

GUIDING

MAY 1991 £1

**HAPPY TRAIL
TAPES**

**HELP ON
THE MENU**

**BROWN
OWL'S
SLIMMING
SECRETS**

**RANGERS
CELEBRATE**

**WHIRLWIND
CASH DASH**

**LAUGHTER
AT LORNE**





Guiding is...
having
the world
on a string

GUIDING

VOLUME 80 NUMBER 5
MAY 1991 £1

CONTENTS

REGULARS

- 2** GUIDING IS...
- 5** ROUND UP
- 8** GUIDING IN ACTION
making a tape
- 12** LIVE ISSUES
osteoporosis — the
silent epidemic
- 14** D OF E ADVICE
- 16** NETWORK
- 19** SWALLOW'S TALES
- 20** NOTICES
- 21** A PERSONAL VIEW
- 34** OPEN DOOR/NEWS
FOCUS/COMING
NEXT
- 50** ONE WORLD
Maidstone's link with
The Gambia
- 53** YOUR LETTERS
- 56** PEOPLE AND PLACES
- 59** GGFF
- 63** LIFESTYLE
North East Guiding
sisters

ARTICLES

- 7** CELIA'S SUPER-SLIM
a Brown Owl's
inspiring story
- 10** WEBB IVORY CARDS
Brownies on the
factory floor
- 21** LOST TEA SET
have you seen this
china?
- 23** CHRISTINE TAKES A
HIKE/SHERWOOD
CAMP
- 26** EXPLAINING WAGGGS
REGIONS
- 28** OPERATION RALEIGH
when the going gets
tough...

- 31** WHIRLWIND
COMMISSIONER
a whistlestop tour
- 32** THANKS FOR THE
MEMORY
a look at Lorne's
history
- 49** DOWN MEXICO WAY
experiences in
international living
- 55** GUIDING IN THE GULF
stepping out with
Ambassadors
- 58** OUR CHALET
your help for the
future
- 59** PANTO FUN

PROGRAMME

- 35** TRAINING DIARY
- 37** RAINBOW GUIDERS
on wheels
- 38** HOW TO DO
Unit prayers
- 39** BROWNIE GUIDERS
delving into history
- 40** GETTING OUT
ice skating
- 42** GUIDE GUIDERS
evaluating activities
- 43** TRY THIS
water rescue
- 44** COPING WITH...
Guiding jargon
- 46** RANGER GUIDERS
taking a world view
- 47** YOUNG LEADERS
variations on Kim's
Game

ARENA

- 24** ACHIEVERS
Joanna's working for
equality
- 27** TALKING POINT:
charitable antics
- 30** WATCH THIS SPACE
the voice of the Junior
Council
- 48** CELEBRATION '91
a rousing Ranger
weekend

front PAGE



COMMENT

On Friday, March 15, Pax Lodge, the newest of the four residential World Centres owned by WAGGGS, was officially opened by Princess Benedikte of Denmark to provide a home-from-home where Girl Guides and Girl Scouts from around the world can meet together in friendship.

Pax Lodge was named after the Founder's homes — Pax Hill and Paxtu — and also because one of the aims of the World Association is peace.

We heard an international roll call with member organisations from the far corners of the world giving their good wishes for this memorable occasion and for the future.

After the official ceremony everyone gathered outside with crowds of Brownies, Guides, Rangers, Young Leaders and Guiders to see the raising of the World and Pax Lodge flags, and joined in the World song.

This emotional moment was followed by the planting of three cherry trees and the release of two white birds.

A splendid musical medley was provided by the Chase District Guide Band.

The UK representative was Brownie Guider, Mrs Linda Knott, who said that the opportunity to be there and meet so many members of the World Association gave a whole new meaning to Thinking Day for her.

For me, the very spirit of Guiding was encapsulated in the moment, at the end of the ceremony, when all the windows of Pax Lodge — festooned with blue and white balloons — were flung wide open, revealing dozens of Brownies, Guides, Rangers and Young Leaders in uniform tossing out blue and white streamers, while waving, smiling, laughing and cheering at the crowd below.

The words of the chorus of the Pax Lodge song express simply but beautifully the spirit of this World Centre:

*We wish you love
We wish you light
We wish you colours soft and bright
We wish you light
We wish you love
We wish you peace on the wings of a new white dove.*

JANE GARSIDE
Chief Commissioner 3

FRONT COVER



Talented songbirds from Crich Portway District in Derbyshire belt out one of the toe-tapping numbers on the tape they made, *Happy Trails*. For the full story, see Guiding in Action on p8.

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Round UP

AID FOR ORPHANS

◀ Guides, Brownies and Rainbows in Scarborough were so touched by the plight of Romanian orphans, they got down to some serious fund raising.

Their first idea was a collection at a carol service attended by units all over the Sitwell District. Then the girls organised a bring and buy sale. The sale went on even though bad weather threatened to spoil their well-laid plans.

But all the efforts were worth it, as they raised £137 towards the *Blue Peter* appeal.

ALL ABOARD!

▼ The 9th Poynton Guides climbed aboard two narrowboats for a trip up the canal during their half-term holiday.

They hired the narrowboats from The Canal Boat Adventure Project based at Preston Brook in Cheshire. The Guides had a marvellous time steering the boats, operating the lock gates and cooking meals on board.

They also tried their hand at canal painting. And their decorated bottles and jars proved to be excellent souvenirs to take home.

PHOTOGRAPH COURTESY OF ICI



PHOTOGRAPH COURTESY OF THE SCARBOROUGH EVENING NEWS



Round UP

GUIDE AID

► Guides rushed to the aid of two workmen injured by a fallen wall, a cyclist bitten by a dog and a woman who had slipped on ice.

The spate of accidents were part of a competition organised by the Rickmansworth and Chorleywood St John Ambulance Brigade.

Clare Smith and Kirstie Gordon of the 2nd Chenies and Chalfont Guides are pictured putting their first aid skills to the test for the Inter-youth First Aid Com-

petition.

Eight teams battled it out at Rickmansworth Water Social Hall, watched by chief organiser, Mr Fred Parker, and members of the St John Ambulance Brigade.

Esther Goldbloom of the Chorleywood Guides received a cup for the individual written paper; 3rd Rickmansworth Guides won a cup for best pairs and the cup for the best overall performance; and 8th Rickmansworth Guides won a cup for best team in a team competition.



PHOTOGRAPH COURTESY OF THE WATFORD OBSERVER

IT'S A BROWNIE WALKOVER

► Brownie Sixer Sarah Orpet has been raising funds for the BBC's *Children in Need Appeal* to say thank you for the £4,000 the charity gave her school last year.

Sarah, who has Down's syndrome, raised £450 for *Children in Need* with a sponsored walk around her home town, Chedgrave in Norfolk. Her 20-year-old sister Jo, who also has Down's syndrome, joined her in the three-mile walk.

The family decided to raise the money after Harford Manor Special School, where Sarah is a pupil, was given a donation towards a new swimming pool hoist.

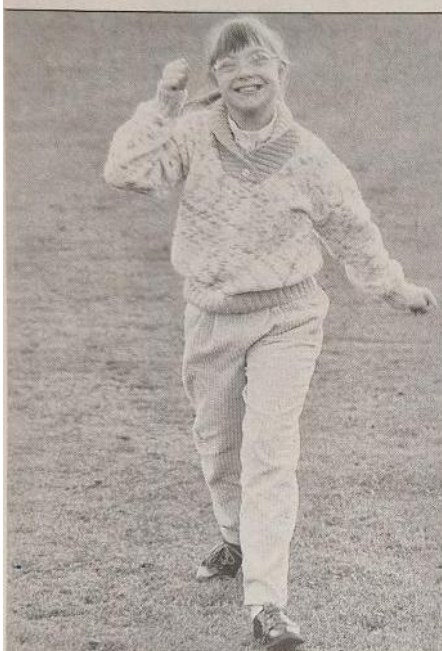
Sarah's mum Sheila, who

organised the walk, said she had hoped Sarah would raise £100 — but was staggered by the response. Mrs Orpet said: 'I never thought it would take off in the way it did. Friends in the village and people who know the girls, have been so good. Even her teachers at school have sponsored her.'

Ten-year-old Sarah has

had no problems fitting in at 2nd Loddon Brownie Pack which she joined three years ago. Mrs Orpet said: 'The Brownies make a real fuss of her and fall over themselves to do things for her.'

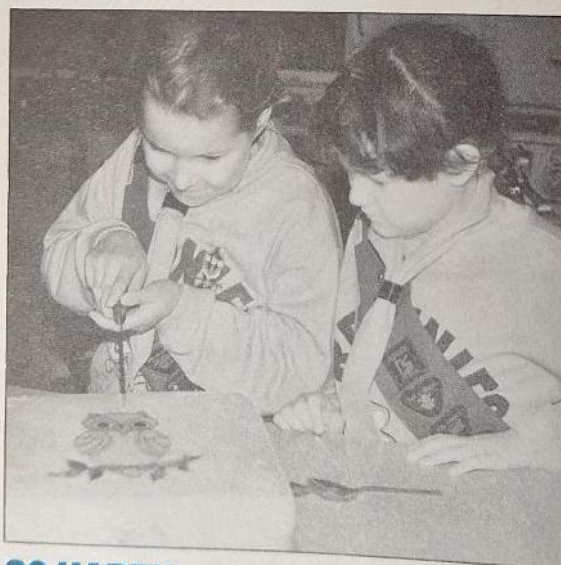
Now Sarah is looking forward to her second and final Pack Holiday; after that she hopes to join the Guides.



EASTERN DAILY PRESS



TRACY DAVIES



ELIZABETH ROTHWELL

30 HAPPY YEARS!

▲ It seemed a shame to cut such a beautifully made cake!

But Brownies Kim Sephton and Louise Stemp took great care while slicing up this owl cake made to mark a

special anniversary for their Brown Owl.

Mrs Elizabeth Rothwell has been Brownie Guider with the 5th Aughton (St Michael's) Brownies for 30 years.

Elizabeth, from Aughton in Lancashire, joined the Movement at eight, since then she has been a Guide, Tawny Owl and Brown Owl.

Over the years she has watched her Brownies grow up — some becoming Guiders — and send their daughters to join the Pack.

On the night they celebrated her 30th anniversary, Elizabeth gave each Brownie a little macramé owl she had made.

THANKS MARY

▲ Mary Saunders, the driving force behind the setting up of the Jarman Centre, a residential centre and camp site in Newmarket, has retired as County Commissioner for Cambridgeshire East.

She was presented with an engraved glass bowl and travel vouchers by the County President, Valerie Cape, at a County Executive meeting.

A mother of three sons who edits science books, Mary will continue to serve on the centre's management committee.

Her successor is Christine Battersby, a legal executive with two daughters aged eight and nine.

Brown Owl Celia Penprase has been transformed by the new uniform. The super new styles were just the incentive she needed to go on a diet and stick to it.

CELIA SLIMS FOR GUIDING STYLE

After outgrowing her old uniform as she ballooned to 16 stone, Celia Penprase resorted to wearing skirts with elasticated waists. But, when she saw the snazzy culottes and dashing track suits designed by Jeff Banks, Celia knew it was time to start counting calories.

When her two helpers chose their favourite outfits from the uniform catalogue, Celia didn't want to be the frumpy odd-one-out.

Celia said: 'We have two other helpers who are quite a bit younger than me. They fancied the white polo shirts and culottes. And they wanted to wear the baseball caps.'

'Well, you can imagine what that would have looked like on me at 16 stone! I thought: "There is no way I will fit myself into a pair of shorts."'

It was after Celia had her two children Emma, aged 18, and 19-year-old Jason that her weight soared. She explained: 'I didn't see myself getting bigger. I didn't admit I was putting on weight. I just went out and bought bigger clothes.'

Her health suffered and she had bad migraines. But she wouldn't admit that all the chocolate she was scoffing might be causing the headaches.

Looking back, Celia, who is 5ft 5ins can see what made her pile on the pounds. She said: 'I ate all the wrong things. I used to have a terrible sweet tooth. I ate biscuits and sweets and then had a meal on top of that.'

'You start off eating a couple of biscuits and, before you know it, you've eaten the whole packet. I went on all the gimmicky diets but they didn't work.'

Celia's husband Michael worried about the effect on her health. Celia said: 'He used to drop hints and say: "Come on, you are getting out of breath, do you think you should be eating that?"'

The uniforms were the final straw that prompted Celia into action. She joined a national slimming club and went on a sensible, well-balanced diet.

The Brownies were a great support, encouraging Celia not to eat sweets and other naughty-but-nice goodies. Even on a visit to a Guide camp, when the girls ate fish and chips Celia still stuck to salad.

'But they never made any comment to me about being overweight before I slimmed.'

JAMES LYNE OF TAMAR NEWS



Now 1st Fowey Brownies can't believe the difference in their Brown Owl. She's really good at skipping, she cycled for miles in their sponsored bike ride and she even outruns them during rounders matches!

Their overweight Brown Owl who could only sit and watch the activities at meetings has been transformed into a fit and healthy leader. And Celia, aged 42, has never felt better after slimming down to a trim ten stone.

Celia said: 'The Brownies say to me: "Oh Brown Owl, we didn't know you could skip." They saw me as this big person who sat around and gave out orders. They never thought that I could do the things they do.'

The Brownies have raised more than £500 towards buying their new uniforms with coffee mornings and a sponsored bike ride. 'I found it much easier to do the cycling this year,' Celia said. And they are arranging to have their old uniforms sent to Uganda.

Meanwhile, Michael, who is town crier in their home town Fowey, in

Cornwall, was so proud of his wife's new slim-line look, he chose a novel way of telling everyone about it.

The town's residents were amused to hear him announce: 'Oh yea, oh yea, my wife is only half the woman she was... and I don't want the other half back!'

'It was so embarrassing,' Celia confessed.

Now Celia is proud to wear her new uniform and determined not to let the weight creep back on. 'I've never felt better and I haven't had a migraine since I gave up chocolate,' she said.

Celia did so well shedding six stones that she won the regional final of the Weight Watchers' Success of the Year contest. Now she is waiting to hear if she will reach the national final.

So, readers! If you think you are too tubby for trousers or too curvey for culottes, why not follow Celia's example and slim into the new styles? And as the pounds roll off, let us know how you get on.

Slender Celia finds her new uniform a perfect fit

NICOLA WHATMORE 7

Guiding in a



Time to smile now the tape's finally ready



ction

Guides, Brownies and Rainbows of Crich Portway District, in Derbyshire, have been tapping talent they didn't know existed by hitting the *Happy Trails*.

That's the title of a tape they've made together in aid of District funds. And it gives a first taste of success to some future stars.

For a start, there's Zoe Dean, one of the youngest of the 1st Cromford Guides, 'discovered' by professional musician John Gill, who produced the seven-song album at his own Matlock recording studio.

Zoe opens the album with a solo vocal in the old favourite *The More We Are Together*, which is taken up by the entire 16-strong group. And she is lead singer in *Happy Trails*, the tape's title track.

The project was started after Eleanor Clark, Guider with 1st Cromford Guides, suggested to her Assistant Guider, Kath Wood, that the Company should put some songs on tape as a Christmas fundraising effort.

Kath, who is also District Commissioner, put the idea to John Gill, whom she already knew well. He was immediately enthusiastic, and it was then decided to involve the Guides, Brownies and Rainbows of the entire District.

The objective was to use as much original material as possible, so several initial 'workshop' sessions were held. Girls were encouraged to write songs,

poems, sketches and raps, mainly with a Girl Guides theme.

Lyrics were scribbled on scraps of paper or sung on to cassettes. John rewrote several pieces with small groups but one or two songs are almost entirely a couple of girls' own original work.

John then worked out the basic arrangements with the girls and laid down simple drum and guitar tracks. The girls found the actual recording in the studios not only exciting but an educational experience. They were thrilled to see their album take shape.

The plan was that every girl should be heard at least a couple of times on the album but, of course, editing was necessary. Even at the last minute several pieces ended up on the cutting room floor.

Before work started, Kath Wood was thinking in terms of it taking, well, perhaps two or three days. In fact, it took ten months before the girls could present their album to their fans on 'grand launch night' to a parent-packed hall at the Matlock Baths.

Kath Wood was so nervous that she wouldn't trust the manufacturers of the 500 ordered cassettes to deliver them on time. She drove to their premises in Liverpool and, after a long wait, collected them 'hot off the press'.

One track, *The Rainbows' Song*, was written by the Rainbows of Lea and Holloway and Crich — average age six — with some help from John.

Rappers from Alderwasley Hall, a special school for children with speech difficulties, were among the big group of Brownies and Guides belting out

Portway Rap. Portway is the name of an ancient way that links Wirksworth and Crich, from which the Guide District takes its name.

Marching music is provided by the whistling Guides of Lea and Holloway with *Guides Go Red* but among them, clearly audible on this track, is a phantom giggler. Her identity remains a mystery.

Was Dad a Brownie, Mum? sounds like something straight out of *The Clitheroe Kid* — even the accent is similar. Words were by Jennifer Walker, of Wirksworth Brownies, who takes the lead vocal, with Kath Wood as Mum. There is also a flute accompaniment by Lucy Hobson of Lea and Holloway Guides.

One of the hits is *The Derbyshire Song*, written and sung by Amy Gill, John Gill's daughter, with vocal help, mainly from Cromford Guides.

Said Kath Wood: 'I have only about 200 cassettes left but raising money is of secondary importance. The girls have all had tremendous fun and, as a result of John Gill's great technical expertise, are rightly proud of having done a real professional job.'

'A lot of Guides and Brownies would enjoy the songs — especially around a camp fire.'

Happy Trails, on a standard C60 cassette, professionally labelled, with printed track notes in the usual plastic case, is now on 'general release'. It costs £4, plus 30p postage and packing. Rush your orders now to: Kath Wood, 19 The Limes Close, Matlock, Derbyshire DE4 3DT.

DAVID JACK 9



John Gill gives the tape that professional touch



Is that really us?

PETER NEWTON

SEASONS' GREETINGS FROM WEBB IVORY

If you sometimes forget what day of the week it is, then pity the workers at the Webb Ivory factory in Accrington. They don't even know what season of the year it is! For Webb Ivory are card makers and they have to work months in advance to make sure their cards are in the shops in plenty of time for us to buy them for our families and friends.

We wanted to know what it's like to have to think about Easter in the middle of summer, and celebrate each Christmas 15 months too early, so we took a dozen Brownies from the Accrington Division along to the Lancashire factory to find out.

All agog



If you think the name Webb Ivory sounds familiar that's because their catalogues have already been used by hundreds of Guiders to give a much-needed boost to unit funds. In fact the company actually helps raise some £6 million every year for hundreds of different charities.

We arrived at the factory bright and early to be greeted by a cheerful lady in bright red overalls. She welcomed us warmly and, introducing herself as Auntie Doris, told the Brownies that she was going to show them how the cards were made.

Trotting behind Auntie, we began our tour at the beginning of the life of a card — where the ideas are first dreamed up — in the design studios.

Trendy artists sat at drawing boards, painting the pictures that will one day grace our sideboards. One beavered away at a sketch of a thatched cottage, another put the finishing touches to a portrait of a cuddly, fat cat.

Between them, the members of this creative team come up with thousands of new designs each year. And, of course, they work months in advance — when we looked round it was Easter 1992 in the studio!

FACTORY FLOOR

Once the sketches are finished, and matched with a suitable verse, the printing process can begin. So our crocodile of bobbing yellow baseball caps trooped downstairs to the factory floor to see this second stage.

It was surprisingly light and airy. But a strong smell of ink filled the air, and it was difficult to hear above the constant noise of whirring machines.

Twelve small foreheads creased with concentration as a friendly chap from the printing shop explained the complicated process. He used a set of plates that printed teddy bear wrapping paper, to show how the different colours are put on one at a time.

Then it was off to see the huge, grey printing machine in action. With enormous humps covering its six rollers, it looked like a mechanical Loch Ness monster. The girls stood wide-eyed with amazement as the big pieces of white card were fed in at one end and spat out at the other, covered in pictures of cute little rabbits. They were thrilled when Auntie Doris gave them each a sheet of bunnies to take home as souvenirs.

We watched more machines that embossed and 'foiled' the extra-special cards, and one in which the pressure from a 250 tonne weight was used to cut out hundreds of cards at a time. At each machine it was a different season of the year. Here Mother's Day, there,

Valentine's Day, and over there Easter.

As our gang passed each machine a chorus of 'Ahhs' rang out. From all sides came comments like: 'Don't they look smart in their uniforms.' One man was so taken by the yellow and forest brown outfits that he suggested that the Webb Ivory workforce should adopt the girls' garb as *their* new uniform.

SUPER FREE SAMPLES

And, wherever we went, the girls collected more free samples — pink birthday cards with puppies on; hedgerow calendars for 1992; giant golden wedding cards; get-well cards with big green frogs on them... Our heads were reeling, by now we'd almost forgotten what time of the year it really was outside.

After being printed, cut, embossed and folded, the cards had to be packed. A lady who told us that she'd been a Brownie many years ago, worked at the speed of light, matching the cards with envelopes and clipping them into cellophane bags.

Now we knew how a card was made. So, with a chorus of thank yous to Auntie Doris, the Brownies made for the door, weighed down by their gifts.

What we had seen was only a small part of a huge operation. Webb Ivory is just one section of a company called Fine Art Developments, which is the third biggest card company in the world. It produces some 1.4 billion cards a year — that's nearly six million cards every working day. And it also makes crepe paper, gift tags, calendars and enough wrapping paper every year to go round the world three times.

Webb Ivory treated us like VIPs. The Brownies amassed enough greetings cards to open a small newsagent's shop and the next stop was lunch. The Brownies were confronted with mounds of beef rolls, cheese sandwiches, chocolate biscuits and colourful trifles.

Much of Webb Ivory's business is done through mail order. So the next stop on our voyage of discovery was to find out how the cards we had seen being made were dispatched to customers' homes.

Our guide for the afternoon was Robin Walmsley — the director and general manager of Webb Ivory. He took us to see the in-coming orders start their journey. The dispatching of orders may be a very complicated process, but at least it bears a closer relation to the seasons of the real year.

We found ourselves in a room where conveyor belts lined the walls right to the ceiling. They looked like a fairground roller coaster, and along them chugged grey plastic tubs looking

remarkably like laundry baskets.

All the customers' orders had already been converted into black and white striped bar codes, and a busy girl sat with a huge pile of these in front of her. As each tub passed her, she scanned an order from her pile with a 'light' gun — like the ones they use at supermarket check-outs — then dropped it into the bottom of the tub.

Robin asked if the girls wanted to have a go with the gun, and a forest of arms flew into the air. Everyone queued up eagerly to be lifted up to 'read' an order. It was lucky that the gun was loaded with nothing more dangerous than a beam of light, for the Brownie helpers worked more enthusiastically than accurately!

When everyone had taken her turn, we set off again, in pursuit of the grey plastic tubs. They bounced merrily along the conveyor ahead of us to be filled with the orders.

This part of the factory looked like a GPO sorting office. Women stood in front of banks of cubby-holes which



contained different kinds of cards and gifts. The tubs arrived at their feet on the conveyor belt and, as they arrived, a scanner 'read' the order that had been programmed on to the tub.

A computer automatically lit a small light next to the cubby holes which contained things needed to fill the order. All the 'pickers' had to do was look for the lights, take items from those cubby holes, and the order was complete and correct. A real miracle of modern technology.

Finally we saw the cards being checked and boxed ready to be sent out in lorries from one of the loading bays. In the company's busiest period — the three months before Christmas — lorries crammed with cards trundle constantly from all eight bays to make sure that everyone gets their orders in time for the festive season.

It was time for us to be on our way too. There was just time for a big Brownie thank you to Webb Ivory for a wonderful day out, then 12 weary but contented girls gathered up their armfuls of cards and set off for home.

MARY RICHARDSON 11

Doctors call it the 'silent epidemic'. In the UK, it afflicts one woman in four over the age of 50, rising to one in two over 75; it causes pain, deformity, disability... and death. It is osteoporosis.

Osteoporosis — literally 'porous bones' — is one of the most common diseases affecting women. It develops unnoticed, without any obvious symptoms, then usually shows up after a woman reaches 50 or has gone through the menopause.

BRITTLE BONES

From our mid-thirties, we start to lose more bone than we rebuild. Not that bones actually change in size, they just become less dense — spongy and porous — and, therefore, weaker. For men, the rate of bone loss per year is under one per cent. This rate also applies to women until they reach the menopause, when it increases to between three and five per cent.

The reason for this accelerated rate, which lasts for up to 15 years, is the decline in oestrogen — the main female hormone — that occurs at the menopause.

In many women bone loss is so severe that it deteriorates into osteoporosis. As the disease develops and bones become more brittle, the risk of fracture — especially wrists and hips — increases. Up to ten per cent of post-menopausal women can expect a broken hip and one in five of these fracture patients dies. In fact, more women die of hip fractures than of cancer of the ovary, cervix and womb combined.

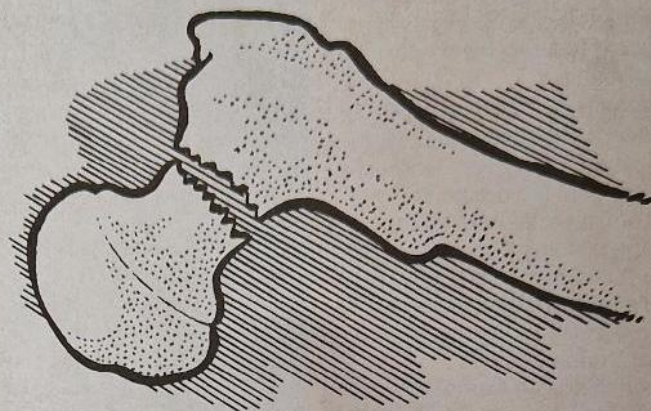
Apart from bones that break too easily, other symptoms include back pain, shortness of breath; loss of height — as much as eight inches in acute cases; curvature of the spine; and the stooped condition known as dowager's hump.

WHO'S AT RISK

Oestrogen deficiency is the principal cause of osteoporosis with the result that its most common victims are women over the age of 50 and also those who have had their ovaries removed. But some women are more vulnerable to the disease than others.

A whole range of factors increases the likelihood of developing the disease. Some are pre-determined: being female, white — osteoporosis is far less common in Africa and Asia; small — under 5ft 6ins in height and weighing less than ten stone; having a strong family history of brittle bones and having an early menopause — before the age of

THE SILENT EPIDEMIC



45. Childlessness and a hysterectomy are also risk elements.

Other factors relate to various illnesses: rheumatoid arthritis, MS, diabetes, overactive thyroid, chronic liver conditions, anorexia nervosa and asthma all contribute to the probability of osteoporosis. So do several drugs such as corticosteroids, anticonvulsants, antacids containing aluminium, and some diuretics.

There are also important risk factors which are within our control: smoking and heavy drinking; a poor, low-calcium diet; inadequate Vitamin D (sunlight); and inactivity. Lack of exercise leading to osteoporosis was demonstrated dramatically by the first astronauts, who suffered rapid bone loss through living in weightless conditions. Astronauts now have special exercise machines in their spacecraft.

PREVENTION

Osteoporosis needn't be an inevitable part of old age — not even for women who have several high risk factors. It can be prevented or, at least, postponed. What's more, osteoporosis is certainly a case where 'prevention is better than cure' as, so far, once the underlying bone structure has been damaged treatment is limited.

Prevention comes in two stages. First there is the need to develop a strong, healthy skeleton and maintain it throughout life — by means of diet, exercise and sunshine. The aim, ideally, is to build up bone sufficiently in early and mid-life so that it will last right through to the end.

Second, there is the need to consider

treatment at the onset of the menopause. And, so far, the most effective way of preventing osteoporosis at this crucial time is HRT — hormone replacement therapy. Primarily developed as a short-term cure for distressing menopausal symptoms such as hot flushes, night sweats and vaginal dryness, HRT — by replacing oestrogen — is now known to stop bone loss and prevent fractures. Five years of HRT, begun around the menopause, can reduce hip and wrist fractures by 60 per cent.

Next month *GUIDING* looks at HRT and alternative treatments for osteoporosis, but focuses now on self-help measures to build up your defences against this insidious disease.

DIET

In the 1990s we are all aware — or should be — that what we eat influences our well-being and doctors will emphasise the overall importance of a healthy diet in combating any disease — including osteoporosis.

Basic guidelines include cutting down on sugar, salt, both in cooking and at table; junk food like cakes, biscuits, sweets and soft drinks; saturated fats and red meat — substitute fish, poultry, legumes and nuts.

On the other hand, eat plenty of fresh fruit, vegetables, salads, nuts and fibre-rich foods such as wholemeal bread, brown rice, wholemeal pasta, potatoes and wholegrain cereals.

When it comes to drinks, reduce your intake of the 'social poisons' — coffee, alcohol, cola and tea. Try replacing them with water, herbal teas and fruit juices.

CALCIUM

More specifically, with osteoporosis in mind, there's the calcium factor. Uncertainty still surrounds the role of calcium in the prevention and treatment of osteoporosis. In the past, calcium was considered the best way of combating the disease, but recent studies suggest that its effect is more limited, especially on its own.

This is because the body's ability to absorb calcium declines with age, particularly in women, where falling oestrogen levels complicate the natural process.

But, even if calcium cannot prevent osteoporosis, some research indicates that a high intake can reduce the risk of fracture and slow down bone loss. What is certain is that calcium has a crucial role in the formation and maintenance of strong bones and, on that basis alone, medical experts agree that calcium is essential for healthy bones throughout life.

Calcium needs vary with age and sex. Teenagers, for example, require plenty of calcium-rich foods to build up a strong skeleton. So do pregnant and nursing women, since they're feeding their baby's bones as well as their own. All women need a high calcium intake around the menopause, when bones are losing calcium rapidly. The National Osteoporosis Society recommends the following daily amounts for adults:

Women age 20-40	1,000mg per day
Men age 20-60	1,000mg per day
Pregnant and nursing women	1,200mg per day
Women over 40 (before, during and after the menopause) without HRT	1,500mg per day
Women over 40 with HRT	1,000mg per day
Men and women over 60	1,200mg per day

The difference in recommended amounts for menopausal women with and without HRT reflects a new development. Studies show that a combination of HRT and high calcium intake is effective. It also means that the hormone dose can be lowered. For combined treatment of this type, the calcium would be prescribed as a supplement in tablet form.

Several supplements are available over the counter for self-help and, if your diet is deficient in calcium, you may decide to take one. To avoid confusion between the various strengths and formats on offer, it is advisable to discuss your needs with your GP or pharmacist.

DRINKA PINTA

The most natural way of taking calcium is, of course, by eating the right foods. Milk and dairy products are staple sources of calcium. If you're wary of the fat content, skimmed milk and low-fat yogurt contain just as much calcium. Other good sources are tinned fish such as sardines, salmon, pilchards; green vegetables, especially leafy ones like broccoli, kale and spinach; fried sprats and whitebait; nuts; dried fruit; sesame and sunflower seeds. To translate recommended levels into everyday



eating, the following list shows the calcium content of some helpful foods:

4oz portion	mg of calcium
Spinach, boiled	685
Whitebait, fried	962
Yogurt	192
Sardines, with bones	516
Edam cheese	864
Brazil nuts	200
Dried figs	320
Watercress	251
Broccoli	91
Baked beans	50
Parmesan cheese	1,394
1/3 pint skimmed milk	236

SEAFOOD AND SUNSHINE

Another mineral associated with healthy bones is magnesium and current research suggests that an adequate magnesium intake could protect against osteoporosis. Good sources of magnesium include wholegrain cereals, nuts, dried fruit, seafood, brown rice, brewers' yeast, soya beans and whole-wheat flour. In the US, magnesium supplements are being tried out along with HRT.

Also of vital importance is Vitamin D — necessary as it aids calcium absorption and strengthens bones. Most people get this vitamin from being outside in the sunshine, but it can also be obtained from foods like cod liver oil; fatty fish such as herrings, sardines; margarine and egg yolks.

Along with these specific dietary 'dos' there are some 'don'ts'. Cut down on alcohol and caffeine — found in

coffee, chocolate and cola drinks — as these hamper calcium absorption. As do saturated fats which are found in meats and dairy products. Wherever possible, replace saturates with polyunsaturates. And, in this high-fibre era, large amounts of uncooked bran interfere with mineral absorption.

EXERCISE

Also in the realm of self-help, and recommended for everyone, is exercise. Like other body tissues, bone responds to use by becoming stronger. Through

exercise, the rate of bone loss is reduced and can even be reversed.

The best kind of exercises are weight-bearing ones, like brisk walking, dancing, cycling, keep-fit and tennis. Swimming is not so effective as the water offers too much support.

Aim to build up to about 40 minutes — reaching a point of mild breathlessness — three or four times a week. Regular, steady exercise of this type is much more beneficial than a punishing game of squash once a week.

Changes in everyday routines can also help: walk up escalators, take stairs not lifts, cycle to the shops rather than drive, go for a short walk every lunch-hour...

A healthy lifestyle should build up strong healthy bones and, for some people, may give life-long protection against osteoporosis. It is never too early to start driving this message home to your girls. For those older women who do not want to risk osteoporosis HRT may be the answer. More about this next month.

CATHERINE DELL

More information can be obtained from: The National Osteoporosis Society, Barton Meade House, PO Box 10, Radstock, Bath, BA3 3YB. Publishes advice leaflets on many aspects of the disease; send sae for details.

Women's Nutritional Advisory Service, PO Box 268, Hove, East Sussex BN3 1RW. Offers dietary advice relevant to menopause, including osteoporosis; send sae for details.

SPORT *for all*

It's time for more Duke of Edinburgh Award advice from Linda Varley, Ranger Guider of Marple Division, Stockport.

Sport's a funny old thing: you either live for it, loathe it or put it in the same category as New Year resolutions — something that should be done but which you never get round to.

The schools in Marple allow pupils to opt out of sport at 13 and I have a number of Rangers who never partake in regular sporting activities.

When planning our Ranger Unit

evening to lead a yoga session. A captive group of 12 Rangers were initiated and, of course, I had to be the only one to disturb a picture as I stretched my legs up the wall. The Rangers were so enthusiastic that we asked for a repeat session at a Unit meeting. A few girls followed this up by joining a local class for their Physical Recreation Section, which

Section, collecting one point for every half hour.

It could take them a year to complete their Silver (30 points total required) but, at least, they are working at it — and there must be benefit from long-term commitment.

We are fortunate to have the Ranger Inn close by at Rowarth in the Dark Peak. Not only has it meant that we can experiment with new areas of recreation during a weekend, but it is an excellent base for D of E expedition training.

Stockport members raised the money to convert an old barn into an open plan building with 'character' and Marple Rangers have always felt comfortable whenever we've been there.

There is bunk accommodation upstairs for 12 and room in the grounds for four lightweight tents. With showers, drying room and central heating, it is ideal for an early or late season weekend.

We usually go there on Friday evenings and spend most of the time covering training theory. This is then put into practice on the Saturday, leaving Sunday to relax. I wouldn't use it as much as I do if the walking wasn't so perfect for both Bronze and Silver groups.

There is a wide variety of circular walks and all of them are away from civilisation. One has a testing footpath junction in the first two miles. Six tracks meet, and it shows the Bronze group how useful the compass is to confirm map-reading decisions.

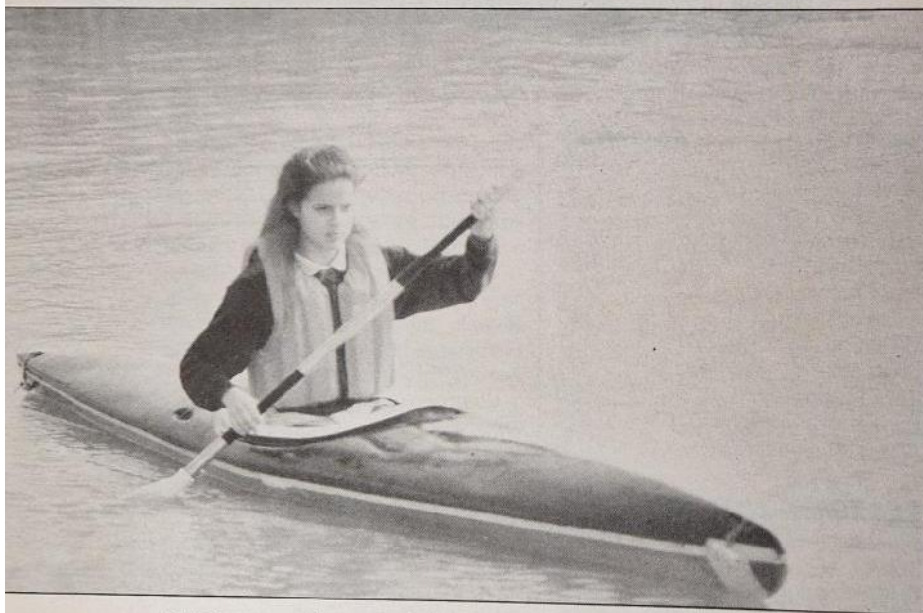
Another has a good section of open country walking, where Silver walkers can walk on a compass bearing to a trig point. You can't see it until you get near, and then can't miss because it's a huge stone obelisk.

At this point you can walk east to join the Pennine Way at Mill Hill and cut down along the ridge on Leygatehead Moor to a prominent, white shooting cabin and cross a footbridge to rejoin marked footpaths.

It's wild, remote and only recommended if the weather is suitable. But the Silver group is stretched by having a taste of wild country walking and gain confidence in using a compass. Other walks go along Cown Edge, or overlook the Dark Peak villages of Glossop, Hayfield and Charlesworth.

As I said, it's perfect walking, and I know Units who have used it for actual expeditions. But my lot want to go further afield. The Bronze groups are talking about the Lake District.

I have details of the Ranger Inn and routes that we've walked if anyone wants them. Please send a sae and 75p for photocopying to: Linda Varley, 2 Barlow Wood Drive, Marple, Stockport, Cheshire SK6 7DX.



programme we have included sport and, in spite of everyone agreeing to take part, attendance has always been low on those evenings.

Then I put two and two together. Sport had always meant a visit to the local baths; obviously swimming was the problem. Ice-skating was popular but expensive and, at the same time, Rangers were asking: 'What can I do for my Physical Recreation?'

We had planned a weekend away at our Ranger Inn and I decided to introduce the Rangers to a wider variety of physical activity than they might have already experienced.

A friend — and expert teacher — was persuaded to visit us on Friday

they would not have considered without that taster session.

Since then we have experimented with a range of activities — relaxation session, aerobics and canoeing. But the problem with any physical activity is the opportunity to do it regularly.

We're trying out an experiment where we do half-an-hour fitness exercises every second week, after one hour of 'normal' meeting — if there is such a thing.

Our keep fit leader is very good-looking, super fit, and a wonderful incentive to us all! The experiment is welcomed by all the Rangers, and the loathe it/must-do-it-sometime brigade use it as their Physical Recreation



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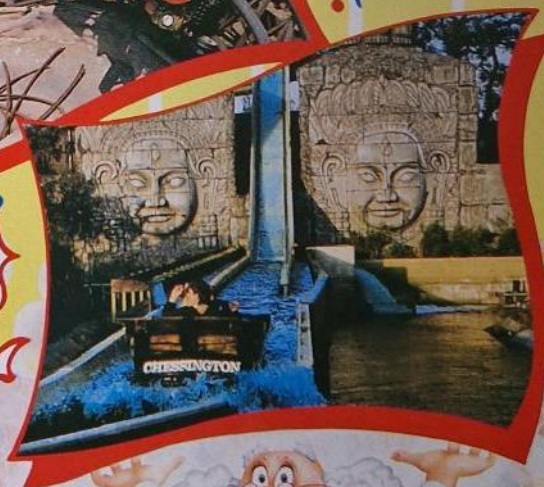
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Network

LAST CHANCE FOR LEGO

Three years ago, the Art of Lego exhibition opened at Bodelwyddan Castle, Clwyd. Since then, it has toured the country but is now back at Bodelwyddan for its grand finale.

This highly-acclaimed exhibition features specially-commissioned Lego creations by artists, designers, architects, engineers and scientists.

There is also a workshop area where visitors can build their own Lego models and artworks.

Open daily, except Friday, until June 2; admission £2 adults, £1 children. Full details, tel: 0745 584060.



CLWYD COUNTY COUNCIL



EVERACTIVE

UNDER 26 CARD

Just launched, the Under 26 card offers young people discounts on travel, food, consumer goods and leisure/entertainment.

It also gives access to services like insurance, legal helpline and membership of special interest groups.

As part of a Euro-wide scheme, the card is valid in over 150,000 outlets across Europe and all countries have the same logo.

The card, aimed at the 15-26 age group, costs £6. Application forms are available in schools, colleges and in discounter outlets.



TRUST QUIZ

The Handicapped Children's Trust's sole aim is to provide needy children, suffering from crippling spine diseases, with electric turbo wheelchairs — so that they can enjoy as much mobility and freedom as possible. Each chair, custom built and refitted as the child grows, costs £6,000.

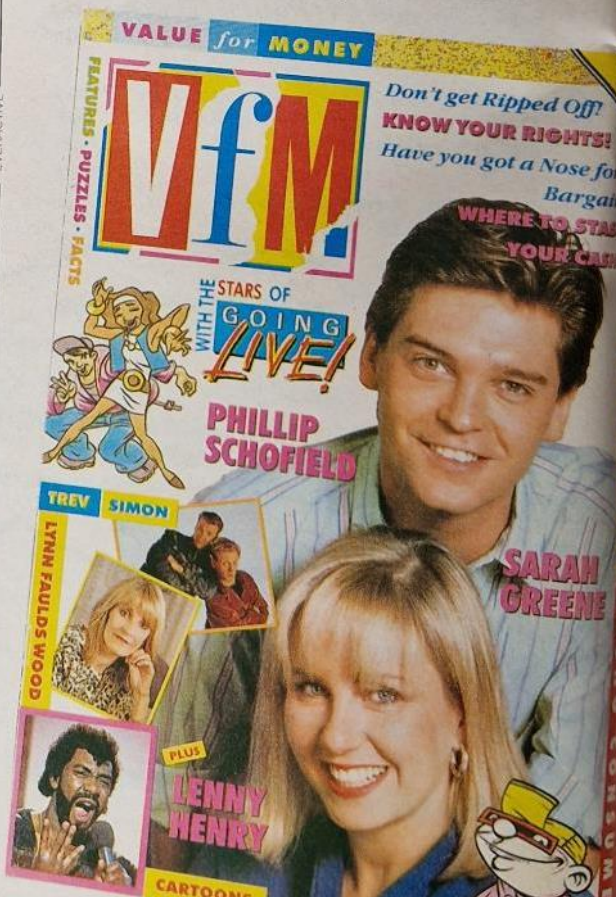
The Trust has various fundraising schemes. One of the latest is a sponsored general knowledge quiz, which can be done by individuals or groups. A sheet of 40 questions such as, What is dry ice? ... Who invented dynamite? ... sponsor form and the answers (for the organiser) are available from the Trust at Channelsea Centre, Canning Road, London E15 3ND; tel: 081-519 1173.

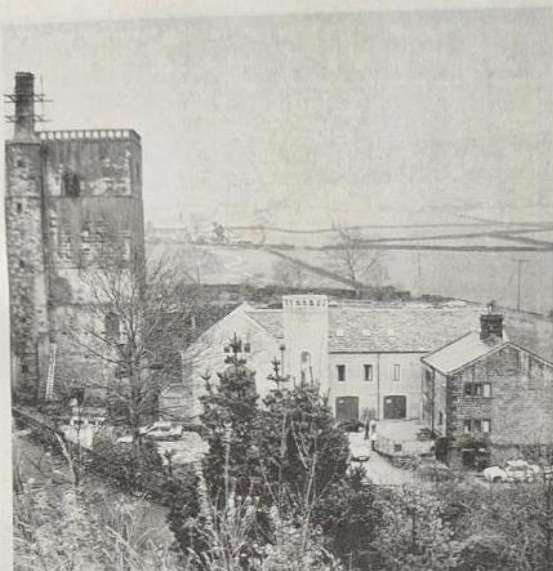
MONEY MATTERS

VfM — Value for Money — is a one-off magazine all about money and shopping for young consumers. Described as 'a fun publication with a serious purpose', it uses strip cartoons, personality interviews, features and puzzles to increase people's awareness as consumers.

Topics covered include savings, credit, label information, budgeting, buying green and mail order.

VfM is available free from the Office of Fair Trading, Room 306, Fieldhouse, 15-25 Bream's Buildings, London EC4A 1PR. (Order for the whole unit if you plan a group discussion).





FUN IN THE PENNINES

Lumbutts Mill is a new activity centre, situated near Todmorden at the heart of the South Pennines. The activities on offer range from abseiling and mountain biking to pony trekking and windsurfing. And all equipment and specialist clothing is provided.

You can go there on one of the centre's scheduled courses, ask the centre to plan a course specifically for your group, or follow

your own programme and just use the mill as an accommodation base — self-catering or serviced.

For full details — including special rates for Guides on self-catering weekends — contact Lumbutts Mill Activity Centre, Lumbutts, Todmorden, Lancs OL14 6JE; tel: 0706 814536.



FROM A TO B

Announcing its annual competition, the Royal Institute of Navigation reminds us that we are all 'navigators' — from the baby crawling across the floor to the adult going to work.

Open to individuals, or groups, aged under 23, the scope of the competition is wide: describe a journey, invent a navigational aid or prepare a project on some aspect of navigation...

Closing date, October 1, 1991. Details from The Royal Institute of Navigation, 1 Kensington Gore, London SW7 2AT; tel: 071-589 5021.

ACTION AID

This year's ActionAid week, June 1-8, has an environmental theme — Development without Destruction — and focuses on reforestation schemes in Ethiopia, Vietnam and Burundi.

It takes just 10p to pay for five seedlings in Ethiopia, and only £10 for 100 saplings in Burundi — so there's plenty of scope for fundraising efforts, however small they might be.

To stimulate interest among young people, special educational packs are available. These include a tree-planting poster, leaflets and *Sink or Swim*, a play about caring for the environment.

For further details about the packs and about ActionAid Week, contact ActionAid, Old Church House, Church



Steps, Frome, Somerset BA11 1PL, or ring 0625 619185 and ask for Audrey Hill.

NURSERY NIGHTMARES

Some adults might find Paula Rego's nursery rhyme etchings quite sinister. But most youngsters don't. The artist's starting point for the series was illustrating nursery rhymes for her little granddaughter, Carmen, who was not in the least bit bothered by some of the grotesque images that emerged.

Although born in Portugal,

Paula Rego has long since made England her home and was recently artist in residence at the National Gallery.

The 33 etchings in the series are on display at the Wakefield Art Gallery, until May 26. The exhibition moves to the Jersey Art Centre for the month of June, and then to the Dick Institute, Kilmarnock from August 10 to September 8.



LOOKING AHEAD

Your Eyes and Your Career is a helpful leaflet for young people which explains the importance of regular eye examinations and advises them to have their sight tested *before* choosing a career. This is because some professions, like the police, demand high standards of vision, while others — such as fashion design — are impossible if there is a colour deficiency.

The leaflet also reminds would-be drivers that they must, by law, meet certain requirements sight-wise. So again, an eye test is recommended *before* driving lessons begin.

Sight tests are still free for the under-16s (under-19s if in full-time education). *Your Eyes and Your Career* is available from The Eye Care Information Bureau, P.O. Box 294, London SE1 8NE.

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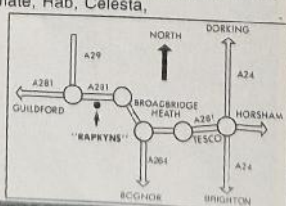
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PHOENIX

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Are your girls fascinated by water? I can't believe how keen our Brownies and Guides are. From fun splash nights to pond dipping, they're in there — literally! We're usually swept along by their infectious enthusiasm, and so we end up doing things we promised ourselves we never would.

We used to take our Pack for a day's outing to Brighton every September. The Brownies couldn't wait to pile on to the train at Victoria, clattering an enormous assortment of paraphernalia behind them.

There were lunchboxes, towels, bathers, thermos flasks, extra woolies, bags and bags of emergency sweets. And one child even brought the family's stripey windbreak.

I quite cheerfully informed each and every one of them they had to provide their own sherpas! But all these gaudy possessions were tossed instantly and unceremoniously on to the beach, as they belted headlong into the tempting waves. Of course they completely ignored my cries of 'Get changed first, please!' Too late. A packful of Brownie frocks adorned the breakwater to dry in the afternoon sunshine. It was always a marvellous day out, lots of happy laughter and games on the pier.

One year when we returned to Brighton station we found the platform swarming with Chelsea supporters heading home after a crushing defeat. The police superintendent threw his hands up in horror as we approached to say that we had to get that train as the parents would be waiting.

swallow's TALES

Our hero, however, admitted defeat in the face of 20 lollipop-sticky children and commandeered the guard's van for us, locking us securely in the post cage. But I still maintain it was to reassure the Chelsea fans, who felt considerably safer with my happy band behind bars!

I've mentioned before that swimming is a key part of our Pack Holidays due to our lovely hosts. We are so spoilt we have three different pools available to us. It requires a great deal of shuttle diplomacy on my part to ensure every swim is made to feel the very best of the week.

Jenny Wren and Beaver try a more adventurous style with their Guides. Beaver is very wise though, and always suggests Jenny as the obvious choice for guinea pig. So, one weekend before camp, she was to be found at a well-known pool in St Albans on the Spiral Gladiator, hurtling down the chutes and tunnels while taking mental

notes on safety measures. Jenny was sporting some very colourful bruises come Monday morning.

Another year brought canoeing to the camp programme. Jenny gamely hopped into her canoe and six Guides did likewise, lining their canoes side by side, stringing out from the water's edge. The instructor decided it was time to test Jenny's faith in her team! Gingerly, and so very, very carefully, Jenny crawled out of her canoe and back to shore across the others to take up position in the one nearest shore. Sue was even braver, heading in the opposite direction! Jenny is trying hard to curb Beaver's enthusiasm. After all, Jenny claims she no longer comes under the official classification of 'young Guider'.

The outdoor season is swiftly getting underway so be prepared to take the plunge. You never know, you might love it once you've tried it!

Notices

PEACE RUN '91

The UK leg of the third international Peace Run will take place from May 4-27. An Olympic-style torch will be relayed through as many towns and counties as possible, symbolising humanity's desire for global peace.

This, the world's longest relay run, is organised by volunteers on a strictly non-political, non-religious and non-profit-making basis.

The UK run starts in Inverness and finishes at Dover three weeks later. The Peace Torch will then be ferried across the Channel to Calais and handed to a team of French runners.

Anyone can become a torch-bearer, whether walking, running, jogging or propelling a wheelchair. Each can cover the distance they feel happy with.

To find out more about the run, or how to take part, ring 071-233-2867.

SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

December, 1990.....13.175 per cent
January, 1991.....13.000 per cent
February, 1991.....12.844 per cent

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

TRUST FUND

On February 28, the value of a share in the Scout and Guide Trust Fund was:

for selling purposes 249.67p
for buying purposes 262.26p
income yield 3.89 per cent

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

A dividend of 5.10p per share was fixed for the six months ended December 31, 1990.

HOP-A-THON

Children everywhere are being asked to hop for two minutes to raise money to help other youngsters who cannot hop — or would have great difficulty in doing

HIT THE TRAIL

It's time for a reminder about Celebration '91. If you — or your girls — weren't able to attend the February send-off, there's still time to make a booking for Trail '91.

From August 2-11 seven special camps are being held throughout the UK.

The trail is aimed at 14-26-year-olds, as it is to mark the Rangers' 75th Anniversary. But all members of the Movement in that age range, especially Venture Scouts (both lads and lassies) are welcome.

In fact, anyone from kindred youth organisations at home or abroad can take part. Bookings have already been received from Finland, the USA, Japan, New Zealand and elsewhere, so campers should bring plenty of Friendship badges to swap.

Campers can stay for a weekend or all ten days. They can apply on their own or in groups — the more the merrier. If one person in a Ranger Unit is interested but has no one to go with, she should contact her local Ranger or Young Leader Adviser, to find out if others nearby are going.

The first step along Trail '91 is to get hold of a booking form. There was one in October's *GUIDING* or local Advisers may have some. If not, contact CHQ. Advisers will also be able to help with any equipment queries.

The completed forms should be sent with deposits to CHQ. In return, a booking pack describing each site, plus a detailed explanation of activi-

ties and various costs, will be sent. It includes an activity sheet from which campers make their individual selection.

The activity sheet should be returned with the balance owing, plus activity fees. The organisers will then send out passports, which act as route cards and health forms.

Varied and value-for-money souvenirs will be available at all venues.

The cost is just £6 per day — or part of one — including evening meal and evening activities. For £1 a day you can enjoy numerous additional activities.

Each camp site has some special treats in store. These include barbecue and windsurfing at Broneirion with candle-making, pot holing and a visit to Alton Towers at Glenbrook.

Hautbois has clog dancing, a gyro wheel and a hobby hunt, while there will be screen printing and gorge walking at Netherurd.

Waddow offers metal detecting, a pudding hunt and caving. Foxlease is throwing an ugly bug ball as well as exploring circus skills and dry-slope skiing.

And over the seas at Lorne there will be a chance to experiment with hair styling and visit the Bushmills Distillery.

Trail '91 is definitely not to be missed. Whether you sample just one camp site or visit them all, there is something for everyone. Just take that first step.



to help children become more aware of the needs, desires and frustrations of someone with a disability.

Organisers are eager to put across the message that those who are affected do not necessarily want to be given any special 'kid glove' treatment. They simply want to grow up like other girls and boys, and be given an equal opportunity to live a full and practical life.

Each 'hopper' will receive a Rupert Bear Hop-a-thon Certificate. If you would like your girls to take part, contact the Muscular Dystrophy Group, 35 Macaulay Road, London SW4 0QP; tel: 071-720 8055 for further details.

JEWISH GUIDE ADVISORY COUNCIL

The Annual Service of the Jewish Guide Advisory Council will be held on Sunday, May 12 in the north west London area. All Jewish Brownies, Guides, Rangers, Young Leaders and Guiders are invited. Members of open units will be particularly welcome. Will Guiders please inform the members within their Districts and units.

Full details are available from the Secretary of the Jewish Guide Advisory Council, Mrs Hilary West, 35 Irvine Avenue, Kenton, Middlesex, Tel. 081-907 3509.

THE ASSOCIATION'S AWARDS

GOOD SERVICE

LAUREL

MRS HELEN MALCOLM, County Commissioner, Inverness-shire.

MERITORIOUS CONDUCT

STAR OF MERIT

AMANDA BATES, Guide, 7th Leigh Company, Essex South East.

SHARON BRENNAN, Sixer, 2nd Kingston Pack, Greater London West.

MRS ELIZABETH CHILD, District Commissioner, Castiard, Gloucestershire.

JOANNA WILLIAMS, Guide, 1st Leigh-on-Sea Company, Essex South East.

so — because they have muscular dystrophy.

Muscular dystrophy is a group of similar conditions characterised by the progressive wasting away of

the muscles. It affects children and adults alike and, at present, there is no cure or effective therapy.

The Muscular Dystrophy Group's Hop-a-thon is a way

'Do you want the good news or the bad?', I asked my daughter last June.

'What now?', groaned my 16-year-old, just recovering from an acute attack of the GCSEs.

'For the first time the Scouts have invited the Guides to go on the International Scout Jamboree next year. You have been asked, not selected, to be a South West representative.'

'Great!', she replied. 'Where?'

'Korea,' I said with a gulp, 'and Japan.'

'Wow!' she said, when she could close her mouth sufficiently to speak. 'What's the bad news?'

'We have to find the money.'

'How much?', she asked in a quiet voice.

I hesitated: '£1,650.'

'Where are we going to get that much money?'

'Good question!'

Well, it is a chance of a lifetime. A three-week trip, ten days of which will be the actual camp in the Korean National Park, when thousands of Scouts and Guides from all over the world will meet together.

They will take part in various sporting activities such as climbing, hiking, yachting, canoeing and taekwondo. There will be opportunities to explore the arts, crafts and music of Korea.

Two days in a Seoul hotel is to be

a personal VIEW

followed by several days actually living with a Korean family. Also part of the trip will be a five day visit to Japan, again staying with a local family.

'You can fund raise,' said the local Guide unit, 'and we'll back you in anything you do. But, unfortunately, our funds are limited and we shall only be able to make a small donation ourselves.'

So how do we go about raising £1,650?

Now I am not totally inexperienced at fund raising. I have jumble sold with the best! I have served on PTA committees for nearly ten years and have helped run coffee mornings, Christmas bazaars and sponsored events from spelling tests to bounces!

I have run stalls at church fairs and sold literally thousands of second-hand books in aid of various local and national charities. I have gone 'door-to-door' for our hospice and other good causes.

So what's the problem? I'll tell you. Charity, in my opinion, does not begin at home. I don't mind asking anyone for money in a good cause. Local

hospice — fine. Junior school raffle — great. My daughter's trip to Korea — oh dear!

It's not that she doesn't deserve it. She's been in the Guide Movement since she was a seven-year-old Brownie. On Wednesday nights we delivered and fetched her, supported all the Brownie events, took her on Pack Holidays and sewed on seemingly endless badges.

She progressed to the Guides and on Friday nights we delivered and fetched her, supported all the Guide events, took her to camp and taught her to sew on her own badges!

Now, as a Young Leader with two Guide Companies, she often escorts younger Guides to meetings and helps them to gain their own badges. She's willing and enthusiastic and everyone agrees she's an excellent choice as a Guiding ambassador.

So can anyone tell me please, why do I feel guilty about raising funds for this good cause? Charity begins at home? Not in our home!

CHRISTINE HOPTON
Horfield, Bristol

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.

Does any reader have a sample of the Girl Guide 'Tea Ware', shown in the illustration, which they would care to donate or loan to the Association?

It was first advertised in *The Guider* of July, 1934. Unfortunately, the manufacturer, Elijah Cotton Ltd, is no longer in business and there are no records of the design. Failing a sample coming to light, perhaps you know of someone who was employed in the factory and may have worked on the pieces and could tell me the colours that were used.

I should like to include it in a display in the Girl Guide Heritage Centre. The Centre will contain many treasures from Guiding's past and, it is hoped, will open at the end of 1992 or early in 1993.

If you do have a sample, write to me first. Do not send it to me. I will arrange collection.

SANDRA LEA
Heritage Centre Consultant

TEA SET TEASER



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Kent Ranger Christine Tillen spent a tough weekend preparing for her trip to the gruelling Trapperscamp in Holland and Luxembourg.

Before the trip, Christine, who is a Strood Town Ranger and Assistant Guider with 7th Strood Guides, spent

a weekend training in Sheffield where she got up at around six every morning, hiked for miles each day and lived off bread and jam.

The Guides never knew what time it was because they weren't allowed any 'luxuries' — and that included their watches. One Guide gave up and

CHRISTINE TAKES A HIKE

decided not to go to the Trapperscamp — but Christine was not deterred.

During the eight-day trip which began at Camp Vaught and ended in the Ardennes, Christine was launched into a challenging programme of activities including hiking, pot holing, rafting, sailing and abseiling.

She completed two days of assault courses, four days trekking with a heavy back pack, made many new friends both English and Dutch... and loved every minute of it!

Christine, who is 19, said: 'My District Commissioner suggested that I enter. She thought I was the right type of person. I like active holidays.'

In fact Christine enjoyed it so much, she is hoping to do it again next year. And, at the end of the year, Christine plans to leave the bank where she works as an accounts service assistant, and start a new career in the police.

She said: 'It was really brilliant. It was the trip of a lifetime and well worth doing.'



Some of the Rangers and the CRA, Joan with their 'world food' chart

SHERWOOD CELEBRATION

In Nottinghamshire, Celebration '91 got off to an action-packed start, when 60 senior section members spent a training weekend in Sherwood Forest. But far from camping under the Major Oak, they stayed at CenterParc's holiday village — and took full advantage of its facilities. Free time found the girls swimming, cycling, playing badminton... or trying out the jacuzzis, saunas and sunbeds.

In between the action, training sessions focused on 'feeding the world' — a look at the inequalities of global food distribution; the Guide unit as a team; and co-operation between Rangers, Young Leaders and Guiders.

The Saturday had two additional highlights: during the afternoon an interdenominational thanksgiving service in the village's own chapel and then, in the evening, CenterParc's Euronight — food, dancing and entertainment with a Spanish flavour.

All in all, it was a weekend to remember — and a wonderful way to begin Celebration '91.

She has lived all over the world, doing jobs of all kinds from journalism to running management courses — taking her baby into work with her if necessary — and firmly believes that it is possible for women to have both a career AND a family.

At the EOC offices situated all over Britain, there's a lot of work to be done. There's a mass of complicated legislation to work through, tricky court cases and industrial tribunals to sort out, campaigns to be fought and an endless queue of appointments for Joanna.

Our chat at the Press Office in Central London was briefly postponed while Joanna dictated an urgent letter. Then conversation was interrupted by an important call from Brussels. By the time we'd finally got down to talking, Joanna's next appointment was waiting outside. Brisk and totally unflappable, Joanna sailed through it all with ease.

The EOC was formed in 1975 following the introduction of the Sex Discrimination Act, its basic aim being to prevent people being treated unfairly just because of their gender.

Statistics show that 44 per cent of the British workforce is made up of women and it is estimated that 90 per cent of new jobs over the next five years will go to women.

But a large proportion of these working women are what Joanna calls 'pink collar workers' — women in jobs that are traditionally carried out by women, such as secretarial work and in the caring professions.

It was her good start in life, Joanna believes, which shaped her outlook and character. She joined her local Brownie Pack in Ashford, Kent, when she was about seven. Looking back she recalled that she was in the Pixies and loved it.

Joanna said: 'I loved doing the things that you do in the Brownies and the way it encouraged girls to use their talents. And all the good things like listening and caring for other people.'

But she had to give up Guiding at 11 because her parents moved to Bristol. In order that her education shouldn't be interrupted, Joanna was sent to the top girls' boarding school, Benenden in Kent — famous for its royal pupil the Princess Royal, who also fondly remembers her time in the Movement.

Joanna was sorry to give up Guiding because she had enjoyed it, but believes the values and skills she learned at school were similar to those she'd have gained through Guides.

Going to an all-girl school Joanna believes encouraged her to develop as an individual. In mixed lessons, she believes, the boys can intimidate the girls into under-achieving — 'they do tend to say the Bunsen burners!' she

EQUAL TO THE TASK

'I've done everything from cleaning out lavatories to working with Prime Ministers,' Joanna Foster once retorted, when a man asked her what had she done with her life.

A busy mother-of-two who has been driven by a desire to be always doing something, she has risen up the career ladder to her present position as chair of the Equal Opportunities Commission.



Women's champion Joanna Foster

said. School gave Joanna the confidence which helped her to succeed in the world of work.

The Girl Guides should remain a single sex Movement, Joanna believes. She said: 'The Scouts will be the richer for having girls. But, in school, it should be boys-only and girls-only. Girls learn a large amount of self-confidence when working with other girls.'

At school Joanna enjoyed a wide range of subjects, including those

sometimes dominated by boys, such as carpentry.

Guiders can play a big part in encouraging girls to enjoy activities and subjects which are presently dominated by men, Joanna believes. She said: 'It is really important to open up the whole range of experience for girls, so they don't think there are areas which girls don't do.'

'Guiders should tell their girls to "Go for it", encouraging them to see there is nothing they can't do.'

Joanna left school in the Fifties with eight 'O' levels and two 'A' levels. She didn't go to university in Britain 'because in those days it wasn't done'. But she did go to a French university, Grenoble, to take a diploma in French.

Back in England she took a secretarial course 'because in those days that is what everyone did', getting a job as a secretary with *Vogue* magazine.

Not being one to just sit back and type letters, she was soon assisting the photographers and helping to organise fashion shoots. At 21, she went to New York to work on American *Vogue*. She enjoyed her first taste of journalism so much, she landed a job on a newspaper in San Francisco.

Next Joanna returned to England and married Jerome, now Dean of the London Business School, who she'd met while studying in France.

Her mother's hopes that, at last, her daughter would settle down and have children were dashed — Joanna wasn't ready. She had plenty left to do before starting a family.

Instead Joanna ran the Conservative Press Office working with three Prime Ministers: Harold Macmillan, Sir Alec Douglas-Home and Edward Heath. It was a fascinating time, travelling all over the world with politicians, preparing speeches, attending conferences and relishing the excitement of elections.

But eventually the glamour faded and Joanna decided it was time for a change: 'I felt I'd done that and it was time to try something else,' she said.

So she joined the Industrial Society, where she set up a youth training programme in the days before YTS. The aim, Joanna said, 'was to give young people a decent training.'

Somehow she managed to find time to start a family. She worked part-time when Hugo, now 21, was born. And 18 months later, when her second baby, Kate was born, Joanna and her husband moved to Fontainebleau, near the French capital.

There she met other wives from all over the world whose lives and careers

'I loved doing the things that you do in Brownies.'

had been disrupted through moving for their husbands' jobs.

The women got together and wondered how they could keep their careers going. Their answer was to start a bi-lingual nursery school and adult language school. It was built in a converted stables and it meant Joanna rolling up her sleeves, getting on her

PRIORITIES FOR THE CARING NINETIES

- The Commission wants to amend and simplify legislation by combining the Sex Discrimination acts with the Equal Pay Act to avoid the complex, expensive and stressful litigation parties currently have to go through.

- The EOC's priorities for the 1990s include challenging traditional attitudes, such as who does what at work and in the home? It's not just child carers who need help — people who look after elderly relatives also need advice.

- It is campaigning to get more childcare facilities for parents who want, or need, to return to work and the end of taxation for ALL nurseries.

- The Commission also wants to get a better deal for part-time workers and is challenging the Government over a law which gives part-time workers no redundancy compensation or protection against unfair dismissal because they work too few hours.

knees and scrubbing the old lavatories to prepare the building for pupils.

Childcare wasn't a problem. 'I would go into work with a child on my hip if necessary,' Joanna recalled.

Yet she still found time to edit two newspapers and act as Press attaché for the international business school, INSEAD, where her husband was working.

FACT FILE

- The Commission is based in Manchester with regional offices in Cardiff, Glasgow and a Press Office in London.

- It is a non-government organisation and is funded by a Home Office grant.

- The EOC can advise and help you if you feel you have been unfairly treated because of your sex in your (or your children's) education; your job; pay; chances of promotion; or your consumer and welfare rights.

- There are three acts of Parliament on your side: The Sex Discrimination Acts 1975/1986 and the Equal Pay Act 1970.

- The EOC liaises closely with groups such as trade unions, employers, credit companies, education authorities and schools to help improve equal opportunity policies.

- It also has a watchdog role — researching and investigating areas where women or men are being treated unfairly because of their sex.

For more information, write to: The Equal Opportunities Commission, Overseas House, Quay Street, Manchester, M3 3HN. Or telephone: 061 833 9244.

After seven years in France the family moved to Pittsburg, Pennsylvania, where even, to a supermarket like Joanna, the women seemed daunting. 'They all looked like superwomen!' Joanna said. They all appeared to have PhDs and they hopped around in

Guiders should tell their girls to "Go for it."

their tracksuits, looking so slim and healthy.'

For the first time Joanna was not able to work, because she didn't have a visa. So, on her 40th birthday, she signed up at an American university 'along with all the 18-year-olds' to study for a BA, majoring in psychology.

At university Joanna met a woman from another American state, who 'was more culture shocked than I was!' They went into business together, advising companies on stress management and how to successfully relocate their employees.

Joanna and her family had been abroad for ten years when they returned to England and set up home in Oxford. Again, Joanna wasted no time finding a job. She was appointed head of the Pepperell Unit, the Equal Opportunities Division of the Industrial Society, which ran training courses for women.

Then what Joanna describes as a 'posh letter' arrived at her home in Oxford. It invited her to chair the Equal Opportunities Commission.

Joanna's daughter Kate encouraged her to take on the job. Joanna explained: 'Kate said: "You have got to make the world a lot easier for me and my friends than it was for you and your friends, so we don't have to sacrifice our careers when we start a family".'

Women of all ages, classes and races come to the EOC for advice and help. Some have been sexually harassed, some want advice on maternity leave, others have been asked unfair questions at interviews.

It's more important than ever for women to stand up for their rights these days. Joanna pointed out: 'Only five per cent of families are what I call the "cornflake packet family" — the traditional family of working husband, housewife and two children. This means that in many of today's homes, the women are going out to work and, often, they are the breadwinners.'

But women are not the only ones who become the victims of unequal opportunities. 25 per cent of Joanna's cases come from men.

NICOLA WHATMORE 25

OUR WORLD FAMILY

The international aspect of the Guide Movement is one of its great strengths, making a valuable contribution to world understanding. However, members aren't always clear about the structure that underpins the links. Here Sue Taylor, International Commissioner, explains the Regions of the World Association of Girl Guides and Girl Scouts, particularly the European Region.

After the most recent World Conference in Singapore in June, 1990, there are 118 countries in WAGGGS, the World Association of Girl Guides and Girl Scouts, with over 8 million members between them. You may wonder how such a potentially unwieldy structure is organised.

For Guiding purposes, the world is divided into four Regions and one Regional Group. Just as girls in a Guide Company divide into Patrols, which may be of different size, the members of a Region operate as individuals at times and, at others, as the members of a group — their regional family.

The newest member countries of WAGGGS are Pacific islands Vanuatu, Tuvalu and Kiribati. These were formerly Branch Associations of the UK Girl Guides Association.

Another Association accepted into associate membership of WAGGGS at the Singapore Conference was Czechoslovakia, but this was a very special case. Czechoslovakia was one of the founder members of the World Association in 1928.

Guiding has been through many difficult times there, as it has in the other countries of Central and Eastern Europe. It was banned for many years under the communist regimes which held power but, with the new found freedom for these countries, has come the chance to restart Guiding.

It was an emotional and supremely happy membership session at the World Conference, which witnessed the first of these countries being re-admitted to WAGGGS. We can only hope that at the next World Conference in Denmark in 1993 there will be several more welcomed back.

The four Regions of WAGGGS are: Africa, Asia-Pacific, Europe, Western Hemispheres, and the Arab Regional Group.

26 The work of each Region is co-

ordinated by a committee of six members. The Europe Committee is elected at the European Conference, which takes place every three years in a different European country.

The last conference was in Cyprus in 1989 and the next will be in Sweden in 1992. The election of the committee is ratified at the following World Conference.

The chairman of each of the regional committees is a member of the Promotions Committee, which is a sub committee of the World Committee.

The World Committee comprises a group of 12 women, each very experienced in Guiding or Girl Scouting in her own country and, more often than not, with wide experience outside Guiding as well.

The Committee is elected at the World Conference but, as each member sits for a term of nine years, only three members are elected each time. Once elected, the members do not represent their own countries but consider the wider needs of WAGGGS as a whole.

Naturally, however, it is important to have a balance of members between the different Regions. The Committee meets once a year, usually in London, because that is the location of the offices of the World Bureau. The most recent meeting took place in March.

WORLD BUREAU

The day-to-day and week-to-week work of WAGGGS is carried out at the World Bureau, which is the administrative centre of the World Association. In mid-1990 a new Director of the Bureau was appointed. She is Mrs Jan Holt and, together with her multi-national and multi-lingual staff of about 35, she deals with the multiple and varied needs of the member Associations.

All documents and material produced by the Bureau must be translated into the three working languages of

WAGGGS — English, French and Spanish. Contact must be maintained with many outside organisations. For instance, WAGGGS has consultative status with the United Nations and several of its associated organisations.

Each of the four Regions has a Regional Executive working at the Bureau, together with a small staff. Their role is to co-ordinate the work of the Region, in consultation with the regional committee, and especially the chairman.

The staff promote the sharing of experience between member associations within any Region and provide support and advice to individual associations. They may assist in the organising of shared training events and seminars.

In Europe the Europe Committee WAGGGS works very closely with the European Scout Committee. Indeed, Europe is the only Region in which the two committees work so closely together. Meetings are held jointly, with some time set apart for separate meetings as necessary.

The work of the Region is largely planned jointly, with equal responsibility for the organisation of regional seminars and similar events. This means that the staff of the Europe office at the WAGGGS World Bureau must work closely with their counterparts at the Europe regional office at the World Scout Bureau in Geneva.

This article has been an attempt to explain some of the workings of WAGGGS and to introduce the Europe Region. Further articles will give examples of the type of work being undertaken in the Region, and introduce the topics of the different seminars taking place this year. Later we will provide an introduction to the theme and items for discussion at the next European Conference in Sweden in May, 1992.

If I heard that someone I knew was going to sit in a bath of custard *for fun*, I'd probably walk on by. However, if I knew they were committing the idiotic act *for charity*, then I'd probably sponsor them.

When I see a mob of females clad in operating theatre gowns stained with fake gore, or strapping males in gymslips and fishnets, my first instinct is to dive into a handy greengrocer's and pretend to be intensely interested in the display of kiwi fruit until they have passed.

If, however, I hear the jangle of buckets full of change I know that these are the staff of the local hospital, touting for funds. And I am reassured. These are not maniacs after all, but the professional descendants of Florence Nightingale and Hippocrates, carrying out good works.

But why should people be excused this ridiculous behaviour just because it is for charity? Ought we not to give the charity buffoon as wide a berth as any other tedious joker? The bizarre acts indulged in to raise funds numb the brain: taking trips from Land's End to John O'Groats on a motorised barstool; eating soup with chopsticks; holding wedding receptions in the deep end of a swimming pool... a few of the more sane events.

HARMLESS STUNTS

Good luck to them, most people say. The stunts are all in aid of a good cause and they give a lot of harmless fun, so what's the problem? Those like me who raise an eyebrow are classed as mean-spirited old killjoys, who can't bear to see a spot of levity in the serious business of charity fund raising.

Very possibly so. But before dismissing us as old Scrooges muttering 'Bah! Comic Relief! Humbug!' let me outline a few reasons for my dislike of these charity bunfights.

I've taken part in all this tomfoolery in the past. On one Red Nose Day, while I was a teacher, I went to school dressed as a schoolboy in full uniform. I joined a staff-room peopled by the Grim Reaper, a Mexican gaucho, a pool-hall hustler and worse. I took my class's register from two pantomime cows, a kilted Scotsman, a Viking with tinfoil and cardboard battle-axe and several crimplene-clad hippies.

In part, the day was fun and the children made the most of one day's relaxation of the usual rigid rules on dress and discipline. But I am still dubious about some of the aspects of this junketing.

For many of the pupils, the day was

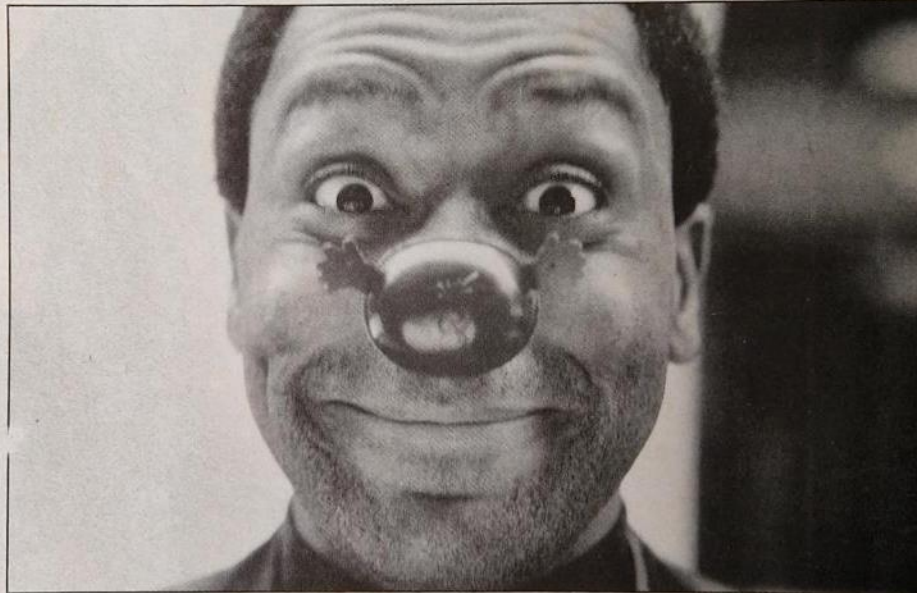
an opportunity to hire the most expensive costume from the local fancy dress shop. Some of these were in distinctly dubious taste. I found the Palestinian terrorists who were sponsored to kidnap the headmaster very questionable. And I felt that members of staff dressed as grossly blacked-up Southern minstrels or as Nazi storm-troopers were not giving the young the right sort of example to follow.

The actual sum raised was not great

charity that most provokes me.

The voluntary organisations, providing much-needed help, seem to fear that this brave new world is so reluctant to give something for nothing that we now expect to receive a return for our bounty.

We don't simply donate some money to help others; we want someone to run a marathon, preferably in a kangaroo suit, before we'll hand over £1.50. Feeling, perhaps, that we've got value



Comedian Lenny Henry is happy to wear a red nose for Comic Relief

considering the disruption and mayhem caused. I doubt very much if Comic Relief made as much money as the fancy dress shop, judging by the number of eccentrically-dressed citizens I saw about town that day. But then none of the money would have been raised without the stunts, would it? Or would it?

BRING ON THE CLOWNS

I've also been involved in fund raising on occasions without any accompanying mayhem of costumes, red noses or custard pies. The fund raising still worked. Enough money was raised to put a student through three years at university, simply by explaining that the student involved was unjustly denied this chance in her own country.

At no point in these fundraising efforts did people expect to be given something in exchange for their donation. It is this aspect of clowning for

money.

Medieval monks did not have to organise a sponsored sit-in-the-stocks to raise money for a leper hospital. Dr Barnardo did not have to dress up as a circus clown and wander the streets of London rattling a bucket to fund his children's homes.

Are we today really so bereft of common decency and charity that we cannot give without seeing people humiliate themselves on behalf of those who receive?

I don't think so. I hope we will still give without requiring charities to cavort for their pittance, or endure trial by sponsorship.

Isn't it time for a more dignified approach to giving? I believe there would be more respect in the transaction if both the parties involved accepted that charity is a noble action, not a fairground sideshow.

OXFORDSHIRE ORDEAL

Former Queen's Guide Sarah Cottonill Walker, whose mother is Guide with the 5th Skegness Guides, plans to swim the English Channel next year to raise £2,600 to take part in Operation Raleigh. For an athlete like her, the cold waters of the Channel should hold no terrors after her experiences on Operation Raleigh's selection weekend. Here Sarah, now training to be a nurse, describes the weekend and explains why she 'desperately wanted to go home'.

Sarah (with Wilfred)

Operation Raleigh — initially called Operation Drake — was started in the early 1980s, following a suggestion by Prince Charles. It was a world expedition over a four-year span, setting out to visit remote countries and carry out scientific, conservation, community and adventure projects.

The expedition was completed in 1988 but other expeditions continue and places on them are open to people aged 17-25 from all over the world. I learned about Operation Raleigh Challenge through friends and, thinking that I had nothing to lose, applied to go on a tough mock expedition weekend. That's the first hurdle to get over to prove you are suitable to go on an expedition.

I found myself, with 40 others, at a railway station in the middle of nowhere, somewhere near Oxford. People were milling around in an effort to keep warm. The atmosphere was quiet and calm, but not for long.

Three vans pulled up, out of which jumped people we could have mistaken for members of the SAS, had it not been for the Operation Raleigh logo on the vehicles. These assessors, as they later became known to us, ordered us to dump our camping gear on the ground.

I heard weak voices whine: "But it will go in these puddles". I heard a strong voice bellow: "Tough! Get on with it". I got on with it, whimpering quietly only as my matches, food, carry mat and watch were confiscated.

We were then divided into groups and allocated numbers. As a result, I think I will have a life-long bias towards the number 32.

We were ordered to re-pack and given 90 seconds. Anything that is left behind, stays behind, we were warned. After frantic packing, my team (numbers 31-39) were given two maps and a grid reference — miles away.

About five hours after starting, we arrived at base camp. We were the last team to set off but the first to arrive. Did we get a rest? Oh no. We then had to jog through woods to what we were told was a roaring river. In reality, it

was more a swamp, full of old car tyres.

The whole team got stuck in, which probably accounted for the fact that, at the end of the allowed time, we had lost most of the team, not to mention ropes and gear. Failed!

We were moved on to other projects — abseiling, moving a log and building a pontoon bridge to an island to collect our dinner.

As night drew in we set up camp, collected wood and lit the fire. It was amazing to think that we had only just met, yet had already made good bonds and worked well as a team.

We sat round the fire, eating boiled potatoes, carrots, cabbage — all collected at the bridge — and pieces of furry rabbit.

People were ... too tired to think straight

After camp fire we were astonished to find ourselves doing keep fit exercises, followed by a series of mental tests. That doesn't sound all that hard, until you realise that we had to run round the camp site between each one. I think there were eight but I lost count.

Then our mental ability was tested further with a mock desert survival test; puzzle reconstruction, relying totally on our powers of communication; and many taxing questions — plus running sessions, complete with full packs.

These sessions were to assess how an individual coped under stress and how one functioned in a group. The qualities looked for were: willingness to offer ideas, listen and compromise.

It must have been after midnight when we settled down for some sleep but, as it turned out, not for long. To test our stress levels even more we were woken up about 2am and told to go on a trek to find our breakfast.

Off we trekked only to find our meal

had been pinched. So we returned to camp, feeling very sorry for ourselves, for a few more hours' sleep. We managed to get to sleep about 4am. Sleeping nine in a bivvy is an excellent way of getting acquainted.

It seemed we ran everywhere and next morning was no exception. We ran to a hall and did some exercises, followed by a three-minute talk on a topic of our choice. People were either out of breath or too tired to think straight. Fortunately the audience was too busy trying to stay awake to notice.

A mad jog soon livened us up and then we ate breakfast — compliments of group 1-30 — burnt porridge with lumpy sugar. I think I preferred the hairy rabbit!

At this stage I desperately wanted to go home but I carried on. It helped me to know that many of the team felt the same way.

We played shepherds and sheep, catapult the egg and guess the weight of the log. Highlight of the weekend was building a raft, which we navigated round an island without anyone falling in — to the disgust of the assessors.

They shadowed us throughout the weekend, following our progress and seemed greatly amused when anyone got wet or dirty. The lowlight, and fortunately the finale to the weekend, was being led blindfolded through a swamp.

I showered, ate a big meal, collected my Operation Raleigh selection weekend survival certificate and said goodbye to some people I can safely say I know more about than I do about some of my closest friends.

I am proud to say I passed Phase One — the weekend — and can embark on Phase Two, which involves raising £2,600 to send myself on an expedition of my choice. To do this, I aim to swim the Channel next year and I am already seeking sponsorship.

SARAH COTTERILL-WALKER

● In next month's *GUIDING* a County Adviser, describes her three months in the great Australian outback as a Venturer.

For her Channel swim attempt Sarah plans to undergo intensive training with the British Long Distance Swimming Association. In 1988 she completed an Ironman triathlon, when she swam three miles; cycled 112 miles; and then ran a marathon. She completed the entire course in 10 hours 45 minutes. Sarah intends tackling another this year.

Young men and women taking part in Operation Raleigh expeditions are known as Venturers and, like all those

to qualify in Phase One, Sarah is required, in Phase Two, to raise a minimum of £2,600 by any legitimate means.

Part of the sum raised is used to fund the Venturer on an expedition of his or her own choice. There are many options, including Alaska, Botswana, Chile and Madagascar, where Venturers can work to fulfil the objectives of the scheme. The rest of the money is used by the organisers to enable physically disabled and those from deprived

regions to participate.

In the final phase, tackled by Venturers on their return from abroad, they join a Venturer Support Group to work for a local community in various ways.

For pre-recorded basic information about Operation Raleigh, call 071-376 8536. Specific queries can be dealt with on 071-351 7541. For an information pack, write to: Operation Raleigh, The Power House, Alpha Place, Flood Street, London SW3 5SZ, enclosing an A4-sized sae.

'Please, Sir, I want some more.'
To most people the words spoken by Dickens's *Oliver Twist* conjures up the horror and abuse that some children had to suffer in the 19th Century, even if some of the impact has been trivialised by turning the book into a hit musical.

On the surface it would appear that, at least in Britain if not in all the Western World, many of the abuses suffered by children have been overcome. But, unfortunately, human nature dictates that legislation alone is not enough.

What about the Third World, someone may say? It's not only the Third World where young people are abused. In many supposedly civilised countries children still suffer abuse.

Anyone with a television set knows of the catastrophes brought upon nation after nation through war, insurrection, political ferment, famine and other natural disasters, as well as pure evil. Just as if we were watching a musical, we have, in the main, sympathised, looked for a happy ending, perhaps contributed a pound or two and gone to bed satisfied.

Fortunately, and some may add, about time, world leaders seem aware of the deficiencies in guaranteeing the rights of children. In an attempt to rectify the situation, the General Assembly of the United Nations in November 1989, adopted the Convention on the Rights of the Child.

Great news! Now we can all forget about it and go back to our television

and newspapers. Well no, not exactly, you'd better think again!

I was privileged to attend a seminar on the Convention in Strasbourg in October last year. Two things became increasingly clear to me: first the tremendous sufferings and abuses of all kinds meted out to children worldwide. Some of the examples given were truly horrific and left me with a feeling of guilt and inadequacy. On reflection it now appears to be more likely self-pity from which one has to escape, but escape to where?

My second conclusion was that it is no use having high ideals, acting from emotion or joining the bleeding-heart brigade unless there is a practical step to take.

The aims of the Convention are high-minded and correct and will appear so to all high-minded, compassionate people. However, worldwide politics does not subscribe entirely to high ideals and compassion. Most political systems, of necessity, at times look to other interests.

I feel that because of a possible naivety in the drafting of the convention, some governments will find it difficult, through no fault of their own, to

support it fully. This, in turn, could slow down the action and, possibly, in the long term, minimise its effects.

The Guide Movement, high principled and fully orientated towards the young as it is, cannot turn a blind eye to the information to hand.

It is impossible to attempt, in a short article like this, to highlight the main areas of abuse, the geographical areas of abuse, the scale of the abuse or, unfortunately, the ways to redress the situation.

Instead I have attempted to introduce and highlight the problem. Anyone looking at the history of care in our Movement will have no doubt that the challenge can be taken up, either in part or totally, in the best possible way. Don't let us be classed with the bleeding hearts or the hearts-on-the-sleeves brigade — all emotion and no action.

Remember, actions speak louder than words. Watch this space!

KERRY RICHARDSON

on behalf of the Ulster Junior Council

CHILDREN'S RIGHTS



Crazy? Impossible? Yes, Margaret thought so too, when she considered in fine detail how this bizarre feat was to be accomplished.

But, having already announced her plan to the District Commissioners, there was no turning back.

The object of the exercise was to help with the fund raising but, as Margaret no longer runs a unit, she decided to see how much she could raise on her own by a sponsored whistle-stop tour of her Division. She persuaded friends and relatives to sponsor her, either per unit visited or to complete the frenzied marathon.

Joyce Chapman, Camberley's previous Division Commissioner, volunteered to act as driver and help with the strategic planning. But the task Margaret had so blithely embarked upon seemed positively absurd, when they recollected that two motorway intersections figure on the route.

After all, the majority of units met just when the traffic was snarling-up nicely in the rush hour at the motorway exits and moving at a snail's pace.

If it could be done at all, then it had to be meticulously planned like a military operation. 'Generals' Chapman and Jeffreys pored over maps for hours, planning and re-planning until they were at last satisfied that the route could not be improved.

On their first day in action they got into the car with — to quote Margaret — 'great trepidation'. Off they drove towards their first traffic jam, commenting: 'Whatever are we doing?' and 'We must be mad'.

Margaret takes up the story: 'Everywhere we went, however, the Guiders and girls gave us such encouragement, we were spurred on, caught up with the excitement of it all.

'It will be quite a while before I live down the Anneka Rice image — especially when I lost my way inside one school and had to climb out of a window to get to the unit. And that wasn't easy in a uniform skirt!

'I saw games of all descriptions, including the Maori stick game; crafts such as lace-making, tie dyeing, dyeing using natural materials, teasel animals, face painting, covers for tissue boxes, letter racks, basket-making — the list is endless.

'I tasted food prepared by Brownies, Guides and Rangers such as pancakes with imaginative fillings, some of which I couldn't identify, but I was assured they were edible.

There were also pancakes made by tin can cookery; rum truffles; Welsh cakes; rock cakes and rice cakes; spaghetti bolognese; cheese cakes and mint coconut ice. But, despite all

A DASHING COMMISSIONER

Even ex-Guide Anneka Rice would have quailed at the prospect — visiting every single one of the 59 units in the Camberley Division in Surrey at their normal meeting times... and all within one week.

That was the challenge Division Commissioner Margaret Jeffreys set herself when Surrey West resolved to raise £100,000 to build an activity centre at the County camp site at Herons Wey, Farnham.



that, I still managed to lose half a stone in weight!

'I saw several units rehearsing plays and preparing for bazaars or parents' evenings. I joined 'in four camp fire songs and in a Trivial Pursuit quiz. I even heard two Guides renew their Promise.

'Some Brownies and Guides were receiving training from St John personnel. One Brownie Pack was busy making a beautiful banner depicting the Country Code. Several Brownies from another Pack were being tested for Pack Holiday badge.

'Can you believe that I saw all these things in one Division in one week? All through the week the units cheered and clapped us on our way. We were

sung to and given Brownie welcomes. We were bombarded with streamers and confetti. Everywhere there were posters, banners, placards and balloons to wish us luck.

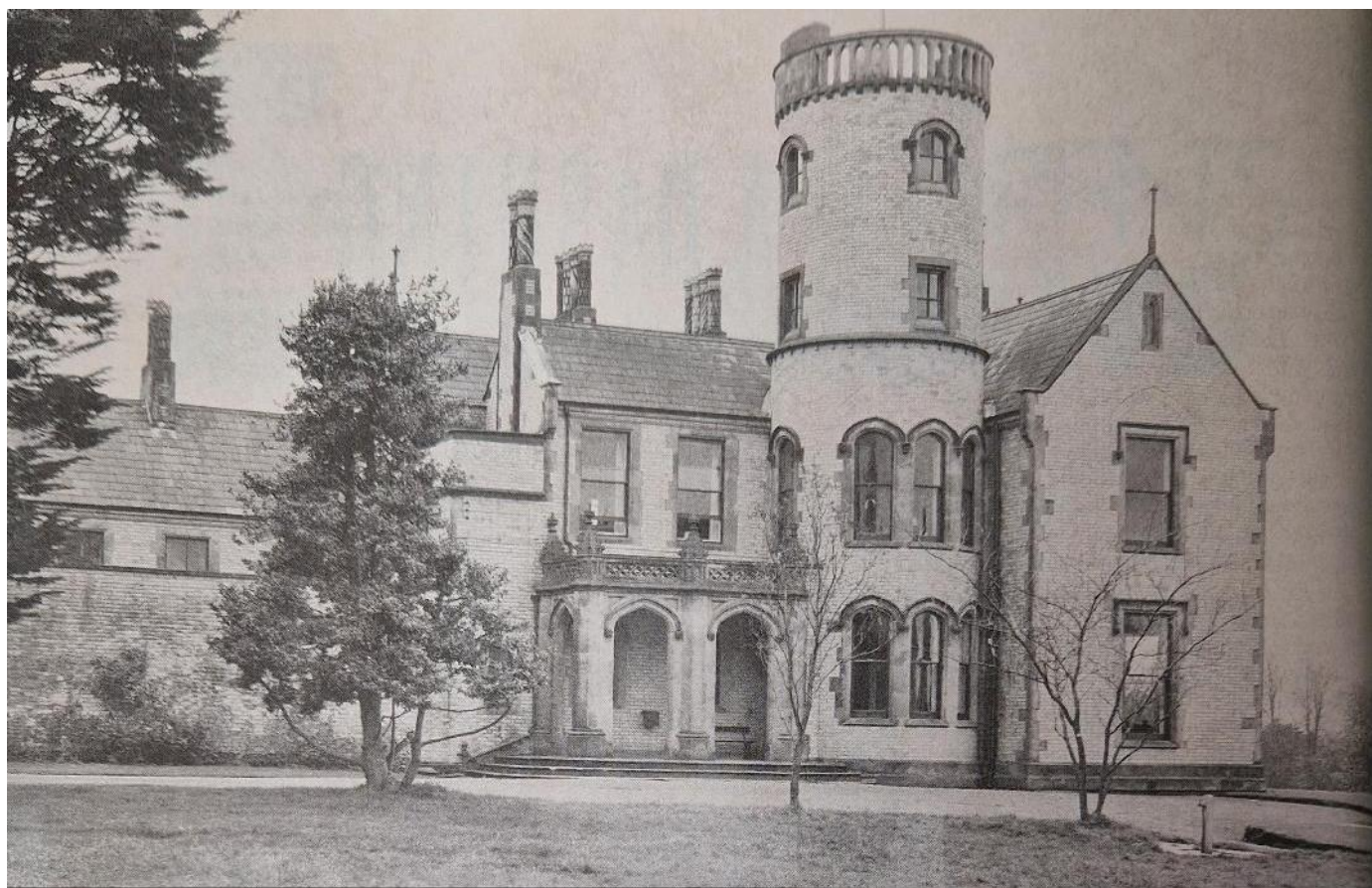
'I had a wonderful week and, bearing in mind that all units follow the same Programme, it is astonishing how much variety there is, thanks largely to our Trainers in the County.

'I never heard the word "boring" used once and one young Guide summed it up when I asked her if she enjoyed Guides. Without hesitation she replied: "Yes, it's brill".

With Joyce Chapman's help, Margaret completed her mission and raised £720. That, too, was brill.

Margaret Jeffreys takes a well-earned rest

DAVID JACK 31



LORNE MEMORIES

Lorne, the Ulster Guides' training centre at Craigavad, has light, airy rooms with marvellous views of Belfast Lough and the sea beyond, but its first trainees, who went there in early post-war days, had to be tough to stay the course.

True, this turreted Victorian mansion, built in Scottish baronial style, did have a few of what were then still regarded as mod cons.

For a start, there was running water. It ran all right — all over the place when the varicose lead pipes burst, as they did quite often.

And, as the Ulster Guides' Archivist Joyce Murphy records in *The Story of Lorne — The First 21 Years**, there was electric power of a sort.

When, late in 1945, the building was acquired, it was wisely decided to retain the services of the incumbent caretaker — 'if at all possible, in spite of his advanced age, as only he understood the workings of the engine for making electricity,' she explains.

It could not have been used for heating — there was not a power socket in the house at that time. The first of many trainees arrived in a party of 21 on March 14, 1947. Snow was on the ground and on that memorable night, everyone went to bed in their clothes. There was no heating of any

kind in the bedrooms.

Mrs Haughton, the Chief Commissioner, sent a telegram from Culleybackey in which she praised 'the bravery and powers of endurance' of the staff and trainees. Some time was to elapse before Lorne had its first central heating — oil stoves.

At the official opening of Lorne, on June 3, 1947, Her Grace, the Duchess of Abercorn, Ulster's first Chief Commissioner, inspected every part of the building. It clearly reminded her of her own home where, she was reported as saying, the temperature had hardly risen above 40 degrees F for several months that winter, one of the coldest for many years.

A committee, set up to prepare Lorne as a training centre, pondered the plumbing at its first meeting and the minutes reveal that it was not overawed by the one baronial lavatory discovered on the first landing. Despite the pan being set on a dais and having a 'very grand' mahogany seat, it was ripped out without ceremony on the

orders of the committee and replaced by two more modest WCs.

Two members of the committee went to Belfast to see if they could buy some surplus government furniture. Only 18 months after the war, with food rationing still in force, clothing coupons and shortages of virtually everything except application forms, even well-scuffed tables as used by the lowest grades of civil servant were much in demand.

Ulster Girl Guides, it seems, were unable to get priority to purchase the required artefacts but this, as Joyce Murphy observes, may well have been fortuitous. Those kind ladies of the WRVS, no doubt running down their stores after the war, came up with all kinds of useful things.

They offered 200 blankets, 300 palliase covers and two dozen patchwork quilts. The palliase covers were later made into sheet bags and used for many years. Guides paid sixpence — almost 3p — for the bags to be laundered. Eventually some were made

HOTLINE

**Introducing Hotline, a new express channel
of communication between CHQ and
grassroots Guiders.**

**We are trying to cut down the time it takes for news
of a decision or information about an exciting new
development to reach you out there, our readers, the
people who keep the Movement moving forward.**

Getting accurate information to and from Guiders has long been recognised as a top priority for everyone.

Efforts have been made to speed up our existing system. But still the complaints roll in that the communication links/chains currently used produce unacceptable delays.

- Guiders are often frustrated because they only hear about opportunities for the girls when the apply-by date has passed.
- Messages passed down through established channels are often distorted in the process.

The Chief Commissioner touched on the thorny topic in August's Comment, when she called our system Chinese Whispers. She was seeking to improve communication at every level.

That was the message that came out loud and clear from both the market research study carried out for the Association in 1988 and the management conference held the same year.

The market research revealed that members complained of having 'too many meetings to attend' and of 'waiting too long for information'.

No punches were pulled at the management conference when communication within the Movement was said to equal 'considerable frustration'.

Our own research suggests that an ideal way to streamline the passing on of information is to produce a supplement to *GUIDING*. We are currently planning three a year but if demand increases...

The new approach has advantages both to readers and the Association.

- The same information gets to everyone at the same time.
- Pull out A4 pages are easily filed for future reference.
- A different production process will shorten editorial lead times, getting the message out faster.
- Use of questionnaires will make wide consultation within the Association a reality.
- Saving to the Association on photocopying costs, paper and postage.

The next supplement is due in September.

BADGE BOOKS

Because of the increasing dissatisfaction with the annual production of badge books, it was proposed and accepted by the Association Programme and Training Committee in May, 1990 (based on the results of the Badge Review questionnaire) that Interest badges would be reviewed in a four yearly cycle, with new badge books being published every fourth year.

New badge books will be published in September, 1991 and slight alterations have been made to the wording of some of the syllabuses in order to give consistency of style throughout.

So: 1991-1992 - Evaluation year

1992-1993 - Review of Interest badges in group 1
(predominantly International)

1993-1994 - Review of Interest badges in group 2
(predominantly Arts)

1994-1995 - Review of Interest badges in group 3
(predominantly Outdoors)

September 1995 - Publication of new badge books.

We hope that reprints of badge books between 1991 and 1995 should not contain any amendments unless there are safety implications.

REVIEW OF GGA PUBLICATIONS

The GGA publishes a wide range of resources designed to help its members to enjoy good Guiding. To ensure that service is really effective we need your help in assessing the Guiding value of all this material. Please help by answering the following questions from your own point of view; everyone's opinion is valuable, from the newest Guider to the most experienced Commissioner.

1) Which of our present publications do you regard as **essential** to your role in Guiding?

2) Which of our present publications do you regard as very useful **extra** resources?

3) Are there any of our present publications which you feel are less than useful?

4) Are there any essential areas of Guiding which you feel are **not** covered by the current publications?

Position in Guiding: No of years in Guiding (as an adult):

County:

Please return your reply to:
Mrs P Ledwith, Guiding Activities Division, The Girl Guides Association,
17-19 Buckingham Palace Road, London SW1W 0PT
by 1 June 1991

LANDLORD CHANGES

For most units their landlord is the local authority for the area in which they meet. The attitudes of many authorities have changed in response to recent Government policy. Peter Buckhurst, the Trust Corporation's property consultant, was asked to report on the implications of the current policies on new leases, renewals and rent reviews for the Trust Corporation. Here Roger Peters, our Legal Consultant, points out the possible pitfalls.

Local authorities are a unique source of grass roots accommodation for the GGA often at concessionary or low 'charitable' rents. They also provide substantial funding through various forms of capital and revenue grants.

They are often the town planning authorities and willing sources of ex-gratia technical advice and assistance with building problems at local level.

Radical changes are taking place in the attitudes and policies of the local authorities as a result of central Government policy and directives, changes in the legal framework, general political and economic pressures and rising property values. In turn they are adopting increasingly aggressive management of their property portfolios.

Many units have been experiencing the 'commercial' approach to new leases, lease renewals and rent reviews. And the trend is towards:

- shorter leases
- more frequent rent reviews
- higher rents.

To meet these increasing financial burdens, it is of course absolutely essential for the same authorities to provide increasing subsidies taking the form of either implicit or explicit grants. Without such assistance, it could be impossible for Guiding to continue in many places.

There is no guarantee that these subsidies will continue due to the constraints on local authorities, whose ability to grant leases at concessionary rates is limited by legislation.

There are various interpretations and applications of this legislation, but, in simple terms, the authorities are empowered to grant:

- 1 A concessionary rent under a lease providing the lease does not exceed seven years, under Section 123 of the Local Government Act 1972.
- 2 A licence at any fee (rent) to achieve effectively a concessionary rent, under Sections 19(1)(1) and (2) of the Local Government (Miscellaneous Provisions) Act 1976.
- 3 A lease on commercial terms (including a high rent), with the benefit of an 'explicit' grant at a level they feel appropriate, and preferably sufficient to cover the rent, under Section 19(3) of that Act.

- 4 A lease longer than seven years at a concessionary rent, with consent from the Department of the Environment, although experience indicates great reluctance to apply for consent.

This is not altogether satisfactory. A lease of only seven years may not seem long enough to justify the investment of time and money in a Headquarters; a licence is limited with no security of tenure and can often be revoked at will. Subsidies by explicit grant can only be made available on a year-to-year basis and are liable to be withdrawn at any time, leaving the unit in a potentially vulnerable position.

But something is always better than nothing and we must make the best of what we can achieve. Wherever possible units should try to secure longer leases linked to implicit grants. Such grants, in the form of concessionary low rents, almost certainly remain throughout the term, unlike the explicit year-to-year grants.

Quite apart from this, the enormous effort and cost to local authorities of assessing new rents and implementing reviews, which then have to be subsidised, if a Guide presence is not to be forced out, is precipitating other changes.

A growing number of authorities are now adopting rent reviews linked to the rate of inflation and not property values, and which involve a starting base rent with increases geared to the Retail Prices Index.

If the starting base rent is sufficiently low, the unit's vulnerability to property values, and local politics and economic pressures, is substantially alleviated for the immediate future by an index linked rent. This usually overcomes the disadvantage that the rent is exposed to inflation and any changes in the Government method of calculating RPI.

Where possible we try to negotiate the standard rent review periods of five to seven years for inflationary adjustments, according to RPI, but even if the index linked rent is to be increased annually, the benefits of the low starting base rent far outweigh the disadvantage of accepting annual adjustments.

Each negotiation has to be treated on its merits, with careful regard to local objectives and the special relationship between the Guides and the local authority concerned.

But, where we do encounter problems, the precedent set by those authorities who have adopted the RPI system of rent review, although possibly limited to leases of land, can greatly improve our negotiating position without detriment to goodwill.

In the vast majority of cases, local authorities seem pleased to find any solution within the legal framework which helps us.

The Legal Consultant at CHQ is always ready to offer units help and advice over leases, and where necessary can refer them to Peter Buckhurst, as Property Consultant, for further assistance.

YOU CAN HELP THE HOMELESS

HOW: By finding sponsorship for groups to spend one night sleeping out of doors in cardboard boxes and plastic bags.

WHY:

- To raise money for St Mungo Association - a charity supporting the single homeless by building hostels and rehabilitation programmes.
- To raise awareness of the problem of the single homeless (now greater than at any time since the war).
- To educate young people about the hardships and dangers of leaving home for the bright lights of the city without accommodation.

WHEN: During National Sleep Out week, July 7-14, 1991.

WHO: Guides, Rangers, Young Leaders, Adult members of the GGA. Remember Brownies or Rainbows may not sleep out of doors.

WHERE: An appropriate and safe locality.

SAFETY NOTE

Please read and abide by the following safety guidelines.

GUIDELINES

To maximise the benefits for girls and minimise the headaches for Guiders.

What permission is needed? All girls under the age of 18 must have written permission from parents/guardians.

Rangers/Young Leaders holding the Ranger Camp Permit need the permission of the Unit Guider/Young Leaders' Adviser. (NB: Ranger Camp Permit conditions governing the site apply.)

Guides holding the Guide Camp Permit need the permission of the Unit Guider and Commissioner. (NB: Guide Camp Permit conditions governing the site apply.)

Guiders holding the Camper's Licence need the approval of the Commissioner.

Without a Qualification. There must be at least one Warranted Guider to every eight girls. The Commissioner's and CA's approval is needed. The site must be in private grounds, with access to adult help.

Forms. For this event, the need for forms is waived, as long as the necessary permission is sought and granted.

Security. This must be a prime consideration. Even where it is not a requirement that the event should take place in private grounds. Guiders are encouraged to go for this option.

Guiders will no doubt be aware of local conditions, and make their arrangements accordingly.

Sanitation. Some provision for sanitation will be needed.

Other factors. Since the purpose of the event is to raise awareness of, and money for, homeless people, thought needs to be given to preliminary briefing and later follow-up so that girls can see the context in which it takes place.

The experience may well be uncomfortable. Guiders are asked to relate the discomfort to homelessness, not to outdoor activities such as camping.

NATIONAL SLEEP OUT WEEK 1991

JULY 7th - 14th

[Please fill in as applicable]

1. Yes, I will organise a local 'sleep out' as part of National Sleep Out Week 1991 in
..... (town).

I plan to hold the 'sleep out' on July 1991

2. Yes, I would be interested in helping organise a large, regional 'sleep out' in
..... (city or region) and suggest that a good venue would
be.....

Please send me a DIY pack and leaflets.

3. No, unfortunately I cannot help National Sleep Out Week this year.

However, I would like to be kept in touch with what is going on in my area. YES

4. I would like to make a donation to help the homeless and enclose a cheque/postal
order for the sum of £.....

Please make cheques payable to: **NATIONAL SLEEP OUT WEEK LTD**

Name

Address

Telephone Number(s)

Wk:.....

Hm:.....

URGENT !! Please return as soon as possible to: **NATIONAL SLEEP OUT WEEK**
217 HARROW ROAD
LONDON W2 5XQ.

GGA Travel Insurance

Cover extends only to Guiding activities recognised by The Girl Guides Association of the United Kingdom

The following information became operative from **1st January 1991** and applies until further notice.
This insurance is offered to Guiders/Members in charge of parties going abroad. The Insurers are the Home and Overseas Insurance Co. Ltd., (a subsidiary of the Eagle Star Group). The cover includes an emergency foreign treatment and repatriation service which is handled by Europ Assistance Ltd.

* IMPORTANT — AVAILABILITY *

Please bear in mind that this cover is available only to GGA Members and Adult Helpers under Guiding authority and with a specific role relative to the visit. It **DOES NOT** cover children of Guiders or Helpers attending purely as offspring even though they may be members, e.g. a Brownie daughter attending a Guide holiday because her parent cannot leave her at home.

IMPORTANT — CONDITIONS APPLYING TO

ALL INSURED PERSONS

- If you or any person on whose state of health the holiday depends are undergoing Medical treatment at the time the balance of the holiday cost becomes due, you must obtain a certificate from your doctor confirming that you are fit to travel. This certificate should be retained by you for production in the event of a claim.
- If at any time after booking you are advised that you will be unfit to travel on the intended holiday you must inform the CHQ Insurance Dept. without delay. All other claims must be notified as soon as reasonably possible.

Failure to comply with these requirements could affect any subsequent claim. Cancellation cover applies as soon as the Application Form together with the premium is received by the Association. The remaining covers apply for the duration of the booked holiday plus the period of travel from home to departure point and back home afterwards not exceeding 24 hours in each case. If the return is unavoidably delayed because of interruption to Public Transport, cover will be extended free of charge for the period of that delay.

DEFINITIONS

PERSONAL BAGGAGE shall mean such objects or articles of necessity, ornament or personal convenience including clothing and effects worn on the person as are usually carried by travellers for their individual use during a journey or visit but excluding property which is otherwise insured.
MONEY shall mean cash, currency, bank notes, cheques, postal and money orders, travel tickets and travellers' cheques.

GENERAL EXCLUSIONS

No Section of this policy shall apply in respect of:

- any consequence, whether direct or indirect, of war, invasion, act of foreign enemy, hostilities (whether war be declared or not), civil war, rebellion, revolution, insurrection or military or usurped power
- (i) loss or destruction of or damage to any property whatsoever or any loss or expense whatsoever resulting or arising therefrom or any consequential loss
- (ii) any legal liability of whatsoever nature directly or indirectly caused by or contributed to by or arising from:
 - ionising radiations or contamination by radioactivity from any nuclear fuel or from any nuclear waste from the combustion of nuclear fuel
 - the radioactive, toxic, explosive or other hazardous properties of
 - pressure waves caused by aircraft and other aerial devices travelling at sonic or supersonic speeds.

RECIPROCAL HEALTH AGREEMENT

As an additional precaution Members travelling to European Community Countries are advised to obtain from the Post Office Form CM1 and Form E111. These must be completed and returned to the Post Office who will then return to you Form E111. Make sure the Post Office stamps the form and that you take it with you. This will entitle you to some free health arrangements in certain European Community Countries.

Free or reduced-cost emergency medical treatment is available in other European Community Countries if you are taken ill or have an accident during your visit. *Only emergency treatment is covered*, and you will receive care on the same terms as nationals of the country visited. These arrangements apply to treatment provided under the state health care schemes. Private treatment is not covered.

For further details please obtain Leaflet T1 (formerly SA40/41) from your Local Department of Health, Post Office, Doctor's Surgery or by telephoning 0800 555 777.

CLAIMS

ALL CLAIMS MUST BE FORWARDED TO THE INSURANCE MANAGER AT CHQ AND NOT DIRECT TO THE INSURANCE COMPANY.

NOTES

- In order to save handling and administration costs and to keep premiums as low as possible it has been necessary to offer this scheme in three simple packages. No additional covers or other adjustments to the scheme can therefore be arranged.
- Winter sports are covered under this policy.
- Europ Assistance Ltd advertise a vehicle recovery service. This is not part of the GGA Travel Insurance.
- The Insurance Department at CHQ invites Guiders to report their experience of these arrangements.

PREMIUMS AND ZONAL COVER

For any person up to 6 weeks:

Zone 1 UK excluding Channel Islands

Premium per person \$1.55

Cancellation and curtailment	not exceeding \$100
Personal accident-death 16 years and over	\$5,000
Personal accident-death under 16 years — funeral and reasonable expenses	not exceeding \$2,000
Personal accident-loss of limbs or sight or permanent disability	\$5,000
Abandonment	not exceeding \$100
Medical expenses	NIL
Personal baggage and money aggregate (Personal money up to a sum not exceeding \$100)	not exceeding \$250
Personal baggage lost 24 hours outward journey	\$25
Personal Public Liability	not exceeding \$2,000,000

Zone 2 Europe including Channel Islands, Madeira, Canary Islands, all countries bordering the Mediterranean north of latitude 30° North

Premium per person \$7.10

Cancellation and curtailment	not exceeding \$400
Personal accident-death 16 years and over	\$5,000
Personal accident-death under 16 years — funeral and reasonable expenses	not exceeding \$2,000
Personal accident-loss of limbs or sight or permanent disability	\$5,000
Travel delay	not exceeding \$60
Abandonment	not exceeding \$400
Medical expenses aggregate	not exceeding \$100,000
Personal baggage and money aggregate (Personal money up to a sum not exceeding \$150)	not exceeding \$500
Personal baggage lost 24 hours outward journey (Provided no payment has been made by the Carrier)	\$50
Personal Public Liability	not exceeding \$2,000,000

Zone 3 All other parts of the world

Premium per person \$18.20

Cancellation and curtailment	not exceeding \$800
Personal accident-death 16 years and over	\$5,000
Personal accident-death under 16 years — funeral and reasonable expenses	not exceeding \$2,000
Personal accident-loss of limbs or sight or permanent disability	\$5,000
Travel delay	not exceeding \$60
Abandonment	not exceeding \$800
Medical expenses aggregate	not exceeding \$1,000,000
Personal baggage and money aggregate (Personal money up to a sum not exceeding \$150)	not exceeding \$750
Personal baggage lost 24 hours outward journey (Provided no payment has been made by the Carrier)	\$50
Personal Public Liability	not exceeding \$2,000,000

NB HOSPITAL BENEFIT: If the Insured Person is admitted to a recognised hospital abroad as an in-patient for treatment of an injury or illness sustained during the holiday the Company will pay to the Insured Person a benefit of \$10 per complete day of in-patient treatment up to a maximum of \$200.

Proposal forms should be obtained from the Insurance Manager, 17-19 Buckingham Palace Road, London SW1W 0PT.

FOR YOUR SHELVES

It may sometimes seem that any book or leaflet you have seen in the catalogue is out of print, a new edition has just been published or it is being reprinted. So here's an update on the latest material we've produced.

Rainbow Guiders will be pleased to know that more material is gradually becoming available for them to use. There is a new edition of the *Rainbow Starter Pack* and new Rainbow Guides will enjoy reading - either to themselves or with an adult - *I'm a Rainbow Guide*. This is a Little Owl book, published by World International with the full co-operation of the GGA. It's an excellent way of telling the world at large what Rainbows are and just what they do! New Rainbow Guide *Welcome* and *Goodbye certificates* have also been produced, to help the girls remember these special occasions.

Brownies will now be becoming familiar with their new-look *Brownie Handbook*, and Guiders will be pleased to know that the *Brownie Promise Badge Book* has also been reprinted. This is now a bright yellow colour, and of course the new uniform is featured. *Games with a Point* has also been re-illustrated.

The amazing success of *The Best of Today's Guide* persuaded us that a second volume would be no bad thing! Guiders, Patrols and their leaders will find *The Best of Today's Guide Patrol Activities 2* an invaluable aid in planning unit meetings, camps and Patrol times.

If you have Guides doing their Baden-Powell Trefoil or other badges which need some knowledge of the history of the Movement, you need *1910...and then?*. The indexes at the back are particularly useful for girls wishing to find out more about a certain aspect of the GGA.

Action Plus is now available for older Guides, Young Leaders and Rangers providing a framework of activities for them to do. These are divided into four areas - Adventure, Community, Creativity and Wider World. There should be something for your Guides here!

For Guides who are moving, the *Transfer forms for Guides (TR1)* have been reprinted - please use them and ensure continuity for your Guides.

Camp Sites and Holiday Houses '91 is at last available. This has been delayed because of the vast amount of work that was necessary to collect and sort out all the information. The new format will help you find the ideal spot for a holiday or camp much more easily. Guides going to an international camp may wish to have a copy of *What's that word?*, a glossary of camping terms in the major European languages. It also has some terms 'translated' into American English, for those camping with our transatlantic cousins!

Celebration '91 Challenge Pack is now available.

Guide Design 2 has yet more artwork sheets for you to copy to help with posters, cards and newsletters, while four new *greetings cards* have been produced. There are now Rainbow, Brownie and Guide birthday cards and an adult best wishes card. All have been designed with the particular age group in mind, are A5 and printed on high quality card - in fact, really good value for 35p. The new *uniform catalogue* is also available.

Some of you may have seen the new edition of *Training Methods*. This too has become an A4 book, which has punched holes so that it can slot into a file. It now has a stable-mate in *Towards the Training Licence*, a guide to help those who are working or interested in becoming trainers.

Guiding for Everyone aims to help people developing Guiding in rural and inner-city areas and gives information for Guiders working with girls from various races and faiths.

RECENT PUBLICATIONS

- Rainbow Starter Pack* (new edition) (64204) £2
- I'm a Rainbow Guide* (71068) £1.20
- Rainbow Guide Welcome certificate* (65003) 30p
- Rainbow Guide Goodbye certificate* (65011) 30p
- Brownie Handbook* (new edition) (60004) £1.35
- Brownie Promise Badge Book* (62554) 15p
- Games with a Point* (60319) 85p
- The Best of Today's Guide Patrol Activities 2* (64758) £1.90
- 1910...and then?* (63818) £1.95
- Action Plus* (65037) £1.90
- Transfer forms for Guides (TR1)* (60152) 57p
- Camp Sites and Holiday Houses '91** £4.50
- What's that word?* (63123) £1.30
- Celebration '91 Challenge Pack* (69203) £2.00
- Guide Design 2* (64998) £2.30
- Greetings cards - *Rainbows are friends* (65060) 35p
- The Birthday Banner* (Brownies) (64865) 35p
- Fun Time!* (Guides) (64873) 35p
- Camp fire at twilight* (Adults) (65086) 35p
- Training Methods* (61101) £1.75
- Towards the Training Licence* (64972) 90p
- Guiding for Everyone* (64790) £2.95

*available from your Outdoor Activities Adviser and not through the Trading Service.

These can be purchased direct from Guide shops or depots or from the Trading Service by using the form overleaf.

ORDER FORM

The Girl Guides Association Trading Service,
Atlantic Street,
Broadheath,
Altrincham,
Cheshire WA14 5EQ

Tel: 061 941 2237

Fax: 061 941 6326

Invoice to: _____

Direct Order

Order No. _____

Order Date _____

Account No. _____

Tel. No. _____

Deliver to: _____

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Item Code	Qty	Description	Price Each	Total Cost
50p small order charge on all orders under £10				
Cheque/P.O. enclosed <i>(Delete as applicable)</i>			£	

Cash must accompany the order unless you have an account with the Association.
Please make cheques, money orders and postal orders payable to 'The Girl Guides Association'.
All orders subject to GGA Trading Service terms and conditions of sale as shown in the official catalogue.

into folk dancing costumes, which appeared at many international camps and at the Festival of Britain celebrations in 1951.

Like the higher echelons of the civil service, Lorne's staff were entitled to proper sheets. Four pairs of 'union' — part unbleached cotton, part linen — sheets were bought for the staff bedrooms at 40 shillings (£2) a pair.

Where decor was concerned, cream and putty were the 'in' colours at that time but the green pantry got its name at first painting and kept it until a general refurbishment in 1977, when it became the front pantry.

The back pantry was equipped with ingenious wooden racks made by a handy Mr Pratt. But, as Joyce Murphy learned during her researches, many a Guider dreading dishwashing there as Mr Pratt's racks dripped water all over the floor.

This must have been a minor irritant. In fact, it may have been regarded as part of the training, in the way that soldiers might be expected to contend with a bit of 'trench foot'. Lorne's 'administration' also had to cope with far worse.

There was the dry rot, for example. It broke out unpredictably like chicken pox. In 1948 it attacked the cloakroom, a scullery, a bathroom and Derry County bedroom. By November, 1949, it was crumbling the woodwork of the office. Two years later it was diagnosed in the dining room.

At this stage Ulster's Archivist detected a note of panic in the records. There was a plea for help made to what was then called the Ministry of Education which had already contributed 75 per cent of the £6,000 it had cost to buy Lorne.

The Ministry was asked to send an expert. Nothing happened. A further



cry for help was made the following year. Months later an expert finally arrived and pronounced the disease to be in remission. It would probably not



spread, he said.

It did, in 1954, soon after the Ministry had reluctantly paid half the £1,800 repair bill. And again, in 1955, and again in 1967 — this time in the back wing. Then it was confirmed in the Londonderry bedroom and it may still be devouring the noble timbers to this day but Lorne bears its illness with

Christmas holiday and had to be 'pressured' for a refund of three weeks' advance pay. Cooks came and went from Dublin, England, Scotland and even Australia.

The Lorne committee explored every avenue to find a good cook who would stay. Even the Presbyterian Orphan Society was approached, in case they knew of a widowed mother who might be suitable but to no avail.

Some, whose cuisine was at least passable, would not stay at Lorne in the evenings or overnight. Many a Guider-in-Charge had to spend her night off in the kitchen with cook so that she wouldn't be lonely.

My theory is that this was something to do with Lorne's yellow bricks. Perhaps they give the place a rather sinister glint in the moonlight — like that yellowbrick road in the classic tale of the *Wizard of Oz*.

But for Joyce Murphy, who was at Lorne's first training weekend 43 years ago, cold beds on bare floors, dry rot and discontented cooks only added to the fun.

Her chronicle ends with the words:



fortitude. No one would know.

There was a far more intractable problem in the kitchen. Cook/housekeepers appeared and exited like characters in a *Carry On* farce. Joyce Murphy gave up on the subject — 'It would be impossible to list the cooks who came and went. The minutes frequently report with enthusiasm the appointment of a cook only to be followed the next month by a report that the person appointed had not turned up... or failed to return after a day off.'

One newly-appointed cook, she noted, was not seen again after the

'Some of the happiest times of my life have been spent at Lorne with Guiding friends. It is my earnest wish that all Guiders in Ulster should feel the same affection for our Training Centre as I do.'

DAVID JACK

*Printed by John C McCaw & Co, the book costs £1.50p plus 22p p and p from Ulster HQ Equipment Department, 38 Dublin Road, Belfast BT2 7HN.

● Our illustrations, by Kate Taylor, were specially commissioned for *GUIDING* magazine and are not included in Joyce Murphy's book.

Open Door

STANDING AND STARING

'What is this life if, full of care,
'We have no time to stand and stare.'

Familiar lines from W H Davies's poem, *Leisure* — but many of us are not very good at 'standing and staring'. The pressure and pace of modern living means that

we're always on the go — often frenetically, like blue-bottles trapped in a jam jar or woodlice stranded on a burning log.

And yet, how necessary it is for us to slow down and switch off. Not just as an anti-stress measure but also to help us keep the everyday in perspective and prevent its urgent busyness from clouding our vision.

Taking time out can mean

a fortnight's holiday, a weekend's walking or a quiet evening listening to music... But it can also — and surely should — be much more here-and-now, spontaneous. As this verse from a prayer (source unknown) suggests: 'Teach me the art of taking minute vacations, of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a book

'Minute vacations' are, by definition, momentary — but their effects are more lasting. A feeling of contentment that can lighten the dreariest, most difficult day and, with practice, create a magic awareness — reminiscent of Blake's.

'To see a World in a grain of sand,
'And Heaven in a wild flower.'

News Focus

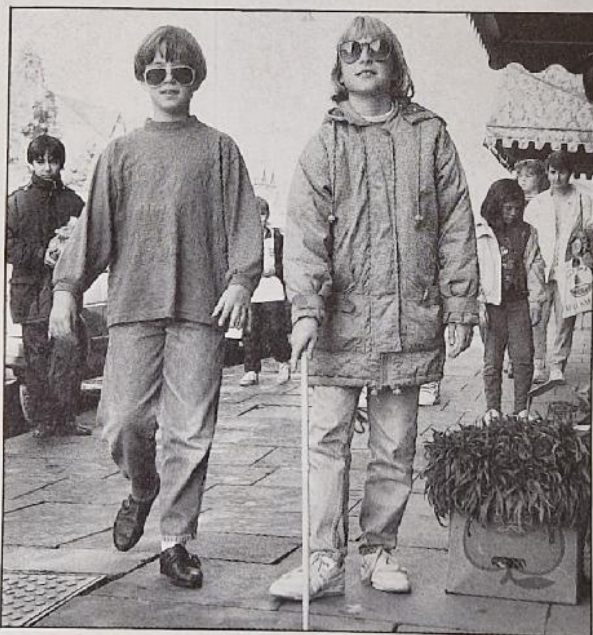
Louise Clout was horrified at the lack of thought architects give to people with disabilities, when she took her aunt out in a wheelchair.

Simple, everyday tasks like getting through a shop door turned into a battle. A visit to the High Street became an obstacle course. And just pushing the wheelchair over the kerb and on to the pavement needed macho muscles.

The experience opened Louise's eyes to the problems the disabled face everyday — and she was inspired to act.

At her next Guide meeting 14-year-old Louise told everyone about the problem and they were keen to do something about it.

During half-term, six members of the 1st Radlett Guide Company took to the streets to find out what life is like for disabled people.



Finding out what life is really like for the disabled.

They wore dark glasses, carried white sticks, climbed into wheelchairs, to experience life as if they were

blind, partially sighted or wheelchair-bound.

Louise's mum, Assistant Guider Mrs Karen Clout,

said the Guides were surprised at how difficult it was to get about.

It wasn't that people weren't willing to help out — they were. It was just that shops and offices had not been built with disabled people in mind.

Even modern buildings such as the local post office presented problems for people in wheelchairs. Mrs Clout said: 'The post office had a ramp, but it was too steep.'

The local council offices did have a bell for disabled people to ring for help — but they had to climb two steps to get to it!

Now the Guides plan to write to their local council asking it to do something about the problem. And they have invited the Radlett Disabled Group to talk to them about the problems they face every day.

Coming Next

IN GUIDING JUNE

Getting Out

gets in step with the Ramblers Association



In the Outback
with Ruth Murray, abroad
on Operation Raleigh

Live Issues

examines HRT and asks, is it the answer?

Lifestyle

meets super fostermum Pauline Fitter

Guiding in Action

learns of Luton's successful uniform loan scheme

IN TODAY'S GUIDE JUNE

Planning a holiday postpaper
Get your chums to read all about it



Hot Topics

tackles sexism

Italian Cookery —

a taste of the south

Flower Arranger badge:

the best way with blooms

Quiz:

Can you stand on your own two feet? Test your independence

IN BROWNIE MAY

Quilling

Learn paper-curling skills

Visit a Roman villa —

step back in time

Running an old-fashioned fair

Fascinating fossils —

secrets of the past



HIGHLIGHTS

PATROL LEADERS WITH THEIR GUIDERS

FOXLEASE:

May 10-12

Trainers: B White, S Thorpe, CHQ Training Team

This weekend training opportunity for Patrol Leaders and their Guiders has been specially arranged. It costs

- £26 for Guides (in a shared room)
- £30 for Guiders (in a double room)
- £36 for Guiders (in a single room)

Further details available from Foxlease.

TRAINING SKILLS FOR ADVISERS

WADDOW:

May 3-5

Trainers: C Horne, S Malcolm (CHQ training team)

FOXLEASE:

June 7-9

Trainers: C Bartlett, S Whilsher, S Thorpe and J Lamb (CHQ training team)

November 8-10

Trainers: M Willatt, G Berry, H Berry, S Thorpe (CHQ training team)

These three weekends have been specially arranged to meet the needs of Advisers who have asked for help in passing on their knowledge to Guiders. Advisers' differing needs will be taken into account around the core subjects.

- Waddow will have an international flavour.
- Foxlease will have a bias towards Advisers for Members with Disabilities, Public Relations, Young Leaders and Duke of Edinburgh's Award.
- Foxlease is for Outdoor Activities Advisers.

Each weekend will also have sessions on some of the following:

- presenting yourself.
- choosing appropriate training methods.

- adapting to the needs of trainees.
- use of visual aids.
- how adults learn practical skills.

DEVELOPING THE PROGRAMME WITH YOUR UNIT

FOXLEASE:

May 14-16 (midweek)

Trainers: M Carden, S Lake

Are you running short of ideas to introduce to the girls you work with? Having difficulties with some of the skills related to the Programme? Perhaps you need a refresher? Why not come to this special midweek *Developing the Programme with your unit?*

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.

There will be lots of help for everybody, 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 together.

SCIENCE AND TECHNOLOGY

WADDOW:

May 10-12

Trainers: R Sara, H Jenkins, J Walker, S Cross

FOXLEASE:

October 18-20

Trainers: R Sara, H Reilly, S Urquhart

Science and technology are part of all our lives. We cannot avoid their effects upon us in everything we do.

Would you like to try your hand at an egg race? How about solving a problem by working as a group? What ways are there to present activities to the girls in your unit?

If you want to find the answers to these questions, and more, then these weekends are for you. There will be fun and activity without it being too highpowered a look at the 21st Century.

GETTING TO KNOW YOUR DISTRICT

FOXLEASE:

May 17-19

Trainers: H Took, M Eddolls, E Haskins, E Tomlin

Is there something for you at District Meetings? What contribution do you make to your District? Find out how you can be more involved and what support you can receive from your District.

Sessions will include ideas for planned events across the sections. There will be an opportunity to see how to use local resources; to liaise with other groups, to find out about their personnel and how to make the best use of them. The importance of effective communication within the District will also be considered.

Come and share your ideas and experience, learn from others and get to know your District.

INTERMEDIATE WALKING SAFELY

Including Rangers, QGS and D of E

GLENBROOK:

May 3-6

Trainers: J Simpson, A Ault, A Southall

Are you a Ranger or Guider working on your Queen's Guide Award, Duke of Edinburgh's Award (all levels) or intermediate walking safely training scheme?

If so, why not attend this training weekend, which will be specially tailored to your individual needs? There will be sessions covering:

- clothing and equipment for walking/back packing
- lightweight campcraft

- route planning
- casualty code
- planning and purpose of expeditions

Every day you will have the opportunity to walk in a variety of areas to build your experience in

- practical map and compass work
- navigation (good weather/poor visibility)
- party organisation and management
- safety

There may be the chance for Rangers to plan and carry out a practice expedition.

BUILD ON YOUR TRAINING SKILLS

FOXLEASE:

May 10-12

Trainers: CHQ Training Team

Calling all Commissioners, Trainers and Advisers. Here is a chance to try out new ways of training. Learn about group dynamics, experiment with the overhead projector, flipchart, etc.

You will have the chance to train others and to receive feedback in a non-threatening atmosphere.

GETTING TO KNOW YOUR DISTRICT

WADDOW:

May 17-19

Trainers: A Lampson, D Yates, F Rabone, M Burniston

This weekend will concentrate on the benefits that can be gained from working together as a District. It will provide an opportunity to look afresh at the day-to-day activity of local Guiding and enable the District to make plans and carry out future projects.

It is an ideal chance to get to know each other in a relaxed, happy atmosphere and to exchange ideas, skills, problems and experiences. Working as a team can be fun and the support it brings may last for many years.

TRAINING DIARY

District Commissioners are asked to bring a group of Guiders from all sections in the District and of all levels of experience. If your District has no Ranger Unit, invite a Ranger Guider from the Unit which serves the District.

DEVELOPING THE PROGRAMME WITH YOUR UNIT

WADDOW:

June 18-20 (midweek)

This special midweek opportunity has been arranged for those unable to attend residential training weekends. You will be given an opportunity to consider the unit programme in a new light and with fresh ideas.

There will be activities for Brownie and Guide Guiders as well as time to explore the links between the sections. An ideal chance for Brownie and Guide Guiders to share together.

FAMILY PERIOD

FOXLEASE:

May 24-28

Trainers: E French, A Boxall

Do you have difficulty leaving your family for a weekend training? Does your family wonder what you get up to at a training weekend? Why not bring them to Foxlease to find out? Guiders with their families will be welcome over the Bank Holiday.

The mornings will be spent in training sessions, while fathers look after the children. Afternoons will be free for family outings and so on. Evening activities will be organised for everyone. Children aged from three to thirteen are welcome.

CANOEING/CLIMBING/CAVING

GLENBROOK:

June 7-9

Trainers: H Robertson, L Travell

Have you always had a secret ambition to try pot-holing, climbing or canoeing? If so, here is your opportunity. With roller and patient

instructors, this weekend will provide a chance for you to try your hand at any two of these activities or perhaps concentrate on only one.

This weekend is open to Guiders, Rangers and Young Leaders.

RANGER GUIDERS

WADDOW:

June 21-23

Trainers: W Goodhind and J Morris

This weekend for Ranger Guiders will provide an opportunity to consider the Ranger Programme.

In particular the following will be covered.

- the widening of the age-range
- the Queen's Guide Award
- Action Plus in the Ranger Unit
- expanding the Ranger Programme

There will be a chance to consider any changes in the Programme as a result of policy changes.

ASSERTIVENESS FOR GUIDERS

WADDOW:

May 31-June 2

FOXLEASE:

October 8-10 (midweek)

Trainers: CHQ training team

Open to anyone in Guiding. Do you find it difficult to say no? If so, come and practise being assertive. You will have the chance to look at yourself and learn the art of effective communication.

MAKING THE FIVE ESSENTIALS WORK

WADDOW:

May 31-June 2

Trainers: J Lewes; J Lamb, CHQ Training Team
For Division Commissioners and up to three of her District Commissioners

This is your opportunity for a fresh look at your role in line with the changes in attitudes in *The Guiding Manual*. We aim to help you gain confidence in the reality of Guiding in your area and renewed inspiration to take your Division into the 1990s.

ADVENTUROUS ACTIVITIES

For Brownie Guiders

GLENBROOK:

July 12-14

Trainers: J Young and team

This weekend is to help any Brownie Guider who is not a sportswoman (ie most of us!) to cope with requests from her Brownies for a more exciting programme.

The activities included will all be of the type that can be tackled on Pack Holiday or an Activity Day whether for unit or for District. Walking safely will feature too, but

not for advanced mountaineers! The weekend is for the Guider who feels that her Brownies need a little more challenge on the out-of-doors, the 'or' choices of the Journey Challenges, using resources beyond the unit if necessary.

For full details of future trainings please send a sae to the Guider-in-Charge of the appropriate centre. Applications to attend any of the trainings mentioned should be made to the Guider-in-Charge of the appropriate centre, enclosing a £9 deposit and a sae.

TRAINING DATES

FOXLEASE

JUNE

7-9 Training skills for Advisers

14-16 Getting to know your District

21-23 Putting adventure into the programme

27-July 2 Friends of Foxlease

JULY

26-28 Family walkabout at Foxlease

AUGUST

2-11 Celebration '91: Trail UK camps

16-27 Holiday period

29-Sept 2 1. Walking at Foxlease 2. Pursue a hobby

WADDOW

MAY

24-27 First aid course

31-June 2 1. Assertiveness for Guiders 2. Making the Five Essentials work

JUNE

7-10 Friends of Waddow

14-16 Developing the Pro-

gramme with your unit

21-23 1. Ranger Guiders 2. Outdoor Activities for Rangers, Young Leaders and Guiders

JULY

2-4* Learning to listen

12-14 Rainbow resources

19-21 Rafting and pioneering

26-30 Walking at Waddow

AUGUST

2-11 Celebration '91: Trail UK camps

15-29 Holiday weeks

GLENBROOK

JUNE

7-9 Canoeing/climbing/caving

JULY

5-7 Walking for all, including the family

12-14 Adventurous activities for Brownie Guiders

AUGUST

2-11 Celebration '91: Trail UK camps

GLENBROOK

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

FOXLEASE

Lyndhurst
Hants
SO43 7DG
Tel: 0703 282638

WADDOW

Clitheroe
Lancs
BB7 3LD
Tel: (Clitheroe) 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
Coltishall

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

BRONEIRION

Llandinam
Powys
SY17 5DE
Tel: (Caersws) 0686 688 204

BLACKLAND FARM

East Grinstead
Sussex
Tel: (Sharpthorne) 0342 810 493

RAINBOW GUIDERS

This month we are looking at wheels. Talk about all the things that are round like wheels and circles. Perhaps you could stand in a circle with joined hands as you introduce the topic.

WHEELS AND CIRCLES

Everyone seems to be on the move all the time. People travel to work and to school

how they differ from bicycle wheels.

Talk about wheels on prams and supermarket trolleys and on toy cars.

Encourage them to guess why tractor wheels are so heavy.

Ask the Rainbow Guides to look out for different wheels and talk about them at the next meeting.

Could you explain how gear wheels work?

ment by Barbara Taylor has a lot about wheels. Other titles which will interest Rainbow Guides are *Floating and Sinking*, *Sound and Movement* and *Shadows and Reflections*. They cost £2.50 and are available at most good bookshops.

SHALL WE GO?

Here is a game to play in small groups. Each group chooses a destination to

and I'm taking my swimsuit and my bucket and spade."

The members of each group add new words to the list and help each other to remember the list in order.

BALL GAMES

Play some ball games and talk about how the ball is round and how it bounces. Suggest that the girls find out if things that are not round bounce.

MAKING BRACELETS

Using a circle of paper each Rainbow Guide can make a bracelet for herself.

You need: circles of fairly heavy paper about 8cm across; scissors; crayons.

You can prepare the circles beforehand or show the girls how to draw around a mug or small saucer and then they can cut out their own circles.

Show them how to fold over the circle so they can snip and cut out the centre to make a ring which will slip over the hand.

To decorate the bracelets they can write their names around them or cover them with 'precious stones'.

Some of the older girls might like to make rings or necklaces in the same way.

WEATHER PROVERB

Was it true that:
March winds and April showers,
Make way for May flowers?

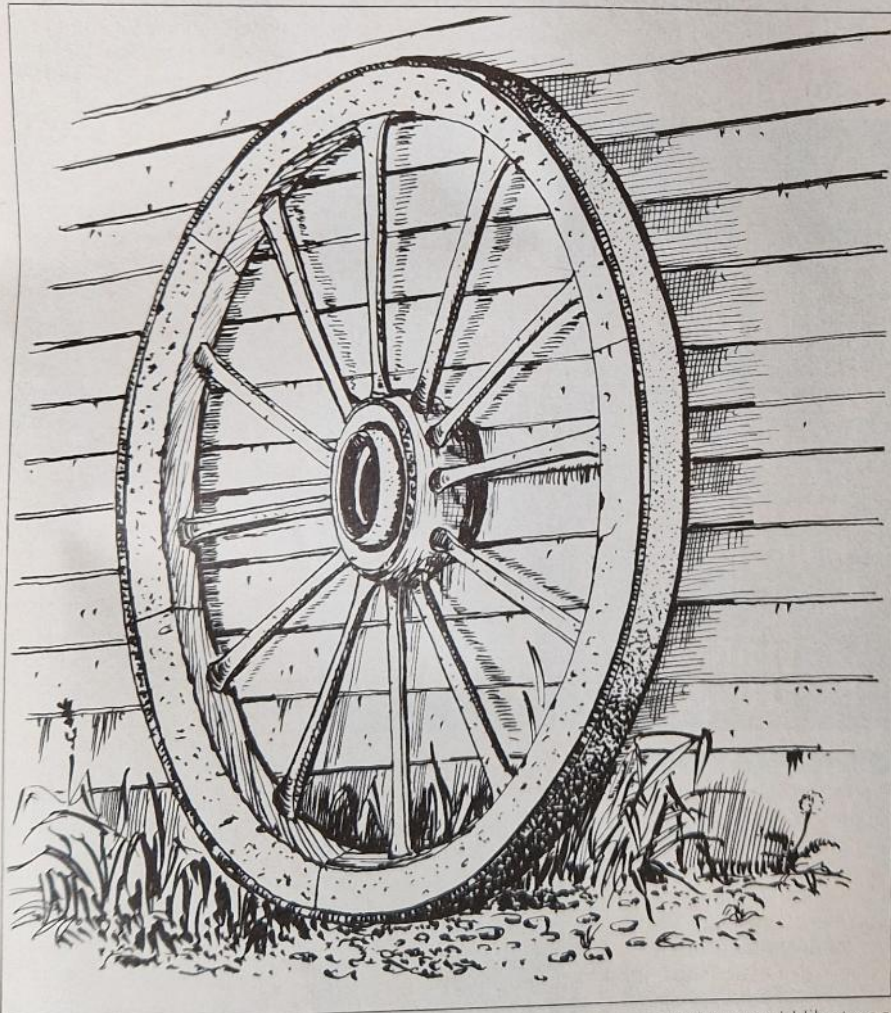
A PRAYER

The Rainbows stand in a circle holding hands:

Dear God, here we are linked together in a circle. Each of us is in touch with all the others. Linked together we think of our friends and our families. We ask you, God, to care for them.

Next month the theme will be Games and I will outline some of the games that readers have sent in.

DEBORAH MANLEY 37



by bus, car or bicycle. They go to the high street or the supermarket to shop. They go out for the day or on holiday. Many people move around on wheels as much as they do on their feet.

Ask the Rainbow Guides to talk about all the different wheels they see and to draw pictures of them.

Talk about car wheels and

Rainbow Guides will learn and practise observation while they look for wheels.

Useful books on the subject make up a series published by Kingfisher — *Fun with Simple Science*. It is a cheerful series with good explanations of how to do simple experiments and the science ideas they demonstrate. *Machines and Move-*

which they would like to go by car or mini-bus. They might choose the beach, a park, the zoo, the country. Then they decide between them what they will take.

One person might start: 'We're going to the beach and I'm taking my swimsuit.' The next one repeats this and adds a new object: 'We're going to the beach

HOW TO DO

UNIT PRAYERS

Do you find unit prayers difficult? Do your Brownies ever think about their duty to God? How do you go about praying together?

PRAYER BOOK

The best way of introducing unit prayers is to involve the girls from the outset. Some will be familiar with talking to God. Those who attend religious instruction groups within their own faith will feel quite at home praying. Children from families whose faith is central to their lives may also be used to extempore prayer and be even more relaxed in this situation. In addition, there will be some children who have very limited experience of prayer or even none at all, to whom this is new and strange.

In the 'Brownies do their best' part of the Journeys, you have a good starting point for coming together in prayer as a Pack. Footpath Brownies are asked to thank God for something every day. Road girls to think of others in a special way by praying for different people, and those working on the Highway are invited to make up Pack prayers and write them down by adding to the Pack prayer book or by making a Thank You God Chart.

MULTI-FAITH

You could have a meeting concentrating especially on the duty to God aspect of the Promise, remembering that in our multi-faith Movement, the girls may have varying beliefs as to the nature of God. They will also differ in their experiences in creating their own prayers. This is the norm in some fellowships but it is not necessarily so in other faiths, where more rigid forms of worship may be laid down.

To pave the way and focus thought on what God means in our lives, it can be helpful to have a 'starter' activity. One idea is to pro-

duce a mural. If you don't have an available wall, this can be done effectively on long stretches of wallpaper, pencilling off a section for each child.

Themes could be events from the child's own holy book or one specific story if the girls are all from one faith, such as Joseph's time in Egypt, Moses in the bulrushes or Jesus's ministry. Alternatively each child could depict the person or thing for which she most wants to thank God.



OWN PRAYERS

When the Brownies begin to compose prayers, consider giving each of them a theme. Themes could be people: those who care for us; those who need our help; those less fortunate than ourselves; those in distress of any kind. Or you could choose God's wider creation — animals, the natural world, conservation, international understanding and peace. Then there are special occasions: Brownies going up to Guides, Pack Holiday, Promise Ceremonies, Thinking Day, religious festivals.

Point out that prayers take several forms and have different purposes. Ask them

to choose between praising, asking, thanking and saying sorry. Perhaps the children could write their ideas in rough to start with, then, when they are satisfied with their prayer, transfer it to the Pack prayer book.

If you don't already have such a book, the Brownies will enjoy making one. They could use a large scrapbook and stick in their efforts, or write their prayers on loose-leaf paper or card to be inserted in a file. This can become a loved part of Pack

the handbook or GGA prayer cards, and the singing of Brownie Bells.

Allow several minutes at the end of each meeting for this quiet time, and try to prepare the mood by avoiding riotous games or noisy songs just beforehand.

SEASONAL

Other occasions for prayer in the unit will arise, perhaps services for special seasons or ceremonies for important anniversaries. On Pack Holiday, set aside a daily time for Brownies' Own, when Sixes take turns to plan a service with hymns, prayers and readings on a given theme. There is a special feel about such simple worship, especially outdoors in God's fresh air, and you'll find Brownies respond to it.

Whatever the occasion, let the children take as active a part as possible in planning and running the service. The ability to read well or to speak up audibly will vary, of course, but any child who is eager to take part should be encouraged.

A little private practice with a leader's help may overcome any difficulties. But, if not, perhaps the children with quieter voices could read in unison.

Not all the Brownies will want to read aloud, though most will be all too keen. However, other jobs can be found for the shy child, such as distributing and collecting hymn sheets, holding music for a recorder player, or announcing the hymn numbers.

Don't imagine your Brownies will be unenthusiastic about worship. You'll probably find that once they're used to planning prayers and simple services, there will be no stopping them. Try it and see.

GILLIAN ELLIS

● Gillian's tips can be adapted by other adult leaders to suit their girls.

BROWNIE GUIDERS

How much do your Brownies know about their history? Here are some practical ideas to help them learn about the Movement's early days.

PACK MUSEUM

Ask Brownies if mothers and grandmothers have any Guiding souvenirs — badges, camp blankets, handbooks, programmes — not forgetting that to today's Brownies, even the 1970s are history.

On Museum Day each Six sets out its trophies, labelled and dated as in a real museum. Have your own table of Guiding books, magazines and photographs, borrowed from Guiding friends. The *Girl Guide Album*, compiled by Cynthia Forbes for Guiding's 75th Anniversary, published by the GGA, is ideal. The Brownies will love the colourful pictures of other days.

GRANDMA'S GAMES

When Brownies began, little girls loved games about magic and fairies. Your Pack may enjoy them too, even though today's Brownie is more sophisticated!

One-legged Boggart

The one-legged boggart — Pack Leader — doesn't see why Brownies need two legs. She hops, both feet together, and any Brownie she touches is turned into a one-legged boggart to help catch others. Last Brownie remaining free wins, and becomes the one-legged boggart to start the next game.

Magic Toadstool

The magic toadstool grows in the centre of the forest. A spell has been cast on the Brownies, who are fast asleep in Six dens. When Wise Owl calls 'Too-whit too-who', Sixers must try to find the magic toadstool with eyes shut tight. As each Sixer touches the toadstool, her eyes are magically opened. She then runs to her Six and touches another Brownie, who then feels for the toad-

stool, eyes closed. The game continues until all Brownies are awake. The first Six fully awake wins.

Giant's Treasure

The giant stands in his lair with the treasure — a box of beads — at his heels. Brownies creep up behind him to capture the treasure. The giant can turn at any time and, if he sees a Brownie move, he turns her to stone. She freezes on the spot till the end of the turn. When the treasure is captured, every 'unfrozen' Brownie receives a jewel, the successful 'thief' receiving six. The game is repeated until all the treasure is distributed. The Six with most jewels wins.

GRANDMA'S RECRUIT TEST

Before making her Promise, a 1950s' recruit had to pass these tests:

Know Promise, Law, Motto, Salute, Smile, Good Turn and the Fairy Ring. Fold and tie your tie; plait; wash up the tea things.

THE PROMISE

I promise to do my best.
To do my duty to God and the Queen
To help other people every day, especially those at home.

THE LAW

A Brownie gives in to the older folk.

A Brownie does not give in to herself.

THE SONG AND FAIRY RING

'We're the Brownies, here's our aim,
Lend a Hand and play the game.'

Brownies will be interested to hear the old Promise and Law, and a few minutes spent comparing them with current ones can be fun. But don't ask the girls to learn

the old versions, as this will be confusing. They will, however, enjoy having a go at the old Fairy Ring. The Pack, holding hands in a circle, skips to the left singing 'We're the Brownies', then back again. Next each Six, singing its rhyme to the same tune, skips round the toadstool.

THE SIX RHYMES

Bwbachod:

We're the Bwbachod from Wales

Filling farmers' milking pails.

Elves:

This is what we do as Elves
Think of others, not ourselves.

Ghillie Dhu:

Ghillie Dhu it is our name
We guard the bairns and lead them hame.

Gnomes:

Here you see the laughing Gnomes
Helping mother in our homes.

Imps:

We're the ever-helpful Imps
Quick and quiet as any shrimps.

Kelpies:

We're the little Scottish Kelpies
Smart and quick and ready helpers.

Leprechauns:

We're the Irish Leprechaun
Guiding strangers when forlorn.

Pixies:

Look out! We're the jolly Pixies,
Helping people when in fixes.

Sprites:

Here we come, the sprightly Sprites,
Brave and helpful like the knights.

Next, half the Pack learns how to fold and tie the old Brownie tie — use neckers or triangles of material. The rest plait with thick strands of wool, then change over. If you don't know how the old tie was tied, ask any ex-Guide of 50-plus, to whom it will come as second nature

Finally, try this quiz. Write questions in black, answers in red, each on a separate card. Place them round the room, questions in numerical order, answers at random. Brownies in pairs match up questions and answers. All they need to write down is 1C, 2F and so on.

QUESTIONS

- 1 What was the World Chief Guide's first name?
- 2 What were Brownies originally called?
- 3 What was a Boggart?
- 4 Why are we called Brownies?
- 5 When was B-P's birthday?
- 6 What year did Rosebuds start?
- 7 Complete this rhyme: 'We're the Brownies, here's our aim ...'
- 8 Who was Agnes Baden-Powell?
- 9 What were the Golden Bar, Golden Ladder and Golden Hand?
- 10 What were the things a 1950s' recruit had to know about before becoming a real Brownie?

ANSWERS

- A 1914.
B 'Lend a hand and play the game.'
C Olave.
D Brownie tests similar to our present-day Journeys.
E The Founder's sister.
F Rosebuds.
G A selfish, nasty little creature.
H After the helpful little creatures in Mrs Ewing's *Story of the Brownies*.
I Promise, Law, Motto, Salute, Smile, Good Turn, Fairy Ring, tying her tie, plaiting, washing up.
J February 22.

Answers: 1C; 2F; 3G; 4H; 5J; 6A; 7B; 8E; 9D; 10I.

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

GETTING OUT

GET YOUR SKATES ON

When stunning duo Jayne Torvill and Christopher Dean skated to Olympic success in the Eighties, queues at ice rinks throughout Britain went right around the block. In fact, every time there's a top class ice skater shown gliding to success on TV, the popularity of the sport soars.

Eileen Anderson, chairman of the Ice Dance Committee of the National Skating Association of Great Britain recalled: 'When John Curry and Robin Cousins were on television there were queues outside all the rinks.'

The latest British stars, including ice-dance champion Joanne Conway and speedskater Wilf O'Reilly, help to keep the numbers up, she added.

Encouraged by their success, children badger mum and dad to take them to their local rink for a thrilling trip on the ice. And it has become an increasingly popular option for a Brownie, Guide or Ranger outing.

In response to increasing demand, ice-rinks all over Britain are updating their premises and laying on first-class facilities. There's now such a huge demand for rinks that some local authorities are having to build new ones to cater for the trend.

In the last six years or so 18 full-size rinks opened, which means that Britain now has 35 rinks that are 56 x 25 metres to comply with international rules.

However, although more are scheduled to open in the next two years, Britain still has fewer ice rinks than any other European country.

The Ice Rink, a new show-piece rink at Alexandra Palace in North London, was officially opened last year and GUIDING was invited along to see it — and take a spin on the ice.

There's seating for more than 900 spectators, a skate shop, a cafe and a bar, and the emphasis is on safety as well as fun.

Prices vary from rink to rink, but, for example, it costs between £2 and £4 to get in to The Ice Rink, depending which day and time you go, including the cost of hiring skates. There are discounts available for groups of more than 12, and one person is admitted free with each group of 20.

If your unit has a special celebration coming up and you can get to London, The Ice Rink could be just the place. Staff can provide a skating lesson, a party meal and even a personalised cake if you give them enough notice.

Of course, you don't have to go to London. Ring up your local ice rink and find out what they have to offer for special occasions.

GETTING STARTED

There's no need to fork out a fortune when you first try ice-skating. Just wear warm, comfortable clothes — a track suit is ideal — and hire your skates there.

But if you or your girls get the bug and want to take up skating seriously, or only want to learn the basics, the cheapest way is to join a learn-to-skate course at your

local rink. Jeremy Smart, general manager of Blackpool Ice Dome advises.

The Ice Dome offers courses for adults, children, and even toddlers — with parents being allowed to skate with them for free. A more expensive way to learn is to have a one-to-one lesson with a tutor.

Experts believe that eight is the right age for children to start learning to skate, although it can still be a lot of fun if you're younger and never-too-late if you're older.

The National Skating Association has just introduced an examination grading system for skaters, but many rinks operate their own schemes.

Once you've learned the basics, you can decide in which type of ice-skating you want to specialise. You will need basic ice-skating skills if you are going to play ice sports.

If you do take up skating seriously, eventually you'll have to be prepared to put all your energies into it. Serious skaters have to take dance classes, learn to appreciate music, and do fitness routines such as running or weight-training.

There's a wide range of ice sports on offer too, including hockey, speed-skating and curling.

Ice-hockey is an exciting sport to watch as well as play. British ice hockey is enjoying its greatest boom in popularity since the Thirties. This increased popularity began in 1982, when the British League was re-formed with three paid overseas players in each club.

The current boom has been fuelled by bigger and better rinks opening across the country and the sport is particularly liked by families. Many prefer ice hockey to football because the crowds are better natured and spectators don't have to stand outside in the cold. It's another possibility for a Ranger or Guide night out, if you are lucky enough to have a team near you.

David Pickles, secretary of the Ice Hockey Association, said: 'It is very much a family sport. There is no swearing or racial abuse and the crowds are not segregated as they are in football.'

A lot of girls play ice hockey now, David added, including his daughter who is also a Guide. Girls are allowed to compete against the boys until they are 16. But, once they're over that age, they play in women's leagues.

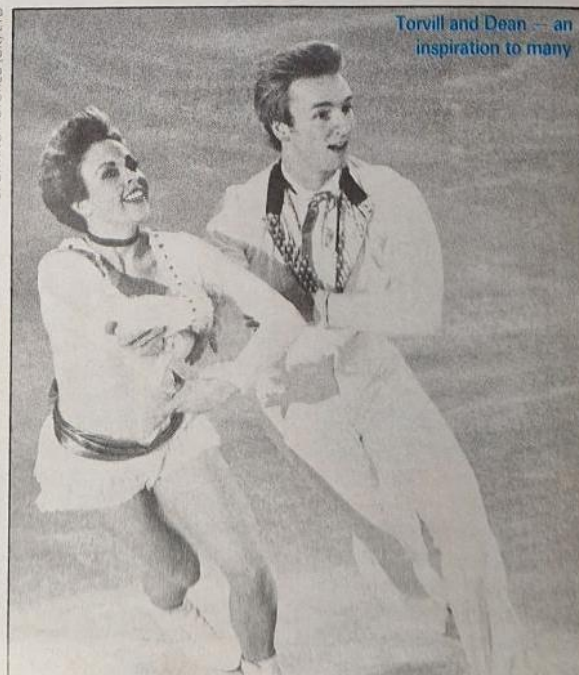
REGIONAL RINKS

There are around 54 rinks throughout England, Scotland, Wales and Northern Ireland registered with the National Skating Association of Great Britain.

In the north, Blackpool is very proud of its Ice Dome where some famous names like Robin Cousins took their first shaky steps on the ice.

There's also the recently-opened 2,500 seat Blade Runner Ice Arena in Milton Keynes where, according to general manager Roger Thomas, about 5,000 people skate during a typical week.

SPORTING PICTURES (UK) LTD



Torvill and Dean — an inspiration to many

GETTING OUT

BROOMBALL

London hosts the only outdoor skating rink in England. It's called Broadgate Ice Rink and forms part of a complex at Liverpool Street Station in East London.

The rink has proved really popular since it opened in 1987. Skaters can play 'broomball' at Broadgate — an ice sport which involves pushing the ball along the ice with specially made 'broomsticks' and the rink has a broomball league.

The latest ice rink to open is Blackburn Arena in Lancashire. Wherever you live, there may be a rink within travelling distance.

But, if the thought of careering around an ice rink with a group of excitable Brownies or Guides still

instructors on hand with safety uppermost in their minds. They also help to keep everyone upright — for most of the time at least! And at Blackpool Ice Dome all the marshalls are trained in first aid.

One word of warning though — rinks point out that skaters skate at their own risk. There's no insurance against stupidity, Jeremy Smart pointed out.

Of course there are important safety considerations which must be followed:

- Wear whatever you feel most comfortable in. Avoid hats, scarves and long coats, which could get caught in your own or someone else's skates.

- Always wear gloves, leather if possible. They will protect

Relax, bend your knees and, leaning slightly forward, take small steps. You'll be gliding before you know it.

Keep your heels pointing together and your toes pointing out to stop the skates from running away from you.

- When you feel yourself falling over, press your chin forward on to your chest to stop yourself from banging your head on the ice. Break the fall with your hands but beware of the danger of injury from other skaters.

TIPS

Here are a list of useful Dos and Don'ts you and your girls should observe:

DO...

Always make sure your skates are correctly fastened, laces coming undone are dangerous. Follow the flow of skating: that is, go in the direction of everyone else. Skate in a safe manner which is not likely to cause injury or accident. Leave the ice when asked by ice rink staff.

DON'T...

Eat, drink or smoke while on the ice. Chip, throw or spray ice. Skate at excessive speed. Drop litter on the ice. Carry young children or babies on the ice. Sit on or climb over the rink barrier. Skate in chains of more than two people.

CHECK FIRST

Rinks run on strict timetables, so it is advisable to phone first to find out the most suitable time for a visit. There may be beginners-only sessions or less busy times.

Let them know how many will be coming and they may be able to offer a discount or organise something special.

Once the visit is over, Brownies may want to continue with skating and work for the Skater badge. Guides may choose skating as a sport for the Sportswoman badge.

PAULINE BROWN
NICOLA WHATMORE



Gina Fulton, senior ladies champion, shows her skill on the rink

MARGARET ROSE

USEFUL ADDRESSES

For further details on The Ice Rink, group discounts and session times, contact: The Ice Rink, Alexandra Palace and Park, Wood Green, London N22 4AY. Tel: 081-365 2121.

The National Skating Association of Great Britain Ltd holds a list of over 50 ice rinks throughout the country with their addresses and telephone numbers. To find your nearest rink contact the association at 15-27 Gee Street, London EC1V 3RE. Tel: 071-253 3824/0910.

Blackpool Ice Dome, South Shore, Blackpool. Tel: 0253 41707.

Blade Runner Ice Arena, Milton Keynes Leisure Plaza, 1 South Row, Childs Way, Central Milton Keynes MK9 1BL. Tel: 0908 692660.

Broadgate Ice Rink, 12 Exchange Square, London EC2A 2BQ. Tel: 071-588 6565.

Blackburn Arena, Lower Audley, Blackburn, Lancashire. Tel: 0254 63063.

British Ice Hockey Association, 517 Christchurch Road, Bournemouth, Dorset BH1 4AG.

Ladies Ice Hockey Association, 56 Haversham Drive, Easthampstead, Bracknell, Berkshire RG12 4NB.



Rebecca and Ruth Jones — Guides having fun on the ice

SHROPSHIRE STAK

sends shivers up your spine, why not ask for extra help?

Maybe there's a mum who is a nifty skater or, perhaps, your local Rangers would be keen to go too.

Woolwich Division Commissioner Margaret Courtney takes three Companies of Guides skating four times a year — be brave and follow her lead.

SAFETY FIRST

You don't have to know the first thing about staying upright on a pair of skates to take your unit along for a trip on the ice.

At Alexandra Palace, for example, there are qualified

your hands if, or when, you fall, from ice 'burns' and other people's skates.

- Your skates must be the right size, usually a half-size larger than your normal shoe size. Make sure they are not too tight, or too big to support your ankles.

- When lacing up skates remember they need not be too snug on the lower part of your foot, but must be tight around the ankle to aid support. Above the ankle, make sure there is enough space for comfort, allowing your finger to fit between boot and sock.

- Hold the barrier as you step on to the ice. Keep your feet together and toes turned slightly out to help balance.

PRACTICAL PAGES

GUIDE GUIDERS

Planning a meeting and keeping the girls happily and usefully occupied isn't the end of your responsibilities as a conscientious Guider. Evaluation is just as important. It allows the Guides to learn from their own mistakes and gain in experience and maturity.

EVALUATION

The sort of questions you should be encouraging your Guides to answer are: how did the activity go... did you enjoy it... what would you do better next time... has the activity helped you to keep your Promise?

This sort of evaluation can be carried out as an individual exercise on completion of a Target, a Challenge, or a badge. It can also be carried out on a Patrol basis on completion of a Patrol activity. Or it can be carried out as a unit exercise. It would be far too time-consuming to evaluate every single activity in depth, of course, but you should try to encourage your Guides to evaluate everything they do, no matter how briefly.

Now to
evaluate
the activity

If your Guides are not already in the habit of round-

ing off every activity by evaluating it, try starting them off with evaluating a unit activity, for example a cook-out, a District camp fire, a camp, or a unit visit.

It is easy to criticise events that other people have organised, so the Guides should be encouraged to offer constructive criticism during the evaluation.

As their Guider, you must be wary of taking their criticism too personally. It is important for you to find out what they thought of something that you, or the District, have organised for them. You also need to be able to analyse their comments, and to learn something positive from the exercise.

One way of helping the Guides to appreciate the importance of offering constructive rather than destructive criticism is to carry out a unit evaluation of an event which they have helped to organise.

HANDS UP

The evaluation session can be started on a unit basis. First of all you need to get an overall impression of how

an event went by asking for a show of hands. For example, ask them to raise their hands in answer if they:

- enjoyed the event
- thought the venue was suitable
- had enough time to do everything they wanted to do
- would like to do it again if they had the chance.

Instead of a hands-up exercise, this can be presented as a thumbs up, thumbs down and thumbs in-between exercise. This gives you a truer impression of how they feel about the various aspects of the event.

Following this, present each Patrol with the question: 'If you were to organise this event again, what would you do differently?' Give them some help in the form of a few more questions. For example find out if they would think it through a bit more carefully or provide more, or different, equipment. Ask how they would avoid the chances of anyone forgetting to bring something, or letting the Patrol down in any other way.

Find out if they would allow more time to complete the activity, or would they adapt the activity so that it did not take quite so long? Was more time needed to clear away afterwards? And find out if they would consider the cost, the staffing, the safety aspects...

During their Patrol discussions, the Guides should write down the things that they would do differently and, after a given time, share their answers.

With a little practice, both you and the Guides will soon grasp the point of an evaluation exercise and will be quick to see the lessons waiting to be learned. For some it will be that they must be more reliable in the future. For others it will be the necessity of drawing up lists and plans on paper. While another group may need to consider the costs,

the timing, the staffing, their own experience, or other practicalities.

THEIR PROMISE

Finally, as a very special part of any Guiding evaluation session, you should encourage the Guides to consider if, and how, the activity has helped them to keep their Promise. It is easy to answer this question when activities fit under the heading of 'helping other people' or, perhaps, one of the Guide Laws.

Do also encourage the Guides, however, to consider how their activities have helped them to do their 'Duty to God'. Have they perhaps helped to make God's world a better place? Have they extended or discovered a talent that God has given them? Have they brought a little sunshine into someone else's world? Have they discovered something new that God has created?

By encouraging the Guides to consider, either as a Patrol, or together during a unit discussion, how they may have been doing their duty to God, you will be helping them to question, to analyse, and to discover their personal duty to God, thus, perhaps, gain a deeper understanding of it.

This gentle encouragement will also help each Guide to prepare her chat with you as she comes towards the end of her Trefoil syllabus. Not only will she have more of an idea of the nature the discussion will take, but she may also feel more able to discuss any questions, doubts, or other interesting points that have occurred over the year.

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



SANDY EVERITT

WATER SAFETY

You might think that you need water to teach water safety, but there you'd be wrong. There are many ways to make Guides aware of the dangers of water and how to rescue someone from the water without even venturing from your meeting place. But don't rule out a trip to the local swimming baths as a unit, because it can be enjoyable and helpful.

Most public swimming baths display posters about water safety and the difficulties which can be experienced in open waters. But, if your local baths don't do so, it may be worth talking to a

there should know where the nearest is.

Games are usually the best way to pass on information to Guides, especially the younger ones, without them being aware of it. Matching cards are very simple to make and can be used in many ways.

CARD MATCH

Write half a sentence on one card and the other half on another card. For example: one card reads 'You should never swim after...' and the other '...eating or drinking'.

Alternately spread all the cards with the second half

repeated.

The winning Patrol is the one with the most sentences which are correct.

A quiz is another good way of putting across the dangers of water, this can be an individual quiz or one for a Patrol.

A competition to design a poster is another fun way for girls to learn this vital information. Again this can be undertaken in Patrols or as individuals.

DANGERS

When the Guides become aware of the dangers of water, especially open water, rescue operations can be

required to lie on the floor and possibly slide along it, so that they can be suitably dressed.

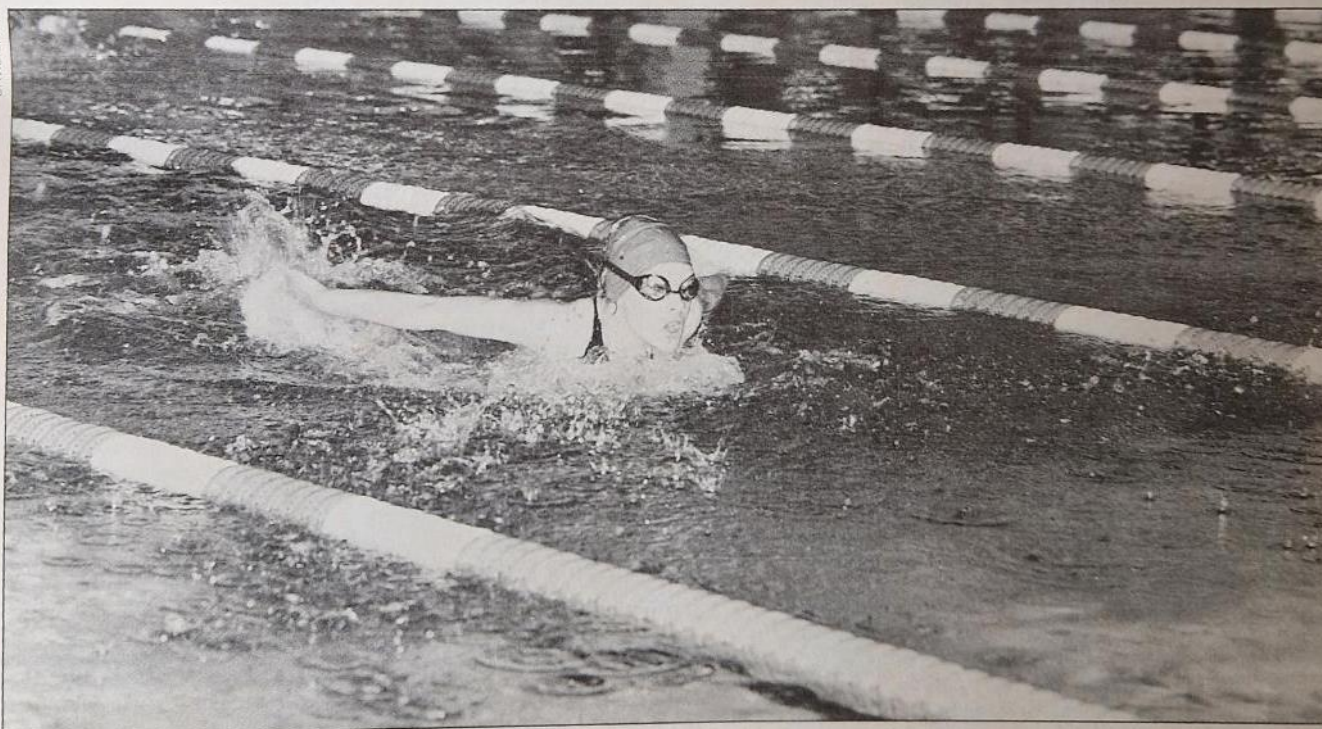
RESCUES

Most of the rescue methods can be practised this way, with the exception of the wading method. But, since this is the last method which should be considered, especially for the younger and smaller girls or for those who cannot swim, those methods which are likely to be used can be tried.

It would, of course, be good to practise these new-found skills in water. And, if a trip to the local swimming

In the swim

DAVID SHUTE



member of the staff to find out if any leaflets are available, or to your local authority's leisure department.

Alternately someone from a swimming club — there is usually at least one in most towns — may be willing to offer advice and information. To find out about swimming clubs in your area ask at your local swimming pool. If there is no club attached to that particular pool, the staff

of the sentence on the floor. Line the Patrols up and, when the whistle is blown, they take it in turns to run to someone holding the other halves of the cards. She will hand over a card with the first part of the sentence on. The player then has to match it to a last half and take it back to her Patrol, joining at the back of the line. The next person in line runs for a card, and so the process is

taught.

If your Company meeting hall has a stage this can become the river bank, with the floor as the water.

If there is no stage but secure tables are available, then a bank can be built from those. The bank can even be marked out on the floor with chalk.

It may be advisable to warn the Guides the week before that they may be

baths can be arranged, you will probably find the staff can be quite helpful.

Combined with a fun evening the Guides will not even be aware of the fact that they have been learning something that one day might save their own or someone else's life.

See next month's Try This for life-saving methods.

GUIDING JARGON

When you've been in an organisation for some time, its jargon becomes second nature. And that's certainly true in the Guide Movement. We tend to think that everyone knows about DCs, OAA's, PHAs and PLs. But that's as unfair as expecting that everyone has a nodding acquaintance with fractostrata, pleiobars, pyrhe-liometers and isohyets, which are as familiar to a meteorologist as his right hand.

Naturally we're all pleased when a new Guider comes along and, naturally, we make her welcome — but do we always offer enough information? Does she sit through her first District Meeting in a gentle fog, or does she feel that the Rainbows know more than she does about the Movement? A little forethought will make a new adult leader not only welcome but also comfortable in any Guiding situation.

Of course, if your new Guider has been in the Movement as a girl, you'll have a head start, but let's assume she's completely fresh to Guiding. She doesn't know the structure; she's never heard of a Patrol; and she didn't realise she was joining an international Movement. What's the best way to put her in the picture?

The thing *not* to do is to load her with a boxful of books and simply say 'Read those'. She'll be so overwhelmed with the mass of material that she may be frightened off altogether.

Her first contact is normally with the DC...oops, *District Commissioner*. Until your new recruit is fully integrated, avoid using initials at all costs. The District Commissioner will need to explain:

- the aims and ideals of the Movement, including the Promise
- the ways we try to achieve these ideals
- the age groupings
- the Programme

- the leadership training schemes
- the opportunities for putting training into practice
- the structure of Country/Region, County, Division, District and Unit
- the make-up of the local District
- the publications available
- the safety rules and insurance cover.

Not all this can be assimilated in one session, so it's important that a new Guider meets with her Commissioner and her fellow Guiders as often as possible in the initial stages.

If your County, Division or District publishes a personnel directory, start by giving the new Guider a copy, pointing out where she fits in.

It's also helpful to compile a booklet or broadsheet containing answers to some of the questions a new Guider might ask. Such a booklet might read as follows:

WELCOME TO GUIDING

Guiding is a Movement for girls which was started in 1910 by Robert, Lord Baden-Powell and his sister Agnes, following the success of the Boy Scouts. The girls were named Guides after a courageous group of soldiers with whom Baden-Powell had worked in India. His wife, Olave, Lady Baden-Powell later became the World Chief Guide.

Guiding in the UK is organised into Countries/Regions, Counties, Divisions and Districts, led by a Com-

missioner.

Our Country/Region comprises; Rainbow Units — girls of school age to 7½; Brownie Units — girls aged 7-11; Guide Units — girls aged 10-15; Ranger Units — girls aged 14-25.

The overlap in ages is to allow a girl to move on to the next section when she personally is ready to do so.

Young Leaders, aged between 15 and 17, who may or may not be Rangers, help in the units. An adult leader is a uniformed member of the Movement aged from 18 to 65, who has made the Guide Promise. A Unit Helper is a non-uniformed adult who need not have made the Promise.

You are warmly welcomed and invited to enjoy the fun of Guiding!

You are asked, as a Guider, to:

- Make the Guide Promise.
- Wear the Guider uniform with pride.
- Go to unit meetings regularly in uniform.
- Attend District Guiders' meetings.
- Take part in the County Training Day and other trainings if possible.

UNIFORM

We are a uniformed Movement, and members are expected to wear the uniform at all Guiding activities unless told otherwise. Uniform is supplied from a central depot, and can be bought through your unit, District,

Division or County, or from the Guide shop at.....

Ask your Guider about the best way to buy yours.

Our uniform is mix and match, with a great deal of flexibility, each member choosing the items which suit her best. Members of a unit do not necessarily need to wear the same styles. The choice is left to the individual.

GUIDING CENTRES

Commonwealth Headquarters is at 17-19 Buckingham Palace Road, London SW1W OPT, which operates as the national administrative centre, complete with publishing operation, meeting rooms and a large shop.

Waddow, Foxlease, Borneirion, Lorne, Netherurd and Glenbrook are all UK centres for training or holidays.

Pax Lodge in England, Our Chalet in Switzerland, Our Cabana in Mexico and Sangam in India are Guide World Centres.

INFORMATION

All you need to know about the national organisation of the Movement can be found in *The Guiding Manual*. Your Guider or Commissioner will lend you a copy until you buy your own copy. Information about current events, trainings, plans and gatherings is passed through a series of meetings, at which decisions and plans are also made.

A Country/Region Chief

You might receive a form like this:

Our Country/Region is Chief Commissioner
 Our County is County Commissioner
 Our Division is Division Commissioner
 Our District is District Commissioner
 Our District Meetings are held on at
 Our District Commissioner's address is
 Tel
 and any questions you have should be addressed to her.

Commissioner passes information to her County Commissioners at the Country/Region Meeting. In the same way, Division Commissioners attend a County Meeting, District Commissioners attend a Division Meeting and information passes along the chain to you at your District Meeting. There you will receive news, have a say in District plans and meet your fellow Guiders from all the District units.

The District Meeting usually takes place about every six weeks, chaired by the District Commissioner, assisted by a secretary and treasurer. There will be an agenda and minutes. If you cannot attend, you are asked to send apologies.

GUIDE for the girls and **GUIDING**—the adult magazine—which can all be ordered through your local newsagent or by taking out a subscription from CHQ.

Also available are annuals for Rainbows, Brownies and Guides; handbooks for the various sections and many useful books, games and fact sheets to enhance your enjoyment of Guiding and to give you ideas for unit activities.

THINKING DAY

Thinking Day is February 22, which was the joint birthday of the Founder and the World Chief Guide. On this day, members of the Movement all over the world think especially of one

camp and holidays, publicity, training and finance.

PROGRAMME

Rainbow Guides work together as a Unit and in small informal groups. There is no set system of progress.

Brownie Guides are grouped in Sixes, each with a leader called a Sixer, who has a Second to help her. They follow a Programme of activities designed to broaden their outlook, working for Footpath, Road and Highway badges according to age and development. They may also work for Interest Badges if they wish.

Guides are grouped into Patrols under the leadership of a Patrol Leader, with a Patrol Second to help her.

ABBREVIATIONS

In your early stages, fellow Guiders will try to avoid jargon so that they don't confuse you. Just in case a few initials slip out unintentionally, here is a glossary to help you speak Guidese!

B-P Lord Baden-Powell, similarly Lady B-P

GGA Girl Guides Association

WAGGGS World Association of Girl Guides and Girl Scouts

CHQ Commonwealth Headquarters

CC County Commissioner

Div Com Division Commissioner

DC District Commissioner

TG Trefoil Guild

YL Young Leader

D of E Duke of Edinburgh Scheme

CIA Commonwealth and International Adviser

OAA Outdoor Activities Adviser

CA Camp Adviser

PHA Pack Holiday Adviser

PRA Public Relations Adviser

PL Patrol Leader in Guide section

PS Patrol Second

SELF-HELP

Once a new Guider becomes familiar with the above information, she'll probably want to learn more. *The Guiding Manual* is very clearly set out and makes interesting reading once it can be related to an actual set-up which the new Guider has seen for herself.

A visit to the local Guide shop is the next step, where she will doubtless be impressed by the wealth of colourful literature available. Do encourage her to place a regular order for both *GUIDING* and the girls' magazine for her section, which will keep her up to date with Guiding beyond her District.

Above all, make sure she knows that her District Commissioner is there to help and inform, and don't overburden her with too much information at the outset. Remember... *sottlee, sottlee, catchee monkey...*!

GILLIAN ELLIS 45



Thinking Day — an important Guiding occasion

PUBLICATIONS

The Girl Guides Association has its own publishing department at Commonwealth Headquarters (CHQ). The books, other forms of resource material and periodicals are sold in Guide shops and, apart from the magazines, they can also be ordered through the Trading Service.

The monthly magazines are *BROWNIE*, *TODAY'S*

another and often have celebrations such as ceremonies, church services and parties. Each member gives a coin, no matter how small, to the Thinking Day Fund to further the spread of Guiding.

COMMITTEES

There are many committees and sub-committees at all levels of Guiding, and it would be confusing to list them here. The ones you may hear about concern

They work for a progression of Trefoil badges, culminating in the Baden-Powell Trefoil, and can also gain Interest and Service Badges.

Ranger Guides take part in a variety of activities of their personal choice, which include the Queen's Guide and Duke of Edinburgh Awards. They are self-governing through an Executive and are encouraged to take full responsibility for the running of their Unit.

RANGER GUIDERS

Events of the last few months will, inevitably, have affected most of the Rangers in some way. It will have been impossible for them to remain unaware of what was happening in the world. Part of the Ranger Promise is to look beyond the immediate environment — to look wide. So the section of Action Plus labelled Wider World links with this integral part of the Ranger Programme.

WORLD VIEW

What's happening now? is the first part of this section and this relates to what is happening in the world *now*.

Action: Consider the Unit programmes since Easter.

● Was there time for a quiet discussion about what was happening?

● Was there time for prayers or for meditation?

● Was there thought for WAGGS members in countries where hostilities are commonplace?

● Where there is war or conflict, does anyone check up to see if there are WAGGS member countries involved?

Could this be something that members might do?

Add-on activity: Make contact with a Unit in such a country and see if yours could be just one thread that might lead to greater understanding.

WORLDWIDE

Guiding Worldwide is the second part of this section, and tries to bring out the idea of linking up with other people — in this instance with other Ranger Units. How often does your Unit mix or meet with others? Do your Rangers know members of other Units? Do they follow up all opportunities for international visits, or to have international visitors?

Activity: Do members of the Unit have camp fire blankets or other ways of keeping together as they partne

collections? Why not contact the Scout Badge Collectors Club, and invite along a local member to talk about badges. Some are really quite valuable.

GOOD HEALTH

Healthy People, Healthy World

is the third part and, although there are links with health issues — the health of people — there are also a number of activities that relate to the whole question of a healthy world... an environmentally healthy world. See March's *GUIDING* for Eco-fundraising.

Action: Perhaps this could be linked to the Ranger certificates: there are clauses in the science certificate, for example the one relating to

ozone layer?

If the answer is yes, and you can join in happily with the Rangers in their discussions, fine. If the answer is no, then look for fairly simple background information. Try:

● *50 simple things you can do to save the Earth* by The Earth Works Group, published by Hodder and Stoughton.

● *The Young Green Consumer Guide* by J Elkington and J Hailes, published by Gollancz.

Both of these books set out to explain the facts quite simply, and include a lot of ideas which could be included in events and activities.

Action: Share these books with the Young Leaders in

Sky, published by Christian Aid and Cafod helpful, if you want to consider the role of women in development.

GO AND DO

The other two parts of this section of Action Plus are — *Knowing your Neighbour* and *Getting Around*. Both parts involve the Rangers in going beyond the normal confines of the Unit meeting and the immediate area in which they live. It is possible for the Rangers both to go and to do. They could well be looking to gain their Overnight Hike permit, or their Ranger Camp permit, so that they can go that bit further. This links in with the Adventure Section.

Rangers who become involved in the activities in this section, really are living their Ranger Promise, and time must be made to link the two together.

Activity: Arrange a discussion or even a formal debate on to what extent does taking the Ranger Promise commit us to becoming a steward of the earth?

Action Plus is not a complete programme, but it is an additional resource for the use of the girl aged between about 13-plus and 16. There is a badge that can be worn. But it is a badge for participation, not of achievement.

Action Plus is designed to give the girl a different lead-in to activities that she might already have found.

Some aspects fit well into both the Pre-investiture Challenge and the Ranger Challenge, others will lead into some Ranger certificates.

In the Ranger Section, where individuals are already designing their own route through the Programme Action Plus should merge in to give ideas to the new members as soon as they join the Unit. But, it is for the girls to use as source material, which Guiders provide.



solar power, which might fit in with this section of Action Plus and lead individuals on beyond these essentially starter activities. Remember that Action Plus doesn't replace the Ranger Programme. It is there to act as a bridge — a way in.

Action: Do you ever feel left behind? Do you know the difference between pollution and conservation? Do you understand about the

your Unit. Could they, and perhaps those involved in the Helping in Guiding section, incorporate some of the ideas into activities with younger groups? Could those working on the Service to Guiding section of the Queen's Guide, include some of the ideas, for example at camp, or on Pack Holiday?

You might find that the teacher resource pack *Women Hold up Half the*

YOUNG LEADERS

Playing Kim's Game is fun, makes you think for yourself and helps to develop the memory. B-P encouraged Scouts and Guides to play versions of Kim's Game and there is quite a lot about it in *Scouting for Boys*.

KIM'S GAME

The original Kim in the Rudyard Kipling story had to memorise details from a tray of precious stones, but some of your Guiders may remember having to memorise objects on a tray for one of their tests. Ask them, 'Did you have to play Kim's Game for your Tenderfoot or was it Second Class?'

Perhaps the easiest form of Kim's Game is simply to place ten different objects on a tray. Look at them very carefully for one minute. Cover the tray with a cloth. Describe what you saw.

Here are some variations on Kim's Game:

HIGH LEVEL

Plan a short walk. Hang objects of varying sizes at different heights, on bushes, trees, walls, fences and so on along the walk. The girls walk slowly along and, when they get to the end of the short walk, describe the objects they have seen.

SHOP WINDOW

Select a shop that has a varied and interesting window display. The Brownies or Guides are allowed one minute to look in the window. They return to their meeting place, or some other suitable spot some distance from the window. In Sixes or Patrols they must draw the window display.

HAPPY FAMILIES

Using the card game Happy Families, place a selection of the cards on a table. Do not put all members of every family on the table. Brownies or Guides look at them for a minute, then cover the cards.

In turn each girl must ask for a card by name. The winner is the one who collects most families.

SHOPKEEPER

Selections of tinned or packaged foods are displayed on a table. Brownies or Guides look at them for one minute. The display is then put back in the shopping basket or box and removed.

The girls in turn then ask for an item. Not just requesting a jar of coffee but 'Please may I have the 8oz jar of coffee that has a horse and carriage on its label'. 'Please may I have the tin of tomato soup with the sell-by-date of October 11'...

NATURE

If possible, mark out an area about 50cm square outside and make sure it has some interesting plants in it. Let your Brownies or Guides look at this area for one minute. Then cover it with a groundsheet, dark plastic bag or something suitable.

Give each girl a number of canes or lolly-type sticks. Ask them to go and find similar specimens to those now hidden. When they find one, they are to mark it with the stick. You will need different coloured sticks or sticky blobs, so that each individual's specimens can be identified.

HIKING

Before the meeting pack a rucksack very badly by putting all the things in the wrong places. To find out how to do it correctly see the fact sheet on expeditions.

At the meeting take all the things out of the rucksack and place them on a table naming each item as you do so. When you have finished, sweep all the items back into the rucksack. Give each girl a large outline drawing of a rucksack and ask her to draw or write each object in its correct place. This then

becomes not only a Kim's Game but teaches how to pack a rucksack correctly. Make sure you know why each item is packed in a particular place.

GARDENER

You will need a trug containing a selection of gardening equipment. Try to get some things of which you have two that are not quite the same. For example, one pair of ordinary secateurs and one pair with a parrot beak, or a 1m cane and a 1.5m cane.

TOUGH TEST

For the real experts to get their teeth into, here are two advanced games:

- Collect ten leaves from one tree, place them on a sheet of square or graph paper. Look at them for one minute, cover them, draw and/or describe all ten very accurately, especially regarding size and shape.

- While on holiday collect shells from the same species. For example, limpets, brown lipped snails and tellins. Make sure nothing is living in the

Allow Brownies or Guides to look at them for one minute. Then cover the trug and all its contents. The Six or Patrol then has to make up a story mentioning all the things in the trug, including the trug itself.

ROTTEN WOOD

Equipment: a piece of rotten wood (make sure the log has some fungi growing on it or has galleries of bark beetles in it); magnifying glasses.

Each girl looks at it carefully using the magnifying glass for one minute. She then goes off and does something different for at least five minutes — long enough for her to forget what she has seen. Then, out of flour and water dough, she has to make a model of the log and its inhabitants.

For flour dough, you will need: 3 cups flour; 3 tspns salt; 2 tbsps water. Mix together the flour and salt. Add water and mix to a stiff paste.

- Food colouring may be added, remember red plus green makes brown.



shells! You can then use these shells to play a very difficult version of Kim's Game. Look at and feel the shells for one minute then cover them. Describe the difference between them. Using touch as well as sight will help. Someone who is blind will probably be far better at this than a sighted person.

LOST PROPERTY

At the beginning of the meeting ask each Brownie or Guide to put an article of her clothing into the cloakroom, for example a woolly hat, pair of gloves, anorak, green wellies... At the end of the meeting she has to describe it to you in enough detail for you to go and fetch it for her.

SETTING THE PACE

It is still largely a male-dominated world, the Chief Commissioner told Rangers and friends gathered at CHQ in February. Mrs Garside was speaking at the start of a fun-filled weekend to mark Celebration '91.

A former Sea Ranger, Mrs Garside stressed that it was important for Rangers 'always to try to do a little better than [their] best — to achieve that little bit more in order to further the advancement of girls and women for the sake of others who will follow.' She was speaking against a backdrop

Rangers took part — as members of the Colour Party, reading lessons or acting as stewards, many looking very smart in their new uniforms.

After the services, there was time for the girls to have a look round London, and shop for souvenirs. In the evening they got down to some serious dancing

was drawn up.

Some Rangers opted to stay outside to face the challenge set in the 'Now get out of that' game. A group from the Lower Broad Heath Unit formed a wobbly human pyramid to try and blow a whistle fixed high up on a wall. Rangers from Whitstable attempted to complete one of the clauses from the Celebration '91 Challenge by building a tower seven metres tall using only broomsticks and elastic bands!

Others dashed off to the nearby Lambeth Mission to sample uni-hockey and short tennis.

Indoors was a hive of activity. In one corner a group of girls could be heard mastering the art of chime bar playing. Their version of *The Battle Hymn of the Republic* mingled with the sound of honky-tonk piano music. At the other end of the hall 20 or so girls shuffled along behind a leotard-clad instructor, taking their first steps in tap dancing.

In another room, a fencing instructor put a group of Rangers through their paces. Blades flashed through the air and complete beginners were soon fencing with skill.

One group of intrepid explorers set off on a big red double decker for a tour of London's most famous sights.

Down in the basement craft work dominated. Rangers were engrossed in attempting a vast range of skills from poker-work to badge making. Everyone had the chance to try at least a dozen new skills.

At the end of a hectic afternoon, Kate Roberts — Celebration '91 Planning Team Co-ordinator — thanked everyone who had made the weekend such a resounding success. A giant cake in the shape of the Celebration '91 butterfly logo was cut.

As they left, the Rangers promised to meet up again in August when they hit the road for Trail '91.



ANGELA EVERETT

Have at you, madam!

of photos and mementoes featuring Rangers then and now, while a video showed some of the highlights from the last 75 years and the wide range of activities now on offer.

The Chief Commissioner pointed out that the opportunities open to girls in the Nineties had been won in hard-fought battles by women like the early Ranger pioneers. And she challenged Rangers everywhere to make the most of their opportunities, calling on them to 'seize every opportunity, every challenge that you can find.'

The exhibition was arranged to coincide with Thinking Day/Founder's Day services, in which the Rangers had a special part to play. About 100

at the Ranger disco.

But everyone had to be up bright and early the next morning because a hectic programme of events was planned.

The girls gathered outside Hawkstone Hall, Lambeth where they'd spent the night. And 500 Rangers chorused Celebration '91 at the top of their voices before releasing 91 blue and silver balloons to rousing cheers.

As the balloons drifted across the rooftops, six new Rangers were invested.

A regatta on the Serpentine had been planned originally, but bad weather intervened. Instead, an exciting programme of games and indoor activities

Young Leader, Becky Challacombe, thought of Mexico as a land of sombreros, ponchos, tequila and donkeys before an adventure-packed international camp actually took her there.

After two weeks sharing a tent, a home and Christmas with Mexican people, 16-year-old Becky Challacombe returned to Acton, Suffolk, full of tales about the real Mexico and treasuring memories of new-found friends she will never forget.

Becky was one of nine Rangers selected for the camp to celebrate the Mexican Guides' Diamond Jubilee. She was chosen after a gruelling series of tests, including a leadership challenge in which she came second.

The international camp was at Oaxtepec, which is one-and-a-half hours drive south from Mexico City and is surrounded by mountains and wooded hills. Every day the Guides woke up to hot, sunny weather, blue skies and a wonderful view.

About 400 girls from all over the world were staying at the camp. At camp fire they shared songs and learned new ones, including an Australian version of *The Twelve Days of Christmas*, which has a kookaburra up a gum tree as the first present!

The cultural highlight for Becky was learning Mexican dancing, complete with authentic sombreros. And, one night, their feast of Mexican food included a kind of crushed insect!

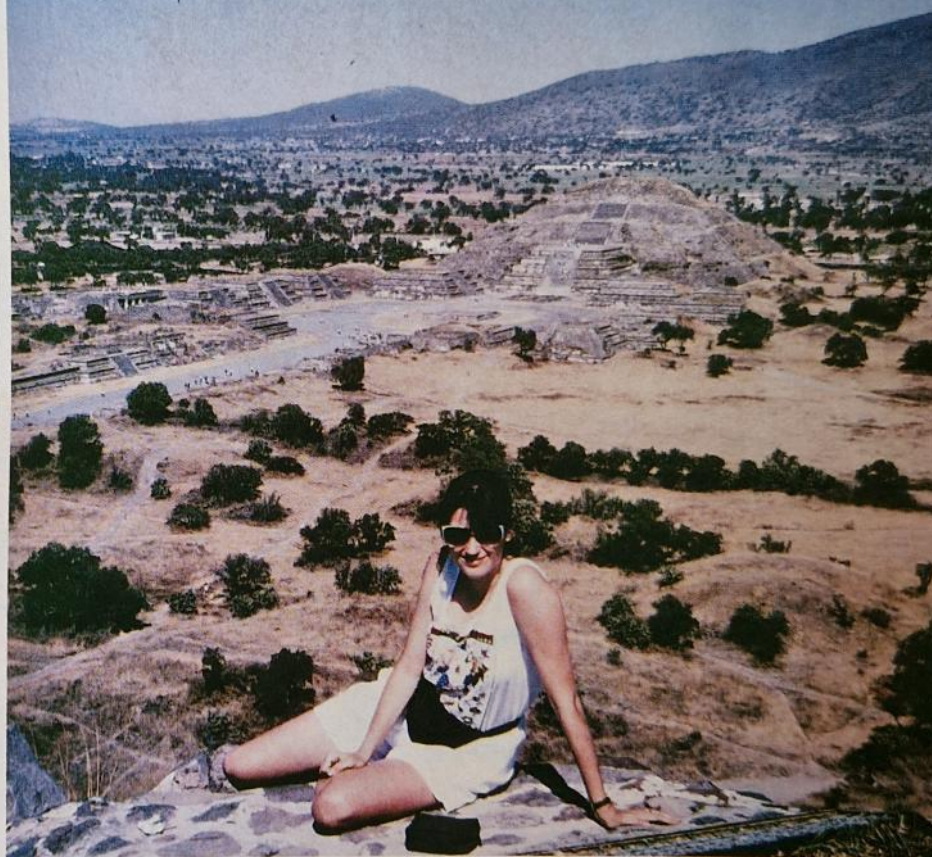
After camp, Becky went to stay with a Mexican family where she enjoyed Christmas, Mexican-style. Mexican people, Becky recalled, are naturally exuberant, noisy and really know how to party. They made her feel part of the family and told her to treat their house as 'home'.

The people were so much more friendly than I had expected,' Becky explained.

On Christmas Eve the Mexican people celebrate with a large meal at midnight. A typical Mexican dish, Becky discovered, is turkey in molé sauce — the sauce contains more than 30 different ingredients, including chocolate and chilli.

During her stay Becky witnessed the contrast between the lives of rich and poor people living in Mexico. In Mexico City, she said, there are incredible skyscrapers and hotels, but, on every pavement, there are children and old

CHOCOLATE AND CHILLI —DOWN MEXICO WAY



people begging.

The city was devastated by the 1985 earthquake. There are gardens where once there were hotels, and offices are being rebuilt after being reduced to rubble.

It also has a huge pollution problem. The air is so bad in the city, Becky was told, that breathing it in is equivalent to smoking 40 cigarettes a day.

The Government is trying to cut down on the pollution and has introduced a system where every car is banned from being used for one day a week. The system is regulated with coloured stickers. But, when the regulations came into force, many people simply went out and bought a second car. So the scheme hasn't really worked.

Becky witnessed the problem for herself on a drive from the countryside into Mexico City. It was a beautiful day, with a deep blue sky. But, as they got nearer to the city, the sky turned a

lighter blue. And, by the time they were in the centre, it was grey because of the smog layer.

As the plane took off for her flight home, Becky could see the smog from the city cutting out the blue sky.

The Mexicans are not complacent about the problems and are very worried, Becky said. Many are involved with the Green movement and are keen to educate the next generation.

The Mexican people made Becky feel really at home and treated her like one of the family. Before she left she was told: 'There is always a home for you here', and she is hoping to return one day.

Now Becky is studying for her GCSEs. Eventually she'd like to go to university and become a journalist.

But she'll never forget her experiences in Mexico. She said: 'It has given me the travel bug. I'd love to go somewhere again, maybe to a major European country.'

Perched on top of the Pyramid of the Sun with the Pyramid of the Moon in the background



GAMBIAN SPRUCE-UP

It was a disaster for Guider Sally Reader's husband when he fell off their garage roof at Aylesford, Kent and broke his ankle. But for 1st Bakau Guide Company in The Gambia it was their lucky day!

Sally and Malcolm Reader had booked a package holiday in the Canaries, then Malcolm had his accident while clearing leaves. The trip had to be cancelled. When Malcolm was fit to travel, he and Sally decided on a very different destination — The Gambia, West Africa.

The schoolhouse
— awaiting
Operation
Spruce-Up

Naturally, before setting off for somewhere as interesting as that, Sally, Guide Guider with the 17th Maidstone (St Paul's) Company, equipped herself with an international introduction card.

That was how, in 1986, Sally became 'hopelessly' involved with the 1st Bakau. So much so, in fact, that it wasn't long before the 17th Maidstone and the 1st Bakau became linked.

The Readers would almost be described as African urbanites — they've

been back to The Gambia six times already! Each time they go Sally meets up with the 1st Bakau Guiders to discover new ways in which her Guides can help their Gambian friends.

In February's *GUIDING* we told you how Sally plans to raise funds to enable two Guides and a Guider from the 1st Bakau to attend Laser '91, London and South-East Region's international camp at Blackland Farm, by selling lengths of batik produced by

Gambian Guides at their Bakau vocational school.

Now Sally and the Kent Weald Ranger Guides are working on a far larger project: to raise £20,000 for an expedition to The Gambia in February, 1992. The object: to re-decorate, refurbish and equip a Bakau primary school.

The school has no equipment of any kind — no wall charts, pencils or crayons, except those supplied by the

17th Maidstone. A teacher is allocated eight sticks of chalk to last the term. There are no blackboards, so they use corrugated cardboard.

The school takes children from the age of seven to 13-plus, who bring their own rickety tables and chairs. Last year there were 1,682 pupils on the roll, with classes of around 60. Over three years the 17th Maidstone Guides have provided a library of about 300 books.

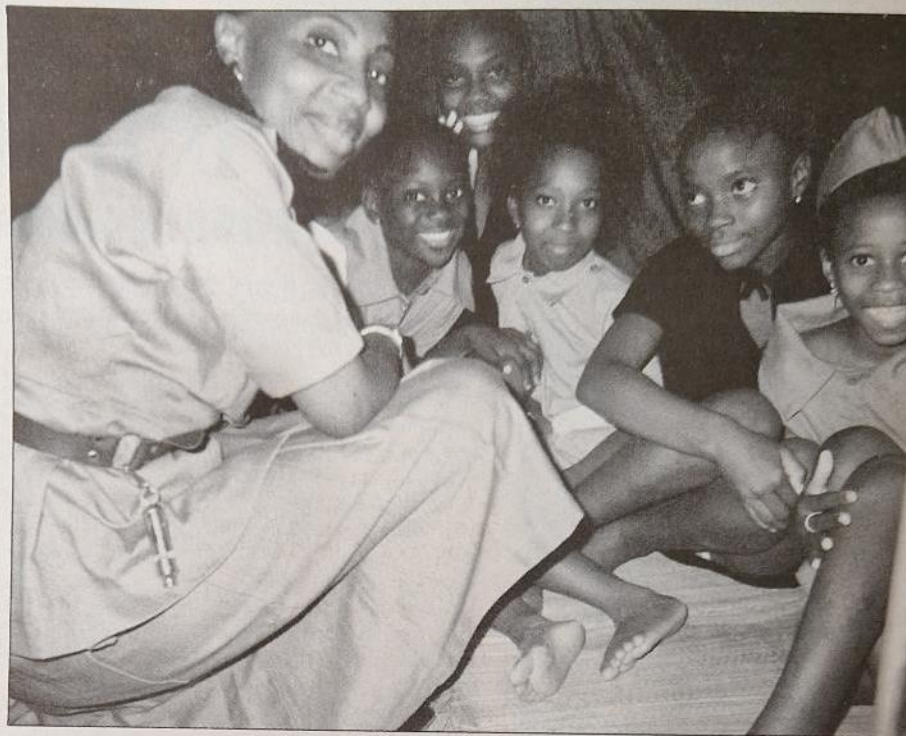
On the Kent Weald International Ranger Expedition 1992 to Bakau will be 20 Ranger Guides and four adult leaders, including Sally, who is joint-co-ordinator with the County Ranger Adviser, Angela Baker.

If they can reach their £20,000 target all the girls selected will be able to go to The Gambia to take part in 'Operation Spruce-Up' regardless of their parents' ability to pay.

Apart from cash, they are collecting Airmile tokens and Shell petrol coupons to help towards fares and equipment.

Sally hopes to persuade a number of firms to donate decorating materials such as paints of various kinds, brushes, paint rollers, stopper and white spirit, as well as basic tools and equipment.

All these items will be shipped out in a container well in advance of the working party's departure. The girls are to have a free crash course in DIY techniques from a local firm of builders. Russ Parke, of Hampshire Venture Scouts — an expedition adviser — will



be helping too.

Last November the Kent Weald Rangers 'took over' the Cobblestones Restaurant at Yalding for a day, when they offered a 'gastronomic delight' at £20 a head. The menu included coronets of smoked salmon stuffed with prawns, and entrecot Mexican.

Some Rangers worked in the kitchen under the supervision of the resident

chef, while others waited at table. After paying for all provisions, wines and so on, they cleared a net profit of more than £500 for the KWIRE fund.

Those selected to go on the expedition to Bakau will be scraping, painting and breaking fingernails for three weeks. During that time they will spend occasional nights as guests of local families but, most of the time, they will stay in a hostel used by students at the Bakau vocational centre and do their own catering with the help of local Rangers and Guides.

While there they will attend an Independence Day parade — the largest in The Gambia — at Bakau's huge stadium. It is bigger than Wembley. Many youth organisations and schools will take part.

Said Sally: 'We have a lot of hard fund raising to do but we are making good progress and have given ourselves plenty of time. We are going in February when it is the dry season and temperatures are bearable for European visitors.'

'Our accommodation will be pretty basic. But the school, like so many other buildings in The Gambia, is just a concrete block structure with unglazed windows. It looks like a storage shed.'

'Before my Company began to send books, the school's supply of reading material was almost nil.'

'They are so pleased to receive our parcels that the whole school turns out for a sort of presentation to the headmaster when the Guider of the 1st Bakau delivers them.'



Rangers offer impeccable service



G·U·I·D·E·R·S

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YOUR LETTERS

The suggestion that we should update our Promise made in March's A Personal View slot spurred several readers to reply. Here are extracts from their letters:

PERSONAL EXPERIENCE

I am most disturbed to find that the view that a Brownie, Guide, Ranger or leader cannot take the Promise if she does not believe in God is widespread. If every Guider were to take this attitude then the Guide Movement would probably shrink by 80 per cent!

Belief in God is a very personal experience and there are very few people who are lucky enough to have that experience.

I asked my Guides how many could say without a shadow of a doubt that they believed in God and understood what that belief meant. Only two out of 26 could say yes. That did not surprise me, and yet I have had no problems with accepting their Promises as Guides.

Each of them has undertaken as part of her Promise to question her beliefs and to consider more fully the possible existence of God.

The Promise does not insist we believe in God, but that we do our duty to God. Surely in the case of a non-believer that is to consider His existence!

Guiders who do believe in God should be encouraging the girls in their care to do just that. It is only in the case of confirmed atheists that I would seriously consider whether they can truly live up to the Promise that they would make or whether in fact they could not take the Promise.

If we were to replace duty to God in the Promise with attaining high ideals,

the Movement would have to set such ideals. And who are we to say what people should and should not strive for?

MRS SALLY C HANSON

Guide Guider
3rd Frimley Green and
Mytchett Guide Company

IGNORANT

I am appalled that someone who is a Commissioner is ignorant of the fact that the Guide Movement is *not* a Christian organisation. As far as I am aware it has never been a Christian organisation, as we have always had many Jewish units throughout the country. The organisation has never advertised that we are Christian, only that every member promises to do her duty to God.

As long as each Brownie realises that to do her duty to God means being kind and loving to others and to God's creatures; to worship at a church, if her parents send her to one; and to thank Him and ask His help through her prayers, then I am satisfied that she understands that part of the Promise.

RUTH PURNELL

Brownie Guider
1st Porth Brownies
Rhondda Division

GOOD TEAM

Thank you so much for publishing Susan Matthews's view. I can't agree more with her.

I am a non-religious Brownie Guider and I never ever thought anything of it. Before I came to England I was a Brownie, Guide, Ranger and Assistant Brownie Guider in Holland and, obviously, made my Promise there.

There you are allowed to omit the words 'with the help of God'. I chose not to say them.

As a Guider I have never seen it as a disadvantage not being religious — surely, there must be more to Guiding than believing in God. And, as it happens, I have a Tawny Owl who is very religious, so together we make quite a good team.

I was lucky, I could make a Promise I can believe in. I wish that to be possible for everybody else in the world. Then we are really open to all girls and boys irrespective of faith, race, culture, nationality or any other circumstances.

J HOKE

Brownie Guider
Horsham, West Sussex

COMMITTED

As a Christian for just under two years I feel very strongly about the Promise. I made that Promise as a young Guide and church parade once a month was my first introduction to any church.

Many years later my own daughter joined the same Guide Company, which needed leaders.

This led me to take an interest in the church to which we are attached. Being a part of the Guide Movement gave me the confidence to get more involved in the church. Five years later I became a committed Christian, and I know that my Promise helped to draw me closer to God.

When a Guide or Brownie makes her Promise I am sure they often don't believe in God or fully understand the Promise which they are making. But I feel it will have an effect on them in later years. If we cut out the 'duty to God' from our Promise, we also cut out the opportunity for them to ask about God and His place in their life as Guides.

I know I speak not only for myself but for many of my Guides. There is absolutely no way that we could cut God out of our Promise, our meetings or our lives.

A MATHIESON

Guide Leader
2nd Ashby Guides

SOWING THE GOOD SEED

How sad that a Guider would want to 'leave out God as part of our Promise'. Surely this should be an opportunity to introduce and nurture Brownies and Guides in their faith in God.

We, as Guiders, have a wonderful opportunity through the Guide Movement to set an example, to sow the seed, and to pray for the children.

To take God out of Guiding is like taking Christ out of Christmas.

MRS DIANA ABREY

1st Risby Brownies
Suffolk

GOOD INTENTIONS

To dislike hypocrisy is one thing, but to assume a knowledge of the relationship between God and any individual is very misguided.

We are *not* assumed to be a Christian organisation. But, having begun with Christian ideals, Guiding has always given UK girls an opportunity to declare 'good intentions'.

When I made the Promise, it was from the viewpoint of a ten year-old with a lifetime of developing, thinking, growing, searching, struggling, laughing, crying and learning ahead.

It was, and still is, a blank cheque with unlimited potential.

Who knows what is

really going on between God and Guides of any age?

As the sisterhood of Guiding spread to millions abroad, a very special bond has transcended many different religions.

Here in the UK we should, nevertheless, hold fast to our Promise to God, because He is not an 'optional extra'.

Faith is all important and we should not give up easily. God hasn't!

CATH MITCHELL
Ranger Guider
Co Derry

Holly Bean, as devil's advocate, asked in March if only girls whose mums were Guiders did well in Guiding. Her letter brought a flood of replies.

NOT TRUE

Rubbish! We have 12 girls who have gained the Baden-Powell Trefoil and not one of them is my daughter!

PAMELA CRISP
Guider
10th Brentwood (URC)
Brentwood, Essex

DELIGHTED

I am delighted to say that, since I took over 3rd Ollerton Guides six years ago, I have had two girls complete the Baden-Powell Trefoil. Both girls have had parental support but not within the Guide Movement.

B M TOMBS
Guider
3rd Ollerton Guides
Nottinghamshire

INVALUABLE

I must admit my reaction was much the same as Holly's and I found myself nodding in agreement.

But, hang on a minute I thought, what about the support I had from my mum when I became a Queen's Guide over 20 years ago. She wasn't a Guider, but she had been a Guide and was — and still is — a member of the Trefoil Guild.

Would I have made it 54 without her

encouragement and her nagging me to get on with my Commonwealth Knowledge badge, my Patrol Camp Permit, and so on? The work was certainly all my own, but Mum's support was invaluable.

Surely the point is that most teenagers are not very good self-starters, and so those with a supportive family background are almost bound to achieve more easily than those without, in whatever field they choose.

It is for us as Guiders to try to provide that support and encouragement when it is lacking at home.

A tall order in the few hours' contact we have with the girls each week perhaps, but that is the challenge.

JENNIFER ALLEN
Glasgow

P.S. I suppose I must come clean and admit that I gained my Queen's Guide award in North Herts!

IT'S FUN

Eight girls from 2nd Bangor Guides were presented with their Baden-Powell Certificates at the County AGM in October, 1990. None of them has a mother in the Movement — it is through their own commitment to Guiding and hard work that they have achieved their Baden-Powell Trefoils.

These girls were not a group of friends outside Guiding — they attended four secondary schools. There had been another girl of the same age in Guides with them whose mother is a Rainbow Guider. This girl left Guides at 13, in spite of her mother's wish that she continue.

The opportunity is there for each girl, to become a Baden-Powell Guide if she wants, and if the unit provides her with the opportunities and encouragement to develop her potential to the full.

Guiders must, however, make sure that this is only

one facet of a varied overall programme within the unit, ensuring that for all involved in Guiding — it's fun.

CHRISTINE WILSON
2nd Bangor Guides
Ulster

PARENTS HELP

How can parental backing in any form be unhealthy? Holly Bean will be complaining next that educated parents are at fault if their children do well at school, just because they encourage their own children and are interested in what they do. Or that local sporting events will be judged unfair if the children of the organisers win.

The home environment is conducive to what our children become and if we provide encouragement while they grow into adulthood, then surely that is all to the good, regardless of our own hobbies and interests?

I shall be as pleased as punch if my daughter goes on to gain the B-P Trefoil — but she will have done it herself and because she wanted to, not because I am in Guiding. And because we are caring parents who encourage our children and are interested in what they want to do.

BARBARA MYNOTT
4th Eaton Socon Brownies
Cambridgeshire

GIVE TIME

This certainly isn't borne out in our unit where we have had nine B-P Trefoil recipients.

I think the important thing is for the Guider to find time to sit with the girls and help them... to give them every encouragement, and the occasional hard push, helping them to find the determination needed.

It is not easy to find the extra time within a meeting but I think it essential. When a Guide realises she has achieved what she thought impossible, her

pleasure and pride is reward enough.

GILL BILSKI
3rd Chesham Bois Guides

The ordinary Brown Owl who so touched the hearts of our readers has contacted the Chief Commissioner.

She writes:

HAPPIEST

Thank you very much for printing my letter. There must be many Guiders around the country in a similar situation and it can, at times, leave you feeling very isolated.

When the time came I could not leave my Brownies. I have made a commitment to carry on for another five years. God willing, which will see the Pack's 80th birthday.

I may not run the best Pack in the world but it must be one of the happiest. At least I have ensured a few more Sallys will be able to enjoy being Brownies.

My wish was not to get publicity or help for my Pack but to bring to light the plight of the lone Guider.

An Ordinary Brown Owl

● The writer, who still prefers to remain anonymous, has turned down offers of financial help, suggesting the money goes to 'help Brownies who need it more than us'.

COMPANY WANTED

I am a Ranger and Young Leader who is going to work at Our Chalet from May 27-July 31. If there are any other Rangers, Young Leaders or Guiders going to work there at the same time, I would be very pleased to hear from them. Perhaps we could travel out together.

Please write to: Elizabeth Watts, 14a Broadfields Avenue, Winchmore Hill, London N21 1AD.

ELIZABETH WATTS
Young Leader
7th Southgate Guide
Company
London N21



Take your partners! The British Ambassador is in the blue shirt

As the Gulf Crisis relentlessly gathered momentum, British Guides in Qatar did their bit to boost the morale of allied troops.

On learning that US airmen were now stationed in Qatar, the Guides decided

to invite eight of them to a buffet supper. Other guests included the British and American Ambassadors.

The evening — held at Doha English Speaking School, where the Company always has its meetings — had several highlights. First, three girls made their

TAKE YOUR PARTNERS

Promise, which gave the visitors a special insight into what Guiding is all about. Then everyone joined in an energetic half-hour of Scottish country dancing. Later they enjoyed learning an American folk dance from the Ambassador.

Having worked up an appetite it was time for supper. Many of the Guides have dual nationalities, so as well as regional dishes from all over the British Isles, the menu featured specialities from China, Pakistan, Sudan, Egypt and Spain. There were no leftovers.

After coffee and camp fire and goodbyes, the school's headmaster took the Ambassadors and airmen on a tour of the premises, and the Guides tackled the washing up.

M. MAWDESLEY



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PEOPLE *and* PLACES

SLEEPING BEAUTY

► It was fancy dress all round when the 1st Hordle Guides and Brownies entered the New Milton Christmas Carnival. But the star of the show was Sleeping Beauty who, as you see, was tucked up warm and snug in bed.

MOUNTAIN AIR

▼ Smiling with Alp-iness are Debbie Britt (left) — Young Leader with 2nd Bourne End Guide Company, and Clare Wade — Assistant Guider with 1st Cores Brownies. The two were part of a group from Bourne End and Flackwell Heath Districts enjoying a Swiss holiday.



DARBY CARPENTER



£10
WINNER



EASTER PARADE

◀ These Rainbows from the 1st Whitton (SS Philip & James) Unit were more than happy to show off their Easter bonnets. The girls made the hats for a competition, but their efforts were so impressive we can't help wondering if a few mums lent a helping hand.



TEA UP

▲ There's nothing like a cuppa to give you a lift. Here District Commissioner Sarah Turner relishes a quiet, five-minutes tea break, away from the hurly-burly of the 9th Addiscombe Brownies Pack Holiday.

CLOWNING AROUND

◀ Heavily disguised beneath the clown's make-up is Louise Sommerville, of 3rd Whitburn Guide Company. She's smiling because she knows that all the money raised by the face painting session is going to boost Guide funds.



MARGARET WHITTAKER

our chalet- THE SPYCHER

*Our Chalet — what do those two words mean to you?
Perhaps a picture in a book seen when you were a Brownie
or a Guide, or they may recall a visit to Switzerland
in either summer or winter.*

For some readers they will conjure up that first moment they saw the house outlined against the mountains after

the long walk from Oey. While for others, Our Chalet means skiing: achieving that run from Hahnenmoos or overcoming fear on the Schwand feldspitz chair-lift. And for many, Our Chalet has been the place where friendships were formed that have lasted for many years.

Next year, it will be 60 years since Our Chalet opened. It was our first world home and was built as a gift. As it says on the beam in the big room, it is to 'Helen Storrow, our world sisterhood owes this chalet for the promotion of goodwill and friendship between nations'.

In 1932 there were 28 member nations of WAGGGS, itself only four years old. Getting together internationally was in its infancy, and tended to take place in camps. So no one knew what the future might hold for this new home.

We know now. But we also know that however much some of us would like to keep it unchanged, the house — beautiful as it is — needs help. If you are wondering why, here are a few of the comments we have received:

'I couldn't get to sleep last night because the young people were making such a noise in the big room' ... 'We were sent to bed real early, it's a bore' ... 'We wanted to show people how to

make our special national craft, but how can you when everything has to be put away for every meal' ... 'Running a conference at Our Chalet is not practical as the accommodation is unsuitable and there aren't the proper facilities' ...

Our needs are clear: a conference sized room which can be divided into smaller rooms; a place to relax, sing, do crafts with facilities to make hot drinks; and, perhaps, a dark room. For the staff, a proper office and two small flats, so the two most senior members can have a little privacy.

The solution is to build a new, medium-sized chalet. It will be called *The Spycher*. In Canton Bern, where Our Chalet stands, farms often consist of three buildings: the main home, a small home for the elderly parents known as *Stockli* and the barn or *Spycher*, where valuable equipment, corn and so on is stored. These buildings are often grouped in a triangle, and this is how it will be at Our Chalet. The new building will stand below and to the right as you climb up from the valley.

How does this concern you? It is important that members should know about developments to the world home which the UK supports so heavily. And, of course, we hope you will help us build this new dream.

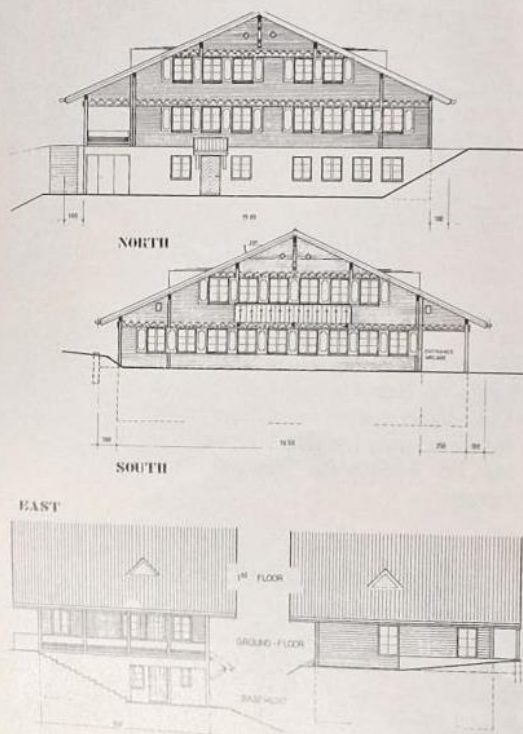
It seems that Our Chalet has never had to raise money before in any major way. We have managed repairs; building; replacing the central heating; being linked to the village water supply and so on through good housekeeping, generous gifts and the magnificent support of the Friends of Our Chalet. But now we do need to raise £1,000,000.

We are hoping to receive donations from people all over the world. I realise that every unit in the country is in need of money to finance its many obligations and activities but, if you are thinking of raising money for others, please remember Our Chalet and its needs.

Some of you may like to send contributions on your own behalf or in memory of a great lady of Guiding, Pen Cullingford (née Wood-Hill). Pen died on December 21 last year and it is her family's wish that any money donated in her memory should go to the building and setting up of *The Spycher*. Pen was Guider-in-Charge of Our Chalet for 16 years, and many members will remember the care she gave to visitors.

Donations should be made payable to: Our Chalet — *The Spycher* and sent to: Mrs A L Mitchell, 20 High Street, Toft, Cambridge CB3 7RL.

ANN MITCHELL
Chairman, Our Chalet Committee





Making up isn't so hard to do!

'Oh no she didn't!'... 'Oh yes she did!' The air rang with the traditional cries when 115 Guides from Durham South took up County Arts Adviser, Anne Hopps's, challenge to produce a panto in a day.

When the girls arrived on the Saturday morning, all they had to work with was a box of make-up, a heap of old clothes, a piano, an empty stage — and bags of raw enthusiasm!

So the morning was spent acquiring basic skills at five half-hour workshops in acting, scenery painting, stage make-up, song and dance, and costume.

These workshops were run by various volunteer experts, including members of the Bishop Auckland Operatic Society and the Association's Assistant Arts Adviser (Music), Mrs Margaret Venables. All of whom were highly impressed by the Guides' talents.

In the afternoon, jobs were allocated

PANTO TIME

and the girls got down to serious preparations for the show. Everyone had a part to play — some became budding Bonnie Langfords or junior Joan Collinses, while others tried out as future Barbara Delys.

At three o'clock it was time for curtain up. But disaster struck — somebody had spilt blue paint all over the scenery. So some swift repainting was needed.

At last, after allowing time for the scenery to dry, *Cinderella* could take to the stage. The performance was a triumph, and one and all voted the whole 'Be Prepared for a Pantomime' day a resounding success. Oh yes they did!

ISLAND AID

In April's GGFF article we outlined the important Guiding projects which the Friendship Appeal aims to help in 1991.

The GGFF plans to help the Girl Scouts in Paraguay, who are setting up a national camp site, and the All European Development Fund, looking to foster the revival of Guiding in the newly emerging democracies of Central and Eastern Europe.

A look at the 1990 Friendship Appeal results shows just how helpful the appeal can be. Last year, Bolivia — which shares a border with Paraguay — was sent £105 towards publishing much needed handbooks for Guiders.

Another deserving cause was the island of Montserrat. This volcanic island, just 18km long and 11km wide, lies in the Eastern Caribbean, and is a rugged rock, mountainous and forested, with seven active volcanoes.

The climate is tropical, and hurricanes can occur between June and November, when the temperatures are high.

And this is just what happened when Hurricane Hugo swept across the Caribbean, battering Montserrat with 150mph winds for ten hours, and leaving much on the island flattened.

Last year's Friendship Appeal raised £3,000 towards the urgent needs of Montserrat.

Eileen Edwards, Commissioner for Montserrat, wrote to thank the GGFF and described the way Montserrat Guides hope to use the funds.

The plans are 'to help a needy person in the community who is still suffering the after-effects of Hugo'; to replace the fence around the Guide

building, and the gate, which were totally destroyed by the hurricane; to tile the bathrooms and kitchen floor and to repaint the building.

Five thousand dollars is to be placed in a fixed deposit account to be used to give immediate assistance in the event of a disaster.

'We understand that this generous amount was raised by Brownies, Guides, Rangers and Young Leaders for Montserrat. Kindly convey to our sisters our profound thanks and gratitude for such a splendid effort on our behalf... Once again, thanks for caring and sharing,' she added.

There is still lots of time to raise money for this year's appeal, which ends on June 30. As you can see from last year, the effort is well repaid in the help brought to our sisters worldwide.

Donations should be sent to the Girl Guide Friendship Fund, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

GGFF

FUND FACTS

In April's *TODAY'S GUIDE* an article about the GGFF's Friendship Appeal may have given the impression that emerging Associations in Central and Eastern Europe were appealing for money.

This is not the case. A fund has been set up jointly by the European Regions of WAGGGS and WOSM to assist them. The information given in last month's *GUIDING* about the scheme was correct.

Please discourage your girls from sending either cash or letters direct to the Bulgarian girl whose name and address

was given in *TODAY'S GUIDE*.

If they do wish to correspond with girls overseas, the Association runs a penpal scheme for Guide-age girls. Anyone interested should write to the Post Box Secretary c/o International Section, Guiding Activities Division, 17-19 Buckingham Palace Road, London SW1W 0PT.

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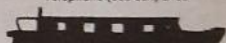
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Jenny (left) and Gillian

GILLIAN BURN AND JENNIFER WATLING OF NORTH EAST ENGLAND

Gillian and her younger sister, Jennifer — everyone calls her Jenny — are legendary figures in North East Guiding. Big sister Gillian starts their story:

'It really started because my auntie was a Brown Owl before the war. She packed it in and sent my mother all the stuff. So I joined a Brownie Pack in Lancashire in 1945. We moved up north when I was changing from Brownies to Guides and Jenny had just joined Brownies.

We lived in Whitley Bay and joined the 1st Monkseaton Brownies. I flew up to Guides straight away. Jenny came up three years later and we've never stopped since. I'm 53 now and Jenny is 50.'

Then it was Jenny's turn: 'I wanted to go to Brownies because I wanted to come home in the dark with a torch. When we collected Gill, it was always dark because of the blackout, and we had to use a torch to get home.

'By the time I started, there wasn't any blackout. We used to go home through the park so it would be dark and we could use a torch.'

Gillian took up the story: 'I was in the Northumberland Cadets for two years but left at 18 to go to college. As I went to Newcastle University, I was able to stay at home and that meant I could become a Guider with the 1st Monkseaton when they needed one.

'After taking my degree, I did a year's teacher training. Then I got a job teaching history and RE at a school in

Forest Hall, so I still stayed at home and continued with my Guiding.

I was the youngest District Commissioner for Monkseaton until I got married at 29 and went to live at Rothbury.'

Jenny joined in: 'That was when I became, at 26, the youngest District Commissioner. I too had been a Cadet but left to help Gillian as her Lieutenant. We had 60 kids, which was too many, and we didn't have a proper hall.

'We were told that when we did get a new hall, we would have to divide the Company. That's how the 4th Monkseaton was started. We've just had our 30th birthday party.

There have been a couple of times since then, when we've had to combine because of shortage of Guiders, and I now take the Brownies as well. Brownies are considerably easier than Guides. But, at the moment, I have some very nice Guides, very nice Guides indeed.

'I'm a civil servant working at Long Benton near Newcastle and still live at home, so I've never become Miss Watling. I was Jennifer to start with and then Jenny, and I'll be Jenny till my dying day.'

Gillian filled in the rest of her story: 'I gave up teaching when I married. My husband went to sea and I had two young children. Brownies was quite

LIFE style

enough for me. We had to start a new Pack — the 2nd Rothbury — as we had too many children wanting to join the 1st Rothbury.

'I was County International Adviser and District Commissioner for Rothbury. I am now Division Commissioner for Alnwick and Belford.

'My husband was a King's Scout. He was in the Deep Sea Scouts. I don't think they have them now. And our children, Jessie and Adrian, went through the Movement. It's in their blood.

'Both of our houses are full of camping equipment and training stuff. I can't imagine life without being in Guiding.'

Jenny admitted: 'I could do without some of the telephone calls. People don't seem to think I go to work. They ring up at silly times and when Mum says: "She's at work", they say: "Work...!" as if I am not allowed to have any life of my own.

'Dad was a Scouter and Mum has always been a marvellous help but, now she is getting older, she can't help as much as she used to do. Of course, she's in the Trefoil Guild.

'If I get the chance I like doing outsidey things like photography, bird watching, walking, natural history... that sort of thing.

'We've just had a smashing midnight hike with the Guides. I was a bit anxious when the girls suggested it. But they told me that they'd only joined my Company because we did "interesting things".

'I said we could only do it if we had plenty of adult co-operation. When I asked about it a couple of weeks later, a forest of hands went up — there was hardly a parent that hadn't offered to help. In the end we had 12 Guides accompanied by ten adults.

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