falls on team effort.



becoming Patrol Leaders at the age of 16, they have now long since left the unit by that age. Our present Patrol Leaders are, therefore, much younger than before and, in many cases, less experienced.

● In addition to their school-work, girls have more after-

This can be seen in the series of Trefoil syllabuses, and is very obvious to a Patrol of Guides from a mixed age range. Clause 1 of each of the Trefoils (apart from the B-P Trefoil) requires a Guide to take part in Patrol activities.

Thus, each girl is encour-

aged to be involved in and, at some stage, to help organise Patrol activities.

Provided the Patrol chooses projects within its capabilities, and from a variety of the Eight Points, different members of the

call for the Patrol Leader every time you have something to discuss or instructions to hand out. Try asking for the Patrol Second sometimes, or even for one person from each Patrol.

● **Patrol activities:** Encour-



SUSAN MAYER

Patrol will take the lead. One girl may want to organise the sweet-making project; another will be keen to plan and direct a Patrol entertainment. As a Guider, you should recognise these differences and encourage leadership potential among all the Patrol members.

**There are several ways of encouraging team effort:**

● **Patrol jobs:** Promote the idea of sharing out Patrol jobs, for example, Treasurer, Artist, Equipment-Keeper, Target-Signer (see Patrol File Pack and Patrol Job Centre in the Patrol pages of November's *TODAY'S GUIDE* for ideas).

● **Target-signing:** Encourage Guides to tell their Patrols about the Targets or Pre-Promise Challenges they have completed and allow Patrols to sign members' books. This promotes interest in each others' progress.

● **One person from each Patrol:** It isn't necessary to

age Patrols to examine their progress through Clause 1 of the Trefoil syllabuses and to choose projects covering a variety of the Eight Points. They're sure to find the Patrol pages of *TODAY'S GUIDE* very helpful, especially at the planning stage.

A group of girls who have chosen to be together and who are guided towards projects suitable for their age and experience is well equipped to work well as a team. If they work well as a team there is little left for a Patrol Leader to do but represent her team at the Patrol Leaders' Council, and that's not too great a demand on her time. *Team work*, rather than *Patrol Leader work*, is most definitely what it's all about.

● **TODAY'S GUIDE** is, of course, available by direct subscription from CHQ or by placing a regular order with your local newsagent and not through the Trading Service.



## HOW TO DO...

# DECORATING EGGS

The art of decorating eggs stretches way back to the 4th Century, when it was against religious custom to eat eggs during Lent. So any eggs were hard-boiled, coloured and given to children to play with. This Easter why not revive this traditional craft?

You can use almost any type of egg. Hens' eggs are the cheapest but goose eggs are bigger and stronger. Shop around for white hens' eggs — brown are more common but white take colour better.

Make sure your girls don't go hunting for wild birds' eggs — it is an offence to take, sell, destroy or simply have them in your possession.

### PREPARING YOUR EGGS

Before you can decorate the eggs, you have either to remove the contents or, at least, make sure they won't 'go off'. Hard-boiling the eggs for half an hour is the easiest method, but 'blowing' the eggs is definitely more entertaining.

First wash the eggs in warm, soapy water. Then tap a metal meat skewer or long darning needle into the shell, making a hole at each end of the egg. Twist the end of a sharpened pencil in each hole to make it slightly bigger.

Then blow gently into one of the holes and the contents of the egg should come out of the other. To make this easier, mix up the contents of the egg with the needle before blowing. This should be done over a container.

When your shells are empty, wash them out and leave them to dry. If any eggs crack during this process, start again — it's very difficult to repair them. They can be decorated in

lots of ways.

Don't waste the contents if you can help it. If you didn't get a chance to make pancakes on Shrove Tuesday, now is the perfect time. Alternatively, make a special Easter cake, or cook omelettes for an end-of-meeting snack.

### PAINTS AND DYES

Because many eggshells are brown, mottled and marked, a base coat of colour may be needed before the girls' imaginations can really go to work. A coat of white paint will do the job.

Acrylic paints are effective and easy to use, and produce a good base coat for watercolour paints — shells can be greasy and oil and water don't mix.

Aerosol paints are ideal for spraying a lot of eggs the same colour quickly. Line up the eggs on newspaper, spray one side and

let them dry. Turn over and spray the other side.

This is best done out of doors because the paint hangs in the air and it is dangerous to inhale it. A cheaper and healthier alternative is to use old hairspray bottles (the ozone-friendly kind, naturally) filled with poster paint.

Alternatively, the eggs can be dyed. Fabric dyes come in a wide range of colours and are relatively cheap to buy (see September's *GUIDING* for details of Dylon dyes). Food colouring can also produce rich colours — just add a few drops to a pan of boiling water, add the eggs and boil for 20 minutes, or until the required shade is reached.

### CHEAP 'N' CHEERFUL

Covering the eggshell with wool or coloured string is cheap and looks effective. Coat a small area of the

egg at a time with glue and, beginning at the middle or 'waist' of the egg, wind round the yarn to cover the shell, glueing as you go.

Tuck the end of the wool into the blow hole you're winding towards, then repeat the process on the other half of the egg. Experiment with different bands of colour and patterns.

There's also a 'blocking' technique you can use to dye the eggs. Dip a variety of small flowers, herbs, leaves or grasses in beaten egg white and arrange them on the surface of the egg. Then wrap the egg plus cuttings tightly in a stocking or old pair of tights. Tie the package securely at each end with thread and dye as before. When the stocking is removed, the egg should be dyed a different shade with the silhouette of the cuttings remaining 'egg'-coloured.

### POT-POURRI

Sweet-smelling eggs can be made with pot-pourri. Before blowing out the egg's contents, make several extra holes in the shell. Cover them with sticky tape while blowing the egg in the usual way. Then widen the hole at the bottom of the egg using a pencil or a narrow nail-file. Once decorated, fill the egg with fine pot-pourri and cover the hole with coloured tape or ribbon.

The finished eggs will make delightful Easter presents. Why not bring a smile to the faces of some senior citizens at your local sheltered accommodation by paying them a special Easter visit and surprising them with a basket of pretty eggs?





# COPING WITH... GETTING OUT AND ABOUT

This month marks the end of the dark days of winter and the start of the lighter evenings. It also means that both Guiders' and girls' thoughts turn to the great outdoors.

No doubt you are all longing to escape the confines of the hall or hut but — like everything else in life — it's not that simple. There are some practical steps you need to take before you can safely head for the hills, or the park, or the woods or just take off...

So we've got some tried and tested tips that should make sure you're prepared for anything.

To benefit fully from hiking, expeditions and similar activities, the girls need to have acquired a range of basic skills. Much of this ground-work can be done indoors. It will stimulate the girls' enthusiasm and ensure that, when they do get outside, they're confident, competent and ready to enjoy themselves to the maximum.

The ideas given this month cover clothing and equipment, first aid, weather lore, road safety and the Country Code. In next month's *GUIDING* the feature continues with map reading, route planning and navigation (this last skill requires practical sessions outside).

## CLOTHING

Appropriate equipment, especially clothing, is a 'must'. Help Guides choose what to wear and what to take with them by encouraging them to think ahead — about weather, terrain, conditions underfoot, distance, time... and also to anticipate the unexpected.

Some points to remember:

- *Rainwear* needs to be effective — mention shorts and overtrousers as solutions to

rain dripping off short nylon jackets and soaking trousers.

- *Footwear* — as few girls have strong walking shoes, consider when trainers and wellingtons might be useful.

- *Warmwear* is ideally wool (wet sweatshirts are very cold) and should include hat, scarf and gloves in winter.

- *Equipment* basics for each person are food, drink, waterproofs, spare sweater, and — for the group — first aid, map, watch, compass and torch (in winter).

## FASHION SHOW

Get each Patrol to stage a 'fashion show' presenting clothes suitable for outdoor activities at different times of the year — with commentary. For example: 'Here we see Paula dressed for a rainy walk in summer. Notice the attractive, lightweight waterproof jacket with hood'.

Another popular idea is to distribute 'outdoor' catalogues, either from the Association's Trading Service, or other sources. Ask the girls to cut out and mount items to show suitable clothing and equipment for summer/winter; wet/dry; urban/hill country walking.

You could also try displaying a list of equipment items and their cost. For example: torch, £1; first-aid kit, £1.50 and so on. Don't forget to include some 'not very useful' items.

Give each group an appropriate sum of money to spend on equipping themselves for a day out at a given time of year. Do not be too generous — this will help them decide priorities. Let them work out that it's more important to have a waterproof jacket each than for everyone to

have their own compass. Discuss their decisions with them.

Ask girls to make a list of food to be carried by each group member on a walk — and to explain why they have chosen each item. If necessary, distribute cards marked with characteristics of suitable foods such as instant energy, long-term energy, easy to eat (not messy), cooling, warming and so on.

## FIRST AID

The emphasis here is on choosing first aid items appropriate to the activity and knowing how to use them. It is also important to know how to treat common 'outdoor' ailments and accidents (from stings and sunburn to sprains).

Each group is asked to prepare a first aid kit suitable for a day's walking that will fit in a practical container. Encourage them to choose the contents by thinking of possible injuries or ailments that might develop and deciding what will be needed to treat them, like strip plasters for blisters and so on.

The girls should also be asked to act out an accident likely to occur on a walk — a sprained ankle perhaps — and the treatment required. If the injury immobilises the patient, they should indicate what subsequent action is required. 'Send for help' is insufficient. Get them to specify who, where and how. Award points for correct treatment, given in the right order.

## WEATHER LORE

Encourage girls to watch/listen to/read the weather forecasts, using TV, radio, phone and newspapers as source material. They should learn the meaning

of basic weather terms such as high/low pressure; cyclone; anticyclone; depression and front.

It is useful, too, if they can distinguish fairweather clouds — white, small, fluffy — from rain clouds — black-bottomed cauliflower. They should also know the conditions commonly associated with wind directions: S; S-W; W — warm and possibly wet; N-W — cold and wet; N-E; E — cold and dry; S-E — hot and dry.

Often it is easier to get the message across in an activity. To establish the effect of different types of weather on walkers, suggest that the girls play this simple game: As they walk round the room, call out a type of 'weather', for instance: hot sun, rain, headwind, frost and so on.

The girls alter their pace and position according to the prevailing conditions — the last one to react is out. Follow this activity with a discussion about dressing for the weather — and eating and drinking for it.

Each member of the group should undertake to keep a record of the weather forecast from a particular source (TV, national/local radio, Press, Telecom) for a specific day — or days. Then get them to compare the forecasts from these different sources.

As a second half of that project, you should check how accurate the weather forecasts were. Make sure the girls keep a check chart detailing: the date, forecast (always from the same source), actual weather and giving points for accuracy. Girls could also make a similar chart to see if weather sayings such as 'Red sky at night...' have any basis in fact.



## ROAD SAFETY

Some of the basic road safety issues which must be hammered home are: the importance of walking in single file (where necessary) and of facing oncoming traffic (if there is no pavement); the benefits of wearing light-coloured clothing, arm bands and carrying a torch at night and the use of sensible crossing places.

- Use the sections of the *Highway Code* relating to pedestrians as a basis for quizzes.

- Make sure they know and understand the Green Cross Code.

## COUNTRY CODE

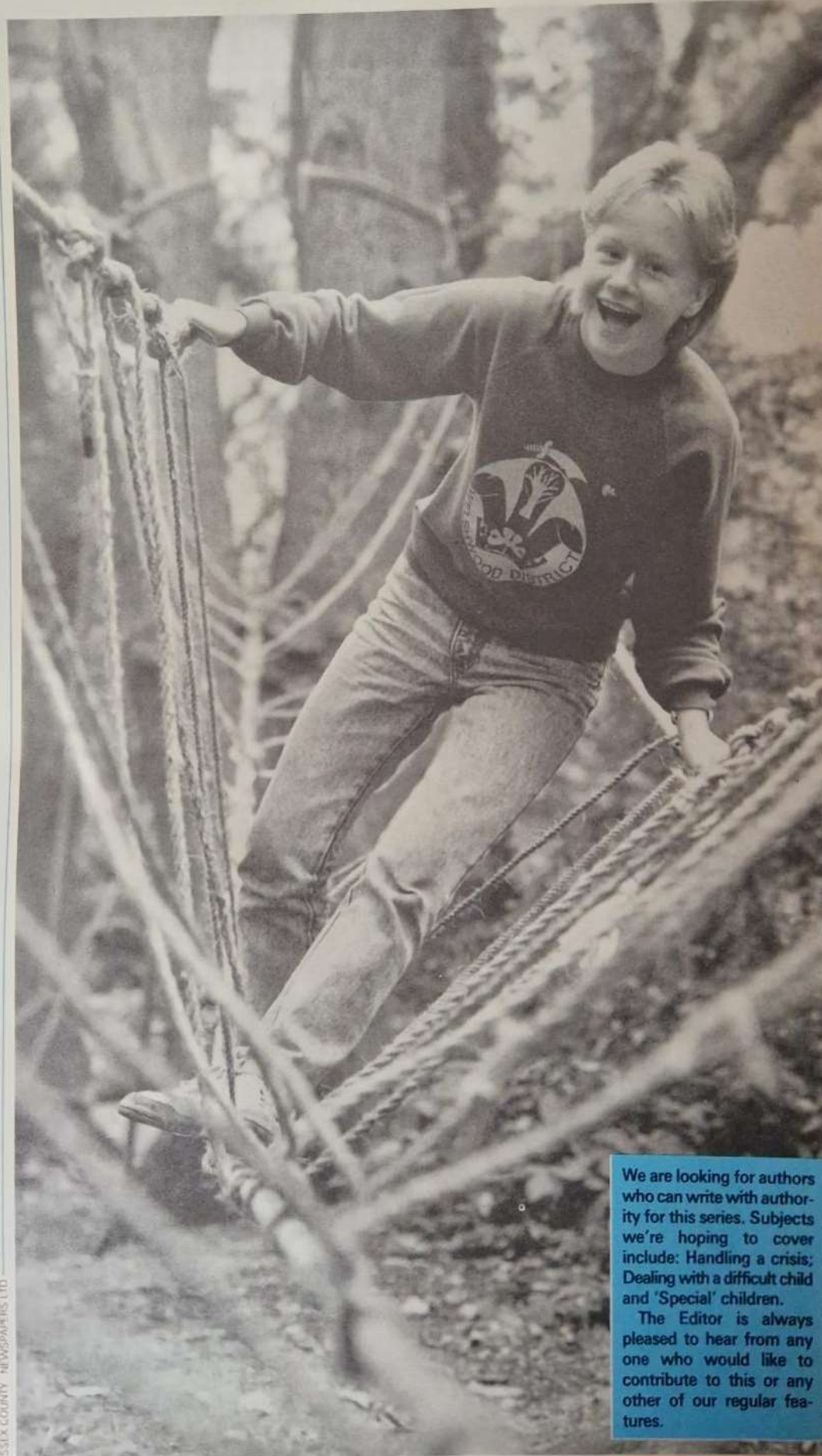
The Country Code aims to help people get all the pleasure they can from the countryside, while contributing to its care, so it is worthwhile encouraging the girls to know the code and to understand the reasons behind each 'rule'.

Give each Patrol an attractive picture of the countryside, incorporating various features such as woods, meadows, water and so on. Explain it is part of an estate which they have inherited — on condition they allow public access. What regulations would they make to protect both the land and visitors?

Make up a story about a family visiting the country and not observing the Code. As you tell it, see how many misdeeds the girls spot. Ask the girls to draw 'spot the mistake' pictures showing violations of the Country Code and challenge others to identify the infringements.

Distribute items — or pictures of items — such as matches, dog lead, gate latch, empty bottle and so on and ask the girls to work out the appropriate Code 'rule' for each.

Winter is drawing to a close, and everyone's keen to go outside again. But how clued up is your unit on planning for outdoor activities?



We are looking for authors who can write with authority for this series. Subjects we're hoping to cover include: Handling a crisis; Dealing with a difficult child and 'Special' children.

The Editor is always pleased to hear from any one who would like to contribute to this or any other of our regular features.



# RANGER GUIDERS

## PROGRAMME PAGES

### GIVING AND RECEIVING

Although preparing to take part in an international event is very much the responsibility of those lucky enough to be chosen, it is much more enjoyable if all the Unit can share in the preparations.

It's important to remember that going to an international event can be a bit scary, even for the apparently self-assured youngster.

It can also be quite expensive for the Ranger who is left to gather all the equipment, uniform and gifts without help. The fear of appearing to be inadequately equipped — or of wearing the wrong thing — may well lead to unnecessary purchases. So it's down to you as her Guider to do a bit of checking.

Sometimes Rangers find it difficult to establish just what is essential. A casual suggestion made by an enthusiastic Group Leader can be misunderstood.

An invaluable source of advice and information at all times, of course, will be your County Commonwealth and International Adviser.

Helping your Ranger to sort everything out often calls for tact and diplomacy.

Borrowing or pooling equipment is one way of getting together the more expensive items. But remember that if the event is quite a long one, then some of that borrowed gear might be very well used when it is returned.

One of the nicest ways that the Unit can offer to help is by making gifts and preparing materials to take. Invite someone who specialises in a craft particular to your area to visit the Unit. It might be just to

show examples or demonstrate the craft in the first instance, but encourage the contact to grow. A specialist might not feel able to teach a group, but may know someone who would.

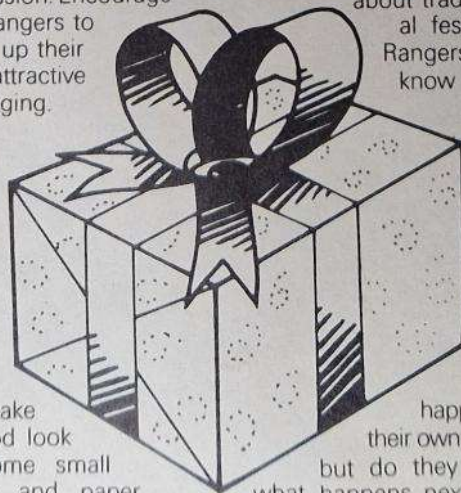
Materials needed for learning a new craft — and for producing goods — may be expensive, so the Unit Executive would have to make a decision about the cost. However, it would be nice if your Unit representative could take some things with her that her Unit has helped to produce.

At some events Rangers are asked to teach a craft to other delegates. A craft that is local to their own area or country will be especially appreciated by the other delegates.

Your Division or County Arts Adviser would be a good person to contact for advice.

### PACKAGING

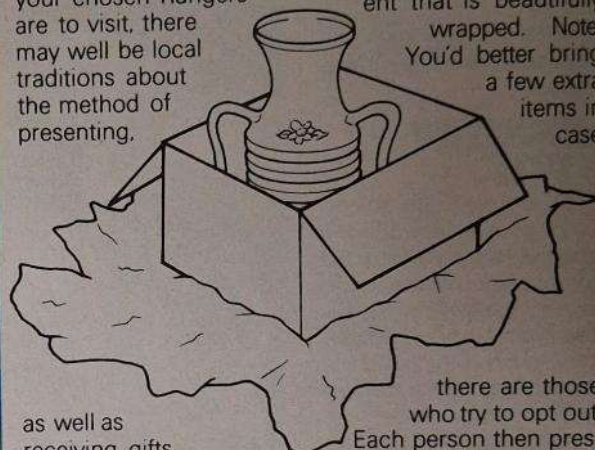
Are we attracted to goods by their quality or their looks? This question makes an interesting subject for a discussion. Encourage the Rangers to make up their own attractive packaging.



First take a good look at some small boxes and paper carrier bags, then make up your own either in light card and/or firm wrapping paper. Decorate with paper bows or small dried flowers.

Perhaps you could use them to package gifts made by the Unit. You might even experiment with printing your own patterns.

In some countries the packing of a gift is considered as important as the contents. In the country your chosen Rangers are to visit, there may well be local traditions about the method of presenting.



as well as receiving, gifts. It is worth finding out.

### GIFTS

Discuss how and when gifts are usually given by members of the Unit. Are there any special Unit or family traditions? International visitors and hostesses are often intrigued to know about traditional festivals. Rangers may know what

happens in their own family, but do they know what happens next door to them?

Sometimes, when abroad, a Ranger could be placed in a situation where, not only is she unsure whether

she likes a gift but she may not know exactly what it is — nor how she will get it home.

### THANKS

Each member of the Unit is asked to bring along a really cheap and tacky present that is beautifully wrapped. Note: You'd better bring a few extra items in case

there are those who try to opt out. Each person then presents her gift to another member of the Unit, who must unwrap it and thank her enthusiastically. They must not betray by body language or reactions their dislike of the present. Make sure that everyone gets a chance to both give and receive.

While this is essentially a fun activity, being able to give and receive sincerely, without hurting anyone's feelings, is a social skill that an international delegate must have. So do help them appreciate the message beneath the fun. After all, who did write that last thank you letter from the Unit?

Could someone in the Unit take on the task of designing/making a gift, notelets and a pennant that could serve as a special thank you from the Unit — to be used at home, as well as by those going 'international'.

An embroidered badge, a Unit printed pennant, a hand-painted card all make special thank you gifts.



# TRY THIS... NO SMOKING PLEASE!

National No-Smoking Day falls on Wednesday, March 14, so this month is a good time to have another attempt at driving home the message that smoking can kill.

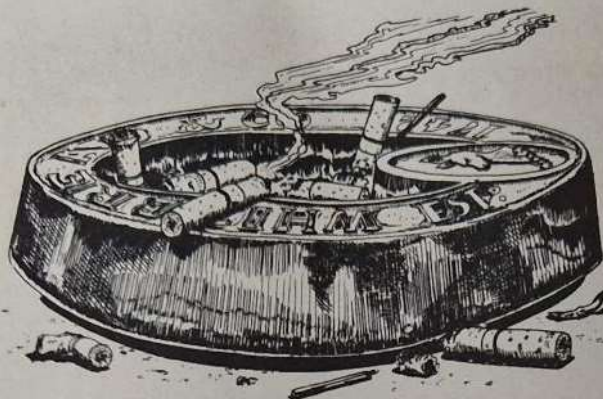
We've put together a few programme ideas that may help. Why not write and tell us your ideas — there's always next year. In the meantime, try these suggestions:

- Medical research has established that cigarette smokers are more likely to suffer from heart disease/heart attacks, lung infections, lung cancer, cancer of the mouth and throat, bronchitis, bad circulation, blood clots, strokes and ulcers. Suggest that your girls design a poster encouraging smokers to give up or to stop young people from starting smoking.

- The law concerning the sale of cigarettes can be confusing. The sale of tobacco to under 16-year-olds is prohibited. However, children who legally cannot be sold tobacco can legally buy, possess and smoke it.

This puts the onus on the shopkeeper to keep the law. Discuss whether you feel this law should be changed and what, if any, alterations you would make.

- 'Passive Smoking' is a term used to describe the



inhalation of smoke by non-smokers, for example in a smokey room. Some countries ban smoking totally in public places. Organise a debate to argue the merits — or lack of them — of having a similar law here.

- Tell the girls they are working for a leading advertising agency and have been asked to produce a leaflet aimed at pregnant women to encourage them to give up smoking.

- Cigarette advertising is not allowed on television, but characters in films, plays and other programmes are shown smoking. Perhaps the girls could keep a record of how many people they see smoking on TV and what type of programmes are most likely to feature smokers.

## DRAMA

Role-playing is a popular way to work through ideas.

Organise the girls into groups and suggest they act out the following situations. They can always change topics if time allows:

One of your friends has started smoking. How would you persuade her to give up? Don't forget that getting angry or self-righteous could make her even more determined to carry on smoking.

You are in a non-smoking railway carriage and someone lights up. What would you do?

Imagine you are a group of office workers and a new girl joins the staff who smokes. She says she works better if she can smoke at the same time. You'd rather she didn't, but don't want to make a fuss or cause an unpleasant incident.

One of your family smokes. She says she wants to give up, but doesn't want to put on weight. Could you convince her that weight gain isn't automatic?

## DEBATE

Smoking can spark off more fiery debates than any other health issue. Apart from the obvious health risks, other angles the girls could discuss include:

The Government receives many millions a year in taxes on tobacco. If smoking was banned completely that revenue would be lost. How would you balance the budget — cut services

or raise other taxes?

If laws were passed making smoking illegal, would it be stamped out? Or would it be driven underground like drinking in America's Prohibition days?

Growing tobacco is a major industry in some Third World economies. If our Government bans smoking, would we be morally obliged to offer compensation to these countries?

Why do young people start smoking? Many adults see it as a sign of rebellion. Do you agree? What do you believe tempts an 'under-age' smoker to light up?

**Other activities you could try are:**

On a picture of the human body mark the organs affected by smoking-related diseases.

Many smokers claim to smoke to relieve stress and relax, yet others say that they smoke to stay awake. Find out whether nicotine is a stimulant or a depressant.

There are several organisations which help smokers give up smoking, or counsel people to make them aware of the dangers of smoking. Find out who they are and contact them for further information so that you can prepare your own 'Stop Smoking on National No-Smoking Day' campaign.

Go on a 'smokers hunt'. When going into public places look for the signs that smokers have been there.

**ALICE FORBES**

- **Parents Against Tobacco** is a newly-formed pressure group which has launched a nationwide campaign to protect children from the tobacco industry. One of its aims is to make it impossible for the industry to advertise to, or sell, cigarettes to children and young people. See P.22 for further details.

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# YOUNG LEADERS PROGRAMME PAGES

## SPRING SNIPPETS

March is the month in which we look forward to seeing the first signs of spring. So we've put together some super spring activities for you to incorporate into your programme.

## MAD MARCH HARES

For most of the year, brown hares are solitary animals. But in March — the mating season — their behaviour changes dramatically. Part of their courtship ritual involves dashing around in groups, standing on their hind legs and 'boxing' one another.

Brownies may enjoy a Mad March Hare Evening. Or you could adapt some of the ideas for Rainbows.

- Bounce around the meeting place like mad bunnies to some music with a very fast beat.
- Get the girls to make outside 'rabbit ears' to wear during your activities.
- Play lots of silly games.
- Try some energetic country dancing.

The March Hare was one of the guests at the Mad Hatter's tea party in *Alice's Adventures in Wonderland*, by Lewis Carroll. Organise your own mad tea party. The girls can dress up in crazy clothes and wear silly hats, or make their own hats out of paper.

When everybody's exhausted after all that jumping around, read them the story of the Mad Hatter's tea party.

Look in your local library for any other references to hares, in collections of traditional folk tales, fairy stories, nature books or current children's fiction.

There are quite a few superstitions associated with hares. It was, for example, considered

unlucky for a hare to cross one's path, especially at the beginning of a journey. And, if the hare crossed the paths of a pair of newly-weds, the marriage was sure to be an unhappy one...

Yet a hare's foot was regarded as a good luck charm and, what's more, if carried in your left-hand pocket, it would ward away the aches and pains of rheumatism!

See if you can find any other old beliefs to share with the girls. But avoid any 'hare-raising' tales — they may frighten some of the younger girls.

## SAINTS' DAYS

There are two important Saints' days in March. The first day of the month is St David's Day. St David is, of course, the patron saint of Wales. Then, on March 17, the Irish all over the world celebrate St Patrick's Day (see our Brownie Guiders' page for ideas on organising an Irish Night).

## SPRING ANIMALS

● Is there a lake, pond, stream or canal near your meeting place? Towards the end of the month, ask permission to take the unit there to look for the first ducklings of spring. Do check all safety rules are being observed — see the *Outdoor Manual*.

Remember the Blue Cross Code and other aspects of water safety if you are going near water.

● Chicks and ducklings are often associated with Easter. Do you know why?

If you have a unit which is keen on craft, why not try making woolly pompon birds. See January's Rainbow Guiders' page for instructions.

Use yellow wool for mak-

ing chicks and some ducklings. The more ambitious girls could try working with different shades of wool to make various species of ducks. For example, brown and green wool could be used for a mallard and black and white for shelducks. Real experts could experiment with three colours to make a robin.

## FARM VISIT

Why don't you make the acquaintance of some real chicks and ducklings, either at a farm, children's zoo or city farm? Plan the trip with your Guider before you go on the visit, and warn the girls that they must be gentle with the animals and not hold them too tightly.

## SEASONS BADGE

If you're working with a Brownie or Guide unit, now is an ideal opportunity to find out if any of them are interested in doing the new Seasons badge.

## YOUNG LEADER SCHEME

Part One of the Young Leader Scheme challenges

you to develop a new skill or extend an existing one. Why not become a home-made soup expert? Make a start in March with this simple vegetable soup.

## SUPER VEGGIE SOUP

### Ingredients:

25g/1oz butter or margarine  
250-350g/8-10oz mixed vegetables, chopped: onions, carrots, celery, parsnips etc.  
2 tblspns flour  
1.2 ltr/2 pts warm vegetable stock  
Salt and pepper

### Method:

Melt butter in a saucepan and add the vegetables. Cover the pan and cook gently for 20 minutes. Stir in the flour, then remove from heat. Stir in the salt and pepper. Add stock, cover and cook for 20 minutes.

Garnish with chopped spring onions.

For a Welsh variation, add leeks to the ingredients, and for an Irish flavour, include diced potatoes.

Fresh herbs like thyme, basil and dill will also improve the flavour of your soup.

Serves six.







# NEW ZEALAND

## 'LAND OF THE LONG WHITE CLOUD'

For a short time this year, the eyes of sports enthusiasts all over the world focussed on New Zealand, where the Commonwealth Games were staged in January.

Sport's top stars gathered in Auckland, the largest city, which

boasts the best air communications, the best harbour and the best facilities in the country. A chance to bask in the spotlight doesn't often come New Zealand's way, though its sporting links with the rest of the world are strong.

The magnificent splendour of Mt Cook



# ONE WORLD

'Land of the Long White Cloud' is one of the Maori names for New Zealand. It must have seemed a strange land to the first Maoris, who arrived by canoe from tropical islands hundreds of miles to the north.

They found a land of mountains and volcanoes. And a climate that featured wind, rain, even snow — and always plenty of cloud.

Yet some of these Polynesian travellers decided to stay. Maori music, language and ways of life are still very important. Today there are about 280,000 Maoris, forming nearly a tenth of the population.

New Zealand is a small country, about the same size as Great Britain and Japan. Like them, it is made up of several islands. The main ones being North, South and Stewart Islands. But, unlike Britain or Japan, New Zealand has a very small population: just over three million people.

The first European to see New Zealand — in 1642 — was a Dutch explorer called Abel Tasman. The Dutch named the islands after Zealand in the Netherlands. More than 120



Luscious kiwi fruit, New Zealand

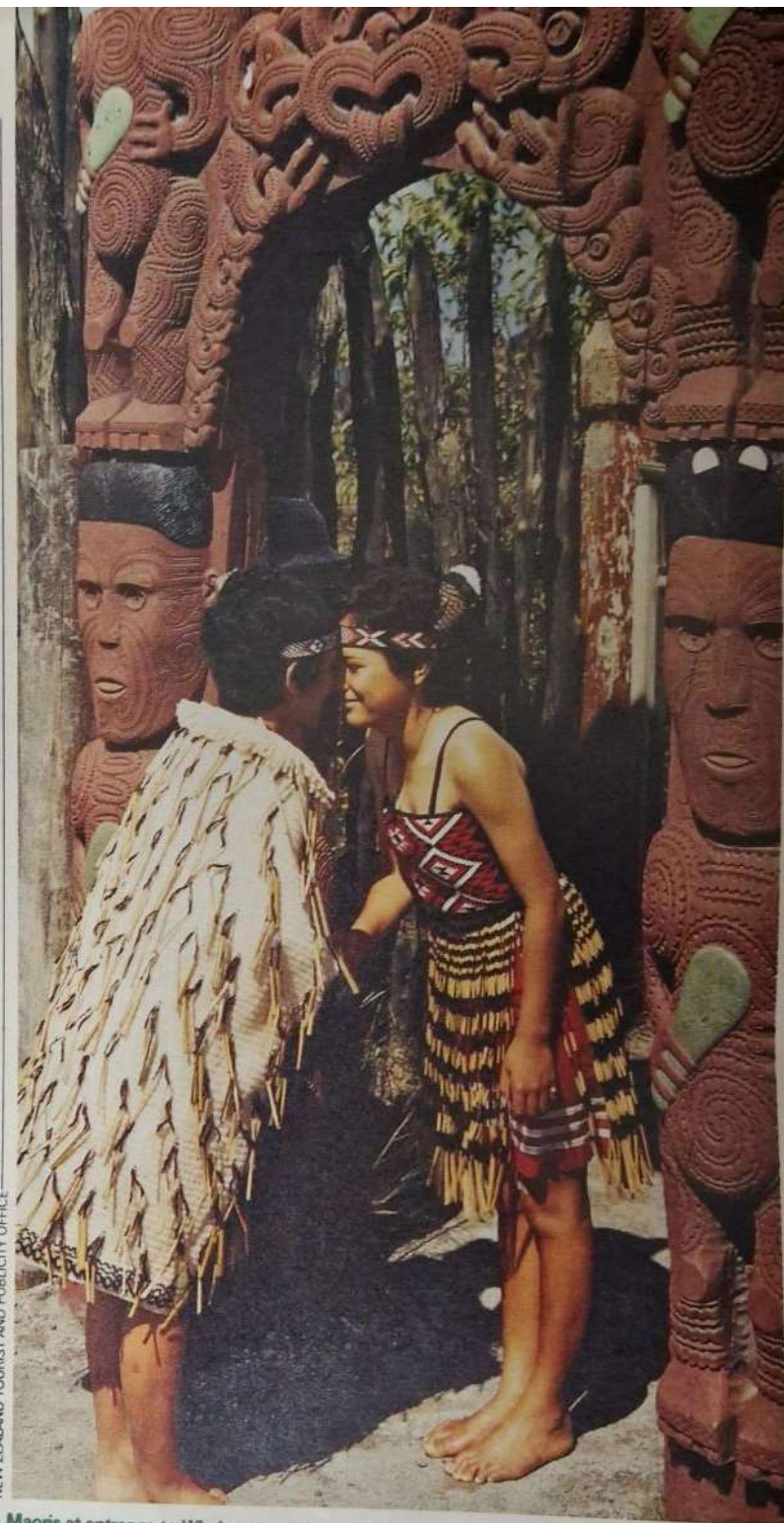
years later, the islands were visited by Captain Cook and, in the 19th and 20th Centuries, many British people have settled there.

## FOREIGNERS

When the Europeans first found New Zealand, the Maoris had been in the islands for nearly 1,000 years. They still call white New Zealanders 'Pakeha': foreigners.

New Zealand is a long way from any other country or continent. Australia is 2,250 kilometres to the west. It often surprises British people that the two countries are quite that far apart and that it takes three hours to fly from one to the other. Its isolation has given New Zealand its own very special plants and birds, like the two national emblems: the kiwi and the silver fern.

There are no snakes, few nasty



Maoris at entrance to Whakarewarewa, Rotorua

insects and hardly any native wild animals, which makes camping bliss! A lot of the land has been cleared for farming, but there are still precious areas of tall fern trees and giant Kauri trees.

New Zealand is probably best known for its sheep farming. One of the most important grazing areas is the Canterbury Plains on South Island. These vast, gently-sloping lowlands stretch from the east coast of South Island to the Southern Alps. South Islanders consider that their

part of New Zealand is the most beautiful. The Southern Alps include New Zealand's highest mountain, named after Captain Cook. There are glaciers, fjords, wonderful walking tracks, such as the famous Milford Trail, and much of the mountain area has been designated as National Parkland.

This is the largest island, with strong English and Scottish connections. However, the population of South Island has never been high and is actually declining now that



more people are moving to the warmer north.

North Island may be smaller and have more people, but it hardly seems crowded. In the centre is an area of volcanoes near Lake Taupo, which is crossed by 'the desert road'. When I travelled it in July, it was being cleared by snowploughs to let a few hardy travellers through!

This area of lakes and volcanoes was given to Queen Victoria 100 years ago by a Maori chief and became the first National Park.

## HOT SPRINGS

Not far away is Rotorua, where tourists gather to see the hot springs, geysers and boiling mud pools in the area. The Maoris have long made good use of the phenomena for cooking, and now some of the natural steam is used to make electricity. Traditional Maori methods of cooking make excellent camp challenges for New Zealand Guides and Rangers.

The lowlands of the north today are the home of the kiwi fruit. The New Zealanders saw the potential of the delicious Chinese fruit with a rather spiny skin. They developed it until the skin was thin and relatively smooth. The delicious fruit sells by the roadside at the equivalent of 15-20p a sackful! New Zealand is also rightly famous for its apples. And there is a very special connection between apples and Guiding in New Zealand.

## GUIDING IN NEW ZEALAND

Guiding flourishes in New Zealand. A high proportion of girls are members of the Movement: at Brownie-age it is over 25 per cent of the girls in that age-group. Younger girls are also catered for. Pippins are the equivalent of Rainbows, introducing Guiding to six-year-olds.

Ever since the section was started in 1983-4, the emphasis has been on family involvement. The attractive brochure states: 'Any six-year-old may belong to a group, so long as there is someone in her family who is willing to help. This will mean coming to meetings about once a term and offering ideas for programmes. The Pippin programme emphasises family involvement'.

The application form begins: 'I would like to know more about the Pippin Group in my area and would be able to take my turn as an occasional helper'.

My Unit Helper, over here from New Zealand for a year, tells me that

turns actually come round rather more frequently than once a term. She started a Pippin Pack in a suburb of Christchurch. It is flourishing and now has 26 members.

They meet in a church hall and rely on a Guider, Assistant Guider and a rota of parent helpers, making sure there is always plenty of adult help — especially for craft work and outings. The Pack has been to the fire and police stations and plays its part in the regional Christmas show, when each unit from Pippins to Rangers performs.

A Guider in the Auckland shop told me that a good number of Pippin mums have become involved, enjoy what the Movement offers and go on to become leaders themselves.

## APPLE PIPS

The simple tabard uniform is always 'Brownie-brown' and the girls have

The Interest badges of both sections include some on Maori cultures, song and dance.

## LEADERS

The Ranger branch is flourishing, with more and more girls staying on to become leaders. Guiders have their four-part training scheme. The Baden-Powell badge is for them, not for Guides, and indicates a leader who has undertaken all the trainings and challenges. Someone 'special' and not just a warranted leader. How would leaders in this country feel about having awards of their own which they could work for?

Pippins aren't the only ones to have an attractive and colourful leaflet to encourage new members. The New Zealand GGA has successfully obtained sponsorship for many of its projects. Thus the publicity leaflets are sponsored by the NZ



their own sew-on Trefoil Promise badge with the three pips of a Pippin apple. They can work for other simple badges, too. For instance the Hostess badge involves serving tea and biscuits with adult supervision. There are Cook, Craft, Road Safety and other badges, involving simple and relevant tasks.

When a Pippin 'steps up' to Brownies — by jumping over the toadstool — she takes her badges with her. She wears them on her Brownie badge sash. Similarly, girls moving up to Guides can continue to wear some of the badges they earned when younger.

Other sections of the Movement follow very similar Programmes to ourselves. Brownies work for different coloured ferns, instead of Footpath, Road and Highway. Guides work for Trefoils.

Apple and Pear Marketing Board.

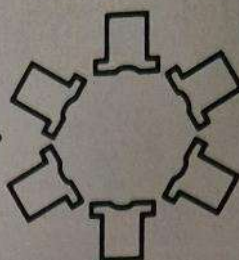
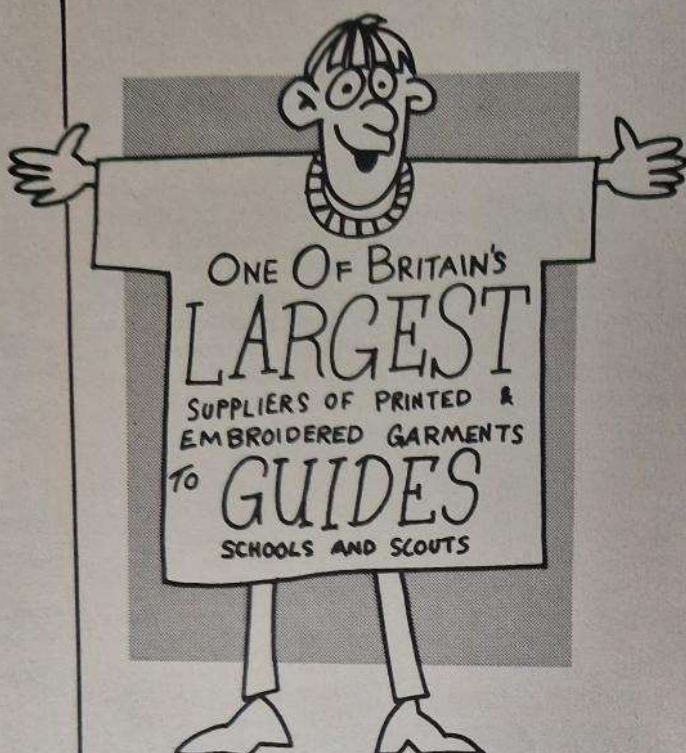
Of course, if units are to thrive then leaders must be found. Every Girl Guide desk diary and every packet of Girl Guide biscuits — both well-known and popular fundraisers — has a leaflet asking: 'What kind of woman makes a leader...? YOUR kind'.

The New Zealand Guides and Scouts are now in competition for members. Units of both organisations have worked together for many years, with some joint camps and even joint units in a few rural areas.

Now the Scouts have decided to allow girls into troops and packs from Kea (equivalent of Beaver) to Scout, as well as having mixed Venture units. This year, Australia has followed the same trend.

**The Mt Smart Stadium, Auckland, site of the Commonwealth Games**





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# YOUR LETTERS

When we received a letter from an Assistant Brownie Guider who was concerned about Brownies being 'labelled' as handicapped, we decided to ask Doreen Sporle, the Adviser for Members with Disabilities, to explain the Association's position.

## AMAZED

Mrs P Lynn of 1st Brampton Brownie Pack wrote:

'When our Commissioner at a District meeting told us we had to register any handicapped Brownie in our ranks, I was amazed.

We have one Brownie who is slightly handicapped but, as her mother fought hard for her to go to an ordinary school, I was not about to upset things and register her.

My job is looking after handicapped children so I feel strongly about labelling these children.

At our last District meeting the Commissioner showed us another form she'd been sent and, guess what, the hierarchy of the Movement want the handicapped list to include asthmatics. This is disgraceful!

I urge them to reconsider this form as it will upset a lot of people, including my Brown Owl who is asthmatic. If her name has to go on the form, she will leave the Movement.

Either they are Brownies like all the others or they don't join, not labelled as 'Handicapped Brownies'.

## CONFUSED

**Doreen Sporle comments:** Mrs Lynn is to be thanked for raising this issue. Many Guiders have been confused, and therefore upset, by what they interpret as the labelling

of young people who have disabilities.

An increasing number of children with moderate to severe disabilities are fortunately now able to attend local primary and secondary schools. It behoves us as Guiders to be fully prepared to continue the Association's policy of integration by welcoming them, with their friends, to our units.

Any request for details of their disability, therefore, whether accompanying the census form or on a separate one, is to support and protect the Guider. Each Guider will have gained as much information as possible from the parents, initially, but this is seldom enough. Few parents will fully comprehend a Guider's responsibilities, particularly in camp or holiday situations, so other contacts, like the District Commissioner and the County Adviser, are absolutely essential. It goes without saying that no contact will be made with the girl concerned other than through her Unit Guider.

Readers will have noticed that there has been a change of name. The term 'Handicapped Members' will not be used in future, as Guiders were loathe to include asthmatic or diabetic children in that category. Asthma, however, is most definitely a condition needing thoughtful planning. A history of mild asthma can so easily become an emergency situation in a different environment such as camp. This need be no problem if the Guider knows what action to take.

Guiders who have personal experience of

disability can be of great assistance to a County Adviser, but only if they are known to her.

No child or adult need ever be 'labelled' in our Movement. She is a Rainbow, Brownie, Guide, Young Leader, Ranger, or Guider — and a very happy one, too, if her leader is well-informed and confident.

● **Suggested reading:** *Let's Integrate* by Dr Roger May. Published by Printforce, 6 Angel Hill Drive, Sutton, Surrey SM1 3BX. Price £3.95, plus 30p p and p.

It may be possible to borrow this book from your District Commissioner.

## HOT SUMMERS

Looking through my Norwegian wife's December copy of *GUIDING*, I was interested in the article about Norway. To say 'it is a surprisingly warm country, despite its latitude' may be strictly correct, but would not prepare the average English person for the temperatures of minus 20 or even 30 degrees Celsius, which are common in winter in inland districts. I agree, though, that English people are often surprised to hear how hot the summers can be over there.

What I found more significant was the treatment of Guiding. It seemed as if the writer did not want to know about the Norwegian Girl Scouts Association (a more literal translation than 'Guides'), since they joined with the boys to form the Norwegian Scout Association.

The division into Meiser, Pathfinders and Wanderers now only applies to the YWCA, as

does the name Rangers, since the girls of the joint Association voted to call themselves Rovers.

It is also significant that quite a lot of YWCA troops (sic) chose to join the new Association when it was formed. The YWCA Girl Scouts have their own international camp every four years and so do the 'mixed' Scouts, but not in the same year.

I attended this year's mixed Scout Association international camp — as did many other Guides and Scouts from England — some in mixed parties and others in single sex ones. I believe that many leaders and youngsters will have come back echoing that famous remark: 'We have seen the future, and it works.'

**RICHARD HARPER**  
Scout Leader  
Ardingly College

## LOSING GIRLS

June Webb's post increased — especially at Christmas — after she was featured in last November's *GUIDING*. One of her correspondents was happy to share her thoughts with our readers.

I have recently returned to Guiding as a prospective Guider, after a gap of 30 years or so since I was a Guide. My elder daughter has been through the Movement and my younger daughter gained the Baden-Powell Trefoil and is now a Young Leader — with Guides — and a Venture Scout.

The last three paragraphs of the article prompted me to write. I know many Guiders feel we are losing girls to the Scout Movement. In some ways we are, but I am sure that if we could change our



attitude to these girls, so that — as in a family — they would grow up, move away and return later.

Instead, many of them are tired of explaining why they are not Rangers, why they are working for their Queen's Scout Award, why they want to help with Cubs or Scouts and other comments of a similar nature. This approach seems to embitter them towards Guiding rather than change their minds.

These are, or soon could be, the leaders that we are looking for. Can we help them to undertake training to become instructors — even though they are Scouts at the moment? Could the Guide Movement acknowledge their achievements? Why couldn't their major Scout awards be marked with a small brooch for their Young Leaders' uniform? Why aren't we proud of them?

Many of these girls, at present in the Scout Movement, have completed long expeditions, have Gold Duke of Edinburgh's Awards, have been on Outward Bound Courses and have taken part in rock climbing, canoeing and so on.

I hope these thoughts are constructive and that I am not treading on any Guide toes.

**ELIZABETH FIELDING**  
Bewdley,  
Worcestershire

## HORROR STORY

I have recently, and for the first time, formed a new Guide unit. Imagine my horror when we were told that *TODAY'S GUIDE* could well be stopped due to lack of support. I have to say that without the help of my monthly *GUIDING* and *TODAY'S GUIDE* I could not have come forward with ideas for games, challenges

and information on Guiding without continually harrasing my fellow Guiders.

I have to admit that out of my ten Guides only two buy *TODAY'S GUIDE*, but the use they are put to is phenomenal.

Come on Guiders, do your bit and let's keep our magazines.

**ISABEL BENSON**  
Guide Guider  
1st Burton Leonard Guides

● There are no immediate plans to cease publishing any of our magazines. But, if we are to make it into the next century, we do need your support. Why not use our special subscription form on p. 41.

## DIANA SANDFORD

On Saturday, January 6, Holy Trinity Church, Claygate, was packed with family, church and Guiding friends attending a Memorial and Thanksgiving Service for Diana Sandford. We all have such wonderful memories of Diana, who died in the Princess Alice Hospice, Esher, on December 17.

She had been an inspiration to very many people in countless ways and we thanked and praised God for her life and work amongst us. Of course, there was a large representation of Guiders at the service, and many expressed their wish to contribute towards some tangible memorial.

Hilary Chittock, Guider-in-Charge, in a recent *GUIDING* article, referred to Foxlease as being 'like a Mecca to many people'. It was almost Diana's second home. The Hampshire Room is to be refurbished specifically for training purposes — Diana spent a great deal of her Guiding life and energy on training.

The family agree that, if anyone wishes to make a contribution towards the Hampshire Room's

refurbishment, in memory of Diana, donations should be sent to Esher's Division Commissioner, Mrs P Williamson, 6 Gladstone Place, Summer Road, East Molesey, Surrey KT8 9LZ. (Cheques payable to: 'Esher Division (Diana Sandford)').

**JILL RANEY**  
Secretary  
Esher Division

## SHARED MEMORIES

This year sees the 75th anniversary of the 1st Bridgnorth Brownie Pack and 1st Bridgnorth Guide Company, both registered in 1915 and having had continual existence.

Bridgnorth had the first Guides in Shropshire, formed in 1910/11 and known as Utility Guides, but not officially registered until 1915. Both were registered as 1st Bridgnorth St Leonards at the time.

We would be interested to hear from anyone who has been a Brownie, Guide or Guider with either unit and could share any early memories or lend us any photographs with detail and dates if possible.

Any such will be cared for and returned after the planned shared joint celebration on the afternoon of Saturday June 4.

If any ex-member is interested please send an sae — with any memories you may have — for further information to me at 38 Church Street, Broseley, Shropshire TF12 5BX.

**ANN DAVIES**  
Commissioner  
Bridgnorth Borough  
District

## HOME SWAP

My husband (a retired Army officer) and I would like to exchange homes for a period of three or four months in 1990 or 1991, with a retired English couple who live

in the country.

We have a three-bedroomed house in the Southern Highlands between Sydney and Canberra, about 50 kms from the coast. As I am deeply involved in Guiding in Australia, it would be wonderful if such an exchange could be made with a Guiding person, so that we might visit and exchange ideas with Guiding people and units.

I have been a Brownie Leader — Lones and others — for many years, and my other Guiding interests are training, development, the World Centres and Post Box.

Exchange of cars would also be a possibility.

**MRS JOAN BURCH**  
'Kingslea', Exeter,  
NSW, 2579  
Australia

## DEFLATED

Having just read Christine Carey's letter in November's issue of *GUIDING*, I must say I agree.

I was a Guide and have now been a Brownie Guider with 1st Berengaria for a year here in Cyprus. My warrant has just come through. However, due to a posting back to the UK in January, my warrant has been surrendered and a transfer form completed.

I feel deflated. After a lot of hard work to gain my warrant, I feel as if I will have to 'start all over again' with whatever new Pack I go to. With the Forces I could find myself in exactly the same position in a year's time.

Personally, I feel this ruling is rather harsh. It is like asking the Brownies to re-do Interest Badges as and when they change Packs. I appreciate the need for Guiders to gain experience but...

I would like to hear the views of other Guiders on the subject.

**DIANE PANCAIST**  
1st Berengaria, Cyprus



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# PEOPLE *and* PLACES

## ALL TIED UP

▼ Time for a quick knot-check before lining up for the off. Serious stuff these three-legged races, wonder if they'll ever feature in the Olympics?



VERONICA BALLARD — BRYCE HALLIDAY

## WIDE RANGING

► Two Rangers from Bodmin District were literally on their knees when they were invested on the Scilly Isles. Standing up was out of the question at their chosen location — the Bants Carn Burial Chamber.

## WINNING PHOTO

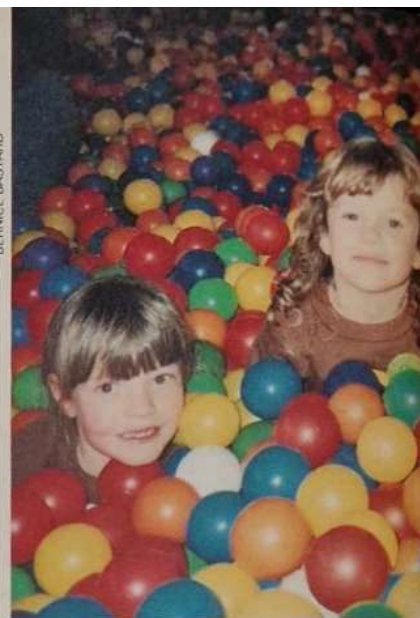
Each month we will be paying £10 for the best photo taken by a reader.

56

## BALLED OVER

► Three perky faces peeping out of the masses of coloured balls — just one of the attractions at Flambards Triple Theme Park. That's where nearly 2,000 Cornish Brownies, Guides, Rangers and their leaders got together to celebrate the centenary of the World Chief Guide's birth.

BERNICE BASTARD



## LAUREL AWARD

▼ Wirral County Commissioner Mrs Esther Ferguson looks pleased as Punch to receive the Laurel Award from the North West England Chief Commissioner Mrs Jane Knight (left). Also there to congratulate her was Mrs Jean Reid, County President.







ANDREW FRYER

## SNOOZING

► Put your head on my shoulder... these two Guides were snapped while providing a sisterly shoulder to snooze on.

## SHINING LIGHTS

▼ There may be no official Red Nose day this year, but we couldn't resist this photo of two little mites who really painted the town — and their noses — red.



SILVIA



# STIRRING TIMES

It was a case of sleeves up and stir for the members of the 1st Whitton (St Phillip's and St James's) Guide Company when they entered a national Christmas Pudding Stirring Competition.

The competition, sponsored by Rank Hovis McDougall, was in aid of the

Church of England Children's Society.

And the aim of it all was to make a maximum of 45 Christmas puddings in 30 minutes.

The Guides were divided into two teams,' explained their Guider, Mrs Betty Elliott, 'and each one was given a specific job to do.' Of course, they all took turns at stirring the puddings... and, being Guides, they came up trumps.

One team produced 30 puds in 30 minutes; the super chefs in the other group managed an impressive 31 puddings in 30 minutes, two seconds.

The Guides were, however, pipped at the post by contestants at another centre, said Betty, but only by a second.

And what happened to all those scrumptious puddings?

'They were sold to members of our church congregation,' Betty explained. 'We sold them at a £1 for a pound pudding and the proceeds went to the Church of England Children's Society.'



# FUN FRIENDS AND FIREWORKS

The Young Friends of Waddow believe in recruiting their members early according to Diane Council, their public relations officer.

'We have all sorts — even Ventures. Some Guiders have enrolled their babies

— they'll be old enough to get involved one day,' she said.

The Friends' tactics are paying off. Their membership is currently around 800 and rising.

When GUIDING went along to meet the group at a special bonfire weekend, it was obvious that even a downpour couldn't dampen their spirits. They were determined that the planned Guy Fawkes celebrations would go off with a bang.

The Young Friends is the youth branch of the Friends of Waddow, and they raise money and give service to help maintain Waddow,

the Association's Training Centre near Clitheroe, Lancashire.

Their latest project is a Fitness Trail around the grounds, and their fundraising efforts will help buy equipment. 'We can't make all of it ourselves because of safety regulations,' explained Diane. 'We'll use the money we raise for equipment that needs to be built by experts.'

In spite of the weather, the weekend was a roaring success. The bonfire flamed and the fireworks sparkled. Special guests, including the Chief Commissioner, Dr June Paterson-Brown and the General Secretary, Miss Marjorie Hayter, wrapped up warmly and joined in the fun.

Diane Council pointed out that becoming a Young Friend was one way to stay in touch with Guiding if circumstances ruled out a regular commitment.

'A lot of the members were involved in Guiding at some point and it's a good way to stay connected if they want to,' she said.

The Committee has already planned this year's autumn weekend, which will be held at Waddow on September 21-23. Places are limited and priority goes to members. For membership details write to Marion Umpleby at 157 Foundry Approach, Leeds, LS9 6RX. Membership costs £5 for a group and £2 for an individual.

Nothing trivial  
about these  
pursuits





# WORLD NEWS

## PAX LODGE

Owing to industrial dispute on site, construction of Pax Lodge has been delayed and, to our great regret, the official opening of Pax Lodge must be postponed.

The Pax Lodge Completion task force is engaged in discussion with the Project Managers about the completion of the work, and more information will be shared as soon as possible.

We very much regret having to announce this bad news. We deeply regret the great inconvenience this causes so many people who were planning to take part in the opening ceremonies.

**CLAIRE HERPOL**

Chairman, Pax Lodge task force

**ELLEN CLARK**

Director, World Bureau

This statement has been sent to all member countries, many of whom were planning to send representatives to the opening of Pax Lodge on April 27-29.

Here in the UK all those who applied to come will be notified and it is hoped that this information will get to anyone who just planned to turn up on the day. However, the event is not cancelled, only postponed, and as soon as there is a firm commitment from the builders, plans will be made and published.

After so long it will be even more exciting to see the scaffolding down, the furniture in place and the results of all the magnificent fundraising available for everyone to appreciate.

The front doors have been given by members of the family of the Founder and the World Chief Guide.

This gift perpetuates a tradition established by the World Chief Guide, when she was a guest at the opening overseas of a new Guide Headquarters. She always asked that her donation would go towards the cost of the front door because thousands of people would open it to enter and join the Movement and go through it into the world once more.

We all look forward to the day when the formal opening of these doors and of Pax Lodge itself will take place.

Meanwhile Pax Lodge should be open for visits from the end of May, all being well.

## GGFF

### COUNTING ON YOU

Did your unit raise funds for the 1989 Christmas Good Turn Appeal? If so, you're entitled to a well-deserved pat on the back... but don't rest on your laurels yet. Because the GGFF needs your support throughout the year.

Your fundraising efforts are particularly welcome during the period from the end of January to the beginning of June each year, when all contributions received are channelled into the Disasters Fund.

Since 1965, Guiding countries all over the world have benefited from the Fund. The first was Fiji which appealed for help after Guiding property was damaged in a serious flood.

Since then, the Fund has helped out many more victims. Some areas, like the West Indies, have been hit again and again, by devastating hurricanes. Floods and earthquakes have caused untold havoc in Guiding countries like Mexico, Peru, India and Australia.

This year, our thoughts turn to members of the Movement in Montserrat and Nevis, who lost so much in the wake of Hurricane Hugo. Let's make a big effort to help them recover their losses and continue

with their Guiding.

And don't forget — you can send money at any time of year for the Fund. After all, disaster can strike anywhere, at any time. It's up to us to make sure that there is always enough money in reserve, so that the victims can be helped immediately.

diately.

How you raise that money is up to you. But, as it's the start of a brand new decade, we're hoping that you'll be coming up with some really original moneyspinning notions. Why don't you write to *GUIDING* and share your ideas — and inspirations?

Peru has been helped by the GGFF





# CLASSIFIEDS

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**SOMERSET** County Camp Site, edge of Mendips near Cheddar, Wells. Dry Shelter Wood Water. Some equipment available. For details, SAE Mrs. A. Weeks, The Forge, Vicarage Lane, Wookey, Wells. BAS 1JT. 0749 73556.

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County Camp Adviser (Signature)

Advertisements for joint Ranger/Venture Scout events must be countersigned by the Guide County Commissioner indicating her approval of the event





Joyce Beckett

year, when the Commissioner had retired at a critical moment in the forward planning stage, no one had remembered to get in touch with the Counties to arrange volunteers. It wasn't realised until the day before the show was due to open. Panic. We had to get all the messengers from just one school.

We have had many a crisis, too, because of the weather. Although the first week in July ought to be reliable, it isn't. The site wasn't always as well equipped as it is now — mud tracks and marquees.

A sudden rainstorm and flash flood could cause havoc and my girls would be in the thick of it, trying to get some of the more delicate animals into shelter. Not the heavy bulls, horses and cows, of course, but ducks, goats and llamas can get very distressed in thunderstorms.

# LIFESTYLE

## JOYCE BECKETT FROM LEAMINGTON SPA

For the four days of the Royal Agricultural Show at Stoneleigh, Warwickshire, a vital communications service is run by Guides and Scouts to ensure that messages ranging from prize bull awards to emergency matters of life and death, reach their destination. Running this enterprise can be a grueling task and Joyce Beckett isn't too unhappy to be handing over the problems after 20 years. She describes what was involved:

At 7am on a July morning, before the traffic got serious, I would turn my car into the entrance of the Royal Agricultural Show grounds and find my way to the bungalow, which is the nerve centre of communications for the exhibition.

By 8.30, when the visitors begin to arrive, I'd be issuing instructions to a team of some 150 Guides and Scouts forming the Messenger Service.

It wasn't always so organised. When the service started 25 years ago, we were in a marquee coping as best we could with the problems of space, weather and shared facilities.

Then we progressed to a chicken hut and a bull unit before the haven of a permanent bungalow. But one thing hasn't changed — the telephone. For four days it ruled our lives.

The Guides come from the Warwick, Worcester and Birmingham areas and travel to the ground by coach. Over the four days that means a grand total of 560 Guides and Scouts whose task it is to take messages from all parts of the ground to Headquarters about awards so that the Press can be notified, and from Headquarters to exhibitors stands. This can involve all the tracking skills they possess.

For instance, we'd get a message for a visitor to say he is wanted urgently by his company or his family. All we could do is try to find what area of the exhibition he is interested in. A Guide will then go to that section — say agricultural food stuffs — and try to identify him. It can take a lot of thought and diplomacy.

As the morning wore on and I'd have to think about the catering. We have a stall selling teas and coffee all day but, of course, at lunchtime people want something more substantial. Sandwiches and cakes are available, but Scotch pancakes, freshly made, are always a winning line. And there are the girls and boys to be fed too.

Last year everything went smoothly for once. It isn't always like that. One



The messages too can cause problems, but solving them can bring enormous satisfaction.

Guides helping at the nursery

When it's over the girls and Scouts climb aboard their buses to go home and tell of their adventures — finding and comforting lost children; feeding the hungry; helping a customer from Germany explain his needs to a tractor supplier. Even, coping with the sudden arrival of royalty — there are always some at the Show.

It's a relief to think that, this year, a younger, fitter person will have to do the worrying.

I won't be out of it completely, though. They still want my Scotch pancakes! 9



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