

GUIDING

JANUARY 1992 £1.05

**FREEDOM
OF THE
CITY**

**BEATING
THE
CLOCK**

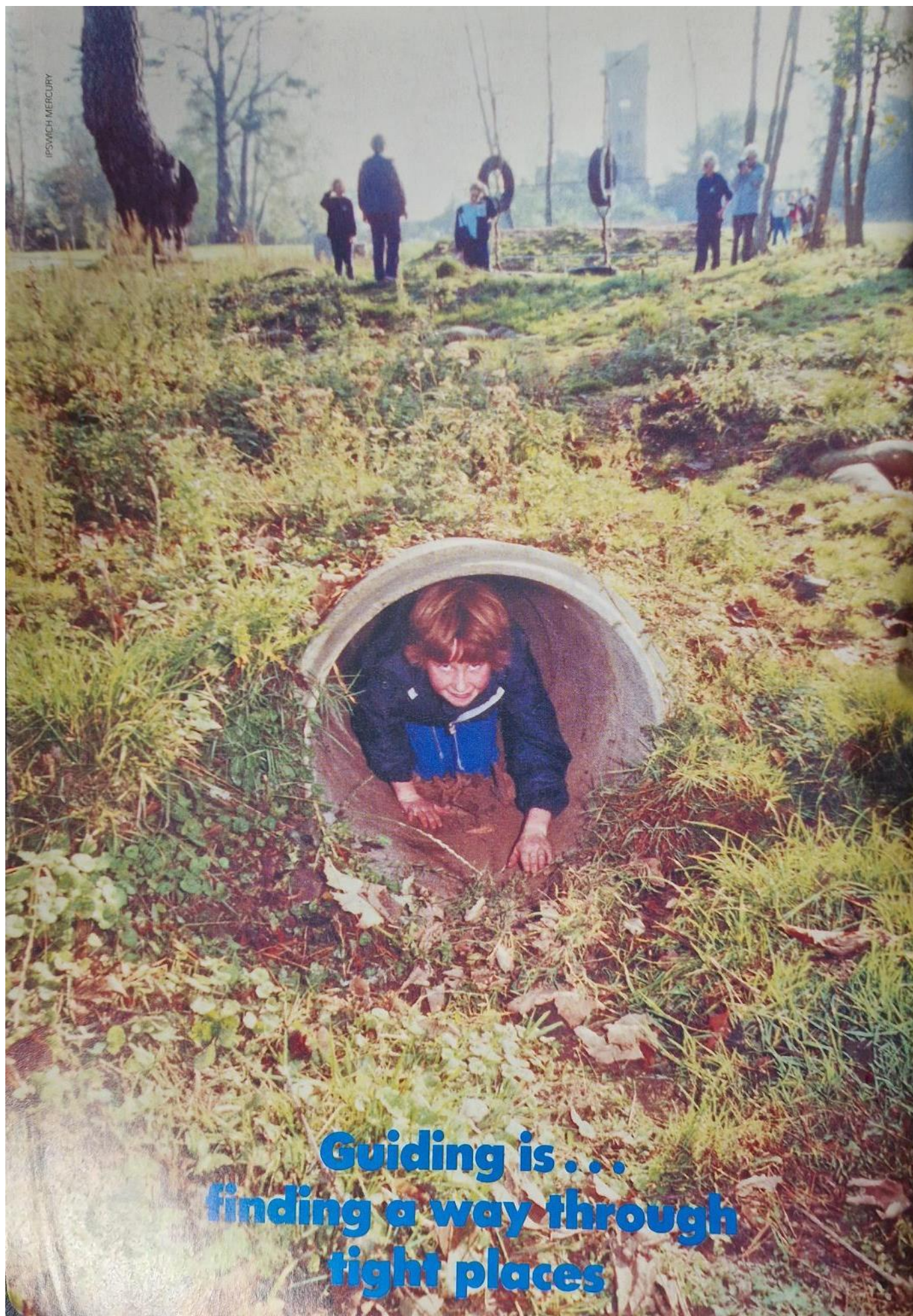
**EDUCATED
RITA**

**SNAP
UP A
CAMERA**

**WHAT A
CELEBRATION!**

MAFEKING REVISITED





**Guiding is ...
finding a way through
tight places**

front PAGE

The new year for the GGA is off to a flying start with the arrival of our new *Guide Handbook*. This, the most recent of our publications, is absolutely up-to-date. It has a modern cover design, new size and colourful, realistic illustrations. It is easy to read, easy to follow and is intended to be read through the eyes of the girl who is growing up and Guiding in the 90s.

The handbook is very much a resource for the girl and her individual development, but it is also for the Patrol, emphasising the value of working in small groups. At the same time, it is a resource for the unit, with a section on unit camping, illustrating the value of the larger group enjoying some fundamental Guiding. It is a 'must' for the Guider as well as the girl.

The contents are practical and useful, linking Guiding to life, and it has been



COMMENT

compiled by experts. The Working Group consisted of a group of women who, between them, represented a sample of the diversity of experience in

our Association.

The most important fact, though, is that Guides themselves were involved in testing the drafts at various stages, so that we can honestly say it is 'user-friendly' for the girls. They can feel true ownership of their own handbook.

At £2.50, it compares very well with the other products young people spend money on and, by any standards, it represents good value for money. The Programme and the Five Essentials of Guiding remain the same but the presentation is for the girls of today and the future.

As Guiders, I am sure you will be as excited as I am about the new *Guide Handbook*. Make sure you get a copy as soon as possible, so you can tell your Guides about it.

JANE GARSIDE
Chief Commissioner

GUIDING VOLUME 81 NUMBER 1 JANUARY 1992 £1.05

REGULARS

- 2** GUIDING IS...
- 5** ROUND UP
- 8** GUIDING IN ACTION
- 12** LIVE ISSUES
cot death
- 15** D OF E ADVICE
- 16** NETWORK
- 19** A PERSONAL VIEW
Guiding as a science?
- 20** NOTICES
- 28** GGFF
- 29** DIARY OF A GUIDE
GUIDER



- 34** OPEN DOOR/
NEWS FOCUS/
COMING NEXT
- 49** ONE WORLD
budget travel in India
and America
- 53** YOUR LETTERS
- 56** PEOPLE AND PLACES

CONTENTS

- 63** LIFESTYLE
Morag Whyte spreads
her wings
- ARTICLES**
- 7** OUR CHALET
the Swiss role
- 10** HANDBOOK LAUNCH
turning over new leaves
- 22** CELEBRATION '91
a year in review
- 25** BRITISH YOUTH
COUNCIL
the independent voice
- 27** GOLD
INTOPS weekend
- 28** TRAINING LICENCE
WAGGGS approval
- 31** MAFEKING REVISITED
jogging the memory
- 55** CAMERA
COMPETITION

PROGRAMME

- 35** TRAINING DIARY
- 37** RAINBOW GUIDERS
- 38** GETTING OUT
London life
- 40** BROWNIE GUIDERS
- 41** GUIDE GUIDERS
- 42** RANGER GUIDERS
- 43** THEME EVENING
snow-bound



- 44** COPING WITH...
time management
- 46** TRY THIS
international cuisine
- 47** HOW TO DO
the rug bug
- 48** YOUNG LEADERS

ARENA

- 26** WATCH THIS SPACE
- 58** ACHIEVERS
wordsmith, Rita Eustace



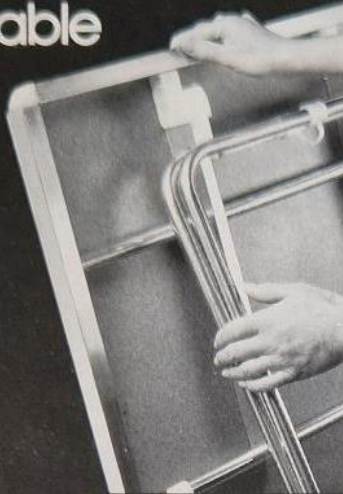
FRONT COVER

1992 sees the 10th Barnet (St Stephen's) Company celebrating its first anniversary. Guides Elena Christodoulou (left) and Claire Wilson (right) are this month's 'true-blue' cover stars.

KIM TONELLI AT SCAGNON'S STUDIO

GOPAK

Simply a better table



- Strong
- Versatile
- Light to handle
- Easy to store

A vast range of sizes & colours to suit all age groups

Make life simple, send for our FREE BROCHURE illustrating our complete range of tables & chairs

NAME _____
ADDRESS _____
POSTCODE _____
GOPAK LTD, Freepost, GDG, RANGE ROAD, HYTHE, KENT CT21 5BR
☎ 0303 265751 (24 HOURS)

Going Places

IN ASSOCIATION WITH

JEKA

GROUP HOLIDAYS



YOUTH GROUP SUMMER HOLIDAYS

NEW 'OPEN WEEKS' for SMALL GROUPS IN AUSTRIA

7-16 AND 14-23 AUGUST 1992

For further details and a copy of the full colour 1992 brochure please phone Nikki on:-

081-891 4400

or write to Active Learning and Leisure, Windsor House, 45c High Street, Kingston upon Thames, Surrey KT1 4DG.

Name _____
Address _____
City _____
Postcode _____
Daytime _____ Evening _____
Group Name _____



GU/1/92

GUIDING

Official Magazine of The Girl Guides Association
(Incorporated by Royal Charter)
Published on the last Thursday of each month
ISSN 0265-2706

Patrons

HM The Queen,
HM Queen Elizabeth,
The Queen Mother

President

HRH The Princess Margaret,
Countess of Snowdon
World Chief Guide, 1930-1977
Olave, Lady Baden-Powell GBE

Chief Commissioner

Mrs Jane Garside JP

Director Communications

Veronica Lupton Hird
Editorial Manager and Editor
Nora Warner

Assistant Editor

Liz Hoggard

Writers

Mary Richardson, Nicola Whatmore

Studio Manager

Anne Moffat

Studio

Gillian Webb, Joanne Harkness

Production Manager

Stuart Bannerman

Deputy Production Manager

Richard Dickerson-Watts

Published by

The Girl Guides Association
17-19 Buckingham Palace Road
London SW1W 0PT
071-834 6242

Fax No 071-828 8317

All editorial communications to:

The Editor, *GUIDING*, at the

above address

Advertisement Director

Brian Harriss

Advertisement Manager

Alan Fuller
Jackson-Rudd and Associates Ltd
2 Luke Street London EC2A 4NT
071-613 0717

Fax No 071-613 1108

Typesetting by

JJ Typographics Limited

Photographic Repro by

Argent Colour, in association with
Godfrey Lang Ltd

Printed by

Andover Press, St Ives PLC

Distributors

Seymour

Windsor House, 1270 London Road,
Norbury, London SW16 4DH

Subscriptions

(Annual 12 issues) including postage, British Isles £16.68, Overseas £19.80, BFPO £16.68, are to be addressed to: Subscriptions, Financial Services Division, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Cheques/POs payable to The Girl Guides Association.

GUIDING is sold subject to the following conditions, namely that it shall not, without written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the cover and that it shall not be lent, resold, hired out or otherwise disposed of in mutilated cover or in any unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. The Girl Guides Association takes no responsibility for statements made in any advertisement or from any matter arising whatsoever.

Whereas every reasonable precaution is taken in respect of the suitability of advertisers in *GUIDING* magazine and their abilities to provide the goods and services they advertise before accepting the respective advertisement, *GUIDING* magazine and The Girl Guides Association cannot and will not accept responsibility for the failure of advertisers, outside the control of The Girl Guides Association, to fulfil their obligations to their customers as a result of an advertisement appearing in *GUIDING* magazine.

The views expressed in *GUIDING* magazine are not necessarily endorsed by The Girl Guides Association.

ABC

MEMBER OF THE AUDIT BUREAU OF CIRCULATIONS

TEE & SWEAT SHIRTS

ENGLISH SWEATSHIRTS

TOP QUALITY MACHINE WASH
SCREEN PRINTED WITH YOUR DESIGN

TAKE THE RISK OUT OF ORDERING

A Free Design Service

step FORWARD WITH ADVerTees

STEP 1 SEND ORDER	STEP 2 RECEIVE ORDER IN 21-28 DAYS	STEP 3 PAY IN 7 DAYS	PLAN
-----------------------------	---	--------------------------------	-------------

ADVerTees

EAST HILL
BLACKWATER
TRURO TR4 8HW

NO SURCHARGE ON SMALL ORDERS
FREE INFORMATION PACK
HEAD OFFICE 0872-561044
LONDON 071-430 0912
MANCHESTER 061-228 7560
FAX 0872-561044

Est. 1973
24 HR PHONE



ON THE MOVE

A vintage tram was just one of the modes of transport chosen by the 6th Chesterfield Ranger Unit for part of the Celebration '91 Challenge.

The six girls from Derbyshire had to travel 75 miles using as many methods of travel as

possible to celebrate the 75th anniversary of the founding of the senior section.

They completed the journey by canoe, cable-car, lorry, bus, train, skateboard, car, push-chair and, of course, the vintage tram belonging to the National Tramway Museum in Crich, Derbyshire.



CRIME BUSTERS

Worthing Brownies have won a competition in their efforts to fight crime.

They took part in a Junior Crime Alert poster contest during crime prevention week. The poster by the Sussex Brownies warning people to lock up their homes earned them a certificate and a gift token.

ANIMAL MAGIC

Guides in Chester have adopted some pygmy marmosets at their local zoo. The 1st Connah's Quay Guides raised £100 to adopt the marmosets by collecting 2,000 5p pieces in Smartie tubes.

Lots more animals need foster parents. For more information send a sae to Mrs Maureen Allsopp, Adoptions Office, Chester Zoo, Chester CH2 1LH.

WORLD SUMMIT

Rangers and Venture Scouts from Merseyside are feeling on top of the world after scaling a 30 foot tower to raise funds for a unique summit meeting.

They climbed the tower during the 1991 Mersey Moot, a joint event organised by Ranger Guides and Venture Scouts. Every year around 600 Rangers and Ventures share a weekend of fun, games and socialising.

The Mersey Mooters were raising funds for Climb for the World, a summit meeting supporting the aims of the United Nations.

Four Rangers from the 20th Liverpool Unit took the opportunity to be invested as they stood 30 feet up the Climb for the World Tower.

PUPPY LOVE

After nine months of fund raising, the 3rd Rogerstone Brownies handed over £250 to the Guide Dogs for the Blind Association.

The girls from Gwent raised the money with a sponsored whisper, a jumble sale, sales from catalogues and a concert. They were thrilled to receive a photograph of Sprite, the Labrador puppy bought with the money they raised.



WEST SUSSEX GAZETTE



FREE PRESS OF MONMOUTHSHIRE

RUN TO WASTE!

Recycling the goods other people throw away has helped the 14th Worthing (Baptist) Pack raise money for charity.

Used stamps, old tin foil and discarded newspapers have all been collected to raise cash for good causes.

The stamps were sent to the Baptist Missionary Society to be sold abroad; the tin foil helped buy a guide dog and about 4cwt of newspapers was given to the Arundel Wildfowl and Wetlands Trust to be sold to raise cash to help wild birds.

HOUSE PROUD

Our Chalet, the World Centre in Switzerland, is loved by Guides all over the world. This year Our Chalet celebrates its 60th birthday and Ann Mitchell, Chairman of the Our Chalet Committee recalls how it all began.



The weather that summer in 1932 was terrible, stormy and wet, the mists filled the valley, but July 31 dawned cloudless. It was a beautiful day for another high point in World Guiding — the opening of Our Chalet in Adelboden, Switzerland.

This beautiful house, built in typical Bernese Oberland style, was a gift from Helen Storrow. An American who was Chairman of the World Committee, she had offered a world home, provided the building was in Switzerland.

After much searching, Falk, Ida de Herrenschwand, found the site. The land was bought from many small farmers, and the house was built.

From its first moments Our Chalet has been a focus for friendship, physical challenges and service. Before 1939 many conferences and seminars were held there. Each year there was a Juliette Low session bringing young women from a huge variety of countries to share and work together. In between, there were the skiers and the walkers enjoying the wonderful facilities.

Traditions developed which last to this day: the Christmas party for the neighbours; the outdoor, candle-lit tree on Christmas Eve; walking round the table to dry the dishes.

There are no jeeps to bring up the

luggage. In the early days food supplies came up pulled by hand on a luge (sledge) in winter, or sometimes, a pony would pull a sleigh. In the summer they came by pony and cart.

The mattresses in the attic were filled with straw and the Guider-in-Charge lived in a tiny room — known as the dog kennel — which doubled as her office. She even had to keep the Chalet money tucked away with her underclothes!

The Second World War meant closure, though the Chalet did have some events for Swiss Guiding and helped internees.

Falk made plans for a great re-opening after the war, but on VE day the first guests and the World Chief Guide just appeared and the house was in business again.

In spite of acute currency problems, numbers increased, and the Chalet began to try and help the many distressed people in Europe.

In 1952, at the Chalet's 20th birthday, Falk retired and handed over to the UK's Pen Wood-Hill, who continued and developed the Chalet programme.

There was continued emphasis on welcoming the handicapped, and on establishing new sessions. Our Chalet welcomed thousands from every walk

of life, not only as guests but as day visitors, eager to share in their house.

In 1956, Stockli, was built as the staff house. In due course the woodshed became the shop, Squirrel house was updated into hostel accommodation and the camp site given more modern facilities.

Now, Our Chalet is 60 years old and we must look forward to the needs of coming generations. After all WAGGGS has grown from 28 countries in 1932 to 118 in 1992.

In last May's *GUIDING*, I described our plans for building the Spycher — a new, medium-sized chalet to give better accommodation for trainings, crafts, music and so on and to improve working conditions for the staff.

As a result many readers sent generous donations, including Lesley, a Guide from Hertfordshire, who wrote: 'I read in the *GUIDING* magazine about Our Chalet needing to raise money. I would like to visit Our Chalet one day, so I am sending my pocket money.'

If you would also like to help, and give Our Chalet a special birthday present, please send your donations, made payable to Our Chalet — The Spycher, to Mrs A Mitchell, 20 High Street, Toft, Cambridge CB3 7RL.

ANN MITCHELL

Guiding

What do you do when your daughter wants to join the Guides, but the local Company has no places free? Help start up a new company of course!

Naturally, it's easier said than done — but that is just what Christine Lewis did. One year on she's a Unit Helper with a thriving Guide Company and has no regrets.

When I met Christine it was a mild Tuesday night in Frenchay near Bristol. The new unit meets at the Friends Meeting House, a lovely old building on loan from the local Quakers. Meanwhile, just over the road, the 1st Frenchay were also having their weekly meeting in the local village hall.

Out in the grounds of the meeting house, 2nd Frenchay were enjoying a range of activities — from toasting marshmallows to tie-dying.

Back indoors, two new Guides were enrolled and there wasn't enough time left for all the games their Guider had prepared. A pretty typical evening with the 2nd Frenchay.

They're such a lively, eager lot that keeping them all occupied is hard work for Guider Sally Hartog, and Unit Helpers Christine Lewis and Lynn Blake.

The girls aren't prepared to just sit back and accept everything that's laid on for them. They're not afraid to make suggestions about the activities they'd like to try. And they make it very clear what they want — and what they don't want!

Sally, Christine and Lynn put a lot of time and effort into setting up 2nd Frenchay.

It all started when Christine's 11-year-old daughter Kim got tired of waiting patiently to move up from Brownies to Guides.

After over a year she was sick of waiting, so the Lewises decided to look for another Company. They were driving across a village common, just a



Sweet dreams with marshmallows

in action



Shedding light on the situation



Flour power with the 2nd Frenchay

mile away from their home in the suburbs of Bristol, when they spotted a Guide Company having great fun.

They eventually managed to track down the Guider who sympathised with Kim over her frustrating wait, but explained her company was also full.

But, she added, there was a waiting list of girls just in case someone came forward and volunteered to start up a second unit.

That's when Christine took a deep breath, revealed that she was an ex-Guide and offered to help.

There are times when you realise that other people give up their valuable time to help run weekly events for your children and it's time to make a contribution yourself,' she explained.

Christine and Kim were invited to spend an evening with the 1st Frenchay and were delighted to see the girls having such a great time. They were putting up tents, cooking, practising firefighting techniques and taking part in a 'scavenger hunt'.

Mum and daughter were impressed and, after much consultation with

Guiders and Guides, the 2nd Frenchay Company was formed in October, 1990. Guider Sally Hartog bravely volunteered to set up and run the new Company.

They started out with just 14 Guides. Some transferred from the original Frenchay Company, some were Brownies who wanted to move up and others were girls who had left Guides but wanted to re-join.

Now there are 24 Guides in the Company and their problem is to make sure it doesn't get too successful and grow too big.

Under Sally's leadership the Guides have gone from strength to strength. They have all sampled swimming, map reading and treasure hunting as well as camping out in Gloucestershire and learning first aid.

When the 1st Frenchay celebrated their 60th birthday, the 2nd Frenchay took part, performing their own unique version of *Cinderella*.

Then the Company faced up to their first real challenge. Lisa Cryer of Hedgehog Patrol wrote to *Blue Peter* and asked for details of their Romanian appeal. She asked the Company if they'd like to join her in organising a bring-and-buy sale to raise funds for the appeal.

The Guides discussed it for weeks. They wondered how and when they would fit it in!

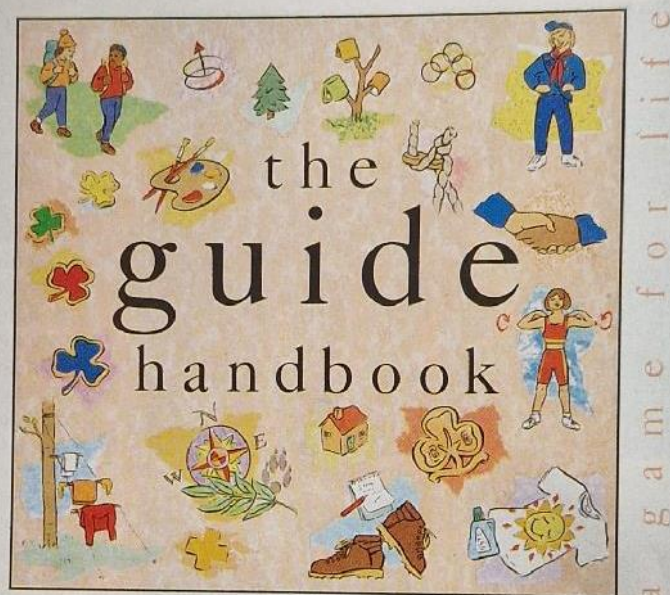
Eventually, they decided they had to accept the challenge. Even though the bring-and-buy-sale was only open to the public for three hours, it still involved lots of preparation. But they raised £154 — much more than they'd dared to imagine.

When you're forming a new Company, it's really important to take notice of what the Guides actually tell you, Sally explained. The girls decide what they want to do. Abseiling is a possibility we're considering at the moment!

And she added: 'Listen to the Guides, listen to what they want. They love to make their own decisions.'

NICOLA WHATMORE 9

SPEAKING VOLUMES



The wait is over. Our new, full colour, state-of-the-art Guide Handbook is now on sale. Its 218 pages are brimming with exciting ideas and imaginative activities to set the pace of Guiding in the Nineties.

Guides will love it. The girls were consulted at every stage, and it was the Guides themselves who set the style, size and shape of the new handbook.



The ideas and the approach were thoroughly tested on groups of Guides and their comments taken into account. And when the printing presses began to roll, Guides were there to marvel at the wonders of high-tech printing.

Guiding as a game for life is the theme running through the new handbook, which is very different from the version produced in the Eighties. Instead it builds on the approach of the very popular version of the handbook published in the late Sixties.

However, the new handbook isn't just an inspirational and practical manual for good Guiding. It recognises the role of Guiding in helping girls to think about issues and situations, so they can make informed choices when the time is right.

The handbook also seeks to develop the individual within the Guiding framework, never forgetting that we are all different, making it the ideal bedside reading for any Guide-age girl.

Chapters are devoted to *Camping* and *The Great Outdoors*, carrying super illustrations and easy-to-follow instructions to help all Guides get to grips with this important aspect of the Programme.

In *All About You* and *Skills for Living* vital topics such as relationships, healthy living and money management are covered in a sensible and matter of fact way.

The handbook doesn't claim to tell girls absolutely all about being a Guide, but it offers lots of ideas and will get the girls thinking, as well as making it easier for them to keep a record of their progress.

From Pre-Promise Challenges to advice on the Baden-Powell Trefoil Award, there's everything to help a girl excel at the great game of Guiding.

All the cornerstones on which the Movement was founded are covered — the Eight Points, the Law and Promise, the concept of working in Patrols — in language that explains without patronising and inspires without preaching.

We know we've got a bestseller on our hands. The initial 150,000 print run used nearly 800,000 square metres of paper — roughly enough to cover 200 football pitches! And a second print run is underway.

As the Association was concerned with conservation long before it became fashionable to go Green, naturally we used paper from an environmentally-friendly paper mill.

The paper is non-chlorine bleached, so that the cancer-causing dioxins, once associated with the process, are not produced. The mill uses carefully-managed forests and recovers 97 per cent of all chemicals.

It is a genuine privilege to be involved with the launch of the new *Guide Handbook*. It is, after all, a superb resource for any Guide — for herself, her Patrol and her unit.

The group who met to plan its development shared the vision that it should be a book aimed at girls who are also Guides. In other words, the emphasis throughout is on the personal development of each individual young person, and the choices she learns to value, not only in her Guide unit, but in her life.

In this sense, the Programme becomes the vehicle which uses the five basic methods of Guiding to achieve our aim — to encourage each girl to fulfil her potential.

The book radiates vitality and energy. It is crammed with ideas sure to stimulate curiosity and inspire the imagination of a young person to learn, explore, create and do. It is certain to enthrall those for whom it was written.

In the early days of its production, one of the group commented: "I want to produce a handbook which the girls will read by torchlight under the bedclothes when they should be asleep" ... my own feeling is that we have done just that."

JANE LEWES

Chairman of the Working Group

Before the presses could roll at Eagle Colourbooks, Glasgow, volunteers and members of staff devoted hundreds of hours to the handbook.

The first series of meetings of the editorial working group — Annaliese Barrall, Kath Bill, Linda Blatchford, Eryl

Evans, Joan Hazell, Carol Horne, Jane Lewes, Ann Mitchell, Jane Thompson and Ruth Sara — took place back in January, 1990.

Now the girls can benefit from all those woman-hours of work. The handbook, which sells at £2.50, is a member of the family of new publications currently on sale.

The latest *Guide Badge Book* (price £1.25) was launched last year and has already proved very popular. And this month *GUIDE PATROL*, our new, action-packed magazine for Guide-age girls goes on sale. Packed full of activity ideas and badgework hints, it acts as a monthly update to the handbook.

Copies of the *Guide Handbook* and the *Guide Badge Book* are available now from your local shop or depot. Stocks can also be ordered direct from our super-efficient Trading Service. Write to them at the GGA Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ or phone 061 941 2237.

However, you can make sure of getting *GUIDE PATROL* each month by placing a regular order with your newsagent or on subscription from the Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

NORA WARNER

Don't miss out. See p24 for our special subscription offer on *GUIDE PATROL*, the magazine that's an update to the new handbook.

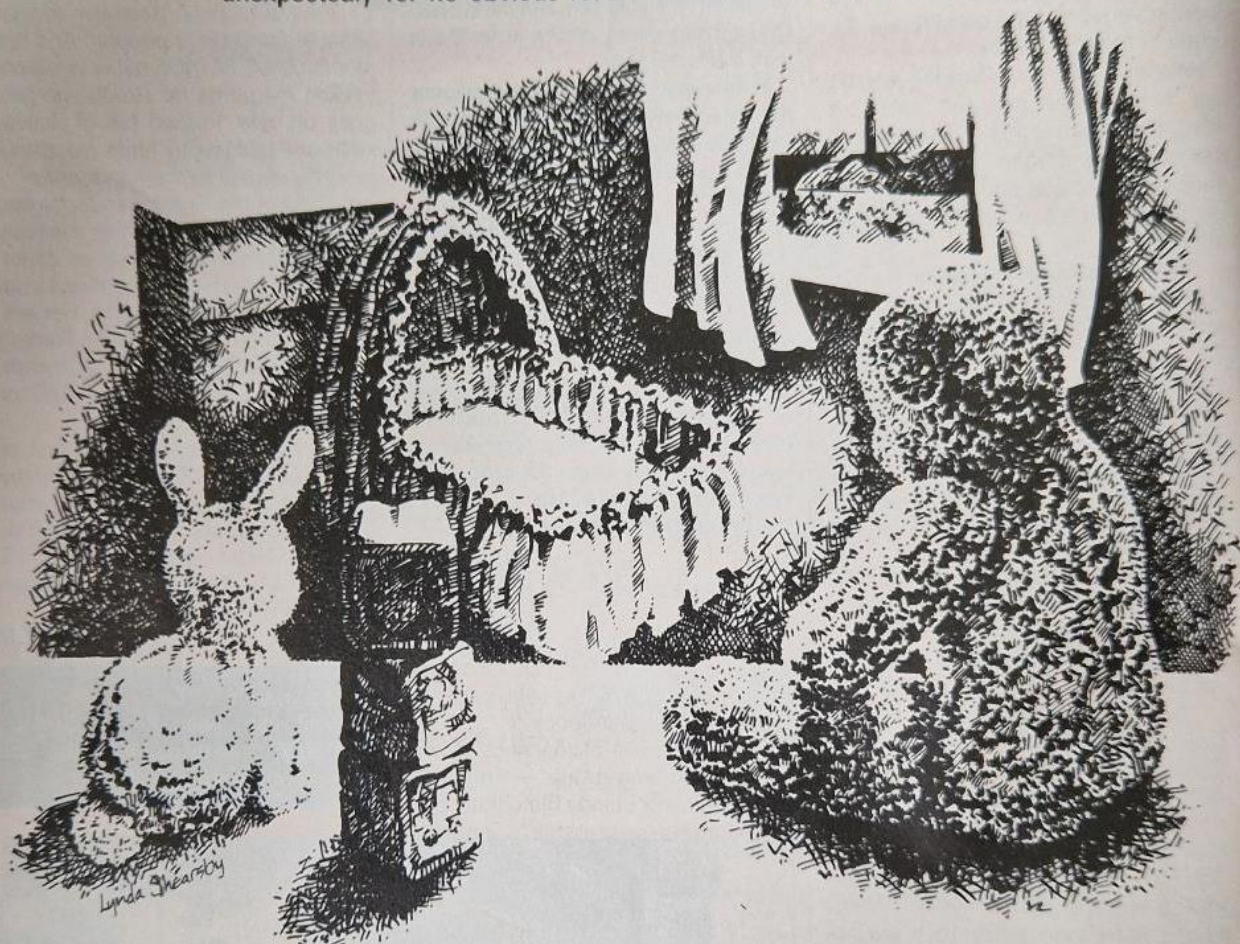


Hot off the press — Guides from the 1st and 2nd Blantyre units in South Lanarkshire watch the *Guide Handbook* being printed.

DAVID HENRIE

FIRST LOSS

Cot death is one of those tragedies that happens to other people, until it happens to you — or to someone you know. And the likelihood isn't as remote as we'd like to think: one baby in every 500 dies suddenly and unexpectedly for no obvious reason — that's five babies every day.



Cot death made the news last July when popular TV-presenter Anne Diamond lost Sebastian, aged four months. Anne's anguish, as she grieved for her baby son, touched the nation. Sadly, Sebastian's death is not an isolated phenomenon.

Each year in Britain, more than 2,000 apparently healthy babies between the ages of one week and two years die suddenly and unexpectedly; 43 per cent of them before the age of 12 months. These are called cot deaths. Although the baby might, in fact, have been in its parents' arms, in a pram, or in a cot, more babies die from cot death than from any other cause.

Only a few quarters of cot deaths are explained. In these cases, the cause is usually an infection, injury, or a congenital defect, or an unsuspected heart condition. The other 1,500 deaths stay unsolved — the post-mortem can't come up with an answer.

This is termed Sudden Infant Death Syndrome (SIDS).

WHY? WHEN? HOW?

Although essentially — and tragically — sudden death in infancy remains a mystery, researchers have discovered some clues and are beginning to piece together the puzzle, however incompletely. Their findings include:

- There is a seasonal link: two-thirds of cot deaths occur in winter. Post-mortem examinations of cot death babies often find signs of a minor respiratory infection — generally more common in the colder months of the year. It has been suggested that some babies react more adversely than others to minor infection. Perhaps suffering severe disturbance in body temperature.

- In a few cases, around three per cent, cot death may be due to an

inherited enzyme deficiency. This condition is very rare, occurring when a child has received two abnormal genes concerned with the production of the enzyme, one from each parent. The deficiency leads to a disorder of fatty acid oxidation, which affects the baby's energy reserves. If the condition is diagnosed, it can be successfully controlled.

- Sleeping position seems to be a crucial factor. Recent studies show that babies sleeping prone — on their tummies — are more likely to be cot death victims than those sleeping on their sides or backs. Only last November, the Government issued new guidelines advising parents to put babies to bed on their backs or sides, not face down. Once a baby is able to roll over on its own, of course, it can safely take up any position it likes.

- Temperature may also be a contributory factor: babies should be kept

warm but not too warm. Overheating can easily occur at night if the room is too hot, or the cot has too much bedding or it is too tightly tucked in, or the baby is wearing too many clothes. Research indicates that over-warm sleeping conditions may disturb the baby's temperature rhythms — especially during a minor infection — with fatal results.

- Immunisation is highly unlikely to be a cause of cot death. Of course, given the numbers involved — over 5,000 babies in the UK are vaccinated every working day — a very few might die within 24 hours. But it is random chance rather than reaction to the diphtheria/pertussis/tetanus injection.

- Micro-organisms, present on PVC mattresses and covers, do not produce toxic gases. During the last decade there have been claims that a household fungus, growing on PVC, caused the release of toxic gases from chemical additives such as fire-retardants. Extensive studies have concluded that this theory is unfounded.

As research continues, it becomes increasingly apparent that there is probably no single cause of cot death. Almost certainly, death occurs when various factors combine in infants who are particularly susceptible. These infants are either at a very vulnerable stage of development or have an undetected abnormality which reacts fatally.

Among areas currently under investigation are the importance of environmental factors like poor housing; how breathing patterns mature in infancy; the development of temperature rhythms and what upsets them; how infections affect tiny babies; and the identification of high-risk babies.

THINK SAFER

While scientists and doctors carry on with vital research, is there anything parents can do now to help protect their babies — and allay their own fears? Yes. For although there's no 'miracle' safeguard, no guaranteed defence against cot death, there are ways of reducing the risk. The following guidelines incorporate the most up-to-date information.

- Place your baby on its side or back to sleep. If you're worried about choking — though there's no evidence that lying on its back causes a healthy baby to choke — put the baby on its side with the lower elbow a little in front of the body to prevent rolling over.

- Keep your baby at the right temperature. Tips for doing this include:

Clothing indoors — in the first month babies need slightly more clothing than adults. Over one month old, babies should be wearing the same

amount of clothing as you are. Unless the doctor advises otherwise, babies do not need a hat indoors.

Clothing outdoors — babies do need more clothes than adults. But outdoor clothing should be removed as soon as they are brought inside.

Room temperature — babies do not need hot rooms — 18°C (65°F) is an ideal temperature. Use a wall thermometer to check this or have a thermostat to control the heating. It is not normally necessary to leave the heating on all night. But, of course, this depends on the weather and your heating system.

Bedding — use sheets and blankets (at 18°C around three or four layers) but do not tuck them in tightly. Duvets can be too warm and should be avoided for babies under a year old. Also avoid pillows.

For more information and help contact:

- Your doctor and health visitor
- The Foundation for the Study of Infant Deaths, FSID, a registered charity, funds research into cot death, offers support and advice to bereaved families and acts as an information centre. It operates a 24-hour cot death helpline on 071-235 1721 and publishes a range of free leaflets covering topics such as *Reduce the Risk of Cot Death, Information for Parents* (after a cot death), *Your Next Child*. Contact FSID at 35 Belgrave Square, London SW1X 8QB; see please. Tel: 071-235 0965.

Helpful books include:

Coping with Cot Deaths by Sarah Murphy. Sheldon Press, £4.95.

Cot Death. Coping with sudden infant death syndrome by Jacquelyn Luben. Bedford Square, £6.95.

Where's Jess? by Joy and Mary Johnson. Explains baby's death to siblings. Centering Corp, Omaha, £2.50 (available from FSID).

Cot position — never put a sleeping baby in front of the fire, next to a radiator or heater, or in a sunny window.

- Avoid smoking. Do not smoke during pregnancy. Mothers who smoke are more likely to have small or premature babies — both extra vulnerable to cot deaths. After birth, ban smoking in the house. A smoky atmosphere also increases the risk of cot death.

- Get used to checking how warm your baby is. Do this by putting your hand on baby's neck or chest. An overheated baby feels hot and sweaty and is often thirsty.

- If your baby is unwell, seek medical advice quickly. Even if there are no obvious symptoms, but you suspect illness, contact your doctor. Where your baby's health is at stake it is much

better to be safe...

- PS — don't worry so much that you miss out on enjoying your baby's first months.

GRIEF AND LOSS

Yet however scrupulously parents follow advice and guidance, the sad fact persists that — until more is known about cause and prevention — cot death remains a random killer. The best-cared-for and, apparently, healthiest infant can be a victim... leaving mother and father devastated.

The death of an infant is a particularly poignant loss and bereaved parents can suffer a wide range of emotions. Initially, there will be horror and shock, bewilderment and disbelief — though first reactions are often numbed by the concentrated activity following death. From deciding on cremation or burial to informing family and friends. Before any of this can happen — since most cot deaths have no obvious cause — they must make a statement to the coroner's officer, or a policeman, who then arranges the post-mortem.

Apart from overwhelming feelings of loss and sorrow, parents frequently experience anger... why our baby? ... why didn't the doctor/health visitor prevent it? ... and, almost certainly, guilt.

They will go over and over the tragedy in their minds wondering if there was anything they did or did not do that caused the death. Sometimes they blame themselves or each other — even though, deep down, they know it was beyond their control.

In many cases there is the additional anxiety of explaining the death to the baby's brother or sister and helping siblings work through their grief. They too may be worrying that somehow they were to blame, and may even feel guilt if, for instance, they have resented the baby's arrival. Perhaps they will also feel frightened, wondering if they, or a parent, will suffer a similar fate and not wake up one morning.

And, of course, there's the fear of it happening again, which inevitably makes parents nervous about having another baby.

Working through grief and accepting loss can take a long time. It can be made easier by the support and comfort of friends, relatives and possibly a befriender. They can also rely on the help of professionals like the doctor, health visitor, pediatrician and a counsellor.

Eventually the blackness recedes, making way for happier memories to surface — although chance events and encounters may well trigger moments of sadness.

CATHERINE DELL 13

LET US GUIDE YOU NOW TO YOUR LOCAL STOCKIST FOR G.G.A. UNIFORMS & EQUIPMENT

Our Branch Shops
in London,
Birmingham,
Manchester and
Liverpool offer
the full range of
G.G.A. approved
products.

Those more
distant from these
cities will be
pleased to know
that we are
constantly



 **GIRL GUIDES
ASSOCIATION** *Trading Service*

extending our
network of
depots and
agencies stocking
the same popular
range.

Find out your
local Agent by
calling our
information
hotline
061 941 2237 and
ask for our
Sales department.

When you buy from the Movement, we all benefit.

BRITISH QUALITY IN CANVASS..



Quality, durability, and good value
for money are all statements that
are becoming synonymous with the
extensive range of Bradford Cover &
Tent products.

Not only can we provide a service
second to none, we can also back
these high standards with realistic
price levels welcomed by any
group throughout the U.K.

*For full details and a copy of
our current colour brochure
please complete the coupon
below and post to:*

Please send me a copy of the new catalogue and price list:

Name: _____

Address: _____

Group: _____

Post Code: _____


Telephone: _____

A SAMPLE OF OUR VAST RANGE OF TENTS

 RIDGE TENTS
FROM **£155**

 TOILET
TENTS FROM **£36**

 DINING
SHELTERS FROM **£109**

 MESS
TENTS FROM **£449**

 MARQUEES
FROM **£419**

The residential stage of the Gold D of E Award is new for all participants, whether they have previously undertaken the Bronze and Silver levels or have gone straight in at Gold.

For some people it is also the most difficult stage of the Gold Award to set up. It can be a real problem deciding which activity to carry out as well as finding out which courses are available. Future residentials are listed in both *Award Journal*, the D of E magazine, and *GUIDING*.

Another alternative is to ring either your local D of E Award office or the national headquarters at Gulliver House (tel 0753 810753) for information on residentials in any area of the country.

Some years ago, when I was still working on my Silver D of E, and hadn't given a thought to my Gold, I was fortunate enough to be selected to represent the North West Region at a conference on energy and nutrition held at Our Cabana in Mexico.

It meant working with Girl Guides and Girl Scouts from 14 different countries and was an unforgettable experience, actually covering all the criteria for the residential part of the Gold Award.

However, as I was still only working on parts of my Silver D of E and had just joined a new Ranger Unit with a Guider who wasn't used to working on the award scheme, I wasn't sure whether you could begin work on another level while still undertaking the previous one.

Later we discovered that you can work on different levels, provided that you have reached the age limit for the higher level. Since I hadn't taken my D of E record book with me to Mexico and I was unhappy about sending it all that way to be filled in — it could so easily have got lost — we decided to wait and see what could be done later, when I was actually working on the Gold Award.

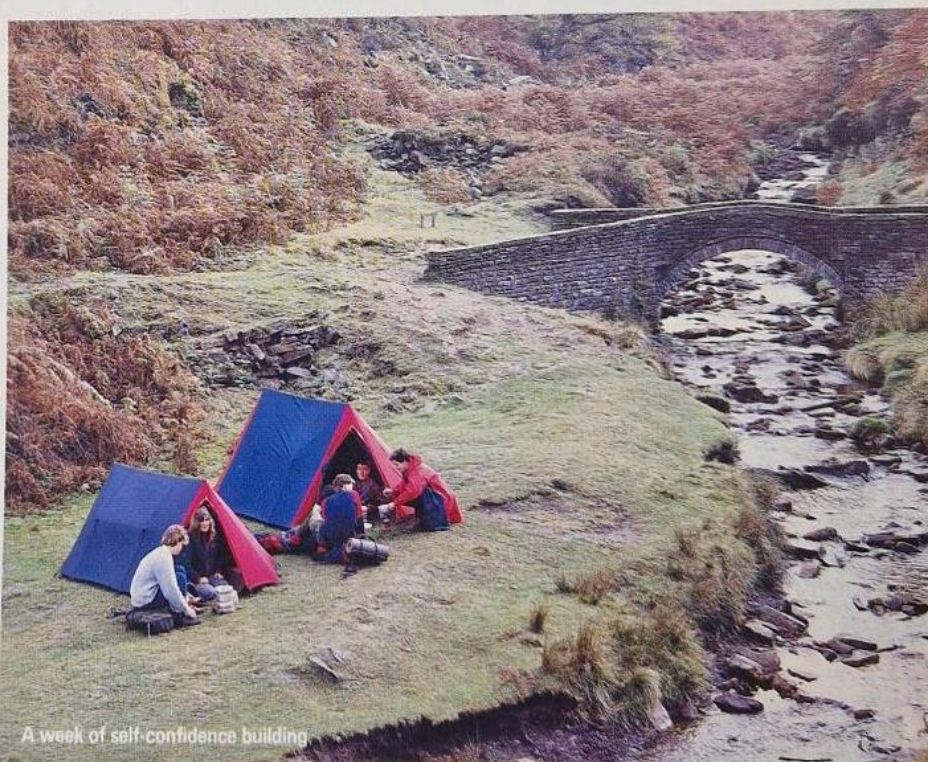
Luckily, when the time came for my Guider and I to seriously consider the various residential options open to me, I was in my third year at teacher training college. This offered plenty of opportunities for outings with children, where I helped out the staff of different schools as an extra pair of hands.

When the headmaster of a school in North Yorkshire rang the college requiring a female student to accompany him and a fourth year class on a week's residential course, I volunteered immediately. My role was to assist with the outdoor pursuits and look after the girls.

Within a fortnight I found myself on a bus with a group of what seemed to me, an infant teacher, very large top-juniors, heading for a week of rambling,

HOME AND AWAY

Andrea Jackson, Assistant Guider with the 8th Burnley St Peter's Brownies and Guides, describes the residential stage of her Gold Duke of Edinburgh's Award — what she calls 'residing with friendly strangers'.



A week of self-confidence building

caving, canoeing and self-confidence building.

During the course of the week, I built up a working relationship with the children, especially the girls in my care. I was able to watch their self-confidence grow, and help them as they found themselves in unfamiliar situations.

I found, and continue to find, this a very rewarding part of my work. You can often discover quite different qualities in children when they are underground — with freezing cold water lapping round their legs and over their wellingtons — from those you perceive just sitting in a classroom!

For all those who are currently wondering what form their residential should take and are interested in conservation, there is a project I can recommend taking place at Roseberry Topping, Cleveland in April.

The project is linked to the National Trust and could include clearing unwanted shrubs, cutting back paths, signposting and a litter-sweep. The cost, including accommodation, is £47.50.

For further information and application forms please send a foolscap sized sae to: Mrs Maureen Smelt, 39 Broad Lane, Holmfirth, Huddersfield HD7 2XA.

ANDREA JACKSON 15

Network

WILD ONES

Last autumn, the World Wide Fund for Nature (UK) launched Go Wild — a new Green club for 7-18 year-olds.

On joining, members receive a Go Wild File containing club information, reference pages, details of WWF projects and campaigns and four fact cards

about endangered animals and habitats under threat.

Throughout the year they'll be sent fact cards and, every four months, a newsletter.

Membership costs £4.99 (plus £1.00 p and p). More information from the Go Wild Club, PO Box 101, Wetherby, Yorkshire LS23 7EE; tel: 0937 541542.

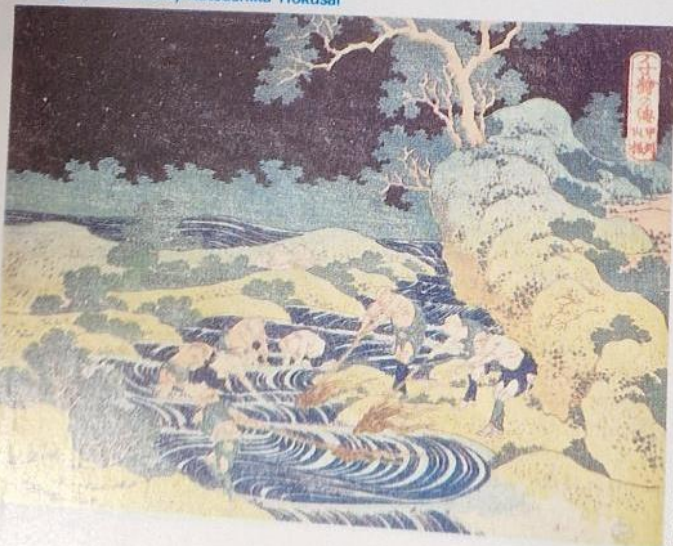
THE WILD ONES are waiting . . .



Are you ready to
GO WILD?



Fishing by Torches by Katsushika Hokusai



COPYRIGHT THE ART INSTITUTE OF CHICAGO



CITY OF ABERDEEN ART GALLERY AND MUSEUMS COLLECTION

BIRTHDAY SHOW

Augustus John, Francis Bacon, Stanley Spencer, Winifred Nicholson . . . just a few of the artists represented in the Contemporary Art Society's 80th birthday exhibition, now on at the Hayward Gallery.

The Society's main activity is to acquire works by living artists for gift or loan to museums throughout the UK.

Honeysuckle and Sweet Peas by Winifred Nicholson

In eight decades, it has bought and donated over 4,000 works and this exhibition brings together 60 of the most important.

The result is a fascinating view of British art in the 20th Century. Continuing at the Hayward until January 19, the exhibition then tours to Ayr, Bristol and Liverpool.

HOVER SPEED



EASTERN ART

The great Japan Festival, celebrating Japanese culture on a lavish scale, is almost over but there's still time to take in two major art events.

The Hokusai exhibition, at the Royal Academy until February 9, features around 125 prints, book illustrations and drawings — including *The Great Wave*, the artist's best-known work.

Katsushika Hokusai (1760-1849) became the most famous Japanese artist in the West, partly because his prints were the first to arrive in Europe from Japan and were immediately taken up by the French Impressionists.

At the British Museum, the Nihonga exhibition focuses on traditional Japanese painting from 1900-40. It continues until March 1.

CALLING ALL FUNDRAISERS

Have you, or your unit, worked hard raising funds for a worthwhile cause? Or do you know someone who has? If so, Webb Ivory would like to hear about it. Each year the charity mail-order specialist sponsors the National Fundraising Awards.

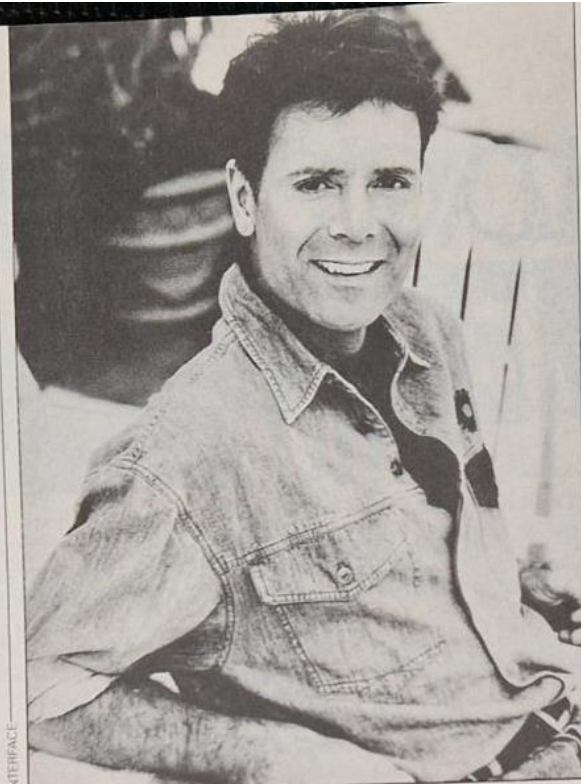
In their search for the country's top fundraisers, the judges look for enthusiasm, effort and originality more than the amount collected.

Prize money to the value of £9,000 will be donated to charities chosen by the winners.

Nomination forms from Webb Ivory, Primrose Hill, Preston PR1 4EL; tel: 0772 51773. The closing date is March 1.

Cliff Richard is this year's guest judge.

INTERFACE



pean countries.

In all cases, the bargain price includes the sea crossing — by ferry, hovercraft or Sea-Cat.

Further information from British Rail International on 071-834 2345.

CAN APPEAL

Did you know *all* metal cans can be recycled? Not just aluminium ones. There are currently over 450 Save-a-Can banks in the UK, taking every type of can — food, pet food, drinks.

The cans, which should be washed and squashed, are subsequently sorted, cleaned and shredded and sold back to the relevant metal industries

for reuse. What's more, a local charity receives a donation for every tonne of cans collected.

Young people can support the scheme in a special way by forming a Friends of Save-a-Can group.

Each group — which can be large or small and involve friends, schoolmates or club members like Brownies and Guides — receives a starter kit containing posters, stickers and badges. All designed to get the recycling message across.

For more information contact Friends of Save-a-Can, Kingsgate House, 536 King's Road, London SW10 0TE; tel: 071-351 5208.



BARGAIN RAIL

British Rail has added a new destination to its Euro-Youth schedule: Moscow. Under-26s can now travel to the Soviet capital and back for £171.40.

Also on offer — until March 31 — special reduced rates to any city in Belgium (£44 return) and Holland (£48 return). Standard low youth fares continue to operate to other Euro-

Network

NO ANIMALS

'Helps people, saves animals' is the slogan of the Humane Research Trust, a medical charity which supports non-animal research.

Since its foundation in 1974, the Trust has given £1m in grants to fund research. The scientists use alternative methods such as tissue culture and computer models for their research into cancer, diabetes, arthritis, Alzheimers and other serious diseases.

At present, around 3,500,000 animals are used for research in the UK every year. The Trust's ultimate aim is to reduce this figure to zero.

For more information about the Trust — and how you can help its work — write to The Humane Research Trust, Brook House, 29 Bramhall Lane South, Bramhall, Cheshire SK7 2DN.



EVE'S PHOTOS

The National Portrait Gallery's second one-woman photography show features Eve Arnold.

Since 1961, the distinguished American photo-journalist has lived and worked mostly in Britain and this exhibition presents a selection of her British work from the 1960s and 1970s.

In colour and black and white, her subjects range from the Queen to a housewife on a council waiting list, from politicians to policemen at a demonstration.

Eve Arnold: In Britain continues at the NPG until February 23. Admission is free.

Reducing salon at Forest Mere in Hampshire by Eve Arnold

FIELD OF DREAMS



The Olave Baden-Powell Bursary Fund, set up in 1979, helps Guides, Rangers and Young Leaders achieve a particular project by making grants — up to a maximum of £100. Allocated each May, the grants top up whatever the girl has managed to raise on her own, taking her that little bit closer to a personal dream. Last year 72 applicants were successful. Here are some of their stories.

Thirteen-year-old Rachel Newton is a pre-lingually profoundly deaf pupil at Redruth Secondary School, where the Cornwall Audiology Service has a support department for the hearing impaired.

As she cannot understand speech over the telephone, it has long been her dream to buy a special Supercom telephone complete with a keyboard and a screen for printing messages.

Having read about the Bursary Fund, Rachel, a Guide with the 3rd Truro, wrote in and asked for a grant. Now, like everyone else, she can get in touch with her mum and dad when she is away from home.

Last summer Pauline Hodges flew out to Romania with a group from Hucclecote Methodist Church in Gloucestershire. The ten young people spent two weeks in Laski repairing and decorating an orphanage and an old people's home as part of Task Force Romania.

Pauline raised the money for the flight to Bucharest working in an old people's nursing home and a bursary helped out with expenses.

A Guide with the 3rd Hucclecote, she is determined to return. 'What really made the visit worthwhile was being part of the children's lives, showing them the love and affection they clamoured for,' she said.

Katherine Butler has been playing the violin for ten years. After auditioning successfully for the County Youth String Training Orchestra in 1986, she gained a permanent place with the Hampshire County Youth Orchestra.

Last summer, the 102-member orchestra undertook a four-week tour of California and North America.

To raise the £1,000 needed for travel, insurance, humidifiers and equipment, Katherine, a Ranger with the Bere Forest Unit, gave after-school tuition, played with two local folk bands and worked in an old people's home.

The bursary topped up her efforts and Katherine enjoyed a marvellous working holiday with visits to San Francisco, San Diego, Lake Tahoe and Disneyland.

Ranger Charlotte Gribbin was selected to attend an international friendship camp in Toronto. She had no problem raising the £575 needed for the trip, arranging coffee mornings, raffles and quiz nights.

Since each girl was restricted to only 27 kilos of inflight luggage, she was advised to take a lightweight, but warm, sleeping bag.

As Charlotte, who lives in South Shields, does a lot of camping for her Silver Duke of Edinburgh expeditions, it seemed sensible to buy her own.

As soon as the bursary cheque arrived Charlotte went shopping. 'I knew straightaway which one I wanted. It was blue on the outside, waterproof, thermal, and red on the inside.'

The sleeping bag proved ideal for sleeping under the stars in Canada, and will doubtless accompany Charlotte when she goes abroad for a year of voluntary work with Christian Aid.

After mastering Grade 5 piano and Grade 4 oboe, Fiona Thomson dreamed of playing the saxophone and longed to join a jazz band. And her school orchestra desperately needed a saxophonist.

She tried out a friend's saxophone and 'fell in love with the instrument

more than ever'. Soon she was saving birthday and pocket money, and with extra help from the bursary, she bought an alto sax.

Last year, Fiona, a Pack Leader with the 4th Croxley Green Brownies in Hertfordshire, was joint winner of the school music award. She hopes eventually to train as a music teacher.

These success stories illustrate the scope of the Olave Baden-Powell Bursary Fund and show that, although the project need not be Guide-related, it must be a genuine ambition. Do you know of any girl who might benefit? If so, tell her about the scheme, which isn't means tested. Then persuade her to read this article — or the one in February's *GUIDE PATROL* — and to write for an application form, enclosing a stamped addressed envelope.

When filling in the form, the applicant has to explain what the project is and why it interests her, and she needs to convince the Committee it is something she has wanted for some time. She must say what it is costing and what she is already doing to raise money.

Along with the completed form, the candidate has to send in a letter of recommendation (from a non-Guide person), supporting her application and giving background information about the girl's life outside Guiding.

Applications must be in by April 30. Of course, not everyone who applies will be lucky, but there's nothing to lose — think OB-BPF now! Forms are available from: The Secretary of the Olave Baden-Powell Bursary Fund, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

LIZ HOGGARD

Having read November's *Personal View*, I am surprised to see that the writer considers it unnecessary to include science/technology based activities in our Programme.

As Guiders we are involved in providing activities that help the girls develop their character and their full potential. To achieve that aim we need to constantly challenge them and different types of activities provide a different challenge to different individuals.

It is unlikely that cooking, music, fire-lighting or craft will ever disappear from the Programme, nor should they, but science and technology offer a way of looking at things from a different perspective.

Science and technology have been in the Programme for years but under a different guise. Putting science/technology into Guide fun activities is one of the Association's strengths.

Today, more than ever, young people are being encouraged to question what they do — to ask how or why. These questions are essential to development of that young person — they are also a vital part of science/technology training.

We also encourage young people to be observant, to use their hands, in fact to use all their senses — again these are what scientists and technologists do all the time.

Science/technology does not have to be highly academic — in fact it shouldn't be. It should be practical and fun. Young people, and that includes girls, do enjoy these ideas and often ask to do more.

In moving forward the Association is aware of the changes taking place as the National Curriculum develops in schools. There are plenty of Guiders who have read it, are teaching it in school and are still enjoying their Guiding. We can build upon the science ideas in the schools and weave them into Guide activities.

I am sorry that the writer no longer has time for her Brownies. I am a teacher, very involved with the Science National Curriculum and yet am still enjoying my unit.

Can I also point out that the Action-Plus material is not for Rangers but ideas to extend the older Guide.

I hope the writer will soon find time to return to her unit and enjoy the challenge and fun it can offer.

RUTH SARA

Association Science/Technology Adviser

a personal **VIEW**

Two for the price of one — that's this month's special offer, when two reactions on November's Personal View get an airing.

As a Trainer who has spent considerable time introducing science and technology ideas over the past few years, I don't agree with all the points expressed. But I do share her worries about the academic content of the Programme. And not just in the area of science and technology. However, this is not my main reason for replying.

Depending on the type of schools attended by the girls, there has always been an overlap between the curriculum and the Programme. This was especially so in primary schools, but the changes in teaching style and course content are now making this more obvious in the secondary sector.

The fact that most girls had needlework or craft classes was never seen as a reason for not including them in the Programme, and neither should it be with science and technology.

Particularly in needlework the Programme does not concentrate on teaching new skills but on the application of existing knowledge. This must also be the case with science and technology.

As your correspondent said, girls have already learned to make simple circuits with batteries and bulbs at school. What we need to do in the Programme is to apply that knowledge. For example, a wide game requires the girls to signal a message in morse. Much more fun if a makeshift torch has to be constructed too!

There are some good ideas around for introducing science and technology into the Programme. However, there are also watered down versions of school experiments. Just as with any other Programme material, the Guider must pick through it and choose what is appropriate for her girls.

One point which your correspondent

did not touch on is the experience of the Guiders themselves in this area of the Programme. Many Guiders did not have the opportunity to study chemistry or physics at school. Those who did will have faced the prejudices which infer that science is not for women. For instance, the male colleagues in the office who make cryptic comments as you change a fuse or rewire a plug!

In trainings I know I will have to go back to basic science in order to give Guiders the confidence to try some of the activities with their girls. But I always stress is for their benefit only, the girls already know it.

With all these problems, one might be tempted to say why bother at all? Well with my work hat on I feel that the GGA has a vital job to do in this area, if we are to fulfil our purpose.

In spite of the increase in science and technology teaching over the last 20 years, girls still opt out of sciences at an alarming rate. Exam results, university entry all reflect this tragic waste of God's gifts and potential among girls.

The National Curriculum will go a long way to help, but surveys show that girls are already preconditioned against science before they start school.

Now I am not suggesting that the GGA is the only organisation tackling this problem but it is a key player. If we are to fulfil our aim — to help girls — so that they can make a positive contribution to their community and the wider world, we must not ignore this important aspect of their lives. Nor, of course, must we ever forget that it must be fun!

MRS SUE FORTUNKA

Guide Guider 1st Blisworth Guides and Professional Development Manager
Institute of Chemical Engineers

Notices

THINKING DAY ON THE AIR

The aim of Thinking Day On The Air is to promote Guiding friendships, by Guides in the UK passing greetings to other Guides, and through follow-up activities. It takes place from Saturday, February 22 to Sunday, February 23.

Special Call Signs can be applied for by any radio amateur prepared to supervise the station. A special call sign means that unlicensed people, for instance, Rainbows, Brownies, Guides and Rangers, can speak under supervision for up to two minutes to any station in the UK and to various other countries contacted by the radio amateur.

For information sheets and report forms send a sae (A4 size) marked TDOTA to the Youth Activities Section, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

THINKING DAY/FOUNDER'S DAY SERVICE

The service will be held at 11am on Saturday, February 22, 1992 in Westminster Abbey, St Margaret's Church and Westminster Central Hall.

Admission to the service is by ticket only, obtainable from your Country/Region Headquarters. Do not apply until you have been informed of the procedure to be adopted by your Country/Region.

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

FOXING AROUND

Calling all Guide Guiders, we've got some special dates for your girls' diaries — and they're all taking place at Foxlease, the Association's Hampshire Training Centre.

Wednesday, April 22, from 11am till 4.45pm — an action-packed day of challenges and activities for Patrols.

June 14 to 16 — a camping weekend for Patrols, particularly Patrols who don't

usually get the chance to camp.

August 23-30 — a special Arts Summer Camp for all those who enjoy singing, dancing or playing an instrument.

For full details of any of these events write to the Guider-in-Charge, Foxlease, Lyndhurst, Hants SO43 7DE, enclosing a sae.

THE ASSOCIATION'S AWARDS

GOOD SERVICE

LAUREL

Mrs Jean Bain, Guide Guider, 5th Greenock Company, Division Commissioner, Greenock, County Outdoor Activities Adviser, Renfrewshire.

BEAVER

Mrs Jean Broad, County Commissioner, Staffordshire.

Mrs Morag Hart, Former County Commissioner, Dunbartonshire.

Miss Edith McDonald, Division Commissioner, Eastern, Stewartry of Kirkcudbright.

Miss Mary York, District Commissioner, Ainsty, County Science and Technology Adviser, North Yorkshire South.

MERITORIOUS CONDUCT STAR OF MERIT

Lisa Bygrave, Guide, 3rd Kingshill Company, Buckinghamshire.

Nicola Page, Guide, 1st Wadhurst Company, Sussex East.

SPORTS WEEKEND

In September 1990, 120 Guides, Rangers and Young Leaders took part in a sports weekend at Stoke Mandeville in Buckinghamshire, and all hoped that there would be a similar event.

Their wish has been granted and the second national weekend will be held this year from September 18-20.

The Stoke Mandeville Sports Centre specifically caters for people with physical disabilities which limit usual sporting activities. They may or may not use a wheelchair.

For this special Guiding weekend each participant — aged ten or over — with such a disability is being asked to bring along a Guiding friend to enjoy the variety of sports on offer.

The weekend will cost £40 each. For more information write to the Training Administrator, Guiding Activities Division (Stoke Mandeville), 17-19 Buckingham Palace Road, London SW1W 0PT.

MUSICAL CHAIRS

Calling all budding professional musicians. This year's National Scout and Guide Symphony Orchestra Course will take place from July 27 to August 2 at Worksop College, Worksop in Nottinghamshire and costs £150.

Tuition will be by professional musicians and two public performances will be given at the end of the course. Throughout the week an assortment of artistic and adventurous activities will be on offer.

Acceptance for the course is subject to selection. Applicants will need to have reached a good standard of playing and to have had orchestra experience. They must be between the ages of 13 and 25 by July 31, 1992.

Application forms are available from the Youth Activities Manager (please send an A4 sae), The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Please note that the closing date for all applications is **Friday, February 21 1992.**

CAREER MOVE

Our Chalet, which celebrates its 60th birthday this year, is seeking a new Guider-in-Charge to take over from mid September.

The Guider-in-Charge is responsible for all aspects of running Our Chalet and must speak English and German. A knowledge of French is also considered desirable.

Full details of what is involved and the qualities/skills required can be

obtained from your County Commonwealth and International Adviser.

However there is not much time to waste as completed application forms must be received by the Chairman of Our Chalet Committee by February 1. Enquiries, which should include a CV, should be sent to the Chairman — Mrs Ann Mitchell at 20 High Street, Toft, Cambridge CB3 7RL.

WORLD VIEW

The Association of Methodist Scouters and Guiders (AMSAG) held its annual training conference at Stoneleigh, Warwickshire over the weekend of October 11-13.

The theme of the weekend was Tomorrow's World? and focused on the sort of world that young people in their care were growing up in.

The 1992 conference will be at Cliff College from October 16-18 and a camp is planned for next year.

Leaders were encouraged to go back to their Scout and Guide units with new hope for the future and equipped with many programme ideas.

Anyone interested in further details about AMSAG should write to: Mr Norman Parker, 64 Thelton Avenue, Broadbridge Heath, Horsham, West Sussex RH12 3LT or telephone 0403 69410.

SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

August, 1991 9.969 per cent
Sept, 1991 9.641 per cent
Oct, 1991 9.513 per cent

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

TRUST FUND

On October 31, 1991 the value of a share in the Scout and Guide Trust Fund was:
for selling purposes 264.18p
for buying purposes 277.50p
income yield 3.80 per cent
The income yield is based on the previous two dividends paid and the price on the date stated.

RANGE OF ACHIEVEMENTS



Emma Ebdon and
Katie Bennett of
Highams Park
District Ranger
Unit



A year of celebration, service and fun has ended for Rangers and Young Leaders but the friendships that were born, and the community links that were formed, will last until the 100th birthday of the senior section and beyond.

For many Celebration '91 began and ended with a ball or party. For instance Ulster staged a final butterfly ball at Lorne and invited everyone to take wing for the training centre, particularly the new friends who met there in the summer at Trail '91.

Butterfly gardens sprouted all over the UK to fulfil the year's commitment to conservation. Morag Whyte's eye-catching logo was featured in many different ways — you can read all about Morag on p63.

In February the Chief Commissioner,

a former Sea Ranger, launched a fun-filled weekend against a special exhibition at CHQ to mark the 75th anniversary.

Many Rangers and Young Leaders who attended also took part in the Thinking Day/Founder's Day services,

making such a good impression that they have been asked to help again this year.

A party of 126 Scottish Rangers, Young Leaders and Guiders travelled to London to join in. In all 500 young women got the year off to a triumphant start.

INSTANT AID

All over the UK units began filling emergency boxes for Rotary International, which provides instant aid when a disaster strikes.

Guides also got involved and Kairen Ball, Guider with the 1st Comberbach Guide Company, Cheshire, commented: 'Never before has so much gone into such a small box.'

Girls thought up imaginative ways to tackle the challenges in the special Challenge '91 pack.

It was particularly taxing for smaller units to earn their 91 points, as Sheena Ross, Guider with the Giffnockhill Rangers, explained: 'With only seven girls in the unit, some working Saturdays, some away at weekends with other organisations ... it was decided all available would attempt as much as possible.'

Their efforts included learning to play the ocarina, travelling 75 miles by motor bike, cycle and go-kart and two intrepid lassies stayed afloat for 150 minutes on a home-made raft.

Next came a European meal featuring dishes from Belgium, France, Germany and Austria. And, to clinch the 91 points, they held a tea party swinging high above a Glasgow park from a JCB Telescopic Loadall.

They got their pictures in the papers twice and their antics raised £120 for Glasgow's Beatson Oncology unit.

The highlight of the year was, of course, Trail '91 — when eager campers

► The Lady Baden-Powell opened a special exhibition at the Edinburgh Museum of Childhood to mark the Rangers' 75th anniversary. Also shown are Anne Brown and, sporting a baseball cap, Dawn Riddell



▲ Not one but four emergency boxes were put together by Skipton Division Rainbows, Brownies, Guides, Young Leaders and Guiders — but only three made it to the photo call! Pictured with the girls are, in the dark glasses, Chris Lawson, President of Skipton Rotary Club and David Goldie, Chairman of the International Committee



◀ Two Hatherley Rangers, Michelle Reed and Terri Fox, battle over a sausage at a special anniversary weekend camp in Gloucestershire





▼ Worsley Garden Centre came to the rescue when Swinton Rangers needed help to build a butterfly garden. The centre's managing director Jack Cunliffe was there to hand over the plants. 'We were amazed at their kindness,' said Ranger Guider Pat Mayle

criss-crossed the UK to stay at as many of the seven sites as possible in ten days.

But beneath the fun and laughter each camp also ran a variety of service projects.

DUTY CALLED

At Broneirion they laid on tea and entertainment at a local hospital and knitted squares for cot blankets. Campers at the Welsh training centre also organised an activity day for disabled members of the Trefoil Guild, aged from 14 to 60.

Planting trees in the New Forest, Hampshire, and helping with a local play bus scheme was Foxlease's contribution.

Glenbrook's campers helped with footpath clearance in the nearby Peak Park.

A group from the local John Grooms Association for the Disabled were VIP guests at the medieval banquet at Hautbois in Norfolk and shared in other evenings' entertainment.

Butterfly tubs to be distributed throughout all Ulster's counties were

organised at Lorne and campers also worked on creating a special garden area in the grounds. There was also an activity afternoon for 70 children from deprived areas of Belfast.

At Netherurd, the Scottish training centre, they created a shelter for the camp altar. A similar project was undertaken at Waddow and the Lancashire centre also hosted 12 disabled children for a day's activities, created a butterfly garden and entertained 12 Russian children visiting the area.

STORY-LINES

Stories have been pouring into CHO about the girls' exploits during the year. Here are just a few of them:

A milk float, a fork-lift truck, a Vintage Bentley and the only steam-driven tram in the world were only some of the 75 methods used by the 9th and 11th Bromsgrove Rangers from Worcestershire to travel 75 miles.

There is no Rotary Club on the isle of Islay off the west coast of Scotland. But that didn't stop the 6th Islay Guides putting together an emergency box. Instead the Lions Club supplied the cash to buy the box. 'We had great fun doing it,' said Guider Catherine Galt.

A time capsule full of 1991 memorabilia was buried by Plymstock West Rangers as part of the celebrations.

It contained items of old Ranger uniform, a copy of *GUIDING* and a tape recording on which each Ranger said what she hoped to be doing in 25 years time, when the capsule will be unearthed.

The time capsule was buried in the grounds of Saltram House, a National Trust property near Plymouth. Details of the location will be stored safely in the house until 2016.

TIME TRAVEL

In Gloucestershire a special camp was held to show how the Movement has changed over the past 75 years.

To keep it authentic Rangers dressed in old-style costumes they'd made themselves and went back to basics using traditional camping techniques.

Cumnock Rangers wanted their conservation project to be of advantage to the local community.

So they headed for the Bairns Cairn, New Cumnock, armed with hoes, spades and paint brushes. Plots were weeded, steps refurbished, pathways reinstated and seats painted.

As the evaluation of the year gets underway, the young women who took part have already given their judgement. Celebration '91 was tremendous fun.

NORA WARNER 23



CALLED TO ORDER

A Guider from Kent wrote to tell us what she does with her copies of *GUIDING* — she tears them up!

The Practical Pages are the first to go, particularly those for Guides,* she wrote, 'although I never overlook those written for Brownies and Rangers. After all, ten-year-old Guides aren't far from Brownie-age and, at 14-15, older Guides appreciate a challenge.'

That Guider has the right idea. She listed all the other sections that get the same treatment and which she puts to a variety of uses.

Our magazines aren't meant to be kept pristine for posterity. They are there to be used, whether cut up, photocopied or just passed round.

Don't miss out on a valuable resource, designed to make your life easier. Order regular copies today of *GUIDING*, *GUIDE PATROL* and *BROWNIE* and get out the scissors.

● *GUIDING*, *GUIDE PATROL* and *BROWNIE* are available from newsagents — just ask your local friendly newsagent to either deliver or save a copy for you.

However you can make sure of receiving your copies regularly by taking out a subscription. Including postage, it costs £16.68 for 12 issues of *GUIDING* to be sent anywhere in the British Isles or to BFPO with overseas subscriptions costing £19.80.

Subscription rate for 12 issues of *GUIDE PATROL* £13.56 in the British Isles and BFPO, the overseas rate is £15.60.

And for *BROWNIE* the rates are £14.76 for the British Isles and BFPO, the overseas rate is £16.80.

But if you order five or more copies of each issue of any one of our three magazines for a year you will receive them free of any postal charge each month. Just complete the form below.



GIRL GUIDES ASSOCIATION POST FREE SUBSCRIPTION OFFER ON 5 COPIES OR MORE

GUIDING

£1.05 monthly £12.60 per year
Minimum saving per year on 5 copies
each month: £20.40

GUIDE PATROL

85p monthly £10.20 per year
Minimum saving per year on 5 copies
each month: £16.80

BROWNIE

95p monthly £11.40 per year
Minimum saving per year on 5 copies
each month: £16.80

ORDER FORM

To: The Finance Department, The Girl Guides Association,
17/19 Buckingham Palace Road, London SW1W 0PT England. Tel: 071-834 6242

Please send

..... copies* of *GUIDING*
..... copies* of *GUIDE PATROL*
..... copies* of *BROWNIE*

for months commencing
for months commencing
for months commencing

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

BILLING ADDRESS

DELIVERY ADDRESS

*To qualify for post-free offer is 5 copies.
All magazines have a maximum life for no longer than one year, but can be had pro rata for shorter periods.

Most members have heard of the British Youth Council but not many really understand how it operates and how it connects with the GGA. Here Lisa Cassidy, Anglia Region's representative on the GGA's delegation to the BYC provides answers to some of your questions.

What is the British Youth Council?

The British Youth Council (BYC) developed from the World Association of Youth and officially started in 1947. It is an umbrella organisation made up of a wide range of voluntary youth organisations, including local youth councils, students, religious groups and uniformed youth groups. Together, these groups represent over 6 million young people, proving that BYC is 'the independent voice of young people in Britain'.

How does BYC work?

BYC is run by young people for young people. Delegates represent member organisations at council meetings, which are held twice a year. At these council meetings debates are staged on issues which affect young people such as education, health or the environment.

It is BYC's responsibility to make sure that the views and concerns of young people are conveyed to the relevant decision-makers at both national and international levels. This work is carried out by the executive committee and working parties dealing with topics such as youth rights.

BYC organises themed conferences; the next one is 1992 — Help Yourself to Europe. Watch out for more details in April's *GUIDING*. Both the conferences and other similar events are open to anyone who is a member of a BYC member organisation.

The BYC newsletter, *Bulletin*, provides information about current issues and events on a bi-monthly basis. This can be obtained from BYC headquarters.

BYC has also produced some valuable training packs for people in voluntary youth organisations. They are designed to inform and educate, covering issues such as racism and sexism.

What does BYC do on an international basis?

BYC has built up strong links with Europe in the form of CENYC (the Council of European National Youth Committees) and the Youth Forum of the European community. In addition, BYC is involved with exchange programmes between youth organisations throughout the Commonwealth and the United Nations.

THE YOUNG ONES

The most recent event was a trilateral seminar involving the Spanish, Czech and Slovak Youth Councils. Such events breed a better understanding of other cultures and the problems faced by young people throughout the world.

What is the relationship between BYC and The Girl Guides Association?

The GGA became a full member of BYC in 1977, and is one of the largest member organisations. Only the National Union of Students, Youth Clubs UK and the Scout Association qualify, like ourselves, to send the maximum of ten delegates, with ten

committee member and Linda May is a member of the international affairs committee.

In addition to this, several delegates are members of working groups and we actively participate in events such as the Environment Conference and international exchanges.

A final word...

BYC provides an ideal platform for young people to exchange ideas and opinions. Over the years it has gained a great deal of credibility with the Government and has a seat on the management committee of the National Youth Agency.



Issues are hotly debated at BYC

votes, to council meetings. We can also take along six observers, who can join in the debate but don't have a vote.

The delegation acts as a channel of communication between BYC and the GGA. It is its responsibility to ensure that the GGA puts forward proposals for debate at council and that Guide views are represented.

The Girl Guides Association has a history of high profile involvement within BYC. Ann Marie Ellis, a former delegate, is now a BYC executive

For BYC to operate effectively, it needs member organisations like ourselves to attend its events and to put into practice policies which have been debated at council.

If you would like to know more about BYC, or have any suggestions to take to BYC, please write to Amanda Medler, BYC Delegation Chairperson, c/o General Secretary's Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

ENTER THE DRAGON

Birthdays tend to be an occasion both for looking back over the past year and looking forward to the next.

Llais Y Ddraig (Voice of the Dragon), the Junior Council for Guides Cymru, recently celebrated its tenth birthday. A celebration weekend was held at Broneirion attended by members of the Welsh Executive. And, I think, I can say a good time was had by all.



Nevertheless, it was also a time for Llais Y Ddraig to consider what had been achieved in the past and what its hopes and aspirations were for the future. No one can deny that much has been achieved; Broneirion now has a resource library, as a result of Llais Y Ddraig discussions; we have provided important input into the Young Leader and Adult Leadership Schemes; at the moment we're involved in discussions over the 16-plus programme. Not forgetting establishing a blow-wind band, as well as maintaining and improving necessary links with Youth



Past and present members of Llais Y Ddraig

Link Wales and the Welsh Youth Forum.

What next? The chairman of Llais Y Ddraig now has a vote on the Welsh Executive but, unless we are asked to discuss and participate in particular matters, what is our purpose? It should not be forgotten that we represent the 16 to 26 year-olds within Guiding in Wales and all of us have various skills, qualities and experiences to offer. I feel these should be nurtured and utilised to their full extent.

But must we wait for the Executive to define our role? Within Guiding at the moment there are enormous opportunities for young women in our age group. It is up to members of all Junior Councils to grab these opportunities and shout about them!

This summer I was lucky enough to take part in GOLD, which stands for Guiding Overseas Linked with Development and is one of Guiding's latest projects. Exchanging skills and providing

English courses for members of the Czech Association were experiences not to be missed.

How about attending the international selection weekends as either a Ranger/Young Leader, assistant or leader?

Have you ever considered taking your Guides abroad or attending an international camp in this country?

If you have been lucky enough to take part in one of these events tell everyone you meet about it, encourage them to have a go. Once you discover the international experience you won't get rid of the 'bug' in a hurry.

Llais Y Ddraig must continue to expand its interests within the whole sphere of Guiding, as well as rising to the challenge of new issues affecting not only Guides, but girls and young women throughout the world.

RUTH JONES

GGA Junior Council Member
for Wales



GOLD results in Jamaica

INTOPS FOR GOLD

'I feel more confident about talking to people about the GGA's development work... Lots of new training ideas.'

GS, MIDLANDS

BRILLIANT

'The food was great.'

AJ, NORTH EAST

'I've never been to one before, or as far north as this on my own. I felt part of it.'

DD, LONDON AND SOUTH EAST

CHALLENGING

'The informal yet informative manner of the planning team was very much appreciated.'

AD, ANGLIA

'Not like the average training.'

SM, WALES

THOUGHT PROVOKING

'I liked the element of surprise not knowing what was going to happen next!'

JS, MIDLANDS

STIMULATING

'It was nice to see so many other young Guiders from around the country, all with so much enthusiasm.'

SM, LONDON AND SOUTH EAST

SOUNDS FUN? Then apply to attend an INTOPS weekend. The next one will be February 7-9, 1992 at Foxlease. Your next opportunity will be November 6-8, 1992.

Write in to Barbara Mathieson, Guiding Activities Division, CHQ for more details.

INTOPS FOR GOLD*

*International Opportunities for Guiding Overseas Linked with Development.

'Greatly impressed to learn of the work that the GGA is doing and that I could be part of it.'

CD, NORTH WEST

'An opportunity to learn about ourselves.'

EM, SCOTLAND



GOLD results in Jamaica

LICENSED TO TRAIN

The World Association of Girl Guides and Girl Scouts has agreed that the GGA's Training Licence should be accredited under the new WAGGGS Training Scheme. Here Midlands Programme and Training Chairman, Hilary Boon, explains the implications.

For many years UK Guiding has played an active role in supporting other

countries throughout the world in the development of their Guiding. We are fortunate in having a highly structured training plan which is delivered with a great deal of expertise by our Trainers. It is right that we share this fund of expertise to help our sisters in Guiding.

As a further step towards extending this support the GGA recently applied to WAGGGS for accreditation of the Training Licence under the new WAGGGS Training Scheme.

This scheme enables national organ-

isations to apply for recognition of their training scheme and the UK agreed to pioneer the process with WAGGGS. We were successful in our application and now every Trainer in the Association who has gained a Training Licence is recognised by WAGGGS.

The WAGGGS Training Scheme first took shape in August, 1989, when delegates from 67 member countries of WAGGGS and the World Centre representatives met for a lively and exciting week in Cheltenham attending the WAGGGS International Training Forum.

As the first step to the scheme, guidelines on training were drawn up and have since been agreed by the World Committee. The aim of these guidelines is to improve the training delivered by each national organisation by setting objectives to work towards.

It was hoped that this would encourage countries, like our own, with well-developed training programmes and high standards, to share with others, who are struggling to improve their training and the standing of Guiding within their countries.

The WAGGGS Training Scheme is linked to the guidelines and offers the opportunity for national organisations to apply for accreditation of their national training scheme. There are no plans to single out Trainers as World Trainers. In our case it is the Training Licence which has been recognised, not the individual Trainer. Any holder of the Training Licence will be considered to be delivering training which meets the standards set out in the guidelines.

The significance of this development is not what we will gain from it, but in the pace we set for others to follow. Let's hope the UK will continue to share her expertise with anyone who wants it.

HILARY BOON



GGFF TURNING THE TIDE

Yet another natural disaster hit the Philippines in November, when flash floods sent tons of mud and debris surging down from deforested hills killing thousands, focusing the world's attention once more on that troubled country.

However, the Girl Guide Friendship Fund had already chosen a service project being undertaken by the Girl Scouts of the Philippines as their Christmas Good Turn Appeal.

Known as Tulong Bata, which means help children, the project seeks to help victims of an earlier disaster. In June Mount Pinatubo, a volcano which had previously lain dormant, erupted.

Hundreds of thousands fled their homes in fear and around half a million were left homeless.

Your donations were sought to help the Filipino Girl Scouts provide educational and recreational activities for evacuee children. The Girl Scouts also

assist with healthcare, hygiene and sanitation. As a long term measure, they provide skills-training to give the girls and young women a degree of self-sufficiency and a means of earning a living.

The latest disaster, the result of tropical storm Thelma, can only make a terrible situation much worse. At least 120,000 were reported to have lost their homes and 3,400 died.

There is still time to contribute to the Christmas Appeal but hurry, it ends on January 31. All donations, large or small, should be sent to the GGFF, 17-19 Buckingham Palace Road, London SW1W 0PT.



Geographically we are a small District, so it's not my fault that most of the Guides were at the school concert instead of the District Carol Service. It's just unfortunate that most of the ten-year-olds and 11-year-olds go to the same school and most Guides — around here anyway — are ten or 11. In the end, Assistant and I took a car load each to produce a reasonable 'choir', after bribing them with door-to-door service and free mince pies.

At the next Guide meeting we had a delegation asking if they could count 'learn and perform a new carol' as a Target? At yet another emergency PLC (we don't need proper ones: we have enough 'emergencies' to keep us going), they decided it was OK. I was quite pleased with the way they discussed the proposal and very promptly turned down a counter-request from those who had performed in the school concert. Could this have something to do with the fact that it was mainly the PLs who had been coerced into attending the District event?

A dark, wet and cold night is just the time to record that camp is booked.

The Guides nearly all voted for pony trekking a long way away and the parents all opted for 'let's enjoy the local site because it's half the price'. That makes my life a lot easier. Thank you parents.

If the Guides really are studying listening skills at school, they're not

getting through to them. We spend a lot of time answering the same question over and over again. Probably because they're too busy formulating the next question to listen to the answer.

It goes something like this: 'Would you like to try a new game tonight?' and the question 'What is it?' is repeated 30-plus times.

'It's called ...' Then 30-plus voices chorus: 'We don't know how to play that.'

I explain. Then 30-plus girls demand 'I want to stand next to ...' I plod on: 'One person stands in the middle.'

'I want to be in the middle,' says a group of 15, while the rest chant 'Can I be in the middle?' To my surprise I actually heard one 'please'. It came from my ex-problem Claire, and she got the job. 'Make sure you come next week Claire; we'll learn the rest of the game then, we've run out of time this week,' I mumbled.

Perhaps I can look again at the Science badge — make my own

Walkman and be immune to the girls' questions and their general volume. Completely impractical, of course, but it did spark off the idea that we could put instructions for some new games on tape. Then we could suggest that each Patrol teaches the rest a new game. I'll keep collecting the petrol tokens for some blank cassettes.

Only two problems this month — and they were both pleasant ones. Neither involved Victoria for a change! (We had quite a few Christmas cards this year from the Guides and even a present from Vic!) The first problem was trying to find a Science badge for our lone scientist, who is justly proud of her achievement and impatient for a badge, which I suppose I should have ordered earlier.

The second problem was that Assistant and I had not decided who was buying the mince pies for the Carol Service, so we both did. We treated ourselves to the left-overs after our last meeting of term.

D·I·A·R·Y

OF A

GUIDE GUIDER

CAPITAL GAINS



GILLIAN BEVISON



BETTY CARRADUS

Glenbrook's shopping list

Glenbrook, the Association's outdoor activity and training centre at Bamford, near Sheffield, has received £5,000 from Barclays Bank. The bank gives a donation to the GGA each year and this time the money was earmarked for Glenbrook.

Staff at Glenbrook spent months planning how the cash should be allocated. Eventually it was shared between five major areas of activity — archery, canoeing, caving, climbing, walking — and indoor training equipment.

The money certainly went a long way. The long shopping list included lamps for cavers, waterproofs for canoeists, boots for walkers, bows and arrows for archers, and ropes for climbers. As well as a television and video to use in training sessions.

A symbolic 2ft by 4ft cheque was presented to the Guider-in-Charge, Betty Carradus, by Mr Mike Bone from Barclays, who was later given a tour of the centre.

Staff and instructors at Glenbrook say that they're delighted with the new equipment and are very grateful for 'one of the best surprises we have ever had!'

STUDY LEAVE

Higher education can often seem like a black hole into which many active Rangers and Young Leaders disappear. They leave behind leaders who are concerned that they may be lost to Guiding.

The Scout and Guide Organisation (SSAGO), a national body which assists and promotes the work of Student Scout and Guide clubs and societies in polytechnics, colleges and universities throughout the country, says they are 'living proof that this need not happen.'

Kate Buchanan, SSAGO's publicity secretary, explained: 'Your geared-up enthusiast should be able to find a

Scout and Guide Club advertised at the Freshers Fair at the start of term. If her place of higher education does not entertain such a club her options are either to start up a club, assisted as much as possible by the SSAGO executive committee, or to join the family of individual members via the SSAGO chairperson.'

Scout and Guide Clubs are non-uniformed clubs which are open to all students at higher education establishments. 'Many stories circulate about the friends of club members who were drawn in by the packed and exciting programmes of the Scout and Guide clubs, when compared with the seemingly single-minded activities of other clubs,' said Kate.

Activities include the ever-popular weekend trips to ice rinks, bowling alleys and so on, but also include weekends away backpacking and camping, while some clubs organise longer trips to more remote regions of the UK or abroad.

Every term a SSAGO rally is hosted by a different club, when members from all the clubs around the country, and all the individual members, are invited to get together and take part in

many activities including canoeing, rock climbing, barn dancing and 'the infamous SSAGO silly games'.

'It's tremendous fun but it also provides a chance to liaise with other Scout and Guide clubs and to consult the SSAGO executive committee,' Kate explained.

Scout and Guide clubs work closely with the local Scout and Guide Districts providing leaders, camp site service crews and advisers for various activities. If that doesn't happen in your area maybe the local club is waiting for an invitation.

The clubs also provide excellent opportunities to begin — or complete — the Queen's Guide, Explorer Belt Awards and Duke of Edinburgh Awards.

Kate pointed out: 'Higher education is not the end of Guiding but more the beginning.'

Further information may be obtained from: The General Secretary, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Or from: Development and Relationships, The Scout Association, Baden-Powell House, Queen's Gate, London SW7 5JS.



The UK party with Jill Pearson (front row, far left) and Margaret Lester (next to her).

OUT OF AFRICA

It's a fair bet that not many people have gone jogging through Mafeking since B-P's original 'scouts' — the local lads the Founder recruited during the historic siege — ran messages through the town. But that's exactly what Margaret Lester and Jill Pearson did 91 years later.

When Guiders Margaret Lester and Jill Pearson attended the South African Girl Guides Association's Getting to Know Our Neighbour Camp, last July, they jogged through Mafeking because that was the only way they could see 'the sights' in the time available!

The international camp, attended by groups from Mauritius, Zimbabwe, South Africa and Australia, as well as the UK, was held at Bossieslaagte, in the tribal homeland of Bophuthatswana, a few miles from Mafeking.

development in action — with the aim of getting to know the Tswana people, their culture and lifestyle and showing how Guiding can help improve their lives.

In Bophuthatswana there are 75 autonomous tribes which form the scattered Tswana nation of Bophuthatswana. It has a separate government and a developing infrastructure but is highly dependent upon South Africa.

The poor, makeshift villages have sprung up only recently, as Tswana

developing in Bophuthatswana, helping to promote better health among the women and children in the villages and townships, training and advising to enable people to cope better.

At the camp we saw how Guides can help promote income-generating products. We were shown, for example, how tomato boxes can be used to produce ear-rings! We also saw weaving, leatherwork and pictures made for sale from patchwork.

We learned that it had taken more than two years to examine the needs of the villages in the area and then discuss and plan ways in which Guiding could help. Local tribal chiefs, social workers, rural development workers and even government ministers were all consulted.

HEALTH SERVICES

Our projects took place in two villages. They involved planting more than 200 trees in a 'tree lot' to replace trees which had been cut down for fuel; creating a vegetable plot to improve diets; putting on a puppet show to demonstrate care of the newborn child; providing immunisation and showing how ORT — oral rehydration therapy — can be used to stop 'runny tummy'.

Our final project was the building of a playground for under-fives. We pruned acacia trees which had 3in thorns and cleared the site of barbed wire, stones and broken glass. Tyres were 'planted' for the children to crawl through and a swing installed. A wendy house was to be built later by local Guides.



MARGARET LESTER

Pension day at Mafeking ('Place Among the Rocks')

In the British contingent were eight Rangers and Young Leaders, led by Margaret. Guider with the 22nd Sunderland (All Saints) Guide Company, and Jill, who is in charge of the 11th Wallasey West Guides.

They stayed at a farming college, conveniently near the villages selected for the camp's 'community development' projects.

Here, in a joint report, Margaret and Jill give their impressions of the camp and their 'on the trot' tour of Mafeking which, Margaret points out, should actually be spelled *Mafekeng*. It was the colonial British who changed it.

RAPID CHANGE

Margaret explained: The homeland is a product of apartheid South Africa, now in the process of rapid change, amid a lot of uncertainty and hope.

The red soil of a vast, semi-desert landscape, clumps of stunted trees, the Cross in the sky, cold, dark nights and warm, breezy days, were all new to the camp.

The main activity of the camp was community

migrants have moved back from South Africa to their traditional homelands, where they can own land. Children play in dusty, litter-strewn hotchpitches of tin shacks and half-built bungalows.

The men are mostly employed in mining, in Johannesburg or Kimberley. The women are left for months, to bring up large families, with little or no money and few resources.

SUPPLY AND DEMAND

Water for an entire village often comes from a single tap or well. Sanitation is an earth closet — or a stream which is also used as supply of drinking water. Villagers depend on a diminishing supply of wood for cooking, or coal which they can ill afford.

Life is precarious, with wide-spread malnutrition, high infant mortality — due to diarrhoea — and poor immunisation. There is TB, a lot of measles, too little contraception and a general distrust of health workers. Schools are overcrowded, with too few teachers and grossly inadequate facilities.

But, as in South Africa, Guiding is



Everyone took part in the project — a tribal chief, the villagers, the local social worker, Guiders, Rangers and the Guides. This was community development in action. By the time we were ready to leave the village, the new playground was already in use!

The smiling faces of the children, as they tried the swing for the first time, gave us a sense of achievement. It was further confirmation that Guiding can and does make a difference to the lives of others.

Plans went slightly awry when it came to the British contingent's visit to the famous town where many people believe B-P first conceived the idea which led to the founding of the Movement.

TIME AND MOTION

Jill admitted: 'I would have liked hours in which to wander around, staring at things. But, in fact, we ended up with about ten minutes to spare — so I can claim to have jogged through the centre of Mafekeng.

We saw the important siege sites and talked to people about the Jamieson Raid, which sparked off the South African war.

I touched the flag used in the siege and met a Guider — Mrs Ethne Bernard — whose parents were living in the town at the time. She still lives in their house which bears the scars of shell damage to this day.'

Margaret said: 'We also visited the Place Among The Rocks — the oldest part of Mafekeng — to find it was pension day. Hundreds of elderly people had queued for hours to

MARGARET LESTER



receive their pensions.

'I saw some of them squatting to use a stream as a toilet, and then drinking from the stream. Water hygiene had been a major discussion point at camp but here I was seeing reality and the difficulties that had to be faced.'

VIBRANT SPIRIT

The British party reached the camp by flying to Johannesburg and then taking a 230 miles bus trip to the site.

They returned to the UK by the same route, taking the opportunity to look round Jo'burg and visit the black township that has been the scene of so much unrest and violence — Soweto.

It was there that Margaret spoke at length to 17-year-old Ranger Promise Sikhakane, one of Soweto's 2,000 girls in Active Guiding.

Margaret explained: 'Promise told me she was looking forward to finishing school and wanted to go to a desegregated university. She felt Guiding had given her many opportunities to fulfil her hopes. She sat on her Region's Youth Council, where she enjoyed the right to speak and be listened to.'

'Guiding goes on in Soweto, as in the rest of South Africa, with a heart, spirit and vibrancy that takes your breath away.

'It makes me feel humble to be part of a Movement that is achieving so much, despite the many difficulties — an organisation determined to help

blaze the trail leading to a new South Africa.'

Bophuthatswana, or BOP, as it's often called in South Africa, is an independent homeland for about 2m

An internationalist Patrol

Confirmation Guiding can improve lives



MARGARET LESTER



black people. It covers a vast area of 44,000 sq kms in Cape, Orange Free State and Transvaal provinces, close to the frontier with Botswana. The main languages are English, Afrikaans and Setswana.

BOP was granted independence by the South African government as long ago as 1977 but its independent status is not recognised internationally.

Abundant vegetable gardens at Tsetse village

Open Door

GOD TIME

New Year's Day. Resolutions. And even though my resolutions seldom last the month, let alone the year, it's a ritual that, ever optimistic, I still observe.

One resolution, which surfaces perennially, is to make more time for prayer — for being with God.

Like making time for anything on a regular basis, I know it's largely a question of getting into the habit. Establishing a

fixed five or ten minutes — first thing in the morning, or when the kids have left for school, or after lunch, or at the day's end — generally works much better than waiting for a suitable interlude to occur. The chances are it never will.

But acquiring the prayer habit isn't just about making time, is it? It's about making space, too. However we conceive prayer — conversation, meditation, listening, thoughtful reading — we have to

step aside from the day's hassle and hustle and find quiet in our minds.

'Be still and know that I am God,' says the psalmist. Easier said than done but again, isn't it a case of working at it? Of learning what helps me to enter into silence — a candle, music, relaxation exercises...

And surely the prayer habit is also about conviction, about realising that 'God time' is a need — as basic to our spirit as food is to our

body.

In the words of Rabbi Abraham Heschel: 'Prayer is not a stratagem for occasional use, a refuge to resort to now and then. It is rather like an established residence for the innermost self. All things have a home: the bird has a nest, the fox has a hole, the bee has a hive. A soul without prayer is a soul without a home... To pray is to open a door where both God and the soul may enter.'

C.D.

News Focus

A STAR PERFORMER

Birmingham Guide Claire Wilson has always refused to let her disability beat her. Even after a painful operation on her leg, she still insisted on going to Guides. Now Claire has been awarded the Star of Merit for her courage.

Claire was born with one leg shorter than the other. In 1990 she went into hospital for a long and painful operation to lengthen her right leg. In spite of having pins inserted in her leg, Claire insisted on continuing to attend meetings and taking part in anything the 184th Birmingham did.

When she was not able to

go to camp with her own unit, Claire attended another camp accompanied by other Guides with disabilities.

Sadly Claire's problems did not end after the operation. While at a sponsored evening to raise funds for *Children in Need*, Claire slipped and fractured her weak leg. Yet a week later she was back at Guides, her leg in plaster.

Then came another blow. After having the pins removed, while in hospital having intensive therapy on her leg, Claire again fractured the limb. This time she was in plaster from her chest to her knee.

Happily, Claire eventually had all the plaster and the



Nothing stops brave Claire

pins removed and, although she is now on crutches, she is doing well. But she faces more treatment in years to come when her legs stop growing.

The Guides in Claire's unit are a close-knit bunch and are very protective towards her. Claire had no idea she was going to get the Star of Merit when County Commissioner, Sheila Watson; Division Commissioner, Joy Hoban; and District Commissioner, Mary Bloxham arrived at the weekly meeting — she simply thought she was attending a Company inspection.

So Claire was thrilled when she was presented with the award.

THE BIRMINGHAM POST AND MAIL LTD

Coming Next

IN GUIDING FEBRUARY

Cavalier Customs
a 17th century wedding
Behind the Scenes
TV backroom girls



Under Cover
184th Birmingham
184th Birmingham
184th Birmingham

The Ghana Connection
Scottish know-how helps out

Live Issues
facing up to AIDS

IN BROWNIE JANUARY



Map it Out
experimenting with maps and compass

Get Clicking
knit a Super Brownie finger puppet

Founding Father
500th anniversary of Columbus's epic voyage
Weather Watch
are those famous sayings really true?

A Grand Old Lady
the Cutty Sark, heroine of the seas

IN GUIDE PATROL FEBRUARY — due out January 23

Our Patrol
community role playing
Patrol Time
putting the right questions
Bits and Pieces
Patrol Box essentials

Tasty Treats
sweet-eating for St Valentine's Day



Making a Splash
tips for taking the Swimmer badge
The Guiding World
a pull-out for Thinking Day

HIGHLIGHTS

CONTEMPORARY ISSUES

FOXLEASE:

January 17-19

WADDOW:

November 10-12, 1992 (mid-week)

Trainers: CHQ Training Team

An opportunity for all Guiders to explore further the issues affecting the lives of young people today.

This training will look at these issues in depth, as well as arming Guiders with a wealth of resources and ideas so they can make best use of their unique position to support the girls in making the right decisions for life.

Topics which will be covered include:

- teenage pregnancy
- child abuse
- drug awareness
- leaving home
- the wider world.

SENIOR SECTION INTO EUROPE

FOXLEASE:

February 21-23

A weekend for 16-25 year old members, Ranger Guiders and Advisers and Young Leader Advisers to take a closer look at the new opportunities for all Europeans. You will be given a chance to explore these changes and their effect on Guiding — and you!

Topics such as:

- Independent travel in Europe
 - Working in Europe
 - Youth Exchange Centre
 - Under-26 Youth Card
 - Eastern Europe and the Soviet Union
 - Europe as a part of WAGGGS
 - International opportunities
 - European institutions
- will be looked at.

EXPLORE DERBYSHIRE

GLENBROOK:

May 1-4 1992

Glenbrook is ideally situated for exploration of the Dark

Peak (gritstone moorland with 'edges' for climbing) and the White Peak (limestone upland and valleys with caves).

What will you do?

As well as walking, the following activities can be arranged:

- canoeing
- archery
- climbing
- local visits, for example stately homes
- pony trekking
- cycling

There will be evening sessions to provide more information about this interesting area of the country.

The exact nature of the weekend will depend upon the participants as the course will be tailored around your requests. You will be able to decide how energetic you want the weekend to be!

Who is it for?

This weekend is open to any adult member of the Association. Why not make the most of the bank holiday weekend and explore Derbyshire?

ASSERTIVENESS

WADDOW:

March 3-5 1992 (midweek)

FOXLEASE:

October 13-15 1992 (mid-week)

Trainers: CHQ Training Team

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.

The aim

- To discover what being assertive really means.
- To gain confidence in dealing with awkward situations.
- To practise effective communication.
- To explore how to look and behave more confidently.

These trainings are open to anyone in Guiding and count towards the requirements of the Adult Leadership Scheme (Stage III).

ADVANCED WALKING SAFELY

GLENBROOK:

February 28-March 1 1992

November 13-15 1992

This weekend is specially designed to meet the needs of Guiders in developing their skills and confidence in leading groups in upland areas.

The training will be tailored to meet your individual needs.

Theoretical and practical sessions to be included are:

- Map and compass work.
- Route planning.
- Navigation skills.
- Party organisation and management.
- Safety factors.

TRAINING SKILLS FOR ADVISERS

FOXLEASE:

February 7-9

WADDOW:

November 20-22

Are you an enthusiastic and highly skilled Adviser, working hard to promote your particular specialism in the County, the Country/Region or at Association level?

Could you benefit from acquiring a set of basic training skills to help you put your message across more effectively?

The Association has developed just the weekend training package for you, at the end of which you will be able to:

- Set aims and objectives for your training sessions.
- Evaluate your training sessions constructively.
- Use ice-breakers effectively.
- Use visual aids with confidence.
- Understand how adults learn.
- Use small group work effectively.

The weekends are very practical and you will have plenty of opportunity to try out your training skills.

The weekends are for any

Advisers who would benefit from gaining basic training skills to convey their specialism to other adults.

ADAPTING PROGRAMME IDEAS

For Unit Guiders

WADDOW:

January 24-26, 1992

July 3-5, 1992

October 16-18, 1992

FOXLEASE:

February 14-16, 1992

November 20-22, 1992

These trainings are for all unit Guiders and Assistant Guiders.

The aim is to help Guiders to develop confidence in trying new approaches to meet the needs of individual girls in their units.

During the training you will have an opportunity to:

- Have a really good look at our handbooks and publications, together with resources from outside.
- Try out lots of ideas, adapting them to suit individual needs.
- Learn how to assess the needs of individual girls.
- Develop flexibility in trying to meet individual needs.
- Learn from and share with other Guiders.

THE PROMISE FOR COMMISSIONERS

FOXLEASE:

February 14-16, 1992

"Throughout their time in Guiding, all members are encouraged to re-examine their understanding of and commitment to the Promise."

Guiding Manual 1.3

It is generally accepted that discussing the Promise with girls and Guiders can be a daunting experience for any Commissioner.

- How much does one share one's own beliefs?
- How does one avoid becoming judgemental?
- Are there 'standards' we

TRAINING DIARY

should be aiming for?

● What does it all mean, anyway?

If these questions reflect your concerns, this weekend could be for you. It aims:

- To develop Commissioners' understanding of the Promise and its relevance to Guiding and to life.
- To enable Commissioners to increase their confidence when engaging in discussion about the Promise with other leaders and girls.

This weekend is for all Commissioners:

- County.
- Division.
- District.

You may like to consider coming as a team.

LEARNING TO LISTEN

WADDOW:

January 31-Feb 2

FOXLEASE:

March 31-April 2

Trainers:

CHQ Training Team

These trainings are open to anyone in Guiding who is interested in learning more about the skills of listening and effective communication.

Sometimes it is hard to tune in to receive messages and to respond effectively. *Learning to Listen* will help you communicate with both teenagers and adults.

These trainings will cover the following topics:

- Active listening.
- Paraphrasing and reflecting.
- Blocks to communicating.
- Asking questions.
- Summarising what you've heard.

LEADERSHIP FOR COMMISSIONERS

WADDOW:

January 31-Feb 2,

July 3-5, 1992

FOXLEASE:

September 4-6,

Leadership has been defined as winning the hearts and minds of people to achieve a common purpose. How effective is your leadership? How do we win the hearts and minds of our team

members to achieve the common goal of good Guiding? Can leadership be learnt, or is it something we are born with? Does it depend on:

- What we are?
- What we know?
- What we do?

These trainings aim to assist all Commissioners gain greater awareness of the importance of leadership in their role and to encourage them to develop confidence in determining an appropriate style of leadership for themselves.

These weekends are for any Commissioner who feels she would benefit from this type of training. It would be especially useful for Commissioners designate.

THE THINGS THAT MATTER

for 16-25-year-olds

WADDOW:

February 21-23,

May 22-25, (Bank

Holiday Weekend)

FOXLEASE:

November 13-15,

Are you aged between 16 and 25 and a member of the Association? If so, these weekends are for you.

You will be given an opportunity to explore some of the important issues which directly affect your life.

Topics will include:

- independent living: *home or away*
- healthy lifestyles: *it's your choice*
- developing self-confidence: *make your point*
- exploring relationships: *loves me, loves me not*
- the Promise: *only for Guiding or for life?*

There will be guest speakers, discussion groups, videos, outside experts, practical activities and fun!

JUST THE JOB

FOXLEASE:

May 12-14,

(midweek)

WADDOW:

September 15-17,

(midweek)

These midweek trainings are for any adult in Guiding who, for whatever reason,

wishes to embark on or return to paid employment. They will also be useful to those considering career changes.

Whether you are entering or contemplating a return to the world of paid employment you will be given an opportunity to enhance your employment prospects.

Topics to be covered will include:

- preparing a curriculum vitae
- interviewing techniques
- effective presentation

- standards in the workplace
- time management.

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 £5 deposit and sae for Glenbrook and a £9 deposit and sae for Foxlease and Waddow.

TRAINING DATES

FOXLEASE

JANUARY

10-12 Team building

17-19 Contemporary issues

FEBRUARY

7-9 Training skills for Advisers

14-16 1. Adapting Programme ideas 2. The Promise for Commissioners

21-23 Senior Section into Europe

MARCH

13-15 Brownies

31-April 2* Learning to listen

APRIL

10-12 International

16-20 Family period

MAY

1-4 1. Standard first aid 2. C/R Arts Advisers and teams

8-10 Nine to five

12-14* Just the job

GLENBROOK

FEBRUARY

28-March 1 Advanced walking safely

MARCH

27-29 Young Friends conservation, walking and service

APRIL

3-5 Intermediate walking safely

MAY

1-4 1. Explore Derbyshire 2. Guiders — come and try it!

WADDOW

JANUARY

24-26 1. Adapting Programme ideas 2. Tutors

31-Feb 2 1. Learning to listen 2. Leadership for Commissioners

FEBRUARY

21-23 The things that matter

MARCH

3-5* Assertiveness

APRIL

16-20 Fun and adventure for Guides

24-26 Team building

MAY 1992

22-25 The things that matter
29-31 Look after yourself

* — Midweek

GLENBROOK

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

FOXLEASE

Lyndhurst
Hants
SO43 7DG
Tel: 0703 282638

WADDOW

Clietheroe
Lancs
BB7 3LD
Tel: (Clietheroe) 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

This year we will often be hearing that old jingle: *In fourteen hundred and ninety two Columbus sailed the ocean blue.*

It is 500 years since Christopher Columbus set out on his voyage of discovery across the Atlantic forging the link between the Old World and the New.

As we enter this anniversary year, it is a good time to take aboard the theme of exploration and discovery.

But people weren't just exploring new places. This was the Age of the Renaissance and people were also exploring new ideas and making discoveries about themselves and the world they lived in. We can celebrate this aspect of the anniversary too.

EXPLORATION SCRAP-BOOK

Why not start a big scrap-book for 1992 and gather into it all the discoveries the Rainbows make during the year? Record their explorations of the places they go to — using postcards and their own pictures.

Have a quick session each meeting. This month ask the girls what they have learned in the past week. Write the most interesting discoveries in the book. Repeat this activity occasionally during the year.

Look back through it from time to time through the year.

LOOKING AT YOU AND ME

Sit the girls together in pairs, each having paper and pencils or crayons. Ask them to draw a portrait of their partner but, at the same time, to talk together and discover new things about each other.

This activity can help to draw more shy girls or new Rainbows into the group.

Have an art exhibition at the end of the meeting and see if the girls can guess who is who in the portraits. If any of the pictures are



Weather discoveries around the rainbow

difficult to identify give a few clues.

EXPERIMENT AND DISCOVER

Get a book of very simple science experiments from the library. Get the girls to try some of them and learn to make discoveries in this way.

EXPLORING THE ROOM

Encourage the girls to notice new things and not to become unaware of their surroundings through familiarity.

The girls go around the hall or meeting room in pairs or threesomes for two to three minutes looking for things they have not noticed before.

Bring them together to tell and show each other what they have found on their journeys of exploration. If your meeting place is rather featureless, this activity

could take place just outside.

At each meeting you might put up something new and ask the girls to tell you what it is. They may notice other things that are new too.

FAR AWAY

Bring some small items from far away or the fairly distant past to the meeting. Let the girls look at them and, if possible, touch them. And, of course, talk about them.

Let them decide the purpose of each item, how it was made and guess where it may have come from. Demonstrate the articles or let the girls use them.

If there are little stories attached to the objects, share them with the girls.

SHARING GAMES

Many games tend to be rather competitive. A different — more Rainbow orientated approach — is described in a booklet (published by Pax

Christy of 9 Henry Road, London N4) called *Winners All — Co-operative games for all ages.*

Just one of the games in the book is the version of hide-and-seek known as Sardines.

This is the game in which one person hides. The first one to find her squeezes into the hiding place too. The game goes on until eventually everyone is sharing the same hiding place — packed in like sardines in a tin!

The first finder, or the last finder, then hides first for the next round of the game.

WEATHER DISCOVERIES

Are these sayings true about the weather you experience this month? You may need to paraphrase them when explaining to the girls. But once explained, the girls will enjoy the new vocabulary.

A fair day in winter is mother of a storm.

Clouds on St Ananais' Day (January 25) portend floods.

A windy Christmas and a calm Candlemas (February 2) are signs of a good year.

HOME THOUGHTS

The world is so full of a number of things. I'm sure we should all be as happy as kings.

You could use this couplet from Robert Louis Stevenson's *A Child's Garden of Verses* to say thank you for all the discoveries the Rainbows make about the world and about themselves. You might like to read other poems from that collection to the girls.

NEXT MONTH

February 22 is Thinking Day, when we all come together to think about the Movement and each other. So the theme for the month is, traditionally, an international one.

MICHELLE SMITH

GETTING OUT

LONDON FOR FREE

What you've been waiting for — lots of things to do in London, that won't cost you or your girls anything. You'll be surprised at the sheer wealth of places to see and visit. We've worked out four trails to choose from. So wearing the right gear — trainers, track suits and adventure jackets are ideal — head for the capital.

TRAIL 1 — From London Wall to Tower Bridge

What better place to begin a trail than at the **Museum of London** (071-600 3699). Sit-

uated at 150 London Wall, started here on September 2, 1666, in a baker's shop, devastating much of the surrounding city.

Interested in philately? The **National Postal Museum** (071-239 5420) in King Edward Street demonstrates how the postal system has evolved since Sir Rowland Hill invented the Penny Black.

Open: Mon-Thurs 9.30am-4.30pm, Fri 9.30am-4pm.

Climb to the top of **Ludgate Hill**, stop and wonder at the marvellous architecture of

Bank is illustrated from 1694 to the present day. See displays of historical banknotes alongside the high-tech world of modern banking.

Open: Mon-Fri 10am-5pm.

The Stock Exchange (071-239 5420) founded in 1773, is open to the public and is one of the largest and most frenetic in the world. Stock Exchange prices can rise and fall with alarming speed. Try and spot the difference between the stockbrokers and the stockjobbers.

Heading down towards the Thames, the **Monument**, a fluted doric column soaring some 62 metres towards the sky, was built to commemorate the Great Fire. Along Eastcheap this trail may end at **The Tower of London** (071-709 0765) at Tower Hill. While there is an admission charge to go into the Tower, it is worth walking around the tower or viewing it from **Tower Bridge**. See if you can spot any ravens.

TRAIL 2 — From Great Russell Street to Waterloo Bridge

The **British Museum** (071-636 1555) is one of the most famous museums in the world and shows the achievements of man throughout time. See the controversial Elgin Marbles. The unit is bound to enjoy a visit to the **Reading Room**. Bookworms will enjoy seeing the collection of original manuscripts from the **Magna Carta** (1215) to Lewis Carroll's *Alice in Wonderland*.

Open: Mon-Sat 10am-5pm, Sun 2.30pm-6pm.

At Doughty Street seek out **Charles Dickens' house**, built in 1801, where Dickens lived and wrote some of his great works. In Chancery Lane you can see the setting for *Bleak House* and *Pickwick Papers* at the **Inns of Court** and **The Old Curiosity Shop** (071-405 9891). Wander round, or even have your

picnic, in **Gray's Inn Gardens**. You should see plenty of barristers in formal wigs and gowns. See if the girls know what they carry around in those blue 'laundry bags'.

Wander along the **Embankment** from the Temple. From here you should have a fine view of the Thames with all the water traffic. On the South Bank see the **National Theatre**, the **National Film Theatre** and the **Royal Festival Hall**. If you have time, cross over **Waterloo Bridge** — there is a pedestrian walkway across the Thames. Usually exhibitions and small scale performances are taking place in the vast foyer areas.

Cleopatra's Needle is also found on Victoria Embankment, near Waterloo Bridge. This ancient Egyptian obelisk was transported here and erected in 1878. It has a twin in New York's Central Park.

TRAIL 3 — From Westminster to Trafalgar Square

The Palace of Westminster, better known as the Houses of Parliament, is fascinating to visit and your local MP can arrange a guided tour of this unique building. You can stand in **Westminster Hall** recalling that this was where Charles I met his judges and the abdication of Edward II was proclaimed. The **Public Gallery** in the House of Commons is the place to go to follow a debate — better live than on television. Outside, pause to listen to **Big Ben**, in **Tom Tower**.

Westminster Abbey (071-222 5897) is free to schoolchildren and students, if you pre-book. The Abbey is 900 years old and, in fact, was the seat of Government from the 14th to the 16th Centuries. The **Tomb of the Unknown Soldier** is in the Abbey alongside **Poets' Corner**, where Chaucer, Browning, Dickens, Tennyson and Kipling are all buried.



The White Tower, the Museum traces over 2,000 years of London's history. Permanent displays include a cell in Newgate prison and a recreation of the Great Fire.

Open: Tue-Sat 10am-6pm, Sun 2pm-6pm.

Following the Great Fire, the Tower was discovered all the ruins that were left. The blaze

Wren's **St Paul's Cathedral**, one of the most famous landmarks of London's skyline. Inspired by St Peter's in Rome, this masterpiece can be admired without paying a penny.

In Bartholomew Lane, the **Bank of England Museum** (071-601 5545) is worth a visit. The history behind the

CROWN COPYRIGHT

GETTING OUT

Or, if your unit wants a little more activity, head for massive **Hyde Park**. Watch the boating on the **Serpentine**, the horse-riding in **Rotten Row** and listen to the Sunday speakers at **Speakers' Corner**. The **Commonwealth Institute** (071-603 4535) in Kensington High Street, would certainly be a highlight of any trip to London. Over a quarter of the world's population are Commonwealth citizens. A visit will be invaluable for Guides taking their Commonwealth badge. Special activities for youngsters bring specific countries, festivals and events to life. Find out what's going on when you plan your visit.

Open: Mon-Sat 10am-5pm, Sun 2pm-5pm.

London is unique, with its wealth of history, pageantry and culture. You are sure to find something or someone of interest at every turn.

JACKIE TEVLIN

- We advise phoning to check on opening times before setting out.



Bank of England Museum, Bartholomew Lane

BANK OF ENGLAND MUSEUM

Walk along Whitehall. At Downing Street, look out for ministers entering and leaving **Number 10**. At **Horse Guards Parade** the Guard changes every day at 11am (10am on Sundays). Admire both the pageantry and fine horses.

The **Admiralty Building** designed by Sir John Vanbrugh is further up Whitehall on the left. On the right is **Whitehall Palace**. In 1649, Charles I was beheaded here, and the window from which he stepped on to the scaffold is still there. Rest at **Trafalgar Square**. Overlooked by Nelson's Column, here pigeons and people mingle. Free seed is provided to feed the pigeons.

The **National Gallery** (071-839 3321) contains much of the country's cultural wealth. Select a section to visit to make the most of viewing time. Or you could visit the nearby **National Portrait Gallery** (071-306 0055). Here, in St Martin's Place, is a permanent exhibition of famous men and women from the Tudors to the present day.

Open: Mon-Fri 10am-5pm, Sat 10am-6pm, Sun 2pm-5pm.

THE NATIONAL GALLERY

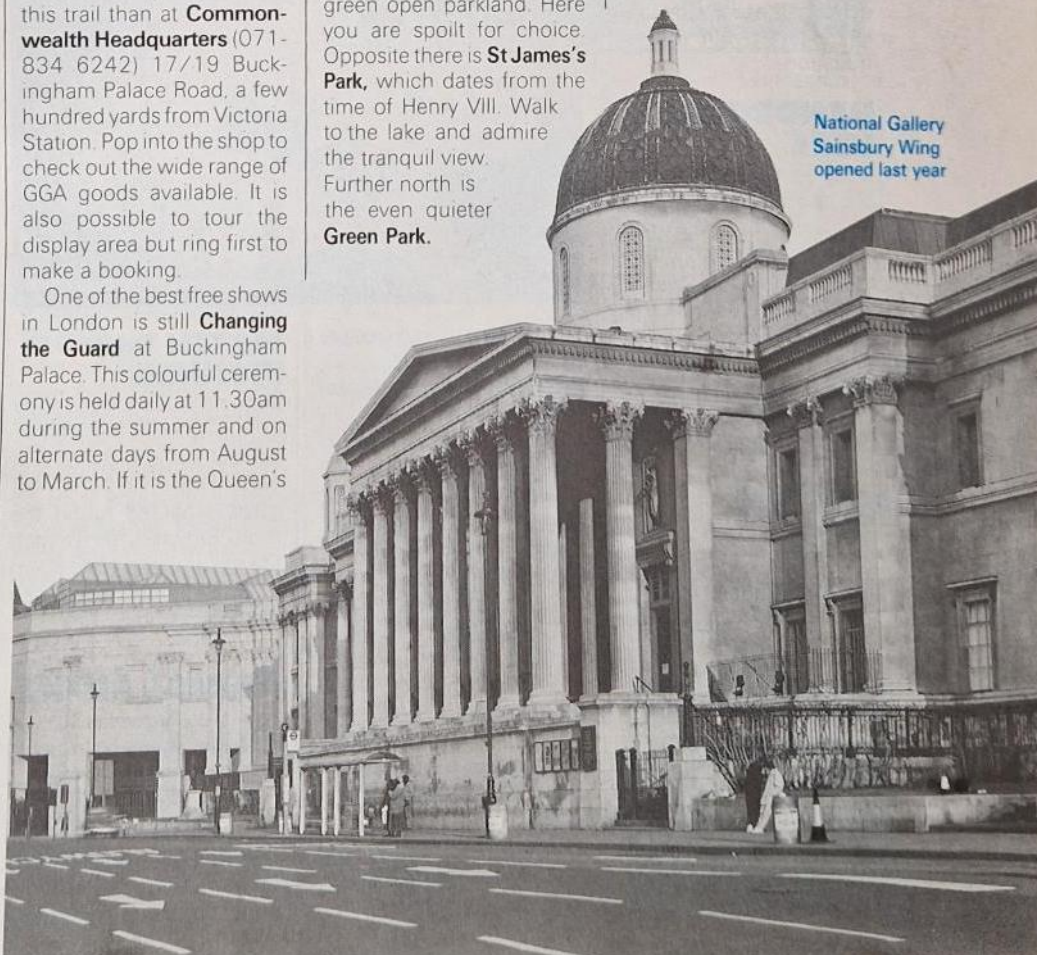
TRAIL 4 — From Buckingham Palace Road to Kensington High Street

What better place to start this trail than at **Commonwealth Headquarters** (071-834 6242) 17/19 Buckingham Palace Road, a few hundred yards from Victoria Station. Pop into the shop to check out the wide range of GGA goods available. It is also possible to tour the display area but ring first to make a booking.

One of the best free shows in London is still **Changing the Guard** at Buckingham Palace. This colourful ceremony is held daily at 11.30am during the summer and on alternate days from August to March. If it is the Queen's

birthday, official or unofficial — why not hand-deliver a birthday card from the unit?

Time for some fresh air in green open parkland. Here you are spoilt for choice. Opposite there is **St James's Park**, which dates from the time of Henry VIII. Walk to the lake and admire the tranquil view. Further north is the even quieter **Green Park**.



National Gallery Sainsbury Wing opened last year

BROWNIE GUIDERS

How well does your Pack know its surroundings? One way of finding out is to set them an observation quiz.

The sort of questions you could ask are: 'What colour is the paint on the kitchen door?' ... 'What type of numerals are on our clock?'

EXPLORING

During a Brownie meeting, turn out the lights, which will cause great excitement in itself, and ask your questions. Naturally you'll have a torch so you can read them. Brownies should call out their Six's name, followed by the answer. Play this game in Sixes in case you have some new recruits.

Also compile a discovery challenge, with more detailed questions such as: 'What is the name on the padlock on our cupboard?' Brownies should work in pairs, either filling in answers on a sheet or telling a leader and receiving a token with the next question.

HANDBOOK LORE

Does each Brownie in your unit have her own handbook? Perhaps you only have one copy available for each Six? Whichever method you use, every child should have free access throughout her three years in the Pack. Use the following games to help Brownies become familiar with the handbook layout.

FIND US!

Each Six chooses a suitable picture in the handbook and, after a private practice, presents a tableau depicting that picture. The other Sixes must find the corresponding picture in the handbook.

HANDBOOK JIGSAW

Divide the large Christmas card into 12 for each Six; if you have eight one leader in each group. At a

signal, one Brownie from each Six runs to her leader and is asked a question from the list below.

She repeats it to her Six, who all search for the answer. A second girl runs with the answer and, if correct, is given a jigsaw piece and the second question. Brownies continue to take turns until the Six has 12 jigsaw pieces. The first Six to complete wins.

1 What are the names of Emily's Six when she joins Brownies?



2 Which Six emblem creature does not wear a hat?

3 What colour was a Rosebud's uniform?

4 Which Interest badge is Emily pointing to?

5 What colour is the stripe along the top of the pages about Brownie Footpath?

6 What is Freda the Promise Elephant holding in Brownies Keep Healthy on the Footpath?

7 What do green stripes along the top of the page mean?

8 Which two helpful jobs is Emily doing in Road Help at Home?

9 What do red stripes along the top of the page mean?

10 In the last section of the

handbook, Help with the Challenges, what three ideas — using natural materials — are shown for Brownies Make Things on the Road?

SIXES CHALLENGE

Next, invite each Six to write down three different questions from the handbook to put to the other Sixes. All questions are read out by the Pack Leader and the first Six to call out the answer wins a point.

and so on.

The rules are that:

- lizards walk forwards on all fours.
- crabs walk sideways on all fours.
- frogs crouch with hands in front of feet and jump forwards landing on both hands and feet.
- elephants bend forward, clasping both hands to form trunk, swing their trunk from side to side and walk bent.
- kangaroos, hands bent in front of chest, feet together, move in long leaps.

BODY LANGUAGE

Can each Brownie:

- draw a circle with the hand she doesn't normally use?
- pick up a pencil with her toes?
- hop on a chalk mark for 30 seconds without missing the mark?
- carry a book on her head around the room?
- get up from a crosslegged position without using her hands?

WHO IS IT?

Brownies in pairs take turns to lie on a large piece of wallpaper and draw round each other. Each girl cuts out her own silhouette, writing her name on it.

While the Pack is otherwise occupied, the Guider pins the silhouettes — names hidden — around the walls, numbering each one.

Older Brownies take younger partners and each pair tries to identify all the silhouettes, writing the names against numbers on a slip of paper.

One by one, the names are revealed as the Guider removes the silhouettes.

GILLIAN ELLIS

MATCH THE PICTURES

If you have a discarded copy of the current handbook, cut out some pictures and paste them on to numbered cards scattered round the room. Brownies must match the pictures and write down the page numbers on which they are found.

ANIMAL ANTICS

Ask the Brownies to be different animals, trying to feel how they move. Call out the names so they can practise, then form into teams to take part in an animal race. All number ones to be elephants, number twos frogs

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

GUIDE GUIDERS

This is the time of the year when resolutions are made. All those unfinished tasks, bad habits and good intentions are taken out, dusted down and re-examined. What is your resolve this time? A new diet; tidying the cupboard to unearth all those activity ideas; sorting through back copies of *GUIDING* to share them with the new Young Leader? So many resolutions we all make concern our Guiding.

BOOK EARLY

This year is different. We have a new handbook for the girls. It's colourful. It's easy to read. It's full of ideas for Patrols, and individuals. In fact it is a must for the girls and for us. Have you made a resolution to publicise it, and to attend the local launch and trainings?

You will discover changes have been made to the Trefoil badges. Resolve to become as familiar with the options they open up for the girls, as you are with the existing ones. You have 12 months to make the change.

Perhaps the most important resolution of all is making the effort to get to know the girls really well. So many of the changes to the Trefoils, and the ideas in the handbook, emphasise the choices offered to the girl, whether as an individual or in the Patrol. Knowing the girl and her needs is important, if we are to help her to make those choices.

How can we really get to know the girls? Listening, talking, sharing, watching are all things we do instinctively.

NAME BALL

For this you need three balls, preferably slightly larger than a tennis ball, and soft to safeguard windows.

The players, girls and Guiders, stand in a circle. One player starts with one ball. All players put one hand on their heads, removing it once

they have handled the ball.

The player with the ball throws it, at random, to someone across the circle. As she catches it, the second girl says her name. She then throws it to another player across the circle, who calls out her name.

Each player must remember who she received the ball from, and who she threw it to. This continues until every player has received and thrown the ball. The final player throws it back to the start.

The same pattern of throws is then repeated, with the thrower calling the name of the person to whom she will throw the ball. This helps the players to learn names, and also serves to attract attention.

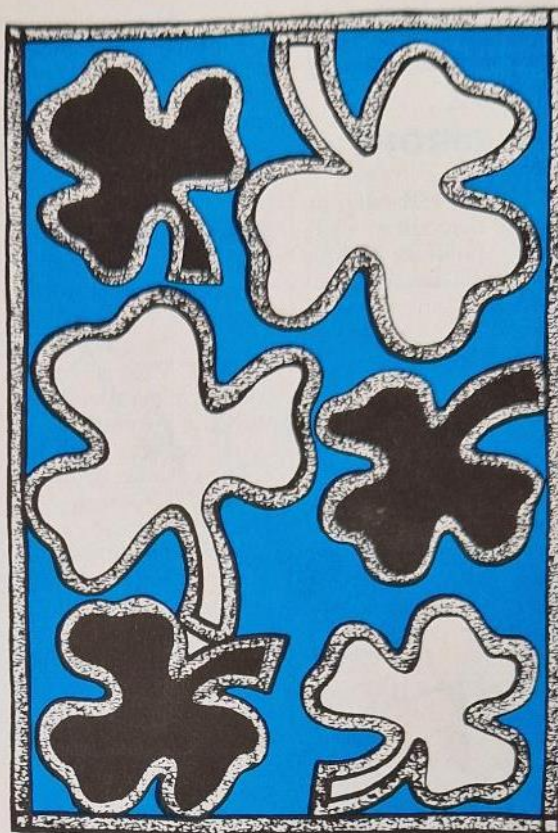
When everyone has had a turn, the pattern is repeated but extra balls are added, until there are three balls chasing each other. If a ball is dropped, whoever is nearest picks it up and puts it back into play.

It can get noisy. It doesn't matter if catching skills are not good, and it is a fun way to learn new games. If they become experts... try reversing the pattern!

FIND SOMEONE WHO...

Another activity, regularly used by Trainers but easily adapted to the Guide unit, is based on a grid. A sheet of paper is divided into say 20 squares. Adjust the number to match the turnout. In each square statements are written. These can be based on a theme, or can be totally random. For example, a camping theme might include: has slept under canvas for four nights; can do square lashing; knows how to dispose of eggshells.

A random theme could include phrases like: eats raw carrot; hates spiders; can rollerskate... Each person has a copy of the sheet



and tries to find people who can sign one square. Signatures should only appear once, if possible.

An activity like this can be used as a starter for a joint meeting with Brownies, another Guide unit, Rangers, or even at a parents night. It can also be used to check knowledge and skills, especially if those who say they can do something have to prove it.

These types of activity help you to get to know the girls, but they will also want to get to know people. Within the revised Trefoils, clause three, which used to incorporate all the skills, has been extended to include all the parts of the Eight Point Programme, and part B gives options which concentrate on Getting to Know People.

There are options which encourage them to find out about the lives of others. You could encourage the Patrols to try the ideas in February's *GUIDE PATROL*,

which will help them to develop their interview technique before trying it 'for real'.

Alternatively, you could challenge them to try some of the Cap-Handi ideas which are on the GGA Fact Sheet. These will help the girls appreciate some of the difficulties faced by people with disabilities. This might lead them on to a service project, providing constructive help.

As you watch and listen, you will get to know them better, and will be better able to 'care for each individual', one of those Five Essential Elements of Guiding described in the *Guiding Manual* 1.3.

CAROL HORNE

GUIDE PATROL, the new GGA publication is available by direct subscription from CHQ or by placing a regular order with your local newsagent and not through the Trading Service. On sale from January 2.

RANGER GUIDERS

Do your plans for the year include crossing the boundaries, going into Europe, thinking European?

INTO EUROPE

Activity: Dress European.

Challenge the Rangers to dress as Europeans. Each Ranger to present herself as a complete European.

Follow this with an informal discussion about Europe as a whole. Find out how much you really know about Europe. Not just the Common Market states, but all the other countries that make up the continent.

Activity: Whole Europe quiz.

Draw up a large map of Europe. Divide the Rangers into two or more teams. Prepare a series of questions which can be answered by placing names on the map. For instance: locate and name the capital of Switzerland, or stick on the name of the home country of Abba.

Some Rangers may have completed the Europe badge before coming to Rangers. Has anyone in your Unit done so?

Either make use of the

information they already have so that they can set up some of the questions, or use them as referees. But if you are working in teams make sure the girls with the badges are not all in one team.

MAPPING OUT

Activity: Spot the Guides.

Using the map plus *Trefoil Round the World*, pick out those countries where there are Guide Associations now, and where there have been Guides in the past.

Find out how much your Rangers know about the European Region of WAGGGS.

Look at the map of Europe to find out how many countries are missing from the WAGGGS map.

Talk to your County International Adviser; ask for a copy of, or at least the chance to look at, *WAGGGS at a Glance*, published by the World Association.

Could you liaise between the County International Adviser and the Ranger Adviser to run an Inter-Unit Europe Quiz? You could, perhaps, set it up now for

Thinking Day week, or as a fundraising event, channeling the cash into development funds for work within Europe.

If it is successful, why not repeat the quiz at another time. It would be an excellent opportunity to advertise Rangering and your Unit. For instance it could be held during the lunch time slot at a Guider's training day, or you could sell it as a question and answer sheet at an AGM.

If you are planning now for the Unit expedition of the year and wondering where to go, how about...

- as a Unit crossing as many European boundaries as you can
- running a linear camp along your side of a national boundary
- contacting and camping with a group from your 'twin town' in a third country
- applying for a place at one of the international camps now being advertised.

NOW VOYAGER

Some members of the Unit may want to go off and

explore alone, others may be more adventurous. Remember cash and time may be scarce for some of the Unit. Perhaps you could introduce them to the Euro-rail system, which provides a ticket for travel in different regions of Europe. One of the joys of such a system of travel is that the brave, and perhaps the scared, can respond spontaneously to changing situations.

Some forward planning should make it possible for a small group to contact Rangers in major towns and cities en route. But planning needs to start now.

Activity: Sales pitch.

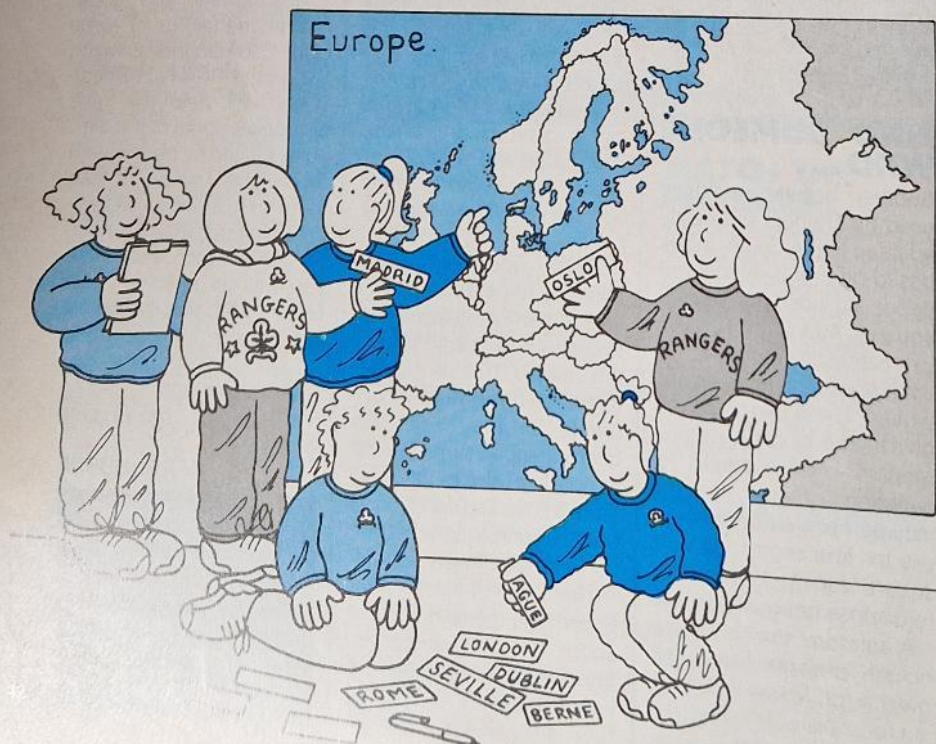
Challenge the Rangers to plan a presentation that tells the recipients about the Unit in such a way that lack of a common language is no barrier to understanding.

If just a few of the Unit decide to travel independently — for whatever the reason — it may be possible to devise activities that would involve everyone else in the Unit.

If the whole Unit is going to the Continent, then there will be lots of opportunities for the Rangers to make decisions. They will have to decide where to go; plan the transport; obtain passports; decide on food and shopping; consider matters relating to health; and plan the accommodation.

It would be easy for you to do it all but Rangers need to make decisions for themselves, and put those decisions into action. Obviously it might be easier for your peace of mind to have all the Rangers on a group passport; to have the bulk of the money going through one central account; to plan the menu here; and load all the food, plus camping gear and personal kit, on to a coach.

But working in this way takes away the responsibilities with which the Rangers should be learning to cope.



WHITE-OUT

January tends to be the month when we expect snow, so these activities are based around this theme, and particularly the areas of the world which are always snowbound like the Arctic and Antarctic.

OPENING

Using circles of white paper, make different shaped 'snowflakes'. (Fold the circles into eights then cut and snip at various places on the fold.) Make two of these snowflakes exactly the same by cutting them out together. Number all the snowflakes and stick them round the walls. Challenge the girls to try and find out which two snowflakes are exactly the same. Make this harder by making some flakes *almost* the same.

PATROL ACTIVITIES

● Make Snowball Sweets — peppermint cream mixture rolled into small balls. Use 1lb icing sugar and condensed milk. Sieve the icing sugar and mix with the condensed milk. (The exact amount needed will depend on how easily it blends.) Add a few drops of peppermint essence.

The mixture should be like a firm paste which can be formed into small balls. Dust the balls in icing sugar, place on waxed paper and leave to set. You could also try making 'snowmen' with the same mix, decorating with chocolate chips and so on for the features.

● Collect cut-outs from used Christmas cards to make a large picture entitled *Snow Scene*. Try to make your scene look realistic by placing large figures in the foreground of your picture and smaller ones further back. The finished picture could perhaps be given to your local playgroup or nursery.

● Make an igloo. Using baker's clay (two cups plain flour, one cup cooking salt and enough water to mix into a smooth clay), make

small blocks and build these into an igloo. When your igloo is complete, you can make it solid by baking in the oven for about an hour (Gas Mark 2, 150C). Paint your finished igloo with white paint.

Another type of clay which does not need baking can

the Whale and Dolphin Conservation Society, 20 West Lea Road, Bath BA1 3RL. World Society for Protection of Animals, 106 Jermyn Street, London SW1Y 6EE.

● Find out about first aid for the cold, for example symptoms and treatment of frost bite, exposure, hypothermia.

or some other marker) and back to their Patrol. If anyone loses a 'shoe' she has to start again. An alternative to this is a slalom race, where each Patrol will also need two canes or broomsticks for ski-sticks. Set up a line of chairs which they have to slalom round.



be made by adding one tablespoon of powdered alum to the flour and salt; alum can be obtained from the chemist.

● Choose either penguins or polar bears as your theme and find out as much as possible about them. Use your library, also try writing to the World Wildlife Fund, Panda House, Weyside Park, Godalming, Surrey GU7 1XR. Present your information in an interesting way.

● Find out about the 'Save the Whale' campaign, and draw a poster to tell others about the campaign.

Information on the campaign is available from Greenpeace, 30-31 Islington Green, London N1 8XE, and on whales generally as an endangered species from

Make a poster giving advice to people going out in the cold.

PASS THE SNOWBALLS

Girls stand in a circle, at arm's length from each other. One girl starts by throwing a ball to her neighbour who passes it on. As quickly as possible, the first girl throws a second ball, then a third, in the same direction. Not as easy as it sounds. How many 'snowballs' can you get going round the circle?

SNOW SHOE RELAY

Each Patrol needs two shoe boxes, large enough to fit each girl's feet. In relay style they take turns to 'shuffle' to the 'South Pole' (a flagpole

PENGUINS AND POLAR BEARS

We know that penguins and polar bears are not usually found together, but in this game they are! Divide the Company into two groups — one group are penguins, one group are polar bears. The two groups stand about 2m apart with their backs to each other. Mark a line about 6m from each team for 'home'.

The leader calls out either 'Penguin' or 'Polar Bear'. If 'penguin' is called, the penguins have to run home chased by the polar bears and vice versa. Guides can be kept 'at the ready' by starting each call as 'P-p-p-p...'.

COPING WITH

TIME MANAGEMENT

Meet a Guider and you meet a busy person. Not only because she's in the Movement, but because she has a dozen other facets to her life.

A Guider is the sort of woman who always says 'yes' when asked to take on voluntary work. Take a peep in the closely written pages of her diary and you'll find she's already got plans for 1993, 1994...

So it's not surprising Guiders sometimes feel threatened by the march of time and may not always use the time they have wisely. It's no secret that time goes further if it is properly organised.

The problem is that many people have taken on so much they feel they haven't the time available to get themselves properly organised.

If that rings a bell, it's time to stop and take time off to consider. Thinking, although you appear to be doing nothing, is a central part of productive work. To concentrate effectively, you need privacy, self-discipline... and time!

Our brains need regular exercise just like our bodies. At school and college, we're taught to use our brains logically to deduce facts from a given set of data. As Guiders, however,

we also need the ability to think creatively. Let your thoughts range laterally over the subject in hand. Don't impose limits on yourself and allow your ideas to flow, rather as you would do in a group brainstorming session.

Don't try too hard to recall a particular fact if it persistently escapes you. We've all experienced that wonderful moment when a forgotten idea worried about for ages just pops unbidden into your head, usually after you've decided to ignore it!

Faced with a decision, it helps to write down the alternatives, together with their pros and cons. Seeing the problem in black and white can clarify thoughts and sharpen awareness.

PHONE CALLS

A great deal of time is wasted by ineffective phone calls, when one or other of the parties fails to come to the point. Answer incoming calls with your name or number, so that the caller knows she is through to the right place. Volunteer information before it's requested, especially in a business call, for example:

'May I speak to Mr Phillips about the Guide account?'

'Mr Phillips is out at present, but he'll be back at 11.30. Can I help you? I'm familiar with the account.'

is slicker than:

'Sorry, he's not in.'

'When will he be back?'

'About eleven o'clock.'

'Do you know anything about the Guide account?'

'Yes, I'm handling it.'

'Well, can you tell me...'

The purposeful approach saves time in the home as well as in the office.

When you are making a business call, you can improve efficiency — and cut the phone bill — by pausing for a moment's thought before dialling. Always:

- Have the complete number including area code and extension in front of you.
- Decide to whom you wish to speak, and pick an alternative person in case she is unavailable.
- Assemble all the relevant documents and information.
- Note down all points you need to cover.



- Decide how long you will let the phone ring before putting down the receiver — six rings, half a minute...
- Dial. Ask for the person you want by name, giving her extension number.
- On reaching her, state your name and position, and describe briefly the main purpose of the call, before going into details.
- If you cannot reach the person quickly, don't offer to hold the line. Say you'll ring back at an agreed time, and do so.

PAPERWORK

Never let the paperwork pile up unattended! Not only will jobs be neglected, but the filing will nag at you. Try to keep everything in labelled ring-binders under either subject, date or alphabetical order, whichever suits you best. Avoid frustration by keeping the hole punch *with* the files!

Keep an *Immediate Action* tray — a box lid will do fine. Try to form the habit of attending to it at the same time each day/week. It's ideal if you can clear it every

morning, but these days most Guiders have a job outside the home. After the evening meal or just before bed will do perfectly well.

Train your family to put telephone messages in your *Action* tray. If you have a number of calls to make, list them, and clear them all at one sitting, preferably in cheap rate time!

If your memory is unreliable, make a note on each paper of when and how you dealt with it before filing. This is especially useful for bills, acting as back-up to the cheque book counterfoil, which you always fill in.

PLANNING

Whether running a Division, District, unit or ad hoc event, you'll benefit from a detailed planning session with your colleagues.

Do get together over coffee with your Assistant Guider(s) and Young Leader/Pack Leader if you have them. Spend an hour or two making plans, so that each leader knows exactly what is expected of her.

This doesn't mean loss of flexibility — you're at liberty to alter and adjust — but it

does mean that your Young Leader will know when to bring the biscuit ingredients, and your Assistant Guider will arrive appropriately clad for the tent pitching session.

It's up to you how far in advance you work. Some people plan a month ahead, others find that making an outline for a term — or even a year — works better.

MADAM CHAIR

As a Guider you'll attend at least one meeting regularly. More time is wasted at meetings than anywhere else, so if you are in the chair, be thoroughly prepared and keep the meeting brisk.

This doesn't mean that you should not spend time discussing important issues, merely that it's essential to keep everyone to the point and to move through the agenda as speedily as proves possible.

The agenda itself needs to be concise, containing the bare bones of the points under discussion. Detail is for the minutes. It's much more efficient to circulate the previous meeting's minutes in advance rather than to present them verbally. If cost is a problem, they can be distributed by hand — if you don't feel this is a waste of your valuable time!

Preparation

- Prepare the agenda. If there are items for information only, needing no discussion or immediate action, include them on a separate sheet for distribution. There is no greater time-waster than reading out a list of non-urgent items which a Guider can read for herself.

Make sure vital items come high on the agenda, in case you run out of time. Leave subjects requiring long discussion till the end.

If your meeting includes brief reports by visitors who are otherwise not involved, attend to those first so that the visitor may leave. It is unfair to make her sit through business which neither concerns nor interests her.

- Prepare the venue, paying attention to seating, privacy,

heat, fresh air. Have extra paper and pencils handy.

- Set out agenda and other 'bumph'. Have folders, labelled with each unit/District/Division's names, containing their papers. Folders should be emptied and left for next time.

If possible, arrange for a family member to answer the door, so that you're not interrupted by late-comers. Don't answer the telephone, even if there's no one else in the house. Act as if you are out at a meeting.

- Start at the appointed time, even if there are only two people there. Late-comers must catch up from the minutes on what they've missed. People will be on time if they know their efforts at punctuality will not be wasted.

- Move straight through the agenda. But if a subject sparks off a lengthy discussion, defer it to the end, allowing people who have to leave to do so without missing anything else.

DISTRIBUTION

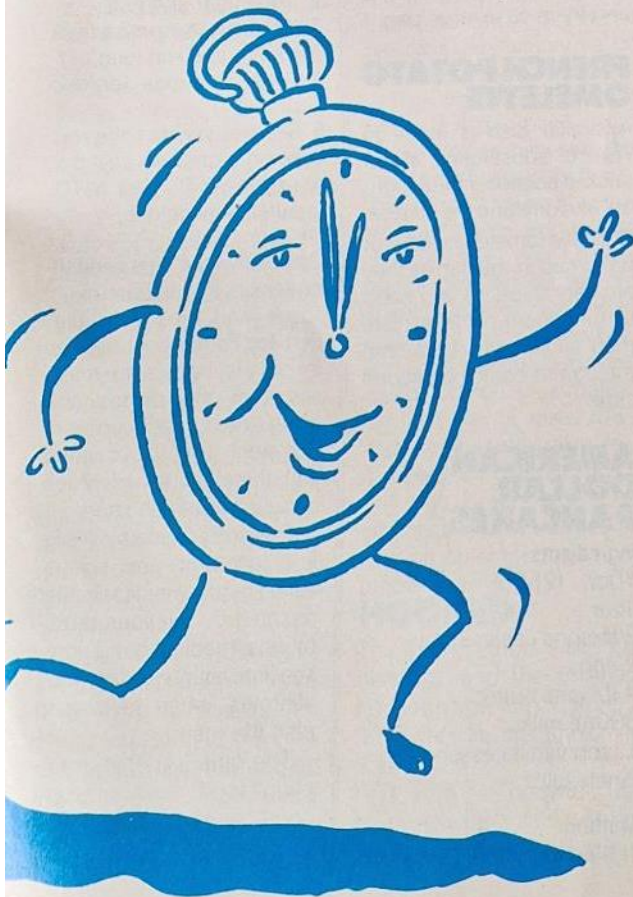
There's always a time in Guiding when you have bulky items to distribute. It's worth taking time to work out a distribution system.

In a District with, say, 12 units, instead of haring round all the Guiders, arrange for three to be key points, each responsible for distribution to three other units.

Teams will be dictated not only by geography, but also by social habits. For instance, if Joan meets Margaret, Sue and Janet every day at the school gate, it doesn't matter if they live miles from each other. Similarly you can save time on telephone calls, if you arrange a contact pyramid.

If it all sounds too much why not try using a few days of the school holidays or devote a weekend to reorganising yourself.

Effective use of time makes for a calmer life and, who knows, even a moment or two of real leisure, doing absolutely nothing. Isn't that a tempting thought?



TRY THIS

INTERNATIONAL COOKERY

How about an international feast as a change from your usual Thinking Day activity? Let the girls try out some of our recipes, then invite everyone to have a taste of each dish. Quantities given are for ten full portions, so work it out from there.

CHINESE CORN SOUP

Ingredients

5 eggs
5 tbsps milk
2 pints stock made from chicken stock cubes
2 x 14oz cans sweetcorn
2 tbsps cornflour

Method

- 1 Separate egg whites and save the yolks for another dish.
- 2 Beat egg whites and milk together, leave to stand.
- 3 Boil stock and stir in sweetcorn, making sure it returns to boiling.
- 4 Mix cornflour with 4 tbsps cold water and add to soup.
- 5 Stir till soup thickens.
- 6 Remove from heat and stir in egg mixture.

ITALIAN CHICKEN RISOTTO

Ingredients

20oz (500g) long grain rice
500ml tomato sauce
2 beef stock cubes
2½oz (60g) margarine
60ml cooking oil
1 clove garlic crushed
Approx 20oz (500g) of chopped cooked chicken
Salt, pepper and fresh parsley
Grated parmesan cheese
1 litre hot water

Method

- 1 Fry garlic in margarine and oil, then remove from pan.
- 2 Fry rice till golden-brown, stirring continuously.
- 3 Add tomato sauce and crumbled stock cubes. Stir well.
- 4 Add seasoning and water, turn down heat very low and

simmer for 20 minutes, stirring occasionally. More water can be added but the rice should not be allowed to become mushy.

5 Stir in chicken and parsley, cover and simmer for another five minutes.

6 Sprinkle with parmesan and serve.

KEBABS

Ingredients

4oz (100g) mushrooms
1 small green and one small red pepper, sliced
Chutney, cider or wine vinegar and cooking oil
6oz (150g) cooked meat or poultry, cubed

Method

- 1 Thread meat and vegetables on to skewers.
- 2 Mix chutney, vinegar and oil in bowl.
- 3 Brush kebabs with mixture and grill, turning, for five minutes, basting occasionally with mixture to keep kebabs moist.

PHILIPPINE PORK AND CHICKEN

Ingredients

20oz (500g) cubed pork
20oz (500g) chopped chicken
250ml water

Marinade

200ml wine vinegar
1 tbspn soya sauce
3 tbsps oil
1 clove garlic
Salt, pepper

Method

- 1 Mix marinade, and marinate meat for an hour.
- 2 Add water, cover and simmer on low light for about one hour until liquor has been absorbed. Serve with plain boiled rice.

MEXICAN GUACAMOLE DIP

Ingredients

3 large avocados
2 large tomatoes
2 large onions

1 clove garlic
4 tbsps lime juice
50ml olive oil
Salt, pepper and paprika

Method

- 1 Mash avocados and tomatoes with lime juice.
- 2 Blend with other ingredients to a smooth paste and refrigerate.
- 3 Serve with raw vegetables.

● Because avocados are pretty expensive, you can substitute tinned green peas or beans instead ... not quite the same but still tasty!

MALTESE OMELETTE

Ingredients

2oz (50g) cheese
10oz (250g) spaghetti
4 eggs
Salt, pepper and fresh parsley
Cooking oil

Method

- 1 Boil spaghetti, chop parsley and beat eggs.
- 2 Mix all ingredients together and fry in oil in large pan.

FRENCH POTATO OMELETTE

A similar dish is made in France, substituting sliced cooked potato for the spaghetti and omitting the cheese.

● These omelettes cannot be turned in the pan as they are very thick, so you need to turn them on to a plate then slide them back into the pan to cook the second side.

AMERICAN DOLLAR PANCAKES

Ingredients

10oz (250g) self-raising flour
2 tbsps caster sugar
2 eggs
4 tbsps butter
300ml milk
1 tspn vanilla essence
Pinch salt

Method

- 1 Mix flour, sugar and salt.

2 Separate eggs, set whites to one side, and melt butter.
3 Stir in egg yolks, butter and vanilla essence.

4 Whisk in milk.

5 Whisk egg white until stiff and fold in.

6 Lightly grease a non-stick frying pan and heat.

7 Drop in dessert-spoonfuls of mixture and fry for about two minutes each side. The dollar pancake should be soft inside and crisp outside. Serve with a little butter and syrup.

SPECIER (DANISH NUT BISCUITS)

Remember to prepare the mixture in advance as it has to be well chilled.

Ingredients

5oz (125g) margarine
8oz (200g) plain flour
5oz (125g) caster sugar
3oz (75g) chopped nuts

Method

- 1 Rub margarine into flour.
- 2 Add sugar and nuts.
- 3 Knead mixture into a thick rope about 20cm long.
- 4 Leave in fridge for two hours.
- 5 Slice with sharp knife and bake on a greased tray in a hot oven (400°F) for 8-10 minutes until golden.

Obviously your girls need to be selective as to cost, oven space and time available. Perhaps Patrols could gather in private homes to make some of the dishes and bring them ready cooked. But don't use this method with the meat dishes, which should not be reheated.

Obviously Guiders will take into account any special eating requirements, whether dictated by religious prohibitions, medical conditions, special dietary needs or food allergies, when helping to plan the menu.

The girls will enjoy sampling food from different countries, so ... *bon appetit!*

GILLIAN ELLIS

RUGGED CHARM

Making rag rugs is an excellent way of using up oddments of old material — but it's also the ideal thing to do while watching television on long winter evenings.

For centuries these hard wearing, pretty rugs have covered the floors of cottages. Today, teamed with floral curtains and matching covers, they'll bring a rural flavour to any room where they're used.

There are three different ways of making rag rugs: plaiting, crocheting and hooking. All are really easy and could be easily grasped by most girls.

In order to make a rug you'll need lots of material remnants, which have been cut up into long strips about 2cm wide. Fabric that is colourful on both sides and doesn't fray easily is the best kind to use.

PLAITED

If you're going to make a plaited rug, alter the width of your strips according to the weight of the material. The heavier the cloth, the thinner the strips need to be, as a finished plait needs to be the same width all along its length.

To start making a plaited rug, stitch the ends of three strips of cloth together. Pin the joined ends on to a length of string, then tie the string to a heavy piece of furniture, as this will give you a firm anchor.

Now, all you have to do is plait the three strips of fabric together, keeping on plaiting until they run out. When this happens, simply knot — or, preferably, sew — three new strips to the ends of the first three pieces and carry on plaiting.

Plait on until you've got a big ball of plaited material. Then you'll be ready to turn it into a rug.

Double back the end of the plait on to itself, using heavy duty thread of a colour that matches the material.

Then continue sewing in a spiral.

It makes a small circle of rug. Add more plaited material until the rug's reached the size you require.

When it's finished, you may find that the middle of the rug rises up off the floor. No problem: iron the centre of the rug flat, using a hot iron on a damp cloth.

CROCHETED

Those girls who know how to crochet, might prefer to use their skills making crocheted rugs.

To get started you'll need a large crochet hook and one of the strips of material to crochet a chain about 85 stitches long. If you want a larger rug, simply cast on more stitches.

Make a double crochet stitch into the second chain from the hook, and continue with double crochets to the end of the row.

Continue crocheting rows of double crochet until the rug is as big as you want it. Each time one strip of material runs out, simply tie or sew on another.

The finished rug will look better if it has bands of a single colour between the stripes of multicoloured rags. So, if you haven't got a remnant large enough to make these one colour bands, try dyeing an old sheet or look out for an old curtain to cut up and use. Jumble sales can be a very useful source of supplies. Crochet two or three rows in one colour after every few rows of the coloured rags.

If you prefer, you can crochet a circular rug rather than an oblong one.

HOOKE

The third method is slightly different, and the finished hooked rugs look different too — they are shaggy rather than flat.

To make a hooked rug, you'll need the same strips of cloth as before, but this

time they have got to be cut into 10cm lengths; a latch hook and a piece of rug canvas.

Any grade of rug canvas will do but one with ten holes per 7.5cm (3ins) is easiest to work with. Both canvas and latch hook — a large crochet hook with a hinged latch on it — are available from good craft shops.

on to the canvas.

Work in rows across the canvas, knotting one fabric scrap to each thread. Remember to leave a thread free after each row of knots, or the canvas will become too densely packed. If you restrict your colour scheme to just a few shades, the finished rug will look more striking.

Finish off all the rugs by



The first step is to knot a piece of material on to the canvas by doubling it over the latch hook and pushing the hook under a thread on the canvas. Bring the ends of the material up, and under the eye of the hook. Finally, pull the hook back under the thread. As you do this, the latch will close and pull the end of the material back with it, knotting the fabric

sewing in the loose fabric ends. If you want to make the rug last even longer, give it a calico or canvas backing. As a finishing touch, add a ready-made fringe along the edge.

If you and your unit get seriously bitten by the rug bug, you could make items to raffle for a good cause.

YOUNG LEADERS

THE PROMISE

I Promise that I will do my best,
To do my duty to God
To serve the Queen and help other people
and
To keep the Guide Law.
With further responsibility to be of service to the community.

Look at your Promise in context to the unit in which you work. When I sat down and thought about my Promise I had so many ideas that it seemed impossible to write them all down.

Guiding has been part of my life since I was seven years old. Young Leaders were known then as Cadets, so I wondered if my ideas were old-fashioned. I had a chat with a Scouting friend of mine who came up with a drawing which I think says it all.

The centre Trefoil represents our Promise and Law. The spokes radiating outwards with the Eight Point Programme run through the Movement from Rainbows to Young Leaders. The spokes turn all the time carrying us into the future.

As Young Leaders you made your Promise and I am sure you understood its meaning, but I hope now as Young Leaders you will be able to go one step further and help the younger girls in your units understand and keep the Promise.

One of the best ways that you can do this is by example. Do you:

- turn up to meetings on time or ten minutes late thinking it's the Guider's responsibility?
- turn up in a neat and tidy uniform?
- turn up prepared with your contribution to the Programme?

Have you really kept your Promise? It is difficult but with a little thought and some hard work we can all, I am sure, make a better

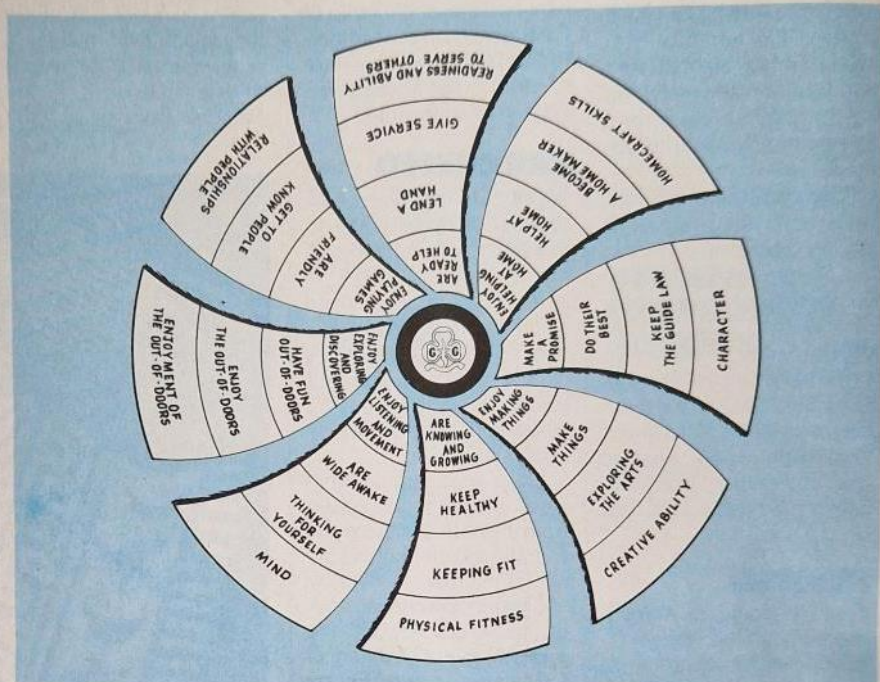
effort. Look back at the three points. Do you turn up on time? Would it not be better to arrive ten minutes early, you can use the ten minutes to organise your part in the Programme.

community? Again yes. If you have helped the girls in your unit to understand and keep the Promise, and become good citizens.

Now let's look at duty to God and service to the

with each girl getting her turn.

After you have played this game sit down with the girls and explain that by keeping The Country Code we are also doing our duty to God



As for your uniform, a quick wash and iron would have you looking clean and tidy for your next meeting or event.

These are only three ways in which you can show a good example of how to keep your Promise in relation to your unit. I am sure that if you sit down now and make a list you could fill a page with ease, so challenge yourself to take six points and see if you can do better than you have. Remember only you know how well you have done.

Now look at the Promise. Have you done your best? Have you helped other people? Have you kept the Guide Law? Have you been of service to the community? I would say yes. How? You know you have done your best. You have helped the girls in your unit by being a good example.

How about service to the

Queen. The girls seem to have difficulty in understanding these two clauses. Let us first look at — duty to God. This is the God of the girls' own religion and we must remember that every girl has a right to her own religion.

To help the girls understand duty to God you could organise some games involving The Country Code. Collect pictures of things you should do in the countryside, for example close gates, keep to the paths, take your litter home.

This can be played as a team game if you spread the pictures face down at one end of the room and teams line up at the other end of the room. Ask a question, for example: how should we leave gates, what should we take home...? The first girl in each team runs up and finds the picture with the correct answer and so on,

because he created the natural beauties of the countryside. The girls could then write a prayer of thanks for the beauty of the countryside, and how they are trying to look after it.

Service to the Queen. To the girls the Queen is a lady with a crown and pretty dresses that sits on a throne in London. We must try to get over to the girls that she represents the country and we can help her by obeying the laws of the land, keeping our towns and villages tidy, visiting and helping other people in our community, plus many other duties.

Keeping the Law and Promise can be difficult but always very worthwhile. All this may seem very serious but please remember Guiding is fun. If we take this away what would we have?

JENNIFER McLEAN
Young Leader Adviser
Scotland



**ONE
WORLD**

TRAVEL ON A SHOE-STRING

If you're young and hard-up, epic trips tend to be funded by weeks of tedious casual labour. That was exactly what Kay Andrews had to do before she could take off for India and, later, the States. ▷

When the most exciting thing you've done lately is to have a wander round Woolworths, a journey across the vast Indian sub-continent, or a tour of the United States, taking in the Big Apple, New Orleans and Florida, may sound like a feast of non-stop fun.

But like so many trips Kay Andrews' journey began with real life — working in amusement arcades, fish and chip shops and even in a warehouse packing cabbages.

Even on her exotic travels Kay found that the gilt can come off the gingerbread in large lumps, when things go wrong... like being ill on a 36-hour train journey; getting lost in a Calcutta meat market; or arriving in Miami — amid all the vice — in the dead of night and not being able to find a hotel.

Lincolnshire born Kay, is now Assistant Guider with the 2nd Grange Park Guide Company in London, where she is studying for a degree in history.

Here, she recalls some of the highlights — and the lowlights — of her adventures.

Opening ceremony at Sangam



6 If you were to ask my parents when I first showed symptoms of wanderlust, they would probably mention the time when, at the age of 11, I aimed to cycle from our house in Grantham to Belvoir Castle, all of six miles away.

Confidently, I pedalled off but the headwind proved too much for a wheezing asthmatic and I never reached the castle. Still, I'd tried.

I'd been a Brownie and then a Guide, leaving the Guides at 14 after becoming a Queen's Guide under the old scheme. I returned to Guiding in the final year of A levels as a leader, using the Adult

Leadership Scheme as a qualification for the Duke of Edinburgh's Gold Award.

Before starting a history degree course in London I took a year out. I applied to work at Sangam, the World Centre in India, but was turned down because of my age — I was only 18 — and lack of experience.



Peanut vendors in Pune

Maybe it was in Delhi that I picked up the dreaded Delhi belly. All I can say with certainty is that, within the second week of my arrival in India, things were not as well-ordered and under control as I would have wished!

Tablets which I had brought with me as a precaution proved to be totally ineffective. Fortunately, I was travelling second-class and the trains were not bad, with air conditioning for first and second class.

My seats on the various trains were all booked in the UK before I left. Yet arriving at an Indian railway station, it still came as an eerie experience to find my name on a card fixed to the carriage in which my seat had been reserved. One card read: "Name: Andrews K. Sex: O. Age: 99."

It was in Calcutta that I became hopelessly lost for what seemed like several hours in an enormous covered market, where all kinds of things were for sale.

I wandered in through an entrance hung with dresses and jewellery galore. Eventually, I found myself in the butchery department where meat, unrefrigerated in the heat and covered in flies, was on display.

To me, a vegetarian, it was not an appetising sight, apart from the smell. I decided I'd seen quite enough but, when I tried to find my way out of the market, I discovered I was in a maze from which I thought I would never emerge.

Every avenue I explored with growing desperation was flanked by more fly-blown carcasses. I must have tramped miles through a vast labyrinth of stalls until I was, at last, able to make my escape.

More soporific was the Fairlawn Hotel where I had dinner. Locked in a time-war, it is run as if Queen Victoria were still on the throne. Waiters in gold-braided, red uniforms and cummerbunds, serve from silver salvers.

On the journey I also visited the school at Lucknow where Kipling's

I decided to go anyway, spending three months in India. Meticulously, I planned my route, where I would stay and which trains I would catch.

But, with all the planning, on a first visit you never quite know what to expect. No amount of reading could have prepared me for the humidity of Bombay, or for the pot-holed roads around Sangam.

I sandwiched a month's stay as a guest at Sangam between two travelling sessions. I used an Indrail train pass to take me north.

I saw Delhi, Jaipur, Agra, Allahabad, Ahmedabad, Varanasi and Calcutta.

Kim was set, the Nehru family home in Allahabad; the amazing Jain temples at Mount Abu, carved from solid marble... apart from the other obvious tourist attractions.

I then travelled to Bombay — 36 hours on the train and, by now, I was feeling far from well. There is something very disconcerting about seeing the track from the loo — if it's a hole in the floor!

A spell at Sangam was a welcome relief, in more ways than one. I then headed south to see Mysore and the marvellous palace of the the maharajah, complete with stained glass from Glasgow; Bangalore; Ootacamund; Madras; and Rameswaram, the crossing point for Sri Lanka with its great white beaches like those in a Duran Duran video.

When I got back to the UK another chance to travel came when I enrolled at Middlesex Polytechnic. Each year the poly runs an exchange with Radford University, in Virginia, USA.

Who would turn down a chance to study in real "Waltons" country? On being accepted, I decided to stretch my stay by applying to work at Chalk Hills, a Girl Scout permanent camp, on the Menominee river, in Wisconsin.

I then planned to travel for six weeks, extending the trip to eight months. I was paid about £200 to work for the duration of the camp, plus the cost of the return flight to Chicago. From there to Chalk Hills took eight hours by road — as long as the flight! And it was very hot that day.

Chalk Hills, founded in 1939, is steeped in tradition and is very similar to a Guide camp in many ways. But some things are very different.

When, for example, we leaders took groups of girls out for small, overnight camps a few miles away, we had to hang all the food from the trees to stop the raccoons from eating it during the night.

They are clever enough to unscrew the cap from a tube of peanut butter, as I discovered when I left a tube lying around in my tent.

Other nightly visitors included deer, which munched loudly near our tents; chipmunks; grass snakes; a pair of eagles; and skunks. They're liable to make a terrible smell if pursued by children — another discovery of mine!

From camp I headed south to Virginia in a 1980 Datsun I bought for £125. It ran well for the 8,652 miles I drove it but shipped gallons of water every time it rained. I found Virginia — mountains and forests — very different to Wisconsin, the dairy state.

Radford University is in a beautiful setting, surrounded by mountains. The courses were hard work but we



Kay and Jill Wieber at Chalk Hills

did have fun. In October a group of us spent time in Washington DC and we were in New York for Thanksgiving.

In December my sister Sally arrived to explore the south east with me. In the car we headed for Memphis, which I had always imagined to be a hot, sunny place. The temperature was minus 6 degrees C, with a blizzard and the threat of a tornado.

We spent Christmas in New Orleans and New Year's Day on the road to Miami. The city seemed menacing to

us, as we'd arrived there at night to find every hotel full. After a long, anxious search we found vacant rooms galore down by the famous beach. Finally, on to Key West, the sub-tropical island which is literally the end of the road.

So back north to Cape Canaveral, Orlando and the Disney experience and then to Georgia and Savannah. There, on a very wet day in an extremely soggy Datsun, we visited the home of Juliette Gordon Low, who started Girl Scouting in the USA after meeting the Founder.

Our last stop was Charleston, South Carolina, and Boone Hall, the old plantation house, with its oak-lined drive, used in the epic *Gone With The Wind*.

With Sally gone, I returned to Radford and then made a trip to Wisconsin, stopping at Fairmount, home of Fifties actor James Dean. On another occasion I walked across a frozen river at the very point where I had swum in the summer.

Finally, my friends drove me to Chicago to catch the first of my homeward flights home.

Where next? Australia, Mexico, or back to the USA? Egypt, maybe. If I want to travel again as a student it's back to the packing shed and the greens, worse luck.

Still, as I've now discovered, boxing up broccoli pays better than cabbages!



Stepping out with Roger Rabbit

ESSAY COMPETITION

Did any girls in your unit enter the 1990/1991 Royal Commonwealth Society Essay Competition? It's an annual event, regularly supported by members of the GGA. If not, have a go this year — perhaps one of your girls will scoop a top prize.

RULES

1 Entries must be sent to Guiding Activities Division (International Department) at CHQ, accompanied by the coupon, which must be signed by a Guider, to arrive no later than Friday, January 31.

2 On the front page of the entry please give: name, date of birth, unit title, home address, age group, essay class, length of essay.

3 Essays should be handwritten, with a wide margin on the left-hand side of each page. (A disabled girl may type her essay, but an explanatory letter must be enclosed.)

4 A list of books read for information must be given together with details of any other sources of information used.

5 The essay may be supported by diagrams, maps or illustrations, but remember that it is an essay competition and the judges will concentrate on the written material.

6 NO ENTRANT MAY SUBMIT MORE THAN ONE ESSAY.

A small prize will be awarded by Commonwealth Headquarters for the best essays submitted in each class. Up to six essays in each class will then be sent to the panel of judges appointed by the Royal Commonwealth Society.

For an essay to be accepted, the date of birth must be included in the entry particulars and the entrant must have been born:

for Class A, in 1973, 1974 or 1975

for Class B, in 1976 or 1977

for Class C, in 1978 or 1979

for Class D, not earlier than 1980.

Age will be calculated at December 31, 1991. Entrants who are above the age for the class entered will be disqualified.

TOPICS

CLASS A — Approximately 1500-2000 words

1 Is north-south aid merely a means of assuaging the conscience of the developed world?

2 'Stagnation is the curse of all art forms' and 'technical excellence is not creative and therefore it is not art'. These two quotations are taken from one of last year's prize-winning essays. Do you agree that artistic expression and feeling have to undergo constant change and growth in order to ensure that a nation's cultural heritage flourishes?

3 Throughout the world there has been a steady shift of population from rural areas to towns. Is it desirable, or indeed possible, to reverse this trend?

4 Satellite pictures from space provide dramatic evidence of the interdependence and inter-connectedness of the earth as a single planetary organism. Human beings now have the technology but we still lack the spiritual vision and the political will to plan for the future of the planet as a whole. Do you think that the 21st Century will see the beginnings of the New Age or just the dying of the old?

5 Write a short story in which a grandfather, a tree and a musical instrument are the main elements.

CLASS B — Approximately 1200-1500 words

1 'Starvation in a world of plenty'. What measures do you think it might be possible to take to reduce the

inequalities in food supplies throughout the world?

2 Why do so many governments, rich and poor, spend so much money on weapons and military equipment which rapidly become obsolete and which ordinary people throughout the world hope will never be used?

3 All schools teach reading, writing and maths. What else should they teach, and why?

4 We all need water, food, fuel, building materials and power, and we are inclined to use them very wastefully. Can you suggest ways of conserving the resources upon which your country depends?

CLASS C — Approximately 500-750 words

1 Write a story set in your own town or village with characters based on people you know or have heard about.

2 Many kinds of mammals, birds and fish are under threat today. Describe one species that is threatened and explain why it is important to save it.

3 Your school is organising a 'Neighbour's Day' illustrating the past and present of the neighbourhood. Describe the activities you think should be included.

4 Write a letter to a friend or relation describing a day in your life — happy or sad — that you think you will never forget.

CLASS D — Approximately 450-650 words

1 Imagine you and a friend are out together and one of you is kidnapped. Describe what happens and how the prisoner is rescued.

2 What would you like your family to do to help prevent the destruction of the environment?

3 Write a letter to an aunt thanking her for a birthday present. Imagine it is a toy for a much younger child. You hate it but you must not tell her and you must not tell lies.

4 Write a true story about a naughty little boy or girl.

ENTRY FORM

NAME _____

DATE OF BIRTH _____

UNIT _____

ADDRESS _____

I certify that the enclosed entry is the unaided work of the above named member of the GGA.

Signed (Guider) _____

PRIZES

CLASS A

1st International air travel and study tour for two in Britain — or in another country if the winner is British.

2nd £100 cash and £30 books (Margaret Best Endowment).

3rd £75 cash and £25 books.

4th £50 cash and £20 books.

CLASS B

1st £250 cash and £50 books.

2nd £80 cash and £25 books (Margaret Best Endowment).

3rd £60 cash and £20 books.

4th £40 cash and £15 books.

Special Prizes: In each class there is a special prize available for a handicapped entrant (Sir Alwyn Ezra Endowment).

Note:

The values of the book prizes are of necessity approximate.

CLASS C

1st £80 cash and £20 books (Kenneth Whitty Memorial).

2nd £60 cash and £15 books (Kenneth Whitty Memorial).

3rd £45 cash and £10 books.

4th £30 cash and £10 books.

CLASS D

1st £60 cash and £20 books (Frederick Rapsey Endowment).

2nd £40 cash and £15 books (The Cumbria prize).

3rd £30 cash and £10 books.

4th £20 cash and £10 books.

YOUR LETTERS

THINK AGAIN

The Coatbridge Girl Guides Division team is very concerned about the implications of Stage III of the Adult Leadership Scheme. We are in agreement that regular training is necessary to keep the Guider's input in the unit up-to-date, but feel that the further qualification or residential weekend is an obstacle that some Guiders may not be able to overcome.

It seems to us that, considering the recruitment campaign last year, it would be very contrary to be asking experienced leaders to give up warrants if they are unable to comply with each part of Stage III.

It appears that Guiding has forgotten that our leaders are volunteers, giving up time and energy to plan, prepare and take meetings, along with their other commitments of job, family, home and church.

We in Coatbridge value the sacrifice that our Guiders make and do not wish to lose their contributions to the Movement. And so would ask that those who devised the section on further qualification/residential weekend to think again or show flexibility to these Guiders who are unable to reach this goal.

The Guiding Movement surely would not wish the publicity it could receive, after appealing for new leaders, when seen to be discharging those past their 'expiry date'.

JOYCE GALLAGHER

Division Commissioner
Coatbridge Girl Guides
Lanarkshire

OTHER OPTION

In October's Family Ties it was suggested that residential training is a compulsory requirement. The alternative offered is to

gain a further qualification, such as first aid, life saving/swimming. These are more likely to be a course of evening classes, an easier(!) option for those with young children.

I would suggest that the benefit of sharing problems/experiences with those beyond the District does have its own benefits.

GILLIAN REDRUP

Guide Guider
2nd Busbridge Guides
Surrey

PLAIN WARRANT

Why oh why is there not a set warrant for a Guider instead of having the name of the unit on it?

After waiting some time for my warrant, I finally got it only to find out I have to hand it back in a month, as my Brownie Pack is closing down due to lack of numbers!

It doesn't seem fair to have to go through another three to six months getting-to-know-you period before getting a new warrant if going to another Pack.

I feel very strongly about having to go through this again when I move on.

I would like to see a plain warrant without the unit name on it. What do other Guiders in the same situation think?

MISS HEATHER M HERD

Guider
175th Brownie Pack
Edinburgh

SURPRISE CHARGES

I am Treasurer for the District Commissioner and the Local Association and have recently received statements of account from the National Provincial Bank showing charges dating back to the beginning of the year.

The accounts have never

sustained charges before, were not in debit and, in any case, I was not informed of the change in policy, which now applies.

On contacting the bank I was informed that the policy is now to charge all clubs and societies which, in my case, is £6 per quarter plus 64p for every transaction.

I thought that, through your magazine, you may like to warn all other treasurers about this, before too many charges are run up on their accounts.

MRS K HICKMAN

Harrow
Middlesex

A HINT?

Are Thanks Badges being distributed nowadays too freely, especially to people past the age for uniformed Guiding but still with active appointments within the Movement?

Until recently they have been used as a tangible sign of appreciation to non-Guides for long-time help and support. So the receipt of a Thanks Badge, although gratifying for the esteem and affection it signifies, seems to place one outside the sisterhood of those who work for love and belief in our aims and require no other reward.

This feeling is shared by other friends likewise honoured whose first response was the same as mine — is this a gentle hint that our resignation would oblige. Disclaimed of course, but...

If the policy regarding Thanks Badges has been changed, what now have we to offer that is special to friends and supporters who are not members of the Guide Movement?

MRS B H OXBORROW

Tendring Division
Treasurer
Essex

DOG WATCH

I would like to make a plea to all Guiders that, when asking girls to deliver notices and so on, they impress on them not to insert their fingers through the letter box.

Recently I was badly bitten by a dog when I was putting a leaflet, advertising our fashion show, through a letter box.

If it had been a child's finger, I am sure the tip would have been bitten off.

I'd also ask any member who owns a dog, no matter how 'friendly', that she fits a wire basket over her letter box, so that the dog cannot bite anyone putting a note through.

MRS MARJORIE AKERS

Stowmarket and District
Local Guide Association
Suffolk

BADGE QUERIES

I am sure that other Brownie Guiders would also like to know the reasons why the Brownie Safety in the Home badge has been taken out of the new *Badge Book*, as this was a fairly popular badge within my Pack. Any comments?

I would like to congratulate the GGA for making the Knitter badge easier for Brownies to gain.

I agree with the Road Safety Officer for Strathclyde Region that the Brownie Cyclist badge is too difficult for that age group. Earlier this year only two of an original eight Brownies chose to continue with the badge after the first practice session. I would suggest that this is made into a staged badge perhaps with balancing skills as the first stage. What do other Guiders think?

JEAN CRAWFORD

Brownie Guider
West Lanarkshire

WITH PRIDE

In spite of the rain, what a really wonderful day several hundred Brownies, Guides and a few Rainbows had at London Zoo in September.

But how sad it was that so many Guiders felt it more important to wear the World Badge on their tabs rather than their own County badge.

I say, be proud of the County you represent and wear your County badge with pride when at such events.

Wear the World Badge by all means at non-Guide events to show that you are proud to be a member of such a great Movement, but *please* remember your County badge when in uniform.

MRS KATHY HANCOCK

Boston Division Badge Sec
Lincolnshire South

EQUAL SHARES

At our last Guide meeting we decided that each Patrol would make a fold-up screen to use for displaying posters, photographs... and which might come in useful when we put on entertainment.

Saturday saw me and my Unit Helper, who is also my husband, at the local DIY shop. We picked out some suitable timber to make the frames and, because exact sizes were not important, I asked the young man who served us to cut some of the lengths into quarters.

When I went to school, if you cut something into quarters you got four equal lengths. So I was surprised to see that in each set I had three pieces of wood the same and one about 2in shorter.

I pointed this out to the assistant, who patiently and very seriously explained that this was because timber now came in metric lengths!!!

My re-educated him a little. I walked away, seeing him muttering and selecting some new lengths of wood. My

husband assures me that he then used the till calculator to work out what a quarter of the four metre length was — in feet and inches.

JANE WILLIS

1st Okehampton Guide
Guider
Devon

NEW IMAGE

This week three members from our District attended a funeral of an ex-Guider/Commissioner.

We all were wearing different combinations of the new uniform. My mirror told me I looked up-to-date and smart.

At the event, several of the more mature ladies present approached us, not recognising the uniform, to see who we were and complimented us on our appearance.

So Guiders, let's have some heads held high and some positive thinking, looking forward not back. Things are changing fast and we must keep up with them.

JENNIE MARRIATT

Guider
1st Skegby (St Andrew's)
Brownies
Nottingham

ROMANIAN GUIDES

Having just returned from a walking holiday in the Transylvanian Alps, Romania, I was interested to read about the commendable Brown Owl who worked with the sick orphans in Bucharest. How I admire her. In the article it was indicated that there was no Guiding in Romania.

When visiting Brasov, I met a group of young people from Eastern European countries in the uniform of our Movement, who had just returned from a gathering held in Bran, a few miles away. It was the first meeting for 16 years a Scout leader told me.

Two of the girls, aged 11 and 12, had the Romanian

flag sewn on their very smart uniforms. Sadly we did not speak each other's language. However, it was a day I shall always remember.

MRS GILLIAN D BULL

Guider
2nd Chobham
Brownie Pack
Surrey

VISITORS

Two girls, aged 13 and 15, from Chernobyl, who were unable to speak English, shared our Company and home for ten days.

We saw the delight as these girls settled into a Western life style and appreciated the generous gifts, and outings, from Lincolnshire people and friends.

Should any Guider have the privilege of hosting such a visit, the reward far exceeds the effort and responsibility.

Hopefully these girls returned full of enthusiasm for Scouting and Guiding commencing in their country. Let's continue to sow seeds.

PHYLL SANDS

Assistant Guider
1st Hetheringham Unit
Dunston, Lincs

THANKS ALL

Last year I attended an international camp in Sweden. It was a trip of a lifetime and I thoroughly enjoyed every minute of it.

After the week-long camp, we spent seven days with a family. Hospitality was definitely the word — my family was really nice and friendly. I hope to go back this year and they're already suggesting coming to York.

Although the 12 attending the camp had only met a few weeks earlier for a couple of hours, we all got on really well. We were in tears when it came to saying goodbye at Manchester airport.

I made many Swedish friends from our sub-camp. I'll certainly have a lot to think about on future

Thinking Days — it'll mean much more to me.

I'll always treasure my memories of Sweden and the people, and would like to take this opportunity to thank everyone involved in organising this trip. I wouldn't have missed it for the world!

REBECCA NASH

Ranger and Young Leader
36th Rotherham Church of
Ascension Guide Company
South Yorkshire

TEA BREAK

This summer, for the first time since I was one myself, I went camping with the Guides. Not many things seem to have changed over the past 20 years but I now understand something that had always puzzled me as a Guide. Why our Guiders headed for the nearest tea shop on our free afternoon. Now I know what they were doing: simply looking for somewhere to sit down.

MRS ALYSON M SMITH

Guider
1st Cornwood Brownies
Ivybridge, Devon

LOST BADGE

I wonder if any reader can help me replace my old-style Queen's Guide badge. I lost mine at our annual St George's Day parade last April. All my attempts to trace it drew a blank.

I was awarded the badge in 1967 but am still active in the Movement. My Division Commissioner kindly gave me one of the new type but it is not the same.

If anyone out there can help, I'll be happy to pay — if I could borrow one. I could perhaps try and get it copied.

It is the old First Class badge with the crown on top and it must be the hardest thing I ever tried to get.

MRS D M E SHEILS

Mackworth Methodist
Guider, Derby

• You can contact Mrs Shiels through **GUIDING**.

More letters on page 60.

WIDEN YOUR HORIZONS

Women now take more than half the photos processed in the UK. If you're one of that eager band of snappers, resolve to enter our New Year competition. We've got two super cameras as prizes that are bound to help you take even better pictures of your unit in 1992.



The Samsung AF400 Compact is handy for those outdoor action shots, weighing just 170g it fits snugly into the palm of your hand. It can also take

'panoramic' pictures — extra wide photos up to 10ins by 3.5ins in size — so there's no danger of missing any of your girls off when snatching that

round-the-camp-fire shot!

Simply decipher the ten well-known camera terms hidden in our cryptic wordsearch — the clues can run horizontally, vertically and diagonally — and send the answers with your name and address to Samsung Camera Competition, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT.

The lucky winners will be the first two correct solutions drawn on February 3.

RULES

- 1 The Editor's decision is final.
- 2 No correspondence or communication will be entered into.
- 3 All entries must be received by January 31, 1992.
- 4 No cash or other alternatives to the prizes listed are available.
- 5 Entering the competition denotes acceptance of the rules.
- 6 Employees of Samsung Ltd and their relatives are ineligible to enter.
- 7 Do not enclose any other correspondence with your entry.

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



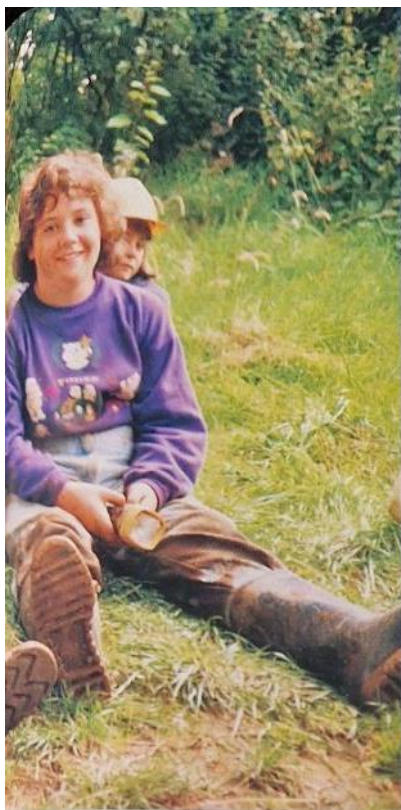
PEOPLE *and* PLACES



JENNY ASHMORE — GASTON



EY PHILPOTTS



KATH WILEY

MUD PACKS

▲ Caving can be a mucky business as these girls from Charlton Brook District in Sheffield found out.

It was just one of the challenges the girls enjoyed on a visit to the local Activity Centre at Whiteley Woods.

IN THE PICTURE

◀ Cameras at the ready this quartet from North East England is on the hunt for photo opportunities, while at an international camp in Sweden.

ROPE WORK

◀ Where there's a will, there's always a way. That could well be Irene Hotchin's motto. There was no way she was going to miss out on a GIFIC excursion to Brownsea Island when her wheelchair was hitched to ropes pulled by her very own 'slaves' — the rest of the team.

NO JOEING

▶ 'Aunty Maureen' makes her way through a hot dog and gets her 'plates of meat' a rest.

Like all the other Scarborough Guiders and girls from the 1st Cayton Rainbow Unit she was sporting a clown costume for the special afternoon out.

GOLDEN GIRLS

◀ Friends made through Guiding last a lifetime. Here five 'Golden oldies' who met over 50 years ago as Rangers in Bridgend are reunited at Kath Turner's (second from right) golden wedding celebrations.

J. HIND





WORD PERFECT

Rita Eustace only really appreciated the life-enhancing skills Guiding had given her when she was faced with a difficult period in her life.

After being made redundant several times, Dermot, Rita's husband, became a partner in a computer company, but luck was still against him and the business folded. That was when Rita became a part-time lecturer at the local technical college to bring in some much-needed cash.

Looking back, Rita believes that without the skills she'd gained as a Brown Owl and the confidence she'd built up running a successful Pack she'd never have done it.

'Running a Brownie Pack gives you the experience of dealing with a group of people who are not necessarily of the same age,' Rita explained. 'And it's the same at college where I have students with a variety of abilities.'

'I wasn't trained as a teacher, but running a Brownie Pack certainly made it possible for me to go in there and stand in front of all these strange children. I thought: I can do this with a class.'

A busy mother of two teenage girls, Rita is one of those gifted people who can pick up a foreign language almost instantly. She can speak Danish, French, German and Spanish fluently and also reads Italian, Norwegian and Swedish. She can translate from one foreign language to another, read the works of the world's great authors in the original and specialises in translating the type of technical work many of us would have difficulty deciphering, whatever language it was in.

The first language Rita learned, apart from English, was Danish as her father comes from Denmark. Although born in Royston, Hertfordshire, Rita grew up in Enniskillen, Northern Ireland, where her father ran a thriving business exporting eels.

'It was a beautiful, interesting place to grow up,' Rita said. 'Everyone was really friendly, even if we were "foreign heathens!"'

Languages were 'absorbed' rather than acquired from text books, Rita explained. 'My father spoke Danish and German and we were always going over to those countries on business, so I always spoke a certain amount of German.'

'At school we started French at nine. We had an excellent teacher who was a charismatic person married to an equally charismatic man.'

They taught us languages, but they also discussed morals, attitudes, art, music... and we sang a lot in French class. I can't remember when he officially taught me German, but I know we spoke German quite a lot.'

A career in languages wasn't Rita's first choice, however. 'I wanted to study science. But it wasn't possible to do A level science at my school until the year I left,' she said.

'I do feel really bad about that, but there's no point dwelling on it. Eventually I went to work for a pharmaceutical company where they paid me to study O level biology and chemistry, which was very rewarding. I would have stayed there, but I got married and we

moved too far away.'

Dreams of being a scientist reluctantly abandoned, Rita gained a first class degree in French and German at Trinity College, Dublin. She moved to London in the Sixties and studied romance languages at Kings College, London.

Rita met Dermot at a party. They now live with their two daughters aged 14 and 16 in Bishop's Stortford, a busy Hertfordshire market town on the outskirts of London.

Rita wasn't able to be a Brownie or a Guide, but joined the Movement later in life. She recalled: 'My friend was a Guide, but I just couldn't get there. My mother was a Tawny Owl and I've got aunts who were involved, but it was just not convenient for me at the time.'

'I became involved with the Brownies because of my two daughters. Suzanne's Brown Owl had an operation, and she needed somebody to help because she had surgery on both her hands.'

In an ideal world there would be no need for translators...

Now Rita is in charge of the 9th Bishop's Stortford Brownie Pack. 'Bishop's Stortford is a growing town. There are new houses, new families and we had such a blossoming of Brownie Packs at the time, I think we ended up with about 16. I had my arm twisted into taking one of them because someone else was leaving,' she said.

Rita and her husband have won through their difficult times. Dermot now sells insurance and Rita is concentrating on her career in languages. But she admits she hasn't come through the experience unscathed.

'I don't think it is something that one ever recovers from. Like any experience it leaves a mark, which is part of how your character is chiselled out. I think it helped me understand how other people in this position feel when one lives from day-to-day.'

'I come from a family that has always been unnecessarily frugal, so being economical has never been a problem for me. I have an allotment and feed the family from that, and bargains from Sainsbury's. But it would be lovely to have a jacuzzi and gold taps on the bath!'

A keen gardener, there are times when Rita wishes she could spend lots of money on her hobby. 'It would be nice to just go out and buy all the

plants you need,' she said wistfully.

After working part-time teaching communications and business studies at Harlow, Rita is now a part-time lecturer at Bell College in Saffron Walden.

She loves helping her daughters' friends and local Guides as they approach their GCSE French and German exams. The girls are always telling Rita that 'they just don't understand' and she tries to dispel some of the mystique.

Guiding offers a tremendous opportunity for young girls to travel and develop their knowledge of languages, she believes. 'One Guide who had been to Vienna '90, gave us a wonderful, unscripted slide talk. It was a really amusing, informative talk. This is how I think Guiding can open up a whole new world.'

A member of the Institute of Linguists, Rita has set herself up as a freelance translator. But, surprisingly, there's not a huge demand for her services. She said: 'It is difficult to get work. But I feel sure one day the floodgates will open, I am sure it is just a matter of finding the right job.'

Rita believes that, in an ideal world, there would be no need for translators. 'Although I am a translator, I actually think that translating is an impossible activity.'

'It's essential because there are always going to be people who can't read the original, but I feel there is no substitute for reading it yourself.'

'You gain such a lot if you can read the original. Take Dickens, for example, it only sounds right if you read it in English. At university there were people who read the French novelist Balzac in English. That's like French cooking without the garlic!'

'I would have been a rugby widow, if it hadn't been for Guiding!'

When Rita is asked to translate a text, she respects the confidentiality of her clients. Translation is like being told somebody's secrets. I could tell you things that would get us both into an incredible amount of trouble. It is very confidential.'

British people are renowned for their reluctance to learn other languages. But Rita believes they'd learn more quickly, if they were bombarded with Continental music, films and television, just as Europeans are fed a

steady diet of British and American material.

'Although I am terrified of the Channel Tunnel, I think it will give us a chance to start speaking other languages,' Rita said.

'A lot of my college friends married foreigners and have bilingual children. I think that sort of thing has put my children on their toes, because they think: "That's not fair! He can speak English with us and then he goes out into the street and speaks French with his French friends".'

Meanwhile, Dermot has been very encouraging about Rita's work with the Brownies. 'My husband is very supportive and puts up with the amount of time I spend going to camp. He even comes and digs latrines. I think it makes up for his rugby — I would have been a rugby widow if it hadn't been for Guiding!'

LUCY DREW



THANKS TO BROWN OWL

In 1971 I became a Brownie and, a year later, transferred to the 16th Bethnal Green Pack.

My first evening was made extra special by the presence of a little girl named Beverley, who I had always wished was my friend.

Over the years I got to know Beverley very well, and our friendship grew because of Brown Owl. She taught us to love and laugh and to play and pray.

Beverley and I were never in the same Six or later Patrol — for obvious reasons — but we were both Patrol Leaders.

All through Brownies and Guides we stuck together, often known as the naughty or mischievous two.

The final straw for Brown Owl, which led to my being expelled, was when she caught me letting off stink bombs behind the piano.

Although expelled on a Thursday, I remember the phone call on the Sunday asking me to return to Guides as the reading in church that day was about forgiveness. So the next week I returned, just to show there were no hard feelings between Brown Owl and myself.

Now I am a Brownie Guider and have always said that, if I ever have girls half as bad as I was, I would have to retire as I could not cope.

Beverley now has two sons, the eldest is my godson. Both her children and our husbands have grown to love and respect Brown Owl. And, in the same way, we have all become part of her extended family.

Although now retired from Guiding, Miss Lawrence continues her interest in the Movement through her regular reading of the monthly publications.

We would like to take this opportunity of saying a big thank you for all the time she has given us; the fun she has shared with us; and the life skills she taught us from which our families are now benefiting.

ROSEMARY BAILEY AND BEVERLEY STEWART

RECORD DELIVERY

In just one year the Guiders in our unit have produced five babies. The first was Adam, March, 1990, followed by Kingsley in April. Then there was Thomas in December and twins Laura and Sarah, who came into the world in March, 1991.

In fact in total, over the last three years, our District has produced ten babies, split between three units! Is this a record?

SANDRA, ELAINE, CAROLINE AND NICOLA

8th Hastings (Blacklands) Guides
East Sussex

CALL FOR AGE CHANGE

It is now possible for a female nurse to continue to work until 65.

Nursing is very arduous and stressful. In comparison, Guiding gives me the relaxation and change of environment that I need. I return refreshed to the people in my care.

Provided I have my health and strength, I intend to work until 65 in the NHS.

I wish to continue the same length of service as a Brownie Guider.

There are many other Guiders who also feel as I do all over the country.

Isn't it time CHQ listened to the unit Guiders? We are hard pushed to keep units open, with lack of suitable leaders and trainers.

An older Guider has more time and tolerance. She is usually established in her chosen career, or homemaking role, and does not have to cope with the pressures of a young, growing family.

At a recent training, this subject was heatedly discussed. It was felt that CHQ should revise the retirement age for Guiders to 65 years with no age limit at all for Unit Helpers.

Grandmothers have a fund of talents which are useful to the girls, and Unit Helpers support us as Guiders; we cannot function without them.

MIRIAM E DOBSON

Welwyn Garden City, Herts

RIGHT TIME

For the past two years I have been fortunate in having a member of our local Rangers helping me to run my Pack.

When Kerry Patmore started, she was in the throes of studying for exams and has since gone on to take a course at the local FE College, but has rarely missed a Pack meeting or other events.

We were all delighted when she was awarded her Young Leader's Certificate.

As she is only 17, she has to 'mark time' for a year before she can start on her Adult Leader training — at least that is what I have been told by the powers-that-be.

I appreciate she is not 'old' enough to run a unit, even though she is very mature for her years and has the respect and enthusiasm of the Brownies.

Surely, if her Guider and Commissioner feel that she is ready, she should be allowed to start adult training now.

Some would argue that she will gain valuable experience during the coming year, as she takes on more responsibility for the Pack. But, as we are so short of leaders, do let them take the first steps in training while they are keen and relatively free from other commitments.

LIBBY WELLS

Guider

1st Ware (St Mary's) Brownies
Hertfordshire

CELEBRATING

I have just collected my daughter after a week at Guide camp. What a wonderful sight to see happy and fulfilled girls alighting from the coach! How right the new uniform looked, as it did in church last month when the Company celebrated its Silver Jubilee.

I wish to thank my daughter's Guiders in particular, but also all the other Guiders who've taken their Guides camping last year, giving them such a unique experience. Your efforts are appreciated.

JULIA FAIRHURST

Mother of a

4th Maidenhead

(Methodist) Guide

Berkshire

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.

adelboden

Switzerland
Bernese Oberland

Group accommodation facilities for adults and children

At the very heart of a beautiful mountain landscape, Adelboden lies at a healthy altitude of 4,450 feet above sea level. This jewel of a mountain village is lovingly cared for by its inhabitants.

In spring, summer and autumn, sports and walking enthusiasts will find everything they can possibly desire. In winter, Adelboden provides kilometres of snow-sure runs in a skiing region of legendary beauty, as well as many opportunities for walking.

In Adelboden, we do everything we can for holiday visitors of all ages. Please ask for our detailed list of hotels, holiday apartments and group accommodation.

Contact the Tourist Office CH-3715 Adelboden.

Tel: (0041) 033 73 22 52 Fax: (0041) 033 73 42 52.

CLASSIFIEDS

CAMPSITES AND ACTIVITY CENTRES

Belchamps Scout Centre

Popular site near Southend-on-Sea comprising thirty acres of woodland and pasture, four separate camping fields. Direct access from site to 360 acres of public woods. Variety of indoor accommodation ranging from small timber bunkhouses/kitchens, toilets/showers, and activity/dining areas. Site facilities include Archery, Shooting Range, Assault Course, Climbing Wall, Badminton, woodland Chapel, nature trail, hot showers and well-stocked wood-piles. Convenient site Shop/Provisioner for uniforms, scouting goods, camping requirements, groceries, provisions and confectionery. Sports centre/Swimming pools minutes from the site. Friendly site, open all year round, with helpful Service Crew and Warden. Semi-rural but with the added advantages of all the amenities and entertainments of a seaside town close at hand. Close to local station on the Southend to London railway line. Regular bus services. Send SAE (foolscap) for brochure to: Resident Warden, Holyoak Lane, Hawkwell, Essex SS5 4JD Tel 0702 205081 (9-5 not Tuesdays).

DRUM HILL CAMP SITE: Camping, two indoor accommodation blocks. Abseiling tower, air rifles, hot and cold showers, facilities for disabled. Central for Peak District, Alton Towers, American Adventure Park. Details: A5 SAE, PO Box 153, Derby DE3 6YB Tel 0332 831233.

WALESBY FOREST SCOUT CAMP SITE

Nottingham's County Site in Robin Hood Country. 250 acres of camping grounds plus indoor accommodation. Assault course, Archery, Climbing, Air rifles, Air pistols, Pioneering, Orienteering, Fishing, Open air swimming pool, all available on site. Flush toilets, showers, providore, Scouters Club and Storm Hut. More details from the resident warden David Liddle. **WALESBY FOREST SCOUT CAMP** BRAKE ROAD WALESBY NOTTS NG22 9NG TEL: 0623-860202

BEDFORD DIVISION ACTIVITY CENTRE, Bromham. Fully equipped residential building and nearby unequipped campsite in private woodland. Village 3 miles west of Bedford. Details SAE Mrs. Milton, 25 Lime Close, Bromham, Bedford, MK43 8HD.

GINCROFT CAMPSITE, Edenfield, Ramsbottom, Lancashire. Wooded company and patrol sites, equipped for 36. Mains water, electricity, flush toilets, shower, fridge. Easy access to motorway network. Hill walks, activity space. SAE to Lorna Riley, 23 Ratcliffe Street, Haslingden, Rossendale, BB4 5DE.

Kingsdown International Campsite

A SITE FOR SHORE EYES!

First class indoor accommodation and camping in White Cliffs Country, overlooking the English Channel.

WOULD YOU LIKE TO.....
canoe on the crest of a wave.....go sledging in midsummer.....climb with the clouds.....aim to be marksman of the week.....or have a leisurely day out in France?

Kingsdown offers all this and more.

Phone or write for details: Charlie Leadbetter, Kingsdown International Scout Campsite, The Avenue, Kingsdown, Deal, Kent, CT14 8DU. Tel: 0304 373713

WARREN FARM, Beauieu, Hants. Solid shelter, toilets, private beach, archery, canoeing, sailing, SAE Miss Stevens, 25 New Zealand Avenue, Salisbury SP2 7JX.

- Fordell Firs - Activity Centre of the North

A delightful 30 acre site situated in the Kingdom of Fife, but just 15 miles from the centre of Edinburgh. Easy access by train or bus - Inverkeithing is a mainline station on London - Aberdeen line.

The centre is open all year. A modern, fully central heated accommodation chalet sleeps 36, or our smaller chalet sleeps 18.

Ample camp site spaces for small or large groups. Camping equipment may be hired.

Activities include archery, shooting, abseiling, assault course, pioneering, field studies. Contact Warden for full details.

National Scout Activity Centre, Fordell Firs, Hillend, Dunfermline, Fife KY11 5HA Tel: 0383-412704 Fax: 0383-414892

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.**

GUIDE HQ close Richmond Park/Kew Gardens. Ideal Pack Holidays. Guide/Ranger weekends. 18 minutes central London. Centrally heated. Details Miss Sharp, 45 Graemesdyke Avenue, East Sheen, SW14. SAE.

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. Guilders 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.

BRIDLINGTON, Yorkshire Wolds. Family hotel offers reduced rates for Brownie Pack. Group holidays. Self catering but all food, bedding included (weekends from £19.50, four nights £39.00). For details, Telephone 0262 673871.

ACTIVITY CAMPS

Wales • France • Spain

Fully equipped camps

Areas of outstanding beauty

Groups of any size

Over 20 exciting activities

Qualified, resident instructors

Established 1982, ABTA 12328

For a colour brochure, contact

ACORN VENTURE

Worcester Rd, Hagley, Stourbridge

DY9 0NW Tel 0562 882151 (24 hrs)

SOMERSET COUNTY CAMP SITE. Edge of Mendips near Cheddar. Wells. 3 Sites each with toilet block, dry shelter, wood, water, equipment available for hire. Details SAE Mrs. A. Weeks, The Forge, Vicarage Lane, Wookey, Wells, BA5 1JT. 0749 673596.

HERONS WEY, Surrey. 50 acres site, woodland, river frontage. 3 miles Farnham, some flush toilets, solid shelters, equipment for hire. SAE Mrs. Bonvan, 1 Rosemary Avenue, Ashvale, Hants, GU10 5PB.

CRICKET CAMPSITE

Bursledon, Hampshire

A beautiful camp site set in 407 acres of Country Park, close to the M27 with good facilities for full troop or patrol camps.

Situated 10 minutes walk from the River Hamble, where canoeing and qualified instructors are available.

Also available is Abseiling, Archery and Rifle Shooting.

Flush Toilets, Showers, Hot Water. Pack Holiday Centre (open to schools).

Write for brochure to: J. Veal (Hon Secretary), **ITCHEN SOUTH DISTRICT SCOUT CAMPSITE, 12 Barton Drive, Hedge End, Southampton, Hampshire, SO3 2FF.**

FRANCE, Camping in the Loire Valley. English Guider would welcome Guides, Rangers or Individuals. For further details Tel: or Fax: Richard Higgins 0706 861 082.

FOREST OF DEAN, Park End Church campsite. £3.00 p.p. p.w., minimum charge £50. Full details from Cannon Davies, tel: 0594 562284.

BROMHAM

County Scout Camp site 4 miles Bedford, 12 acre field, 20 acre wood, open all year. Modern training centre, dormitory block, showers, toilets, pioneering, orienteering, providore, ideal for pack holidays and all sizes of camp. All youth groups welcome.

Details from **Dept S, 48 Motlivers Lane, Bromham, Bedford MK43 8LD, 02302 3138.**

SILVER SAPLING SILVERDALE, Lancaster and Morecambe Divisions campsite, in beautiful wooded area on the edge of Morecambe Bay. Equipped and unequipped sites, excellent facilities, including electricity. SAE for details: Mr F. Barnby, 51 Burlingham Park, Cabus, Garstang, Nr. Preston, PR3 1SJ.

GROUP TRAVEL SPECIALISTS, UK and foreign youth travel efficiently organised. Russell Haffer, Holidays(GG), 26 The Square, Ashfield, Dunblane, FK15 0JN 0786 824515.

HOLIDAY ACCOMMODATION AND CAMPSITES

GADDES DON ROW GUIDE CENTRE. Equipped pack holiday indoor centre with camp site. Telephone, Suitable Brownies, Guides, Rangers. Near Whipsnade, easy reach London. SAE: Marked GRGC, Miss Webb, 8 Flint Cottages, High Street Green, Hemel Hempstead, Herts. HP2 7AJ.

HOLIDAYS & ACCOMMODATION

SKREENS PARK SCOUT AND GUIDE CAMP SITE

ROXWELL CHELMSFORD, ESSEX

52-acre parkland with lake for swimming, canoeing, fishing. Pioneering abseiling, archery also available. Two indoor centres (36 each) with facilities. Plus campsite toilets and showers. New wet weather covered area. Providore for sweets, drinks and souvenirs.

Information SAE to: Mrs I Fisher, 28 Pryors Road, Galleywood, Chelmsford, Essex CM2 8SA.

EQUIPPED HOLIDAY CENTRE near Southport, sleeps 24. Suit all sections, handicapped and mixed groups. SAE foolscap to: Mrs. Stubbings, 96 Dunbar Road, Birkdale, Southport PR8 4RL.

CANAL ADVENTURE JOURNALS

There is so much to do and see on a week's cruise starting from Braunston, the waterways centre of England. We have self-steer or skippered boats ranging from the simple to the luxurious, please phone RUGBY 890784 for our latest colour brochure or write to **UNION CANAL CARRIERS, Bottom Lock, Braunston, Daventry, Northants.**

FRYLANDS WOOD Scout Camp Site, Featherbed Lane, New Addington, Croydon, Surrey, 081 657 1154. Warden: Terry Cawley. Controlled by Ravenshill District Scouts. Very large wooded site close to London, serviced by frequent trains from Croydon. With two large indoor accommodations for Cubs, Scouts, Brownies, Guides. A large, well stocked providore and games room and many other activities.

LONGRIDGE SCOUT BOATING CENTRE

The 1992 programme is now available giving full details of:

WATER ADVENTURE WEEKENDS

★ (BCU) and (RYA) Courses ★

★ General boating courses ★

together with full information on camping and indoor accommodation

and general boating.


For your copy send SAE 9½" x 8½" to:

Manager,

Longridge Scout Boating Centre,

Quarry Wood Road, Marlow,

Bucks. SL7 1RE.



Auchengillan

A warm Scottish welcome awaits you!

* Auchengillan is a 65 acre International Scout Centre in Stirlingshire with panoramic views of the surrounding hills and Loch Lomond.

* There are three indoor heated centres for up to 60 people to choose from available all year.

* Many on site activities are available including archery, abseiling, rifle shooting, orienteering, cycle hire and grass sledging on the U.K.'s longest Cresta Run as a supplement to traditional Guide skills.

* There is a swimming pool, shop and laundry on site.

* The Centre is an ideal base for touring and is next to the West Highland Way.

For information please contact Andy Wilson, Centre Warden, Auchengillan, Blanehead, Stirlingshire, G63 9AU. Tel. (0360) 70256.

LIFE style



MORAG WHYTE FROM ALEXANDRIA, DUMBARTONSHIRE

Morag, who is training to be a Brownie Guider, designed the butterfly logo for Celebration '91

“As you can imagine, I was delighted, as well as surprised, when the butterfly design I submitted late in 1989 was accepted for Celebration '91.

Since then, my butterfly has settled on Celebration '91 sweatshirts, T-shirts, a tapestry kit designed by the Royal School of Needlework, a “limited edition” Royal Worcester plate, mugs, stickers and badges set.

These have been sold at the Trail '91 camps, as well as in Guide shops all over the country. The logo has also been used in various other ways in the Trail camps.

I am pleased to say that all this has done my ego no damage whatsoever. And, if I have made a useful contribution to the celebrations, it gives me great satisfaction.

The butterfly is, of course, symbolic. The Japanese use it a lot to represent happiness and eternity. I feel it is particularly appropriate to Guiding which, like the butterfly, goes on and on, being constantly renewed.

Girls come into Guiding like the caterpillar — rather green! Then comes the metamorphosis when, hopefully, they emerge like the butterfly to spread their wings, having been nourished by Guiding.

I can honestly claim that Guiding has *always* been part of my life. My mother, Moira, took me to camp and other events when I was a baby — and even before that!

She went canoeing with Rangers at an outdoor centre while carrying me. I hope I didn't rock the boat.

My mother became involved in Guiding only after she had left school and joined the Sea Rangers in Clydebank. She then became a Guide Guider and, after she married and moved to the Vale of Leven in Dumbartonshire, a Ranger Guider.

Eventually she became District Commissioner for the Vale of Leven South Division. She also served as Outdoor Activities Adviser for Dumbartonshire and, later, as Young Leader Adviser for Central Division.

So, as you can imagine, I was like a young butterfly in a butterfly garden — drawn irresistibly to the nectar of the Guiding plant. Straight from the chrysalis, I joined the 3rd Vale of Leven Brownies.

I was brought up in the lovely Vale of Leven, at Alexandria, the small town where my parents still live. Loch Lomond is only a short distance away.

After Brownies, I joined the 3rd Vale

of Leven Guides and, eventually, the Vale's Ranger Unit. And then I returned to my old Brownie Pack, still with the same Brownie Guider, to become her assistant for a year.

I have yet to obtain my warrant and it may be some time before I can hope to do so because I am now in my third year of a four-year BSc course in clothing studies.

This involves a year's work experience in industry, which is why I am currently living at Enniskillen, in Northern Ireland, and working in a clothing factory there.

I'm a sort of progress chaser. I time the girl operatives at their work and try to encourage them to work faster. Naturally, this does not do anything for my popularity on the shop floor — but they haven't stitched me up yet!

Unbelievably, the people in this part of Ireland are even friendlier than they are in Scotland and I have yet to see any sign of the Troubles.

When I am not in Enniskillen I am at the Scottish College of Textiles in Galashiels — the textile faculty of Heriot Watt University, Edinburgh.

I was at Netherurd, the Scottish Guide training centre in Peeblesshire for the Trail '91 camp. I made the costumes for the opening ceremony, depicting the history of the Rangers over 75 years, the costumes being based, of course, on the butterfly theme.

But I also made a costume for a caterpillar — a very hungry caterpillar, gobbling up the years of Ranger history — and for “Space Woman” who came on for the finale to signify that “the sky's the limit” for Rangers.

Which reminds me, I must return to active Guiding as soon as possible. It's a great life and I can hardly wait.”

MARGARET McMANUS

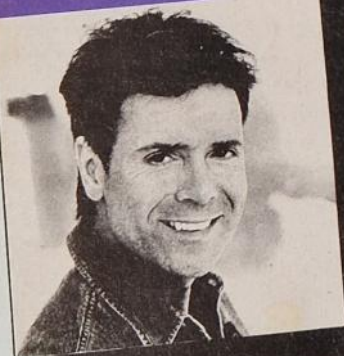
HELP US FIND THE GUIDES FUNDRAISER OF THE YEAR

"The Guides Fundraiser of the Year" is the special category of the National Fundraising Awards, sponsored by Webb Ivory.

There's a prize of £1,000 for the winning Brownie, Guide or Ranger Unit, to be presented at a special awards lunch to be held in London in May 1992. The prize will be presented, subject to professional commitments, by Cliff Richard.

We're looking for the Unit who have shown the most effort, commitment and originality in raising funds for a worthy cause.

CLIFF RICHARD
Celebrity Judge



The winners may not necessarily be the ones who have raised the most money.

For a nomination form, write to: Cliff Richard, c/o Webb Ivory, Primrose Hill, Preston PR1 4WL.

Or telephone (0772) 51773.

Last date for nominations is March 1, 1992.



Webb Ivory

**NATIONAL
WEBB IVORY
FUNDRAISING
AWARDS**

If you'd like details of how Webb Ivory can help you raise funds, please return this coupon to: Webb Ivory, FREEPOST, Primrose Hill, Preston X, PR1 4WU.

Please send me without obligation my FREE Spring Fundraising Catalogue.

☐ (I am over 18)

TAIA

MR/MRS/MISS _____ INITIAL _____ SURNAME _____

ADDRESS _____

POSTCODE _____

(Don't forget your postcode)

We reserve the right to refuse any application. Applicants in Eire will be served from our Dublin Office.

