

GUIDING

JUNE 1992 £1.05

**NURSE
AT
WAR**

**ROCKET
TO
RIDE**

**WHEN
TO
SAY
NO**

**YOUTH
AT
WORK**

**SETTING
SAIL**

**CAMPING IN
KATHMANDU**

**THINKING
DAY
RECORD**





**Guiding
is...
doing
a job
properly**

front PAGE

I have just returned from the Young Career Woman's Award. The Award is organised by the UK Federation of Business and Professional Women, and its main aim is to honour young women who have shown achievement, set out future goals and are planning career patterns to achieve them.

There were 11 candidates and Jenny Ashmore, the Junior Council Chairman, and I were invited to see their final presentations. The whole experience was a complete eye-opener. The first candidate gave a five-minute presentation and I was amazed to hear she had set up a business selling cakes and cookies and now has a worldwide franchise.

The next competitor had struggled to gain a job as Estate Manager of Fountain's Abbey and Studley Royal, a National Trust property. The job would normally have been allocated to a man, since women so rarely get into



CEILING BREAKERS

top management positions. But she had proved her worth and broken through the 'invisible ceiling' which prevents women climbing the management ladder.

All the presentations were eloquent and each career progression quite staggering. To me the most inspiring

candidate was Yve Carter, who actually came second. She is director of her own recruitment consultancy and has a young baby to cope with at home.

As Guiders, many of us have to get the balance right between our families, our Guiding commitments and our occupations. Maybe, the next Career Woman's Award will be for someone who manages her career as well as finding time to give something back to the community.

The career women of 1992 are 'trail blazers', setting examples of how we too can progress. Guiding is all about struggling to achieve our full potential. Our role as Guiders is to nurture the adventurous spirit in our girls, so they progress to greater things.

Although we did not get a chance to ask the candidates if they were once Guides, I'm sure some of them were!

LARA BROOKES
The Junior Council

GUIDING

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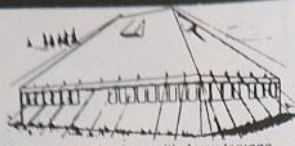


KIM TONELLIAT SCAGNIN'S STUDIO

FRONT COVER

When Guiders Jayne Treadwell (left) of Medway Division Rangers and Karen Fegan of Stroud Town Rangers brought some of their girls up to London for a photo shoot, they weren't expecting to take a turn in front of the camera. But they were such naturals we turned them into cover girls.

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Round UP

◀ PAPER ROUND

Yesterday's news is proving to be a lifeline for Shropshire Guides and Scouts.

They've been selling old newspapers to a recycling firm to provide funds which help keep their Scout and Guide headquarters running.

'We go out collecting every six weeks,' 1st Shifnal Ranger Guider Sue Podmore said. 'Residents have been really helpful and, sometimes, up to 15 tonnes of old newspapers have been collected.'

▼ HANDS ON!

This mob of handy Brownies earned their Conservation badges after taking part in a clean-up operation at their local woods.

The 7th Kidderminster Pack, St Chad's, from Worcester-shire donned protective gloves and set to work on the task set for them by the Wyre Forest Council Ranger Service.

The environment-friendly Pack helped clear a stream at the Spennells Valley woodland nature reserve in Kidderminster and also learned about the perils of river pollution.



Round UP

▼ B-P PALS

Two friends from the 4th Bourne Company in Lincolnshire have just attained their Baden-Powell Trefoils. Karen Stevenson (left) and Isobel Bratley, both 14, became friends through Guiding and have been with the same Company since they were ten. 'They are both superb Patrol Leaders,' said their proud Guider Margaret McGregor, who presented the girls' certificates.



▲ NEW WAVES

Some Surrey Brownies are having fun learning the Morse Code — thanks to a radio enthusiast who helped them out on Thinking Day.

The girls from 1st Riddlesdown (St Edmund's) Pack in Sanderstead, near Croydon, are the first in the country to try out a new game devised by radio ham Philip Pardey.

Phil came up with the idea when he was asked to help the Brownies prepare for Think-

ing Day On The Air. The Brownies love the game which is based on one of their favourite sports — tennis.

In fact, some are so enthusiastic about transmitting messages across the airwaves that they have earned their Radio Communication and Signaller badges.

▼ HERE'S HEALTH!

Four Brownies from Cheshire were awarded a trophy after raising the most money for

their local hospital in a sponsored walk.

The members of 35th Warrington Pack raised £250 for Halton Hospital's physiotherapy department, after taking part in the Hike for Health fundraiser. Snowy Owl Heather Hodson and Brown Owl Beryl Morton also put on their walking shoes.

The other Brownies were so impressed that they're eager to take part in the next fundraising venture.

LINCOLNSHIRE FREE PRESS/SPALDING GUARDIAN



◀ ADOPT-A-GRAN!

Pensioner Gweneth Robinson is grandmother to 13 Rainbows! The girls have adopted her as their official Rainbow Nanny.

The 1st Paston Rainbow Unit in Peterborough welcome Gweneth, who already has two grandchildren of her own, to meetings and are eager to hear all about her childhood.

District Commissioner Valerie Ostler said: 'She comes to meetings and joins in the games. The Rainbows love her and they are going to give her an unofficial tabard.'

'These days so many children live too far away from their grandparents so they don't see them. We thought it would be really nice for them to have another granny.'

PETERBOROUGH EVENING TELEGRAPH

Joanna Shackleton turned back the pages of Guiding's history when she was invested into the Northallerton District Ranger Unit.

It was 17-year-old Joanna's idea to mark the 75th anniversary of the senior section by wearing antique Guiding gear for the ceremony in a suitably 'olde worlde' setting.

So Joanna squeezed into a 1940s' uniform, while her Ranger Guider Dorothy Salmon borrowed a 1945 outfit.

The venue Joanna chose for the ceremony was a reproduction 'film set' mock-up at York Castle museum of a picturesque Edwardian city street.

She realised that King Edward VII's short reign ended six years before the inception of the Ranger Guides but it was the nearest she could get to the authentic atmosphere of York in 1916.

There was also a problem with the 1916 uniforms, as Joanna explained: 'I went to Leeds to borrow a couple of uniforms of that era from a private collection, only to discover that the only ones available were too small. Girls weren't built so big in those days, it seems.

'I was able, in fact, to get into the 1916 Guide uniform, but it fitted me like a corset, and, being 75 years old, it was very delicate.

'I would have almost certainly burst out of it, so I was not allowed to take it and had to settle for uniforms from the 1940s. But, when Dorothy and I put them on, we still felt a sense of history which made my investment seem extra special.'

Normally, of course, Joanna and other members of her Unit, in North Yorkshire North East County, wear '90s-style sweatshirts and trousers in standard Ranger turquoise and navy.

Joanna joined the Unit at the end of October, last year, and since her investment could not take place until February her own celebration of the 75th anniversary had to be a little late.

The Unit is very active and raises money for various causes, including the charity Sight Savers.


Joanna, of Brompton, near Northallerton, is currently gaining work experience as a nursery assistant at a primary school, having taken a year out of college, where she is training to become a nanny.

RICHARD DOUGHTY

A SENSE OF HISTORY



Joanna Shackleton and Dorothy Salmon sporting their antique Guiding gear



Turning a jam jar into
a work of art

Guiding

When it comes to fundraising ideas the Westburn Rangers are in a class of their own. One of their all-time successes involved kidnapping the County Commissioner and demanding a ransom from the Brownies and Guides to get her back safely.

'We went to ask her husband for money too,' recalled Lesley McFadyen the Unit's spokeswoman, 'and he gave us some money to keep her!'

In the past few years the girls from Greenock in Strathclyde have raised hundreds of pounds for various children's charities. To do so they've taken part in everything from a sponsored midnight exercise-cycle marathon to a 24-hour fast.

Currently all nine members of the Unit are working towards their Queen's Guide Awards. They are following in distinguished footsteps for in 1985 Rangers from Westburn were the first in Scotland to qualify for the new Queen's Guide Brooch.

Their Ranger Guider Elizabeth Lavelle believes in democracy in action and in treating the Rangers as young women not children. That means staying out of programme planning sessions and trusting the Rangers to combine pleasure with achievement.

Although there's been a fair number of meetings in burger bars, pizza parties and jacuzzi jaunts plus beach barbecues, sauna sizzles and video viewing, the Rangers still find plenty of time for more traditional Guiding activities.

The night *GUIDING* popped in the Unit was getting to grips with glass painting. And cooking is another firm favourite.

Not that the Rangers are expert chefs. In fact, Elizabeth tells some horror stories of their culinary disasters. 'We once held an international cooking event,' she recalled. 'I was expecting them to come up with beautifully prepared exotic dishes. But all they

ding in action

In a class of their own — the Westburn Rangers



NORMAN BURNISTON

managed to produce was a packet of Chinese chicken and a packet of beanburger mix!

Elizabeth admits to being 'the outdoor type at heart' and, ignoring any initial reluctance, she encourages the Rangers to enjoy the wide open spaces. They have camped throughout the beautiful mountain region near their base.

However, camping on the west coast of Scotland can be a soggy affair. Elizabeth explained: 'Round here it rains so much that you either get used to wet camping or you just forget the whole thing.'

She has vivid memories of one particularly damp camp: 'When I ran Guides, I went on a nightmare camp that I don't even like remembering. It rained for 12 out of 14 nights!

'When the coach pulled up back here at the end of the fortnight, all these girls piled off moaning to their parents about how awful it had been. And that was after I'd given up two weeks of my holiday!' she said.

On the Rangers' last camp at South Newton, it was the same story. Lesley summed it up as: 'Rain, rain, rain.'

But, even though they got drenched, the Unit thoroughly enjoyed life under canvas. 'Especially the final evening disco with the Venture Scouts,' said Elizabeth, who refused to divulge any more details.

The damp weather means that expeditions to cities are more popular with the Rangers than 50-mile hikes. 'It's a good job really,' confided their leader. 'I'm not as fit as I used to be.'

Last year the Rangers went on a culture weekend to Glasgow, where they took in art galleries and exhibitions, plus a performance by the Scottish Philharmonic Orchestra.

The Unit also takes an active interest in public affairs. Recently they invited a councillor to their meeting to explain the subtleties of local government and asked a lawyer to talk about the legal system.

'That was an interesting session,' said Elizabeth. 'We ended up having a discussion on devolution. It was fascinating to see how many different views there were even in this small group.'

Elizabeth is sad that more young

women don't have Westburn Rangers' opportunities.

'I'm just sorry that we don't manage to reach more young people,' she said. 'I feel there's never been a greater need for Rangering.'

What's lacking, she believes, are the young women to lead Ranger groups. 'And the best place to recruit those is from today's Rangers,' she insisted.

Her Rangers are already showing a flair for leadership. For, in spite of hectic schedules — this is Highers year for most of them — all these Rangers are Young Leaders.

Leafing through the Unit's photo album, Elizabeth proudly pointed to faces from the past — all are now Ranger or Guide leaders.

'Sometimes I feel that at 47, I'm too old to be a Ranger leader myself,' she sighed. 'But then I enjoy it and this lot seem to enjoy their Rangering.'

The loud cheer of enthusiastic support that suddenly interrupted the Rangers' top of the pops sing-a-long was all the reassurance she needed.

AROUND THE WORLD IN A STEEL YACHT

The 'toughest yacht race ever' is the British Steel Challenge, a spectacular round the world race which starts this September. Justine Cotton will be the youngest woman taking part.



Starting in Southampton, the British Steel Challenge goes the 'wrong way' round the world — a feat never attempted before. Ten identical steel yachts will battle against all the prevailing winds and currents as they circumnavigate the globe on an eight month voyage over 28,000 miles.

The first port of call is Rio de Janeiro, followed by Hobart in Tasmania and Cape Town, before returning to Southampton in May 1993.

The race has been organised by yachtsman Chay Blyth to commemorate the 21st anniversary of his own solo circumnavigation along the same route. It is a particularly special race because the crew members are ordinary people who have been given the opportunity to be extra-ordinary.

I am lucky to be one such person. I first heard of the Challenge on the national news in January 1989, while at home on holiday after my first term at Exeter University. University life had opened up new pursuits to me. Sailing on the river Exe was one of them and must have whetted my appetite for yachting. So, full of enthusiasm, I applied the next day.

The competition for places was fierce, many others had heard the news item and many more applied during the Boat Show at London's Earls Court in January. Then, on my 19th birthday, a letter arrived from Chay Blyth saying he wanted to interview

Justine is winched up the main mast



me. My first reaction was tremendous joy and then — panic!

Could this dream become reality? I knew I had to prepare well for the interview, but how? What were the essential qualities one needed to sail the wrong way around the world? And what attributes did I have? Coming from the heart of industrial Lancashire I didn't have much sailing experience and felt it was necessary to promote myself as the outdoor type.

From my Brownie days I had been keen on outdoor pursuits. Our Pack was in a rural area and we had plenty of opportunities to go hiking, swimming and pony trekking. I had also learned practical skills such as basic cookery and how to tie knots.

While I doubted that we would have egg and chips on the yacht, some cooking skills would add interest to the monotonous round of freeze-dried meals. And a basic knowledge of knots would be very useful.

I also remembered from those early Brownie days that I had a keen competitive spirit and I took great pride in earning my badges.

Armed with these 'skills' I went for

my interview, quite prepared for rejection. People had told me that I would need to be an experienced sailor, but I desperately wanted to take part and was quite undeterred.

My enthusiasm and determination must have shone through because Chay selected me on the spot. My parents, who had accompanied me, were in a state of shock and my mother asked him why he had made his mind up so quickly. He replied that it was because of my enthusiasm and obvious self-esteem — two vital qualities.

Fantasy was now reality and I was glad I had not listened to those who had said I had no chance. This is a lesson I will never forget.

During 1989 the project was still in its infancy. Not one of the ten 67ft long yachts had been completed and it all seemed very distant. It was not until April 1990 that things began to come to life, when the first yacht, to be used for training purposes, was named *British Steel Challenge* by the Princess Royal, the patron of the race, at the Royal Naval Dockyard, Plymouth.

Later in the summer I first sailed on her in the English Channel and had a taste of how I would spend eight months of my life. I realised then exactly what I had let myself in for — the physical and mental demands of the race were going to be enormous.

During 1990 and 1991, while studying for my degree, I took part in four five-day training sessions. These were designed to familiarise me with the yacht. Not only did I need to know how to sail, but I had to be fully conversant with the plumbing, mechanics, electronics and the navigational equipment on board. It was also important to be aware of the dangers.

This certainly would not be a pleasure cruise as many of my friends and relatives thought. For eight long months I would be living in close confinement with 13 other people, on whom I would depend for my health and safety, if not my life. I would be sailing through the toughest and cruellest seas in the world, in sub zero temperatures in the southern oceans, and then through the hottest climate imaginable.

I would be frightened at times by huge waves crashing relentlessly against the deck and frustrated at others with no wind and nothing to do but think longingly of home!

The training took place in all kinds of weather, mainly in the Solent or off the coast at Plymouth, with the odd trip to Jersey.

Sailing through the night was a particularly uplifting experience. I was frightened at first, especially when the weather was rough. However, each time I sailed, I found myself gaining in

confidence. I even volunteered to climb the 86ft mast to check the rigging.

It was not long before I realised the importance of physical fitness and embarked on a rigorous exercise regime. In one training session we had to rise at 6am, blow up a dinghy and row ashore, run for four miles, swim, row back to the yacht and sail for the rest of the day. Back home I do circuit training and regularly run five miles.

During the training sessions I met many of the other crew volunteers, but when assigned to my real crew and skipper at the beginning of this year I found I only knew two of them.

I had known for some time that I would be sailing on the yacht named and sponsored by Rhone Poulenc, a French chemical and pharmaceutical company. As the youngest female crew volunteer, I had named their yacht at the London International Boat Show at Earls Court early in 1991.

At 22, I am the youngest on my yacht and one of three females. The oldest is a man of 60 and our occupations vary from school teacher to prison officer.

We still have much to achieve. Personal fitness is important, not only

skipper's cottage in Boulogne Sur Mer, France. For the entire nine days we were confined to the house — apart from early morning exercise — just as we will be on the yacht. We had no heating, hot water or fresh food.

We started our days at 6am with a light breakfast followed by a timed four-mile run. During the rest of the day we had to motivate ourselves. We had many discussions, small presentations and I organised aerobics.

The aim was for us to get to know one another under these conditions and we certainly did that.

Since then we have sailed on the Solent and we are off to France again shortly for more intensive sailing training — something which we will be doing regularly until the start of the race.

The race starts from Southampton Water at noon on Saturday, September 26, 1992 and will be covered by the BBC's *Grandstand*. Our progress can also be followed on the TV news. Also available — specially designed for schools — is the *British Steel Challenge School Pack*, which can be obtained from British Steel.

Little did I know, all those years ago, that the skills I acquired with my Brownie Pack would give me a four-



Justine with race organiser Chay Blyth

so that we can winch up the sails but also to cope with the cold and irregular sleeping patterns. We will be lucky to get more than four hours sleep at any one time. It is also essential that we work well as a team — a fact that our skipper thinks will win us the race!

The first training together was a nine-day compatibility course at our

modation to build upon, to mould my character, to give me the determination and the confidence to embark on this... the ultimate adventure of a lifetime.

JUSTINE COTTON

● Turn to page 38 for information on learning to sail.

THE FACTS OF LIFE

Five years ago, a 15-year-old girl died giving birth alone in the sacred grotto of her home town in Southern Ireland. Her parents had no idea that she was pregnant. Too scared to ask for help, the schoolgirl had hoped to give birth in secret and leave the baby at the church.

Even in these sexually explicit times teenage girls can and do get pregnant. Government figures released earlier this year show that the number of schoolgirl pregnancies has increased by over ten per cent to 14,000 a year.

The price paid by gymslip mums can be high. At best, education and career plans have to be rethought. At worst, botched home abortions or secret births take their tragic toll.

These are facts that, as an organisation committed to the advancement and well-being of girls, we cannot afford to ignore. The mounting figures demonstrate the crucial importance of sex education.

This is hardly a new issue for the Association. The

first handbook for Guides, published in 1912, argued that girls should be given the facts of life.

Its message was clear: 'The very secrecy with which we withhold all knowledge from the girl prompts her the more to take her own line equally secretly, and, therefore, injuriously.'

Sixteen years later Dame Katherine Furse urged the Association to think carefully about how it dealt with sex information.

In *The Guider* of March 1928, Dame Katherine suggested that 'the avoidance of this subject is probably often due to repressions and inhibitions among grown-ups, who, having suppressed their own instincts were too often disinclined to face the subject courageously'.

The article below first appeared in *TODAY'S GUIDE* in October, 1990. We make no apology for reprinting it — its message is still crucial. We hope that you will not only read it, but give it to the people who need it most — the girls themselves.

Have you ever wished that someone would just give you a few straight answers? Sometimes it's not that easy — especially when it comes to the 'facts of life'.

There's an awful lot of mystery surrounding the big 's...' word. Ideally we'd all learn about sex as naturally as we learn about other natural functions, like eating for instance. Unfortunately,

it doesn't work like that.

The whole subject is hedged around with so much embarrassment, not to mention talk of gooseberry bushes and storks, that it's no wonder we end up red-faced when we have to ask basic questions.

But it's important to remember that sex is a natural part of human life.

Some people still argue that teaching youngsters about sex encourages them

to start experimenting. The statistics show that this simply isn't true.

As one pregnant teenager told Diana Birch, author of *Are you my sister Mummy?*, 'They started sex lessons at school after I was already pregnant.'

In fact youngsters who have had sex education are *less* likely to end up pregnant.

Leaving it too late can be dangerous. One recent survey showed that over

50 per cent of girls have had sex before they are 16.

Mary Porter of the Family Planning Association says, 'My view is that youngsters should have positive sex education quite young, around seven or eight. Not necessarily a formal lesson but it is an issue that should be discussed.'

OLD WIVES' TALES

'You can't get pregnant if you do it standing up ... when you've got a period ... if you're under 15 ... if you wash with cola afterwards ...'. None of these statements is true but that doesn't stop people passing them on as fact, or stop people believing them.

Some youngsters know the facts but simply don't connect them with what they are doing. One pregnant youngster told Diana Birch, 'I knew we were having sex and that we weren't using anything and I suppose I knew how girls got pregnant but somehow I didn't put the two together in my head.'

Knowing the facts means that you can make an informed decision about what you want to do without being fooled by playground myths.

And it should give you the confidence to say 'No', if someone tries to press you into doing something you know is not right for you.

DETECTIVE WORK

So where do you get the information from?

Most youngsters and their parents feel that schools should provide sex education. The Department of Education agrees that sex education should be a part of the school curriculum.

However, it is not compulsory. So what you actually get depends on the individual teacher. And, although some schools do an excellent job, others fall short of the ideal.

School sex education often only covers basic reproduction. Sex as it is taught in biology lessons can come across as a mechanical act with no discussion of the emotions or morals involved.

Maxine, a pregnant teenager featured in a BBC TV programme, *Schoolgirl Mum*, was not impressed by what her school provided.

'I think sex education is a load of rubbish in school,' she said. 'They talk about where the sperm meets the egg and all about the woman's body and the man's body ... once you've learned that you want to go on to how not to get pregnant and what to do about it. But they don't teach you them things.'

Some schools skim over aspects like sexually transmitted diseases (STDs) such as herpes or AIDS, as well as contraception and 'safe sex'. It can

READING

Make it Happy, Make it Safe by Jane Cousins-Mills, Penguin.

Talking Sex by Miriam Stoppard, Pan.

Loving Encounters by Rosemary Stones, Piccadilly Press.

What's happening to my body? by Lynda Madaras, Penguin.

also be very difficult to ask questions in front of a class.

MUM AND DAD

Parents and friends are the other main sources of information. Friends often don't know much more about the



subject than you do, but that won't stop them trying to sound like experts.

However, talking to friends can reassure you that you are not the only person in the world who's been left out of a big secret.

Parents are a much better bet, although if you've never broached the subject before you may find it a little

USEFUL ADDRESSES

Brook Advisory Clinics, Central Office, 153a East Street, London SE17 2SD. Tel: 071 708 1234. (For your nearest office phone the number above.)

Family Planning Association, 35 Mortimer Street, London W1N 7RJ. Tel: 071 636 7866.

ChildLine 0800 1111. (This helpline is free.)

embarrassing to start with.

You may find that they'd assumed you already knew the basics.

Books are another good source but it's important to pick the right ones. Start with the booklist on the left of this article.

And don't forget your Guider either. She'll probably be glad to answer any questions. It might even be possible for you to set up a discussion group with your Company or Patrol.

LEGAL MATTERS

The age of consent in England is 16. That means that it is illegal for any male (aged 14 or over) to have sex with a girl who is under 16.

The boy can be prosecuted even if the girl was willing. The girl won't be prosecuted because she is seen as a victim. However, in some cases, she could be taken into care.

Once you reach 16 a doctor can give you contraceptive advice and prescribe the pill without telling your parents.

However, in special cases, a doctor can give a girl under 16 contraceptive advice without telling her parents.

At 16 you can get married with your parents' consent (this doesn't apply in Scotland where you don't need parental consent) but you have to be 18 before you can marry without their blessing.

Homosexuality between men is legal over the age of 21. However there is no age of consent for lesbians.

IT'S YOUR BODY

Of course there's a great deal more to sex than just the physical act. Some people believe that it is best kept within marriage.

Whatever you do, it's important that you remember that it is your body. No one else has the right to touch or use it in a way that you don't like.

An adult who asks you to do something you don't want to do and asks you to keep it a 'secret' is abusing his or her position and your trust. Some secrets are not meant to be kept, so find another trusted adult — parent, teacher or Guider — and tell them what has happened.

Don't let anyone blackmail you emotionally. A boy who says: 'You would if you loved me' or 'Everyone else does it' isn't worth bothering with. And giving in won't keep him around.

In the end it's down to you to make your decision. But don't do it in ignorance. Make sure you know all the facts and think carefully about all the issues involved. Ask yourself: 'Is this the right time, place and person?' If the answer to any of these three is 'No' then don't go ahead.

DIANA WALLACE 13

Network

▼POP SHOW

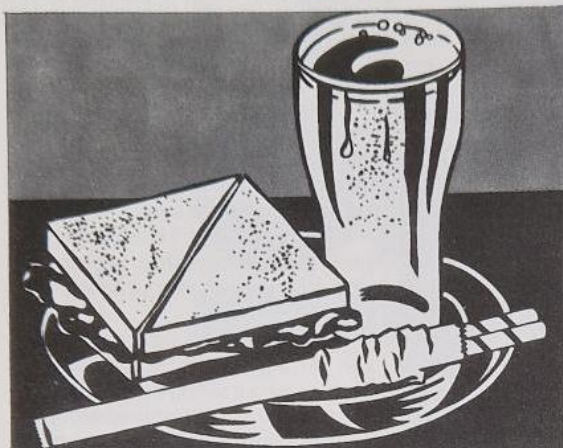
Remember Pop Art... comic strips, Coke bottles and Marilyn Monroe? Fashionable in the late '50s and early '60s, Pop borrowed techniques from commercial art to produce bold images of contemporary life — especially its celebrities and consumer goods.

A new touring exhibition, *Pop Prints*, presents an overview of this influential movement, featuring works by

famous British and American artists such as Andy Warhol, Richard Hamilton and Roy Lichtenstein.

Now on the Isle of Man, until June 6, *Pop Prints* moves to London's Royal Festival Hall (July 17-August 16) and then, over the next two years, goes round the country. For details, tel: 071-921 0861.

Untitled (sandwich and glass) 1964, by Roy Lichtenstein



▼IN THE SWIM

Can you swim a mile — either on your own or in a relay team? Yes? Then why not dive in during National Swimfit Week, June 14-21.

Organised by the Amateur Swimming Association, the event challenges individuals and teams to swim a mile — with two objectives. First, to encourage swimming for fitness. Second, to raise money by sponsorship for the Multiple Sclerosis Society, which funds

research into the disease and also cares for MS sufferers.

Multiple Sclerosis, the most common disease of the central nervous system, currently affects over 80,000 people in the UK.

For more details of Swimfit week, pick up a leaflet in branches of Do-It-All, the Bradford and Bingley Building Society, or in your nearest MS charity shop. Alternatively, phone the Swimfit hotline on 0382 25093.



●TICK TALK

Are you aware of ticks? If you're out walking this summer you should be.

Ticks are tiny, blood-sucking creatures found in grassy or wooded areas, especially on bracken. In their larval stage, they attach themselves to animals. But, as adults, they often feed off people and, if infected, may pass on Lyme disease. This disease can have serious complications.

Don't panic. The chances of being bitten by an infected tick are low — even lower if you take common-sense precautions like keeping arms and legs covered, tucking trouser bottoms into socks, wearing shoes not sandals and, after a ramble, checking yourself for ticks.

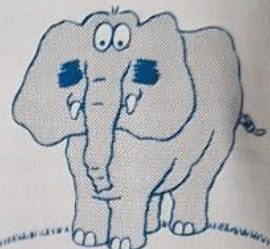
If you do find a tick, remove it as soon as possible as it may not have started to feed. Using tweezers, grasp it close to the skin and twist out gently. Then clean the wound with antiseptic.

A helpful leaflet called *Just a Tick* gives more information on tick bites and Lyme disease. To get a free copy, send a sae (4ins by 8½ins) to Environmental Health Dept, New Forest DC, Appletree Court, Lyndhurst, Hants SO43 7PA.

●HOME TRUTHS

For more and more people an evening out means an evening in — staying at home with a bottle of wine or pack of beer and watching a video.

The drinking at home trend, stimulated by alcohol availability in supermarkets, has implications for young people.



DRINKWISE
Never forget there is a limit.

In particular, there's the question of example: Do we know the recommended limits? Do we observe them? And there's the question of access: How easy is it for children to help themselves?

This year's Drinkwise Day, June 9, focuses on drinking at home. Look out locally for exhibitions, road shows, competitions and other activities, all designed to raise awareness about sensible drinking — especially in the home.



▲NATURE PROJECT

Last year the 1st Charmouth Brownies did a nature survey around Golden Cap, on the Dorset coast, and entered it for the BNA's Blake Shield Competition.

It was so good that they won book prizes and a certificate of merit. This year, could your unit be lucky?

The competition, for a nature or conservation project, is open to groups of young peo-

ple aged 8-16 with adult team leaders. The closing date for project reports is September 12, but groups must register by June 30 — so hurry.

Send sae for details and application form to Blake Shield Competition, British Naturalists' Association, 48 Russell Way, Higham Ferrers, Northants NN9 8EJ.

► WATERY WORK

National RiverWATCH, a survey of Britain's rivers, is aimed at children and involves them in a series of study projects.

It consists of three self-contained packs, each containing all the information and back-up material needed for a phase of the survey.

The second pack, just published, focuses on the river bank — its habitats, wildlife and use by people. As a resource for project work, the pack can be enjoyed at any time of the year. But to be part of the national survey, the river bank study must be done between June 1 and August 31.

The River Bank Pack, price £5, is available from National RiverWATCH, c/o Richmond Publishing Co Ltd, PO Box 963, Slough SL2 3RS. For further information on the survey, tel 0992 501879.

Stream clearance



DAVID WOODFALL/RSNC

▼ CITY GEMS

Medieval charters, illuminated manuscripts, rare maps, civic regalia... just some of the items on show in *The Celebrated City*, an exhibition of treasures from the Corporation of London's collections.

As well as reflecting the

City's 800 years of history, the exhibition features the Corporation's fine art heritage. Paintings displayed include works by Holman Hunt, Landseer, Rossetti plus Dutch and Flemish masterpieces.

The Celebrated City is at London's Barbican Art Gallery

until July 19. Open daily. Admission £4 adults, £2 concessions. Further details on 071-638 4141.

The Opening of London Bridge by William IV, by Clarkson Stanfield

Network

● BAND STAND

Calling all music-makers, especially bandswomen! Band-A-Thon '92 is happening — and it's not too late to join in.

Open to all bands — every type, size, age — Band-A-Thon is a nationwide music event, supported by BASBWE (British Association of Symphonic Bands and Wind Ensembles) in aid of the Muscular Dystrophy Group.

Bands taking part arrange their own concerts at any time this year, raising money through admission, programme sales, sponsorship...

The MD Group, which funds research into this fatal, muscle-wasting disease, will receive 70 per cent of Band-A-Thon money; 20 per cent goes to your organisation and ten per cent to BASBWE's Trust for young musicians.

To register and receive details — including posters and sponsor forms — send the band's name and address to Edward King, Band-A-Thon Co-ordinator, 31 Reservoir Road, Solihull, West Midlands B92 8BA.



● FREE FACTS

So you're concerned about nuclear power, but how much do you really know about it? Are you aware, for instance, that unlike stations fuelled by coal or gas, nuclear stations do not produce any greenhouse gases?

To address the public's concern — and hopefully lessen it — Nuclear Power plc has produced a series of free information leaflets. These cover the environment, future energy supplies, safety, waste and radiation.

The first leaflet is now available: send a sae (4ins by 8½ins) to the Nuclear Electric Energy Information Bureau, PO Box 441, London SE21 8HH.



GUILDHALL ART GALLERY

BLAST-OFF AT CAPE COBHAM

NASA's Cape Canaveral must have been a dull, boring old place on Thinking Day '92 because all the action was right here, in the UK... at GASA's Cape Cobham!

Throughout the weekend of February 22-23, 170 Guides worked with feverish intensity as the launch pad was made ready for GASA's great space spectacular on Thinking Day Plus One, when no less than five rockets whooshed into the sky.

GASA? Oh, that stands for the Guides' Aeronautical and Space Administration, based at Cobham, Kent, near Gravesend.

It's just as 'national' as its American counterpart but is actually run by Kent West Girl Guides and the Administration's control centre is at the Meadow Rooms, Cobham's village hall. County Commissioner Marigold Happe is in overall charge.

Eight months previously she had said to Division Commissioner Joyce Bowden and District Commissioner Veronica Rees: 'Can you do Thinking Day On The Air, please?'.

Building a space station —
out of bubble wrap



Fine-tuning
the rocket
fins takes
time and
patience



So, suspecting that this was more of a command than a request, Joyce and Veronica got into a huddle and pooled their ideas.

It was Joyce who had the brainwave: she suggested a massive blast-off into outer space, with inter-galactic Guides of Kent West building a space station and assembling spacecraft.

It was to be a fantasy, enacted in a Thinking Day play, but with real, live rockets — proper rockets with motors. Maybe not quite so big as NASA's but not those light-the-blue-paper Guy Fawkes' jobs, launched on a stick from a milk bottle.

The idea took off immediately but, make-believe or not, 'Operation Universe' had to be 'scientifically correct' in every detail.

So, eight months of painstaking research and planning by Joyce and Veronica followed. By the time they

were ready for the final countdown, the two Commissioners were practically astro-physicists themselves.

As for the GASA rockets, they came in handy self-assembly kit form — having been bought from a shop at Bromley, Kent!

A lot of valuable technical advice came from the University of Kent's own space rocket department, who also supplied a couple of their experts to supervise the launch.

Here, Veronica Rees takes up the story of 'Operation Universe' and explains the object of this great extra-terrestrial exercise:

“The aim was to stretch the girls' imagination to the limit on Thinking Day, while retaining the traditional radio link-up with other Guides around the world.

We wanted to make them reflect deeply on the meaning of life and to consider the possibility that, while there are Guides all around planet Earth, there may be Guides and Brownies on other planets within this galaxy, the Milky Way, or in others.

And to realise that, even if there are not, no one can say that there will not be in time to come.

The storyline of the play — which was actually written by the girls themselves — involved a great deal of travel and to get this right we sought information from all kinds of people. British Airways, for example, sent us videos, Aeroflot sent us posters — even the Body Shop helped us with posters showing different ethnic groups.

I wrote to Guam Islands Tourist Information Department about Bikini Atoll because it was from there — in the play — that the Guides had to bring cesium dust, needed as a rocket propellant, to the Falkland Islands, site of the launch.

Our cosmos-probing Guides went half-way round the world to deliver the cesium, by train, air and sea, taking in several continents. They even passed through Mexico, calling in at Our Cabana, on the way!

That was soon after their aircraft had crashed in Brazil's Matto Grosso region — with only minor injuries, fortunately — and they had to hack their way through the jungle to reach Manaus for a flight to Mexico.

All the timings, routes and modes of transport had to be verified so that the play storyline, although fantastic, was credible, with a factual base.

There were three missions in Operation Universe. The first was to deliver the cesium dust from Bikini to get the rockets off.

On arrival at base on Thinking Day

the girls on that mission were given a brief. By evening they had designed the scenery, produced the costumes and written the play, which they then performed before an audience.

Girls on the second mission were next to arrive. Their task: to build ICOSS — Independent Cell of Space Station — which they duly completed

600ft. A smaller one, about 12ins long, rose to about 900ft. One rocket was fitted with a camera with which we hoped to get an aerial picture of the girls on the ground.

However, there was nothing on the film when we got it back from the chemist's. They blamed the developer. I don't think that would have happened



VERONICA REES

and slept in overnight, within the village hall, having eaten starburgers around a camp fire.

To give ICOSS a "zero gravity feel", the girls had a real parachute, in brown and gold, which was used to form a canopy in the roof space of the Meadow Rooms. We bought it secondhand.

On Sunday morning came the order: "Destruct ICOSS". This was efficiently done — but with much popping of plastic bubble-sheet.

Mission No.3 began with the arrival of more girls. Some were required to design and make up intergalactic suits and others to assemble the rockets from kits.

We had bought ten rockets requiring varying skill levels to build them. They came with a nose cone, body, fins and engine. In the nose cone was a parachute which operated automatically when the rocket was spent, enabling it to land undamaged so that it could be re-used, with a new engine fitted.

After a Thinking Day service it was countdown to lift-off when five rockets of various sizes were fired electronically by our scientific consultants from Kent University.

The biggest rocket was about 4ft long and rose to a height of about

at NASA, somehow.

There were, in fact, ten rockets available but five were not completed, one having been stuck with the wrong glue. But, after all, think of the times they've had to abort at Cape Canaveral!

With a radio station on site, the girls were able to make contact with other Guides and Brownies, as well as listening to conversations from the Cape Verde islands, Malta and Japan.

The London and South East Chief Commissioner Billy Everett docked with the space capsule during its flight and chatted to astronauts before the earthlings' banquet, at which American space ice-cream — chewy, like soft rock — was served.

The greetings we received that memorable weekend came mostly from planet Earth and the one we treasured most came from ex-Guide Helen Sharman — an astronaut who knows from experience the problems you can get with glue, bubble plastic and suchlike.

Kent West's next blast-off takes place in 1994. You are advised to book your place in the viewing tower now!

Two potential GASA astronauts enjoy the inter-galactic fun

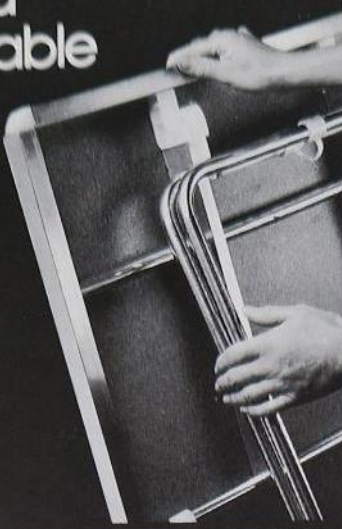
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Girl Guides Association Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ.
Tel: 061-941 2237 9.00am to 4.30pm Monday-Friday.

These items are also available at any of the Girl Guides Association Shops at:
17/19 Buckingham Palace Road, London SW1W 0PT; 130 Green Lane, Palmers Green, London N13 5UN.
5 Ryder Street, Birmingham B4 7NE; 164 St. George's Way, St. John's Precinct, Liverpool 1;
14 Faraday Street, Manchester M1 1FS, who can supply all your Guiding requirements.

For an Association that takes as its watchword **Be Prepared**, I'm always astonished how many members seem to be taken by surprise at the advent of the yearly Census.

All over the country there seems to be a ritual amount of wailing and gnashing of teeth over how on earth a unit is going to be able to pay the annual subscription.

I'd like to suggest a simple answer: plan in advance. One unit I know has a scheme that works for them and seems to be a fairly painless process.

Currently, each girl is asked to pay £6 in September and at Easter for their Guiding, but the £6 is doubled to £12 in January to also cover the annual subscription. That way the leader knows what her income is and how much she has to spend. She can budget efficiently.

The money is collected at the beginning of each term, cutting out time wasting at weekly meetings. It also means there are no payment problems if a girl misses a meeting.

Parents are quite used to the concept of paying in a lump sum for their youngsters' needs, whether it is school dinners, swimming club membership or ballet lessons, so they won't be thrown by the notion.

It could have a spin-off benefit too. If parents have already paid for their daughters to go to Brownies or Guides, they might be more inclined to make sure the girls get there every week.

A good leader will know of any family where the system could cause hardship and make a discreet arrangement with the parents. A unit whose finances are well-organised can always waive subs in cases of real difficulty.

I realise that the cost of Guiding is an

a personal VIEW

emotive issue and many people are desperately anxious that girls who may really benefit from membership are not kept away because of cost.

But my own feeling is that we price ourselves and what we offer too low. Remember if we don't value what we offer, no one else will. If you investigate how much girls spend regularly on cans of soft drink, crisps and other junk food, you'll soon see that £6 a term is a real bargain.

If you are still not convinced, calculate how much a trip to the local swimming baths, roller disco or cinema costs. Yet here we are providing a leisure activity that fulfils educational as well as physical needs.

Once a unit's finances are on an even keel, the need to devote ever more time to fund raising vanishes. If you really like running jumble sales, there's nothing to stop you having one, of course.

You could, however, probably afford to donate part of the proceeds to a local or national charity. Or how about a little self-help? Send a donation to the Girl Guide Friendship Fund to be used to assist less fortunate girls both here and abroad.

The point is if you hate that type of event and prefer devoting time to doing things with the girls, you'll be able to. It also cuts down the demands you'll need to make on parents. And, maybe, they will be more willing to

help with lifts to camp or a spot of badge testing.

I know if I am going to give up a precious Saturday, I'd rather take the girls out for an adventurous activity than spend it in a stuffy hall sorting out smelly old clothes.

Even in these hard times, I'm sure you'll find that most girls still get the same amount of pocket money. Many of them spend much more on the way to a meeting than they are asked to pay in subs, so why should we be expected to give them Guiding on the cheap?

Talk to parents and you'll discover that some of them think we are paid for our efforts on behalf of their daughters. Explain that we are all volunteers and they'll register disbelief that someone is still doing something for nothing in this mercenary age.

If you are still feeling even vaguely concerned about the amount you are asking parents to pay, check out the local baby-sitting rates. After all, at the very least, we do provide a safe place for them to leave their offspring.

The idea of charging a realistic price for Guiding can be applied to other events like camps and activity days. For instance when we decided to take a group to LASER '91, we asked for £85 for the week. No one objected. Compare that to the price asked for school journeys — or other activity camps — and we are still offering very good value.

I'd recommend setting a realistic price on Guiding, the benefits are enormous.

JOY CONLON

County Commissioner
London South West

P.S. I am also an Assistant Guider, the parent of a Ranger Guide and ex-Venture Scout living on a London housing estate.

Rainbows love Rainbow Rabbit

Here's what one Bury Rainbow wrote:

'Dear Rainbow Rabbit

I'm having a great time at rainbows it would be even better if you were there...'

Look for Rainbow Rabbit in **RAINBOW GUIDE EXTRA**, an eight-page supplement in each month's **BROWNIE**.



Notices

PRESTON GUILD

Once every 20 years Prestonians hold a week of processions, parties and pageants to celebrate Preston Guild. Events in 1992 include a Guide camp fire at Avenham Park, in the centre of Preston, from 7pm-9pm on Saturday, June 20. Everyone is welcome to help celebrate this historic event.

For more details send a sae to Mrs C Garside, Lily Bank, 228 Brockholes View, Preston PR1 4XJ.

TIME FOR TEA

To celebrate ten successful years of fund raising, the Sick Children's Trust is planning a series of special birthday tea parties.

The Trust wants people all over the UK to hold a tea party over the weekend of June 20-21.

Money raised will go towards opening two new Homes from Homes in the north and south of England. The homes will provide families with a place to stay close to a sick child who is seriously ill in a hospital a long way from home.

One of the two charities to benefit from the 1990 GGFF Good Turn Appeal, the Trust has dreamed up some special recipes for teatime treats — a birthday cake and biscuits.

Recipes and fundraising ideas are available from The Sick Children's Trust, 10 Guilford Street, London WC1N 1DT — please enclose a large sae.

BROWNIE ROAD SAFETY

Please note that the Brownie Road Safety Badge design has been changed and is no longer 'a man using a pelican crossing'. Keep a look out for the new Brownie badge with an 'adult and child holding hands'.

ZOO DAYS

Following last year's success, London Zoo is once again putting on Special Days for Guides. On June 6, July 4 and September 26, Guides,

Brownies, Rainbows and their leaders can take advantage of a special low admission price of £2.80 per person.

Activities will include a special Nature Trail Hunt with the chance to win a prize, guided tours for groups (subject to availability), Animal in Action shows, Animal Encounters, plus a chance to see the Zoo's two giant pandas, Ming Ming and Bao Bao.

Once inside, there is no extra charge for any of the animal houses.

Tickets for these special days must be booked in advance by contacting Anita Waddell, London Zoo, Regent's Park, London NW1 4RY; tel: 071-586 3910.

CHQ TRAINING TEAM

If you wish to book the CHQ Training Team for 1993, please contact the Training Manager at CHQ for information/booking forms — now!

The team is available to travel throughout the UK, for a day training, a weekend residential or a two-week tour, depending on your requirements.

Programmes are tailored to suit specific needs, for example, those of Young Leaders, Advisers, Commissioners and so on.

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

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

ACT GREEN

Plant a rainbow garden, make a macrame bag, design a kite, try solar cooking... just some of the activities featured in South West England's Environmental Challenge. South West Region created the Challenge, helped by a £10,000 grant

from the Department of the Environment, to celebrate the UK's closer links with Europe.

The Challenge has three sections: earth, water and air. Each section contains a range of activities, divided into four groups: action, craft, Europe/worldwide, pause for thought. The Challenge — open to all — lasts until the end of 1992.

Every unit which completes at least one activity from each group in all sections qualifies for a Certificate of Achievement. There's also a special badge to wear.

The Challenge pack contains activities, resources and a board game on colour-coded laminated sheets and costs £2.84 (inc p&p). Available from The Girl Guides Association, Ladywell, 33 The Close, Salisbury, Wiltshire SP1 2EJ.

EUROPE EVENT

Don't miss the chance to celebrate our entry into Europe with Middlesex South West. The County is organising a two-day event. Guides into Europe, from 10am to 6pm on Saturday, June 27 and Sunday, June 28 at Syon Park, Brentford, Middlesex. For further details ring 081-845 6974.

TRAINERS WANTED

An exciting new WAGGGS project to help and support Girl Guiding/Girl Scouting throughout Central and Eastern Europe has created vacancies for two Field Trainers.

The Trainers, who must be experienced, will work as a team and will be appointed initially for a year, beginning from January 1.

A job description and other details are available from the World Bureau, Olave Centre, 12c Lyndhurst Road, London NW3 5PQ, 071-794 1181.

IN PRINT

Keeping up to date with all the varied and useful material published by the Association may have been a problem. Not any more.

To make your life easier we've produced a special resource catalogue, *Girl Guide Publications 1992*, which lists all the publications available from Rainbow activity packs to the new *GG4 Public Relations Manual*.

For your free copy ask at any Guide shop or contact the Trading Service at Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ.

1994 BOOKINGS

Requests for County/Division bookings at Foxlease, Waddow and Glenbrook for 1994 should be made in writing to the Training Administrator at CHQ by July 31, 1992.

The following information should be included:

- Which training centre the County/Division would like to use.

- When the County/Division would like a training weekend. Many requests are received each year for the spring/autumn period, so it is not possible to offer everyone a training weekend at that time. Please give alternative dates, if possible.

- Whether a whole house — approximately 45 places — or half a house — approximately 20 places — is required.

Counties/Divisions may book the training centres on successive years if space is available, though preference will be given to Counties/Divisions which have not had a booking in recent years.

MUSIC MAKING

June 29 is National Music Day. Its sponsors, who include rock superstar Mick Jagger, hope to inspire an outburst of music-making all over the UK.

Anyone can take part at any level. So Brownies could sing in the local park, Guides could join in a District camp fire... the idea is to make the nation more music-conscious and lift our spirits.

Contact your County Music Adviser and look out for more details in the music and national Press.



May started off badly when we had to have a meeting in the church hall because our usual hall was not available. As far as floor space goes, it's not too bad. But the roof is only normal height, instead of gymnasium height, which left little room for the noise to disperse. We exhausted our whole repertoire of silent games and activities that evening.

The month ended on a brighter note as we actually survived the biggest endurance test of all time — a week in camp. Campers of any age do not need to be told all the little stories which emerge from a camp because they know them all. And non-campers ought not to be told because they would then never dare to try it for themselves.

The Robins really did get down to their revision... occasionally. Inspired by the bribe of a separate day's outing just for themselves. So, while Assistant and I took all the others out, the Robins stayed in to revise and cook QM's lunch for a change.

We're not quite sure who was in charge that day but we have a suspicion it was not QM.

We decided that, once in the zoo, it

was safe to go around in Patrols because the animals are caged. That is, safe for the animals! We found later that it was not 'safe' for the Guides.

One Patrol headed straight back out of the gate, caught the bus to town, and returned later. They paid their own re-admission fees and bribed the other Patrols with sweets and biscuits for answers to the zoo quiz.

Assistant and I were none the wiser until they scored highest in the quiz and we had an anonymous complaint!

Next time, we will arrange to rendezvous for elevenses, lunch and afternoons. Who says there's going to be a next time? If there is, we'll walk round tied, or rather handcuffed, together.

I wonder what happened to the good old days when the Cook Patrol

always got up early to make morning tea for the Guiders? The worst prank we could think of was to hoist Captain's nightdress up the flagpole.

From the comfort of a soft, warm bed, after a bath full of bubbles, I can say that it went well. At least they all seem to have enjoyed themselves.

All that remains to be done to start the new term with a clear conscience, apart from the camp accounts which are mainly damp receipts and shopping lists in a polythene bag, is to sort out the lost property and the food.

I wonder if there is any re-sale value in assorted odd socks, tea towels and flannels? Any offers for half a jar of chocolate spread which has had the Marmite knife passed through it a few times?

D·I·A·R·Y

OF A

GUIDE GUIDER

THE GREAT Summer CAKE BAKE 1992



HELP INSPECTOR WEXFORD FIND £150,000

George Baker, Inspector Wexford in the TVS Ruth Rendell mysteries, is hunting down 'badly kneaded dough' for The Children's Society. Help him to raise £150,000 and make The Great Summer Cake Bake 1992 the biggest and best yet.

“Cooking is one of my great loves and as a keen supporter of The Children's Society I am thrilled to be backing this year's Cake Bake.

So join me, bake your cakes, and sell them to raise money for The Children's Society.”

George Baker



FREE VIDEOS "Fun Cookery for Kids"

To help you produce mouthwatering recipes McDougalls are offering free videos which Brownies will love. We will also give you posters and handbills to advertise your Cake Bake.

WIN AN ATARI LYNX hand-held Computer Game Machine

by entering our great cake decorating competition.
Theme: TV Stars
Age Categories: 10 years and under
11-16 years

Simply ice or decorate your cake, take a photo and send it to us at The Children's Society. George Baker will be judge and jury!



Please send me:-



Posters



Handbills for my Cake Bake



Free Video

NAME

ADDRESS

POSTCODE

GROUP



The Children's Society

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NATIONAL FUND RAISING OPPORTUNITY

You are invited to join our international recycling project which has already raised thousands of pounds for Guide units all over the UK and recycled many tonnes of non-renewable resources. We recycle used laser printer toner cartridges and drum kits and every time you send 10 of these to us at no cost to yourself you can earn up to £50. Over 100,000 are thrown away every month so it shouldn't be difficult.

For further details and a project pack contact:

PBT INTERNATIONAL LTD

TELEPHONE 0761 233633

AND ASK FOR GUIDE FUND RAISING



The first ever Paralympics for athletes with a mental handicap will be held in Madrid this September. Nearly 100 young people are in the Great Britain team. They will be going for gold in swimming, athletics, basketball, table tennis and five-a-side soccer.

Paralympic team member Gail Geddes was a Guide with the South Peterhead Company near Aberdeen in Scotland. Before she reluctantly had to give up Guiding as swimming took all her free time, she gained several badges and took part in camping holidays.

'I loved the group spirit and being part of a Patrol,' she said. 'Sometimes some of the other Guides were a little impatient, as it took me longer to finish a task. But I got there in the end and that's all that matters.'

Fifteen-year-old Angela Miller from Redbridge is one of the youngest members of the Paralympic team. She trains three times a week after school alongside able-bodied teenagers and can swim 50m breaststroke in just 44 seconds.

She said, 'It's the experience of a lifetime to represent Britain. I am very proud and really want to bring back a medal.'

Looking after the girls is former international swimmer and Paralympic Head Coach, June Davis, from Northern



Paralympic team member Angela Miller in action

GOING FOR GOLD

Ireland. 'Everyone is very determined to win and we welcome any support the Guides can give,' she said. 'As a charity we have to raise every penny to get these youngsters to Spain.'

Sport is a great way of breaking down barriers. But what can you do to help? Jean Martin, the Scottish Adviser on Disability and also a Paralympic Swimming Coach said, 'You can support our athletes by becoming cheer leaders at local competitions. Or ask your

Guider to organise sponsored events or coffee mornings to raise money to send the Great Britain team to Spain for the games.'

You could also sponsor an athlete, perhaps from your own area. Any sum large or small is welcome. For more details phone John Thorpe on 081-801 4499 or write to the British Paralympic Team for People with Mental Handicap, 30 Philip Lane, London N15 4JB.

The GGFF Summer Appeal aims to raise money for a community project started in India last year.

At the end of 1991 a small group of young women began a community project in Yerawada, a slum area of Pune close to Sangam, the World Centre in India.

Organised by WAGGGS, the team planned to improve the living conditions of some of the 100,000 people — half of them children — who live in the area.

The density of the population is hard to imagine — one teacher had 95 children between two and five years old in her class. Due to the overcrowding, many people fall sick, particularly with skin diseases, unless strict hygiene rules are observed. Most people have no money for medical care or drugs.

The team worked for 12 weeks, clearing and cleaning public areas, running a children's camp at Sangam, teaching good hygiene practice, encouraging people to attend a free skin clinic, and starting a Ranger Guide Unit.

Local people were encouraged to become involved wherever possible,

so that the work would continue after the team left.

There were great achievements — 235 patients attended the skin clinic when only 20 were expected and the children's camp was a huge success. Perhaps most important of all was the local community's realisation that people from outside cared about the conditions, and wanted to do something to help.

As one team member said: 'I really felt that we have made a difference. It shows that Guiding is a powerful force for change. It can truly make a difference to the world.'

Now, WAGGGS would like to continue with the project. Some of the camping

facilities at Sangam need to be replaced so that the local children can still camp there, and other aspects of the project need funds.

The benefits are not just one way. 'I learned a lot from the people of Yerawada, especially the importance of caring for each other,' a team member explained.

● Contributions should be sent to GGFF, c/o Rosemary Mills, The General Secretary's Department, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Please make sure that cheques are made out to: GGA (GGFF).

GGFF

MAKING A DIFFERENCE

BELFAST'S

BEST

Youth Challenge '91 offered Belfast's young people the chance to work together towards a better future for that troubled city.

KATHRYN MURRAY



Before: the derelict Garden Reach site complete with graffiti

After: the site following its 'beauty treatment'



BERT MURRAY



The team take a break — leaning on their digger in true labourer fashion

No one could fail to get the message that could be seen on the hillside from all over the city.

'Young People — The Future of Belfast', it said, in letters 40ft high.

And among the 35 teams of young people who had climbed Cavehill peak to put it there, was the eight-strong team fielded by Belfast Girl Guides.

They were taking part in the Industrial Society's Youth Challenge '91, open to those aged 17-23. The aim: to develop leadership, enterprise, initiative, team-work skills and to nurture a sense of responsibility for Belfast and its people.

The event was part of the Best of Belfast 1991 year — a series of celebrations to show how the city can still thrive and work for a better future, in spite of its troubles.

Only 17 of the 35 teams, mostly of trainees and apprentices — completed Youth Challenge '91 successfully. One of them was the Girl Guides' team.

In the team, led by Young Leader Adviser Dorothy Wright, were Queen's Guides, Rangers and young adult leaders from the five Divisions of Belfast County.

Here, one of the team, Kathryn Murray, describes how the Guides showed those who fell at the fences, the way it should be done:

“There were, in fact, three challenges which had to be tackled successfully to complete the event.

The first, the Outdoor Challenge, began as a mystery. All we knew was that it was outdoors and that we would have 48 hours in which to use our collective wits, skills and knowledge to complete the task.

We were told, however, that the results would be on display for the whole city to see. We were intrigued.

Our base was the Ulster Girl Guide headquarters, where we met on June 12, last year, to get cracking. On the table was a sealed envelope — to be opened at precisely 9am. Curiosity was burning us up!

And then the closely-guarded secret of what we had to do to meet the first challenge was revealed: place the message “Young People — The Future of Belfast” on Cavehill.

Each team was to be responsible for one letter of the message but the letter had first to be “earned” by completing a series of team tasks.

All the teams then met at Belfast's Ormeau Park, where we had to tackle obstacles like the “giant spider's web”. It was a contraption with elasticated rope and a bell strung between trees. We had to pass through it without ringing the bell and this could only be achieved with co-ordinated teamwork.

KATHRYN MURRAY

Other tasks in the park included the "swamp", the "dense fog" and the "minefield".

On the successful completion of each task we were given a piece of a giant letter. Putting the pieces together, we discovered that ours was the T in Belfast.

But, at that stage, the T was incomplete. Other teams were holding missing bits. These we had to track down and obtain by "bartering" with pieces we did not require.

When we had finally "crossed" our T, we had to get the massive letter up Cavehill and secure it in the right place. The letters were made from pieces of heavy duty polyurethane stuck together with special tape. They were anchored to the ground with cords, threaded through eyelets, and steel pegs, like a tent.

Getting to the summit with our T was hard work, but from there we had a breathtaking view of Belfast Lough, the city and its surroundings.

Having secured our letter, we descended to watch the message gradually being spelled out on the great hill, as each team added a letter. The final result, clearly visible for miles around, was most impressive.

The Post Office Community Challenge, which followed, was a far bigger undertaking. It was carried out in *Anneka Rice*-style, as we first had to identify a project in Belfast, needing help, then plan the aid programme and implement it.

We undertook to help Garden Reach, a voluntary group which provides horticulture as rehabilitation therapy for disabled people, especially those who have suffered head injuries.

Our plan was to extend the activities at Garden Reach by clearing a derelict, one-acre site beside the River Lagan, in East Belfast, and erect a Polytunnel — a giant plastic greenhouse, to be used for plant propagation.

On first viewing we were confronted with a scene of utter dereliction — graffiti, rubble, weeds and litter. But this only spurred our enthusiasm and eagerness to get started.

In *Challenge Anneka* fashion, we relied upon the generosity of the local community to supply materials and labour free of charge. We weren't disappointed. Local firms donated or loaned everything we needed — from brushes to hard hats, a JCB and lorries. Their wonderful generosity was very encouraging.

After months of planning we began work at 9am on September 12, the starting time fixed by the organisers. We had been given just 48 hours in which to complete the work, so it was all hands on deck!

To clear the site we swept, shovelled, dug, lifted, pulled, pushed — you name it, we did it.

It was back-breaking; the dust and dirt incredible, but everyone made a tremendous effort and our progress was soon evident. By lunchtime we had cleared enough land to begin putting up the 72ft long Polytunnel.

This was done under the supervision of an expert, who gave us his services for two days free of charge. We also had the free use of a JCB with driver, and a lorry plus driver to take away the "spoil".

We worked until light faded and from 9am the next day until 7pm when machinery stopped, tools were downed,

company and had to come up with a strategy to achieve proper customer care, quality of production, training and management of staff. We also had to set up a profit and loss account and work out all the requirements of the company, including raw materials, tools and equipment.

In drawing up the Charter, we had to address such matters as our relationship with Europe, the role of workers and trade unions, as well as produce an enterprising plan for the economic development of Belfast itself.

We had great fun over the two days, enjoying a taste of business life and we felt that the Charter we produced was both professional and commendable.



DOROTHY WRIGHT

the dust settled and we stood back to view our work.

What we saw was a total transformation — achieved within the time limit, too. The Polytunnel was complete and we had also created raised flower beds with donated soil and plants.

We celebrated with a barbecue, pleased to have brightened up a drab corner of Belfast. And, to our delight, Garden Reach is still blooming today!

And then we faced the Northern Ireland Electricity Business Challenge, for which all teams came together for two days to produce a Young People's Charter for the future of Belfast.

In addition, to gain experience, we became "directors" of our own Belfast

Finally, last December, all teams who had successfully completed all three challenges, met again for a half-day Celebration of Youth, when they were each presented with an engraved plaque and certificates.

Our team plaque is now proudly on display at Lorne, the Ulster Guide Training Centre.

We were tested to our limits at times, but it was tremendous fun — and a chance to promote Guiding. It was all teamwork — none of the adult leaders could actually take part — and, because of the togetherness we established as a team, we have found new friends in each other.

Youth Challenge '91 proved that young people can come together and, through co-operation, give Belfast something to be proud of.

Too much of the news that comes out of our city is bad news. Here is the good news!

Kathryn's team-mates were: Cathy Carlisle, Christine Forsythe, Gillian Hall, Elaine Montgomery, Heather Mooney, Fiona McIlwaine and Alison Torney.

Kathryn Murray (left) and Elaine Montgomery wrestling with the Polytunnel

FAIR PAY

Wimbledon fortnight is a national tradition that's as much a part of the British summer as strawberries and cream. But are the organisers of the greatest lawn tennis tournament really playing fair?

For the past 15 years, the women's champion at Wimbledon has been awarded ten per cent *less* prize-money than the men's. Last year's champion, Steffi Graf, won £216,000, while the men's champion Michael Stich collected £240,000. The Wimbledon Committee of Man-

at a press conference held to publicise a radical survey carried out by the actors' union Equity.

But, sadly, while actresses are desperate for work, they will always put parts before pay packets. Jill Gascoine said that actresses feared they'd never work again if they complained.

Equity's survey gave firm evidence that actresses earn on average only one-third of what their male colleagues are paid.

The 34-page study, the first of its kind in Britain, took five months to complete. Based on more than 400 questionnaires, it found that, on average,

One of the reasons seems to be that the majority of women work in the 'caring professions' such as nursing, teaching and social work. The very skills that make women excel in these areas are considered inherent in their natures and employers seem loathe to pay properly for something that comes 'naturally'.

Cleaners are thought to languish among the low-paid because they're doing the same work women do at home without picking up a pay packet for it. Refuse collectors, on the other hand, take home a lot more money.

In 1982, the UK was taken to court by the EEC for infringing its treaty obligations under Article 119 of the Rome Treaty. As a result, the Equal Pay Act was amended to allow women to claim equal pay rates to be set for work of equal value to that done by a man.

Using this new ruling, the EOC is challenging pay differences in various industries. But this is a complex and lengthy task which is hampered by the current legislation.

Few women take up equal pay claims without the backing of a union or the EOC.

Complex procedures and rules, numerous tribunal and court hearings and years of delay can put off the most hardy applicant. And it is estimated that it costs thousands of pounds to fight each claim.

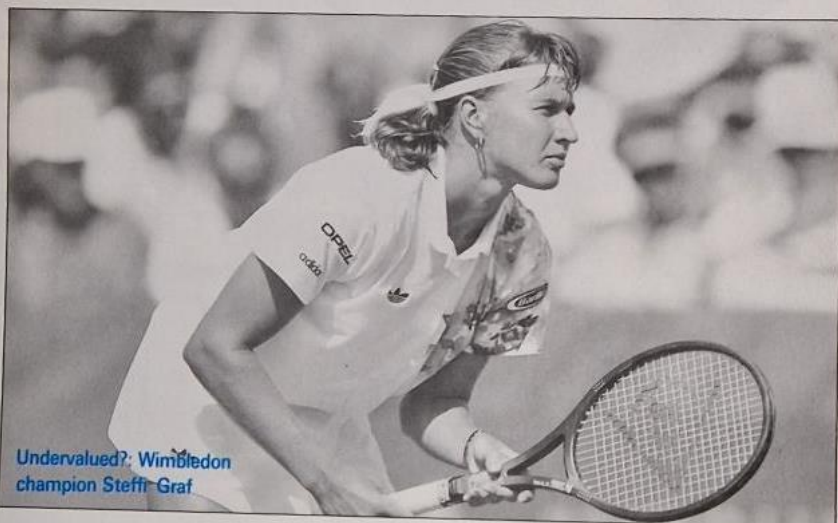
Nevertheless, around 400 applications for equal pay rates to be set for work of equal value were made to UK tribunals in 1990.

These include bank secretaries and typists demanding the same pay as messengers; school meals supervisors wanting the same money as cleaning inspectors; and speech therapists who claim parity with pharmacists.

Sooner or later your girls will be making career decisions that will affect the rest of their lives. Is it right that their efforts should be undervalued?

Perhaps you've already discovered how unequal life can be in your own working environment. If so write and tell us how it made you feel.

For help or advice contact the Equal Opportunities Commission, Overseas House, Quay Street, Manchester M3 3HN. Or talk to your local Citizens Advice Bureau.



Undervalued? Wimbledon champion Steffi Graf

agement, which decides the prize-money levels at championships, claims that women deserve less because their game gives less value for money.

Women play only three sets while the men play five, the committee argues. And it believes that male tennis players attract more spectators.

The Women's Tennis Association, under the leadership of Gerald Smith, has been noisily objecting to the question of unequal prize money.

But Megan Bardsley, manager of the WTA's European Office, believes it is unlikely they'll win their case in time for this year's tournament.

Just another glaring example of the way that women's work is undervalued and their wage packets tend to reflect that unpalatable fact.

Some of Britain's most successful leading ladies are getting pretty fed up with the situation. Actresses Jill Gascoine and Susannah York spoke out

male actors earned £36,843 and females, £11,431.

Equity's general secretary Ian McGarry insists that the survey will be used to put pressure on employers.

In Britain generally, the Low Pay Unit calculates that the pay gap between men and women amounts to £21 billion annually.

Female university lecturers, for example, are paid an average of £3,000 less than men, according to the Association of University Teachers, which compared university salaries.

How can this be? After all, under the Equal Pay Act, which came into effect in 1975, it's illegal to offer a woman less money for doing the same work.

Fiona Fox, spokeswoman for the Equal Opportunities Commission (EOC) explained: 'Women's jobs are considered less valuable than those done by men. We are campaigning to get rid of the pay gap.'

SPORTSPHOTO AGENCY

■ *record* ■ CARD

When Milton Keynes Division produced the world's largest Thinking Day card, it was all down to the efforts of one woman.

Sheer determination kept Milton Keynes Division Commissioner Barbara Knight going when she set herself the task of producing the longest Thinking Day card in the world. Even if it meant squeezing through a gap in some school railings in search of a missing Brownie Pack or fitting in visits to five units in one night.

It was a near thing but, by Thinking Day, Barbara had managed to call on all 34 units in her Division, even those elusive Brownies who hadn't been able to meet as the school was closed.

'I just managed to do it,' explained Barbara. 'My husband worked out a very tight schedule for the three weeks.'

She also built-up some muscle power lugging around the 8lb-plus 'card' — a roll of paper 64 metres by 76cm — plus quantities of Trefoils and drawings, glue, coloured felt-tips and a huge teddy bear, which was the prize for the girl who guessed how long the completed card would be.

The massive roll of paper was given to a Guider by her employers and it remained intact, although there were some sticky moments when Brownies began tugging too energetically.

Every girl in each unit was asked to colour the appropriate Trefoil and choose a picture from the GGA's design pack, which were then stuck on the card.

'I averaged two or three units per evening but one night I had to call on five, which was a bit of a tall order. Luckily three of them — Rainbows, Brownies and Guides — met at one school and I fitted in a trip to another Brownie Pack first,' Barbara explained.

'My last visit was to a Guide Company



The Chuckle Brothers relive their Brownie days

and, as I knew I wouldn't have much time, they'd been given the Trefoils the week before. I arrived there about ten minutes before the end to find they had forgotten to bring them back.

'I got in a bit of a panic as the caretaker was waiting but I gave the girls some more to do and we were virtually sticking them on the card on the doorstep as the caretaker locked up.

Then there was the night I had to call on a Brownie Pack at a school I'd never been to. I arrived to discover the main entrance chained up.

'After driving round, I found a gap in the railings and staggered round the school... only to find all the doors locked. Terribly disappointed I had to admit defeat, knowing I was due to visit another some way away ten minutes later.

'I jumped in the car and drove off trying to work out what had happened. It wasn't until I arrived I discovered I'd forgotten to switch my lights on.

'Horrified by the thought that I could have been arrested, I staggered into

the building with my "load", only to be faced with rows of puzzled ladies in leotards doing aerobics. I was in the wrong building. What an evening!

When she got back home, Barbara found a message explaining why the school had been closed. 'Apart from those two evenings I really enjoyed the experience and meeting everyone in the Division,' she said.

Then on Thinking Day, Barbara set up a stall in the Milton Keynes shopping centre's exhibition hall. For 20p passers-by could colour in the pictures and all money raised went towards the fund to build an area Guide HQ.

Among the callers were Daphne Murnane, Buckinghamshire's County Commissioner, and television favourites the Chuckle Brothers. 'They were great fun and told the girls all about when they were Brownies,' said Barbara.

The card's final destination is Sangam, the World Centre in India. Barbara wants to send sisterly greetings to the centre, which celebrated its 25th anniversary last year, but the gesture also has a practical purpose.

'We have only coloured in every other figure. It looks nice and bright but there will also be an opportunity for local children to do some colouring. We would send them some felt-tip pens as well,' she explained.

The card won't be figuring in the *Guinness Book of Records*. An official told Barbara that there isn't a suitable category, although there's one for the largest card.

The teddy bear was won by Aja Bradley of the 1st Conniburrow Brownies who came within just 14cm of guessing the length of the card.

SETTING STANDARDS

through the town, and the several rivers that have played an important part in local history.

Much of the historical and heraldic research was done by Maureen Cloke before the final design was approved by the Heraldry Adviser at CHQ.

When it came to the actual making, the District found itself well endowed in skill and craftsmanship. Excellent seamstresses were to be found among the Trefoil Guild, Leaders and Guides who helped in the production of the standard, which cost about £160 to complete.

Every unit in the Division made at

Doing their bit...
nimble-fingered
Leighton
Heath District



The Brownies look pleased, the Guides look pleased and so does the vicar — as well he might!

Because, when this picture was taken in All Saints', Leighton Buzzard, the Rev Peter Whittaker was about to be presented with these magnificent hand-embroidered kneelers for his parish church.

But this happy occasion was also the dedication of Leighton Heath District's first standard, held aloft with justifiable pride by District Commissioner Margaret Johnson and District Assistant Colleen Wright, seen here with Trefoil Guild member Thirza Gallows (right).

It took three long years of painstaking effort to get the newly-created standard from drawing board to completed

Work began soon after the then District Commissioner asked former DC Maureen Cloke, now District President, to form a committee to plan the project.

The standard depicts the County emblem, the Bedfordshire Silver Penny, an Enrolment badge and various symbols to depict the District's area.

A canal barge, in green, represents leisure and industry, while a red sand truck signifies the great sand and gravel pits of that part of Bedfordshire.

For youth and education — including that provided by the local Cedars School — there is a green cedar tree.

A red waterwheel symbolises the ancient water mills, once a feature of Leighton Buzzard. The church, in striking black, is All Saints' in silhouette.

The bold, blue wavy line depicts the Grand Union canal, which passes

least one kneeler — the Trefoil Guild made several — to donate to the church to help replace those lost when the church caught fire and was badly damaged in 1985.

The 700-year-old stone building stands on the site of an Anglo-Saxon church thought to be one of the oldest in the country. It also has one of the tallest spires for a parish church — 190ft high. However, none of the local units is affiliated to All Saints'.

Maureen Cloke, who is also PR Adviser to South Bedfordshire Division as well as being Leader of the 1st Linslade Guide Company, in the neighbouring Linslade District, explained: 'We wanted to do something for All Saints' because it is the parish church, very much part of the history of Leighton Buzzard and we use it for our major services.'

Although the Junior Council is a national group, the members have their feet planted fairly and squarely on the ground. All 38 of us are aged between 16 and 26 and actively involved in Guiding in each of the nine Countries/Regions and BGIFC. This means that as Chairman, I take what is said very seriously.

At our recent meeting two perennial issues were raised: *Image* and *Communications*. I wanted to share some thoughts with you on the way that we are seen by the public at large.

Many of us perceive that our image is created by the mass media. While it often seems that the media are eager to knock both Guiding and Scouting at every opportunity, surely the public's view is also shaped by their experiences of people in the Associations?

QUALITY PRODUCT

Guiding is operating in a very competitive field — the opportunities for young people these days are seemingly boundless.

To consider the problem in commercial terms, we have a demanding 'customer'. As a young woman in the '90s, she expects a good programme, good resources, good support and, above all, good treatment. She deserves all of them.

The 'product' that we are trying to sell to both prospective members and the nation at large, is not only the GGA programme and provision, but also the whole way we implement it.

Hence, a key part of this is our team of people who 'make it happen': the leaders (you and me), Commissioners, Advisers and support networks.

With recent moves in terms of the *Guiding Manual*, the Action Plus Scheme, the new *Guide Handbook* and the pilots of the Brownie 'Go!' Challenge and 15-25 age group, I think that we are moving with the times. Meanwhile, programme development continues in order to ensure that we are getting it 'right every time'.

THE PERSONAL TOUCH

However involved we become in Guiding, we must remember that this is a leisure-time activity. The day that it stops providing fun and friendship is the day to quit.

This surely means leaving petty concerns behind and concentrating on the development of people in a positive, caring environment. Easily said...!

But the bottom line is that it often



QUALITY CONTROL

only takes one bad experience to lose someone for good.

MARKETING SKILLS

Let's stand up and be counted! If we believe in what we are doing, let's tell people about it! If each of the 700,000 members of the GGA told six friends, then we would have exceeded the readership of the *Sun* (the UK's most popular paper) in one sweep! Who says that we are powerless?

One lady from North East England told me that she wears the World

Badge everywhere that she goes. This not only brings out lots of stories, but has recruited numerous leaders — including her dentist! Even if we only wear our badge on Thinking Day, we can do a lot of good PR.

I know that I speak for all the Junior Council when I say: 'I'm proud to be a member of the GGA.'

This means not only knowing our strengths, but building upon them to give a 'total quality product'.

JENNY ASHMORE

Chairman, Junior Council 29

PEACE AT PAX



Pax Lodge, the WAGGGS World Centre in London, is an ideal setting for a celebration of Peace Day. Pax means peace. It was our Founder's dearest wish to encourage the youth of the world to interact in friendship to create a peaceful world.

With this in mind, on Thursday, September 17, WAGGGS Peace Day, Pax Lodge will be hosting a day of exciting, challenging, worthwhile and usable activities for everyone in a leadership role: Young Leaders, Guiders, Advisers, Commissioners... from anywhere and everywhere. We hope to welcome friends from overseas as well as from the UK.

SUE TYRELL

The day will be arranged in three sessions. Although linked, these three workshops will each be self-contained to accommodate those who cannot spend the entire day at Pax Lodge. So come along and join us for a day you will long remember.

10am-12.30pm Session 1 will look at what peace means to the individual. Through a variety of techniques and methods, you will explore ways of defining peace, with opportunity to create your own personal charter for peace.

2-4.30pm Session 2 will offer ways to encourage and enable those we work with to develop their own 'peace awareness'. How we as a group can make a difference.

7.30-9.30pm Session 3 will offer creative involvement. We will explore peace through the arts in a wide variety of ways.

The cost will be £2 per session or £5 for the day. Lunch at £3 and supper £3.50 will be available. Accommodation can also be arranged. Application should be made to the Guider-in-Charge, Pax Lodge, 12c Lyndhurst Road, London NW3 5PQ before September 1.

In order for this day to be a success we need you, even if you can only manage one session. Come along with your ideas, enthusiasm and expectations. We will do our very best to ensure that none of us is disappointed.

PATRICIA NOBLE

EARTH WORK

This month the first-ever 'Earth Summit' is being held in Rio de Janeiro, Brazil, organised by the United Nations. The 12-day conference will concentrate on environment and development issues. One of the highlights will be the observance of World Environment Day on June 5, the 20th anniversary of the opening of the UN Conference on the Human Environment in Sweden in 1972.

Maurice Strong, the Summit's Secretary-General describes the primary goal as laying 'the foundation for a global

partnership between developing and more industrialised countries, based on mutual need and common interests, to ensure the future of the planet'. He added: 'We need to find a viable and equitable balance between environment and development.'

The issues at stake include:

- protection of the atmosphere
- protection of land resources
- protection of fresh water resources
- protection of oceans, seas and coastal areas
- environmentally-sound management of biotechnology and hazardous wastes
- prevention of illegal traffic in toxic products and wastes
- improvement in the quality of life and human health
- improvement in living and working conditions of the poor.

Heads of state and government leaders of member countries will attend the Summit. Acting as an observer for WAGGGS at the sessions will be the National Co-ordinator of the Brazilian association (Federação Das Bandeirantes Do Brasil), Maria Lucia Tavares Ramos.

Over the same period a Global Forum is being staged by non-governmental groups embracing private-sector interests and international organisations.

Representatives from the Brazil association will take part in several seminars covering topics such as youth, education, environment and women's status.

A group of 70 Bandeirantes, aged from 13 to 18, and 15 leaders will work in Flamengo Park where the Tree of Life will be on show.

The tree was dreamed up by Jonathan Porritt, former director of Friends of the Earth. A campaign was launched to collect millions of leaf-shaped pledges.

Youngsters all over the world including Brownies, Guides and Rangers have supported the project which culminates in the leaves being placed on a specially-constructed tree as a symbol of a desire to make a positive contribution to the environment.

Visitors to the park will also be able to see a display of Bandeirante projects covering health and environmental issues.

Outdoor Challenge was a year-long, County-wide scheme to encourage Guides, Rangers and Guiders to have fun out-of-doors. County Commissioner Pat Jackson told *GUIDING*: 'We wanted to start Guiders thinking about unusual outdoor activities that they might not otherwise have considered — things like snow-balling. And we wanted to give the girls the chance to tackle something new out-of-doors.'

The challenge worked on a points system. At the start of the year a leaflet was issued to each unit in the County listing outdoor activities, some familiar and some not so familiar. Each activity earned a certain number of points for all those who took part. And girls had to tot up points to earn the special Outdoor Challenge badge.

Pot-holing, snorkelling and abseiling were worth 20 points. Completing an assault course, a session of conservation work or a night at camp, totted up ten. Gaining a canoeing or boating qualification was worth a huge 75 points.

To meet the challenge and earn their badges, younger Guides needed 100 points. For Guiders and Rangers, it was 200. And real outdoor enthusiasts could earn themselves a bar to wear beneath the badge, if they could gain an extra 50 points.

The points system really seemed to appeal,' said Pat. 'Whenever we were doing something all the Guides bounded up to ask how many points they would get.'

The County had the triangular badges specially designed and manufactured. The attractive design featured an outdoor scene: fir trees with clouds, sun and shooting star.

Individual units organised their own activities to help girls meet the challenge. Some went camping, others sampled dry-slope skiing, abseiling and canoeing. And the County also held an activity day at Waddecarr Scout Camp. With 11 outdoor activities on offer, this was the ideal opportunity to pick up some of those vital points.

Margery Pitcher, Guider with the 57th Preston Company, said her Guides loved their day at Waddecarr: 'They particularly enjoyed the pond dipping — wading about in the mud to find tiny creatures.'

What was her Guides' verdict on the challenge? 'Eight of them earned the badge, three got a bar and they all said they wanted the scheme to carry on after the end of the year. I just hope it can be arranged again in the future,' she added.

By the end of the year some 700 Lancashire lasses had earned a badge. But they weren't the only ones to take up the challenge. One local Scout troop thought the scheme was a

A LANCASHIRE CHALLENGE

A special challenge issued by Lancashire North West made sure girls in the County got out and about last year.



CHORLEY GUARDIAN

'splendid idea' and bought some badges so they could have a go themselves.

A group of Dutch Guides on a visit to the County also threw themselves into the scheme and Swiss Guides, who met a group of Lancashire girls at Our Chalet, were so impressed that they hoped to set up a similar challenge in Switzerland.

The challenge was the brainchild of County Outdoor Activities Adviser, Dr Lois Loudon. She said: 'We were the first County to apply for their own earned badge and, as a result of our

project, the rules have been changed. **Thirsty work!** Now, any County can think up their own project without having to get it approved by the Executive Committee.'

Pat Jackson is convinced the challenge was a resounding success. 'I heard a Guide interviewed on the local radio only today,' she said. 'The interviewer asked her what she liked best about being a Guide and the first thing she mentioned was the exciting outdoor activities. I put that down to our Outdoor Challenge.'

MARY RICHARDSON

Boot sales are a relatively recent phenomena in this country, commonly believed to have originated in the United States. That seems unlikely, if only because what we call a boot, they call a trunk. Whoever heard of a trunk sale?

What they actually have in the States are garage sales, from which we have to assume that the Americans have more — or bigger — junk they're anxious to dispose of.

at least one. You'd be wrong.

I did suggest that we might lay our wares, tastefully, of course, on a groundsheet. This wasn't even worth considering. Prospective customers would need to bend down, I was told. Out of the question.

It seems that your average boot sale customer is unwilling — perhaps even unable — to bend down. Goods at about waist-height are what average boot sale customers insist upon.

PUTTING THE

*Organise a
car boot sale?*

*No problem,
thought Anne Jones.
But that was before
she'd ever even
been to a boot sale.*

In fact, the first time I saw a car boot sale advertised, I deduced that some easily-led shopper had amassed an enormous quantity of boots and was making a desperate bid to be rid of them before her husband found out.

Since then, of course, I've learned better. So much better that when I was asked to become involved in organising one for our local Friends of Guiding, I agreed. No problem. Certainly. Only too pleased...

Afterwards it occurred to me that not only did I not know *how* to organise a boot sale, or even to *help* organise one, I'd never actually *been* to a boot sale.

Still, it would probably be all right, I thought. Someone was bound to tell me what to do.

There were in fact several people quite anxious to tell me what to do. Over-anxious, really. Apart from fellow Friends; two husbands, neither of them mine; three sons, only one mine; one daughter, all mine; and a number of customers, were all equally eager to instruct me in correct boot sale procedure. It seemed trickier than I'd thought.

Things had begun to get a trifle tricky even before the Day... as in all right on the Day... what if it rains on the Day?...

For example, the word boot is a complete misnomer. Not for a moment does anyone contemplate selling anything actually from a car boot. I understood why when I witnessed one stallholder driving on to the site with a complete bathroom suite on a trailer.

Wares must be tastefully displayed on some kind of table. Not any old table but a pasting table. We had to borrow a pasting table.

For the uninitiated that's what paper hangers use when preparing wallpaper, before sticking it on the wall.

You'd expect in these days of mass DIY that every household would own



Finally, after many begging phone calls, we made a mad dash to the other side of the county to pick up the only known pasting table left in Kent. And even then it had a wobbly leg. But we needed it. And the groundsheet.

Items poured in from all points of the compass: large, small, useful, decorative, desirable, undesirable...

Some were highly puzzling. For instance, I debated for some considerable time over a smallish, frosted, sealed glass box, containing two little pink camels.

Well I think they were camels, but it was hard to tell. You had to hold the box up to the light, close one eye and sort of squint in at them, sideways.

It was while I was doing this that our most experienced boot fair organiser felt obliged to speak to me sharply.

We'd never get the pricing done, she pointed out, if we all held things up to the light and squinted at them, sideways. She was quite right.

I didn't find pricing easy. Admittedly I tended to err on the generous, not to say foolhardy, side, due to a deep-rooted conviction that not many people would actually have a need, for example,

boot sales, but in running a proper shop — she was a buyer in lingerie.

She put the rolling pin on the stall with a bunch of rusty knives, an ice-cream scoop with no handle, a set of plastic measuring spoons in the shape of teddy bears and a tin kettle with a sign reading *Kitchenalia*. Everything disappeared.

In fact almost everything else went too. Often to people referred to as the Dealers. We had been warned about

do it. And when. And against whom.

Even supposing I were to accurately identify a dealer, which I seriously doubted, what was he/she likely to do? And when he/she tried to do it, how could I prevent it?

Our experienced organiser had, by this time, put on a rather menacing hat and announced that she was just off to see the lie of the land — I'd be all right, wouldn't I?

I replied that of course, certainly I would. No problem, not to worry. Then I spoiled it all by clinging to her arm, begging her not to leave me.

'What if a dealer comes?' I cried. 'What should I do? Don't go, don't go!' She dismissed my fears as nonsense and departed, after assuring me she was sure I'd be perfectly all right — as long as I took care.

It seemed she shared the general conviction that what the dealers buy at boot sales for 20p, they immediately sell to Sotheby's for a fortune. This enables them to buy a yacht and spend the rest of their lives swanning around the Mediterranean drinking Pimms out of tall glasses acquiring a nice tan. I seriously doubt this.

Another thing the dealers are reputed to do is beat you down, mercilessly. Our experienced organiser told me that I was on no account to allow it to happen. I said I'd try not to.

Well, I womaned that stall for the best part of a morning and not one single person, dealers included, tried any such thing. In fact, for dogged inflexibility in the face of a hesitating potential customer, I would back our experienced organiser against a dealer any time.

I saw her sell a man a hat that didn't fit him; a chess set with no knights; and a yo-yo with a string full of knots. I knew those knots. Playing with the yo-yo during the pricing session had earned me a second talking to. I was all for reducing the price from 2p to 1p.

Our organiser was adamant. 'As seen,' she hissed. 'Everything to be sold as seen,' and triumphantly pocketed the 2p.

Altogether we took something approaching £70 that morning. After deducting £6 for the rent of our pitch, that meant a clear profit of over £60 for the Friends.

I also wish to record two minor triumphs, proof of the innate goodness of human nature. Towards closing time, a dealer strolled across and donated a book about nature trails in the Islands and Highlands, which he thought we might find useful, if ever we were camping in Scotland. Note a dealer gave this to us. And I sold the camels for 1p.

ANNE JONES 33

BOOT IN



for a smallish, glass box containing pink camels. My fellow pricers adopted the opposite approach. Especially over articles which they themselves had donated.

'You're surely asking more than 5p for that rolling pin,' I heard one of them exclaim crossly. 'I've had years of wear from that rolling pin. What's more, it belonged to my Aunt Hilda.'

The fact that one of its knobs had gone was brushed aside. 'A really serious cook would glue on another knob, easy-peasy. Make it 50p,' she insisted. And she was right.

Our experienced organiser, the one who got snappy with me over the camels, was experienced not only in

them. Not only by friends and family, all of whom claimed to know a lot about dealers, but by other stall-holders.

No sooner had we set out our wares, under a conspicuous sign reading Girl Guides — yes, we were going for the sympathy sale — than they began to drift over. Trying to look casual, they would mutter: 'Watch out for the dealers'. Even our experienced organiser warned that the dealers would be sure to be along shortly, and advised us to take care.

I was willing, anxious even, to take care. Given any sort of veiled threat, I take care with alacrity. But in this case I wasn't certain how I was expected to

Open Door

SPRING CLEAN

The first thing I did when I became Commissioner was to spring clean my gas oven. Not because I needed a drastic escape from my new responsibilities, but because of all those District meetings that would now take place under my roof.

It would have only required one helpful person to follow me into the kitchen at coffee time, open the wrong door in search of sugar and my reputation would be ruined. Before you could say newsletter, the sordid truth about my blackened, burned-on greasy oven would be

common knowledge.

So there I was, flat on my back on the floor, chiselling away at a generation of rice puddings trying to prise them from the oven roof.

As cleanliness is supposed to be the next thing to godliness, perhaps, that's why my thoughts turned to one aspect of my new job that was filling me with dread and embarrassment.

There was a new Guider in our District and I would have to talk to her about her Promise. I wasn't looking forward to it one bit. At first I wasn't sure why I should feel so uncomfortable. But, eventually, I saw that my distaste for the task stemmed

from the realisation that, before I could discuss the Promise with anyone else, I had to examine my own commitment. And to be prepared to share and justify it.

It was not only the oven door I hoped to keep closed. I was afraid that someone might look inside me and see the blacker bits of my life. They might discover the huge gap between the impression I like to project and what I'm really like. After all, a Commissioner is supposed to have and uphold very high standards.

I felt totally inadequate to live up to what was expected of me. I decided that what I really needed was to discover

that my Commissioners' File came complete with a free gift — a sachet of concentrated righteousness!

Unfortunately it didn't. But, indeed, as I continued rubbing, the answer came to me. My thoughts about my own Promise became a sort of spiritual scouring pad with which I could try to remove the stains and imperfections of my own life.

There is a Hindu proverb which begins: 'If God says pull, he will give you a rope.' Whatever He asks of us, He will always provide us with the necessary strength if only we have the wisdom and faith to ask for it.

EB

News Focus

ROYAL WALKABOUT

The Queen was greeted by cheering Guides, Brownies and Rainbows when she arrived in Holyhead to launch a £50 million plan to beat unemployment in the area.

She unveiled a plaque to mark the opening of an ambitious project — the Holyhead Joint Venture, which hopes to breathe new life into the Welsh town and port over the next five years.

The project is designed to attract private and public money to regenerate Holyhead's economy.

About 100 Guides and Scouts from all over Anglesey were picked to join the crowds which lined the



Queen's route and gave her a warm welcome.

They provided a colourful, flag-waving guard of honour as the Queen arrived to

officially open the island's new £1.5 million heritage centre.

County Commissioner Mrs Gillian Slinn said that two of

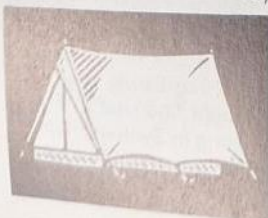
the Brownies presented posies to the Queen. She said: 'They thought it was fantastic. They had a marvellous time.'

LIVERPOOL DAILY POST AND ECHO

Coming Next

IN GUIDING JULY

Too Close to Home
domestic violence
Shoot the Rapids
white water rafting
Under Canvas
camping the traditional way



34

Shaping Britain's Future
a woman engineer
Sangam Story
a taste of India

IN GUIDE PATROL JULY

Flower Power
pressing business
How To...
put up a shelf
Salad Days
food for summer
Just the Job
so you want to be a vet?

On Your Bike
badge talk



IN BROWNIE JUNE

Visit a Theatre
treading the boards

Come Dancing
beginners' guide to the ballroom
Postcards for Peace
competition
Making Models
playdough shapes

AND IN RAINBOW GUIDE EXTRA

Sweet Delights
tasty coloured creams
Fun with Colours
park spotting

HIGHLIGHTS

ARTS CAMP

FOXLEASE:
23-30 August

This is a great opportunity for all Guides who enjoy

- singing
- dancing
- drama
- camping

and have at least seven nights' camp experience. The camp is open to individuals, as well as Patrols.

Guides will be able to take part in arts and crafts workshops, and have some free time for swimming, canoeing, archery or walking in the forest.

The week will culminate in the performance of a production, which will be presented to an audience of parents and friends on the last day.

This week costs just £45, applications should be sent to the Guider-in-Charge at Foxlease enclosing an sae.

FAMILY CAMPING

GLENBROOK:
August 22-31

For the first time Glenbrook is setting aside a camp site so Guiders can bring their families to camp.

You will need to be self-sufficient regarding equipment and food. However, there will be a certain number of activities arranged — if you wish.

Otherwise the time is your own — to do as you like.

ONE DAY TRAINING FOR COMMISSIONERS

WADDOW:
May 30 and 31

FOXLEASE:
July 4 and 5

From 10am till 4pm

Are you unable to give up a whole weekend? Do other commitments mean you can't attend a residential training? Then this is for you. The day will aim to help Commissioners be more effective in

their Guiding role, and will include:

- exploring the Five Essentials as a means of quality control
- managing the Adult Leadership Scheme effectively
- increasing confidence in taking group decisions.

You can come on either day, and uniform will not be required.

WADDOW ADVENTURE WEEK

WADDOW:
August 8-15

This is a week of activities and fun for Guides aged 10-14. As well as many on-site activities there will be a chance to try some off-site activities, such as:

- swimming
- archery
- skiing.

The week will cost £87.50 per person. This includes indoor accommodation in Waddow Hall and all meals. There will be extra costs for some of the off-site activities. For further information or to book, please contact the Secretary, enclosing an SAE.

JUST THE JOB

WADDOW:
September 15-17 (midweek)

This training is for any adult in Guiding who, for whatever reason, wishes to embark on or return to paid employment. It will also be useful for those considering career changes.

Topics covered will include:

- preparing a curriculum vitae
- interviewing techniques
- effective presentation
- standards in the workplace
- time management.

GENERAL ARTS

WADDOW:
July 10-12

This weekend will cover a multitude of activities from thread crafts to music and fine arts to homecraft. Whatever your experience there

will be something for you.

Sessions will be cross sectional, and will explore the varied potential of these activities within the programme.

You will develop your skills and learn new ones in a relaxing environment. Why not enjoy this weekend with a friend or with Guiders from your District?

ADVENTUROUS ACTIVITIES FOR BROWNIE GUIDERS

GLENBROOK:
July 10-12

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

The activities included will be of the type that can be tackled:

- on Pack Holiday
- at a Unit or District Activity Day.

This training is for the Guider who feels her Brownies need:

- a little more challenge in the out-of-doors
- to help with the 'or' choices of the Journey Challenges.

This training counts towards the requirements of the Adult Leadership Scheme (Stage III).

ASSERTIVENESS

FOXLEASE:
October 13-15

Do you find it difficult to say no? If so, come and practise being assertive.

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).

LEADERSHIP FOR COMMISSIONERS

WADDOW:

July 3-5

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 learned or is it something we are born with?

Come and find out more about leadership at Foxlease and Waddow. 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.

CONTEMPORARY ISSUES

FOXLEASE:

September 4-6

WADDOW:

November 10-12 (midweek)

Guiders are in a unique position to support the girls in making the right decisions for life. These trainings will look at relevant topics in depth, as well as arming Guiders with a wealth of resources and ideas.

Topics to be covered will include:

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

This training counts towards the requirements of the Adult Leadership Scheme (Stage III).

TRAINING DIARY

SCIENCE GAMES FOR BROWNIES AND GUIDES

WADDOW:

June 19-21

FOXLEASE:

October 16-18

● Are you looking for something different?

● Do you want some new ideas for your programme?

Why not come and enjoy a weekend of fun, exploring new ideas? This training is open to any Brownie or Guide Guider. However, if you work with another section many of the ideas can be adapted.

This weekend will:

● supply you with help for those girls working on science badges

● give you ideas to try with the girls — and to put science into your programme

● enable you to have a go and try something new

● provide you with the chance to ask that question "Why...?"

This training counts towards the requirements of the Adult Leadership Scheme (Stage III).

ADVANCED WALKING SAFELY

GLENBROOK:

November 13-15

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

Theoretical and practical sessions to be included are:

- map and compass work
- route planning
- navigation skills
- party organisation and management
- safety factors.

HOLIDAY PERIOD

FOXLEASE:

July 26-August 7

WADDOW:

August 20-September 2

Have you ever wanted to have more time to explore Foxlease or Waddow, and the surrounding area? Here

is your chance to relax in the grandeur of a large country house.

It is an opportunity to spend time:

- walking
- swimming (Foxlease only)
- reading

or just chatting with friends in a holiday atmosphere.

There will be a chance to visit places of local interest — but most of the time is yours to fill as you wish.

The holiday is open to any member of the Association. So come with your mother, your District, your Trefoil Guild — or even on your own!

LOOK AFTER YOURSELF

FOXLEASE:

October 16-18

You don't have to be fit, young and energetic to come to a Look After Yourself weekend. The trainings are open to anyone in Guiding.

If you want to learn about how to make healthy food choices, how to exercise safely (gently!) and how to relax instead of getting tense — come along!

The training will cover:

- exercise: the theory
- gentle exercise: the practice
- what causes stress?
- healthy eating — what to eat and why
- how to use these ideas in your unit.

The training will be led by a local authority trainer.

THE THINGS THAT MATTER

FOXLEASE:

13-15 November

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

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

Topics will include:

- independent living
- healthy lifestyles
- developing self-confidence
- exploring relationships
- the Promise.

There will be guest speakers, discussion groups, videos,

outside experts, practical activities and fun!

CANOEING/CLIMBING/CAVING

GLENBROOK:

June 5-7

September 18-20

This weekend offers the opportunity to take a BCU 1 or 2 Star Certificate in canoeing, or you may like to have a go at caving or climbing. Alternatively you can try a combination of any two of these activities during the weekend.

Skilled instructors will help you learn and enjoy these sports.

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 DIARY

FOXLEASE

JUNE

26-28 Rainbow Guiders

JULY

4 & 5 One day trainings

26-August 7 Holiday period

AUGUST

23-30 Sue Stevens summer school

SEPTEMBER

4-6 1. Leadership for Commissioners 2. Contemporary issues

25-27 ASA/RLSS life saving

OCTOBER

13-15* Assertiveness

16-18 1. Look after yourself 2. Science games for Brownies and Guides

WADDOW

JUNE

19-21 Science games for Brownies and Guides

JULY

3-5 1. Leadership for Commissioners 2. Adapting programme ideas

10-12 General arts

31-August 7 Walking at Waddow

AUGUST

8-15 Waddow adventure week

SEPTEMBER

15-17* Just the job

OCTOBER

16-18 Adapting programme ideas

GLENBROOK

JUNE

5-7 Canoeing/climbing/caving

JULY

10-12 Adventurous activities for Brownie Guiders

AUGUST

22-31 Family camping

SEPTEMBER

18-20 Canoeing/climbing/caving

* — Midweek

GLENBROOK

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

FOXLEASE

Lyndhurst
Hants
SO43 7DG
Tel: 0703 282638

WADDOW

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

NETHERURD

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

LORNE

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

HAUTBOIS

Great Hautbois Road
Coltishall

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

BRONEIRION

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

BLACKLAND FARM

East Grinstead
Sussex
Tel: (Sharpthorne) 0342 810 493

RAINBOW GUIDERS

The green of our rainbow symbol represents the out-of-doors, from which the Rainbows can learn so much while they are enjoying all its pleasures. This is the time of year when you can give the children opportunities for many outdoor activities. It is also an excellent time to provide new experiences of the violet rainbow symbol for physical activity.

WALKABOUT

Go on a walk with the Rainbows in a park or along a quiet country or suburban road. Each girl collects three pebbles before setting out and holds them in her hand.

The leader points out various natural objects along the way: a tree, a flower, a bird, an animal or insect. She then asks one girl to give her its proper name. Of course, some girls will be much more knowledgeable than others, and you will need to target your questions accordingly.

If a girl gives a correct answer she drops one pebble. When a girl gets rid of all her pebbles, pair her up with another girl to work together.

LISTENING

Sit the girls down quietly. What do they hear? After a minute ask the girls to share what they have heard. Then, perhaps, have another silent minute to listen again. Do they hear things you missed? Do you hear things they missed?

THUNDER SONG

Sing this song to the tune of *Frère Jacques*, performing the activities as you go:

*I hear thunder, I hear thunder
stamp feet on the floor
Hark, don't you? Hark, don't
you?*

*hand up to the ear to listen
Pitter-patter raindrops, pitter-
patter raindrops
mime with fingers
I'm wet through —
hug self and shiver*



LYNN BREEZE

*So are you!
point to neighbour.*

SHADOW PLAY

On a sunny day let the girls observe what happens to their shadows.

Is it hotter in the sun or in the shade? Put a thermometer in direct sunlight, then put it in the shade. What happens? Talk together about this experiment.

Play shadow tag — the player who is 'It' tags the others by stepping on their shadows.

GARDENING

Some of you may have access to a little bit of earth where the girls can plant seeds and watch them grow. Flowerpots will do if you don't have any ground space. You will have to depend on someone to water the 'garden' between meetings.

Nasturtiums grow easily, as do radishes. Perhaps you could try growing a sunflower.

Share out some seeds for the girls to take home. Ask them to bring their 'harvest' to a meeting later in the year.

BARK RUBBING

Look at the bark of different trees. Are they all the same? How do they differ? How many different patterns of bark can you find? Try to name each tree as you examine it.

Hold a sheet of paper over the bark of the tree, and rub a dark crayon gently over the paper until the pattern of the bark shows through. Write the name of the tree on each rubbing. Compare them and hang a bark-rubbing exhibition in the meeting hall.

RACES

Both you and the Rainbows will be able to devise an assortment of different obstacle-type races: a somersault race, a hopping race, a running backwards race.

BALLOONS

A packet of balloons can provide numerous activities. How long can the girls — working together — keep a balloon off the ground, with their hands, and then just by blowing it?

Play tag with 'It' holding a balloon on a string in one hand or both. She can tag others with either her hands or her balloons.

PAINTING

Take the girls outside to paint pictures. Some may choose quite small scenes like a tree or a flower. Others might try their hand at a wider scene. Talk to them about what they see as they work at their pictures. You might like to show them some landscapes painted by 'real' artists.

Let them talk about what they see in the picture and look at them really closely to see how the artists made the scenes.

TRAIL TIME

Lay out a simple trail near the hall for the girls to follow. Use the traditional tracking symbols:

- go straight on →
- don't turn this way X
- turn right ○○
- turn left ○○
- end of the trail □

Let the girls make their own trail using these symbols.

THANK YOU

Say thank you for all the different things in the outdoor world which you have seen during the meeting.

NEXT MONTH

Many of these outdoor activities will continue into July, when our theme will be holidays.

GETTING OUT

PLAIN SAILING

Several Guide units have already given the Ocean Youth Club top rating so if you fancy a spot of adventure, sign on. Not only will you learn to sail, make loads of new friends and visit places you never knew existed, you may discover a new you.

Lots of young people who've sailed with the Ocean Youth Club say it was a 'brilliant experience' and are hungry for more, although it has to be admitted others finish the trip vowing never to try sailing again!

since the Club was founded, it has helped more than 90,000 people taste life on the ocean waves.

There's no doubt the Club has already proved popular with Guides. The 2nd Cove Guides, Hampshire North, were introduced to OYC by their Guider Julie Harrison. The girls loved their trip on the briny.

Julie explained: 'It is a fantastic experience. When young people go away with the Club they are all working together. We all have great fun.

But, if you like a challenge, you'll enjoy the trip.

ALL ABOARD

New crew members will be met by the skipper, who is in charge of the boat. There'll also be some voluntary staff on board called the after-guard, a dedicated group of people who give their spare time to help train the crew and show them how to sail.

Next step is to meet the rest of the crew, find a bunk, stow your gear, eat supper and clear up. Then the skipper divides the crew

may vary, according to what crops up en route. At sea you've got to be prepared for sudden changes of weather.

At night when you're sitting on deck with nothing around you but your fellow crew members and the sea, land-lubbers can find it pretty eerie, David said.

But experienced sailors boast there's nothing to beat the incredible feeling of being totally out of sight of land. Then all you have to rely on is yourself and your fellow crew members.



OCEAN YOUTH CLUB

A life on the ocean wave

Anyone aged over 12 can sail with OYC. There's no age limit and people with disabilities are welcome. The only qualification is that you need to be able to swim 50 yards.

The Club is really for people who are prepared to work hard and muck in. Everyone takes part in sailing the boat: steering, handling sails, keeping a look-out, helping to navigate, as well as tackling the chores — cooking and washing up.

It is a charity which runs the largest sea training fleet in the UK. In the '30 years

'I don't know a better way of getting people together. You have to work as part of a team — you are totally reliant on other people. You don't have to be terribly strong. The main strength you need is for hoisting the sails.'

The average OYC cruise lasts six days. Actually, cruise is probably the wrong word as there won't be time to sun yourself on deck!

Sailing is hard work and everyone has to take a turn at unpopular jobs like cleaning out the toilets — or 'heads' as they're known.

into watches.

You'll be told what your duties are and warned about safety. There'll also be lessons in how to hoist the sails and use the loos on board. Finally, it's off to your bunk for a few hours sleep.

Once you are into the watch routine, you'll have a few hours working and a few hours resting. The length of time at sea and destination depend on tide and wind.

SUDDEN CHANGES

David Hookes, OYC's administration manager, explained that where you go

Obviously people do get sea-sick but they generally get over it in a few days. Some of the nation's most famous mariners, including the great Nelson were said to suffer from *mal de mer*.

'Sailing isn't a success with everyone,' David admitted. 'It's just the same as camping. Some people are prepared to muck in and have a really great time but, inevitably, you get some who never want to do it again!'

Most people, however, make new friends and discover qualities within them-



Budding sailors take a trip on the briny

hands are needed. If you want to meet up with other crew members, reunion parties are held.

HOW MUCH?

Depending on the time of year, it costs up to £40 a day to sail with OYC. Many budding young sailors get the money through fund raising, grants and bursaries. And, of course, finding the money to sail is part of the challenge!

But if you have difficulty raising the money for your cruise fees, OYC may be able to help you.

All members booked on an OYC cruise are automatically insured. The cover includes loss of personal belongings, medical and other expenses incurred aboard due to illness or accident.

NICOLA WHATMORE

selves that they never knew they had. David has seen many shy, nervous people come aboard, only to turn into self-confident, outgoing individuals after just a few days sailing.

'Sometimes you'll be sitting on the boat in the dark and it's up to you to get it from A to B — that is quite a challenge,' David pointed out.

Depending on the route and the weather, you may get a chance to explore remote coastlines or visit other ports. And sunrise over the ocean can be quite spectacular. Dolphins love to play in the rainbow that appears around the bow of the boat. 'Some of them sail with the vessel, they stay dead level with the boat for miles,' David said.

There's also a group within OYC called Dolphin Watch who make a note of where the dolphins were sighted and report back for scientific research.

When land is in sight, you'll have to give the boat a final clean-up so she is ready for the next crew.

SAIL ON

If your first cruise is a success and you become a competent sailor, you may get the

chance to take part in the Tall Ships or Round-the-Island races as OYC vessels regularly take part in these prestige races.

You can also work towards the Royal Yachting Association's certificates such as the Competent Crew and the Day Skipper. The Duke of Edinburgh's Award Scheme also accepts suitable

sailing experience in its sports section.

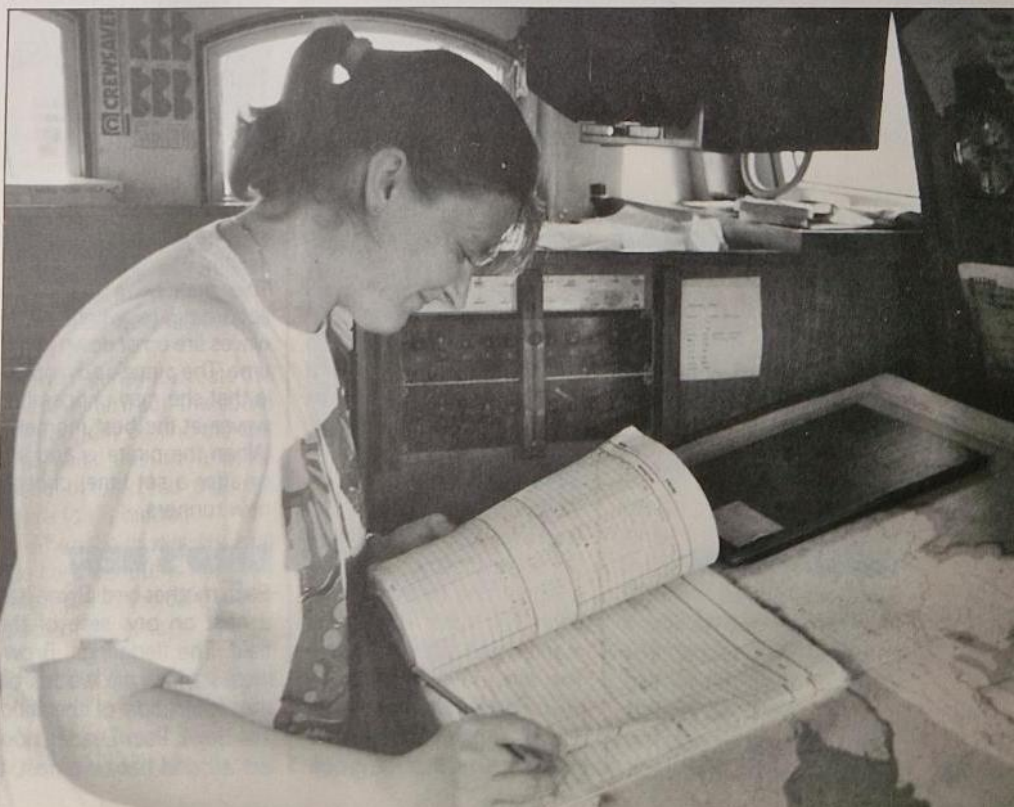
Or you could join one of the OYC training courses to become a member of the afterguard and help other budding young sailors.

Even when you're not sailing, there's still a lot to do. The boats are taken out of the water each winter for a total refit, so lots of willing

● If you want more information about OYC write to: Central Office, Ocean Youth Club, The Bus Station, South Street, Gosport, Hants PO12 1EP. Telephone: 0705 528421/2.

● Turn to page 10 for information about the British Steel Challenge — a unique round the world yacht race.

Filling in sailing details on the ship's log



BROWNIE GUIDERS

Summertime at last! Off with the sweatshirts and try some of these no-equipment games to work off excess Brownie energy.

TOUCH TAG

Give clearly defined boundaries, not too spread out. One Brownie is chaser and tries to touch another girl, for example, on the back of the neck or small of the back, but above the knee so that she can still run. The girl tagged becomes chaser, but must keep one hand on the part of her body which was touched, as she tries to catch the next girl.

ship an equal distance from the pirate gold — a beanbag or whatever!

Captain Hook, a leader, calls out a number. Each pirate with that number rushes to grab the gold. But she must take it back to her ship without being tagged by one of the other pirates. If she captures the gold safely, her Six wins two points. If she is caught, the catcher's Six wins one point.

A pirate may only be tagged when holding the gold. Therefore, if all the Brownies reach the gold

have run. Methods might include walking fast; running or walking backwards; skipping; hopping on one or both feet; moving on all fours; or bunny hopping.

PIRATE WAYS

Two Brownies are chosen as pirate and customs officer. The rest make a circle, joined hands raised into arches which they lift and lower constantly, imitating waves. The customs officer chases the pirate through the seas, but must follow her exact

marked circle in the centre of the field.

At a signal, each mother bird simultaneously calls one of her own fledglings by name. When a fledgling hears her name, she must leave the woods and try to reach her own nest. As the fledglings cross the field, the hawk tries to catch them and put them in her nest. When a fledgling is in a nest — either her own or the hawk's — mother bird may then call another fledgling.

Mother bird can try to rescue her captured fledglings by flying to the hawk's nest and leading them home hand-in-hand. But, if she herself is caught, she is put in the hawk's nest and cannot then call any more fledglings home. When no fledglings are left in the woods, the Six with most birds in its own nest is the winner.

ROCKY SHORE

One Brownie from each Six, the ship, stands in the fog (blind-folded) in the centre of the field, back to back with the others. Opposite her, several metres away, stands another member of her Six, the lighthouse. The rest of her Six, the Rocks, stand spaced out between ship and lighthouse.

Lighthouses are at north, south, east and west of the field, so that each ship moves in a different direction.

At a signal, each ship tries to reach her lighthouse without going aground on the rocks. She is helped by each rock who says quietly as she approaches: 'Splish-splosh', to represent waves breaking over it.

The lighthouse says 'Ding-ding' every few moments to guide the ship through the fog. The first ship to reach its lighthouse wins a point.

Play enough rounds for everyone to have a turn as ship and lighthouse. The Six with most points wins the game.



HOPALONG TAG

Everyone must hop on one foot when moving; both chaser and chased. Anyone may change feet when necessary. As girls are tagged, they too become chasers. The last Brownie left free starts the next round as chaser.

GOLD GRAB

Sixes are pirates, number each group one to six. If numbers are unequal, one Brownie may have two numbers. Each Six stands on its pirate ship, for instance, behind a marked line; each

together, they needn't grab for it immediately. They may hold back, keeping a wary eye on each other, until someone tries a surprise snatch and grab! Play for a predetermined time. The Six with the highest score wins.

ROUTE RUN

Sixes line up behind a line with a marker opposite each Six some distance away. At a signal one Brownie from each Six runs round the marker and back to place. The second person to go must choose a different way of covering the course. And the next... until all the group

sea-route — passing under exactly the same arches. This may be a hindrance according to whether the waves are up or down at the time. The pirate's advantage is that she may choose her waves at the best moment. When the pirate is caught, or after a set time, choose new runners.

BIRD'S NEST

Each mother bird, Sixer, has a nest on one side of the field. The fledglings, Brownies, stand in the 'woods' on the other side of the field. The hawk, Pack Leader, hovers around her own nest, a

JENNY MUMFORD

COMING UP ROSES

Roses and June go together almost as well as love and marriage, but any other summer flower could be used as a theme for such a summery month. Information and pictures of roses can be found in gardening catalogues, or obtained from the Royal National Rose Society, Chiswell Green Lane, St Albans AL2 3NR.

To get the evening underway play a Beetle-type game with a dice, but your aim is to draw a flower instead of a beetle. A six must be thrown first representing the centre of the flower. The other numbers have different values: 1 - stem; 2 - leaves (two needed); 3 - stamens (three needed); 4 - thorns (four needed); 5 - petals (five needed). Obviously the leaves and thorns cannot be added until the stem has been drawn.

PATROL ACTIVITIES

1 Try some flower arranging with roses. For example, a small, all-round arrangement for the centre of a table with different kinds of 'greenery', or an arrangement of three flowers with foliage. Bring different containers and try out different arrangements. If you know someone who is keen on flower-arranging, you could invite them along to give advice.

2 Use tissue paper or crêpe paper to make artificial roses. See if someone can bring along some real roses so that you can copy the shape and number of the petals. You could also try making stems with garden cane, adding paper leaves and thorns.

3 Make a stencil of a rose: draw the outline on thin card, then use a paper knife to cut out the coloured areas. A more interesting stencil can be made by leaving narrow 'bars' of card to separate the different petals.

Fasten your stencil firmly to a piece of paper with paper clips. Then use a small piece of sponge or foam and fairly thick paint to 'dab' the open areas of your stencil in suitable colours. Make sure that the stencil does not move and take care that the paint does not go beneath the card. Wait until the paint is dry before you remove the stencil.

4 Make a rose collage using small pieces of tissue paper, screwed up tight. This can be either a single rose or a vase of roses.

You could also make a rose montage, using pictures of roses cut from garden catalogues. Cut round the rose shapes carefully, and stick them on to paper.

This could also be a vase of roses, you will need to draw the vase and stems, and choose rose pictures that are similar sizes, or simply a rose 'display' with lots of roses stuck all over the sheet at different angles. Try this out first to get a good balance of colours.

5 Make a rose leaf brooch. Choose a leaf that is undamaged, remove the stem and keep it pressed for a week so that it is dry and flat. Glue the leaf face down on to a piece of card.

When the glue is dry, trim the card very carefully to the same size as the leaf. Cut a piece of foil about 1cm larger than the leaf. Place it, shiny side down, over the leaf.

Rub it gently to create the leaf's veins. Tuck the spare foil carefully behind the leaf and stick this to another piece of card, so that the spare foil is hidden.

When the glue is dry, trim the card carefully. Fasten a safety pin to the card with a piece of sticky tape.

6 Find out (from gardening books, or a parent or friend who is a keen gardener) how to look after roses

properly. For example, find out about planting rose bushes, feeding, pruning, avoiding diseases, greenfly and so on. Make a 'look after me' poster from the rose bush's point of view.

Lancastrians on the winning side, sometimes the Yorkists. Girls play in pairs, one is a Lancastrian, the other a Yorkist. If the leader calls 'Lancaster', all the Lancastrians have to chase the Yorkists. If



COMPANY ACTIVITIES

● **Bunch of Roses:** Cut out rose petal shapes in different colours (for example, red, yellow, pink, white), and put them in the middle of the room. Each girl in the Patrol is given a number. The leader calls out a sequence, for example, two red, one yellow, three white, and then calls out a number. A girl from each Patrol with that number runs to collect the correct petals, which must then be arranged in the correct order in the Patrol corner.

● **Wars of the Roses:** This 15th century war lasted 30 years, with sometimes the

she calls 'York', all the Yorkists do the chasing. The more you switch from one to the other, the more chaotic it becomes.

● **Rose Mime:** One girl from each Patrol goes to the leader and is given the name of a rose. She has to go back and 'mime' this name. The girl who guesses correctly goes for the next name and so on. For example, choose from Ballerina, Queen Elizabeth, Iceberg, Circus, Chinatown, Sea Pearl, Orange Silk, Golden Slippers, Charleston, Sir Lancelot, Bonfire Night, Trumpeter ...

Make life a bed of roses for a theme evening

This July Our Chalet will be hosting a big party to celebrate its 60th birthday, while Sangam celebrated its 25th anniversary last year. Don't relegate historical details like this to books like *1910 and Then* or Clause 1 of the Baden-Powell Trefoil. They can provide masses of ideas for activities.

unit about the things they did and enjoyed. Then use the information in an interesting way.

Could you run a meeting as it was five, ten or even 50 years ago? Get the girls to choose activities which they think would be fun but different. Perhaps the people

IN PICTURES

Take photographs which show what the girls are doing, wearing and enjoying now. Use these to produce a pictorial account of their lives as Guides in the 1990s.

Do you have such records of the unit as it was? Some have beautifully illustrated log books, while others have photograph albums. Remember that what the girls put together now will be a historical record in a few years' time.

There are groups now, in many areas, for old people to meet and reminisce. Could you find out whether such a group meets in your area? Could the Guides go along to talk with them to find out what they did when teenagers, and to find out what Guiding was like then?

A tape-recorder is a useful tool for this but make sure the Guides have permission to use it. Such an activity helps the Guides get to know people and it could lead to service projects.

ENTERTAINMENT

Information gathered from talking to people could be written into sketches, and form the basis of an entertainment at a later date.

You'll need costumes to put on an entertainment. There are charts showing pictures of uniforms, but you will also find that many Counties and Countries and Regions have old uniforms, which may be borrowed. The real thing is always better than a picture!

Many local museums have large period costume displays, and some will show you how the restoration work is done. Perhaps this is a place to visit during the holidays.

It is much more fun to present the history in an active way, as many heritage centres now do. Challenge the girls to do this by showing scenes from the past using puppets or silhouettes.

Could they produce a series of tableaux, with a narration to explain what they are showing? Magazine articles and the GGA anniversary packs can provide inspiration for this.

QUICK QUIZZES

If they like quizzes, the Patrols could make a game, based on Trivial Pursuit, with questions on Guiding themes. Guiding history could be one of the themes.

The bingo game described in May's *GUIDING* can also easily be adapted to use historical data. You can include facts relating to your own unit history as well as the national history. Snakes and ladders-type games can also be used.

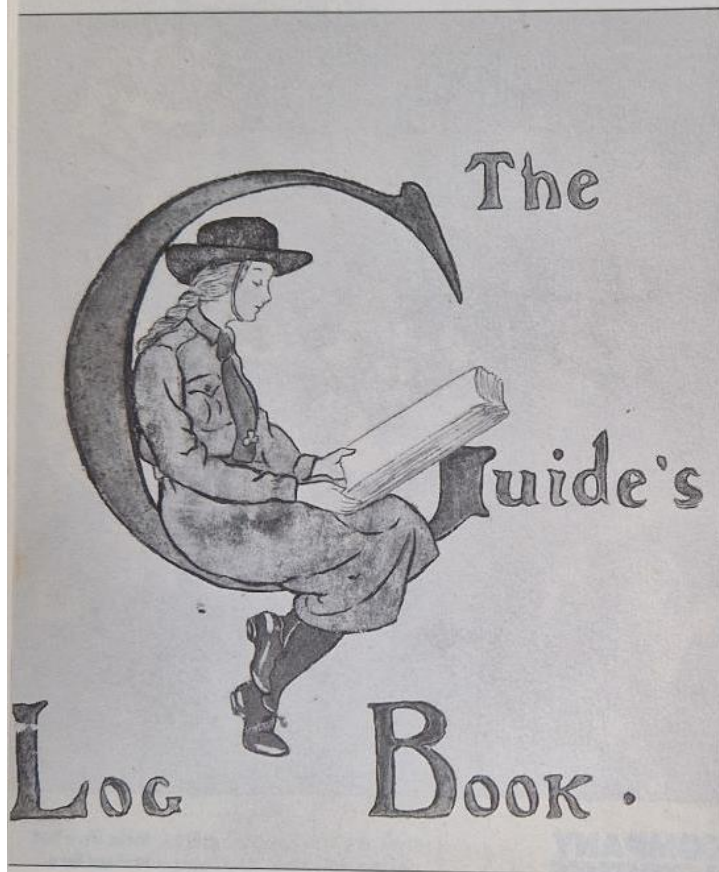
If the girls enjoy making posters and displays, help them to choose a theme for them. The history of the World Centres would be particularly appropriate at the moment.

If you are visiting London, take the opportunity to visit Pax Lodge, and then challenge the girls to 'tell' the history of the London World Centres.

If they prefer an activity perhaps they could look at one aspect of the Programme such as camping or service or the arts. Or they might enjoy researching the Programme itself. If you have access to the old handbooks or magazines these would be useful for this. Sometimes it helps to hoard!

However you do it, why not bring our heritage to life for the girls of today?

CAROL HORNE



An early logbook belonging to the 1st Bromley Company

MEMORY LANE

Guiding has a fascinating history based on people's lives. Have you talked to people who used to be Guides? Even those who left the Guide unit very recently have treasured memories, as I discovered when I talked to some Rangers recently! They could remember exactly what they did at their first Guide meeting.

Why not capture some of these memories to show a living history? Invite along mums, grans or friends who were Guides to talk to the

who originally did them would come along and share their skills.

If you are planning a camp, could you try some of the things which were highlights for the older generation... or are they part of the programme already? Is there time to try menus based on those from the '60s? The clothes and music are popular with the girls so why not the food... Prunes? Stew? Porridge? Steamed puddings? Challenge the girls to choose something which they do not usually eat!

Have you placed a regular order for *GUIDE PATROL* yet? If not your girls are missing out on an action-packed supply of ideas and activities. The magazine can be ordered monthly either on subscription from CHQ or through your local newsagent but is not available by mail order from the Trading Service.

SINK OR SWIM

WOW '92 is the GGA Week-end of Water which will take place on the weekend of September 18-20.

Answer this simple quiz to find out whether you will sink or swim during WOW '92.

1 How much water is used every time you flush the loo?

- a) 2 litres
- b) 10 litres
- c) 50 litres

2 How many glasses of water do you use when you have a shower?

- a) 50
- b) 400
- c) 1,000

3 How much time does it take for a deciduous tree in a tropical rainforest to take in and release 400 bathfuls of water?

- a) 1 day
- b) 1 month
- c) 1 year

4 How many litres of fizzy drink does an average Ranger Guide drink in one year?

- a) 60
- b) 100
- c) 130

5 How many cups of tea are drunk in the UK every year?

- a) 70 million
- b) 70 billion
- c) 70 trillion



8 How much water does a Brownie lose from her body every day?

- a) 1 litre
- b) 2.5 litres
- c) 5 litres

9 What percentage of the world's population lacks safe drinking water?

- a) 13 per cent
- b) 24 per cent
- c) 38 per cent

- b) 10 per cent
- c) 30 per cent

12 What is a clepsydra?

- a) A relative of Cleopatra
- b) An ancient water clock
- c) A disease

13 How many times is each cubic metre of water recycled?

- a) 3
- b) 6
- c) 9



● For some activity ideas for WOW '92 turn to page 48.

WATER PACK

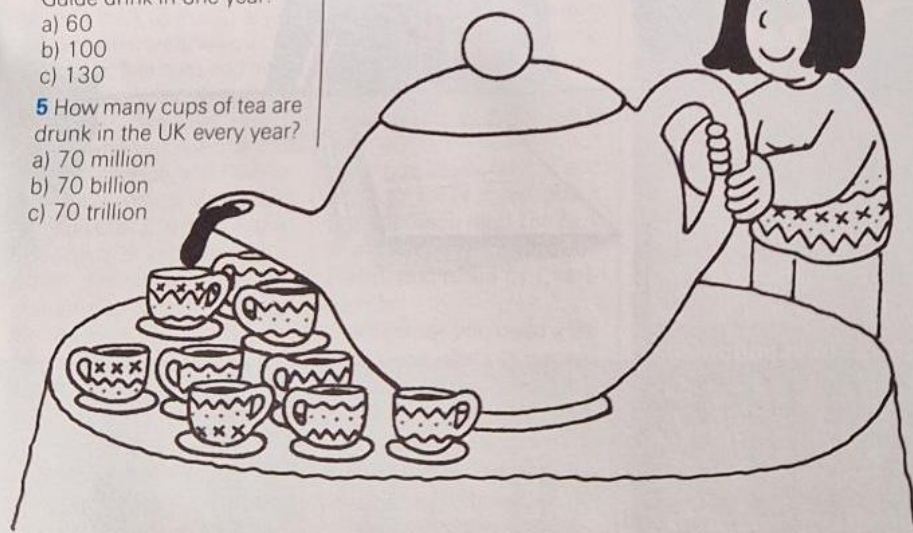
The River Water Pack Phase Two could not only provide a host of ideas for WOW week but also a programme for a whole term, a Pack Holiday or camp. It's so well designed and produced it will enthuse even the most rigid and retiring of Guiders to get out their green wellies and have a go.

The Pack contains: information for adults leading RiverWATCH parties, data recording forms, survey instructions, water quality indicator, water test strips, pH test indicator, a beautifully illustrated booklet, poster, diagrams, idiot-proof instructions and even a pencil and a button badge.

It costs £5 and is available from: WATCH, Richmond Publishing Co Ltd, PO Box 963, Slough SL2 3RS.

For more information on RiverWATCH projects turn to pages 14-15.

● So, are you a duck or a brick? For answers turn to page 54.



6 What percentage of your body is water?

- a) 95 per cent
- b) 20 per cent
- c) 65 per cent

7 What percentage of the earth's surface is covered by water?

- a) 30 per cent
- b) 50 per cent
- c) 75 per cent

10 How much water does the average family of four use in a week?

- a) 1,000 litres
- b) 3,500 litres
- c) 500 litres

11 What percentage of rivers and streams in the UK are so polluted that no fish can live in them?

- a) 4 per cent

14 How many tons of water does it take to grow one ton of rice?

- a) 500
- b) 40
- c) 2,000

COPING WITH

CONFIDENCE RAISING

Self-confidence is, perhaps, the one quality most women would love to have. We all envy the woman who strides into a meeting and outshines everyone else. Don't you wish you were like her?

Traditionally women have been encouraged into a mainly passive life style. Partners or boyfriends often seem to get a huge amount of pleasure from criticising everything from a woman's skill as a cook to the way she drives. So it is hardly surprising that many women lack confidence.

Most people lack confidence in some area of their lives but some are better at covering it up than others. The first step is to work out the situations in which you lack confidence — is it at work, meeting new people, standing up for your rights...?

Begin by writing down what exactly it is in a particular situation that makes you feel ill at ease. When you've written your list, you are ready for the next stage.

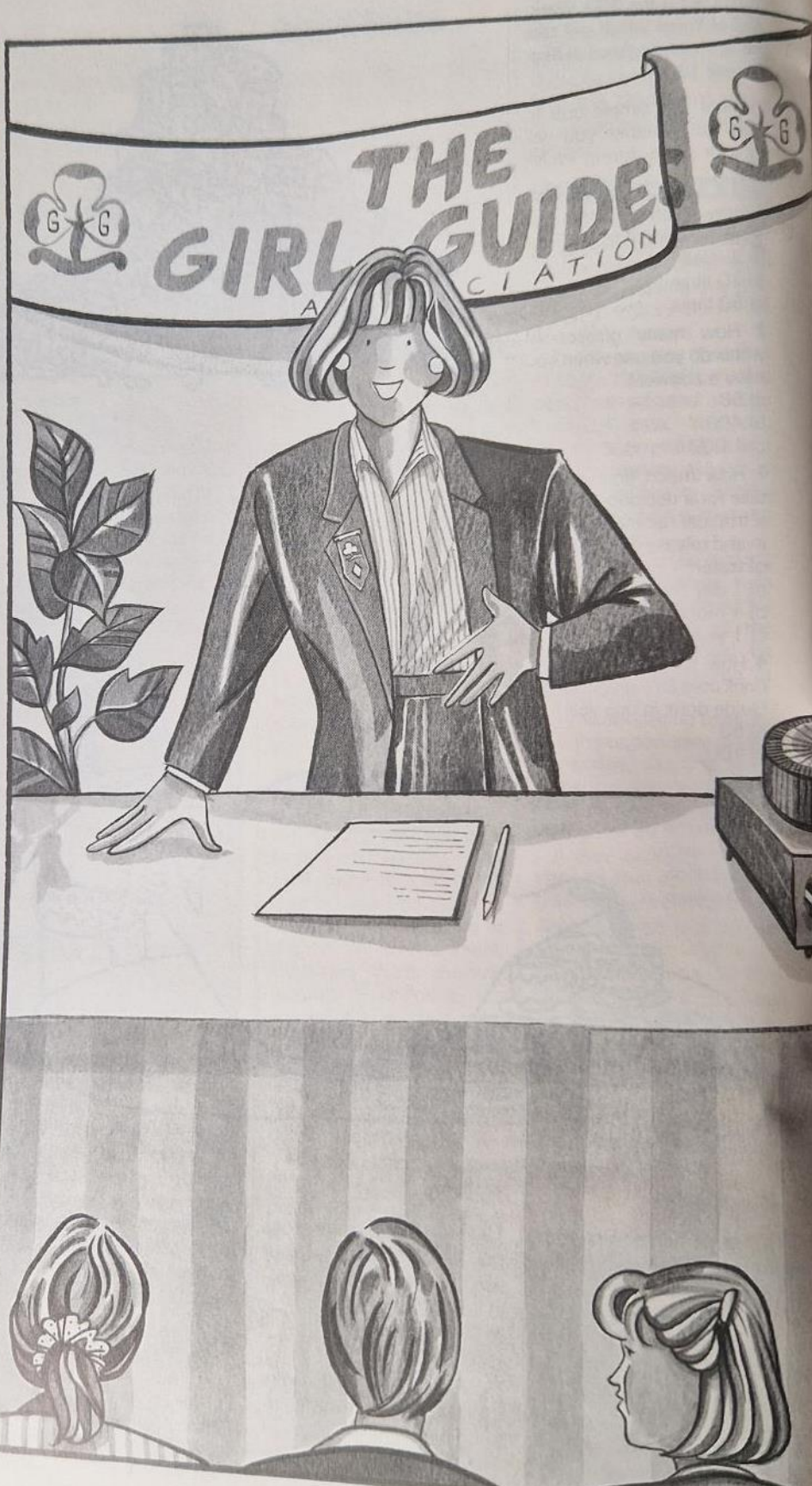
Next consider how you feel when you are in a confidence-sapping situation. Do you feel insecure and small? Or do you go to great lengths to avoid the experience? When you have examined your feelings you need to find out what triggered off these fears.

Perhaps someone once made some particularly nasty comment that sticks in your mind. Think back to where it all started. Because only when you have done this can you start to rediscover your confidence.

Some people may suggest that a 'crash course' is what you need to improve your confidence. But throwing yourself in at the deep end will only damage your confidence not improve it. Don't let yourself be bullied.

SELF-BELIEF

The secret of self-confidence is self-belief. You must believe



in yourself and your abilities. You are a unique human being, believing in your abilities is vital if you are to become a confident woman. You know your limits and what you are capable of.

If you really want to be self-confident you will be, no matter what.

There's a saying which sums it up: 'When a person wants something, truly desires something, that person can divert rivers, move mountains. Create a life in which only they can live. And others stand envious beside them.'

Of course, there is no overnight cure for lack of confidence. You can't buy one in a supermarket. But you can learn to be self-confident in just the same way you learned to ride a bike or drive a car. You have to re-train your mind and attitude.

You need to start small and build up gradually. Let's say you are usually nervous around other people. Try commenting on something to another person in a bus queue. Or mentioning how good a book was when you take it back to the library. If you make the effort you can take that first step and suddenly you are talking to a stranger.

But when you decide you want to change, you have to first face up to the most difficult obstacle of all — the possibility of rejection. The other person in the bus queue may ignore you, or the librarian say she hated the book. If this happens don't dwell on it. The world didn't stop turning did it? You have to keep trying.

After all, which books you enjoy is a matter of personal choice. And even if the librarian didn't like the book, you did. Recommend it to a friend. Forget about what the librarian said and go and find another good book.

Unkind words from your nearest and dearest can be more destructive than the views of strangers. Don't get tearful, get angry. Resolve to prove that you can cope, that you can drive, cook and run your life successfully.

It's hard to ignore what other people say about you. It can knock your confidence for six. But have you ever considered that they could be jealous? Or they could be feeling insecure themselves?

ENCOURAGEMENT

If you're feeling down, try some of these confidence-boosting ideas. Prepare properly before trying something new for the first time, whether it is attending a training or being interviewed for a job. Or when you just need a bit of a lift.

Write down all the good things that have happened to you. For example, your boss praised your work, you finished *The Times* crossword, you produced a soufflé that didn't collapse. And keep a copy of the list in your handbag or car. That way it is available as instant encouragement whenever you need it.

Another useful trick is to write down on a piece of card a phrase such as 'I am a confident person'. Now read this aloud to yourself before you go to sleep at night and when you wake up in the morning. This may sound silly but it does work.

It builds a constantly positive approach in your mind. After a week or so of using the technique, you will notice a change in yourself. If you want to know more about this approach read *The Lazy Man's Way To Riches* by Joe Karbo, published by Chartsearch.

Whenever you need a lift, think clearly without panicking. Let's say you are going to talk to a group about an aspect of Guiding. Remind yourself that whoever asked you to give the talk wouldn't have done so if they weren't convinced you were up to it. They believe in you, and you can believe in yourself too. You have to keep the confidence ball rolling.

FEELING GOOD

To do this you need to feel good about yourself and the way you look. Make time to look after yourself. Choose a hair style that's easy to care for. And treat yourself

to a new hairdo every so often.

You are feeding your self-esteem, which is vital if you are to stay confident. So don't see this as being selfish, see it as your right as a woman. You have a right to feel good about yourself, no matter what anyone says.

Keeping the confidence ball rolling takes effort, but you will be well rewarded for it. A confident woman gets noticed and you won't be overlooked in the promotion stakes.

Enjoy your life, never compare yourself to other people. This way leads back the way you came. If you envy your friend's bone structure, you may discover she would love to have legs like yours. We all have our good and bad points, so learn to accept yours. After all, no one's perfect.

When you tackle something which worries you,

give yourself a reward. Have a meal out or buy a ticket to a show you want to see. You'll not only feel on top of the world, you'll also feel more happy about yourself.

If you want to learn more about promoting self-confidence, put your name down for one of the trainings held regularly at our Training Centres, the Training Diary on p35 and 36 in each month's *GUIDING* will provide details.

For home reading there are two excellent books published by Sheldon Press, *Getting Along with People* by Dianne Doubtfire and *How to Improve Your Confidence* by Dr Kenneth Hambly.

Remember only you can take the first step towards becoming a more confident woman. No one else can do it for you. Start now and you'll never regret it.

SARA EDLINGTON

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RANGER GUIDERS

You may have Rangers in the Unit who are about to start on the Queen's Guide Award. If so they probably are in the process of sorting out what to do and when.

NEW SYLLABUS

The Award has been reviewed and a new set of clauses and notes were published in May. There are changes in a number of clauses, so it will be important for you and the candidates to come to grips with them. It will also require your making sure that your Division

- Are there any Rangers who were not originally recommended for the Award, but might now be ready to be reconsidered?

- Are there any Rangers who would have loved to try, but were too old to start? Look carefully at the time requirement. A member of the Unit may start the Award at any time after her 16th birthday. When a girl starts is usually determined by her having sufficient time to complete the Award. Points to remember are that there is an upper age limit and the

girls, not because they couldn't cope, but because they saw other members of the Unit struggling.

The clause changes vary. The first two clauses remain as they are, but there are some alterations in the *Service to Guiding Clause*.

The changes here are made to allow candidates to offer service to Rainbow Units in an appropriate way; to widen the opportunities for service through work at Guide-owned properties; and to make sure Rangers have an opportunity to use some

with younger children, she will only need quite superficial information. The assessor should be checking this out.

Clause 4 has an additional section, plus further options for service. This clause now starts with a section relating to the family group. Some Rangers, because of their home circumstances, may find this quite a daunting one to tackle. It is up to you to help them to meet the challenge.

In the notes it does suggest that Rangers might want to talk this over with a leader who they know quite well. Be prepared for this. You will need to know something about the structure of the family, as well as appreciate the changing role of a young woman within her own family group.

The extra options that have been added to the clause do give a wider variety to the service that a Ranger may undertake — they provide just a bit more choice.



A proud moment: Charlotte Matthews receives her Queen's Guide Branch from the President, Princess Margaret as the Chief Commissioner Jane Garside looks on.

and County Commissioners, plus all the County Advisers, know there are alterations.

This isn't a case of change for change's sake, but change at the request of a large number of Award holders, some of whom had real battles on their hands in trying to break through the systems.

Action: First purchase your new set of notes, which will include the syllabus. Read through it, marking those clauses which have changed. Consider what those clauses mean to members of the Unit. For instance:

- Are there any Rangers who, having finished their exams, might want to ask to be recommended?

Award generally takes about three years to complete.

The three year rule isn't changing, so it isn't possible to opt out and then start again. This is still an Award which demands a great deal of commitment to the different clauses, and the standards will remain high.

ALL CHANGE

Action: Tell members of the Unit that these changes have been introduced.

- Explain the change in age to fit with the age range of the section.

- Point out changes in the individual clauses.

The content of some of the clauses did put off some

of their knowledge of international Guiding in a meaningful way.

INTERNATIONAL

Action: Study the *International Clause* which is now quite different.

It is, however, important that Queen's Guides do have a good knowledge of the international aspects of Guiding. But, rather than make yet another set of notes, they are to select the information that they have, and make a more practical contribution. Thus the additions in Clause 3.

It will be important to see the candidate doesn't fall into the trap of believing that, because she is working

Do you know of a Young Guider — probably under 23 — who would like to be involved in the pilot work being undertaken on the Programme for members aged between 15 and 25, who would like to start and, hopefully, complete the Queen's Guide Award? If so suggest she contacts the Manager of the Youth Activities Section at CHQ, who will put her in touch with the appropriate person.

This should be a Guider who is new to the Award, not someone who started the scheme and then dropped out.

This is part of the pilot work currently being undertaken, and it will be carefully monitored prior to any further decision being agreed. It does not mean that anyone can take the Queen's Guide Award.

CHINA PAINTING

Painting on china is great fun and can quickly develop into an absorbing hobby.

It's a really good craft for the girls to try because, whatever they paint — a vase or a kitchen tile — they'll have a souvenir to keep.

And, if they really get a taste for it, they can go on to bigger and better things — even a dinner set!

WHAT YOU WILL NEED

- china paint
- paint brushes
- carbon paper
- tracing paper
- china pencil
- white tiles
- clean rag
- overall

WORKING WITH FINE LINES

After it has been painted, the china is usually fired in a kiln so the design becomes permanent. If you can find a local craft centre or pottery which has a kiln, the owners will probably be happy to help for a small fee.

Perhaps, at the same time, you could ask them to talk to the unit about kilns and kiln firing.

Failing that, there's a new china paint which can be fired in a conventional oven. It's called Ceramic A L'Eau and is made by the French company Pebeo.

After painting, you leave it to dry for 24 hours and then bake it in the oven at 200 degrees centigrade.

One word of warning though — the paint is not suitable for items you would eat off such as plates. But it is brilliant for beginners who want to paint ornaments like vases, picture-plates and ceramic tiles.

The paint costs around £2.15 a bottle and is available from The Fulham Pottery. You can mix the colours together and dilute them with water. To save money, you could just buy three

primary colours and mix them.

MIX AND MATCH

If you have access to a kiln, then you can use onglaze enamel paint. This paint is suitable for painting on to glazed china.

Onglaze enamel paints are powdered. You mix them with olive oil and apply to the china with a sable brush.

As you get more adventurous you can try other paints such as lustres. These are metallic paints available in lots of colours, including mother-of-pearl, gold and silver. They give your china painting a really classy look!

GETTING STARTED

Begin by painting on white tiles because they provide a flat surface. You can get a box of the tiles from most do-it-yourself shops. When they've been fired, the tiles make brilliant teapot or saucepan stands.

Each person should have

two white tiles, one acting as a paint palette.

First, work out your design on paper. You can trace simple outlines from books

TOP TIPS

- Don't work in a dusty atmosphere.
- Mix paints to the consistency of toothpaste.
- Buy the best brushes you can afford.
- Always paint on clean, undamaged china.
- Clean your brushes after use.

and magazines or make up your own design.

Trace the design on to a piece of tracing paper, using a pencil. Put the tracing paper face down over your tile and rub the back with the pencil so the design is transferred to the tile.

Use a clean knife to pick up a blob of paint and dot it on to the palette tile.

Now you can start painting. If you've used a china pencil, when the design is fired, the pencil lines disappear.

DIFFERENT STROKES

The secret of china painting is to master the art of brush strokes. Practise first with a fairly large brush to get the feel. Try making a 'C' stroke and then paint it backwards so you get different shapes.

Also try making the strokes with different degrees of pressure to achieve varied shades.

You are striving for light applications of colour. You can achieve depth of colour

BACK DATE

- The word 'ceramic' is Greek and means potter's clay.
- China painting really got off the ground when the finest ceramic material, porcelain, was discovered.
- By the 16th Century, ceramic art had reached new standards of excellence in Europe.
- German artists produced some of the best ceramic painting during the 17th and 18th Centuries.

by applying the paint in soft, thin layers and firing after each application.

This way even the deepest colours take on a soft, delicate tone, giving the appearance of antique china.

Once the design is fired it is there to stay, so don't be tempted to put too much paint on. You can always add to the design later.

You can paint in any style you want — the possibilities are endless. Generally, china designs are delicate with subtle shading, so florals are the most popular.

For more information about where to buy paints, white china and equipment contact:

The Fulham Pottery, 555 King's Road, London SW6. Tel: 071 371 8114.

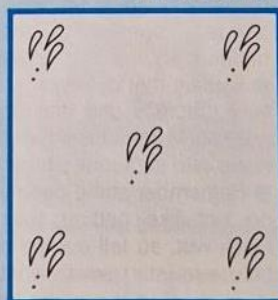
Potterycrafts Limited, Campbell Road, Stoke-on-Trent ST4 4ET. Tel: (0782) 745000.

NICOLA WHATMORE 47

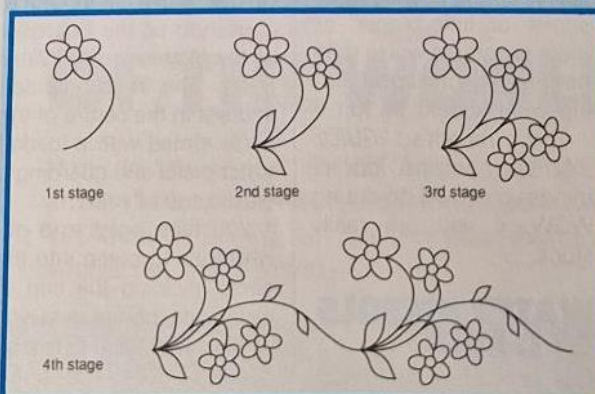
Design A: Paint this design on to a white tile and use it to test your colours.

Design B: Start off by painting the simple design shown in stage one. If you're painting on to something circular like a plate, always paint the stems curved. Straight stems give unattractive stiffness to the design. As you get more adept, try experimenting with the other stages illustrated.

DESIGN A



DESIGN B



YOUNG LEADERS

Have you heard about WOW '92?

WOW stands for Weekend of Water and will take place on September 18-20 with a follow-up weekend next year. During the weekend it is hoped that all Rainbows, Brownies, Guides, Rangers, Young Leaders, Guiders, Commissioners, Trefoil Guild members and Friends of Guiding will take part in some activity connected with water, either as individuals or as a group.

WATER CHALLENGE

The group could be a Six, Patrol, unit or even a District and you as the Young Leader will almost certainly be involved, if your unit takes up the challenge. So start thinking about it.

Even though at this moment we have quite a serious drought in the UK, we are very fortunate to have such good water available. So, WOW '92 is a kind of celebration for good water. You can do anything connected with water from rafting to making a cup of tea.

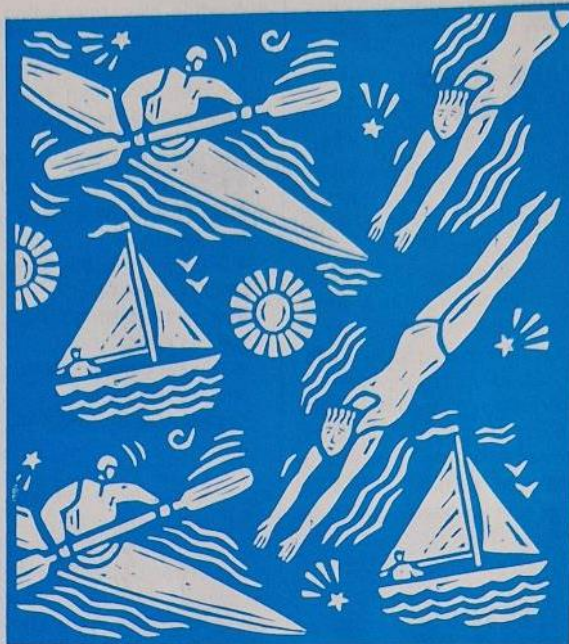
● However, remember that there is a ban on using hose pipes in many areas and don't waste water during WOW '92!

Remember too, safety is all-important when it comes to anything to do with water. If possible, keep the activities outside and on grass. If you have to stay indoors, take extra care when the floor is wet as it will be very slippery. Also check that water activities are allowed in your meeting place.

● Make sure you find out if you or your Guider has the necessary qualifications: Is a life saver needed?... What is the ratio of girls to adults?

● Don't allow any game or activity in or near water to develop into horseplay. This can quickly get out of hand and could lead to injury.

● Remember water is often polluted, so check that anyone with a cut or eczema



has it covered before joining in any water activity.

● Have some clean water ready in case anyone gets splashed in the eyes or gets some dirty water in her mouth.

● Think about suitable clothing — waterproof trousers and jacket or swimsuit and shorts might be more appropriate than jogging bottoms, hooded sweatshirt and badge sash.

● Explain that our eyes are very precious and that no one should deliberately throw water into someone's face.

● Remember some people do not like getting their faces wet, so tell everyone before you start exactly what is involved in the game or activity. Offer anyone who isn't keen the chance to be scorer or time-keeper, as there is nothing worse than having someone upset during what should be fun.

This month's *GUIDE PATROL* contains lots of things you could do during WOW, if you are really stuck.

WATER PISTOLS AT DAWN

This activity isn't just for fun, it's also useful for games

using skill and a steady hand. Make sure the water pistols are thoroughly washed out before you start and use clean water. In fact, cheap hand sprayers from garden centres for watering houseplants are often better than water pistols.

Water pistols can be made from small, plastic soft drinks bottles by piercing a small hole in the lid, or by using a clean washing-up liquid bottle, although the hole in the top is rather large and the water will come out too quickly if you are not careful.

DREAMING WATER SPIRIT

This is a variation on *Sleeping Giant*.

The Rainbows, Brownies or Guides sit in a circle. One is chosen to be the Guardian of the Water or the Water Spirit. She is blindfolded and sits in the centre of the circle armed with a loaded water pistol and guarding a plastic cup of water.

You then point to a girl who tries to creep into the circle, pick up the cup of water and brings it to you without the Water Guardian hearing her. If she does hear her, the Water Guardian

tries to squirt her. Should she be hit, she returns to her place and a new person is chosen.

Your good turn at the end of this game could be to wash the floor properly!

WET STRING TRAIL GAME

Some of you will already be familiar with a string trail where a long length of string is tied around trees or chairs and tables, and the Rainbows, Brownies or Guides follow it by keeping their hand on the string all the time.

This time thread the string through the handle of an unbreakable mug. At the beginning of the trail, fill the mug with water and the girl has to follow the string trail without upsetting it.

Make it more difficult by having the string both high and low, but make sure the high parts are not out of reach of the smallest member of the team.

If this string trail is followed individually, the amount of water left in the mug at the end of the trail could be measured. Should it be staged as a team event, then the water could be tipped into a bucket at the end of the trail. The winning team is the one with the most water in the bucket.

If the event is out of doors in a public place, make sure you have sufficient adults to act as stewards.

BALLOON VOLLEY

Throw a blanket/groundsheet or something similar over a washing line. Teams stand on either side and throw a balloon half filled with water over the line. The blanket means the teams cannot see when the balloon is coming, so they have to be 'wide awake'.

Try designing your own watery games and activities. Have fun but don't waste water unnecessarily.

HEATHER SICANE



Even in Kathmandu the Brownies have their Brownie toadstool

ROOF OF THE WORLD

How do you picture Nepal? As a secret land of tinkling bells and bowing monks smothered in cloud? Yet, through BGIFC, UK Guiding flourishes in this remote but lovely country.

ONE WORLD

Today the Hindu kingdom of Nepal, lying in the shadow of the Himalayas, near the 'roof of the world', has a large ex-patriate population of 'ordinary' people. And some of the younger ones are in Guiding!

Many of the ex-pats live in the capital, Kathmandu, where they work on community development and aid projects, giving technical assistance, or for missionary organisations.

It was here that BGIFC took root in Nepal, with the starting of a Brownie Pack at the British primary school.

When educational facilities for older ex-patriate children in the capital were improved, there were enough girls for a Guide unit to be started. It had its first meeting in October, 1988.

The Guide Guider of the 1st Kathmandu Company is Mary Lewis, a doctor from Australia. She is in Kathmandu with her family, working with the United Mission to Nepal. Her assistant is Cathy Grosz, a trained leader with the American Girl Scouts. She and her husband are also with the United Mission, working in forestry.

As to be expected in an ex-pat community, the leaders — of various nationalities — tend to come and go in fairly rapid succession. And, being relatively small units, the Brownies and

A day's
map reading
exercise in the
Kathmandu
Valley



Smiling faces from the 1st Kathmandu Guide Company

Guides tend to work closely together.

At present the Brownies are led by Heather Sloane, a very experienced Guider from Britain. She is in Nepal with her husband and two children as her husband, an army warrant officer, is serving with the British Gurkhas.

Here, Heather describes her experiences of Guiding in a country where

swimming in public has to be done fully clothed!

Among the first Guides to be enrolled in Kathmandu were two Dutch, one American, one Australian, one Irish and five British girls. Only one of these original Guides is still with the unit.

So, you see, we are a constantly changing group and, while this brings



special qualities, it also brings special problems. It is, for example, difficult to build enough corporate skills and assemble sufficient equipment to go camping.

We have had many hikes and day cookouts. We well remember, too, an overnight camp in the school grounds when two tents were inadvertently pitched over a couple of hollows in the grass. Overnight rain filled the hollows, so there had to be some hasty midnight re-organisation!

On a day hike to a reservoir, we greatly entertained the local villagers by attempting to build improvised shelters and then swimming in the river, fully clothed, because European swimwear is not considered socially acceptable in Nepal.

Wherever we go, curious onlookers gather — both children and adults. Camping out, therefore, can be risky. All the girls, however, have had experience of trekking with an organised school group and have used these experiences towards badge work.

Other interruptions to group stability have been elections, political demonstrations and fuel shortages. At such times meetings have had to be cancelled at short notice or, if it has been safe to travel, we have met at home for cooking, knot-tying sessions and music. Sometimes an encouraging letter, with badge work suggestions, has been the only way we could "meet".

During the monsoon season, we focus on swimming and water safety skills — certainly the most pleasant activity in hot, steamy weather.

Nepal is a country with enormous needs and opportunities for service, even for such a young group, with limited Nepali.

Had you been in Nepal in May 1991 you might have found us moaning and groaning while we were 'casualties' during the Patan hospital mock disaster practice. Julchen groaned and limped her way into X-ray with a "broken ankle" and Elizabeth yelled most convincingly while her "lacerations" were dressed.

We've also helped to pack sterile stock and medicines — not our favourite task, but eased by singing and Cokes all round.

Alison spent the mornings of her school holidays helping the playleader in the children's ward and so earned her Service Flash.

Thinking Day has been celebrated in various ways: from a large combined service at the British Embassy, with the Cubs, Scouts and Brownies, to the most recent when, in the Brownie ring, the Guides performed a play they'd written to explain what Thinking Day is about.

ALAN BARKER



Baskets made of bamboo strips are used to carry everything

The World Chief Guide and a very deaf B-P were visited by two contemporary Guides. Although a good deal of dramatic licence was used, the information was accurate and the play good entertainment.

The Brownie Pack, like the Guide Company, is of mixed nationalities, including Australian, Finnish, Korean and Dutch.

Most of the girls attend the British primary school, but some are "home schooled" and come into Kathmandu for Brownie meetings, which may be their only social event of the week.

The Pack has had four Brownies forming their own Six at a remote mission centre at Butwal, in western Nepal. With the help of a willing parent, a Six has been able to progress on Brownie Journeys, complete badges, and then join in Pack meetings when they have accompanied their parents to Kathmandu.

These girls have enjoyed being part of a Brownie Pack even when working alone, and parents have enjoyed having Brownie ideas and badge syllabuses to adapt for home schooling.

Weekly meetings are held in the school hall on Fridays, after school. A varied programme of activities is often influenced by the weather prevailing at the time, or by the interests of willing volunteers.

As with most overseas Packs, a lot of people come and go and it is difficult to maintain continuity.

There are also problems in trying to organise activities outside the normal meetings. As few families have any transport other than bicycles, the only way of getting 16-20 Brownies out of the city is by public transport. But, more often than not, the buses are crowded to the point of being dangerous.

The Brownies have managed a few *hashes*. These are paper chases which they call "hash Brownies" and take place around the paddy fields and temples within running distance of the school.

Joint Cub and Brownie games picnics are held during school holidays. A picnic trail in which the Pack walked to six Brownie homes to collect an item

HEATHER SLOANE



for the picnic, ended at my garden for a much-needed rest and to eat the picnic. A sleepover at school is next on the agenda.

Although trying to run a Brownie Pack here on conventional lines can be difficult, it can also be very rewarding. Most of all, there is the chance to learn about each other's different backgrounds and lives.

We find Guiding out here a real challenge and, of course, lots of fun. Now we hope for greater stability in membership — and in the politics of the country.

Should you happen to be visiting Nepal, please call on us!

HEATHER SLOANE 51

During hot weather everyone takes to the pool — fully clothed!

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YOUR LETTERS

UP WITH THE LARKS

Hurrah for the new *Guide Handbook*! My ten-year-old Guide daughter thinks it is great. She used to find getting up very hard going. But, thanks to the exercise sequence on pages 42/3, she is up early and does her exercises before I wake.

Then, to top it all, she brings me a cup of tea. What a change — long may it last!

I too find the handbook much more interesting than the last one and I think the people who put it together need a big thank you.

ROS DYKES

Guider
2nd Stokesley Guides
North Yorkshire

WIDE AREA

I doubt if my unit of 36 Guides would break any records like the Brownie unit in April's *GUIDING*, however I also have a wide catchment area.

My Guides at present range from ten to 13, attend ten different schools and I have one who is being taught at home.

I would like to hear from other units in a similar position.

MAEVE TOMBS

Guide Guider
3rd Ollerton Guides
Nottinghamshire

CAMPING COMMENTS

I have read with interest the comments on Brownies camping. I took my Brownies on a pilot scheme camp for three days. I purposely took ten-year-old Brownies who were almost ready for Guides.

Needless to say they had a wonderful time — worked hard and thoroughly enjoyed themselves. Unfortunately,

I can't say the same for the other three Guiders and myself!

We were kept awake with prowlers in the camp and had to take it in turns to keep watch. We were all exhausted by the end of it and glad to be going home.

We phoned the police but they didn't come because they couldn't find our camp.

I love Pack Holidays and also helping at Guide camps, but, in future, I'll keep them separate. Personally I think the larger the camp, for example a County camp, the better with plenty of adults and, if possible, one or two husbands.

ANNE GRANT

1st Hay-on-Wye Brownies
Breconshire

FACING PROBLEMS

As the mother of a 17-year-old daughter how I wish your articles on PMS had been printed 18 months ago, when I and my daughter appeared to be going through hell every month.

Until this time my daughter and I had a very close and loving relationship but, gradually, this relationship began to break down every month.

Some mornings I would dread getting up, not knowing what frame of mind my daughter would be in, whether she would go to school or just sit rocking back and forth crying.

It was one of the most painful things I have ever had to experience, not only for me but for her younger sister and her father too.

With GCSEs fast approaching, I began to wonder if she would ever get into the examination room, let alone take an exam.

In desperation I went to our GP who was most kind and understanding and, with a combination of diet and the Pill, was able to bring my daughter back to me. Last summer she sat her GCSEs gaining high grades and is now studying for her A levels.

PMS does not only affect adult women but very often young girls. If one of your Guides appears to have any symptoms, for her sake talk to the mother before PMS has any lasting effect on the girl. My GP put it in a nutshell: 'Nobody in this day and age should be allowed to go through that kind of hell. We have the ability to help PMS sufferers and must try our best to do so.' And, yes, I do have a male GP!

I would also like to say how glad I am that *GUIDING* is tackling problems outside Guiding as well as inside.

ANN MATTHEWS

Brownie Guider
2nd Pilgrims Hatch Brownies
Essex

BADGE PLEA

Although I am a Scout Leader, I am a regular reader of your excellent magazine. I find it very absorbing and that it covers many subjects without becoming heavy and boring.

I am seeking your readers' help for a Guider in Brazil. She runs a thriving Guide unit in a rather run-down and depressed area of Rio de Janeiro.

The unit has become very interested in collecting UK Scout and Guide badges. I have sent them copies of the *Guide County Badge Book* and a few Guide badges.

Can I appeal for any spare or unwanted badges which I can send out to

them, as they are currently trying to make camp fire blankets with the badges they already have. My address is 21 Hampton Crescent, Gravesend, Kent DA12 4JD, telephone 0474 327820.

It would do much to further the good name of British Scouts and Guides.

BILL STANLEY
Gravesend

SUPPORT AVAILABLE

Following the article by Carol Horne in April's *GUIDING* I would like to point out there is a support group for people with alopecia.

Founded by Elizabeth Steele, it is called Hairline International and can be contacted at 39 St John's Close, Knowle, Solihull, West Midlands B93 0NN. Telephone 0564 775281, weekdays 9am-3pm.

Also, there are ways of fixing wigs to one's head so they are much less likely to blow or fall off. The details can be obtained from Hairline, along with a wealth of other information and a kind and gentle voice to talk with over the telephone. I find them a great help.

NAME AND ADDRESS SUPPLIED

SALFORD MEMORIES

I was thrilled to read about Guiding in Salford in April's *GUIDING*. I was a Brownie in Salford, moving on to Guides and Rangers. Then I was a young Guider there before leaving for college — Guiding in Salford gave me a great base.

As a Brownie and Guide I used to enjoy Pack Holidays and camps at Waddow. The fun of sledging down Wade's Hill on a tray — until Brown Owl saw the 'sledge'. We

made our own knitting needles and tried to knit with sheep's wool gathered from the hedges. I could manage the needles but have never learned to knit!

Camps were paid for week by week, and oh the excitement of travelling by a 'long distance' bus to Leigh, Clitheroe or wherever.

Our freedom to walk to the meeting came to an abrupt end with the Moors' murders. It was not considered safe to walk alone, even home from school, let alone after a Brownie or Guide meeting.

It must have been trying for our mothers who had to walk in the dark and often rainy evenings to collect us. It ended our trips to the chip shop, which was always on the way whichever direction you lived. A four penny bag of chips fitted so well into our Guide hats!

Perhaps because we were an inner-city unit, we learned to appreciate natural beauty, the names of the trees and flowers that didn't grow in our back yard.

As a Young Leader I helped at a Brownie Pack in the local Methodist Church. Salford was undergoing great changes, there were still areas of redevelopment and our church and hall were due to be demolished. The shops closed and decay began, girls moved areas between one Brownie meeting and the next.

On entering the church hall it was vital to stomp around, so any rats would leave. It was quite normal to have to remove splinters from the back of thighs if anyone had sat on the floor. Many of the girls borrowed their uniform week by week and it was almost white from long use and plenty of washing.

We followed the normal Brownie programme and learned how to use the 'new' pocket books. We entertained at the local old peoples home, went to Brownie Revels on a

double decker bus and to Blackpool illuminations by coach.

I never returned to Salford after college but I have been a Guider in many parts of the UK and am now in BGIFC.

Here many of my Brownies arrive in a car with the 'au pair', very different from my days in Salford. However, I still try to teach them the fun of Guiding and the beauty of the world around them.

You failed to mention in your article that Marjorie Watkins is a super QM.

My daughter is considering studying at Salford University. I hope she will involve herself in Guiding.

JANET FOREY
Luxembourg

YELLOW IN PERIL?

I gather there is a proposal to change the Brownies' sweatshirts from yellow to brown. I would like to say that I think this is a mistake. The yellow is bright and cheerful, and the girls certainly much prefer it to the old 'Oh no, not brown!' dresses.

When I asked at the meeting tonight, every single Brownie voted to keep the yellow — and their preference for the bright colour is borne out by the fact that not one of the 15 has the brown jumper.

GILL SMITH
Brownie Guider
1st Ampleforth Pack, York

LITTLE FISHES

We would be very pleased to find out other Guiders' views on the Swimmer Advanced badge for Brownies.

As a Pack, we have a lot of 'fish' who are very able to work for the Advanced badge, having already got their Swimmer badges. Some are still only eight and quite small.

A Brownie must have passed the Water Rescuer badge before starting work

on the Swimmer Advanced badge. Yet we have several Brownies who are physically unable to throw the rope the required length, despite a lot of practice and expert tuition by a Guide Guider.

This means that not only do they not get the Water Rescuer badge, but they are unable to do the Swimmer Advanced badge, although they are more than able to fulfil the other requirements.

How do other Guiders feel?

G F GRONES, Brownie Guider
R J SUMPTER, Brownie Guider
Tunbridge Wells
Kent

THANKS ALL

I have just finished my Young Leader Scheme and would like to thank all the people who have helped me: Mary Weighand of the 14th Livingston Guide Company; Andrea Byrne of the 14th Livingston Brownie Pack; Fiona Wilson, YL Adviser for West Lothian; Rosalind Guyan, previous District Commissioner for the Ladywell and Howden District; Christine McAuley of the 1st Earlston Brownie Pack and Rhona Goldie, YL Adviser for Berwickshire.

Thank you all for your help and support.

KIRSTEEN MACKENZIE
YL with the 1st Earlston Pack
Livingston, West Lothian

GOLD BADGE

Last summer we camped at Braemar and attended the Lonach Highland Gathering at Strathdon.

Our Guiders were surprised to find a Guide badge for sale on an antique stand. It was just like the one I wear but they could not understand the rather steep price.

I discovered that, although the badge was the same vintage (those made before Girl Guides started to appear on the scroll), this one was made of 9ct gold.

My husband generously bought it — partly a

Christmas present for me and partly for Guiding, to make sure it didn't get into the possession of someone who wouldn't appreciate its significance.

The back of the badge is inscribed: To Miss Black with best wishes from the 1st Dumfriesshire Coy. There is no date but a serial number either 671782 or 071782.

I would welcome hearing from anyone who knew Miss Black — the 1st Dumfriesshire Company must have held her in high esteem. I value, and will take care of, her very special badge.

PAMELA H COTTLE
Guide Guider

1st Sharpness (St Andrew's)
Company
Gloucestershire

Any information can be passed on by writing to Pam care of GUIDING.

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.

ANSWERS TO QUIZ ON PAGE 43

1b, 2b, 3a, 4a, 5b, 6c, 7c, 8b, 9c, 10b, 11b, 12b, 13c, 14c.

If you answered 0-5 questions correctly...

Try to find someone who could help you become more water-wise. Take part in WOW '92.

If you answered 5-10 questions correctly...

Why don't you take part in a WOW '92 event? You could help someone else, or teach yourself something new.

If you answered more than 10 questions correctly...

Why not pass on some of your experience at WOW '92? Try out some of these questions on your unit to see how 'wet' they are.

SISTERS' SUCCESS

No wonder the Stewarts of Luton, with their Scottish lineage, are proud of their 'clan' — they can now boast of having two Queen's Guides!

In January, this year, 19-year-old Kerry Stewart matched her older sister, Kirstie, by gaining the Queen's Guide Award.

Kerry received her certificate from Jean Wallis, Bedfordshire County Commissioner, having completed written projects on Parliament, the EC and the Third World, as well as upholstering a chair and knitting and sewing for Oxfam.

Miss Wallis presented Kirstie with her Queen's Guide certificate in September, 1989, after Kirstie, now 21, had carried out community service work, helped with playgroups for the handicapped, studied other cultures

and gained the necessary Ranger Camp Permit.

Both girls are former Brownies, Guides and Rangers in the Lewsey Farm District of Luton North, Bedfordshire County.

Kerry is now reading history and sociology at Essex University, while Kirstie is in Oxford training to be an occupational therapist.

Their mother, Jan, a former Division Camp Adviser and District Commis-

sioner, is a Guide Guider and Ranger Guider. A SRN, she is employed as a health visitor.

As for the girls' father, Brian — he is an active Scouter who retains a keen interest in the Movement.

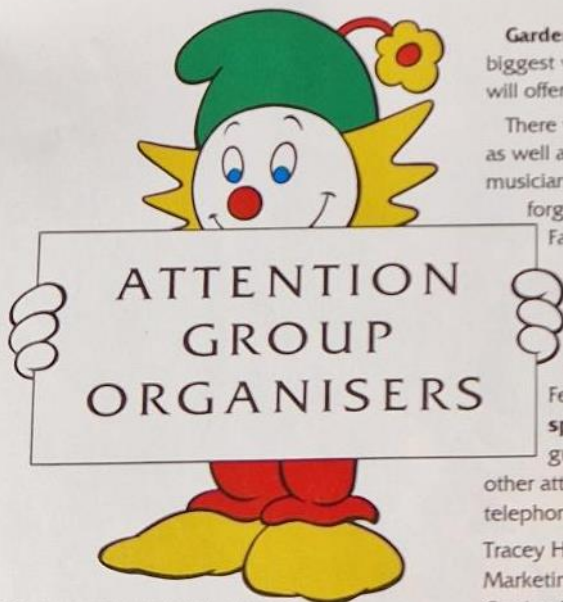
Said Jan: 'With both of us being closely involved in Guiding and Scouting, I think Brian and I created an environment which encouraged the girls to reach the standard required for Guiding's highest award.'

BRUCE BAIRD



Queen's Guides Kirstie (left) and Kerry Stewart.

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PEOPLE *and* PLACES

STAMP DUTY

► Taking it on the nose is seven-year-old Hayley Watkinson of the 1st Wheldrake Brownies. The stamps were just some of the thousands collected by the Yorkshire Brownies to raise money for the Children's Society.

SINK OR SWIM

▼ Staying afloat didn't seem to worry these two brave lasses snapped last year at Somerset County's Fun Day on the Royal Bath and West Showground at Shepton Mallet.

Over 2,000 Guides and Brownies took part and plans are already underway for a similar weekend next year.

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BRENDA BICKERTON



ON THEIR BIKES

▲ Getting spattered with mud was all part of the fun when Guides from the 1st Jerington Company in East Sussex went for a spin. Several envious dads could only stand and watch their daughters burn rubber. Pictured, from left, are Stacey Lambourne, Suzie Hooker and Sarah Yarwood.

BEAUTY SLEEP

▼ Beauty may only be skin deep but ten-year-old Alex Henderson from the 2nd Wick Guides near Caithness is taking no chances. Her face pack looks good enough to eat.



ROPED IN

◀ Game-for-anything Rebecca Johnson (right) and Maria Stocks were wearing full uniform, when they abseiled 70 feet down the wall of their local Woolworths in Birkenhead.

They raised £160 for the Spastic Society and voted Jeff Banks' designs 'very comfortable'. Maria said: 'We couldn't have done it in the old skirt!'

arena
THE ACHIEVERS

IN THE ARMY

Fear came with the sound of the sirens. Fear of death. Fear of mass destruction. But the former Guide from the West Indies fought it by keeping busy. As a girl in Violet Patrol, she had learned all about helping others and that's what she was doing now. Except that now she knew it could be a matter of life or death.

Major Kay Foster was at war.

Kay became an army nurse 14 years ago and the attractions, not surprisingly, included 'excitement and travel'. When British troops fought against Iraq's Saddam Hussein in The Gulf, Kay went with them to tend the wounded and sick — and to face Scud missiles and the threat of biological, chemical, even nuclear weapons.

Today, the memories come flooding back. And she's not afraid to admit that sometimes there are tears.

She recalled travelling out to The

Keeping up appearances — there may be a war on, but kit still has to be clean



Gulf. 'I was very apprehensive,' she said. 'It's a funny feeling of being torn because you want to be there, but you know the prospect of being killed or injured is on the cards.'

'We imagined we would have hundreds, if not thousands, of our own troops killed. It's a sort of personal dilemma where you're not sure how you are going to cope.'

Kay was already in Saudi Arabia when the fighting started. 'It was about

Nurse Kay Foster ready to face war in The Gulf

quarter-to-four in the morning when the sirens went and we thought "Heavens!" Into our NBC suits we got because nuclear, biological and chemical warfare was our biggest fear.

I was afraid every time the sirens went. We knew Scud missiles were coming overhead. In fact, just 50 miles behind us a number of Americans were killed in one explosion — so we knew it was a possibility.

It was frightening, but there's nothing you can do about it. You just have to live through it. You can't say "If I move

Fortunately, there weren't as many casualties as expected and Kay spent a lot of time nursing British soldiers with coughs, colds and diarrhoea.

'I wanted to go because it was an experience I had trained for,' Kay said. 'But I was relieved when the war was over. It has given me a different outlook on life.

'I think it's going to make us look at women in a military environment. Some of them had husbands at home coming to terms with the wife being in the war.



from here to there I'll be safe." You don't know where you'll be safe.'

Vivid, dramatic memories... rekindled when she was having drinks not long ago with a friend back in Britain, where she settled when she was 19. 'He talked about The Gulf and I burst out crying,' said Kay, who has also served in The Falklands. 'Now that is reasonably normal and I know it will go, in time.'

Kay's army hospital, converted from an old wooden immigrant camp, was about 50 kilometres from Kuwait.

On the bus driving from camp to hospital, they were in constant fear of terrorist attacks. They were also afraid that water and fresh fruit might be contaminated by the enemy.

Kay got some information by listening in to BBC radio broadcasts. She said: 'I had a little radio and every time the sirens went, I turned it on and I had the BBC news telling me where a Scud missile had come down. News travelled very fast.

'There was a marvellous response from people all over Britain. We got so many parcels with food and soap and so on — they just kept coming in. So we knew people were thinking of us.'

'I have no children and I'm not married. But I think it was very difficult for my parents.'

So it was a great relief when, on March 11 with the Gulf War over, Kay returned to Britain.

She visits her family in the West Indies each year and she dreams of retiring there some day. Her family is originally from Scotland and England, but moved to the West Indies a few generations back.

Kay grew up in Trinidad where her father worked as a manager on a Tate and Lyle sugar estate. She went to boarding school in Barbados, joined the Guides and eventually became leader of Violet Patrol. Kay recalled: 'We had to play games every evening after school, and it was a good excuse to get out of games!

'We have our own little Guide hut in one quarter of the school, so we had our own identity.

'I think Guides is a good thing. It gives you an identity because you wear a uniform, and makes you see that there's more than just you and your family to think about.

'There is a sense of fulfilment when you've helped other people, done odd

jobs for them and raised money for things like building your Guide hut.'

At 19, Kay moved to England to train as a nurse. 'I just loved England,' she said. 'I went away to all parts of the world and I loved coming back to England.' She qualified as a civilian nurse, worked in other countries and joined the army in 1977.

Kay said: 'I had got to a time in my life when I was looking for something that had a bit of adventure, excitement and travel.

'I joined the army as a nursing officer. We have two roles: in peacetime we are nurses in military hospitals, which also care for civilians. But we are also army officers. We go on exercises and, in war-time, we pack up and work in the field.'

When it comes to war, the soldiers must have confidence in the medical back-up — their lives depend on it, Kay explained. 'When a soldier goes to war he knows there's a chance he'll be shot.'

Preparing for the worst — Kay and colleagues help build an air raid shelter



'If he has reassurance that the medical team behind him can give him a chance of survival, then that keeps him in better stead,' she added.

'I think the British soldier is marvellous — they have such a sense of humour. And The Gulf has really enhanced that feeling.

'There is nothing like the British Soldier and I wouldn't want to work for any other army in the world.'

NICOLA WHATMORE

PORTS OF CALL

*Braving heat, blisters and backache,
four former school chums visited the ancient
Cinque Ports in an epic fundraising hike.*



Bearing their blisters: (from left) Katherine Hassell, Katherine Read, Vicki Dray and Helen Watts with Janice Plum, from the Imperial Cancer Research Fund.

For 'four fiendish days', which started in a heatwave last summer, Katherine Hassell, a Young Leader from Gravesend, walked round the Kent coast, plodding through the Cinque Ports — a 55-mile hike that ended, she says, with 'backache, blisters and bliss'.

She did it as the 'Enterprise' project for her Queen's Guide Award and, in spite of the toll on her poor old feet, it was 'bliss' because the walk raised £1,425 for the Imperial Cancer Research Fund.

Three former school chums — Young Leaders Katherine Read, Vicki Dray and Venture Scout Helen Watts — helped to make this possible by accompanying Katherine Hassell, although blisters forced one to drop out.

Visiting the ancient Cinque Ports was no leisurely stroll — mainly because the girls took the 'scenic route', following, wherever possible, the rollercoaster clifftop footpath from Sandwich to Hastings.

Katherine Hassell, who is 17 and helps to run a Brownie Pack at Gravesend, relives the walk when Dover appeared like a Sahara mirage in the shimmering heat:

"We started, fresh-faced and eager, from Sandwich railway station but received our first shock when we slung our rucksacs on our backs for the first time, felt the weight and only wished we could "let the train take the strain".

Heading south, across the golf course at Sandwich, we stopped at the first pub en route for lunch, devoured at a cracking pace. Perhaps it was the name of this ancient port that made us so hungry.

Our enthusiasm for the escapade soon began to evaporate as we walked under a burning sun and realised that we had to endure another three and a half days of what had now become sheer torture.

As we headed for Dover — our

destination for that night — it seemed as though the port was slipping steadily down the coast away from us, like shifting sands. We rounded cliff after cliff after cliff but the harbour remained just a speck on the horizon.

Eventually we arrived, of course, but our legs were greatly distressed to discover that the hostel was perched on a hill on the far side of town.

The second day started with a walk back through Dover to find the path leading to the next stage. The fabulous view from the particularly steep cliff we had to climb was, at the time, no consolation for the torture.

Nevertheless, masochists as we were, we pulled ourselves up and continued our trek to Folkestone. That afternoon it rained. Oh heavenly liquid — how it soothed our sunburn and aching limbs!

We reached Hythe and ended the second day being plied with nectar-like tea and delicious home-made chocolate cakes by our wonderful hostess.

But, sadly for all of us, we had to send the other Katherine home; her blisters were so bad that she was "walking" round the hut in which we were to spend the night, on her knees.

The following day was the worst, largely due to navigation problems. It started well enough, with a ride on the Romney, Hythe and Dymchurch railway, to New Romney. This trip, by the way, was *not* included in the 55 miles, every one of which we walked.

When, after a lot of trudging about, we located the footpath, we found it had been ploughed-up and was growing crops over 5ft tall, spiked with giant thistles. Undaunted, we hacked our way through to emerge muddy and bleeding.

My assessor, at the Cinque Port of Rye that night, fell about when we told her we were walking to Hastings the next day. She hoped we would enjoy Fairlight hill, adding that there was a telephone box at the foot, if we needed to call her for a lift.

We resisted the temptation but it was a most deceiving hill with the summit always around the next corner. By the time we reached the outskirts of Hastings, we were all desperate for a loo stop and, when one was sighted, actually broke into a lame sprint.

It was blisters, backache and sheer bliss as we peeled off our soggy socks on a Hastings bench and reflected on those four days.

They'd been fiendish, yet very worthwhile because, through our sponsors, we had raised £1,425 for cancer research. That was why we actually enjoyed every agonising step!

KATHERINE HASSELL

CLASSIFIEDS

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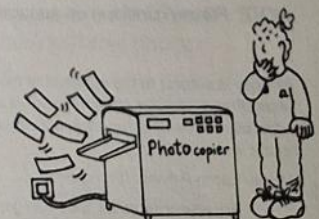
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A cartoon illustration of a man and a woman sitting at a table. The man is wearing a hat and a suit, and the woman is wearing a striped dress. They are both looking at a small, round, white object on the table. The table has a sign that says "JUMBLE" on it. There are also some other items on the table, like a glass and a small container.

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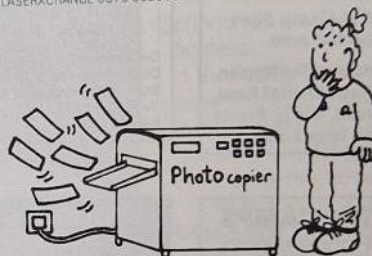
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County Camp Adviser (Signature)

County Camp Adviser (Signature)
Advertisements for joint Ranger/Venture Scout events must be countersigned by the County Camp Adviser indicating that in her opinion the site/centre/
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LIFE style



HELEN SNELLING FROM BOURNEMOUTH

Chief Commissioner for the South West Region, she
is also Young Leader Co-ordinator for her Division.

“I was surprised to be asked to be Chief Commissioner as I’d recommended someone I thought was a super candidate. I was quite taken aback when Jane Garside rang to ask if I’d accept.

I was born in 1935, went to Whyteleafs Girls’ Grammar School in Surrey and was a Guide with the 3rd Kenley Company where I had a marvellous Guide Captain, Miss Woodger. Guide night on a Friday was the highlight of my week! But I didn’t become a leader until later when I was married and we moved to Hampshire.

There wasn’t a Brownie Pack at our church for my daughters — I’ve got four — to join. The church needed someone to run one and I said I’d give it a go. In fact my husband telephoned and said: “Would you like my wife to be a Brown Owl?”

That’s how it started. I’ve never really escaped since and I wouldn’t want to — it’s a way of life and the best organisation I know of that gives girls

and young women a chance to develop and have fun.

One of the things I’d like to do as Chief Commissioner is to bring more young Guiders into positions of responsibility in the Region and encourage the Counties to do likewise.

I’ve held a Trainer’s Licence for many years and have been Programme and Training Adviser for my County, Dorset, and the Deputy for the Region. I really enjoyed being County Commissioner for Dorset until 1991.

I couldn’t do all the things I do in Guiding without having a very supportive family and John, my husband, in particular. But you have to be very strong and not let Guiding take over your life and home completely.

Like a lot of men married to Guiders, my husband’s attitude has been if you can’t beat ‘em, join ‘em. He’s helped in many ways for years and has been elected to the Foxlease House Committee. But both of us believe it is important not to live in one another’s

pockets all the time, so we maintain our own separate interests as well.

Since he retired, he finds it quite amusing running me to the station and waving goodbye, then waiting in the car to meet me with the wives collecting their commuting husbands.

I’ve got six grandchildren whose ages range from five to 15. They don’t call me Gran, I’m Di Di to them all. In fact I’m Di Di to a lot of Guiders and Young Leaders too. It was something my oldest grandchild used to say and it just caught on.

I love having them to stay. I spent a week last summer camping out in the garden with my two little grandsons. At least I’ve got my Pack Holiday Licence!

Two of my daughters are scientists and two artists. Melanie, who is a hospital pharmacist, was the first disabled Guider to join Operation Raleigh going to Peru for three months. She now runs a Guide Company in Kidlington, Oxford.

I’m a Methodist and have enjoyed teaching teenagers in Junior Church for many years. I belong to the Soroptimists and served as a magistrate for ten years.

Living in Bournemouth, I have been fortunate to be on hand to help out at Foxlease to ‘house sit’ or help if any unexpected gaps have arisen in the team for a training weekend. It’s a super place, I love having these opportunities to go there.

When I’m not involved with Guiding we’ve got a boat and like to go sailing. We also do a lot of long distance walking and I love gardening. I like embroidery and tapestry work — and, of course, I occasionally Hoover!

Webb Ivory £100 WORD SEARCH COMPETITION

£50
FIRST PRIZE

£25
EACH FOR 2
RUNNERS-UP

Play Webb Ivory's Word Search, and you could win £25 or even £50 for your Guide Unit.

It's so easy to play! Just study the grid below and see if you can find the hidden names of 15 wild flowers.

Draw a circle around each one you find. (We've circled "GORSE" to get you started.) Then complete the coupon, ask your Leader to sign it, and send it off to Webb Ivory.

If you do not wish to cut out the entry from your magazine, simply list the 15 hidden names and send it with your name, address and Unit details to:

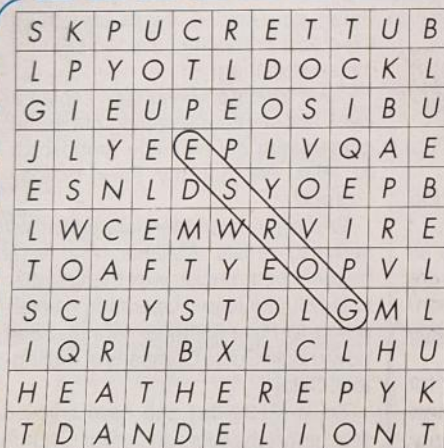
Guiding Competition, Webb Ivory, Primrose Hill, Preston X, PR1 4WL.

The draw will take place on June 26th. The first all-correct entry drawn will win the £50 First Prize. The winners' names will appear in the September edition of Guiding.

MARCH WINNERS

£50 1st Prize - Rebecca Wheeler, 1st Alrewas.

£25 Runners-up - Susan Scott, 7th Heswall.
P. Ludgrove, 4th Worcester Park and old Malden.



HURRY

**YOUR ENTRY
MUST BE IN BY
JUNE 24TH**

RULES:

- 1) Entry is open to all Guide Units. Each entry must be signed by the Unit Leader.
- 2) Winners will be notified by post within 21 days of the closing date, and winners' names will appear in a future issue of Guiding.
- 3) No correspondence can be entered into regarding the competition nor can Webb Ivory accept responsibility for entries incorrectly completed or lost in the post.

Send your completed entry to: Guiding Competition, Webb Ivory, Primrose Hill, Preston X, PR1 4WL.

Name _____

Address _____

Postcode _____

Name of Guide Unit _____

Leader's Signature _____

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