

GUIDING

JUNE 1991 £1

Toor

**DODGING
CROCS
DOWN
UNDER**

**PAX
LODGE
OPENING**

**MAKING
MUSIC
TOGETHER**

**WOOD-
LARKING
AROUND**

**LEARNING
RESPECT
AT LUTON**



GLOBE-TROTTING GUIDES

**Guiding is . . . forging links that can't
be broken**



GUIDING

VOLUME 80 NUMBER 6
JUNE 1991 £1

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COMMENT

Most of you will have heard of Foxlease, Glenbrook and Waddow, the three Training Centres owned by the UK Association, but I wonder how many have never had the unique experience of a weekend's training at one of them?

Few voluntary organisations offer their leaders such wide-ranging training opportunities as the GGA does at these three centres. They help to develop practical interests and stimulate thoughts and ideas between Guiders, which they, in turn, take home and pass on to our young members in every part of the UK.

Foxlease, in the New Forest, Hampshire, was given to the Association in 1922. There are ten camp sites in its 65 acres of grounds and 52 available beds, including two twin bedded rooms with facilities for members with disabilities.

Waddow Hall, near Clitheroe in Lancashire, stands in 178 acres of parkland with the River Ribble flowing through the grounds. It was purchased in 1927 to provide members in the North with the amenities Foxlease offers the South.

Waddow has 56 beds with one twin-bedded room for members with disabilities. There is also a Brownie Pack Holiday House that sleeps 30; the Ranger Cottage sleeps 15; the Stables will hold 15; the Bothy, five; and the caravan, six. There are also six camp sites and two Patrol camp sites.

Glenbrook, purchased in 1967 to develop training in outdoor activities, is situated in the beautiful Derbyshire Peak National Park. It has five camp sites in the nine acres of grounds and accommodation for 74 and one of the buildings is suitable for a maximum of 34 members with disabilities. Here expert instruction can be arranged in caving, rock climbing, canoeing, hill-walking, archery, pony trekking and so on.

These centres serve thousands of leaders from all over the world as well as the UK.

Everyone is welcome to apply, without having to obtain 'permission'. The centres are not just for 'them' but for all of us, and experience is not necessary.

A number of bursaries (covering two-thirds of the cost of shared accommodation) are available each month for Guiders and about 20 bursaries each year for Rangers/Young Leaders. For more information write to the Training Administrator, Guiding Activities, 17-19 Buckingham Palace Road, London SW1W 0PT.

Knowing how apprehensive we all are about new situations, perhaps it would be an idea to 'find a friend' or, better still, to 'fill a car'. We are all involved with the Adult Leadership Scheme, Part III, whatever our warrant, and new ideas in different sessions might sometimes be needed — so why not find them at the Training Centres? Maybe Districts can accept a 'communal responsibility' to help Guiders attend by offering a 'back-up service', perhaps looking after ageing parents, young children, pets...

A visit to Foxlease, Waddow or Glenbrook will certainly provide endless challenges, opportunities and fun — why not give it a try?

JANE GARSIDE

Chief Commissioner 3

FRONT COVER



Guides keep on grinning — even after a gruelling day acting as models. The big smiles belong to (from left to right) Elena Christodoulou, Sam Sykes, Ceinwen Stone, Claire Wilson and, in the middle, Zoë Sadler of the 10th Barnet (St Stephen's) Company. Our thanks to them and to their Guider, Lisa Wigglesworth, who took a day off from her duties as Personnel Officer at CHQ.

KIM TONELLI AT SCAIONI'S STUDIO

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PAX LODGE

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Telephone 071-435 2202

Round UP

RAINBOW RABBIT

◀ These Rainbows are members of a thriving new Unit which is proving really popular.

They are pictured with the rabbit they chose as their mascot, when the Unit was formed last year. An appropriate choice as Watling Rainbows are based at Christ Church in Bexleyheath, Kent, and their base has been nicknamed The Warren.

District Commissioner Susan Reeves says they are hoping to take on another five members soon. She said: 'We have had an awful lot of interest. I don't run the group, but when I come to see the girls they call me White Rabbit.'

FINE STITCHING

▼ South Glamorgan Guides have produced a unique tapestry to mark the opening of their new headquarters in Roath, Cardiff.

They asked customers visiting the David Morgan Store, Cardiff to each sew a stitch in the tapestry. The store provided the wool. Each of the 28 Districts in the County has a panel in the tapestry, which measures five feet by three feet.



Round UP



DEJA VU

◀ Over 30 years after she watched the World Chief Guide open the Guide House on Anglesey, 91-year-old Miss Claire Daniell performed the same duty herself, at the re-opening of the house.

Miss Daniell, pictured here with County Commissioner Gillian Flinn, is President of the Association on the island. Members there have just spent six years raising £27,000 to completely refurbish Lligwy House.

The house, which is a former school and Grade II listed building, needed a facelift after years of use as a holiday centre for young people ▶

PHOTO CREDIT: J. TROHEAR



MODEL GIRLS

◀ Surrey girls and Guiders proudly modelled the new uniforms to an enthusiastic audience at a fashion show organised by Esher District. After the show, the audience couldn't wait to order the new look.

The Brownies loved the culottes and sweatshirts, while the Guides loved the 'leisure-look'.

Rosie Sowter, 1st Esher Guides Assistant Guider, said that Brownies were keen to order the same as their friends had chosen, while Guides went for the tracksuit bottoms.

The entry fee and a tombola stall helped raise about £200 for the Herons Way Activity Centre — a camp site in Farnham, Surrey.

JOAN JONES, COURTESY OF THE ESHER NEWS SERIES



FAIRGROUND ATTRACTION

◀ Daring duo Kerry Thorne and Karen McLeod were on top of the world when they got a high flying start to life in Westcliff Rangers.

Helped by Kerry's mum, the girls from Essex persuaded the owner of the ferris wheel on Southend seafront to let them make their Promise poised a stomach-churning 65ft above sea level.

Joining the plucky pair at the top of the wheel was Ranger Guider Melanie Bailey.

COURTESY OF THE SOUTHEAST EVENING ECHO

SINGALONG

Rainbows, Brownies and Guides of Aspinall Church, Gorton, raised their voices in song in order to raise money for cerebral palsy sufferer, Lizzie White.

Lizzie, aged four, needs £3,000 to attend a course of assessments at the world famous Peto Institute in Hungary.

More than 40 children raised £500 after a sponsored singalong and coffee morning and the cheque was presented to Lizzie's mum, Mrs Susan White.

Two white pigeons, echoing the Pax Lodge logo, fluttered over the roof tops, living symbols of the message of peace and friendship that the new UK World Centre, finally officially opened, was sending around the globe.

We'd been warned to wave, not cheer, in case the birds were upset, but the happy and excited spectators couldn't resist. It was, after all, a family party. A chance for the family of Guiding to share in a wonderful achievement... creating a new world home in honour of the World Chief Guide.

Pax Lodge itself set the pace. White and blue balloons danced in the breeze. Then, on cue, white and blue streamers sprayed the laughing crowd below, thrown by exuberant Brownies, Guides, Rangers and Young Leaders.

The difficulties that had dogged the project were forgotten. At last a dream that was born at the 1978 World Conference in Iran finally came true on a rather chilly March day at Hampstead, North London, in 1991.

Princess Benedikte of Denmark had earlier officially declared Pax Lodge open. All the members of the World Association, she said, had 'worked so hard and waited so eagerly' for the occasion.

Although the conflict in the Gulf was over, Princess Benedikte pointed out that many Guiding friends in that part of the world would be suffering the aftermath for some time to come.

The name chosen — Pax Lodge — created a link with the Founder's two homes, Pax Hill and Paxtu, but it also means peace, she explained, adding: 'Our eight million members can do a great deal to further the cause of peace and international understanding.'

It is not too optimistic to hope that the friendships made here, at Pax Lodge, whatever a girl's creed, colour or background, will endure against all the odds.

That international bond had been touchingly demonstrated when a 31-nation roll call was held with representatives bringing greetings and good wishes from as far apart as the Solomon Islands and Finland.

Patricia Noble, the Chairman of Pax Lodge welcomed guests, adding: 'I'm sure you can imagine with what enormous pleasure I can, at last, say this.'

It was Patricia Noble, the committee and staff, who had to unscramble arrangements last year when the opening ceremony, scheduled for September, had to be postponed because the builders went into liquidation.

She said: 'The way to this day has been hard and long but the strength of your good will and enthusiasm kept us firm.'

'A great day! The fulfilment of my mother's dream,' commented Betty Clay, the World Chief Guide's daughter after the opening of Pax Lodge.

'This is the fulfilment of the World Chief Guide's dream — that the World Bureau and the World Centre should once again be neighbours.'

Recalling that the first London World Centre — Our Ark — was opened in 1939, Patricia Noble explained that

WORLD HOME FOR PEACE

She paid tribute to Dr Helen Laird, who headed the fundraising team.

Pax Lodge, with its aim of fostering international friendship, Barbara Hayes added, would help to make the world a smaller, safer place to live in. And a more peaceful place for members'



MICHELLE SMITH

the site and the name later changed.

Now Olave House has been succeeded by Pax Lodge which, together with the World Bureau — the administrative centre of the World Association — shares the site to form the Olave Centre, a memorial to Olave Baden-Powell.

'We are very much a World Centre with an eye to the future,' she said, 'purpose-built, with conference facilities second to none, and technology to take us into the 21st Century. But I am even more pleased that Pax Lodge has become a home where a very warm welcome can be found.'

The Chairman of the World Committee of WAGGGS, Barbara Hayes told guests: 'At the World Conference in 1978 when we decided to build the Olave Centre, we had no idea what was ahead of us. And, perhaps, that was a good thing, as we might have become discouraged. But we never did.'

'Here we are today with no mortgage and no debt — it is a miracle and one that happened because of our members around the world.'

children and grandchildren.

Then the invited guests, including the Mayor of Hampstead, Mr Nimal Roy, joined in the special Pax Lodge song, demonstrated earlier by the London Singing Group.

Brownies, Guides, Rangers, Young Leaders, Girl Scouts and Guiders representing every County in London and South East were gathered in the grounds to see Pax Lodge staff raise the World and Pax Lodge flags and join in the World song.

Then Princess Benedikte and representatives from the WAGGGS Regions — Europe, Western Hemisphere, Africa, Asia Pacific and the Arab Group — planted three cherry trees.

The music of the Chase District Guide Band was widely praised and so were the efforts of the members of LINK who acted as stewards.

The celebrations continued for the rest of the weekend with an Open Day for girls on Saturday. On Sunday it was the adults' turn and visitors were invited to take part in multi-faith acts of worship.

Princess Benedikte of Denmark, escorted by Patricia Noble, goes walkabout.



Rope bridges can be fun but you have to take care.



Virginia Jones made this flower arrangement

Guiding

They're not the quietest Guides in the world. They love a game of indoor football, when they can squeal, shout and make as much noise as they like.

But 1st Luton Guides are not badly behaved. Their Guider, Sheila Keany, believes it does them good to let off steam for a time during meetings, although she makes sure they do some quiet activities as well.

The girls are bright, cheery and not shy about coming forward and asking questions. They've learned to respect adults but they've also learned to respect themselves.

Just outside London and near an airport, has its share of a racially diverse population. It has been fighting in the past between black and white,

and also between rival Asian cultures.

Sheila makes sure that every girl is welcome in Guiding, whatever her race, culture or religion, as long as she is prepared to make the Promise.

The unit is Bedfordshire's longest running Company and the Guides are celebrating their 75th anniversary this year.

It's a far cry from the experience Sheila had when she wanted to be a Guide. She joined a Company at Nuneaton in Warwickshire but, after a year, was concerned that she hadn't made her Promise.

Sheila said: 'I had always thought Guiding was something special. I went to a Guide Company, but I was never invested. I had never understood why. Then later I discovered it was because I didn't have a uniform. But no one had told me or my parents.'

Fortunately, Sheila didn't let that one bad experience put her off Guiding. When she moved to another Company in the town, she got an entirely different reception.

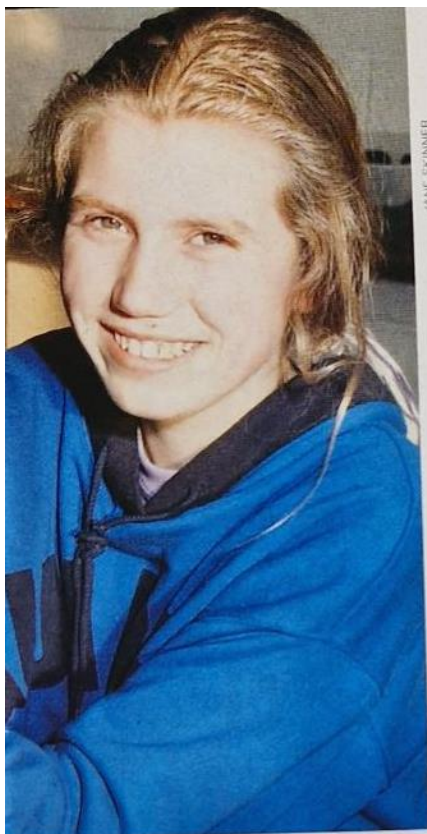
'I'd left Guides and then two girls asked me to go with them to a meeting. When I arrived, the Guider asked: "Can you swim?". I said yes and she said: "Well I think you will make a first class Guide",' recalled Sheila.

'It was the fact that she had bothered to find out something about me and make me feel welcome. That is what I have tried to do here,' she added.

Sheila took over 1st Luton Guides in 1989. A new teaching job had brought her to the area. She settled in Luton after marrying and starting a family.

After her own experience over uniforms, Sheila was determined none of her Guides would suffer in the same way. She said: 'I wanted to make sure that all the Guides were the same, and that no one looked poorer just because their parents couldn't afford a proper uniform.'

The girls don't buy their uniforms, instead they each pay a weekly subscription of £1 and borrow a uniform. Whenever a girl needs a larger size, she can ask for an exchange. After a



JANE SKINNER

to give to Guiders as a thank you.



These three Luton girls are off to Our Chalet this summer.

in action

minimum period, a girl can keep her badge sash.

The scheme seems to be working really well. When I met them, all the Guides looked great in their uniforms.

Vauxhall is a major employer in Luton and many parents are shift workers at the car plant. And, of course, there are other children to be looked after, so Sheila understands that it's sometimes difficult for the Guides to get to meetings if they are looking after brothers or sisters.

'I never tell anybody off for being late,' Sheila said. And to cater for Guides who can't make meetings regularly, she has introduced two 'flexi-packs'. Guides who have to miss meetings join a flexi-pack, so they still feel they're part of a team.

The unit started out in 1916 in a factory and now meets in a Scout and Guide Hut. Although supported by the nearby Protestant church, Sheila insists that the unit welcomes girls of all religions.

'If someone comes along to meetings,

we respect them for what they are. The girls should continue with their own religion, but whether it is Church of England, Hindu or whatever, I don't mind.'

Sheila, who is a full-time teacher at the local upper junior school, wants to dispel illusions that Guiding is an organisation enjoyed solely by white, middle class, Christian girls.

She talks to other Guiders about encouraging girls of all religions and nationalities, but admits that the message has not always been well received.

To get the Guiding message to Asian parents, Sheila has enlisted the help of an adult literacy teacher who speaks Bengali. 'She can talk to them in a way I can't,' Sheila said.

Now seven of the girls from Sheila's unit, including her daughter Lauret who has just become a Ranger, have decided they want to go to Our Chalet, the World Centre, in Switzerland, to celebrate the 75th anniversary of the unit.

The girls: Lauret Keany, Emma Harding, Virginia Jones, Penny Lunn, Caroline Keenan, Claire Langley and Elizabeth Keogh, have been planning and saving for two years and are off in August.

They are looking forward to meeting people from many nationalities and are hoping to make some new friends.

They're also looking forward to seeing all the things they've heard about, including the cheese market, the waterfalls, the mountains and, of course, the famous Swiss flower, edelweiss.

It's meant a lot of hard work to raise the £400 each that they need for the trip. Caroline gets up at 6am to do a paper round; Emma earned the money by baby-sitting; while Penny and Virginia worked on a market stall at weekends. And Elizabeth, who loves riding, gave up some of her weekly riding lessons to save up for the trip.

Caroline said: 'We might not get another chance... We feel privileged that we can go.'

NICOLA WHATMORE 9



Out on the range — Morene Morton

GILLIAN ELLIS

ALTERNATIVE RANGERING

The Peak National Park extends from Holmfirth, north of Manchester, almost to Ashbourne in Derbyshire, stretching some 542 square miles and takes in the southern end of the Pennine Way; the Howden, Derwent and Ladybower Reservoirs; spectacular caves and Blue John mines.

It was the first of Britain's National Parks, covers parts of six counties, and is run by a Joint Board, which includes representatives of all the local authorities concerned. With 5,000 miles of footpath it is a must for walkers and if you choose to explore the area around Peak Forest and the Howden Reservoir may well come across Morene Morton.

Morene is a ranger. Not one of the members of the Movement celebrating their 75th anniversary this year, but a ranger of a different kind. The Peak Park boasts a splendid ranger service. A network of skilled and trained men and women dedicated to preserving its natural beauty by conservation, planned management of the land, service to the public and sheer back-

breaking slog!

You meet them around the Park, easily spotted in their sage green uniform of Guernsey sweaters, trousers or breeches and circular metal badges. Many of them carry radios.

There are over 170 rangers, 24 of whom are employed full time, and the rest, Morene included, working approximately eight hours each fortnight.

Morene's interest in the service was sparked off when, out on one of her frequent walks in the Peak Park, she met and talked to rangers on patrol. Liking what she saw and heard, Morene's next question was how could she join their number. An interview followed and, to her delight, she was accepted. The first step was to join the training scheme.

Morene immediately embarked on the rigorous training course unique to this National Park. Her first patrol, in December 1985, took her along the Tissington Trail. The course was devised by the full-time staff. It includes training in conservation, countryside safety, navigation, knowledge of the area and of other National Parks, first aid, radio communication, the law as applied to the countryside, and handling the many and varied incidents a ranger is likely to encounter.

Is the job all she had expected? Every bit of it!

'I've always enjoyed the outdoor life,' says Morene. 'My parents brought me up to appreciate the open countryside and, as a youngster at Salem Congregational Church in central Leeds, I used to go walking regularly with the youth group.'

'When I met my husband, Mike, at Manchester University, he'd already been a keen walker for years. So it was natural that we should share the enthusiasm.'

Mike, a Queen's Scout, is now also a Peak Park ranger, as is their younger son, Peter.

Morene qualified as a Peak Park ranger in November, 1986. Since then she has worked each alternate Saturday throughout the year on a wide variety of activities. On her first official patrol after qualifying, Morene had to deal with a potentially serious incident. A thoughtless school party was happily making a cosy fire in the peat! Since then she has been called upon to deal with all sorts of problems.

What does Morene enjoy most about the job? 'The friendliness of the other rangers,' she answered without hesitation. 'They're always so helpful and a lot of fun. We have plenty of laughs and I value the friendships I've made.'

Top of her list of tedious tasks is visitor surveys. 'Not many folk want to stand answering questions when they've come out for an invigorating walk! But the information we gather is useful, so we persevere,' she explained.

Some tasks are less attractive than others. The most tiring job, Morene says, is carrying stretchers over difficult terrain. Yet she enjoys the challenge of route-finding for other stretcher bearers.

The dirtiest job is clearing gulleys, which frequently need attention.

Of course, there are plenty of pleasant tasks. One of Morene's most satisfying achievements has been constructing and lettering signposts for the many

thirds of the trail, blisters stopped play. So I promised the girls we'd come back to finish the course later.

'In 1989 we returned, only to be met by heavy snow and a blizzard forecast. I called it off for safety reasons. We



Preserving the countryside comes naturally to Morene

trails in the park.

Morene would love to become a full-time ranger. 'But the chances are slim. The full-time jobs are few and far between and highly sought after. It's such a terrific life, nobody wants to resign!', she said.

The advantages for Morene's Guide unit — the 3rd Cheadle Hulme in Cheadle Moseley Division, County of Stockport — are obvious. 'Skip' is a walking encyclopaedia on the area: its flora and fauna and its highways and byways. A day's hike with Morene is

finished the trail in 1990, two years later... it must be a record!

Anyone watching slender Morene, she's a size ten and only 5ft 2ins in her well-used wellies, is impressed by the ease with which she scrambles energetically up a rocky incline. They'd be even more impressed to discover that she's been married for 31 years, has two sons aged 29 and 27, and has qualified for Guiding's ten year Long Service Award nearly three times.

In between patrols for the ranger service and running her full and lively Guide unit, she manages Ferncroft District supplies depot, and takes her unit to camp every year.

There's also life out of uniform(s). Morene sings in the choir at Cheadle Hulme United Reformed Church and enjoys social events run by the Bramhall Sword Club, of which husband Mike is a member.

Professionally, this expert on camping, hiking, hammering, dry-stone-walling, gardening, singing, and conservation is a teacher. Until she lost her heart to the wide open spaces, she taught English at a large Manchester comprehensive.

She also qualified in needlework at Manchester College of Housecraft. And can whip up the odd ballgown or three piece suite covers if necessary.

In case you think Morene sounds a bit too good to be true, her Guides will tell you she's nothing if not human. She occasionally loses her temper, just like the rest of us, but is always ready for a giggle. Her fellow Guiders will agree. I know, I'm one of them.

GILLIAN ELLIS 11

*It's such
a terrific life,
nobody wants to
resign!*

enhanced by her intimate knowledge of the area.

It works both ways. The unit benefits from Morene's expertise and she's proud of her Guides' outdoor achievements, always eager to encourage their enjoyment of the countryside she loves so well.

Morene grins broadly when asked to list her unit's accomplishments.

'We must be the only group to have taken two years to walk the Limestone Way!' she admitted. 'In 1988 we planned to walk it on a three-day youth hostelling trip. But, after the first two-

Most women think of hormone replacement therapy as a solution to hot flushes, night sweats, joint pains and other immediate menopausal symptoms. But HRT has a crucial role, too, in preventing the menopause's most dangerous, and long-term, problem — osteoporosis.

In women, the overwhelming cause of osteoporosis is lack of oestrogen — the main female hormone — which occurs at the menopause. Hardly surprising, then, that replacing this oestrogen — hormone replacement therapy — has become the principal treatment for the disease. And, to date, it is the most effective.

TREATMENT

In HRT the oestrogens used are either naturally occurring or synthetically-made, identical to those produced by the ovaries. Doctors generally prefer to prescribe the natural products as these seem less likely to provoke side-effects.

Oestrogens are given in one of three ways: tablets, implants and skin patches. A tablet-a-day is by far the most common form of HRT. Not only is it easy to take, but dosage can be modified or treatment discontinued without any difficulty. However, a few women do have digestive problems with oral HRT.

An implant is a slow-release pellet of oestrogen, about the size of an apple pip, which is inserted below the skin in the lower abdomen or buttocks.

This takes just a few minutes and is done under local anaesthetic — normally as an out-patient — but there are a few GPs who do it. Although the implant system avoids daily pill-taking and ensures a steady supply of oestrogen direct into the bloodstream, it lacks flexibility. The doses cannot easily be altered or discontinued.

The skin patch is a quite recent development and consists of an adhesive plaster, slightly larger than a ten pence coin, impregnated with oestrogen. This must be stuck on to the lower part of the body — usually on or near the buttocks — and changed twice a week. The hormone is absorbed through the skin and enters the bloodstream directly.

Patches are proving extremely popular and effective. But some women — very few — experience an adverse skin reaction. There is also the slight disadvantage that occasionally the patch will come off — for example, in hot weather or in the bath or shower.

One of the main reasons for HRT, oestrogen was first used to relieve menopausal symptoms, such as hot flushes and night sweats. But, at

THE GREAT PROTECTOR

In this second feature on osteoporosis, *GUIDING* looks at the disease's number one treatment: HRT.

the same time, oestrogen builds up the womb lining — its old, pre-menopause task — and so increases the risk of cancer of the womb.

To counteract this, another female hormone, progestogen, should be prescribed in pill form, except to women who have had a hysterectomy.

The progestogen is taken in tandem with the oestrogen, either as a dual pill, or for between ten and 12 days a month by women using an implant or patch. A patch is now being developed that will contain both hormones. It is the progestogen that causes the womb lining to shed, producing a withdrawal bleed like a period.

SIDE-EFFECTS

When a woman starts HRT she may suffer from tender breasts, nausea, leg cramps and fluid retention. These

symptoms normally disappear after a few weeks. If they don't, she should go back to her doctor.

Most women on the combined oestrogen/progestogen treatment will have regular monthly bleeds — probably not as heavy as their periods used to be — and these will continue until they stop the therapy.

HOW SAFE?

Some people connect HRT with cancer. This is partly because of the womb cancer scare associated with oestrogen-only treatment. But this danger has now been eliminated by introducing progestogen into the therapy. And, partly, because many people link HRT with the contraceptive pill and its risks, on the basis that both contain the same hormones.

Although the same hormones are

Actress Jill Gascoine applauds the gentle touch of HRT



PHOTOGRAPHS COURTESY THE AMARANT TRUST

involved, there are differences. HRT generally uses natural oestrogens but the Pill — to prevent ovulation — must rely on more powerful, synthetic products. Also the dose in HRT is lower than that in the Pill and HRT hormones are given as a replacement for, not in addition to, the natural supply.

There is still some debate over breast cancer, but most studies indicate that HRT — taken after the menopause — does not increase the risk of this type of cancer, certainly not during the first five years of treatment.

There may, however, be some slight increase in risk if HRT is taken for more than ten years. There is no evidence to link HRT with cancer of the cervix or ovary. In fact, very recent research suggests that it may actually protect the ovaries and womb from developing cancer.

Studies also show that HRT reduces the likelihood of heart attack or stroke, although many of these studies relate to oestrogen-only treatments. The full benefits of oestrogen/progestogen have yet to be assessed.

HOW LONG?

As a protection against osteoporosis, HRT is most beneficial during the menopause and the following five years, as this is when bone loss is at its greatest. But it is still effective if started ten or even 15 years after the menopause. Effective in this context means arresting bone decay — HRT cannot restore lost bone.

There is no recommended length of treatment, but some medical experts suggest taking HRT for ten years following the menopause. This, they say, postpones the onset of the disease for at least the same length of time — but doesn't arouse fears about very long-term use.

HOW TO GET IT

At the onset of the menopause every woman should have the chance to discuss her osteoporosis risk with her GP and decide what, if anything, needs to be done about it.

In general, most GPs will prescribe HRT for women with severe menopausal problems; for those with medical conditions that make osteoporosis almost inevitable; and for those with high risk factors.

For the rest, it's probably a case of wait and see, though committed advocates of HRT maintain that nearly all women would benefit from the therapy.

In the future, deciding who needs HRT urgently will be easier as hi-tech scanning equipment becomes more widely accessible. These scanners not only show bone density but, more importantly, the rate of bone loss.

When a woman has decided to take HRT, she should be given a medical check-up, which includes a breast examination — and, possibly, a mammogram, pelvic examination, smear test and a blood pressure check.

Every six months her weight and blood pressure ought to be monitored and every 12 months a pelvic and breast examination should be carried out. Women are also encouraged to practise breast self-examination.

If a doctor is unsympathetic to prescribing HRT — and won't explain why convincingly — then it's worthwhile asking for a second opinion, or turning to a special clinic like a Well Woman Clinic or a Menopause Clinic. Look up their addresses in the telephone directory or ask at your local hospital.

ALTERNATIVES

Like any treatment, HRT is not recommended for everyone. Women who have had blood clots, liver damage or cancer of the breast, womb, vagina or cervix are considered unsuitable.

In some cases, those with a history of heart disease, high blood pressure, diabetes, gall bladder or kidney disease, fibroids, vein thrombosis or severe migraine have to avoid HRT, too. Heavy smokers and the seriously overweight may also be ruled out.

And, like any other treatment, HRT doesn't suit everyone. Some women develop fluid retention — which may cause swollen ankles, abdominal bloating and headaches. Others find side-effects — such as tender breasts — persist instead of wearing off after a few weeks, though incorrect dosage may be to blame here. A few decide the monthly bleed is too inconvenient.

As well as those women who are unable to take HRT, there are others who are unwilling. Perhaps they are not convinced of its safety... they don't like going to the doctor... they object to the medicalisation of their lives...

What options exist for these groups in the fight against osteoporosis? Are there any alternative therapies?

More information from:

● National Osteoporosis Society, Barton Meade House, PO Box 10, Radstock, Bath BA3 3YB. Produces advice booklets on many aspects of the disease; send sae for details.

● Amarant Trust, 80 Lambeth Road, London SE1 7PW. Provides information about the menopause and HRT; send sae for details. Also operates an osteoporosis helpline on 0836400 199.

● Women's Health Concern, PO Box 1629, London W8 6AU. Publishes

MEDICATION

Several non-oestrogen drug therapies — so far shown to be helpful in short-term studies — are now being more widely prescribed. These include calcitonin and bisphosphonates, which both prevent bone breakdown, and also anabolic steroids which improve bone density (though side-effects can cause concern).

Fluoride treatment is also used, but with mixed results. Up to 40 per cent of patients suffer adverse reactions while a smaller, but significant, number do not gain any benefit from the therapy. Bone density doesn't increase and the fracture rate is not lessened.



OUTLOOK

While research continues both into HRT and alternative therapies, one thing is certain. Although osteoporosis remains a threat, it is no longer an inevitable evil of later life. It can be avoided — we don't have to become 'little old ladies'.

CATHERINE DELL

HRT enthusiast
Teresa Gorman,
MP for
Billericay

advice leaflets on various health issues, including HRT and osteoporosis; send sae for details.

Helpful books:

Understanding Osteoporosis by Wendy Cooper; Arrow Books £3.99.

The Menopause by Jill Rakusen; National Extension College £5.25. Covers all aspects of the menopause, including osteoporosis, with many self-help ideas. Available by post from NEC, 18 Brooklands Avenue, Cambridge CB2 2HN; tel: 0223 316644.

An enthusiastic Brownie, Rebecca is the youngest author taken on by Viking Children's Books, a branch of Puffin. She was only ten when the book came out. The story *The Kitnapping of Mittens* was inspired by her pet cats.

She started writing the book two years earlier, when bed-ridden for months after falling from a climbing frame and breaking her hip.

'Each time I wrote a chapter, I read it to my mum and dad. Sometimes they thought it was brilliant, sometimes they said I should change bits, and they encouraged me to carry on,' Rebecca said.

'Mum and Dad sent it off to the publishers but they didn't tell me. I didn't know about it until it was accepted.'

A friend of the family, who works in a book shop, read Rebecca's tale and liked it. In fact she was so impressed that she showed it to an acquaintance who works as a 'reader', vetting manuscripts for a publisher.

The reader recommended the book to the publishing company without disclosing anything about its author. The publishers liked the book and were amazed to hear that it was written by an eight-year-old girl.

Rebecca knew nothing about this behind the scenes activity until she learned her book had been accepted for publication. She said: 'I was amazed. I howled and shouted around all over the place!'

However, Rebecca, of 2nd Exmouth Brownies, modestly didn't tell anyone about her success.

Brownie Guider Sue Lond-Colon said: 'She is a quiet girl, but very nice and very helpful to the others. She didn't tell anyone about the book. We only found out about it by accident, when her mum came to take her home and told us.'

Since then Rebecca has become something of a celebrity. She has already appeared on the BBC's *Newsround* and on her local television station.

Rebecca, who was 11 last month, not surprisingly has gained her Writer badge. She lives in Exmouth with her mother, a part-time teacher; her father, a polytechnic lecturer; and her brother Daniel, who also enjoys writing.

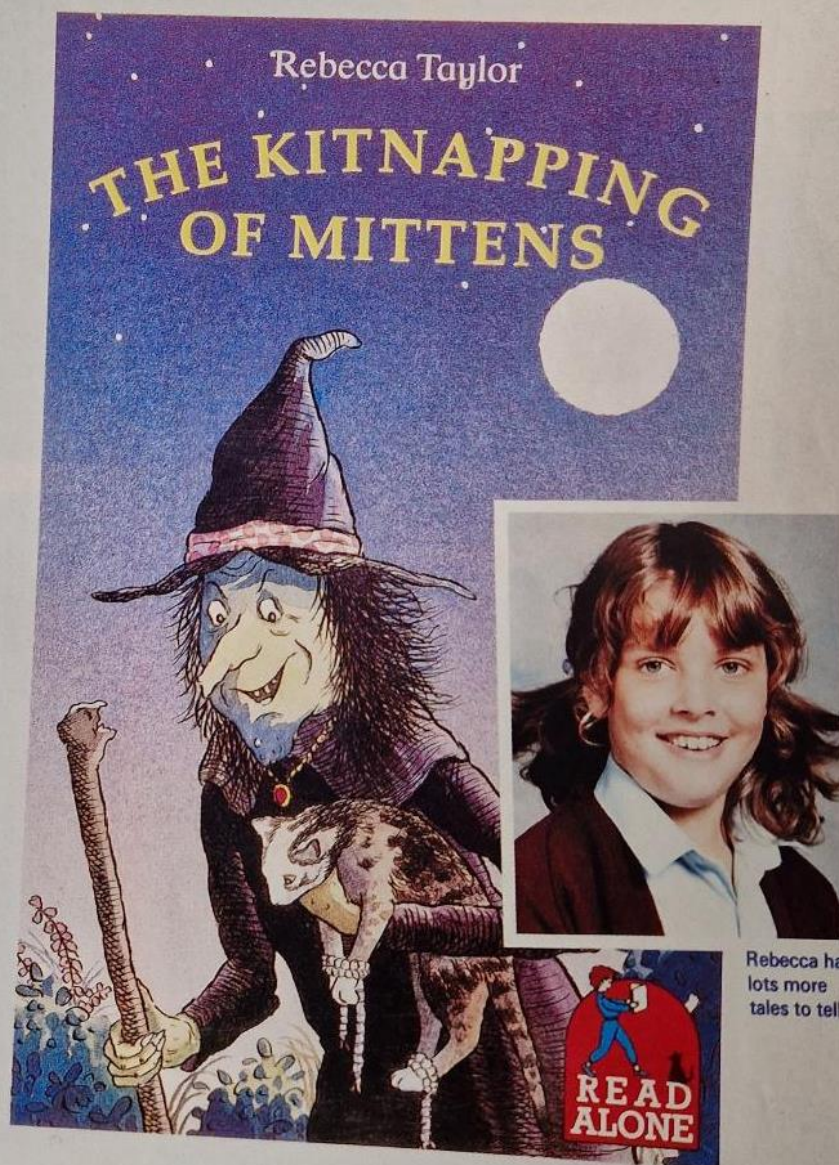
She is now busy writing her fourth book, but says she finds it difficult to fit writing in with all her other hobbies.

As well as reading, writing and Brownies, Rebecca loves horse-riding, plays the flute and has lots of homework to do.

Rebecca wants to make her living as a writer but, if she can't, she wouldn't mind being a riding instructor, working

REBECCA'S KITTENS TALES

Rebecca Taylor has started out on a promising career rather early. For the talented 11-year-old has just published her first book.



Rebecca has lots more tales to tell

in a cattery or a rescue home for cats.

Her mum, Susan, said: 'Of course we are very pleased about it. She does like writing and I think she would like very much to be an author.'

● *The Kitnapping of Mittens* is published by Viking Children's Books and costs £4.50. An extract from the book appears in this month's *BROWNIE*.

Network

TOP PORTRAITS

The Portrait Award, sponsored by BP, has become an important annual event at the National Portrait Gallery. Inaugurated in 1980, it aims to encourage young artists, aged between 18 and 40, to take up portraiture.

The associated exhibition features around 50 of the works entered for the competition, including, of course, the three prize-winners.

The Award will be announced on June 6, and the exhibition at the NPG lasts from June 7 to September 1; admission free. The picture shown was specially commended in the 1990 Award.

STEAM UP

See the Great Western — locomotives, carriages, wagons, sheds, signals — just as it was, down at the Didcot Rail Centre in Oxfordshire.

And on Steamdays — mostly summer Sundays — take a ride in one of the 1930s' trains along Brunel's original broad gauge track.

As well as regular Steamdays, there's one for disabled visitors on July 7 and another for teddy bears on July 14.

Parties — ten per cent discount for 15 or more passengers — should book in advance.

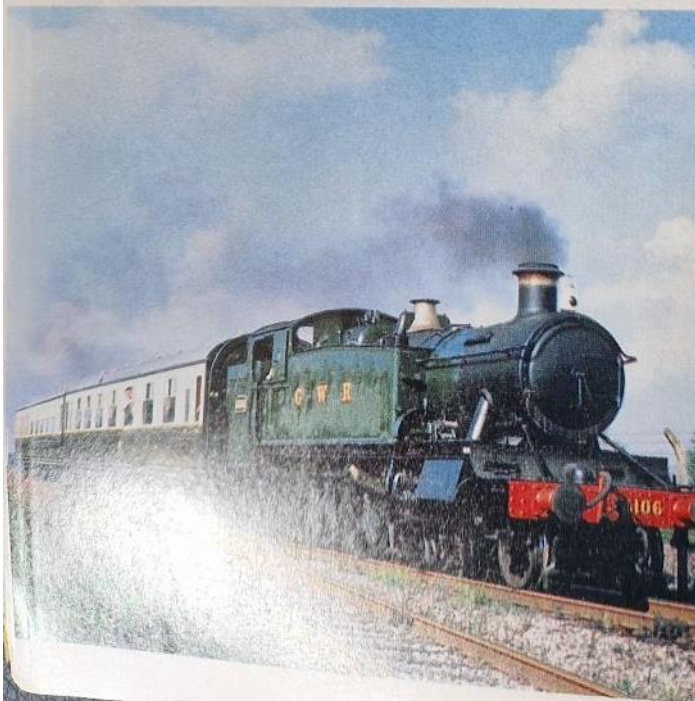


Alison by Hadyn Cottam

NATIONAL PORTRAIT GALLERY

Details and full programme from Didcot Railway Centre, Didcot, Oxfordshire OX11 7NJ (sae); tel: 0235 817200.

GWR at Didcot



A Yellowhammer — at home in the hedge

HEDGE FACTS

Hedges — their history, management, plant and animal life, conservation... Just some of the topics covered in the Hedgerow Pack, from the Young Ornithologists' Club at the RSPB.

Produced in connection

with the YOC's on-going hedgerow survey, the pack is full of information and project ideas, making it ideal for group use.

Available from the YOC, The Lodge, Sandy, Beds SG19 2DL; cost £1 (including p&p).

ROMANIA SOS

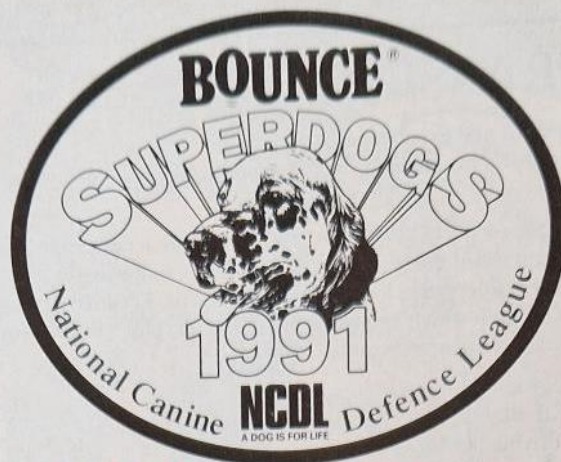
Put your unwanted petrol coupons and trading stamps to good use. Send them to Children of the Revolution, an appeal launched by the relief agency Help International for Romanian orphans suffering from AIDS.

All the major oil companies, like BP, Shell, Esso... as well as Air Miles, Green Shield, Blue Chip and Co-op have agreed to redeem the stamps for cash.

The appeal's initial target — £100,000 — will provide a hospice, in Cluj, for children with AIDS.



For further details and a Romanian Resources Pack, which is suitable for group projects, send an A4-sae plus 38p stamp to Susan Byrne (Resources Pack), Children of the Revolution, PO Box 250, Manchester M60 1HZ.



TOP DOGS

When Jess Yates, a diabetic, found himself slipping into a coma due to low blood sugar, he turned to his dog, Guinness, for help. The mongrel responded by bringing his master a Mars bar — and saved his life.

Guinness was one of last year's BOUNCE Superdogs — 12 dogs honoured for their courage.

The search is now on for 12 more superdogs, outstanding for their bravery or consideration.

Send in nominations to the BOUNCE Superdogs Awards Office, 4 Bedford Square, London WC1B 3RA by July 31, 1991.

For every nomination received, BOUNCE donates £1 to the National Canine Defence League, up to a limit of £15,000.

LACE DISPLAY

Wars have been fought for it; laws were passed on who should wear it; smugglers made fortunes out of it... It is lace.

Formerly one of the world's most prized luxuries, lace's fortunes declined in the early 1900s but have recently revived.

The Lace Guild was formed 15 years ago and now has 8,500 members of all ages.

To celebrate its anniversary, the Guild is staging an exhibition of works ranging from a delicate christening robe to a colourful model of a hot-air balloon.

The exhibition, which also features demonstrations of lacemaking, is on at St Mary's Centre, Chester, June 6-21; City Museum and Art Gallery, Bristol, July 6-August 4; and the Fermoyle Centre, Kings Lynn, August 27-September 11. Entrance is free.

ART MACHINE

Following its amazing success in Glasgow last year, the *Evening Standard Art Machine* is now on at the Barbican Centre, London until June 16.

The largest art and design show ever created specially for children, it's a hands-on exhibition with no restrictions.

Young visitors can experience the buzz of the Venice Carnival, meet a giant automated Alice, try their hand at computer graphics, build sandcastles...

For details of group bookings contact the Barbican Box Office on 071-638 8891.



The Science of Religion by Laurence Zeppen

TRAINING OFFICERS

- Have you got training skills and experience?
- Would you like to work for a progressive youth organisation, concerned with the advancement of girls and young women?

The Girl Guides Association requires TWO TRAINING OFFICERS to develop and provide training for adult leaders. You will join a small team based at Headquarters in London and will also have the support of an established network of volunteer trainers on a local and regional basis. Personal development and management skills are the key areas in which you will be involved and you will be expected to respond effectively to internal and external influences.

Applicants must have :

- : training skills and experience,
- : ability to design, deliver and evaluate training sessions,
- : a full driving licence.

An understanding of the aims of Guiding or Scouting would be an advantage.

These posts will involve extensive travel, and irregular working hours, mainly at weekends. Initial contract 3 years, then subject to review. Please phone for salary details — 071-834 6242, ext 261.

For an informal discussion, please ring Finola McNicholl, Training Manager, on 071-834 6242, ext 251.

Please send full CV to: Miss J Nichols
The Girl Guides Association
17-19 Buckingham Palace Road
London SW1W 0PT

Closing date for receipt of applications: June 28, 1991. Interview dates: July 17, 18, 19.



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Well, this is the last appearance of Swallow's Tales in *GUIDING*. I can hardly believe that the past 18 months have flown by so fast. It's been great fun writing for you each month and recounting my favourite memories for you to enjoy. A special thank you to the brave Guiders in my County, who have been able to laugh when they found themselves in print and, in particular, to Jenny Wren who will always try anything — **ONCE!**

Guiding means so many different things to each and every one of us and it gives us all such fun. That's what makes the worry, panic and sheer terror barely noticeable!

I have two special things which give me the most pleasure. The first is seeing the girls in my care grow and develop, stretching their minds and horizons to meet new challenges with enthusiasm.

The second is the trust the girls place in me. As I sit quietly in the dormitory on Pack Holiday listening to the peaceful breathing of 16 Brownies sleeping soundly, I am quite overwhelmed by their trust. If they didn't trust me, they wouldn't be sleeping so securely, confident that Swallow was there, if needed. Quite a responsibility.

I was having a major clear-out at home recently. This involved removing absolutely everything off my capacious garage shelving and sifting through boxes and boxes of papers, memorabilia and general household junk.

I ignored the area positively groaning

under the weight of Pack Holiday equipment. In the process I found lots of lovely photos of Brownies and Guides, magazine clippings, letters and cards, two of which I thought you would like to share.

Both show, in a few short lines, all the fun and friendship Guiding brings us. Jenny Wren's postcard read 'Waterproofs still work — I have worn everything I bought, *at once*. Today is really lovely and warm — we were all over-dressed for our walk in Puzzle Wood (didn't lose any Guides — failed again!). Lat pit superbly dug — but draining badly — in fact it's awash!'

The second was a poem written by Emily after her first Pack Holiday. She pursued me round our local Sainsbury's to make sure I received it hot off the press:

*People, well Guiders, dressed in blue
Are telling the Brownies what to do
Carrier bags, back pack and cases
Kitchen utensils and books full of
graces*

Happy and excited as we go on our way

On looking to the coming Pack Holiday

*Letters from home soon shall come
In our Sixes our jobs are done
Days upon days upon days of fun
Away from home for seven whole days
Young girls in brown chattering like jays!*

But the great clear-out wasn't just a spring clean — it was really in aid of my fiancé. Eighteen months ago he was just a friend of a friend and I was the independent girl about town. While I was looking the other way last spring, he swept me off my feet and so on June 1, perhaps as you read this article, we shall be married in Oxfordshire.

Clearing a large space in my garage for his tools is just the beginning of married life. No doubt the challenges ahead will prove even more exciting when one becomes two!

swallow's TALES

Notices

THE ASSOCIATION'S AWARDS GOOD SERVICE

BEAVER

Mrs Jane Lewes, The Association's Programme and Training Development Adviser and Training Adviser, Carmarthenshire.

LAUREL

Mrs Anne Faull, County Commissioner, West Glamorgan and Guide Guider, 1st Horton and Port Eynon Company.

MERITORIOUS CONDUCT STAR OF MERIT

Marianne Kitchener, Brownie Guide, 1st Camborne Pack, Cornwall.

Mrs Carole Rodmell, Assistant Brownie Guider, 1st Harston Pack, Cambridgeshire East.

Penny Watkin, Guide, 4th Boston Company, Lincolnshire South.

BOOKING CHQ TRAINING TEAM

If you wish to book the CHQ Training Team for 1992 please contact the Training Manager at CHQ for information/booking forms — NOW!

The team is available to travel throughout the UK for a day training or two week tour, depending on requirements. Programmes are tailored to suit specific needs. For example, those of Young Leaders, Advisers, Commissioners and so on.

Topics range from building confidence to listening skills, from assertiveness to the Adult Leadership Scheme.

Accommodation and travel expenses for the team are paid by CHQ. Country/Region or County must supply the venue. Further details from: Finola McNicholl, Training Manager, CHQ. Country/Region Programme and Training Advisers also hold booking forms.

1993 CENTRE BOOKINGS

Requests for County/Division bookings at Foxlease, Watford and Glenbrook for 1993 could be made in writing to the Training Administration, CHQ by August 1st 1992.

CONCERT CALL

The National Scout and Guide Symphony Orchestra will be performing two concerts as the culmination of this year's course in Bristol.

The first will be held on Friday, August 2 at the Rear-don Smith Lecture Theatre in the Civic Centre, Cardiff at



7.30pm and the second is on Saturday, August 3 at the Broadmead Baptist Church in central Bristol.

Tickets for both performances will cost £2.50 and will be available from Programme Section at CHQ. Please send a sae and make cheques payable to the Girl Guides Association.

The following information should be included:

- Which training centre the County/Division would like to use.
- When the County/Division would like a training weekend. (Many requests are received each year for the spring/autumn period, so it is not possible to offer everyone a training weekend at that time. Please give alternative dates, if possible.)
- Whether a whole house — approximately 45 places — or half a house — approximately 20 places — is required.

Counties/Divisions may book the Training Centres on successive years, if space is available. Preference will be given to Counties/Divisions which have not had a booking in recent years.

BOB'S JOB

The head of Toynbee Hall's Stepney Children's Fund, Bob Le Vaillant, has been appointed Director of the Central London County Scout-reach Project. His role — unique in Scouting — is to encourage and assist the nine Scout Districts to provide Scouting to all children in their areas, particularly those from disadvantaged, ethnic and other special needs background.

The new job means Bob is stepping down as District Commissioner for Tower Hamlets. Through his Scout-reach work within the borough, Bob has been an active supporter of Guiding in the area — raising much-needed cash and attracting new leaders.

He says: 'Scouting and Guiding has, by far, the best framework for providing fun, adventure and opportunities and is rich in resources suitable for children from all backgrounds.'

CAMP OFFER

Calling all camp organisers. Your plans for this summer's camp are not complete, if you haven't got a stock of the Association's magazines to sell in your camp shop.

Don't despair, we can help. We can let you have bundles of 25 magazines at an amazing 25 per cent discount. And that's not all, we'll get them to you free of charge.

The special packs of 25 copies of *GUIDING* will cost £18.75; bumper packs of 25 copies of *TODAY'S GUIDE* will be £16 and 25 copies of *BROWNIE* will also cost £16.

Orders placed will be on a firm sales only basis.

To take advantage of this

super offer either write to Richard Dickerson-Watts, Production Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT or give him a call on 071-834-6242 ext 263.

SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

January, 199113.00 per cent
February, 199112.84 per cent
March, 199112.06 per cent

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

TRUST FUND

On March 31 the value of a share in the Scout and Guide Trust Fund was:

for selling purposes 253.83p
for buying purposes 271.61p
income yield 3.76 per cent

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

FOOD LAW

Concern has been expressed at a number of levels in the Association about the effects of the Food Safety Act and efforts are being made, in conjunction with the Scouts, to establish precisely how Guiding is affected by the new legislation, in an attempt to secure whatever exemptions are available. Members will be kept informed of the progress of these talks.

EURO FOCUS

With 1992 only months away Europe and European Guiding is at the forefront of many members' minds.

If you want to keep abreast of developments in the Europe Region, why not take out a subscription to *Eurofocus*, the regional newsletter.

It costs £5 and is available in French as well as English. Anyone wishing to take out a subscription should contact *Eurofocus* at the Europe Office, World Bureau, Olave Centre, 12c Lyndhurst Road, London NW3 5PQ.

Jeanine McMullen is a broadcaster and writer, who bought a small-holding in the Brecon Beacons National Park. Eventually her experiences there became part of her successful BBC Radio 4 programme *A Small Country Living*. Her third book was published in October.

a personal VIEW

When I first saw my little farm, in the early Seventies, it was late autumn, so it wasn't until the next spring that I could take in the full glory of the hedge, awash with dog roses and honeysuckle caught high amongst the hazel, oak, birch, ash and hawthorn and starred with violets underneath. Until then it had been the spectacular view of the valley, the woods below the house and the delights of the river which had taken up any spare time left over from doing the urgent repairs to the cottage and buildings.

The hedge, blazing out of its winter drab, was a joyful bonus. But I'd no sooner had time to fall in love with it, when I was asked to grub it out. It seemed that the increasingly huge lorries delivering fertilisers to neighbouring farms, found the little lane difficult to negotiate and the drivers were complaining that the hedge was scratching their paintwork. Much to everyone's surprise (not least my own, coward that I am!) I prepared to defend my hedge to the death, and have gone on doing so against foe and flail ever since. It's an attitude that has done my reputation no good at all and relations with at least one neighbour have never really recovered.

This place is not very big, only about 12½ acres, give or take the odd yard or two, but the hedge is not the only battleground on it. Down the hill from

the cottage, is a steep wood full of towering oaks and ash trees, where buzzards nest and owls hunt. Below it, a humpy meadow with rare grasses, wild flowers and a resident hare, spreads out to the little river winding its way over boulders and deep pools. The woods have to be guarded against badger diggers and foxhounds, the meadow against illicit campers with their fires and smothering groundsheets, and the river against poachers or school parties who, bored with the wonders of nature, chuck rocks off the bridge into the water. Under that bridge live the brown trout, and a dipper nests up in its arch. My own bumbling attempts to 'manage' this composition of habitats were firmly quelled by a visiting naturalist who told me to leave it alone.

The naturalist was right and my non-intervention has paid off. Much to my dogs' disgust I've even begun to limit our visits there at all and the longer I leave it between those visits, the more there is to see. If I'm lucky the hare is sitting unconcernedly in the middle of the meadow, the wild flowers have multiplied, the grass is a mass of tiny sparkling spider webs and the butterflies are rioting everywhere. But I do not go silently into that secret world. Once I've had my glimpse of the hare, I behave like a noisy barbarian. I do this because I sometimes think we peek

and pry too much, so that wild animals become used to us and, when danger threatens, fail to tell the difference between friend and foe. I do not want their friendship. I just want to know that they are safe. So I don't hide and wait for the badgers to appear, but satisfy myself with the signs of joyful rollickings on their 'slide' and their recent housekeeping efforts by the setts. For I will not always be here to fight their battles and the last gift I can give them is to make them wary of humans and all their works.

Nearer home, this *laissez-faire* attitude can have its disadvantages. I sit here in my office, like Miss Havesham in her bridal bower, surrounded by cobwebs, thanks to holding my hand against the spiders all these years. Sit still for long and they'll spin you to your chair. The trees I had planted around the house are moving inexorably in upon it, the bolder ones thrusting envious branches against the windows. Recently a party of house martins began roosting in my bedroom so that I daren't switch the light on for fear of disturbing them. The only bit of life nobody around here bothers to 'conserve' is me!

Jeanine's views were originally printed in the *WWF News*.

● Jeanine McMullen's latest book *A Small Country Living Goes On* was published in hardback by Unwin Hyman on October 25 at £14.95.

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.



POPPY DAY IN LIBYA

Remembrance Sunday — 1,500 miles away. Last November, the 2nd Tripoli Brownies — with their Guiders and three Lones — attended the annual memorial service at Tripoli's Christian cemetery. Beforehand, they did their good turn for the day — selling poppies. 21

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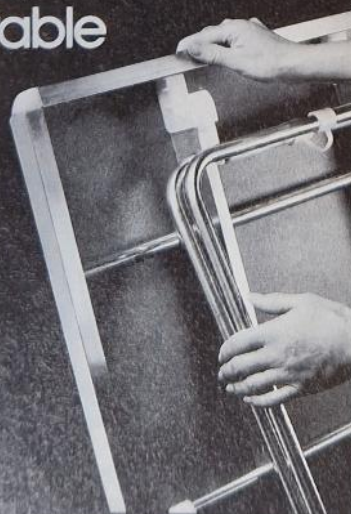
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History was in the making at a Surrey Scout and Guide camp last summer when Pauline Fitter, Assistant Commissioner (Guides) for Haslemere District let slip that she was celebrating her 50th birthday and hinted that she'd have liked a toyboy as a present. In next to no time, Pauline was presented with a giant parcel from which burst a very good-looking 13-year-old Liverpool Scout Patrol Leader to give her a smacking great kiss!

BRIDGING THE NORTH-SOUTH DIVIDE

His presence at the Tilford, Surrey camp was highly significant. For Pauline's toyboy was one of a party of 12 Liverpool Scouts and two leaders invited to the May Bank Holiday weekend camp to forge what it is hoped, will be the first of many 'friendship links' between the relatively well-endowed and the lean-and-hungry areas.

In other words, their hosts, the Haslemere Scouts were blazing the very trail the former Chief Commissioner, Dr June Paterson-Brown, suggested Guides should follow when, in April 1990's *GUIDING*, she wrote of the need for 'link-ups' with units in inner cities or other hard-up areas and for 'sisterly gestures' by girls in more affluent parts.

The Scout link forged at Tilford came about because of the Scouting connections of local newspaper editor Robin Radley, founder of the Surrey and Hampshire Merseyside Link, a friendship project he started after the wave of inner-city riots in the early '80s.

Robin explained: 'I had worked for many years with deprived and disabled young people and, when the Bishop of Liverpool, David Sheppard talked about "comfortable Britain" and "the other Britain", I decided that the affluent south needed to be made to realise how very fortunate it was and that active support — not passing sympathy — was wanted.

'Comfortable Britons had to realise that their problems were often miniscule when viewed alongside those of areas where up to 90 per cent of working-age people were jobless. Where there were families who had never known what it was to have a wage-earner. Where housing was miserable and the environment run-down. Where there was despair and little or no hope.'

People of Surrey and Hampshire have worked with Robin Radley to cultivate understanding and help close what the Roman Catholic Archbishop of Liverpool, Derek Worlock, described as the 'North-South Divide' by raising



Sue Joyce (right) and Helen Mitchell — happy to be in Liverpool

funds to support various Merseyside projects like day centres and holidays for deprived children, as well as Save the Children, the NSPCC and Gingerbread on Merseyside.

In recent years Surrey and Hampshire Venture Scouts had been involved in M-Link, joining parties of volunteers to accompany weekly coachloads of needy Liverpool children to Scotland and on adventure holidays — anything from abseiling and canoeing to pony riding and archery. The need for the holidays continues although, as Mr Radley said: 'Those awful days of the '80s, when social and environmental decay was rife, are now past and Britain's most optimistic and good-humoured city is up off its knees, revitalising itself.'

Meanwhile, a Hampshire machinery company is developing a scheme under which it will sponsor a young apprentice's training in Birkenhead, with the offer of a job in the south on completion. A church has linked with a Methodist-rooted social centre in Toxteth doing splendid work for hard-up people.

Local schools are forming penpal-relationships with schools in Merseyside, while a town twinning organisation, linked with France, is now to join M-Link, raising money for the Alder Bereavement Centre for Parents, attached to the Alder Hey Royal Liverpool

Children's Hospital.

Delighted by the interest of the Venture Scouts, Mr Radley arranged for a party to visit Liverpool in the early part of last summer when John Walshe, Surrey County Commissioner met David Gee, Merseyside County Commissioner.

There was talk of shared camps, north and south, with arrangements made for the southern Venture Scouts to stay at the impressive 80-acre Tawd Vale camp site and for a Liverpool contingent to camp as guests at Tilford.

In the party was Chiddingfold, Surrey, Guide leader and District Camp Adviser Sue Mitchell, her sister, Helen, who is a Brownie Guider and Sue Joyce, a Cub leader. They all agreed that it was an enlightening weekend.

It was at the Tilford camp, where Guides were invited for the first time, that Pauline Fitter first learned of the great link-up. 'It seemed a marvellous idea to me — something really worth pursuing — so I asked the Liverpool Scout leaders at the camp to convey to Guide leaders in their area an invitation to get in touch with me with the aim of forming friendship links with Companies in the south,' she said.

Pauline soon had a letter from Lorraine Aizlewood, Guide Guider of the 220th Liverpool, saying her girls would like penfriends so they could get to know each other and to explore the possibility of camping together eventually. Pauline sent back a list of 16 girls, with a 'pen-picture' of each, so that they could be matched for common interests, hobbies and so on.

Guides will be at the '91 Tilford summer camp and some of them will be from Liverpool.

So, as far as this particular link is concerned, it's all happening now — and just what the Doctor ordered. All that remains, says Pauline, is for a lot of other Guide leaders in the south to get on the same trail.

● There's more about Pauline in our Lifestyle feature on p 63.

UPDATING WITHOUT TEARS

Last year saw the launch of the new Guiding Manual to replace POR. By now everyone has become familiar with its user-friendly guidelines and its minimum use of rules.

One of the oft-repeated complaints concerning POR made to the Guiding Manual Review Group was that the necessary updating left all but the highly-organised in a state of uncertainty if the version they were using was correct.

The Executive Committee decided that, apart from exceptional circumstances, for example safety, changes to the *Guiding Manual* should be implemented only once a year.

The Executive Committee and various other committees may decide at any time, through the normal channels, that changes should be made. The recommended changes are then passed to the Guiding Manual Review Group, which will meet in May each year to collate the proposed amendments.

They will ensure that these are clearly worded and do not conflict, and submit them for approval by the

Executive Committee at its next meeting in June.

The approved amendments will then be published and be effective from September 1 each year. The amended pages will be available through the Trading Service in the usual way. It is planned to publish a completely revised version of the *Guiding Manual* every three years.

When a page of the existing Manual is altered, either by change or addition, an entirely new page will replace it and will be coded to indicate that it is a replacement page.

If the revised information exceeds the space available on the existing page, it will be continued on a separate, additional page, even if only a few lines are involved, thus maintaining the sequence of the following pages. The absence of page numbers, and indexing by section and sub-section make it

easy to include extra pages.

The Guiding Manual Review Group does not make decisions on policy changes. Its job is simply to incorporate the changes that others make into the Manual in such a way as to enable every Guider and Commissioner to keep an up-to-date version written in the same user-friendly style. So we are not inviting individuals to pass their ideas for change to us, but to use the existing Guiding channels of communication and discussion.

We aim to keep your Manual up-to-date without glue, written alterations or cross referencing. We hope that even the least-organised Guider or Commissioner will find our system gives her a convenient and efficient yearly change.

JOAN WHITESIDE

Chairman
Guiding Manual Review Group

HOME FROM HOME

You may recall a letter in a recent edition of *GUIDING* from a mother grateful for help offered by the Trefoil Guild Accommodation Scheme, when her daughter was away from home for one night and didn't know.

The Accommodation Scheme is designed to help this sort of circumstances, and so people are travelling a long distance from home

to attend interviews or look for permanent lodgings to take up work already offered.

The Trefoil Guild hostesses volunteering to offer this service are scattered all over the UK, and offer accommodation for one or two nights at a time.

The scheme is for members of the Movement aged under 25 years. It is not primarily for students attending college interviews, although they are among those helped if possible.

Recently, the number of young people applying for the scheme has fallen, so now seems a good time to remind everyone of the scheme's existence.

If you would like to know more about the scheme, contact your local Trefoil Guild Chairman or Trefoil Guild Central Office at CHQ for the address and telephone number of Beryl Lawrence, the Accommodation Scheme Co-ordinator.

Summer meetings and those, long dusty days at camp are guaranteed to build up a raging thirst in most members of your units. That's why we've got together with those nice people at Vimto to dream up a contest that can solve your drinks problems.

Vimto thirst Q·U·E·N·C·H·E·R

Just complete the Wordsearch below, send it in to us at CHQ and you could win a whole case of sparkling Vimto to share with your girls.

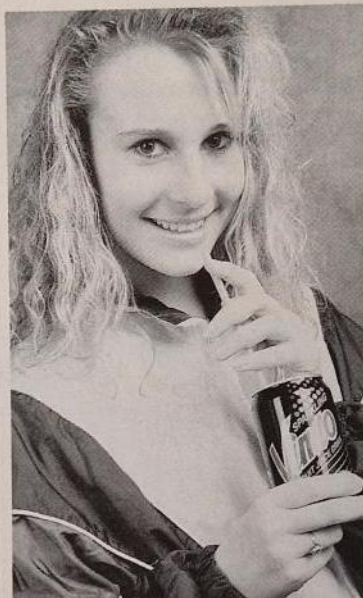
Vimto is the mixed fruit juice drink that is produced in more varieties and in more types of pack than any other soft drink.

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The words hidden in our Vimto wordsearch have been taken from two of the 11 types of pack in which the brand is available. The words are hidden horizontally, vertically and diagonally, running both backwards and forwards.

We've got nine cases of delicious



Vimto for you to win, so get searching.

Just draw a line through the hidden words and send your entries by June 30 to Vimto Competition, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT. The first nine entries drawn on that date will be the winners.

Winners will be notified by post and a full list will be published later.

THE RULES

- 1 The competition is open to all *GUIDING* readers except staff at CHQ or at Vimto and their relatives.
- 2 The Editor's decision is final.
- 3 No correspondence or communication will be entered into.
- 4 No cash or other alternatives to the prizes listed are available.
- 5 Entering the competition denotes acceptance of the rules.
- 6 Do not enclose any other correspondence with your entry.

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WAKING UP TO THE WORLD

Our new image has equipped us to fit in with the 1990s in terms of visual appearance and flexibility in our rules, but are we really facing up to our responsibilities as an influential movement for girls and young women in our society?

Young people today face many issues which are on the world agenda. Indeed, given their access to the media they

My question is: what is Guiding doing about them?

Traditionally we have taken the stand that our role is an educational one, equipping young people with skills, attitudes and knowledge which will enable them to make their own decisions about these issues. While I am sympathetic to this approach, I am also now questioning whether it is enough. For how much longer can we go on playing games and declining to

conflict issues in the Gulf we could look at the situation from an environmental perspective. We could examine why peace may help to protect the environment, while conflict may destroy it more directly.

We should not be afraid of giving young people confidence enough to speak out on issues which matter to them or of providing opportunities for them to be heard.

Following a conference on the environment in their country, Norwegian young people were mobilised into action and took up their concerns with the politicians directly. In this sort of forum there are no political points to be scored, just a consideration of the crucial questions about our heritage and future.

We have the means to copy this idea. We promote participation via the Brownie Pow-wow and Patrol Leaders' Council, encouraging the young people to speak up and express their views. And, I hope, we listen to what they have to say.

Now is the time to expand this idea and invite relevant individuals to attend, or to go and seek them out. I believe our role is to facilitate such audiences and ensure the views of our Brownies, Guides and Rangers are heard.

By first mobilising our young people, we will be giving the Association a clear mandate to similarly take a proactive stand, finding a way through the sensitive political skin to the core of the problems with which we are concerned.

It can be argued that many of today's decision makers have good, personal memories of Scouting and Guiding and, consequently, we can be sure that what we have to say will be listened to. However, in 20 years time, will the same apply to organisations which, hidebound by tradition, refuse to move in the vanguard and stand up for the young people of today. I suspect our silence is killing us...

DENISE KING

Chairman Junior Council

● My views are entirely my own and may, or may not, be shared by other members of the Junior Council.



Denise King

are probably more acutely aware of these issues than any previous generation.

In particular of issues such as the Convention on the Elimination of all forms of Discrimination Against Women, the forthcoming World Summit on the Environment, and, especially in the 1990s, the ever present issues of peace and conflict.

take a stand on real issues which affect the lives of the young people with whom we work?

There are educational angles we could take which would be more effective, especially with Guides and Rangers — a sort of political education which isn't party political. For example, considering the recent peace and

That mechanism — or the 'five essentials' as it is more usually known — like most other mechanisms, is really quite simple once you know how. It is, basically, a series of cogs which, once in place and set in motion, turn to form the basis of a thriving Guide unit.

Of course, rather like a refinery, it needs its raw materials — the girls, and it needs its nuts and bolts. Not to mention the occasional oiling and, of course, the attention of the general manager and her administrative team. Let's look at the mechanism, that series of cogs, in more detail.

The five essential elements of Guiding are totally interdependent. Without one the mechanism is incomplete. It's true that the system wouldn't break down completely, but the end product would *not* be Guiding.

Guides work together in groups

These groups are deliberately kept small, with each girl feeling she is an integral part, so that she doesn't fear being lost in a crowd.

As an integral member of a small group, a girl learns to work as a team. She has the opportunity to express her opinion, and to help, encourage and support her fellow team members. Brownies and Guides spend most of their meetings in Sixes and Patrols.

Rainbows and Rangers split into informal groupings according to their activities. Small groups are manageable, friendly and familiar. They offer a perfect atmosphere in which a girl can thrive.

Guides are encouraged to govern themselves and make their own decisions.

Throughout her Guiding life, a girl is encouraged to think for herself; to make up her own mind; to plan, organise and evaluate. So that, as she moves into the adult world, she is equipped to face the future with confidence. What better way of learning to cope with the many ups and downs of life than by gaining hands-on experience of decision making and planning in a safe and supportive environment?

Self-government is achieved in each section according to the age, experience, and capabilities of the girls in each unit. As a girl progresses through the sections, she is encouraged to take a more active part in the organisation of the unit and its activities.

With Brownies this occurs during Pow-wow; Guides pass on their Patrol's views at the Patrol Leaders' Council and Rangers hold businesslike Executive meetings. By this later stage, a girl will have benefited by learning from mistakes; of having made compromises; and from having been involved in the organisation of many events.

What Makes GUIDING TICK?

What is Guiding? Is it the girls? Is it the camp fire spirit and the songs? Is it the woodsmoke, the laughter, and the fun? Perhaps it's the uniforms, the Promise, or the Programme. Or maybe the friendship, the personal challenge, or the opportunities. Different though every single Guide unit may appear to be, the same basic mechanism will be making it tick.

She will have had the best possible start to enter the adult world, and the experience she has gained will prove invaluable.

Guides have a balanced and varied programme.

Every girl is different. Each brings to Guiding her own interests, strengths and skills. In return, Guiding offers her a structured, yet flexible, Programme. Through this Programme, she is encouraged to develop the interests and skills she already has and to discover new ones, accepting fresh challenges as she grows in maturity.



Getting the best start in life — as a Guide

It is, therefore, important that the girl's personal programme — and the unit's Programme — should reflect balance and variety throughout the year. This is achieved by ensuring that each of eight basic interest areas are represented in the unit's annual programme.

Of course, no Guider is expected to be able to offer every aspect of the Programme herself. But she is encouraged to bring in outside help whenever she needs it. Through a balanced and varied programme, a Guide has every opportunity to discover and develop her potential.

Guides care for the individual.

Guides work in small groups. Those small groups are part of a larger group led by a team of adult leaders and helpers. The adult leader — the Guider — knows, and is genuinely interested in, each individual in her unit. The ideal relationship being that of friends working and learning alongside one other.

For this very reason the size of each unit may vary considerably, as every Guider will keep to the number that is right for *her*. By keeping her unit to a manageable size, a Guider knows she will have plenty of opportunity to show her interest in each individual, and to develop that special relationship.

Guides share a commitment to a common standard.

We all make a Promise. This Promise is, in essence, the same the whole Guiding world over. Apart from our very youngest sisters, the Rainbows who simply promise to love God, we promise a three-fold commitment: to do our best to seek spiritual fulfilment, contribute to society, and live by a simple code — the Guide Law.

At frequent intervals, throughout their time in Guiding, all members are asked to re-examine their understanding of that Promise and, by doing so, gain a deeper spiritual understanding.

These five essential elements, the five cogs I've mentioned, basically form the machinery that makes Guiding tick. Each needs the next in order to keep on turning. With regular oiling and a frequent overhaul by trained, open-minded and forward-thinking Guiders, these five cogs will continue to turn and produce the refined goods well into the bright and exciting future.

Will your unit be there too? Do it a favour; give the machinery a regular service and check that *your* unit's cogs are well oiled.

THE HAPPY BAND

In this, the first of an occasional series on co-operation between Guides and Scouts we focus on a harmonious example in Bedfordshire.



The door of 1st Sandy Scout Headquarters flies open and out troops the band. Youngsters of all ages carry their drums, trumpets, percussion instruments and flags out on to the patch of green behind the hut.

Strains of assorted band music ring out as the musicians warm up on an otherwise quiet Sunday morning. But it's OK, the neighbours don't complain. There aren't many houses around and, anyway, the band is in good form and sounds great!

Band master Eric Wiles conducts and listens for any mistakes that need correcting. The band tries to play out in the open as much as possible because, indoors, errors can go unnoticed, he explained afterwards.

Rain or shine, whatever the weather, the band members turn out twice a week for practice. And Eric can be a tough taskmaster.

For weeks they'd been plagued by snow which put an end to outdoor practice. But this time, even if it had been raining, they'd still have played out in the open, Eric said.

Fortunately for the band members it was a dry morning.

Had it not been for the Guides, 1st Sandy Scout and Guide Band might not be around today. For, although it started off as a Scout band in 1910, it was flagging in 1969, and the Scouts decided to ask the Guides for help.

It was the right decision. Since the Guides joined, the band has gone from struggling to strength. It now has around 60 members and travels

all over the country, taking part in competitions, parades, fêtes and galas.

The band enters many competitions under the auspices of the British Youth Band Association (BYBA). In 1989

*We all just muck
in together and
help each other
along*

Sandy became the British champions in the championship class. And, in 1990, the band became National Scout Supreme Champions and Scout and Guide Band Champions at the



National Scout Band Festival held at Peterborough.

Throughout the year the band takes part in ceremonies, carnivals and charity fêtes and galas.

They played at the Lord Mayor's Show in

London two years ago, and the Queen's Scout and St George's Day parade at Windsor Castle in April last year.

The close-knit community in this quiet Bedfordshire town is proud of its band and keen to support it. Eric said: 'There is another band in the next town, Biggleswade, so there is quite a lot of friendly rivalry between the two. The people of Sandy like to see their band doing better!'

Sandy's band is just one example of successful co-operation between the two Associations. In fact, part of its success is due to the co-operation between the two.

'If it hadn't been for the Guides, we probably would have had to close, and we would never have got to where we are now. Scouts and Guides working together has got the group to where it is,' explained Eric.

He has been involved for 29 years. His interest started when his brother played bugle with the band. 'There were only about 12 people in it then,' Eric recalled. 'I used to play my brother's bugle when he brought it home from band practice. I was a Venture Scout and I am still involved with Scouting activities.'

Other band masters came and went before Eric got the position 14 years ago. He has seen players join as children and watched them grow up.

He said: 'We have got some who are now 25 but they came in at the age of eight. Some good friendships have come out of it.'

Members have to get out of bed early on Sunday and the practice sessions last for most of the morning. They practise for two hours on Fridays, four hours on Sundays and more if there's an event or competition ahead.

'Some people just give up,' Eric said. 'We always try to encourage them to stay, as sometimes they will feel they are not doing well when, in fact, they are.'

But most stay the course and some youngsters have been very successful. One or two new recruits are already taking part in parades, even though they only started learning how to play their instruments just six months ago.

Eric said: 'Some just pick it up. Even if they have never played an instrument in their life, give them a trumpet and they are playing it within a few months.'

It's not just musical ability that makes a good band member. Self-discipline and commitment are vital, and members have to work well as part of a team.

In Sandy Scout and Guide Band, older members help to train youngsters; parents of band members get heavily involved and have formed a supporters association. In fact, everyone feels they are part of one big, happy family. 'We all just muck in together and help each other along,' Eric said.

Scouts and Guides working together has got the group to where it is

They recruit new members by visiting local Scout and Guide units to pass on information to anyone interested in joining them.

Not all band members play instruments. One group of teenage girls form what's known as the 'Colour Guard'. As the band parades, they whirl coloured flags to the music, devising their own moves.

The girls work together and put their own ideas into the dances which accompany the flag work. Colour Guards are very popular in American parades and add a bit of showbiz.

The girls in the Colour Guard were recruited when a representative visited their Guide Company. Kerry Davidson, who's 16, explained: 'A woman came

to the Guides. She came down with a flag to show us how it was done.'

Sharon Webb, aged 18, enjoys being part of the Colour Guard because it is a bit like dancing. She said: 'I used to do tap and modern dance. I have made a lot of friends. I like it because you can experiment with different things.'

The girls say there is a shortage of things to do in Sandy for people of their age. The nearest large town is Bedford, a ten minute drive away, so the band provides a welcome hobby.

Some of them are still in the Guides, others have joined the Venture Scouts.

When they first join the band, inexperienced musicians have to get up to a certain standard before they play in a parade.

Eric explained: 'Everybody starts off slowly. When we have a part we will slot them in so they are taking part. We can give them a simple part that they can cope with. Last year, we went into a competition with three girls who had only started six months before.'

Meanwhile, working hard behind the scenes is Barry Barker, who has been involved with the band for ten years. Barry handles the administration, organises the band for competitions, writes letters and makes endless telephone calls.

And the band also gets help from Meryl Mallet, who travels up from Basildon about once every two weeks to tutor the musicians.

The band travels by coach all over the country to enter competitions. Naturally this all costs money, but they get a lot of support.

Band members pay 20p a week and the rest of the money needed for instruments, travel costs and so on, is covered by fund raising.

Eric said: 'We have quite a lot of support from the parents. And the Scout groups support us. They raise the money for all the instruments with parachute jumps and so on. We get

quite good support from the whole town.'

'We do quite a lot together. At Christmas the Scouts and Guides always have a joint Christmas night, where we all go out together. We also have discos.'

Some good friendships have come out of it

The band members tend to mix together and go out together. Whenever I see them out in the town, they are all out together. It is a bit quiet in Sandy, so this is something for them to do.'

The band recently went to Normandy for a town twinning trip and is planning to go back to France in 1992 to help celebrate the lifting of Europe's trade barriers.

Eric recommends when forming a band, it is really important to involve friends and parents in a supporting and fundraising role, as band equipment can be expensive and a lot of money will be needed over the years. However, Eric says, it is possible to get good quality, second-hand instruments.

If you are thinking about setting up a band, Eric advises:

- before you start, decide what type or style of band the members will enjoy playing in.
- get good quality, conscientious instructors.
- buy good equipment.
- and, finally — practise, practise, practise!

For more information about setting up a band and the training courses available, contact Mr Leroy Grubb, Secretary, The British Youth Band Association (BYBA), 3 Longmeadow Road, Keynsham, Bristol, Avon BS18 2RH.



Browse through a selection of certain tabloid newspapers and the chances are you'll see a Page Three 'lovely' baring almost all.

In spite of more enlightened attitudes to women in society, and the campaigns of women like Mary Whitehouse and MP Clare Short, these pictures still have not disappeared. Hasn't the time now come to banish them for good?

Along with girlie mags on the top shelves of newsagents, and the use of scantily-clad women to sell everything from cars to chocolate, Page Three images reinforce out-dated views about females.

Every day that those girls remain on display — pouting away, an accepted part of everyday life — the idea that we are sex objects, to be valued solely for our looks, continues to survive.

The instant fame and fortune the pin-up girls acquire devalues the work of women who have achieved their success by hard work, and using their minds, not their vital statistics.

And this widely-available, so-called 'soft porn' surely helps to create an atmosphere in which women are seen as targets for sexual assault.

I'm not suggesting that rapists go on the prowl fired up with lust after ogling Page Three bimbos, no more than I would claim that everyone who sees an ad for a new soap powder rushes straight out to buy a box of the stuff. But, gradually, subconsciously, the advertising has its effect. So, too, must these photos.

IMPOSSIBLE IDEALS

There's another equally-important reason why Page Three girls should go. The photos set up 'ideals' of what is attractive, which bear little relation to what most of us look like.

The lengths taken to produce these glossy images are amazing. The models have to keep their tummies flat, even if it means a rigid regime of exercise and diet. Breasts needing a little uplift? Try strategically-placed sticky tape. And a good nipple count is assured by the ice cube treatment.

And, if all that doesn't work, then the camera that can't lie fibs a bit with clever angle shots and soft focus. The shot can still be improved later by those tricky chaps with the air-brushes.

Models are also bombarded with images of female perfection from the media, but even there sleight of hand is often at work.

Some women who refuse to strip away their woman's body are criticised for their.

Stunning, and she was nominated for an Oscar for her part in

PAGE THREE PROTEST

Pretty Woman but, it was claimed, even she hadn't got what it takes to please the publicity machine.

Stories circulated that a photograph of her head was superimposed on a picture of another woman's body for the advertising hype.

The spin-off effect of this body-conscious culture was highlighted recently, when that superb actress Meryl Streep revealed she had to pad her bra to get directors to see she could play a sensuous woman!

If top film stars and Page Three models can't even achieve these male ideals of beauty — what hope is there for the rest of us?

PRETTY WOMEN

We can't be a *Pretty Woman* because *Pretty Woman* isn't real. What Page Three and Hollywood are selling us is tinged with fantasy.

That's not to say that there's anything wrong with the desire to be attractive. Everyone — male or female — likes to be liked and admired. But why should what is attractive be so rigidly defined — limited to Page Three-style looks?

At certain times in our own history being thin didn't equate with being beautiful. And large ladies are still tops in other cultures. Fashions in looks come and go, so who's to say that the combination of baby face and big boobs will last?

Having such superficial but widely-accepted codes of sexiness leaves many, many women feeling unhappy about the way they look. It's an insult to the sensitivity and intelligence of both sexes. We should value the diversity of the human body, accepting and admiring people of every shape and size.

But there are many people — some of them women — who defend to the death the right of Page Three lovelies to display their charms.

Some argue that if a girl's greatest asset is her super figure and striking looks, why shouldn't she capitalise on them in the same way her brainier sister makes use of her natural talents to get on.

They claim that for the girls chasing tabloid star status, possibly from modest backgrounds with little qualifications,

this is the only way open to fame and fortune.

It's true that no one forces them to become Page Three girls and that many of the models — and their parents — insist that there is nothing wrong with it as a way of making money. A few even use Page Three work as a springboard to more respected careers.

BETTER CHOICES

But surely a better way to give these girls a chance is to change our education and social systems that seem to be offering so little choice to a vast section of society.

Then, there's the equality lobby. They seek to provide sexy pictures of Page Seven fellas to delight our eyes. I can't see that as a way forward. It simply sets impossible standards of macho manliness for Mr Average. Making our blokes feel insecure and inadequate isn't the answer.

Perhaps you agree with those who dismiss the whole issue as 'harmless fun'. After all, they'll tell you, it has always gone on. But this isn't valid either. Today's demeaning images can do more damage than they did before, because they are seen by so many more people.

In the past, few would deny that women were second-class citizens. Now we are supposed to be regarded as equal, so the devices that prevent this have to go.

Many women turn a blind eye to the whole subject because they have been conditioned to putting men's wants first. And they are afraid of being labelled prudes or killjoys. But one of the most important lessons women have to learn is to start pleasing themselves, instead of their menfolk.

I believe there is no way that Page Three can be justified. And, the sooner we stop seeing women in that role, the more likely it is we will see more of them in the Cabinet, the board room, the director's chair, and all those other top places where we rightly belong.

Do you agree? Or would you be quite happy if you, or your daughter, joined the Page Three pack?

MARY RICHARDSON

Exercise, diet, relaxation, stress-management ... not perhaps the ordinary ingredients of a Foxlease training. But then, the Look After Yourself weekend wasn't that ordinary, as Héloise Collier found out.

When Héloise — and three other Guiders from Merstham District — set off for the Look After Yourself training, they were a little apprehensive.

One of them even hoped that the weekend might be cancelled because of bad weather. They needn't have worried. It turned out to be practical, motivating and, most important of all, great fun.

Saturday's starting point was heart disease, causes and prevention. Which led into exercise: not just discussing but doing — with a brisk walk out into the forest. And then into diet. Again, the emphasis was practical: learning about fibres, fats and sugars; working out how to change eating habits and planning menus for everything from camp breakfasts to dinner parties.

Sunday's session concentrated on coping with the stresses and strains of everyday living and discovering relaxation. By now everyone in the group — only ten in all, so comfortably small —

LOOK AFTER YOURSELF

was at ease with each other and happy to share problems and ideas.

Héloise's and her friends' verdict on the weekend was very positive. They'd learned a lot both for themselves and their units and returned home determined to change their lifestyle for the better. And her advice to anyone tempted by a Look After Yourself training is: 'Do try it — it's great fun and good for you.'

Time for a breather —
Karan Rogers, Health
Education Trainer takes
a well-earned rest



The Guides, Brownies and Rainbows of SHAPE District (Mons, Belgium) have collected 130 pairs of used spectacles for a British appeal.

Help the Aged and the Lions Clubs asked for help in collecting spectacles which they could then send to people in the Third World.

Members of the District set about the task with enthusiasm. First the 15 Guides investigated how to advertise the project in local newspapers and magazines. Then they designed an advertisement in time to meet the deadlines.

Since they live at a multi-national headquarters, they had to produce the advertisements in French and English.

The two Brownie Packs decorated the 16 collection boxes, and the three Rainbow Units designed posters to go with them.

During the next two weeks 130 pairs of spectacles were collected and members of 2nd SHAPE Brownies helped their Brownie Guider, Jane Walton, to pack the box for posting.

Jane Walton with members of 2nd SHAPE Brownie Guides (l to r) Rebecca Towilson, Emma Groom, Amy Preston and Elinor Miskelly.

VISIBLE SUCCESS



Love and Laughter

'Woodlarks is all about laughter and the gift of friends. Love and laughter.' So says Alexine Crawford, daughter of Dorothea and Martyn Stover who co-founded this extraordinary camp for people with physical disabilities 60 years ago.

Dawn Egan spoke to Alexine at Woodlarks, set in the beautiful countryside of Farnham in Surrey and discovered how it has survived.

We sat in the study where Alexine, a charming, softly-spoken, woman worked on updating her mother's book, *Love and Laughter*, originally published in 1968. The book chronicles the history of Woodlarks and the people involved.

'Visionaries see a need and go all out to fill it,' said Alexine. The need that my mother and father saw, for fun, is still there. Uncomplicated fun where everyone takes part remains a need for young and old, especially if they're disabled,' she added.

This would certainly seem to be true, particularly as Woodlarks continues to go from strength to strength.

The growing number of weekly camps and campers here shows how Woodlarks continues to offer something very special,' said Alexine. That's despite the present-day choice of other, more sophisticated holidays. Some camps we have now include up to 15 people, campers and helpers.'

Set in a 12-acre site of grassy areas and mixed woodlands, Woodlarks provides camping holidays for people of all ages with physical disabilities. All the facilities are specially designed for their needs. There is also a dormitory for those who prefer not to sleep in tents. Activities on offer include archery, trampolining, an open-air swimming pool, aerial runway and, of course, open camp fires.

It all began because Dorothea Stover wanted to help the disabled. A former Guide, 18-year-old Dorothea was urged by the World Chief Guide to start a group in her village. So she started the Farnham Guide Company.

Dorothea also set up a

for themselves on land they had bought.

Dorothea's dream was to establish a permanent camp site for disabled Guides. Newly married, she was helped and encouraged by her husband, Major Martyn Stover, whose own war wounds and a succession of sporting injuries had made him very understanding and sympathetic towards anyone with disabilities.

They were able to buy land opposite their home in Farnham, Surrey in 1930 and work started the following year. Woodlarks and Dorothea's 'grand purpose' in life, was underway.

When her husband retired from the army, he decided to organise camps for disabled boys run on the same lines as the ones for girls.

'The thing to remember is, it never was just a one man or one woman show,' insisted Alexine. 'Before the Second World War began, my father started a Rover Patrol for people over the age of 16 who were committed to help out at Woodlarks. Even today, these people really are the backbone of the place — they give an enormous amount of time.'

During the Second World War, for a time, Woodlarks became a camp site

A bumpy ride in old-style wheelchairs



for disabled girls evacuated from London. After the war other groups with disabilities began using the site and a residential training centre was established. Anyone who helps at Woodlarks seems to develop a special feeling for the place.

There is, in fact, a tremendous lot of affection for Woodlarks,' said Alexine. 'I've seen so many helpers come here in trepidation and at the end of the camp say "When can I come back?"'

Alexine's own involvement in the camp was inevitable. She was born at Woodlarks and became aware of its role when very young.

'I totally grew up with it,' she said. 'My mother was anxious to protect my brother and myself from it to begin with, but I think that was unnecessary. Children are very accepting of disability.'

The emphasis at Woodlarks, then and now, is adventure, having fun and doing something you've never done before,' she explained.

'It may well be something as simple as peeling a potato but that is a great thrill and achievement for someone with very little hand movement.'

'I remember once when a girl with severe cerebral palsy was doing the washing-up with her feet.'

She added: The Woodlarks message, which is taught and re-taught to each generation, is: Don't do it for them, do it with them.

'At the camps, each disabled person has an active helper, but they are

partners and share everything. Whereas at home or in hospital it is simply quicker for a parent or a nurse to do a job themselves, at Woodlarks — for one week of the year at least — a disabled person has the fun and satisfaction of helping and doing.'

'Obviously, though, there are different emphases for different age groups,' Alexine pointed out. 'For some of the male campers we have now, it's an enormous thrill to go to the pub and have a drink like anybody else.'

A girl with severe cerebral palsy was doing the washing-up with her feet

For some people, however, Woodlark's special feature is its workshop, which was established in 1949 and proved to be Alexine's first love.

'My parents realised how many disabled people were totally unoccupied at home,' she recalled. 'Then, of course, there were many young disabled girls living out their lives in geriatric wards or mental institutions, when there was nothing wrong with their brains.'

The workshop started with just two trainees and two staff. My parents knew a man who was a marvellous fretsaw worker and he taught wooden toy-making,' she added.

There are now 23 chairbound residents working there, with a real pride in their achievement.'

Visionaries see a need and go all out to fill it

Alexine herself returned to Woodlarks to help run the workshop after taking a history degree at Oxford in 1953.

'I remember thinking in my last term: "Well, what am I going to do next?", because I wasn't in the least ambitious,' she said.

'So I thought, "What is the thing I've most enjoyed doing in my life, or seems the most worthwhile?" And the answer was Woodlarks.'

'I had enough to live on through an aunt's bequest, so I went back as a voluntary helper. It was all for love, really.'

But, after six years as secretary of the camp and workshop, Alexine got married and spent the next 25 years travelling with her husband, who was in the army.



Alexine finally returned in 1981, to look after her ailing mother.

'She'd been getting more and more senile and then had a stroke, so it became obvious she needed care,' recalled Alexine.

Was it difficult watching someone who had been so active and giving become so dependent upon others?

'It was very, very instructive, really,' Alexine said. 'I learned a lot about myself. Also, pioneer people are not always very easy to live with. But my mother and I got to know each other in a different way when she was ill.' Dorothea Strover, known to all as Grey Heron, died in 1985.

Martyn Strover continued his work at Woodlarks until his death. He was still an active member of the finance committee when he died, aged 91.

Now Alexine and her brother are trustees of the camp, and there are two resident wardens.

'I suppose I'm ultimately responsible, though,' Alexine said. 'The buck stops here, as they say.'

But you can tell she loves every minute of it.

● Copies of *Love and Laughter*, published by Woodlarks, are available through the Trading Service and Guide shops and depots price £3. Please quote code number 75572 when ordering.

Archery is always popular at Woodlarks



Open Door

HOSPITAL GUIDELINES

Perfecting the art of washing while you are flat on your back may seem an exercise useful only to hospital routine.

As I tried to reach my right toe over an expanse of plaster cast or clean my teeth one-handed, I asked myself to what all this could be leading.

Then the incentive flashed into my mind. The hot, hospital ward changed in my imagination to a tiny bivy

tent, perched on an icy mountain in Switzerland. My task was to emerge washed and clothed without falling out of the tent and over the mountainside!

My wash became quite a challenge, so I worked out other ways of how a stay in hospital can be endured by using my Guide training.

Five minute warning before meals: blow a mental whistle and prepare yourself in good time. Wash your hands, on a babywipe if you can't

make it to the bathroom. Tidy locker tops and bed-clothes and paste a smile on your face!

Say grace inside your head. It all helps to sharpen post-op appetite. At meal times eat quietly and quickly and don't fuss about next helpings or fads — the same as at camp and try a little of everything.

During the day, organise yourself. Guide activities planned between elevenses and meals. Watch your pos-

sessions and keep to a camp routine of tidy holdalls, bedding, clothes, books and so on. All things nurses will gratefully leave to you and it will help you survive better once you are home. Have a rest-hour after lunch and lights out with cocoa!

Oh and don't forget two important things: Wear your Guide badge and order **GUIDING**. It keeps you cheerful and gives you ideas for when you come out!

MB

News Focus

SHE'S ONE OF THE PACK

Brownies in Wokingham, Berkshire, have welcomed their latest recruit, eight-year-old Elizabeth Trusty, who suffers from Down's syndrome.

Elizabeth joined the 2nd Woosehill Brownies, and has done so well that her Six was recently commended for being the most 'respectable looking' in the Pack.

Elizabeth takes part in all the activities and the other Brownies are happy to lend a hand if she needs it.

Her mum, Denise, said that Elizabeth loves Brownies. 'They have made her very welcome. She joins in with everything, whatever the other girls are doing, be it games or making things, everything the other kids do she does as well,' Denise explained. 'They are very nice to her and realise she



BEN GURR WOKINGHAM TIMES

needs some help.'

Denise, who has three other children, added that

Elizabeth would like to move up to Guides eventually.

Elizabeth's Brown Owl,

Claire Bartholomew, said: 'Elizabeth is a very pleasant girl and we are very happy to have her with us. It is also very good for the other girls. They have responded extremely well and realise she needs a little bit of care.'

'She does need a little bit more attention and more help with things like writing, but we don't make her feel she is any different to any other Brownie.'

Elizabeth recently enjoyed a trip on Concorde after she was nominated for a Child of Achievement award by Wokingham's Mayor, Fred Clark. He was so impressed by Elizabeth joining the Brownies that he put her forward for the award.

She was one of 100 children nominated to go on the trip organised by a Metropolitan policeman and a British Airways worker. 'It was lovely, Elizabeth really enjoyed it,' Denise said.

Coming Next

IN GUIDING JULY

Railway children

let the French trains take the strain

One World

Angela's Arabian adventures

Live Issues

considers the merits of a

picnic

On call with

34

Achiever Award



Coping With...

photography

puts you in the frame

IN TODAY'S GUIDE JULY

Quick camp cookery

no slaving over a hot fire

Crowning glories

hair fashions through the ages

Cruelty-free beauty

caring that shows

How to...

keep your cat contented

Crafty ideas

flies some kites

Vimto Competition



IN BROWNIE JUNE



Safety first

a bike check

Colouring Competition

don't miss it!

Visit a city

Chess Code

can you crack it?

Games, games, games...

HIGHLIGHTS

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 their 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.

SCIENCE AND TECHNOLOGY

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 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 other 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 this is the weekend for you. There will be fun and activity without it being too high-powered a look at the 21st Century.

TRAINING SKILLS FOR ADVISERS

FOXLEASE:

June 7-9

Trainers: C Bartlett, S Wilsher, S Thorpe, and J Lamb (CHQ Training Team)

November 8-10

Trainers: M Willatt, G Berry, H Berry, S Thorpe (CHQ Training Team)

These weekends have been specially arranged to meet the needs of Advisers, who have asked for help in pass-

ing on their knowledge to Guiders. Advisers' differing needs will be taken into account around the core subjects.

● June 7-9 will have a bias towards Advisers for Members with Disabilities, Public Relations, Young Leaders and the Duke of Edinburgh's Award.

● November 8-10 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.

LONE GUIDERS

WADDOW:

October 11-13

Trainer: C Horne

Do you feel that most Guider trainings fail to answer the questions which apply to you because you are running a Lone Unit? Would you like the opportunity to meet and share with other Lone Guiders from the other Countries and Regions and the UK Lone Guide Co-ordinator? Are you looking for practical ideas, and ways for the girls to express them?

If you answer yes to these questions, then this weekend is for you. Come along to Waddow and meet those who share your experience and problems. There will be an opportunity to try some new ideas, and to discuss how to put them over to isolated girls.

There will be a chance to look at some of the recent GGA resource developments, such as the open learning material for adults and *Action Plus!* for older girls; to discuss the use of these with the Lones; and share your ideas for suitable resources.

So, for a weekend with like-minded people, come to the Lones training.

THE PRACTICAL PROMISE

FOXLEASE:

September 27-29

Trainers: M Flinders, T Hope

This weekend will provide an opportunity to look at the meaning of the Promise in today's language, taking into account society's demands: moral, ethical and practical.

Ideas such as 'A promise made is a promise for life' and 'The Promise as a way of growth' will be considered. In addition, practical, grass-roots ways of carrying out the Promise as young adults and grown women, and ways of coping with the Promise in difficult situations will also be discussed.

CANOEING/CLIMBING/CAVING

Concentrating on leadership

GLENBROOK:

September 20-22

Trainers: H Robertson, L Travell

This weekend will allow you to fulfil any secret ambitions to try pot holing, climbing or canoeing with the help of skilled and patient instructors. You can try your hand at any two, or perhaps concentrate on only one. In addition, the instructors can offer those with some experience of these sports the chance to improve their skills, or to lead others or gain qualifications.

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

PURSUE A HOBBY

FOXLEASE:

August 29-September 2

Trainers: A Malling, M Eddolls, J Lines

By popular demand *Pursue a Hobby* is back again. Extend your skills and learn new ones in the relaxed atmosphere of a country house. Try your hand at paint-

ing, sketching, strawcraft, needlepoint, cross stitch and several different kinds of patchwork. Make mementos, keepsakes and presents — indeed, be prepared early for Christmas!

MANAGEMENT DEVELOPMENT FOR COMMISSIONERS

FOXLEASE:

November 8-10

Trainers: J Dixon, C Sargent

The job of every Commissioner is to encourage good Guiding in her area. This is both a challenging and rewarding job. The purpose of this weekend training is to help Commissioners examine the many aspects of their job as managers of Guiding and to develop effective ways of responding to their task. The training will be planned to take account of the particular needs of the members of the group, as well as considering essential management skills.

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.

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

TRAINING DIARY

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.

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.

GETTING TO KNOW YOUR DISTRICT

FOXLEASE:
June 14-16
Trainers: M Carden, S Lake, E Aveston

The aim of this training is to enable teams to look at their own development through a variety of team-building skills. Topics that will be covered include:

- communication skills for the individual and the team, in their units as well as the District.

- time management and delegation skills.

- the organisation and planning of large group activities and exploring the use of the local environment to incorporate aspects of the programme.

We will be exploring links across all sections within the District (including the Rangers).

LEADING YOUR TEAM

WADDOW:
November 29-December 1
Trainers: CHQ Training Team

There are many elements of a Commissioner's job which can cause headaches. We will concentrate on running meetings, handling the paperwork and implementing the Adult Leadership Scheme. We aim to help you tackle these by developing the potential of all your team.

RAFTING AND PIONEERING

For Guiders, Young Leaders and Rangers

WADDOW:
July 19-21
Trainers: R Black, P McKie, C Billings

Come and try it, don't just dream!

Build a swing — you've built a team

Get them safely 'cross a stream

By raft or bridge or other scheme

It's not as hard as it might seem!

Fun is guaranteed at this weekend.

DEVELOPING THE PROGRAMME WITH YOUR UNIT

WADDOW:
June 14-16
Trainers: M Campbell, L E Hunter

This weekend is a chance to look at the Programme in your unit and to learn how to extend the boundaries by broadening your horizons and by using others. Sessions will place emphasis on the development of the Guider, her helpers and, therefore, the girls.

RANGER GUIDERS

WADDOW:
June 21-23
Trainers: W Goodhind and J Morris

This weekend for Ranger Guiders will provide an oppor-

tunity 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.

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 for Guide Guiders

27-July 2 Friends of Foxlease

JULY

26-28 Family walkabout

AUGUST

2-11 Celebration '91: Trail UK Camps

16-26 Holiday period

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

SEPTEMBER

13-15 Working together in the youth service

20-22 Getting to know your District

27-29 1. The practical Promise 2. Towards 2000

WADDOW

JUNE

7-10 Friends of Waddow

14-16 Developing the Programme with your unit

18-20* Developing the Programme 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 & pioneering

26-30 Walking at Waddow

AUGUST

2-11 Celebration '91: Trail UK Camps

15-29 Holiday weeks

SEPTEMBER

6-8 Developing the Programme with your unit

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

SEPTEMBER

20-22 Canoeing/climbing/caving

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

HAUTOBOIS

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

We asked you to send in games which were popular with your Rainbow Guides. The invitation produced a flood of ideas from all over the country and overseas. I have only been able to use a few on the page this month. However, I will introduce others over the months ahead, linking them to appropriate themes. Thank you for all your enthusiastic help.

TRIED AND TESTED GAMES

WHAT'S THE WEATHER LIKE TODAY?

Deborah Wroe, of the 2nd West Sutton Common Rainbow Guides in Surrey, finds this game useful as an opener at meetings.

A Guider is the weather lady and stands at one end of the room, her back to the girls at the other end. They begin to walk towards her, asking 'What's the weather like today?'

The weather lady turns round and the Rainbow Guides pause. If she says 'Sunny', 'Rainy', 'Frosty', and so on, she turns back and they walk on.

But, if she says 'Stormy', she chases the girls back to their starting line. If she catches any, they stand with her for the next round and help to catch others on the signal 'Stormy'.

However, if while chasing, the Guider calls out 'Rainbow', the girls all join hands and cannot be caught.

PENNY HIKE

This idea for a summer walk came from Mary Worsley, Guider of the 3rd Ferncroft Rainbow Guides of Cheadle Hulme in Cheshire.

Set out from your centre by tossing a coin in the air. If it falls *tails* you go left, *heads* you go right. Go for a leisurely walk, letting the coin decide which route you take. Make sure you don't get lost!

MATCHBOX HUNT

You might combine this game with the Penny Hike. It



Rainbows love to have fun

comes from Chrissie Fling, Guider with the 1st Episkopi Rainbow Guide Unit in Cyprus.

You should have a matchbox for each girl, but you could use yoghurt pots instead.

Each Rainbow Guide is given an empty container — or they could work in pairs — and allowed five minutes outside to collect small 'treasures' to fill the box. No duplicates are allowed.

On their return to the hall, the Rainbow Guides report on and discuss their 'treasure trove'.

PASS THE SWEETIES

This game, according to Wynn Freeman, is popular with the 1st Mellor Rainbow Guides in Blackburn. At the same time, it strongly reinforces the idea of sharing.

The Rainbow Guides stand in a circle and pass a box of sweets (jelly sweets are best) from one to another, singing to the tune of *In and out the windows*:

*We will pass the sweetsies,
We will pass the sweetsies,
We will pass the sweetsies,
I'd like to share with you.*

On you the girl holding the box goes and offers a sweet to someone else. A pleasant note on which to end a meeting.

HEDGEHOGS

Trish Hall, Guider of the 1st and 2nd St Alban's Rainbow Unit, finds this game especially useful when new members are being introduced to the group. It is also a charming game to play at a wildlife theme meeting.

The Rainbow Guides divide into groups of four or five. One girl in each group is mother hedgehog, the rest are her babies. All the mothers hide their eyes while the babies 'go out to play', skipping around the hall.

When the Guider calls 'Danger!', the baby hedgehogs curl up into balls on the ground. The mother hedgehogs rescue them by whispering the name of each girl in her ear.

Only when the right name is whispered can the baby hedgehog unroll and be taken to safety by its mother. The mother hedgehog who gets all her babies home first wins.

TORTOISE RACE

Mrs S Thomson, of the 14th Southport Rainbow Unit, sent us a great array of games for themes, which she developed after a programme ideas training session. This game could link with a theme of animals or pets.

The Rainbow Guides become tortoises and line up at one end of the room. They have to go as slowly as possible, while always moving forward in a straight line towards the finishing post. The last tortoise to arrive is the winner.

Telling the story of the Hare and the Tortoise would be a good introduction to follow on from this game.

LAME WOLF

Another animal game was sent in by Helen McPhee of the 1st Kirklisten Rainbow Unit in West Lothian.

One player is lame wolf, the others are lambs. Lame wolf sits inside his den — a chalk circle on the floor. About 20 metres away is the lambs' pen, another chalk circle. The lambs run up to lame wolf's den, taunting him: 'Lame wolf, tame wolf, can't catch me.'

Then they run away. Lame wolf tries to catch them but can only run three steps before he has to hop.

Any lambs caught before reaching their pen become lame wolves too, and help capture the other lambs.

JUNE WEATHER FORECAST

Watch the clouds for signs of the weather to come:
*If woolly fleeces spread the heavenly way,
No rain, be sure, disturbs the summer day.*

NEXT MONTH

The theme for July will be gardens and plants, and there is at least one of your games I plan to use then. Thank you again and keep the ideas coming — they are always welcome.

DEBORAH MANLEY

TRY THIS

WATER RESCUE, PART 2

How would you or your Guides cope if someone were to fall into the water? The most important thing to remember is not to enter the water yourself, unless in extreme circumstances. The most effective and safe way to make sure that doesn't happen is to use the reaching rescue. This can be carried out with an assistant, if possible, or alone, if necessary.

REACHING RESCUE

The person performing the rescue should lie down on the bank, keeping most of her body away from the edge and leaving only her head, neck and arms overhanging. Her assistant should hold on to her lower body.

If you are on your own a suitable anchorage should be found — a tree, for example — to reduce the risk of slipping into the water. Remember the person you are rescuing may be a lot heavier than you, especially as their clothes will be wet.

A rescuer's reach can be increased by using aids. Something rigid, for example a pole, branch, oar, even an umbrella will do. Or you could use something flexible, for example a towel, blanket, or two items of clothing tied together. Remember to tie them securely with a sheet bend.

Let the person in the water know that you are there. If they are distressed and trying to get out, they may not have seen you.

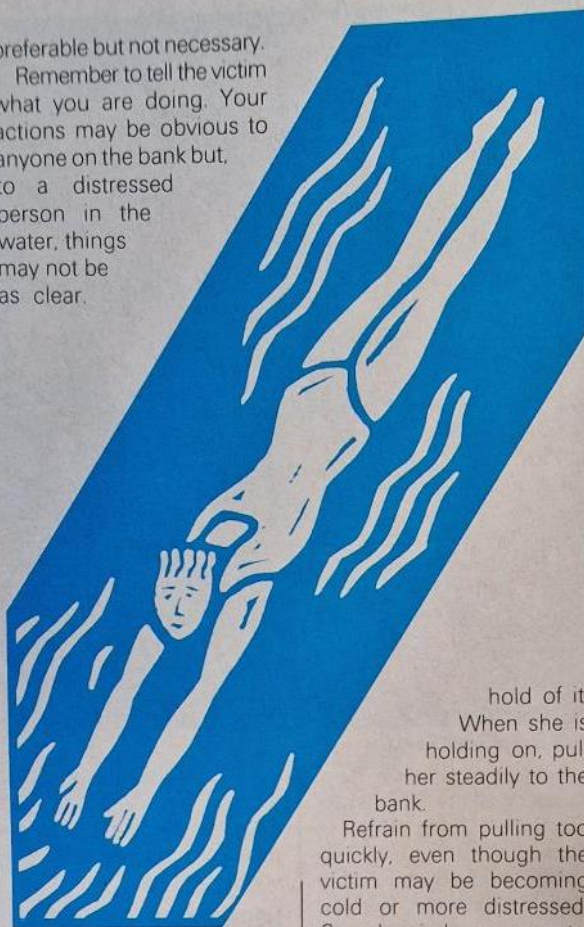
Next offer reassurance and give a few necessary instructions, such as:

- Look at me.
- Keep your head up.
- Keep your hands in the water.

Now decide what you are going to use to reach out with. If you can't reach, then you can't rescue. If you are in the water, you are in danger of putting yourself too far over the edge and falling in. If you are on the bank, something

preferable but not necessary.

Remember to tell the victim what you are doing. Your actions may be obvious to anyone on the bank but, to a distressed person in the water, things may not be as clear.



hold of it. When she is holding on, pull her steadily to the bank.

Refrain from pulling too quickly, even though the victim may be becoming cold or more distressed. Speed, or jerky movements, may cause the person to let go, and the whole procedure would have to be repeated.

THROWING RESCUE

Throwing a rope is another effective method of rescue.

Again your own safety is the prime factor to be taken into account. Always find a safe position on the bank away from the edge. Be careful you don't lose your balance, possibly even tumble in, when you throw.

Let the person in the water know that you are there, and that you intend to help. Reassure her and give the necessary instructions:

- Keep your head up.
- Keep your hands in the water.
- Be ready to catch the rope.

Make sure that the rope is coiled correctly with no tangles, then tie it to something if possible. If not, hold one end securely.

If the water is still, then aim past the person. If the water is moving, aim upstream. Throwing the rope underarm will give greater accuracy. But this must be determined by the conditions. For example, an obstacle may have to be overcome, making it necessary to throw overarm.

When the person has grasped the rope, instruct her to hold tight with both hands, then pull in steadily, slowing down as she reaches the bank. Remember that quite a speed can be reached when towing with a rope in water.

WADING RESCUE

If the reaching and throwing methods have not worked and the water is not deep or fast moving, a wading rescue may be the only answer.

If there are several people around, form a human chain, remembering to keep everyone standing in shallow water.

If you are alone, then it is better to use an aid to reach out with once you are in the water, thus avoiding going too far from the bank.

If you are entering the water, don't jump in. Wade in carefully, taking small steps and feeling for the bottom with each step. If you intend to use a pole or a smaller object use it to test the depth of the water while wading out.

Don't forget to reassure the victim, explaining what you are doing and what you intend to do. Give instructions clearly and accurately.

Remember, your safety is of the utmost importance. You can't help the person in trouble if you get into difficulties.

Your girls would enjoy going through a mock life-saving drill at your meeting place and it would help get across the message that they should never put themselves in danger.

LESLEY GARVEY

BROWNIE GUIDERS

Have you thought of looking wider with your Brownies and introducing an international flavour, not only at Thinking Day but as Pack project or venture? Why not tell your unit something about American Girl Scouting this month to lead up to July 4 — Independence Day. Perhaps you could have an American evening, either just for the unit or invite along some visitors to share it with you.

UNCLE SAM

The USA divides its younger age-group into Brownies who are six to eight and Juniors, who are nine to eleven. Both sections follow a scheme called *The Worlds of Scouting*. Challenges and badges are in five groups: the Worlds of Well-Being; People; Today and Tomorrow; Arts and Out-of-Doors.

Brownies can work for 'Try It' patches in each World. Juniors progress to a varied programme of badges in the same framework.

There is a wide variety of uniform from which troops can choose on a mix-and-match basis. In the most formal version, Brownie Scouts wear a brown pinafore dress with optional brown sash, a brown cap called a beanie, a white blouse with a pattern of tiny brown trefoils and a tangerine cross-over tie.

Juniors wear green skirt, trousers or shorts and a white and green trefoil blouse, with green beret and blue tie. On a waistcoat or sash are sewn all insignia, patches and badges, including those earned in Brownies. The Promise badge and World Badge are worn on a tab on the left breast.

Both Brownie and Junior Scouts have the option of T-shirts and baseball caps.

YANKEE FUN

One Brownie in each Six gets flat on blank newsprint or lining paper. The others

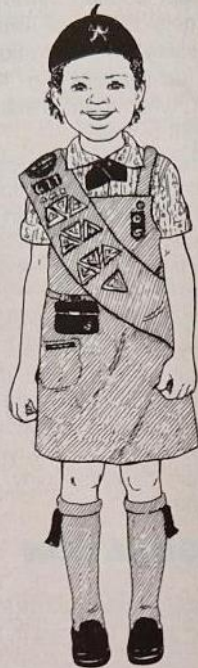


FIGURE 1

crayon round her to produce an outline, then copy either uniform (figs 1 and 2), all helping to colour in. You'll need a hard surface and thick crayons in strong colours; or you can use poster paint.

2 Make and colour American flags, either individual ones on cocktail sticks, or large Six flags on thin dowel.

3 Learn the Girl Scout Promise, common to all sections: *On my honour, I will try; To serve God, my country and mankind, and to live the Girl Scout Law.*

4 Play this American game... Barnyard Bedlam. The Guider hides macaroni pieces around the hall or playground. Each Six chooses an animal (with an identifiable noise!) and hunts for the macaroni, but only the Sixer may collect it. As each Brownie finds a piece, she calls her Sixer by making her particular animal noise. At the end, Sixes count their 'treasure' and the Six with most pieces wins. This is

best played outside.

5 Tell the story of how American Girl Scouting started:

THE START

In 1911, Mrs Juliette Low, an American widow, visited Britain, where she met Robert Baden-Powell, Founder of Scouting and Guiding. Very excited about the new Movement for girls, she began a 'troop' of Guides in Scotland and, later, others in London. Then she returned home to start American troops.

The first was in Savannah, Georgia, her own town. On March 12, 1912, 18 girls met at Mrs Low's house. They made their own blue uniforms and badges, copied from pictures of UK Guides. Later the colour was changed to khaki, which showed the dirt less, and the name to Girl Scouts.

Mrs Low, known throughout America as 'Daisy', her childhood nickname, died in 1927. American Girl Scouts have three special



FIGURE 2

days each year. As well as Thinking Day, they celebrate March 12, the birthday of American Girl Scouting, and October 31, Juliette Low's birthday, known as Founder's Day.

6 Learn some American songs and singing games. Try *Red Men; Dollar, Dollar; Cookie Jar; Shoo Fly; Four in a Boat; Turn, the Glasses Over; Rig-a-Jig-Jig; and Little Red Wagon* all in *Musical Fun with the Brownie Pack*, and none too difficult.

COOKIES

7 Make American crunchy peanut butter and chocolate cookies.

Ingredients

250g butter or margarine; 250g rolled oats; 250g sugar; 125g condensed milk; 1 tspn crunchy peanut butter; 1 tblspn cocoa powder; 2 drops vanilla essence.

Method

Boil the sugar, condensed milk and cocoa for two minutes. Remove from heat and stir in the other ingredients. Leave spoonfuls to set on greaseproof paper.

It's a sticky business, so aprons and washing facilities are essential!

Note: These cookies will keep for a week in an airtight tin.

9 Have an Independence Day celebration. It's a chance to display your flags — small ones can be stuck into halved oranges; wear the card badges; hang up the life-sized Brownie pictures; read the story again; say the Promise; play the game; and sing the songs.

Serve hot dogs, ice-cream sodas and home-made peanut butter cookies. Have a nice day!

GILLIAN ELLIS

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

GETTING OUT

RECLAIMING THE LAND

It's fun, it's good for you and it costs absolutely nothing! Rambling over miles of Britain's beautiful countryside is a pastime enjoyed by millions — including many members of the Movement.

But, according to the Ramblers Association — the RA, little by little our access to those sprawling acres is being eroded. And, if we don't watch out, before we know it huge chunks of countryside could be out of bounds to all but the owner of the land.

That's the message from the RA, currently campaigning to protect Britain's green and pleasant land and keep it open for all to enjoy.

For more than 50 years the RA has fought for public access to the hills, mountains and, more recently, the forests of Britain.

Ramblers Association press officer Sue Larcombe explained: 'Everybody has a right to walk in open countryside. It is the most popular outdoor activity. People need

to get away from their everyday lives and go in search of the countryside.

We don't want landowners to stop using the land, but we do think they should share the access to that land unselfishly.'

Britain has 140,000 miles of public rights of way including footpaths, bridleways and by-ways. But a Countryside Commission survey has revealed that two-thirds of these have restricted access, or no access at all.

Ploughing up fields, removing signposts and putting up barbed wire are just some of the ways used to keep the public off the land.

Some paths have overhanging branches, preventing walkers from getting through. Others have signs barring entry, or have been ploughed up by farmers.

The RA claims that some landowners abuse the land for their own pleasure. Forest plantations, for example, are being bulldozed to make tracks for deer-stalking.

Sue added: A lot of farmers don't like walkers crossing their land and will put up signs saying "Keep out", when there is actually a right of way.

'But, if a farmer doesn't mark clearly the direction of the path, they are going to have walkers going all over their farm because they don't know where to go.

They say that walkers leave gates open. There are a few people who do that, and we can sympathise with farmers who suffer with it. But walking is one of the few ways people have to enjoy the countryside.'

LEGISLATION

MPs sympathetic to the Ramblers' cause have helped bring about changes in the law. This was the case when the 1990 Rights of Way Act was passed.

Lincolnshire MP Edward Leigh approached the RA, after he won the opportunity to champion a Private Members Bill in Parliament.

After consultation with the RA, the Rights of Way Bill was put forward and this became law in August, 1990. The new act has made important changes to the law on ploughing and cropping public footpaths and bridleways.

The bill had support from all sides, not just keen ramblers but also farmers, landowners and local authorities. The act clarifies the position so everyone knows where they stand. It prevents farmers from ploughing up footpaths and public rights of way.

● Under the act, if a path runs around the edge of a field, then its surface must not be ploughed or disturbed.

● But, if the path runs across a field, then the farmer is allowed to plough or disturb the surface when cultivating the land for a crop, provided he could not conveniently avoid disturbing the surface, and as long as he restores the land afterwards.

You can take a farmer to court over a ploughed field or restricted access to ensure he obeys the law. Wiltshire County Council, which took a farmer to court over land access, is believed to be the first body to use the new legislation.

Sue Larcombe said: 'Our groups have been campaigning locally to get their footpaths open. The local authority can take enforcement action, but taking farmers to court is pretty expensive.'

The National Farmers Union, which was involved with drawing up the new legislation, has welcomed the act and is always keen to maintain good relations with countryside groups such as the Ramblers Association.

NFU countryside adviser Sue Viner admitted that some farmers do block off rights of way, but claimed that irresponsible walkers drop litter, leave gates open and fail to keep their dogs under control.

She said: 'There are faults

The whole family can enjoy walking



on both sides. People who walk in the countryside are not always responsible, but I think the new law is a positive step.

FORBIDDEN

To publicise the amount of land that is closed off, last summer the RA held a Forbidden Britain Day.

To make their point, protesters deliberately 'trespassed' on land. They went on to moorland, cliffs and mountains, exercising what they alleged was their legal right to walk on all uncultivated land.

The RA's Sue Larcombe said: 'We were breaking the law by walking where we had no legal right to walk.'

We were protesting against large landowners who are trying to erode traditional rights of access, or who were just not opening up their large estates to the public.'

All the publicity, pressure and lobbying has produced results. Many thousands of public footpaths have been signposted, and previously obstructed footpaths and bridleways have been opened up.

In Oxfordshire, for example, only 111 out of 27,000 acres of woodland are open to the public. But, thanks to a campaign by the RA, now you can walk a public footpath in that area, through Wychwood Forest.

FOREST PATHS

The RA has just launched its latest campaign — Forbidden Forests. It wants to stop the sale of Forestry Commission land which, the RA claims, is eroding public access to woods and forests.

For example, Pen Wood, south of Yeovil in Somerset, was sold by the Commission in 1983. Since then, the RA says, a car park and picnic site in the wood have been closed; entrance to the wood has been locked; and notices have been erected, forbidding the public to enter.

The Forestry Commission has a policy of allowing the public to wander freely in its forests. But, except on rights of way, access to these

forests is not guaranteed by law.

The RA fears that public access to forests has been at risk since the Government introduced its new forest disposals policy in 1981.

Under this policy, the Commission had to sell off large areas of its woodland, forest and open land to the private sector. By March 1989, a total of 140,000 hectares had been sold — an area bigger than all of Berkshire or the whole of Fife.

Now the Government has announced that the programme is to continue, at least until the end of the century. The Commission has been told to sell another 100,000 hectares by the year 2000.

However, the Government claims that selling off the land will make the Forestry Commission more efficient and save tax-payers' money. A Forestry Commission spokesman said that by the year 2000, the land sales will make £150 million for the treasury.

In November last the then Secretary of State for Scotland, Malcolm Rifkind, responded to concerns that the public should continue to enjoy access to the land.

He announced that, where feasible, the Forestry Commission will make access agreements with local authorities. These agreements will be binding on anyone who subsequently buys the land.

Mr Rifkind said: 'The Forestry Commission welcomes the public on foot to all its woodlands provided that this does not conflict with forestry operations and there is no legal or other constraint on public access.'

CAMPAIGNERS

The Ramblers Association is a voluntary organisation, which was established in 1935 to campaign for access to open country, protect rights of way and keep the countryside beautiful.

It has more than 157,000 supporters to date — 80,000 individual members and 77,000 members of its 780 affiliated clubs and societies.

It has become a very

effective lobbying organisation, earning the respect of ministers, opposition spokesmen and civil servants.

Ideally, the RA would like walkers to have a legal right of access to all existing open countryside.

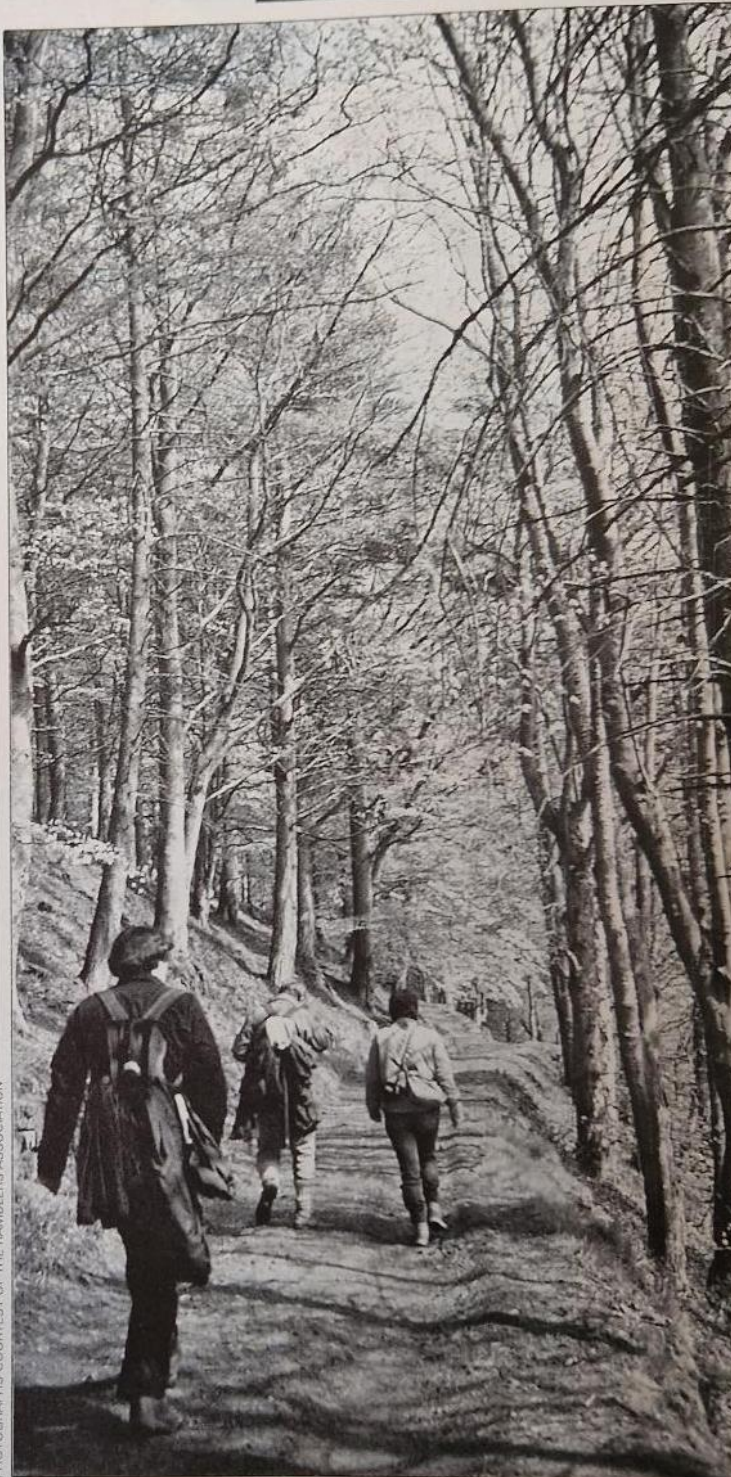
Keen ramblers believe that, given appropriate safeguards to protect crops, livestock, wildlife and people's privacy, there is no good reason why

public access should not be extended in this way.

Taking your unit to explore the countryside can be a very pleasant day out. Why not try it some time?

NICOLA WHATMORE

● For more information contact: The Ramblers Association, 1/5 Wandsworth Road, London SW8 2XX. Telephone: 071-582 6878.



PHOTOGRAPHS COURTESY OF THE RAMBLERS ASSOCIATION

Striding out unhindered

GUIDE GUIDERS

Summer nights are here again and, where possible, Guides should be getting out and about. By applying only a little imagination all sorts of places and activities can be included so that Guide nights take on a summery air.

GETTING OUT AND ABOUT

Consider all the open spaces within reasonable walking distance of your meeting place: the school playground, park, common, village green, spinney, church car park, waste ground... Which could you use? Check if you need permission to use them. And calculate whether you'd need extra help with supervision.

Next, look wider. Consider any open spaces further afield; perhaps you could all cycle there? Or possibly parents would provide lifts. Think about the type of activities you could do. Cook-outs and tent-pitching are obvious starters but, once you start thinking about it, you'll find the list seems endless. Compass-work, town trails, observation, rubbings, scavenger hunts, not to mention all the things you'd normally do at an indoor meeting — prayers, Patrol time, games, notices...

Weather permitting, there's really no reason why you should be indoors at all for the next couple of months, except to locate equipment, or to use the facilities. Adapt some of the following ideas to suit your own locality.

TRADEMARKS

Send Patrols out to discover as many different logos and trademarks as they can find, and to locate their whereabouts on a street map. If you meet in a town or city, each Patrol could be given a list of types banks, shops, etc. to find in the town.

If possible, they may return, Patrol by Patrol, to a quiz or make a display of

to locate their set of logos (also useful for Local History badge, Clause 3g).

KIM'S GAME

Send Patrols to study three or four very different shop windows. For example tobacconist, jeweller, shoe shop, chemist... On returning to base, they should set down as much information as they can recall, creating diagrams and lists. They should try to cover all aspects of their particular goods: size, colour, price, quantity and so on. Compare notes and discuss their findings.

EYES DOWN

Send Patrols out on an 'eyes-down' route to see what they can discover and record about the pavement beneath their feet. Encourage them to find out how it is paved; if there are man-hole covers — and what they're for. Advise them to look out for cellar grilles, water hydrants, lamp-posts, pillar boxes or other street furniture.

At the same time, they could see whether there is a litter or dog-fouling problem in the area. Discuss their findings, and decide if there is any further activity you could do (see also Local History, Heritage and Con-

servation badges).

Would it be possible to visit a different area of the town, or another town, to do a similar activity and to compare notes?

SPECIMEN HUNT

Send Patrols to collect specimens of natural life, say one per Guide, in a given time, perhaps ten minutes. They might find examples of groundsel, shepherd's purse, hawthorn leaves, dandelions, ants, woodlice and so on.

On returning to base each Patrol lists as many facts as possible about each specimen. For example this specimen has yellow petals; that specimen has petals approximately 5mm long; this specimen has six legs; and so on.

Encourage the Guides to be as scientific as possible in their observations by making available reference books. Discuss and compare findings (see also Observer and Challenge badges).

BUTTON SEARCH

Provide each Patrol with a Silva compass and a few buttons (small, wrapped sweets make a very good substitute!).

The Guides take turns to lay down their buttons and find them again using the compass. For example a

Guide places her button at her feet and then sets her compass to walk ten — more if there is plenty of open space — paces on a bearing of anything from 0-120 degrees. When she has walked ten paces, she adds 120 degrees to her original bearing and walks another ten paces.

By adding a further 120 degrees to the second bearing, and walking another ten paces, she should find herself back at her button. If she is accurate she keeps her button — or eats her sweet!

If you have a second compass other members of the Patrol can set up a button trail, keeping careful note of the bearings and number of paces to be walked. (See also Red Trefoil Clause 3a.)

CALLING YOU

Challenge Patrols to send the same given message to the same destination in several different ways in as many weeks. You will need to enrol an understanding person at the receiving end. Perhaps your District Commissioner, a Guide's parents, someone from the Trefoil Guild, or a member of your family would oblige.

The obvious methods of telephone and post will soon be exhausted, and Guides will need to use considerable ingenuity. But do let them do the thinking before you suggest any other methods. For instance in person; by another messenger; remote-control car; telex or fax; various means of transport; pre-arranged code...

Your Guides may surprise even you!

SCAVENGING

Keeping your own locality in mind, challenge Patrols to find a given list of items within a time limit. They don't necessarily have to bring back the items, but should be able to record where they have spotted them. For example:

a beautiful flower
a wild flower
an ugly flower
an interesting smell
a horrid smell
a lovely smell
a health hazard
a danger spot
a child-free zone
a car-free zone
a nature-free zone
a peaceful place
a noisy place
an expensive place

something in need of repair
something brand new
something for recycling
clean water
dirty water
something interesting
something rather sad
something for disabled people
something for children only
evidence of law-breaking
something that has been lost
something historical
something ruined by the elements
something ruined by man

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

RANGER GUIDERS

The Celebration '91 Pack has been in the shops now for six months. Where is it in your Unit?

PACK PROBE

Is your Celebration '91 Pack:

- forming the basis for some of the Unit activities for this special year?
 - giving the Unit Executive impetus for a variety of activities that they might not otherwise have considered?
 - giving the lone individuals not involved in exams something to work towards?
 - sitting prominently displayed in the meeting place, awaiting a burst of energy from those who might, eventually, be interested in making use of it?
 - hiding somewhere in the depths of the Ranger cupboard — a 'maybe useful one day' resource, but not something to be used now?
- Or is it challenging the Unit and challenging you.

We are halfway through Celebration '91; have you taken time to consider where the impetus generated by such a pack might lead? Will the brakes go on at the end of the year, or are you able to see where some of the activities might take you in 1992.

If, last January, you had asked the Rangers what service is about, do you know how they would have answered? Would they have seen it as something they *have* to do — albeit reluctantly? Or would they have seen it as something to be enjoyed?

Perhaps the reply would be different now, especially if they have been aiming to gain maximum points in the challenge. Maybe you will find that they see these activities not just as a way of gaining points — in whatever way — but as a really meaningful part of life.

If the Unit has taken on some of these service ideas, have you considered the implications for later this year and next year ...?

WIDER WORLD

Has the Unit, through widening its contacts, really opened the doors to a much wider world?

Action: You need a large piece of paper and five different coloured chunky pens. Take one of the three service-based '91 Challenges and put down the title in the middle of a sheet of paper.

Working alone, or with your Unit Assistant(s), and using a different coloured pen for each of: Pre-investiture Challenge; Ranger Challenge; Young Leader Training Scheme Part 2; and Queen's Guide; brainstorm how the '91 Challenge you've chosen might fit in now with completing a

try challenging a few Commissioners or Trainers to come and help you. You don't *have* to work alone.

Could you do the same exercise with some of the other '91 Challenges?

PLOT AND PLAN

Could you plot and plan — since June can be a quiet month — how you can make sure that there are opportunities for Rangers to continue to use their emerging confidence without overwhelming new members of the Unit.

If the Rangers have taken on the challenge of bringing in new members, you need to ensure that they feel a continuing welcome.

entering themselves; coping with a new situation; organising other people; and caring for others, even if they have very little money of their own.

OTHER SKILLS

What a good opportunity for the Unit to demonstrate that they can use other skills: presentation, photography, sketching and telling the tale.

For Challenge '91, the immediate completion of the challenge is of prime importance. But, as with many other special event packages, the event might be a one-off, but the materials and ideas go on. Now is the time for Ranger Guiders to ask



Is Challenge '91 the impetus to adventure for your Unit?

clause.

Or, equally importantly, give Rangers the skill and confidence to complete a particular clause alone in the future.

Then decide where this has taken you. Whether your brain seized up after writing down the title, or you filled the whole of the sheet or more. Why not take the sheet to your next Division or County gathering of Ranger Guiders and see how they got on?

If no one got very far then

Perhaps the Rangers made contact with the local Rotary Club, so you must decide who is going to go back and persuade the club that a group could entertain them quite well after one of their weekly lunches. That could also be an occasion for a Queen's Guide candidate to put on a good PR display. If nothing else, she could publicise the award itself.

Maybe it would be an opportunity for the Rangers to show how good they are at developing an idea; pres-

how they can make those ideas grow for their Units and consider what skills and training they need in the next six months, so they can handle the growth of the ideas more effectively.

Action: Put into your '91-'92 diary the training events that you want to attend, in a priority colour — and stick to your intention of going. Perhaps a further Challenge '91 for you could be to book into a training at one of the Training Centres, and take another Guider with you.

COPING WITH

SERVING THE ELDERLY

How can the Guide Movement genuinely help the elderly? Surely you have to be trained? Have qualifications? Have time and patience? No so. This month **GUIDING** examines the needs of the elderly in our society and suggests ways in which we can help them — and they can help us.

PEOPLE NOT PENSIONERS

As Guides, we have promised to 'Serve the Queen and help other people'. All too often the challenges we set ourselves to fulfil this part of the Promise are too easy. A few carols sung at Christmas or a few old tins of mushy peas donated to a food box and we feel satisfied. But does this sort of activity really stretch girls?

If this is all service to the elderly means to your unit, then you should think again. When given the choice, Guides and Rangers will often say they want to 'help old people'. And their efforts, as well as helping our senior citizens, can help progress through the Trefoils and the Ranger Community Care certificate, as well as the Duke of Edinburgh and the Queen's Guide Awards.

The relationship that can develop between the young and the old can be touching, so don't rule out Brownies lending a hand in lots of different ways.

But, in order to provide help where it is most needed, we need to understand rather more about our ageing society.

THE FACTS

There are over 10 million elderly people in our country today — that's over 18 per cent of the entire population. This figure is estimated to rise to 12 million by 2001, the year when the population will be 55 million.

Already, the number of people over 65 is rising. In 1991, there were 10.5 million people over 65. By 2001, this is estimated to rise to 12 million.

44 of those devoting

hours a week to care for the elderly are themselves retired or nearing retirement.

People are generally more healthy and live longer than ever before. Either from choice, or because they cannot find employment, more people are giving up work earlier.

Yet, even with all the advances made by medical science, the problems of old age are endless and can be overwhelming. Some do seem to defy the laws of nature and go on to marvellous achievements. Look at the 82-year-old runner who completed the 1990 London Marathon in an amazing five-and-a-half hours.

But, for others, ageing brings a gradual or sometimes sharp deterioration in physical and mental capabilities. Loss of a partner can be the greatest cause of stress. Relatives often live far away, which can result in dreadful loneliness for the bereaved.

Social activities, previously taken for granted, no longer hold interest and straightforward problems become insurmountable.

Currently one in ten of the elderly are totally housebound and feel forgotten.

AGEISM

We've all heard the terms 'racism' and 'sexism', but the buzz word of the decade is 'ageism'. The charity Age Concern defines ageism as 'discrimination against people because they are no longer young'. Discuss this concept with your unit and think how, perhaps, we all might be guilty of treating the elderly with less than respect.

Of course, different cultures have different attitudes, both to the treatment and the welfare of their elders. Perhaps Guides could do a bit of research into this topic to see what we can learn from other cultures.

Generally in our society, ageism is prevalent. See



EASTERN DAILY PRESS

how little attention is paid to the elderly in advertisements — could it be they no longer have 'purchasing power' and so are conveniently forgotten? In the media the elderly are often portrayed as fools and buffoons, forever harping back to good old days.

Discrimination at work is even more insidious. A 50-year-old becomes redundant and then finds he or she is considered 'too old' to get another job. Even as Guiders we are unable to hold a warrant over the age of 65. If society's expectation of the elderly is low, it is not surprising that the elderly can have low expectations of themselves.

After all, we are all going to age — indeed ageing begins as soon as our bodies stop growing. Perhaps many of us are frightened of the ageing process, and we take out our own fears on the elderly — hence ageism.

GRANNY'S DAY

Young people can often form a close relationship with the elderly. Indeed the newly-created Grandparents' Day aims to celebrate this close relationship annually on September 22.

Some 'grandparents' don't have grandchildren, missing out on the happiness such an association can bring.

A possible venture or challenge could be for each member of your unit to



GGA

'adopt a granny'. Old people's welfare groups would be happy to help Brownies and Guides with this.

Help the Aged is an organ-

country, each independently determining what services are needed in its area. Most of Age Concern's work is done by volunteers, many of

perhaps the girls could see if they can budget based on the old age pension. They should first find out the basic rate for a single person and a couple.

A pension only covers the basic essentials. Ask the girls if they could cope without 'luxuries' such as a car, central heating, telephone, washing machine, regular hairdos, new clothes and holidays.

● Initiate a local history project

— Choose a particular period during the last 80 years — the First or Second World Wars, for instance — and find out any special events in your area.

Or you could adopt a theme such as the Guide and Scout Movement or the opening of the village school.

The Brownies/Guides could aim to interview elderly people as they are, surely, the best source of information for the project. Stress the importance of being sympathetic listeners.

See if they can gather reports, photographs, letters and newspaper cuttings (photocopies) — anything that will bring the project to life. And, when it is finished, have a party and invite along all those who have contributed to view the finished work.

● **Be a good neighbour:** This national campaign is organised by a number of voluntary organisations including the churches, trade unions, central and local government, the health and social services, professional bodies and community groups. An ideal campaign with which your unit can help.

The good neighbour campaign aims to assist all those who are trying to manage on their own: the sick, elderly, the handicapped and the housebound. The idea is to encourage individuals to make the first move and offer practical suggestions of how they may help. It could be with shopping, cooking a meal, even a weekly wheelchair push down to the post office to enable an elderly person to

collect her own pension.

● **In winter:** In the cold, even a slight disability can be a major handicap. A Guide/Ranger could keep an eye on 'granny' (or grandad). Practical help in wintery conditions is often much appreciated. The Guides could:

1 hunt out forms for heating benefits and help to fill in;
2 fetch shopping or pensions;

3 clear snow/ice from the front of the house;

4 clean up after burst pipes;

5 look out for distress signals — milk bottles still on the step, newspapers still in the letterbox, lights out when they are usually on, and be prepared to investigate or seek help.

● Organise a trip to the seaside or country:

This will need a bit of fund raising but would be a smashing day out for Brownies/Guides, together with their new 'grannies'. If you complete the day with a fish and chip supper everyone will be happy!

● **Let 'granny' help:** The elderly want to feel useful. Encourage the youngsters to ask their new friends for advice, and practical help. Perhaps a mum wants someone to collect youngsters from school, petsit, babysit or even help with the garden.

Your unit could arrange a Memory Lane Evening. Museums, libraries and local history societies are often only too pleased to lend certain items, which could then be discussed with your invited guests. It's amazing how objects can spark off fascinating memories in the elderly.

Whatever project you choose to do, it will surely be an enlightening and learning experience for all involved — a real challenge worth doing well!

JACKIE TEVLIN

For more information ring these head office numbers: Age Concern, 081-640 5431; Help The Aged, 071-253 0253; Red Cross, 071-235 5454, or contact your local group. The Good Neighbour Campaign is based at Brook House, 2 Torrington Place, London WC1.



United by Guiding — Dolly (left) and Sarah

isation that works to improve life for elderly people. It concentrates on fund raising, and ensures that the rights of the elderly are not pushed to one side. Its education department can provide a Recall Pack of tapes and slides about life over the last 80 years. This could be a good starting point for a venture or community service project.

Age Concern has over 1,300 groups around the

whom are retired themselves.

Day care centres, clubs and special facilities offering practical help are arranged and funded by the groups.

Age Concern also distributes information including a fine pack called *Ageing Today*, which is full of project ideas and advice for young people.

Why not invite a speaker from these groups along to identify where and what help is needed in your area?

Here are some ideas of projects you could try with your unit:

● **Spend a day as a shadow** — With the help of an old people's welfare group, arrange for each Ranger or Guide to spend a day with an elderly person. This will allow them to find out for themselves some of the problems the elderly face, and how they can best help.

In preparation for the day,



PRACTICAL PAGES

YOUNG LEADERS

Young Leaders will soon discover that they need to build up a collection of ideas for games and activities. To make your life simpler, Sheena Booth, Young Leader Adviser for Anglia, takes a look at the pros and cons of some of the methods available.



LOOSE LEAF FILE

Advantages: Games and activities can be written out or stuck on to separate sheets. Songs can be stored with music. More sheets can be inserted and the order changed at will. Once the initial binder has been purchased, it is a relatively cheap option.

Disadvantages: Frequent use will cause the holes to tear, but this can be overcome by using special rings to reinforce them.

EXERCISE BOOK

Advantages: Probably the cheapest option. Articles and pictures can be written out, or stuck in the book. They are small and light to transport. Hard cover books are available, prolonging their useful life.

Disadvantages: New items cannot easily be inserted and, unless the books have a strong cover, they can disintegrate. This method is not suitable for 'double sided' articles cut from magazines.

CARD INDEX

Card index boxes are available in a variety of different sizes. They are a good store for ideas, and pre-printed cards are available, although purchase of boxes, also be used.

are also available for easy reference, although you may wish to make your own. New cards can be added without difficulty, and the cards rearranged at will.

Card index boxes are sold but, although strong and durable, they can be expensive. Alternatively, a strong shoe box or one of the 'slip in' type photograph albums of the correct size may be used. Cards can be taken out for an activity and are easy to carry around.

Disadvantages: The main disadvantage is not obvious — until you drop the box! It is also not suitable for large items.

SCRAPBOOK

Advantages: A simple option which is quite useful for keeping ideas of things to make, badge hints and so on, which may be looked at by the girls. It can be attractively presented.

Disadvantages: Can be unwieldy. It is difficult to add items and is unsuitable for double-sided articles.

CLEAR POCKETS

Advantages: A useful way of displaying double-sided articles cut from magazines and so on. Also useful for keeping several articles grouped together, or craft instructions together with a finished sample.

Disadvantage: If you buy the separate pockets, which are cheaper, you will need to hold them together with a binder or 'treasury tags', as they tend to slip around.

PHOTO ALBUMS

Advantages: The self-adhesive type of album with clear, lift-up pages is ideal for recipes and craft ideas, as they can be wiped clean. The pocket type is useful for storing small cards or articles (see above). They are also relatively cheap.

Disadvantages: They are inclined to be bulky and

heavy. But, if you are able to find the binder type with replacement pages, this does not apply.

GOOD ADVICE

And now some Dos and Don'ts for making things with your units:

Do think carefully about your unit when looking for ideas of things to make. There will usually be a mixture of abilities, but you may have a group who are particularly craft-minded, or girls who tend to be all fingers and thumbs. Of course, there will always be the girl who rushes everything and spends the rest of the time making a nuisance of herself because she is bored!

Do have a go at making the item first yourself. Check if there are any particularly awkward stages and if you should modify the instructions in any way. Make sure you use identical materials to those the girls have.

Do enlist help if you have a large group, or if the item has a lot of fiddly bits. Teach your Guiders or Patrol Leaders/Sixers as a small group. They will then be able to help you. There is nothing worse than having half a dozen unfinished items thrust at you at once, while you're trying to help someone else!

PETTY ROWS

Do ensure you have sufficient materials and equipment.

Lack of scissors/glue/felt pens... is a sure recipe for petty squabbles.

Do have a finished article — or picture — to show the girls, but don't let them copy it exactly. They should be encouraged to use the example to develop their own imagination.

Don't expect perfect results — as long as everyone tries hard and has fun, you will have achieved your object.

Do use the *Blue Peter* method with articles in various stages of construction, if you feel it would be helpful. Charts/diagrams and/or written instructions can also be a great help and will encourage the girls to think for themselves.

Do allow sufficient time for the activity. If you intend it to last for more than one session, then tell the girls before you start.

Do be prepared for spillages if using paint or glue. Protect work surfaces and floors, and warn the girls to bring an apron if it is likely to be messy.

Do leave enough time to clear up afterwards.

Don't assume that if you are not especially nimble-fingered you can't make things with your unit. Find someone who is able to knit, crochet, sew or whatever and ask them to your meeting. Then you can learn as well.

Do have Fun!

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ORIENTEERING

Most dictionaries define orienteering as 'The sport of making one's way quickly across difficult country with the help of map and compass.' The journey does not, of course, have to be either quick or difficult, especially if you set your own route for the Guides. It can be just as tough, or as easy, as you choose to make it.

When planning an orienteering course, the abilities of the Guides must be taken into consideration. How old are they? Have they any previous experience of orienteering? Can they use a compass? Are they familiar with conventional mapping signs?

If the answer to all these questions is yes, then a conventional course can be set. A suitable area must be found but don't make it too large. Remember that even when walking quite quickly only four miles per hour is usually attained. If Guides are stopping constantly to read a map and looking for a checkpoint, this speed will be reduced considerably.

The terrain will effect the speed at which the girls will walk, particularly if it is a hilly area, rough underfoot or woody, and if the path is not too clear.

If there are a lot of trees on the route, it will reduce the available light, so that looking for a checkpoint will be more difficult and time consuming.

Decide where checkpoints will be situated. Letters are the usual form of identification, for example, A — first checkpoint, B — second and so on. Checkpoints should be well away from any dangerous areas: railway lines, rivers, marshlands... and easily visible from the path.

DANGER WATCH

If there are any dangerous areas bordering the course, make a checkpoint with an arrow pointing to the danger present in such a

position that the Guides cannot inadvertently enter such an area.

The checkpoints are made using a piece of wood approximately two foot high, two inches wide and one inch deep. Paint the letter on to the wood near the top. Remember to use gloss paint, so that it doesn't get washed off before the course is used.

Checkpoints should be closer together in wooded areas to eliminate the possibility of straying too far off the intended path.

If a detailed map of the area is not available (best is scale 1:10000), and the Guides are competent with a compass, a list of compass points could be used to direct them around the area. For example: 140 degrees — to leaning fir tree; 120 degrees — to the old well; 100 degrees — to the old quarry.

Remember this course can only work if the girls can use a compass correctly. Of course, experience could be gained by grouping inexperienced girls together with, perhaps, a Young Leader, or older, more knowledgeable Guide.

If, however, the Guides are young or inexperienced, the course could be set around a series of clues. A much simpler map would do. Not one you've bought but one which you could quite easily make. It would merely need to show the location of streams, lakes, groups of trees or very large trees. Additional hazards can be indicated like large groups of nettles or prominent bushes.

It would even be possible to show items which could be placed there specifically for the purpose of the activity. A sign post may have had to be added at a point where it is thought the Guides may go astray.

The addition of compass readings would merely pro-

vide practice for later, the Guides would not need to use them if they chose not to do so.

CLEVER CLUES

Clues, such as 'when the river meets a friend and turns a bend', could be used to explain that a checkpoint is situated just after another river flows into the one

word as they go along. congratulations for instance. Or they could be muddled, so that the Guides have to sort them out at the end of the course. If the course is long and is likely to tire the girls, this wouldn't be a good idea. But, if it isn't too tough, it could add to the fun.

The right clothing should always be worn. Good strong



SUSAN MEYER

which the orienteers will have been following for some time and then bends. Or 'beneath a crying tree' for a checkpoint under a weeping willow and so on, depending on the particular area which you have chosen to use.

Fun clues like this can be used with, perhaps, the addition of letters which actually form an appropriate word. Instead of the points featuring letters on the map, they would be numbered. But, alongside the number at a point, there would also be a letter.

The letters could be in order to make up the chosen

footwear, not wellingtons, and waterproof jackets are musts. Even in wooded areas one can get very wet.

Don't forget that you should never let the Guides go off alone, even on an easy course. They should be grouped into at least threes.

An adult should be positioned at the start and the time at which each group sets off should be noted. That way the Guider-in-Charge will discover if any groups are taking too long and will know when, should it be necessary, to retrieve them.

Knowing how to read a map is a useful skill

INSURANCE

details

The Association's Insurance Brokers from January 1, 1991 are Willis Wrightson London Limited, Friars Street, Ipswich, Suffolk IP1 1TA.

The Association effects two insurance policies for the benefit of its members — the Personal Accident and Medical Expenses Policy and the Public Liability Policy. Those covered by both policies are:

- 1 The Girl Guides Association and all its members.
- 2 The constituent Region, County, Local Associations or Friends of Guiding of the Girl Guides Association.
- 3 The Trefoil Guild.
- 4 The LINK International Fellowship.
- 5 Officers and officials of any of the foregoing.
- 6 Any employee of the insured.
- 7 Any voluntary part-time instructors.
- 8 British Guides in Foreign Countries, whether nationals of the country concerned or not.
- 9 All non-members of the Girl Guides Association while involved in Guiding activities.
- 10 The children of parents covered under categories one to nine above brought to a Guiding activity.
- 11 Prospective members prior to taking their Promise.

The Personal Accident and Medical Expenses Policy

The Schedule of Benefits which is operative while taking part in any Guiding activities, including travel thereto and therefrom, is as follows:

Circumstance	Limit
1 Death (over 18)	£15,000
2 Death (under 18)	£2,500
3 Permanent total loss of sight in one or both eyes and total loss of one or more limbs	£10,000
4 Total permanent disablement if not employed (over 18)	£15,000
5 Temporary total disablement if employed (over 18)	£50 per week (max 104 weeks)
6 Temporary total disablement if not employed (over 18)	£20 per week (max 104 weeks)
7 Medical expenses	£25,000
8 Loss of travel and repatriation accommodation expenses	£25,000
9 Damage to clothing by the medical profession and by blood	£100
10 Expenses including NHS prescriptions, travel and accommodation expenses (£75 per night) and reimbursement of motor fuel	£75

- 5 Permanent total loss of sight in one or both eyes and total loss of one or more limbs £10,000
- 6 Permanent total disablement £15,000
- 7 Temporary total disablement if employed (over 18) £50 per week (max 104 weeks)
- 8 Temporary total disablement if not employed (over 18) £20 per week (max 104 weeks)
- 9 Medical expenses £25,000
- 10 Loss of travel and repatriation accommodation expenses £25,000
- 11 Damage to clothing by the medical profession and by blood £100
- 12 Expenses including NHS prescriptions, travel and accommodation expenses (£75 per night) and reimbursement of motor fuel £75

The conditions of the Policy also include:

- 1 Benefits in accordance with Continental Scale.
- 2 Benefits eight, nine, ten payable as a result of illness.
- 3 Winter sports and mountaineering.
- 4 Exposure to the elements.
- 5 Disappearance following believed bodily injury resulting in death.
- 6 Benefits in accordance with the Schedule will be paid in respect of assault.

There are certain exclusions in common with all such policies. It should, however, be noted that, except for members of the Trefoil Guild who are covered without age limit, in respect of persons above 75 years personal accident cover will be restricted to accidental death only.

Although the policy is operative

worldwide including USA and Canada, it is still necessary for all members to take out travel insurance when going abroad.

Should an accident occur a Notification of Accident form should be completed as soon as possible and forwarded to the Insurance Manager at CHQ. An acknowledgement will be sent together with a claim form, which should be completed where applicable and returned to the Insurance Brokers. When a claim has been agreed, the Brokers will notify the Association who will make the necessary payment.

The Public Liability Policy

The Association has blanket cover under this policy and it is not necessary to forward hire and letting forms to the Insurance Manager unless the limit of indemnity required is over £10 million. If a certificate or the policy number is required for proof of cover this can be obtained from the Insurance Manager.

The Policy operates in the event of a member of the Association incurring a liability for loss or damage to property or injury to a third party. For example: if a school kitchen was being used for a Guiding activity and a work surface was damaged, the repair would fall within the terms of the policy. *But*, the policy carries an excess of £100 which means that £100 would be deducted from any claim.

All Guide buildings used for Guiding activities are covered for public liability by this policy, and it is not necessary to arrange independent cover.

Note:

This cover relates to public liability cover only and *not* to buildings insurance cover.

The Association's policies do *not* cover unit equipment, tents, loss of deposits, money and so on. Units should see that their property, equipment and so on are adequately covered by insurance. If you contact the Insurance Manager, she will be pleased to give you details of a contact at Willis Wrightson who will give advice and a very competitive quotation.

AUSTRALIA

OVERJOYED DOWN UNDER

A former Skegness Queen's Guide described in last month's *GUIDING* a very tough Operation Raleigh selection weekend which she survived to qualify as a 'Venturer' and is in the running, she hopes, for the expedition of a lifetime.

Here, another Queen's Guide, Ruth Murray, from East Lothian, Scotland, now Boating Adviser to Lothian County, relives three months spent in Northern Territory, Australia, last year, mainly in the bush, as a member of Operation Raleigh's Warrgarr Expedition.

by Katharine Gorge

**ONE
WORLD**



The team, all at sea

Warrgarr is the Aboriginal name for the season in which the expedition took place, when they set fire to the earth to encourage new growth and means 'fire-raging purifies the earth'.

While on Raleigh, Ruth led a small group — three lads and another girl — on a trek into kookaburra country. This helped her to gain her Duke of Edinburgh Gold Award in January, this year. Ruth's story begins in Bali.

In Bali, when we reached our hotel, the heat was so horrendous that we were all given a paper fan.

After a meal and some typical Indonesian entertainment, we spent the rest of the night by one of the hotel pools. Never before had any of us been swimming at 2am in temperatures of more than 30 degrees C.

Soon we were making the two-hour hop by jet to Darwin, where we were met by the HQ staff of the Australian Army, who were to transport us and our kit on part of the expedition in their 4WD vehicles.

But first we spent three days acclimatising in Darwin, hosted by the Army in their Larrakeyah barracks. They briefed us on vehicles — punctures, radiators, 4WDs, dipsticks... — and on how to use the equipment like lamps and compasses without destroying it! The comfort of the Commission's posters of the modies we might have to live with. We also had to learn about that masterpiece of bush economy — the damper, made from those baking

powder, salt and water. This was to be the mainstay of our lunch for the next three months. Yummy!

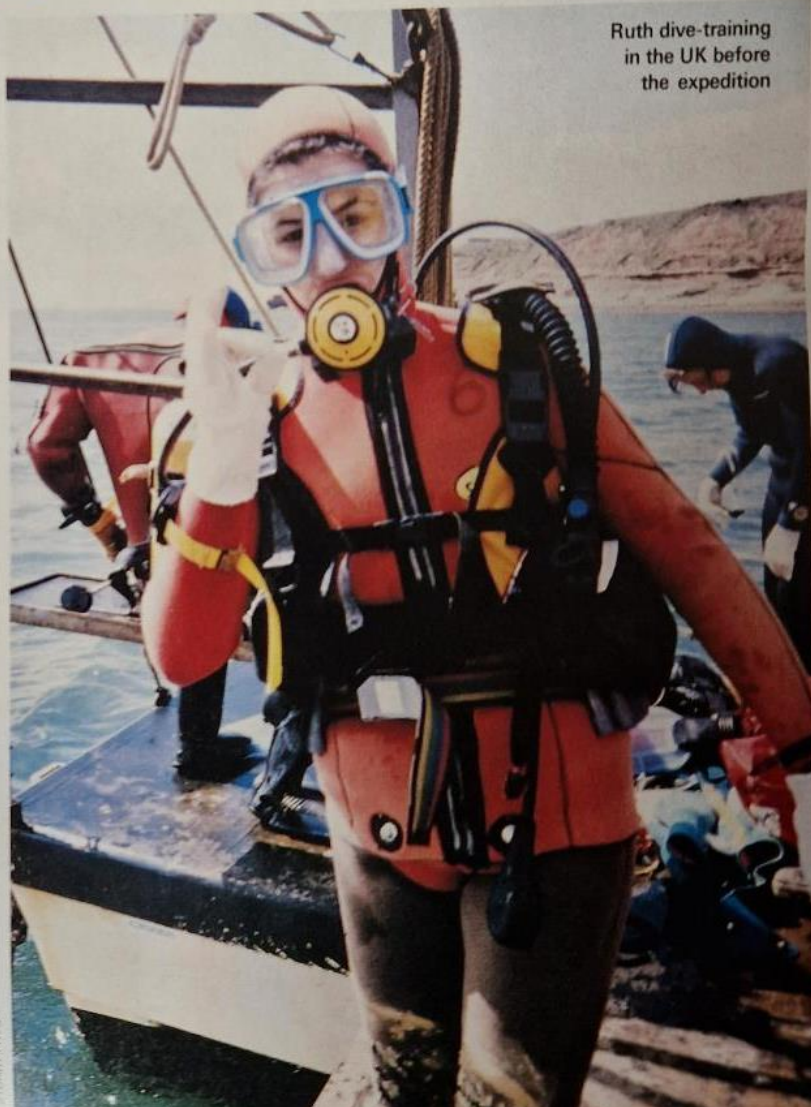
Next morning we were up with the parrots, ready to be transported to Rhum Jungle, a forested area about 100kms south of Darwin, near the town of Batchelor, where we were to have our two-day bush initiation course.

When we had been split into groups, the Army had us marching — water bottles securely fastened to waist — to another site. This was an hour's walk away and where we were shown basic bush survival.

We learned how to fry an egg on a rock; how to build an oven from tinfoil; how to cure beef to keep it for months and how to make a bush fridge from a tarpaulin. Very enlightening, we thought, but let's hope we never have to put any of this to use.

After our 'stroll' back to base we had to construct our abode from two tarpaulins: one being the roof, the other our "carpet", with nine mozzie

RUTH MURRAY



Ruth dive-training in the UK before the expedition

nets sandwiched between. I woke next morning at 7am, wondering what I was doing there. It was foggy, humid and 30 degrees C. I never thought I'd wish that the sun wouldn't shine.

One of the guys in another group wasn't alone in bed, when woken. A red-back spider — highly dangerous — had decided to keep him company.

The morning was taken up with lectures on what bites, stings and kills, followed by first-aid hints. All rather discouraging, considering that we had to survive for a further two-and-a-half months.

That evening we headed out for our first night in the 'real' bush. Each group had an army officer with them. Fortunately, nothing untoward happened, other than a few, painful green ant bites. We sampled dehydrated rations, which seemed like polystyrene but filled a hole.

Eventually it was bedtime but, by the time I'd finished checking for mozzies, spiders, snakes and ants, I felt it ought to be morning.

The following day we set off on a two-and-a-half-hour journey by troop carrier to the site of our first project, at Katherine Gorge. The scenery in Northern Territory is 'interesting' — termite mounds, trees, plains, termite mounds, trees, plains, termite mounds and more of the same. But, in its own way, beautiful.

Our first day in Katherine, and part of the second, was spent weeding and mulching. Then we were in the workshop, welding a metal frame and cladding it with aluminium sheet to make a dunny, which is an Aussie bush loo.

That day one of the boys admitted to having used a loo scrubber to wash the dishes. No wonder we all had upset stomachs.

Every couple of days the park rangers did a 'litter run' up the gorge in a power boat and were kind enough to take us along on these fabulous trips.

During the rest of our time in Katherine we made a path, spread soil, laid irrigation pipes, filled-in holes and ruts, concreted, ate ant-ridden meals, discovered a python in one of the dunnies ... But basically we had a fab time, including a helicopter trip up the gorge.

We spent a couple of nights in the gorge. The flies drove us round the twist, ants crawled everywhere, and yet the gorge was, well, gorgeous.

At night, when the stars were out, the dingoes howled, the crickets crickets and the waterfall roared. At 8.45am on the dot we were awakened by the birds.

At our next project site, Gregory National Park, our task was to mark

tracks so that tourists would not get lost. Flies were a big problem — they made eating very unpleasant.

One night we were woken by a thunderous noise. It wasn't until they'd gone that we realised a herd of wild horses had stampeded past, just metres from our beds.

Not far from us, in Gregory Park, another group was on a caving project. They found some caves, with Aboriginal artwork on the walls — a big discovery because the park ranger hadn't known of their existence.

Our next project was to help build a laundry in an alcohol abuse rehabilitation centre at a place called Daly River. The foundations had already been laid. Our job was to put up the walls and construct the roof.

But it ended in bliss — a cool-down at Wangi Falls, a lovely pool with two waterfalls cascading into it. This successful trek helped Ruth to gain her DoE Gold Award. After returning to base in Darwin, it was then time to move on to the final project — three weeks of sub-aqua diving off the Cobourg peninsula in the far north of Northern Territory, surveying a wreck.

Ruth takes up the story again: 'On the ten-hour journey to Cobourg we travelled through Kakadu National Park, where *Crocodile Dundee* was filmed, saw lots of colourful birds and came across snakes and wallabies.

I must admit that I was really nervous on my first dive in croc-infested waters but all went well. The marine life is amazing. We made about



Ruth (on right) clinging to the inflatable before a dive

The work was hot and hard but we all loved this project. Ideally we were supposed to drink 15 litres of water a day, but we figured that about six was sufficient.

At each project site we received a re-supply of food every ten days, together with the mail. Then the scene was like

We learned how to fry an egg on a rock

something straight out of 'MASH'.

From Daly River, Ruth's group returned to Darwin for a crash course on sailing, first in dinghies and catamarans, then in a 41ft yacht, to finish off in a luxurious 84ft schooner.

Then followed three swelteringly uncomfortable days ashore, when Ruth led her group on a Duke of Edinburgh trek into the bush over tough, rocky terrain.

13 dives each in Cobourg and loved every one. Every time we went down we'd see something new, be it a fish with amazing colours or a piece of exquisite coral.

When conditions were unsuitable for diving we had lectures to further our diving qualifications.

On the beach we had to wear boots at all times. The sand was infested with nasties — stone fish with spikes that puncture the skin and cause a pain that can bring on a heart attack; blue-ringed octopus that can stop your respiratory system within three minutes; and box jellyfish which can mark you for life. Yet all we saw were crocodiles.

These three weeks passed far too quickly and, soon, we were heading back to Larrakeyah barracks, where we were to spend our final seven days in Australia.

Overall, the expedition had been absolutely brilliant — thanks to the masterly organising skill of those who had made this "experience of a lifetime" possible.



G·U·I·D·E·R·S

YOU'RE MISSING OUT...

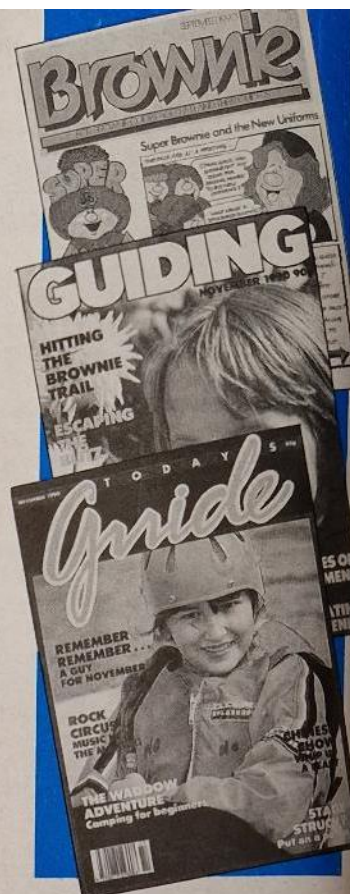
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YOUR LETTERS

Susan Matthews' suggestion that we should update the Promise is still generating a lot of mail, including a letter from the World Chief Guide's daughter.

NO CHANGE

This is no time to change our Promise. I do honestly believe that everyone in the Movement who has taken the Promise believes in God. My father evolved the Promise so that children could understand it, and could honestly try to keep it. He intended that by joining our Movement, with its emphasis on enjoyment out-of-doors and studying the wonders of nature, they would come to a belief in a good and loving God.

I agree that endeavouring to serve a high ideal would be just as suitable an aim, but would it appeal to a child? Surely a child can much more readily believe that God made the glories of the living world and loved every one of us, than a higher ideal did. Surely God is a one-word-way of saying 'I believe in a power greater than man, which is utterly and completely good.' My mother used to say that she spelled good with one o.

Many of us do skate over the first part of the Promise, believing in God as a matter of habit. And we take our belief so much for granted that we don't think very deeply or talk much about it. But it is there all the same — the basis of our lives. Indeed, all we can be expected to do in Guiding is 'lead children into an awareness of God's love'. This we hope to do through the activities we provide and the personal example we show.

We left God out of the

Promise altogether, our Movement might just as well be another youth club. For it would not have the powerful appeal to adults that it now has.

If you ask children what their duty to God is, you might get an answer such as 'I believe in doing the right thing.' That is not much to ask of them but it is a starting point, one which can lead to greater faith as they grow older.

Perhaps we lucky people in this country should remember the countries where the Movement was forbidden for many years and Scouts and Guides were punished. Now, some of these same people are getting out their old badges, uniforms, books, flags, and restarting their Associations. Were their spirits sustained all those years by 'a high ideal'? Or by God?

BETTY CLAY
Somerset

RELEVANT

I believe that the problem of Brownies, Guides and Rangers not believing in God is now becoming a more relevant issue than ever before.

A few years ago, a Brownie asked me 'Who is God? I've never heard of him.' As an active Christian I stood back and considered the statement. This situation was not the fault of the child. Therefore, after discussion with parents, it was agreed that the child should go to church with us, where she was able to see and join in the different activities that were available.

Can a girl be a member of the Movement if she does not take part in the activities? Likewise you cannot be a Christian without being a part of the church family. I have found that girls are frightened of

church because so many have never been inside one or spoken to their local priest or clergyman.

Surely our Guide Laws are similar to the Ten Commandments, mainly a good moral code by which to live. If religion is dead, as so many presume, let us not forget what has brought about the uprising in the Iron Curtain countries. I do not believe religion to be dead but it must be made relevant to today's society for our girls.

It takes courage to say I believe. My own children have been abused, both mentally and physically, because they go to church.

Let us not forget that many good people do not go to church; that does not make them Christians.

And, likewise, many Christians could be better people.

In order to appease nominal Christians are we being forced towards having to re-think the Brownie Promise? Would it be easier to omit God from our organisation? But let us not forget that even the Communists have a moral code by which to live. Who or what will replace God?

KATHRYN M COLLIS
Gwynedd

MADE UP

I would like to know where Susan Matthews got her percentage figures. Unless she has done a very careful survey, I suggest she made them up.

Guiding is NOT a Christian organisation and does not claim to be. Christ and God are not the same (unless you have grasped the mystery of the Trinity).

We have many non-Christian, Jewish and Muslim Guides, all of whom believe in God.

By making the Promise,

all members have publicly acknowledged their belief in the existence of God (by whatever name). It is not up to other members to judge the depth of that belief.

MARGARET WALPOLE
Guide Guider
Warwickshire

PLANS CANCELLED

After reading *Wedded to the Past*, it set me thinking about my own wedding. My boyfriend and I were due to marry in our local church next year.

My parents are saving like mad, which means they are missing out on their Silver Wedding. They were hoping to go back to Jersey but they are using their money for our wedding.

When my boyfriend and I talked to his parents, they were happy to help us pay for the wedding. But since then, I've learned that his parents are having money problems. My parents are also having problems, and we, too, have many debts to pay off.

We were hoping to have, not quite the full works, but big enough for the two families to enjoy themselves, making it a really memorable day. We had 'connections', which meant we had fewer items to pay for, but still we can't afford it.

So, we've decided to take ourselves off to the local register office — just the two of us and two witnesses. Then go on a holiday, which we booked last year, as our honeymoon.

I feel that we're letting our families down by 'sneaking' away and getting married like this but two things prevent me from feeling too bad.

In the long run, it's our day not our families' and

the cost has been considerably cut. Instead of spending thousands of pounds, we're paying £30 for the register office and splashing out £300 for both our rings. Our feeling is our rings will last a lot longer than the actual event.

Our families won't find out until we come back from our holiday. Can you imagine the reaction that we're going to get!

Name and Address supplied

A more traditional wedding was chosen by one Brown Owl's daughter... and thoroughly enjoyed by everyone.

SO PROUD

I am a Brown Owl of 1st Hellingly Pack, attached to the local church, and my daughter, Judy, is a Unit Helper. The Brownies were asked if they would like to act as the choir for the ceremony and agreed with delight. During the signing of the register they sang *Sing for Joy* to the congregation.

Two days before at the rehearsal they wriggled, they giggled, and we wondered if we had done the right thing.

Yet, on the day, they turned up everyone of them spotless, sat so still during the service and sang like angels.

My daughter and I were so proud of them and they made a lovely guard of honour as the bride and groom left the church.

A wedding can be enjoyed, wherever it is held: a family occasion and a memory to keep forever.

MAGGIE PHILLIPS

1st Hellingly (St Peter and St Paul) Brownie Pack
East Sussex

GULF LINK

The Central District Rainbow Guide Unit from Chesterfield, Derbyshire, has drawn pictures and sent letters to it. Our Shaun Medley of the 1st Armoured Division and

this time, serving in the Gulf.

We have received a letter from Shaun, who has handed out the pictures to his colleagues who, he informs us, have put them in the cabins of some of the wagons.

After seeing an article regarding Shaun in the *Derbyshire Times*, we thought it would be nice to write to someone who lives locally and who was serving in the Gulf. All the Rainbows were excited at the thought of their pictures being sent to soldiers all those many miles away.

Shaun has promised to visit one of our meetings when he is next in Chesterfield.

We hope to continue to correspond with Shaun while he is in the Gulf, and also when he returns home to England.

SUSAN M ABBOTT
Rainbow Guider

KIM E MARSH
Assistant Rainbow Guider

SUSAN A BUNTING
Assistant Rainbow Guider
Chesterfield

MORAL STANDARDS

In reply to Mrs Parry's letter, Setting an Example, in March's *GUIDING*, I don't believe that the articles and letters to which she refers have any bearing on the moral standards of the GGA.

Sex outside marriage, living with boyfriends and teenage pregnancy are issues which may affect the girls and young women in our Movement every day, and we cannot simply pretend they don't happen.

I feel that, as Guiders, we should be able to provide guidance and support without judgement. We can only do this if we are properly informed about the issues. The articles in *GUIDING* seem to be providing this information in an objective and responsible way.

LYNDA HALL
1st Bristol Brownies

NOT FLYING THE FLAG

Are other Rainbow Guiders asked the same question after a Scout/Guide/Cub/Brownie and Beaver church service: 'Why can't we have a flag like the others?'

Could I suggest that Rainbows adopt the old Brownie Pennant-style flag to make them feel that they are more a part of the Association.

The GGA waited until the Scout Association had started Beavers for the lower-aged boys before starting Rainbows; must we wait until the Scout Association leads the way by having a flag for the Beavers?

W M BATTLE (MRS)

1st Chandlers Ford West
Rainbow Unit
Eastleigh

PHANTOM GUIDES

I agree that the Census date should be February 22 but that it should be taken at the meeting immediately after, not before, that date.

I paid our unit's Census money over to our District Commissioner the last week in January. But, by February 22, three Guides had left the unit. Not because they were not enjoying Guides, but because their families were moving from the area.

This money could have stayed in our unit's funds — it totalled almost £20 — as money is tight.

If this can happen in our unit, it may also happen countrywide. It means the figures published are false.

CELIA ELLIS

Guider
3rd Garstang Guide
Company
Lancashire

GENUINE CONCERN

Ouch! What a slap on the wrist we Guiders have just received from our Chief Commissioner over the new uniform. I think she is failing to see that a large

number of Guiders have serious and genuine concerns over the freedom offered by the new uniform and we deserve to be listened to.

I think that we are failing our Guides and Brownies if we do not teach them to dress appropriately for different occasions. Does Jane Garside go to church wearing scruffy trainers and jogging bottoms? I doubt it.

Dress is important, it sends important signals to people and, I feel, Jane Garside is failing Guiders by not listening to the signals we are sending her. Don't our views have any value?

Just slapping wrists and telling us off is not good enough, and not appropriate to a Movement which is supposed to listen to its ordinary members.

VALERIE CLARKE

1st Malpas Guides/
2nd Malpas Brownies
Cheshire

FREE CHOICE

I totally agree with our Chief Commissioner's comments on the new uniform. I think it is great.

Everyone from Brownie to Commissioner should have a free choice in what items, or combination of items, they wish to wear. Everyone, after all, is an individual.

Even when we were all wearing the old uniform, we did not always have 'uniformity'.

It is a sad fact that some Guiders are imposing restrictions and regulations on the girls in their units on what they can and cannot wear.

Come on Guiders, accept the changes, we must all look forward, not back to what things used to be.

JEAN HARDMAN

Assistant Ranger Guider
Leeds

● See July's *GUIDING* for news and views about the new uniform.

More letters on page 60.

A letter written in 1983 started a friendship that has led to seven years of Guiding globetrotting for girls from Halifax, Yorkshire and their American pals.

A Guiding Triangle

Back in February last year, we described the very special Guiding relationship that has built up across the Atlantic. A long-standing pen pal correspondence between two Guiders — one in Ontario, Canada, the other in Halifax, England — has led to several meetings between Guides from both units.

In 1986 the English girls visited Canada, and there met up with a third unit, from Michigan, USA, and the transatlantic friendship became a triangle, with all girls determined to keep in touch.

Last year we told you what happened when the Canadian and US Girls visited their chums in England. Now we can reveal the next chapter in the saga because, last summer, the Yorkshire lasses travelled to Canada and the USA.

Two years of flat-out fund raising finally led Diane Haigh, Guider with the 25th Halifax and 25 of her girls to Camp Linden, USA, via the hard slog of car boot sales and coffee mornings.

When the holiday time finally came they managed to fly into Canada, in spite of their somewhat unusual extra luggage: a huge celebration cake and a maypole. The trouble started when they were about to cross the border to the USA with their Canadian chums.

The contingent was almost turned back for not having the correct visa forms. Eventually, Diane managed to convince the officials that they weren't a band of desperadoes. In fact she so succeeded in sweet-talking them that all the girls were given a free pen by the customs officials, with the compliments of President Bush.

Camping American-style proved to be an efficient affair. Everyone, including adults, was checked in, even down to a head examination to make sure no one had brought unwanted guests.

The camp was arranged into five groups with a mixture of two American, one Canadian and one English girl to a tent. The Brits rather welcomed the static American tents on raised platforms — no gadgets to make!

Mozzie nets were a must — by the end of the week, Diane recalls, 'it became a game to see who had the most bites'.

The hardy among the campers were up for a 6.30am dip in the mist-covered lake. Those who made it every

morning for the whole week qualified for a well-deserved Polar Bear Award. Still — it did save a mile-long trek to the showers for some.

Camp barbecues were on real American home-cookin' scale. One evening six turkeys, two dustbins of sweetcorn and three pans of apple crisp were devoured by the eager Guides and Girl Scouts, after a day of learning about

belts and badges sent the security systems into a frenzy of bleeping. At the end of the tour three girls were presented with their Baden-Powell Trefoils — a memorable occasion for them.

After visits to lay a wreath on the grave of the unknown soldier in Arlington Cemetery, and to see George Washington's mansion at Mount Ver-



DIANNE HAIGH

American Indians and their culture.

The barbecue was a delicious way of sampling American foods, after learning the traditional ribbon dance and then sitting down for a Pow-wow.

At the end of the camp a 'peace pole' was erected to commemorate the happy times spent by all, and gifts were exchanged. The Halifax girls gave, among other things, some clogs from a local factory. A bit of English tradition in exchange for all the American heritage they were sampling.

After some time staying with their Canadian hosts — the Chapman Division from Ontario — the party set off again — this time for Washington DC. In a whirl of sightseeing they took in the National Archives, seeing both a copy of Magna Carta and the Declaration of Independence; the Jefferson Monument; the Lincoln Memorial; and, to everyone's special delight, the White House itself.

The girls were kitted out in full uniform looking ultra smart but their

non, the party rounded off the day with dinner at a pizza joint. And that was where they finally cut the cake brought all the way from the UK, and handed it round to the other customers.

After another day's sightseeing, the girls went back north and visited Niagara Falls, travelling in the *Maid of the Mists* boat right into the foaming spray. Then on to Toronto, before the trip back to the UK for the exhausted Guides.

As Diane Haigh says: 'Who would have thought that one letter in '83 would have started a friendship circle, and who could have foreseen where it would lead? Who could have guessed how many letters it would mean, how many miles would be travelled and how many girls would eventually be involved in an adventure that has gone on for seven years?'

This story looks like running and running. There are plans to have the next reunion in Mexico in 1994.

Guiding's own maids of the mist at Niagara Falls

PEOPLE *and* PLACES



CREDIT: MARY HAYNES

ASK THE FAMILY

▲When Guide and Ranger Guider, Gerry Nixon, wanted some help with her job as camp QM, she kept it in the family. Her

mum, Trefoil Guild member, Dot Sainsbury, became her assistant. And her 15 year-old Ranger daughter, Jo, was Gran's assistant.



B BICKERTON

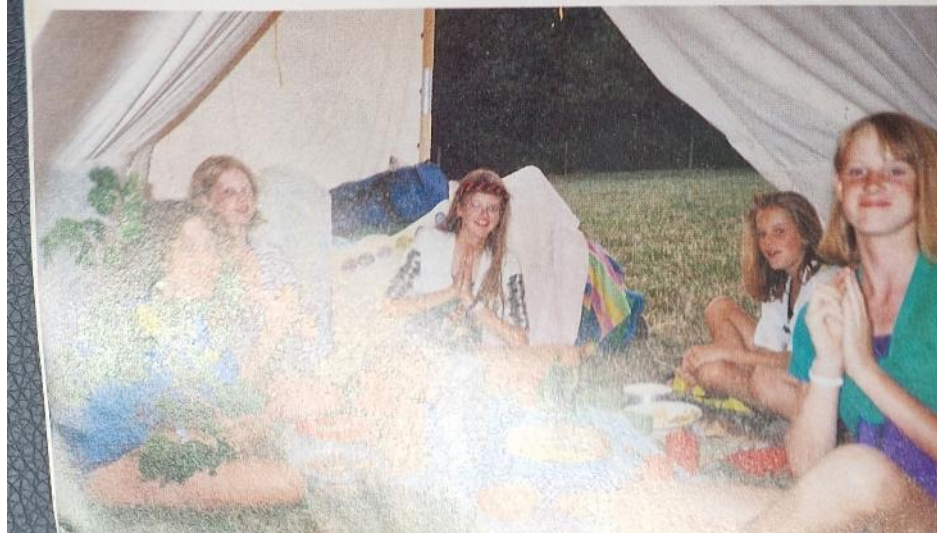
CHEEKY'S PALS

▲When the 1st Lyde Rangers chose Elefriends as their charity of the year, they decided to get involved practically as well as raise money. For Nancy, Tracy and Alison that meant raking the elephant enclosure at Cricket St Thomas Wildlife Park in Somerset. Under Cheeky's watchful eye.

JOLLY CHOPSTICKS

◀When the 1st Camelsdale Guide Company entered a camp cookery competition, the winning Patrol really ate in style — Chinese style, that is. They turned their tent into a pagoda, and even made their own chopsticks. All so their meal would have that authentic Chinese flavour.

P FITTER



CHOW DOWN

► Toasted marshmallows are mighty fine chow when you've been riding the range in Essex all day. They went down a treat at Brentwood District Brownie Revels, which had a cowboy theme.



J. WELLS

TWO'S COMPANY

▲ ... three's a crowd? Well, Bunny might well end up on the floor when Sophie and Harriet get to sleep. And that'll happen very soon, after another fun-filled day on Pack Holiday with the 2nd Worplesdon Brownies from Surrey.

FLOATING FEAST

▼ A spot of stylish paddling like this won a decorated frying pan for the girls of 1st Seamer and Irton Guides. They were competing in the Scarborough West and East Divisions' joint Kon Tiki challenge.

The pan was a reward for cooking bacon and eggs while afloat. The team also won the race round the island and the commemorative oar for having the best raft.

£10 WINNER



CREDIT: FRANCES HARRISON

Personal Touch COUNTS

Two charities have each received a £5,550 boost thanks to the fundraising efforts of Brownies, Guides, Rangers and Young Leaders all over the country.

The money, raised through last year's Girl Guide Friendship Fund Good Turn Appeal, was presented at a special ceremony held at CHQ.



Helping others
is just one
example of good
Guiding

Some of the girls who had raised money were invited to present the cheques to representatives from the two charities, Sense and the Sick Children's Trust.

The Sick Children's Trust provides homes near hospitals where parents can stay while a child is treated in hospital. And Sense gives advice, support and training to deaf-blind children and their families.

Units all over the UK touched by their needs found many ways to raise cash.

Carol singing was just one method chosen by 1st Alcombe Guide Company in Minehead. And Guide Lucy Wheeler was at CHQ to explain how they raised £142 from singing Christmas carols at old people's homes and at a sponsored non-stop mince pie sale.

Her Guider, Mary Veale, said:

'unit does something for the GGFF's appeal every year. But the Sick Children's Trust particularly interested them. 'We live out on a limb and it is difficult for parents to travel up to London if their children have to be in hospital. We thought it was a good idea for them to have a house where they can stay,' Mary said.

'We have never raised this much before. There is a lot of unemployment in Minehead, so the Guides had to work hard to get the money. It was a considerable amount raised for the area,' she added.

One party of Brownies and Guides from Somerset had to get up at 6am to reach London in time for the ceremony.

They included the 1st Westonzoyland Brownies, who raised £125 by staging a Christmas concert.

The chairman of the GGFF, Lady

Joyce Crowther-Hunt explained how the fund started. 'The idea was for Guides to help other Guides and was one of those things that just grew.

'Money is also raised to help Girl Guides and Girl Scouts in other countries. And it doesn't get wasted in a lot of administration costs.'

Behind the scenes, GGFF honorary secretary Kathleen Fitzgerald-Reynolds works tirelessly, making sure that all the donations sent in are banked and everyone gets a personal reply.

She said: 'Writing back is very important — it is the personal touch that matters. If people have raised money, they want to know if it has arrived safely.

'A lot of people send us money every year and, in a letter, we are able to say thank you for their continued support.'

Representatives from the two charities who accepted the cheques gave a presentation to explain how both organisations operate.

Sense's appeals manager, Elizabeth Nash, explained how the charity aids deaf-blind children and their families, providing support and education throughout childhood.

Afterwards she said: 'Through Sense parents are able to support each other and learn how to deal with deaf-blindness. It is very much a matter of helping them to realise that deaf-blind people can communicate — it is just a matter of using different senses.

A house manager for the Sick Children's Trust, Patricia Percival, said that the idea for the Trust was first thought up by two hospital doctors.

It provides good quality houses near major children's hospitals such as Great Ormond Street, where parents, brothers and sisters can stay while the child is being treated.

She explained: 'Having a house to stay in while the children are in hospital encourages families to lead as normal a life as possible. The point is to keep the family together.

'We make sure the houses are of a high standard because these families are going through a traumatic time and they deserve the best.

'We are over the moon about this donation, it is absolutely wonderful. I am amazed at all their hard work and I am very grateful.'

NICOLA WHATMORE

● The 1991 GGFF Friendship Appeal runs until June 30, so there is still time to help the Girl Scouts in Paraguay and the All European Development Fund (see April's *GUIDING*). Donations should be sent to the GGFF, 17-19 Buckingham Palace Road, London SW1W 0PT.

Here another member of the 'advance party into Europe'. Rosemary Milns, gives her impressions of the trip that also included a meeting with the Brussels District Commissioner for BGIFC.

Mention the European Community to most people and they will probably immediately think of butter mountains, bureaucracy and silly directives. I was one of a party of intrepid Guiders from London and South East England, who set out to discover whether there was, in fact, more to the EC than this.

Our first stop was Brussels, city of the Grande Place; the little boy who was 'caught short' — his predicament exposed in a statue just off the main square; and the European Commission. The Commission acts as the civil service of the EC, being responsible for initiating legislation and seeing that it is implemented. The Council of Ministers is also found here. This consists of a minister from each of the Community's 12 member countries, they have the final say about most matters.

However, not all the institutions of the EC are in Brussels. For example, if you wanted to find the Courts of Justice, you would have to go to Luxembourg. The strangest situation is in relation to the European Parliament. The main sessions of this are held in Strasbourg in France but the Euro MPs — the MEPs as they're known — then have to travel to Brussels for committee meetings. Their support staff, though, is housed in Luxembourg!

The cost to the European tax payers of transporting everyone from place to place has been put at £49 million per year. But, until Belgium, France and Luxembourg can agree in which country the whole Parliament should have a permanent home, the so-called 'travelling circus' is likely to continue.

After spending two nights in Brussels, we sped across Belgium and France, for the highlight of the trip: a visit to a session of the European Parliament at Strasbourg. We had to meet outside the Parliament at 8.15am in order to go through the various security checks. The building itself is impressive. Futuristic in style, it has modern sculptures dotted around, strangely shaped roofs, and row upon row of corridors.

Eventually, we were led by our guide to the Parliament Chamber itself. Perched high up in the public gallery, we looked down on the horseshoe-shaped rows of MEPs sitting in political, not national, groupings. Using ear-phones, we listened to the English translation of the matters under discussion, which proceeded at a fast and furious pace.

WE'RE ALL EUROPEANS

When 18 members from London and South East England visited the European Parliament, they found themselves listening to a German delegate's response to the release of the Birmingham Six. That proved conclusively to one of the party, Doreen Dixon, that anything which happens in any member country of the European Community is of concern to the rest.



Unfortunately, those MEPs, who were meant to debate the resolution being proposed, did not turn up. So we were present at one of the shortest parliamentary sessions in history — just 15 minutes!

This did allow us to spend longer in a question-and-answer session with Pauline Green, MEP for the North London constituency which covers Haringey, Barnet and Enfield. She is on the Committee for the Environment, Public Health and Consumer Protection.

We discussed such weighty matters as why the great British sausage was under threat from the EC; what is being done about pollution, the action to be taken to restrict the transportation of live animals for slaughter; and whether or not British MEPs should be elected by proportional representation.

I think we all came away with a much greater appreciation of what the EC is trying to do. We also realised that, whether or not we like what — or how — the EC is doing things, we have got to accept that European legislation is going to play a greater and greater role in every aspect of our lives.

The important thing is that the British views on particular matters are put forward before any legislation becomes law, so that it reflects our way of life and traditions as much as those of our continental partners.

The British MEPs are trying to do this on our behalf, but it seems not with as much support as they could have from the Westminster Parliament and their constituents — that's you and me.

On a voyage of discovery in Strasbourg — members of London and South East England

PHOTOS WANTED

Both the 1st Peartree Guide Company and 1st Peartree Brownie Pack celebrated their 70th birthdays earlier this year. As part of our year of celebration, we are organising a service of thanksgiving to be held at the beginning of July.

I am, at present, trying to trace ex-Guides and ex-Brownies in order that we can put together a history of the Guide Company and Brownie Pack. I am particularly looking for old photographs to display at the service.

Both the Guide Company and Brownie Pack met at Ludlow School on Friday and Tuesday nights respectively for many years. They were part of Itchen District (now Southampton Itchen Division).

I am sure that there are ex-Guides and ex-Brownies who read *GUIDING*, and I would very much like to hear from them.

MANDY SWIFT (MRS)

Guide Guider

● Write to Mandy c/o *GUIDING*.

Several members picked up an apparent discrepancy between the Chief Commissioner's Comment and an item in Executive News:

SILLY REMARKS

Having recently heard some rather silly and snobbish remarks about people still wearing old style uniform, how happy I was to read the Chief Commissioner's comment that 'girls wearing the old uniform must not be made to feel like second-class citizens, or expected to borrow new uniforms in order to take part in any event, public or otherwise'. This is good, common-sense Guiding and to be applauded. Therefore you can imagine my horror when I read in the Executive News that any member appearing in or

dealing with the media should wear new uniform, which could be borrowed from CHQ.

It appears that the Chief Commissioner and I are at odds with the Executive. Not all parents can afford to buy new uniforms straight away, but their girls' uniforms are always clean and smart. Why then should they have to borrow uniforms?

We have been accused before of being 'a club for middle class girls' so let's not fuel that particular fire with acts like these.

LIZ ELMORE

Guide Guider
1st Farcet Guides
Peterborough

UNIFORM ON VIEW

I recently organised a District event at very short notice, which was covered by both our local newspapers. The minority of girls and adults were wearing the new uniform.

Could CHQ have provided sufficient items of the new uniform for over 40 Brownies and Guides, and several Guiders?

I fully appreciate the fact that the new uniform needs to be seen in the media, in a bid to promote our new image. But is it really fair to exclude girls and adults from media coverage because they do not have the new uniform? Surely it is what a person has to gain from the Movement or what that person has to offer the Movement, and not what that person is wearing.

DAPHNE STEARN

Rainham South District
Commissioner
Kent

● The Executive Committee's decision was intended to cover circumstances in which girls or Guiders are invited to represent the Movement at high profile occasions such as television appearances. New uniform would be borrowed from someone in the area.

HELP ON OFFER

As the Coordinator of the Myotonic Dystrophy Support Group, I wish to point out that there are young girls in Brownies and Guides with this condition, which is a type of muscular dystrophy.

Any Guiders who have young people with this condition in their units, could they please contact me. I can supply them with information that would help the young person enjoy Guiding more.

I have a son in Scouting, he has myotonic dystrophy, and he is lonely, as people do not understand him.

MRS MARGARET BOWLER

Guider

1st Carlton Guides
Nottingham

● Write to Margaret at *GUIDING*.

GLOBAL UNITY

1992 is approaching, rapidly heralding a united Europe. Guiding is coming out into the open in formerly communist countries and East and West Germany are one. 'Unity' is one current keyword and another is 'global'.

Guiding is already international but should it now move towards global unity? We in the UK have a super new uniform which can be adapted for any climate from equatorial Africa to Iceland. We have the *Guiding Manual* covering every eventuality, and an Eight Point system which other Guide Associations round the world could easily adopt — including badge syllabuses.

A couple of alternative words in the Promise for God and Queen could unite Guiding round the globe.

As a further step to unity, we could cancel County and Country badges — who cares where anyone comes from anyway? Let's all have the World badge!

The only problem area I can see is where a country has mixed-sex Guiding, or where Guiding and Scouting are closely linked.

The solution is for everyone to have individual choice, like the UK Scouts have now, whether they are single or mixed-sex organisations.

Some may ask why should everyone adopt the UK Guiding version and not another? Several good reasons come to mind: many countries have a very similar set-up to that in the UK already. And, if that argument does not work, we have the World Bureau and, to get really basic, we started it so it's our game really!

I know that a changeover would cost money but a phase-in starting now would see the global Guiding ready for the next century and, perhaps, even ready to go extra-terrestrial for 2001.

EILEEN AGER

Milton Keynes

HALF A CENTURY

This year the 5th Potters Bar Guide Company (King Charles the Martyr) is celebrating its 50th anniversary. The special weekend is Sept 28-29.

We are trying to contact as many ex-members as possible, so, if readers know anyone who was a Guide in this area during the past 50 years please could they give me a ring, or drop a line to: Mrs Margery Hunnisett, 222 Barnet Road, Potters Bar, Herts EN6 2SH. Tel: 0707 59371.

MARGERY HUNNISETT

Potters Bar

Letters should be kept as brief as possible and the Editor reserves the right to edit any contribution. Letters must carry the author's name, address and, if possible, a daytime phone number, although this information will not be published if requested.

CLASSIFIEDS



HOLIDAYS & ACCOMMODATION

HERTFORD GUIDE H.Q. for Pack and Guide holidays. Guiders room, field walks, walking distance to shops, indoor pool, park, station (1 hour central London). Some vacancies for summer and autumn. Telephone Peggy Bradshaw 0992 581420.

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EX-GUIDER OFFERS reduced rates to movement members at Springvale Hotel, Sea-view, Isle of Wight, overlooking sea, licensed, central heating, bathroom en suite, colour television, budget breaks. Get Away breaks. Tel: 0983-612533.

NEAR COXWOLD, NORTH YORKSHIRE. Self-catering holiday cottage and 2 flatlets in our own grounds of 10 acres in Howardian Hills. Daily/weekly/monthly lettings. York 17 miles. Telephone: 03476 238.

DINARD/A SCOUT HOST. (Brittany), 8 Boulevard L'hôtelier, would welcome Guide parties or individuals all the year round. Five minutes from sea and shopping centre. Tel: 99 46 40 02.

WESTERN LAKES: Rowrah Hall near Ennerdale, inexpensive hostel style accommodation, separate Leaders rooms, CH oak beams, open fires, catered or SC. Telephone 0946-86 1029.

DISCLAIMER REMINDER

Inclusion in this section should not be taken to mean that the Association has checked out and endorses the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

YORK

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DERBYSHIRE COUNTY COUNCIL

Residential accommodation for groups in the Derbyshire Countryside at Buxton, Cromford and Wirksworth. Ideal bases for outdoor pursuits or educational visits.
Send for a free leaflet to The Acting County Planning Officer, Derbyshire County Council, County Offices, Matlock, Derbyshire, DE4 3AG.

Summer/Autumn Vacancies 1991. Try a Pack Holiday in picturesque Cragg Vale — Pennine Country. Ideal situation — good facilities. Send S.A.E. for details: Morgan Church Bank Lane, Cragg Vale, Hebden Bridge HX7 5TA.

BOURNEMOUTH. B&B in Guider's home. Twin en-suite, convenient sea, New Forest, Purbecks, theatres. Special terms movement members. 0202 429675.

BRIDLINGTON, YORKSHIRE WOLDS. Family hotel offers reduced rates for Guide/Brownie pack holidays (Oct '91-June '92). For brochure/prices, telephone 0262 673871.

PERSONAL

PRINTFORCE BOOKS. Practical publications/resources for leaders — see under 'For Sale'.

LONGRIDGE SCOUT BOATING CENTRE CANOEING SPECIALS

Longridge is organising a number of special week-end canoeing events.
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7-9 June open canoe/camping R. Wye
28-30 June kayak/camping R. Thames
26-28 July surfing at Woolacombe
6-14 July, exploring some of Scotland's lochs and rivers using Open Canoes
For more details please contact Steve Finch, Senior Instructor
Longridge S.B.C., Quarrywood Road, Marlow, Bucks SL7 1RE. 0628 483252

CAMPSITES AND ACTIVITY CENTRES

PRINTFORCE BOOKS. Practical publications/resources for leaders — see under 'For Sale'.

BUCKMORE PARK SCOUT CENTRE

Maidstone Road, Chatham ME5 9QG.
Scout camp site. Training ground and Activity Centre. Swimming, Skating, BMX, Shooting, Archery, 5-a-side, Tennis, Karting, Climbing, Orienteering, Abseiling etc. Open throughout the year for Summer Camps, Weekend and Weeks Camps, Pack Holidays, Conference facilities.
Brochure available (large SAE) from: The Warden. Tel: 0634-861295/8. Fax: 0634-844553.

BLACKLAND FARM CAMP SITE 122 acres of fields and woodlands near Ashdown Forest, amid some of the loveliest Sussex countryside. Equipped and unequipped sites are available. We offer facilities for rock climbing, canoeing, abseiling and archery with instruction. As well as orienteering, nature trail, assault course and heated indoor swimming pool. Restrop and Wagtail Lodge are fully equipped for pack and indoor holidays. For further details apply to: The Warden, Blackland Farm, East Grinstead, Sussex, RH19 4HP or telephone 0342 810493 or 0860 393026.

DOWNE SCOUT CAMP

88 acre site 16 miles from Central London is available all year for Packs, Companies Units, District or County events. Camping Sites and 3 fully equipped Buildings. Toilet Blocks with female facilities. Hot showers at Camp Centre. Outdoor swimming pool, climbing/abseiling tower, air rifle range, archery, assault course, orienteering and pioneering equipment available.
Brochure from the Warden, Downe Scout Camp, Bird House, Downe, Nr. Orpington, Kent. BR6 7LJ. Telephone: 0959 72121.



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For details of walks in your area and sponsor forms,
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PRINTFORCE BOOKS. Practical publications/
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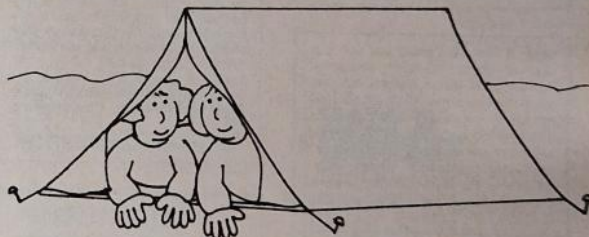
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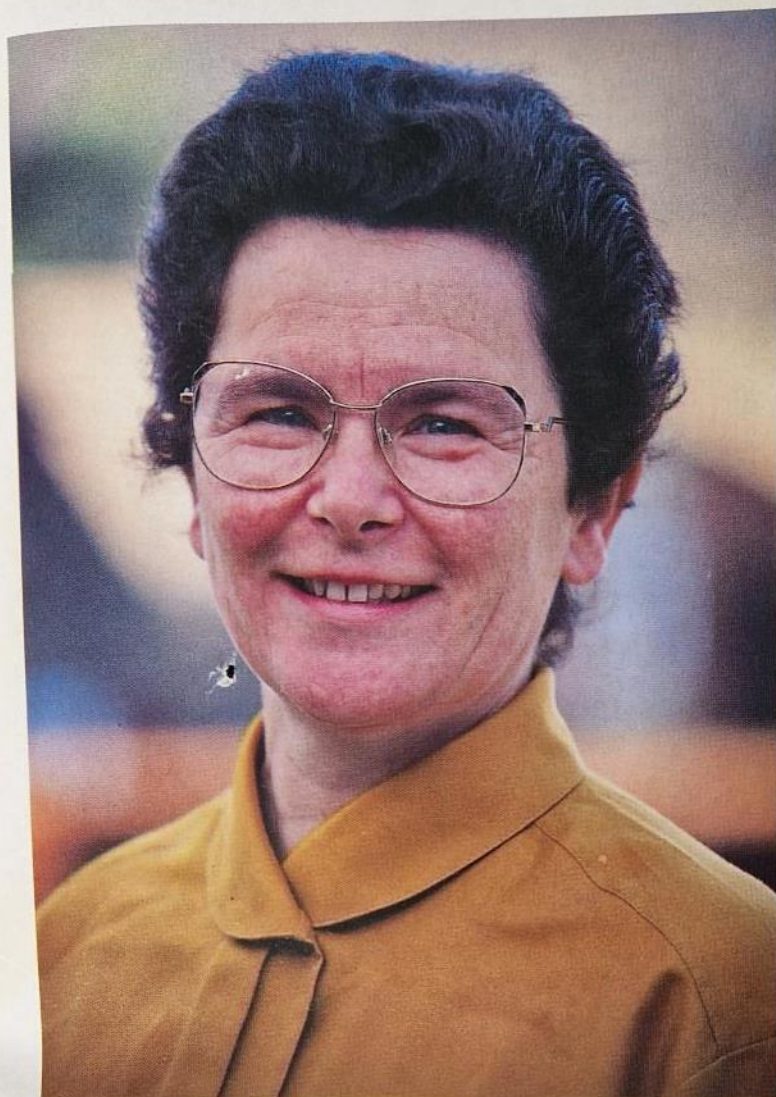
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The Girl Guide Association must be countersigned by the Guide County Commissioner indicating her approval of the event

LIFE style



PAULINE FITTER FROM HASLEMERE, SURREY

Assistant Commissioner (Guides) for Haslemere District, Pauline received the BEM for her outstanding services to children.

“The citation for my award, which was recommended by the Social Services Department, referred to the 108 children which I and my husband, Roger, had fostered over 24 years. By the time of the investiture last October, the figure was 118 and we have had several more since then.

Also mentioned in the citation was my work in Guiding and the nursery school which I have run for more than 20 years.

The fostering started three months after we were married. I trained as a nurse and had worked at a children's home in Hull. I hated the fact that the

children did not receive the individual attention they craved and needed. I used to see babies who, after only six weeks, had become completely institutionalised.

Roger has always been tremendously supportive and, without his help, I could not possibly have fostered so many children. Some have come to us in a very damaged state emotionally, having been described as “very difficult” or “unmanageable”.

Some have indeed been very difficult but never have we found one who was truly unmanageable. Some stay with us for about six months, others perhaps

a year or two. Our role is to provide a stable family environment in which they can be healed emotionally before being adopted.

Our own four children, now all grown-up, have also played a vital role. When they were small, they treated the foster children as brothers and sisters.

Guiding has played its part, too, in the therapy process, with quite a lot of the foster children being involved in it with me.

In 1989, for example, we had three girls, aged three, six and eight, who went to Guide camp with me. The youngest had quite a job escaping the clutches of the Guides who all wanted to be little mothers. The other two became “honorary Guides”, spending a day with each of the Patrols in turn, eating, sleeping, playing games and taking badge tests with them.

Since I have an inexhaustible supply of small children, either being fostered or at the nursery school, I can always produce them when required by the Guides practising for their Child Care badge and I am the District tester for the badge.

December 23, 1990 was a sort of silver jubilee for Roger and me — the completion of 25 years of fostering. As well as the successes, we've had our shares of failures and heartbreaks, too. But, when the going has been really tough, we've just hung in there.

However, some of our successes came out of heartbreaks — like the lad who had given us a very tough time but, when the news came of my BEM, sent me a wonderful fax. In it he said: “When I was kicking you in the teeth you were still there...”

We intend to carry on fostering for a long time yet because the rewards are so great — like seeing a sad child smile or hearing a silent child sing. ♡

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