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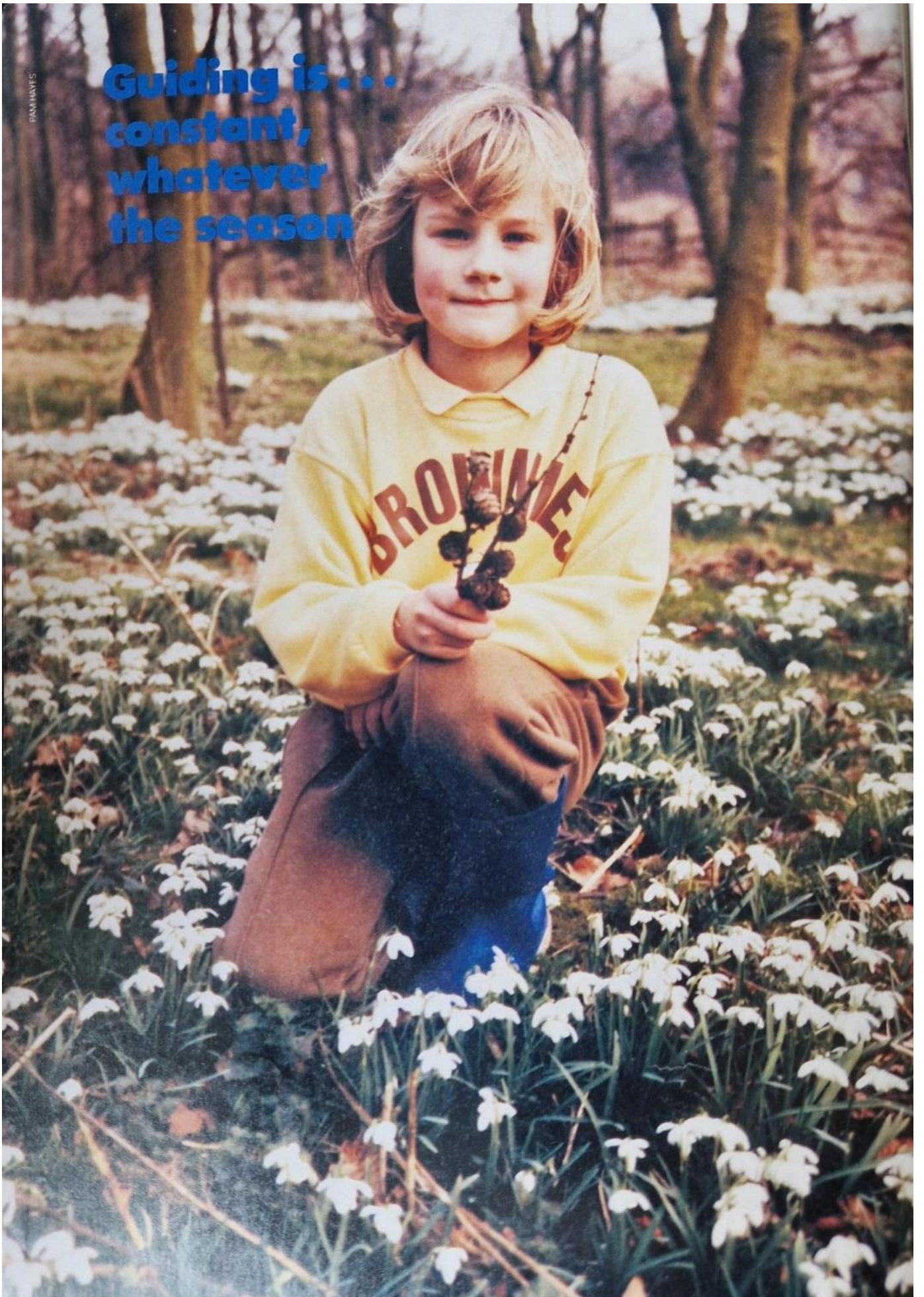
**CHOOSING
TO DIE**

**EASTENDERS'
RURAL
RETREAT**



**INTERNATIONAL
CAMPS SPECIAL**

**Guiding is . . .
constant,
whatever
the season**



front PAGE

The Girl Guides Association has a new head of administration. On November 1 Ms Hilary Williams becomes the Association's Chief Executive. She takes over from the retiring General Secretary, Miss Marjorie Hayter, who was appointed in 1985.

Ms Williams joins from the South Western Region of British Gas, where she was Regional Marketing Services Manager.

A member of the British Institute of Management, Ms Williams has a BA (Honours) in Psychology from Durham University and a Masters degree in Business Administration from Cranfield School of Management.

In 1968, following a year in industry, Ms Williams joined HM Prison Service. While working in a Borstal for young men, she became the first-ever woman Assistant Governor in a male establishment.

She also had seven months in

charge of the top security wing of a women's prison.

Before joining British Gas in 1983, she worked as a management consultant, and as a career development adviser for Mobil Oil.

Her posts at British Gas include Business Studies Manager; Customer Service Marketing Manager and District

Service Manager, Torquay.

Ms Williams, who lives in Bath, attended Bath High School and is on the committee of the Old Girls' Guild. She is also on the board of the Friends of the Girls Public Day School Trust. Last year she was appointed a non-executive director of the Royal United Hospital Bath NHS Trust.

As a member of the Central London Branch of the British Institute of Management, Ms Williams was part of a project providing management consultancy to voluntary bodies. One of the charities she advised has now grown into a national body.

She also advised a number of West End charities working with homeless young people and, with a colleague, devised and ran a training programme for voluntary workers.

Before going to university, she was a founder member of an Air Ranger Unit in Bath.



The Chief Commissioner Jane Garside (left) and the Chief Executive Hilary Williams

MICHELLE SMITH

GUIDING

VOLUME 81 NUMBER 11
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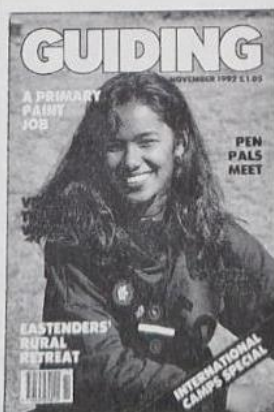
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FRONT COVER

Our country cover girl this month is actually from London's East End. Turn to pages 8-9 for the full story of 1st Mulberry School Guide Company's rural adventure.

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Round UP



BURTON DAILY MAIL

LEAP FROG

◀ These Guides leapt into action in response to Oxfam's fundraising drive in Burton town centre.

Hundreds of Staffordshire Rainbows, Brownies and Guides jumped at the chance to take part in a sponsored leap frog to raise funds for Oxfam.

KNOCKOUT FUN

▼ It was a day full of knock-about fun for 50 Brownies from East Lancashire when they took part in their annual challenge.

They were put through their paces in an *It's a Knockout* spectacular at Longshaw Junior School. Six teams of eight girls competed against each other and Billinge District came out on top, after a nail-biting finish.

'It was an excellent competition,' said District Commissioner Lorraine Jones. 'Just one point separated the top three teams. The children enjoyed themselves and so did we as organisers.'

POSTER DESIGN

▼ The police were so impressed by a poster designed by 12-year-old Leicestershire Guide Rachel Eager that they've turned it into a crime prevention sign.

And now the sign warning children of 'stranger danger' is displayed in local parks.

Rachel's poster was part of the work she did while taking her Crime Prevention badge. Badge tester Sergeant Chris Woodward immediately spotted its potential.

'Its impact is simple and it gets the message over to young people of Rachel's age and younger,' he said.



LEICESTER MERCURY



LANCASHIRE EVENING TELEGRAPH

Round UP

MEMORY LANE

▼ Earning their Care of Elderly People badges was an exciting experience for two Bristol Guides

The hospital they visited was a temporary home to both Jenny McDonagh, a Lone Guide in Norfolk during the first World War, and Edna Worth who was once a leader in a unit which had both the Queen and Princess Margaret,

our President, as members.

Catriona Canning, 11, and ten-year-old Laura Gunning loved listening to 86-year-old Jenny's memories of being a Guide during the Great War.

The girls from 24th Kingswood (Wormley) enjoyed their visits so much that they continue to call on their elderly friends, even though they have successfully completed the badge syllabus.



SPLISH SPLOSH

▲ Soapy sponges at the ready 16 Brownies from the 1st Colne Engaine Pack offered to spruce up the light aircraft used by the Essex Flying School, at Earls Colne.

It took only an hour for Brownies, like Charlotte Wordsworth (pictured above) to wash down four small, single-engined planes and a larger, twin-engined plane to raise much-needed cash.

They managed to raise nearly

£100 to pay the rent for their meetings at the village hall.

'They filled up their buckets, got down to it and did a great job,' said Brownie Guider Julia Davies.

Julia and Tawny Owl Jackie Linden got a good-natured soaking when the Brownies had finished with the planes. 'We just stood there soaked to the skin. We certainly weren't expecting it, but it was all good fun,' Julia explained.

RANGERS REWARD

► Three years of hard work and dedication by Lorna McFadzean (19) and 18-year-old Aileen Murray were rewarded when they were presented with their Queen's Guide Awards in the historic setting of Edinburgh Castle.

Seen here receiving their awards from Lieutenant-General Sir Peter Graham, both girls were accompanied by their families, having travelled down from Ayrshire for the day.

The ceremony was also attended by the Chief Commissioner for Scotland, Jean-Claire Schaw Miller and Mrs Marjorie Durie, County Commissioner for Ayrshire North and Bute.

Both girls are members of the Irvine Valley Ranger Unit and are also Assistant Guiders for the Newmilns Brownie Pack.



Many life-long friendships were made at Ardingly this summer where more than 3,500 young people gathered for West Sussex's fourth Scout and Guide international camp.

But for two existing Guiding pen-friends it was their first chance to really get to know one another after exchanging letters for eight years.

Taking part in the camp, which is held every four years, was a dream come true for 18-year-old Claire Goodyer and 19-year-old Kim Wearing.

Claire from Durrington, West Sussex, started writing to Kim at her home in Sydney, Australia after they were put in touch through an Australian Guider who visited Claire's Guide Company.

They were soon writing regularly and, over the years, swapped badges as well as gossip about their lives at home and at school. 'We wrote about anything and everything — school, exams and different shows we were in,' Claire said.

They followed each other's progress as they moved up through Guides and on to Rangers — or, in Kim's case, Rovers, the Australian equivalent of Venture Scouts.

They finally met this summer at London's Victoria railway station when Kim arrived to stay at Claire's house before going on to the camp.

They had no trouble recognising each other. 'It was like meeting up with an old friend because we already knew so much about each other,' Claire explained.

'It was really great,' said Kim. 'We had already known each other for eight years, so we knew that we would get along.'

They plan to keep in touch for many years to come and Claire, a member of 13th Worthing Rangers and an adult leader with 1st Littlehampton Brownies has been invited out to Australia to meet Kim's Rover Crew.

Theirs was just one of many friendships cemented at the camp. WS '92 was staged at Ardingly's massive show-ground.

During the sunny ten-day event, it was filled with Scouts and Guides from 31 different countries around the world — including Egypt, Malaysia, India, the Ukraine, South Africa, Norway and Japan.

For some who had arrived from former communist countries, this was the first British Scout or Guide camp they had ever been to. Co-camp chief John Simmons explained: 'We had girls from Russia and Scouts and Guides from Poland. Scouting and Guiding was one of the first organisations to reform in Poland, after the demise of Communism.'

It was the first time they had the



Claire (right) and Kim have the write stuff

COMRADES AT CAMP

After eight years of friendship on paper, WS '92 offered two Guiding pen-pals from opposite sides of the globe the perfect chance to get together.

opportunity to take part in an event like this. They were absolutely superb and enjoyed themselves immensely.'

The Russian and Polish campers were given an extra warm welcome as they joined the thousands who marched into the showground for the grand opening ceremony.

Bands played, flags from around the world were waved, and crowds cheered as the camp was formally opened.

Later in the week, valiant attempts were made at the world records for juggling three balls in the air, and creating the largest human centipede — which involved hundreds of people tying their feet together and trying to move sideways.

Although they didn't beat either

record, everyone who took part had a great time. Then it was time to don 15th century costumes for a medieval fair — complete with jugglers, jesters, archers and stalls.

All proceeds went to Save the Children and, by the time camp ended with the spectacular Guide and Scout Rock and Roll Band Laser Light Show, £1,500 had been raised for the charity.

John Simmons and co-camp chief Judy Fuller, declared the event a triumph.

'It all went really well,' John said. 'It was a splendid example of how Guides and Scouts can work together to make everything a great success.'

Guiding

A sunny day in deepest Kent and the 1st Mulberry School Guides are enjoying their annual camp. They are free to roam the countryside: climbing trees, playing games and frying eggs on camp fires.

Whoops! Seaside fun for the Eastend girls

Even a handy logpile can prove a goldmine of activity ideas



in action

Life in this rural retreat couldn't be more different from their world back home in Stepney. For these Guides live in the borough of Tower Hamlets, one of the most deprived areas in East London.

Some of the girls have only been in Britain for a few years and are still learning to speak English. At home they conform to the traditional Asian way of life. But their parents still worry they'll become too 'Westernised' by going out and coming into contact with other cultures.

Most of the happy, laughing girls have faced racism at some time in their lives and probably will again. But District Commissioner Valerie Le Vaillant hopes that Guiding will give them the confidence to cope.

It was Val, a 35-year-old architect, who set up the Mulberry School Guide unit. And week after week she knocks on doors in Stepney's tower blocks, trying to persuade Asian families to allow their girls to become Guides.

Last year was particularly successful. Following a recruitment campaign in September, the numbers rose to around 25 girls.

The unit has come a long way since November 1989 when Val took the first steps to establish a Guide unit which would attract Bangladeshi girls to Guiding. The majority of the population in our area are Bangladeshi, so we *had* to cater for them,' Val explained.

Val knew that if she was to get Asian girls to come to Guides, she needed Asian women leaders.

She began by giving lectures at Bangladeshi family centres — and that's where she met Fatima Begum, who loves children and was eager to help out. Three years on, Fatima is indispensable. 'Fatima is so valuable — she is the key to the door,' Valerie said.

Meetings are held at Mulberry School for Girls as most of the pupils are Bangladeshi Muslims and the unit has gained a good reputation among the Asian community.

The Guides meet on Saturday mornings because their parents don't want them to be out late at night. 'In the



Sharp shooters need lots of concentration and a steady hand

evening you will not see girls this age out of doors,' Val said. 'They stay at home, help with the housework and look after siblings.'

Approaching families to get new recruits is hard. Some of the families don't speak much English but, somehow, Val manages to communicate.

Sometimes she is reduced to pushing photographs of Fatima through the letter box because people won't answer the door. 'I take the photographs with me to show them that we have an Asian leader who understands their customs,' Val said.

'It has been very difficult. But there are one or two families who think that Guides is a good thing. And, once we get in with a family, that opens the door to the others.'

Val's husband Bob, 44, is a great support. As director of Stepney Children's Fund, he has dedicated his life to tackling the social problems among poor and disadvantaged youngsters in London's East End.

The couple met through their work with Scouts and Guides, and even arranged for their wedding to be held at the end of last year's Guide camp.

The girls obviously love camping in the grounds of the big old house at Northbourne, surrounded by acres of open space and rolling countryside.

All camps need careful planning but this one has an extra share of hidden snags. Val wrote to all the parents, explaining that the holiday was only for girls and they'd be looked after by female leaders.

The holiday programme was carefully time-tabled to allow time for prayers throughout the day and a special room was set aside in a nearby school for prayers.

This year's was the third camp at Northbourne. The first year we came here the girls were so timid, but they have grown in confidence,' Valerie explained.

'At first they would not sleep outside in a tent — they were afraid of things like evil spirits. But, the next year, we pitched the tents in the garden, and we are slowly getting further and further away from the house.'

Val and Bob organise lots of fun activities for the girls to try, such as swimming, crab fishing and horse riding.

Val tries to do everything absolutely correctly and often turns to Fatima and Fatima's husband for advice on Muslim customs.

Even so, she still has to watch her step. She is constantly aware that if she puts a foot wrong, the parents won't send their girls to Guides.

'It is an absolute godsend that Guiding is single-sex,' Val said. 'I make tremendous play of the fact that it is for girls only.'

'Before we got married, my husband had to stay in a guest house up the road while we were at camp. They wouldn't even permit a man to drive the mini-bus.'

'Sometimes I try things and it all goes wrong. I organised a dance but then I discovered that they don't like dancing in public.'

The girls have never been to the cinema, so I thought about organising a trip. But then I realised they would be sitting in the dark with other men, so we never did go.

'I know that the men discuss it all in the mosque. Thus far, we are seen to be a good thing for the girls. But I am very conscious that if we did anything wrong, that would be it — and it would all be ruined.'

Doesn't she ever feel like giving up? 'No, never,' Val insisted. The girls never complain or say: 'Oh this is boring, why do we have to do it?'

'They are so, so thrilled with everything that we do. That is all the incentive I need.'

Even the Welsh Dragon made an appearance

Queen for the day



Wet and windy but still smiling



WELCOME TO WALES

A week of fun and friendship between East and West made Neptune '92 an international camp to remember.

A warm Welsh welcome was waiting for the girls from Eastern Europe who were special guests at an international camp on the South Wales coast.

For many of the girls from Hungary, Poland and Czechoslovakia it was their first chance to visit the West since Communism crumbled.

Their seven days at Neptune '92 organised by West Glamorgan Girl Guides was the perfect opportunity to make friends and compare notes.

The camp for 850 girls and leaders was held against the glorious backdrop of the ruined medieval Penrice Castle on the Gower peninsula.

The visitors revelled in the famous

be back in Britain and see more of the countryside,' she said. 'I'm very happy every day because everyone is really friendly. I think I've made lots of friends here,' Eموke told *GUIDING*.

She said many British Guides had promised to visit her in Hungary. 'It would be very nice to meet some of them again in my own country. I could show them that Hungary is just as beautiful as Wales.'

Emoke leads a 12-strong Brownie Pack back home in Budapest. While on camp she was responsible for four other Hungarian Girl Scouts.

Sophie Viczian, one of the group, had hurt her ankle while canoeing, but

Emoke said. 'Not just with our British friends but also with the girls from Poland and Czechoslovakia.'

Not wishing to be out-done 16 Danish Rangers and a group of Irish Guides added their own displays. Even a Company from North Wales made a contribution to the international tent by putting up the biggest of all the exhibitions.

Learning about other nationalities was not the only fun to be had. The organisers had certainly packed the week full of activities to please everyone. New friendships were made on numerous trips to Wales' answer to Alton Towers, the Oakwood Theme Park in Pembrokeshire.

Anne Faull, the Camp Director, explained the chaotic mini-bus routine that ferried the girls off to their various activities every morning. 'It's like a madhouse, but I think of it as organised chaos. It really is quite an achievement to organise so many people every day,' she said. 'But we've all managed very well and survived.'

'Except the day it poured with rain,' commented Margaret Waymark, 2nd Pennard Guide Guider. 'A poor Guider from North Wales took a wrong turn down a country lane and got stuck in a muddy field.'

Every day girls went on expeditions ranging from rock-climbing and orienteering to canoeing in Oxwich Bay. And, in keeping with the Olympic spirit, Neptune '92 had its own version of the Olympic Games with the sub-camps — Starfish, Mermaid, Puffin, Dolphin, Octopus, and Seahorse — competing against one another.

A great favourite was the craft marquee where the girls spent lots of happy hours in quiet concentration. 'We were amazed at how engrossed the Guides became in everything they made,' said Arts Adviser, Karen Potter. 'You could've heard a pin drop in this tent even though it was full of usually noisy Guides every day.'

A popular activity, and one which was new to visiting Guides, was love-spoon carving — an ancient Welsh craft. Welsh lovers would make elaborate wooden spoons and present them as love tokens.

Friendship necklaces based on a tradition from Thailand was another craft which drew the girls into the craft marquee.

Neptune '92 was an undisputed success. From the youngest camper in the crèche — a 21 month-old babe — to the two Trefoil Guild members, at 69 the oldest campers on site, all agreed they had a super time with their new friends from home and away.



Sharing a cuppa: Sophie and Eموke from Hungary

warm Welsh 'Croeso' (welcome) and were given an insight into traditional Welsh customs when a 'Twmpath' (barn dance) was held — an exhausting evening of musical celebration with fiddlers and boisterous singing.

For the East Europeans the week at camp, overlooking the unspoiled countryside and bay at Oxwich, followed several years' work to re-establish the Movement in their countries.

In Hungary the Movement, hosts of the 1928 fifth International Conference and a founding members of WAGGGS, was abolished in 1949 — a victim of Stalin's propaganda programme. Officially recognised by the new, liberal government in 1989, the League of Hungarian Girl Scouts is now enrolling hundreds of recruits.

One of the first was 19-year-old Eموke Horvath, a Young Leader from Budapest, who has been a Guide for over two years. She was overjoyed when she was told about her trip to Neptune '92.

'I've only been to London once, with my family, back in 1986. I'm so glad to

this lively 14-year-old insisted she was loving every minute of her first visit to a UK Guide camp. 'We've all had a good time making things like Thai bracelets. And funny-looking masks, which were very messy and went all over my hands and clothes,' she said.

Both girls were flattered by everyone's interest in their country. To satisfy the camp's curiosity they put up a display in the international tent showing what life and Guiding are like in Hungary. It featured their national emblem, their Promise and outlined the history of the Movement within Hungary.

Although the two Associations are similar, the girls said they were surprised at the camp site differences. 'We go to a camp every year for about ten days,' said Eموke. 'But the tents in Hungary are much bigger than yours, probably because we have to fit more girls in.'

'I was also surprised to see how small your camp fires were. Each company has its own to sit around. In Hungary we have a huge fire for all the camp every night.'

The display has been very popular.'

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VISION STATEMENT AND OBJECTIVES

For those readers who missed - or have mislaid - the *Hotline Special* in July's **GUIDING**, We are repeating the Vision Statement and Objectives which were adopted by the The Council, the Association's governing body, at a meeting on May 20.

The Council's membership includes the President; the Chief Commissioner; the Chief Commissioners of the Countries and Regions of the United Kingdom; three members elected by each of the Countries and Regions; certain Association Advisers, ex-officio; and nine other members elected by The Council itself. The Council is, therefore, widely representative of UK Guiding and is able to bring considerable experience to bear before making its decisions for the benefit of Guiding.

In this version we refer to the Girl Guides Association, as the Association is still involved in talks with the Privy Council over its name change.

VISION STATEMENT

The Association adopts as its plan for Guiding the following Vision Statement:

- The Girl Guides Association, with more than 700,000 members, is the UK's largest voluntary movement for girls and women.
- Its purpose is to enable girls to mature into confident, capable and caring women determined, as individuals, to realise their potential in their career, home and personal life, and willing, as citizens, to contribute to their community and the wider world.
- The Girl Guides Association believes that it can best develop these qualities in a mutually-supportive, female structure, within an environment of fun, friendship and adventure underpinned by spiritual and moral values.
- The Girl Guides Association will, therefore, create programmes to fulfil these aims and to attract and inspire women leaders to provide Guiding wherever it is wanted.
- Within this framework, the Girl Guides Association will grow and contribute to the advancement of girls and women.

OBJECTIVES

The Association sets itself seven main objectives.

- **WIDER MEMBERSHIP**

To create opportunities for more girls and adults to be part of the Girl Guides Association.

- **PROGRAMME**

To sustain an enjoyable and challenging programme of activities based on the Guiding method.

- **PARTICIPATION**

To enable and encourage all members to participate in decision-making within Guiding.

- **SUPPORT**

To ensure that all adult leaders within the Girl Guides Association are fully supported.

- **STRUCTURE**

To adapt the structure of the Girl Guides Association to meet the needs of its members.

- **RESOURCES**

To identify and make effective use of all available resources and expertise for the benefit of Guiding.

- **INFLUENCE**

To demonstrate the importance of Guiding's contribution locally, nationally and internationally.

Please feel free to photocopy the Vision Statement and Objectives or use these pages as a pull-out poster.

With its laser show, flight simulator and karaoke sessions, Poacher '92 was camping at its most exciting, adventurous — and modern.

Fax machines hummed, personal pagers beeped and computer screens flickered in the background. The room felt like mission control but, in fact, this was the central office of Poacher '92.

The organisers of Lincolnshire's international Scout and Guide camp were determined to use all the tools that modern technology could offer to ensure that their camp was 100 per cent successful.

This was the fourth Poacher international camp — named after the infamous Lincolnshire poachers — to be held on the show ground at Lincoln. And it was bigger and better than ever before, with over 4,500 young people and 700 leaders from 21 countries in attendance.

'To tell you the truth,' confided Sue Shooter, County Commissioner for Lincolnshire South and Activities Group Leader, 'we were almost over subscribed. But we managed to squeeze everyone in.'

It wasn't only the central office that bristled with high-tech gadgetry, there was evidence of Nineties' thinking all over the camp. In the bustling tent where campers went to pick their activities, the walls were decked with posters produced on an ultra-modern desk top publishing unit.

A staggering array of activities was on offer — everything from catapulting to crystal radio, taekwondo to table tennis.

'When we say we've got 101 things to do, we're not really exaggerating,' laughed Sue Shooter. 'I think the main activity list actually runs to about 97.'

An army mobile display team had even brought along a battle simulator — a space-age module on hydraulic legs, which gave riders a taste of modern-day warfare. The military men also offered hair-raising rides in the back of their Snow Cat army transport vehicle.

The one haven of peace was the Tennyson Tea-room, named for the famous poet who lived in the area.

It was here GUIDING found Liz Cornwall, joint Camp Chief, grabbing a hurried lunch. Liz was keen to tell us about the co-operation between Scouting and Guiding at the camp.

'It was lovely to see both the Chief Commissioner and the Chief Scout here for the opening ceremony.'

'This kind of event helps us all get to know each other and understand how the two Associations work,' she said.

The eight sub-camps were all named after local folk such as John Wesley, Sir Malcolm Sargent, Isaac Newton...

CAMPING A LA MODE

Poacher '92 was a thoroughly modern camp for a thoroughly modern generation.



'The girls prefer to bring their own tents these days,' Diane Wilson, PRA for Lincolnshire South, explained. The only trouble is it means that each Company takes up twice as much space as they used to do, so it makes things a little crowded!'

Resting over the lunch hour in their tents a group of local Guides discussed the activities they'd enjoyed so far. Top of the pops for most of them was the enormous open-air disco that got Poacher off to a flying start.

It wasn't the only exciting evening activity that the campers enjoyed, as entertainments organiser Helen Iplady explained, there was much more.

The second evening we had a steel band, with limbo dancers. Then, on Monday, we arranged for some gospel singers to come along. Everyone had a "wail" of a time. In fact, we sang so

loudly that we had complaints about the noise level from someone living a couple of miles down the road. So we had to finish early!'

Luckily, most of the other activities were rather quieter. In the tent behind Helen several rows of rapt teenagers sat in silence, glued to a giant video screen showing a cartoon film.

On the wall behind them posters advertised such trendy delights as DJ sessions, karaoke evenings and rapping competitions.

But Poacher's best-kept secret was the 'something rather special' Helen and her team had planned for the last evening. A performance by Stagecoach, a joint Ranger/Venture Scout Rock 'n' Roll band, was followed by the grand finale, a high-tech laser show. A fitting ending to a thoroughly modern camp.

One Guide summed it up, as she rushed breathlessly from the foot of the abseiling tower she had just descended to the flight simulator: 'That was the best ever.'

The best thing she'd done at camp? 'No. The best thing I've done in my entire life!'

▲ Modern-day 'Pilgrim Mothers' serve up tasty traditional dishes

◀ Tackling sheer drops the military way, in a Snow Cat army transport vehicle

Network

SEW HANDY

▼No well-equipped unit should be without copious quantities of top-quality thread. Apart from let's-make-it sessions, it's useful in lots of other ways than simply sewing on badges.

Now *GUIDING* has got together with a leading manufacturer to offer special presentation boxes of reels and thread to 12 lucky Guiders.

The boxes, which aren't normally available, contain 36 reels of thread in assorted shades, as well as black and white.

The reel thing — Sandelon '3' thread

Made by Leicester Thread & Trimming Manufacturers Limited, the thread — Sandelon '3' — is one of the most popular, multi-purpose sewing threads on the market. The fine spun Polyester thread is ideal for either hand or machine sewing.

To win one of these boxes simply send your name and address on a postcard to: Thread Offer, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT. The winners will be the first 12 readers whose cards are drawn after November 30.



AquaScribe products are water, dirt and oil resistant

WET LOOK

▲Whether you're at Guide camp or out walking, if it's wet there is nothing more frustrating than trying to make notes on soggy paper.

A Nottinghamshire company has come up with the answer — waterproof paper! AquaScribe makes paper products which are resistant to dirt, oil and water.

That's good news for people who spend time outdoors in all weathers — such as gardeners, site workers and, of course, active Guiders.

Products include a waterproof notebook, an all-weather garden notebook — plus a new range of waterproof photocopy paper.

For a catalogue and prices write to: Hawkins and Manwaring, Westborough, Newark, Notts NG23 5HJ.

SHOW TIME!

●Fancy a trip to the West End? Well, there's a brilliant new musical version of the classic children's tale *Pinocchio*, showing in London from November 14.

It's on at The Unicorn Theatre Great Newport Street — the only West End theatre catering specially for children and families.

All the famous characters are in the show, including Jiminy Cricket, the Blue Fairy and the Evil Puppet Master. It runs until January 24 and promises to be great entertainment for the young — as well as the young-at-heart!

For more details and tickets ring the box office on: 071-836 3334.

Win a Paper: Mate for life

PACK GIVE-AWAY

▼You'll never have to reach for a pencil sharpener again with the new non-stop pencils from Paper: Mate.

These lead pencils don't go blunt — you just twist the coloured barrel and a new point appears. And they're all equipped with a rubber on the end to whisk away mistakes.

They come in colourful packs of four and are ideal for school, home or the office. We've got packs to give away to the 20 readers whose names are drawn after November 30. Just send your name and address on a postcard to: Pencils Offer, *GUIDING*, 17-19 Buckingham Palace Road, London SW1W 0PT.



CRUELTY FREE

●Find out how you can live without hurting animals, at the RSPCA's Cruelty-Free Weekend on November 7-8.

Exhibitions include vegetarian cookery demonstrations, make-up displays and a discussion on animal testing. There'll also be art and craft

stalls and a trade show of goods to buy for a cruelty-free Christmas.

Tickets cost £12 a day or £9 to RSPCA members. Write to: RSPCA Headquarters, Causeway, Horsham, West Sussex RH12 1HG. Or ring Julia McAllister on 0403 64181.



Give hedgehogs a helping hand this autumn

HEDGEHOG HELP

▲ Planning a bonfire for Guy Fawkes night? Before you light up, don't forget to check for any hedgehogs which may be nesting inside.

A bonfire is just one of the hazards hedgehogs face in modern Britain, according to village postmistress Elaine Drewery who runs Hedgehog Care.

Seven years ago, the plight of hedgehogs around her small village in Lincolnshire, inspired Elaine to act. She now cares for up to 140 hedgehogs at a time at her home in Authorpe.

'We need to make people aware of the problems facing hedgehogs in the modern world,' Elaine said. 'A lot of people know about hazards on the road. But hedgehogs are also in danger from bonfires and from certain flea sprays which are lethal to them.'

Elaine can arrange for groups of children to visit Hedgehog Care and gives talks to Brownie and Guide units in the Lincolnshire area.

If there are hedgehogs in your area, Elaine can provide information on the best way to help them. Send a large, stamped, addressed envelope to: Hedgehog Care, The Post Office, Authorpe, Nr Louth, Lincolnshire LN11 8PF.

EVERGREEN

▼ A new charity is asking for your help in its battle to save African forests.

The Evergreen Trust has been set up by former Oxfam worker Laurence Ascott. 'The project is aimed at women in particular because they tend to do all the work in African countries,' he said.

Laurence wants to supply electric cookers to homes in Uganda and Zanzibar with hydro-electricity. This saves families using up acres of forest for firewood.

He explained: 'We are now

getting together a network of national fundraisers and we hope to be raising enough money to ship out 2-300 cookers a month.'

Laurence is looking for someone to co-ordinate teams of fund-raisers and help collect and deliver items donated to his charity shop in Upper Norwood, South London. He also needs donations and goods to sell in the shop.

Anyone who can help should contact: The Evergreen Trust, 51-53 Westow Street, Upper Norwood, London SE19 3RW. Tel: 081-771 8936.



The Evergreen Trust based in Upper Norwood

SAFETY FIRST

▼ Accidents involving electricity in the home — including fires caused by electrical faults — cause more than 200 deaths a year, according to Government figures.

Everyday items such as toasters, hairdryers, washing machines and lawnmowers can be lethal. Learning about home safety could help save lives.

A new video called *Making Ordinary Life Safer* identifies danger spots and provides practical safety advice. Particularly useful for Guides taking the Accident Prevention badge, the ten-minute video is available on free loan for one month from the Home Electrical Safety Advice Bureau. Free safety booklets are also available.

To borrow a copy of the video send a returnable deposit of £10 (cheques made out to Media Counsel) to: HESAB, 15/17 Huntsworth Mews, London NW1 6DD, or telephone Dawn Pickworth on 071-402 2272.



FEET FIRST

● Treat your feet to a pair of new boots and you'll be walking on air.

The Air Boot, made by Daisy Roots, is part of a new range soon to be on the market. Their unique air pump system allows you to adjust the amount of support around your ankles, depending on the ground conditions.

The boot is equipped with heel supports so it won't lose shape and the sole is welded to the upper part of the boot for extra strength.

For more details contact: Daisy Roots, Westfield Trading Estate, Midsomer Norton, Bath BA3 4XD or ring: 0761 417777.

GUIDING MANUAL AMENDMENTS

At its April meeting the Executive Committee approved procedures to be followed for the publication of future amendments to the *Guiding Manual*.

All proposed amendments must be submitted on a special form. These amendment forms may be obtained from Country/Region General Secretaries or the CHQ staff responsible for servicing the Association's committees. The completed forms must be submitted to the Guiding Manual Review Group through the appropriate channels as set out below.

The Guiding Manual Review Group will submit amendments to the Executive Committee for approval only if they concern policy or rules.

It is recognised that there will, inevitably, be some amendments, generally those concerning safety, which must come into effect immediately. Once a decision has been reached, these will be disseminated immediately through Countries and Regions and published in *GUIDING* as quickly as possible.

Most amendments will now be

published annually in the January edition of *GUIDING*, and will be effective from January of that year.

Apart from the immediate amendments, all proposed amendments will be reviewed annually by the Group early in October, so there is a mid-September deadline for their receipt by the Co-ordinator.

No amendments received after that date each year can be included in those published the following January, unless they fall within the 'urgent' category.

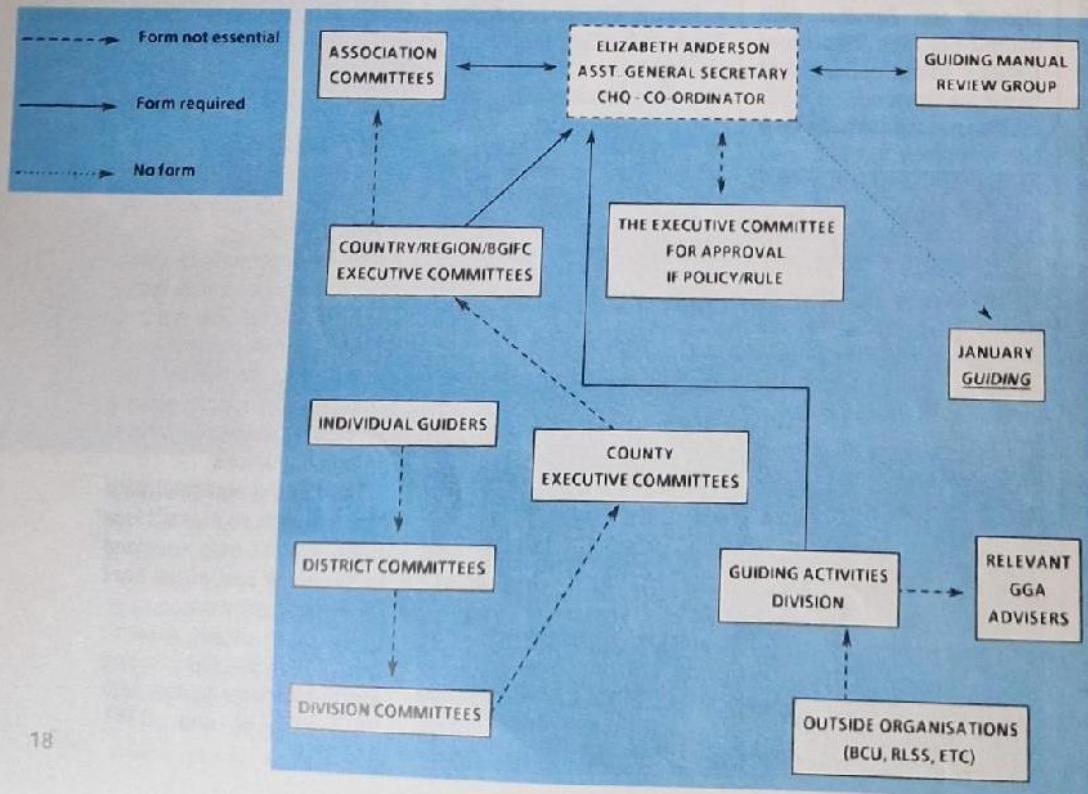
Typographical errors and so on will only be corrected when a revised edition of the *Guiding Manual* is printed. New editions will be published every three years, beginning in January 1994.

If you have any queries about the procedures for amendments or need any further information, please contact Elizabeth Anderson, Assistant General Secretary, at Commonwealth Headquarters, who acts as Co-ordinator to the Guiding Manual Review Group.

JOAN WHITESIDE

Chairman

Guiding Manual Review Group



COSMIC '92 — County of Stockport's first international camp — soared into orbit at the end of July with over 1,000 intrepid space travellers on board.

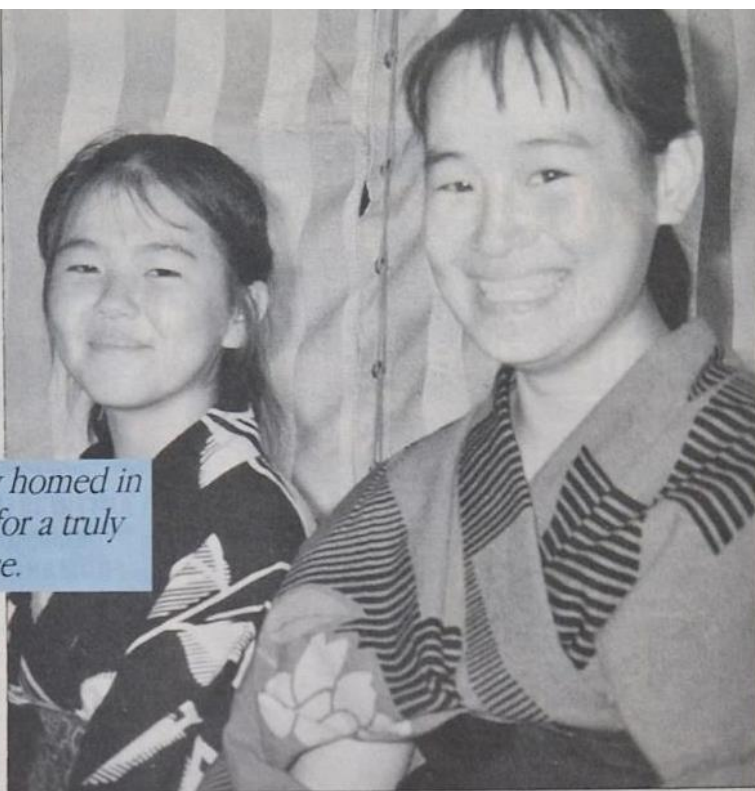
It had taken ten teams three years to plan the mission which, at one stage, seemed grounded.

The hitch developed after the camp's glossy brochures had been printed when there were problems with the site selected. A new launch pad was quickly located in Cheshire's scenic

Space travellers in the know homed in on Cheshire this summer for a truly COSMIC experience.

Tatton Park. And all systems were go.

During the camp the organisers faced another drama, when a faulty generator burnt out setting fire to the hay bale used as soundproofing. At first, the fire looked like spreading to a nearby marquee.



Japanese guests donned their colourful kimonos

COSMIC COUNTDOWN

As the camp's emergency drill procedure swung into action, the rock climbing team and the service crew tackled the blaze.

Fire brigade officers, who arrived after the fire was out, complimented COSMIC staff, on the evacuation — one of the best they'd ever seen.

But there had been a major snag. The original marshalling point was only yards from the blaze. However contingency plans were worked out immediately.

'It was amazing,' said Barbara Farrar, Guider from Cheadle Moseley Division. 'As soon as the fire was out, the girls were told to disperse, avoiding the damaged area. Immediately a line of red T-shirted central staff appeared, as if from nowhere, and blocked off the danger spot. Really impressive stuff.'

It was County Commissioner Chris Brierley who suggested the County should probe the unknown and organise an international camp. Three very experienced Guiders, Gillian Benson, Hazel Jenkins and Joyce Ryder, shared the role of camp co-ordinator.

Naturally the camp's title — COSMIC, standing for County of Stockport Magnificent International Camp — set the theme. The ten sub-camps were named after constellations and the space travellers docked at the Satellite Supply Station, the Flying Saucer Coffee Shop or the Galaxy Gift Shop!

The opening ceremony featured

dancers, singers and an orchestra with over 1,000 voices joining in the 'Countdown'.

One American leader commented: 'That was so moving,' as white balloons symbolising peace were released by representatives of the nations present.

COSMIC also hosted groups from Russia and Slovenia, whose leaders were particularly interested in further developing the Movement back home.

Girls chose their activities from three varied bands. Every camper could either have a day out at Stoke Festival Park, Alton Towers, Conwy or the Granada Studios, plus five half-day sessions of adventurous and craft activities.

A sixth half-day was left free for trying a variety of other pursuits or simply relaxing. Visitors' Day offered lots of opportunities for family fun.

'It was brilliant!' said ten-year-old Sonali Mehta of 5th Cheadle Hulme Guides. 'COSMIC was my first camp, and I tried loads of new things — canoeing, archery, abseiling and pistol shooting. There was loads of choice.'

She could also have sampled a wide range of other activities including fencing and windsurfing.

The crafts on offer included batik, calligraphy, macrame, cake decoration, origami, quilling, spindle spinning, sketching, glass engraving, whittling, carving and wood branding.

There were various ongoing projects

throughout the week. County President, Jean Dooley, ran the very successful Rainbow Friendship Challenge. Campers were also invited to sew a stitch or two in a COSMIC tapestry and to help decorate a huge cake showing the camp site. Anyone with energy to spare could sample karate, lacrosse, volley ball and abseiling.

Each evening there was a special activity. Campers enjoyed Division camp fires; Nottingham's Stagecoach '92; the Pantonic Allstars Steel Band plus a disco, karaoke and 'Drive In' movies.

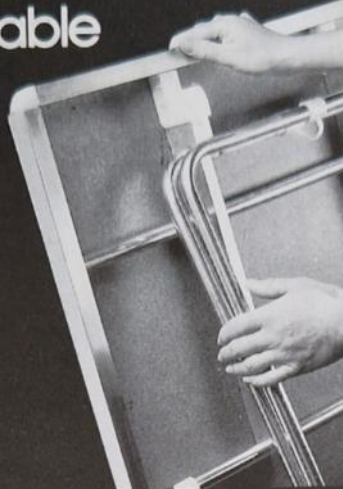
On Visitor's Day, extra attractions included a balloon race, police dog display, Scottish pipe band, hot dog and drink stalls, and a Velcro Wall. International groups mounted displays of national crafts and ceremonies and the visitors were invited to join in the Guides' Own Service.

The overseas guests also starred at the final night's camp fire, The World Entertains, when many of them dressed in their colourful, national costumes.

COSMIC was phenomenally successful. 'It was a wonderful effort by many members of the County,' commented Christine Brierley. 'A real *tour de force*, planned by women for women. I'm sure all who took part will take home memories of COSMIC '92 that they will recall with enormous pleasure for the rest of their lives.'

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Telephone: 081 590 6070 Fax: 081 599 4613



It was the weekend of the 12th's 50th anniversary and, to celebrate, they were to hold a camp for all past, present and future members of the Company. To enable Rosemary and her Guiders to run the detailed programme they had planned, I volunteered a team of Scouter friends to do the catering.

It was also the same weekend chosen by a higher authority — no, not the District Commissioner — for a similar reunion: that of every raindrop that had ever fallen on the 12th during their 50 years of Guiding.

The monsoon conditions, however, did not affect the Guides in the slightest, although it had a strange effect on the Scouters. They were apparently more used to coping with blizzards up mountains than deluges in meadows.

It was discovered that we were one onion short, so three of them disappeared to purchase a replacement. Just why it took three hours to track one down I shall never know, or if the pub actually sold onions.

The problem with menu planning in fine weather is that quiche and salad appears an attractive option until the heavens open. That's when everyone needs a good, hot meal inside them.

Salad? No alternative. Cold quiche — that'll teach Rosemary to forbid bringing the Calor Gaz oven. Hot mash was possible, plus 'Universal Soup', a secret mixture — one part chicken, one part thick veg and one part mushroom, all mixed with potato water — that has no distinctive taste and can be passed off as any flavour.

To be fair to the Guides, they generally don't object to any of my catering. However, on to the scene

came Gabriella Lavington-Jones, an ex-Guide from the 1960s and a mother of two obnoxious children.

'My children don't like minestrone soup.' (Whoever said it was minestrone?) 'Can they have something else?'

For those of you who have never catered for 80 people in the pouring rain on just two gas burners because the Guider-in-charge told you you would be able to use a wood fire, people like Gabriella Lavington-Jones are as welcome as the proverbial rattlesnake in a lucky dip.

The final straw, however, was when she came into the food tent and started rummaging in the food boxes for something to feed her offspring, leaving open packets of bread, margarine and spread for someone else to clear up.

Somehow, however, we got through the camp. The onion was a great success and, after the grand celebration meal, we were visited by some dear old lady whose list of titles apparently made her second in line in the Guide hierarchy to the World Chief Guide.

Contrary to my belief, Guiders seem to get less meglomaniac the further up

the 'tree' they progress. After a pleasant congratulatory speech instead of settling down to tea and reminiscences like the District and Division Commissioners, she insisted on helping us wash up.

Not content with the odd cup or plate, our Dorothy grabbed the water billy, complete with what seemed like 50 years of grime and set to with a Brillo pad.

In the Scouts we have discovered that while a Brillo and elbow grease may be good for the soul, industrial strength oven cleaner is far better for the arm muscles.

Dorothy seemed horrified by this heathen suggestion, which appeared totally contrary to the spirit of Guiding, persuading us that she was quite happy with her Brillo.

Thirty minutes later we were presented with a good-as-new billy and Dorothy humbly apologised to the District Commissioner for not talking to her and disappeared off to her next engagement.

One cannot help but be impressed by the lengths that some people will go to to avoid talking to the District Commissioner!

A MAN'S EYE VIEW

Notices

SELLING POINTS

It's bright, punchy and totally up-to-date — our super new range of publicity material.

We've got everything you need from posters to leaflets and stickers that will 'sell' the GGA to the public.

Check out what's available in the mini-catalogue. Just contact CHQ or your nearest Guide trading outlet.

THINKING DAY

Thinking Day services 1993 will be held on Saturday, February 20 in Westminster Abbey, St Margaret's Church and Westminster Central Hall, London.

For further details see December's *GUIDING*.

AFRICA LIVE

Thinking Day at the Commonwealth Institute will feature The Gambia and includes live entertainment.

There will be two sessions on Saturday, February 20 at 1pm and 3pm (visitors are

advised to arrive 30 minutes earlier).

Admission will be £2 per person per session. For further details ring the Institute, Kensington High Street on 071-603 4535 ext 283.

THINKING DAY ON THE AIR '93

Next year Thinking Day on the Air takes place from Saturday, February 20 to Sunday, February 21.

Information sheets and report forms are available from: Youth Activities Section, The Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT, on receipt of an A4-size envelope. Please mark the envelope TDOTA.

PAX LODGE THINKING DAY 1993

As always Pax Lodge will welcome visitors after the Thinking Day Services. However, in view of the number

of groups who are expected to want to visit the World Centre, you are asked to contact Pax Lodge in plenty of time stating the time you wish to visit and the expected number in the group.

Places will be allocated on a first come first served basis.

Applications to The Guider-in-Charge, Pax Lodge, 12c Lyndhurst Road, London NW6 3HN.

THE ASSOCIATION'S AWARDS

GOOD SERVICE

Mrs Muriel Rozier — Laurel — Former Division Camp Adviser, Cotswold North, Gloucestershire.

SHORT TERM INVESTMENT SERVICE

Monthly interest rate after deduction of management commission.

June 8.913 per cent

July 9.016 per cent

August 8.735 per cent

An additional 5 per cent per annum for deposits of £5,000 and above.

TRUST FUND

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

for selling purposes 229.03p

for buying purposes 240.63p

income yield ... 4.49 per cent

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

HISTORIC FIRST CAMP SITE

Brownsea Island, where the Founder held the first camp, is open to campers, holiday-makers and day visitors between April 1 (or Easter, whichever is earlier) and September 30.

South Shore Lodge which holds up to 24 is available for a residential visit and there are eight camp sites.

Applications should be made to Mrs S La Riviere, 16 Charborough Road, Broadstone, Dorset BH18 8NE. Day visitors are also welcome and, if they contact

Mrs La Riviere in advance, arrangements can be made to open the Trading Post for them.

CAROL SINGING

Once again, a choir of Association members will be singing carols in Trafalgar Square this Christmas. The day chosen is Monday, December 21 between 4pm and 5pm.

The 38th edition of the *Bethlehem Carol Sheet* will be used so, if you intend bringing your unit to join in the singing, please try to bring copies of it with you. Copies can be obtained from: The Bible Lands Society, PO Box 50, High Wycombe, Buckinghamshire.

We look forward to welcoming you all to this festive event. But, please remember to wrap up warmly.

SWEATER ERROR

Would the person who mislaid a Guider sweater on a visit to CHQ shop in August please contact the staff.

It was realised a mistake had been made, when a well-worn sweater was discovered hanging among the new stock.

Alternatively, if the absent-minded shopper wants to keep the new sweater, a cheque for £20.35 payable to the Association would balance the books.

STOP PRESS

Due to a mistake by our printers, the *RAINBOW GUIDE EXTRA* supplement in October's *BROWNIE* is not a separate pull-out.

As Brownie Guiders would find it awkward to detach the pages for their Rainbow Guider colleagues, we are reprinting the supplement. This will be included as an insert in November's *BROWNIE*, which will, of course, have that month's supplement in the centre.

Our apologies to all readers.

YOUTH CHALLENGE



5

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PAID-UP MEMBERS

With our Advisers seemingly spending more time 'working' for the GGA, members from Anglia on the Association Junior Council, decided to take a look at whether our top Advisers should be paid for the job they do.

In a Movement like ours, which doesn't stand still, the workload carried by an Adviser, whether at District, Division, County, Country/Region or Association level, seems to be ever-mounting.

We expect our Advisers to have a good knowledge of their subject. We require that they go along to trainings, meetings, or anywhere else their 'expertise' is needed.

Sometimes this means taking days off work and using up precious holiday entitlement. And how many times have you heard an Adviser say she hasn't got a free weekend for four, five, six weeks, or even more, because of Guiding commitments?

Some people might argue that Advisers chose to take on that 'job'. They could always have said 'No'. Very true. But if all of them had said 'No' where

would the Movement be today? You could also argue that at least they are recompensed for any expenses incurred. And we all know that Unit Guiders are notorious for not claiming back from Unit funds all they spend on Guiding.



We are, of course, a voluntary organisation, and a lot of people take on Advisers' jobs because they want to put something back into a Movement that has given them so much. We've all heard about the people who become Advisers because they were the only ones 'mug enough' to accept. But most members become Advisers because they are the most suitable people for particular tasks.

Perhaps we, as a Movement, expect too much from a lot of our members, not just Advisers, but Commissioners and Guiders too. And, maybe, sometimes it is the right time to say 'No' for a change, instead of 'Yes'.

My original question was: Should our top Advisers be paid? I am sure that everyone will have their own views on this question, and there is by no means a right or wrong answer. But it may be time to consider whether we can carry on expecting volunteers to bear such a heavy burden, or would payment destroy the character of the Movement?

ANNETTA RECORD

Anglia Representative
on the GGA Junior Council

IN PRINT

To help you keep up to date with the vast range of publications available to assist in your Guiding, we will be regularly looking at the latest GGA books and packs on sale.

New publications available this month for Rainbows, Brownies, Guides, Rangers and their Guiders include the *Go! Challenge* book (code 65730), which contains a large selection of exciting, new challenges for Brownies aged nine and over and costs £1.20.

This year we have some excellent Christmas presents for Rainbows, Brownies and Guides. The *Rainbow Guide Annual* (code 75630), the *Brownie*

Annual (code 71365) and the *Guide Annual* (code 70813) have the usual popular mixture of stories, puzzles, things to make and do and fascinating facts and fun, all especially written for the particular age groups.

Each year our GGA Annuals are becoming more popular with both the girls and their Guiders! — so be sure to order your copies now. All Annuals cost £4.50.

Our two lovely diaries — super stocking-fillers for Brownies or Guides — are sure to be a success with those girls who love animals. They feature plenty of ideas and information about all sorts of living creatures. The *Brownie Diary* (code 70003) and the *Guide Diary* (code 70227) both cost £3.95.

A selection of 21 favourite stories from *BROWNIE* magazine called *Amy's Promise and other Brownie stories* (code 73593) is available price £2.99.

Guiders working in predominantly

Christian Packs may find help in explaining the Promise to Brownies in *The Pack and the Promise* (code 60137). This is a new issue of Leonora Wilson's book and sells at £2.95.

Let's Get Out and Do Something (code 65375) was written to meet a need! The pack gives 30 ideas for 'community' and 'service' activities to be used in Brownie Packs, Guide Companies and Ranger Units. Each pack costs £2.95.

All these resources can be bought or ordered from your local Guide shop or depot, or on mail order from the Girl Guides Association Trading Service.

Send your order stating which items you want, the code and price, along with your name and address plus a cheque/postal order/money order payable to the Girl Guides Association to: The GGA Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ. Tel: 061 941 2237.

GGFF SELF HELP

The number of women throughout the world living below the poverty line has increased by 50 per cent over the last 20 years, yet the number of men caught in this trap has remained stable. Many of these women live in so-called developing countries like Tanzania.

Situated just south of the equator, Tanzania is East Africa's largest country. Although it is largely self-sufficient in food and exports, coffee, cotton and sisal, the country spends much of its wealth on oil imports.

The high cost of oil has led to increasing debts and high inflation. Consequently the government concentrates its scarce resources on meeting the basic health and educational needs of its people.

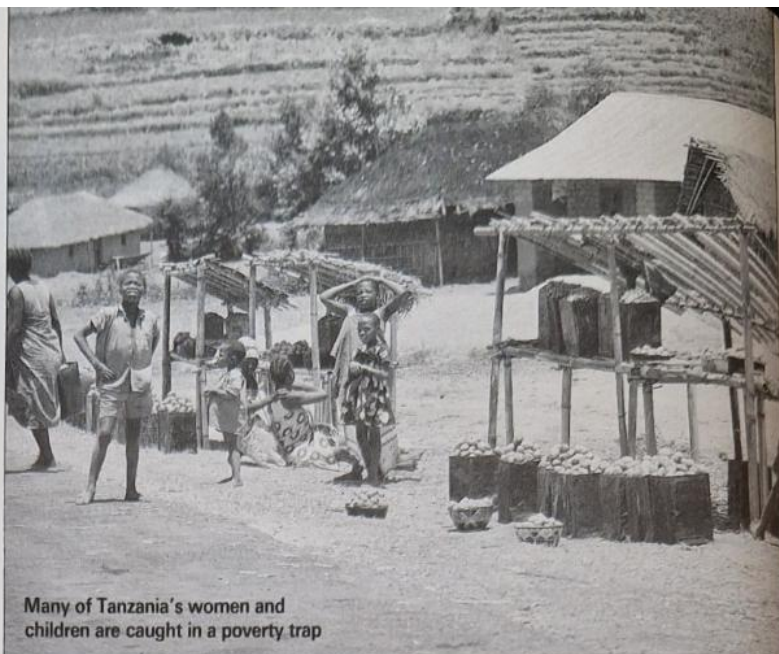
Guiding began in Tanzania back in 1928 and the Association became a member of WAGGGS in 1963. Today there are over 23,000 members aged from six to 21.

POTENTIAL

The Tanzanian Association headquarters is at Dar es Salaam, which means Haven of Peace. The country's main port, it has a population of just over one million.

The Association encourages girls and women to reach their full potential and offers activities designed to develop mental, physical, and social skills.

Community, outdoor and environmental projects are organised, as well as evening classes and water improvement schemes.



Many of Tanzania's women and children are caught in a poverty trap

TRAINING

Training is given a high priority in a country where state funding for such projects is limited by the economic climate. Vocational training is particularly valued as women in Tanzania, in common with some other developing nations, often have less opportunities than men to widen their knowledge, experience and learn new skills.

In Dar es Salaam the Association runs classes in vegetable-growing, poultry-rearing, cooking, sewing and other handicrafts. To enable the Association to continue these vocational courses help is needed to buy essential equipment and resources.

The Association wants to buy sewing machines and attachments so embroidery skills can be taught. They would

also like money to buy netting to make mosquito nets for a local orphanage; a range of dressmaking patterns; rubber gloves for producing tie and dye fabrics; and large zips suitable for making sleeping bags for Guides going camping.

The Girl Guide Friendship Fund through its Help Africa Christmas Appeal aims to raise money, some of which would enable the Tanzanian Association to buy sewing machines for their vocational training project. Any donations will be much appreciated.

Please send your contribution to the GGFF c/o Rosemary Mills, General Secretary's Department, Girl Guides Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Cheques should be payable to GGA (GGFF).

EXECUTIVE NEWS

From January 1 the word Commonwealth is to be dropped from the titles CIA and CCIA. In future they will be IA — International Adviser — and CIA — County International Adviser — members of the Executive Committee agreed at their June meeting.

Mrs Sheila Jones, London and South East England, has been appointed a full voting member of the Girl Guide Friendship Fund.

It was decided that from next January a Commissioner Designate will re-affirm or make her Promise before she receives her warrant.

Lady Wilcox, the Chairman of the National Consumer Council will be the guest speaker at next year's AGM. In future the AGM will be held only at small venues. The decision, which rescinds one taken in April 1990 to use large and small meeting places alternately, was reached because it has proved increasingly difficult to fill the larger venues.

A survey carried out among voluntary organisations by the National Council for Voluntary Organisations revealed:

- 74 per cent (including the GGA) might be in favour of a national lottery, if the conditions were right.
- 13 per cent were mostly in favour of the proposals in the Government's White Paper.
- 13 per cent were totally opposed to a national lottery, as they didn't wish to encourage gambling in any form.

There will be no follow-up Joint Chief Commissioners' Meeting next year but the Scout and Guide Consultative Committee plans to meet twice in 1993, with the possibility of a third meeting if necessary. The Executive Committee learned that Dr Allen Warren has been presented with a Thanks Badge for his work on the Guide and Scout Working Party and the Consultative Committee.

The following appointments were announced: Mrs Gillian Robertson, Scottish Chief Commissioner from September 1; Mrs Jane Lewes, Adviser for Programme and Training Development (re-appointed for 12 months from October 1); and Mrs E Ferguson, Chairman Waddow Committee.

The Executive Committee will meet four times next year; January 14, April 15, June 17 and October 14.

An Assistant Ranger Guider in Scotland has written this open letter to other Ranger Guiders.

It's far too easy for us to run our Units from week to week without actually sitting back and reviewing what we are doing and where we are going.

How often do you think about the way you actually run your Unit? The most important issue for many leaders is what to do with the Unit next week. But should you really be concerned with this?

It's difficult for Guiders with family and work commitments to spend a lot of time in evaluating what we are achieving within our Ranger Units. However, what good do we do if we are not open to change and open to criticism?

Our initial concern, with a new Unit, is establishing a confident, competent group of young women who are capable of making their own decisions. At this stage they may appreciate some hints and ideas as to possible programmes and their implications. We must remember, however, that the whole point of a Ranger Unit is that the Unit should run itself with the support of the Guider(s).

In the beginning a new Unit often requires direction. It may be full of young girls who have come straight out of Guides, and who are overwhelmed by the responsibility. We must help them realise their potential, and then, slowly, withdraw from the leadership role and let them get on with it.

It's very easy for new Unit members to rely on the Guider to tell them what to do, and even easier for the Guider to keep doing this.

If your Unit has been running for some time and the members still require you to take a directive role, no matter how successful you may think your Unit is, it is not functioning in the way it should.

New members often need this kind of direction but, within an established Unit, this should come from the older members. If our aim is to produce a group of mature and responsible young women, then we must treat them as such. Their values and attitudes may be different to our own, but we have just as much to learn from them, as they have from us.

Too many of us take the easy option in running the Unit. Perhaps this is not intentional. Often it happens in a Unit where the Rangers are intimidated by their Guider, and do not feel confident enough to speak out. Is this because the Guider measures things by her own values?

There are too many Units in which the Guider decides what is good for the members and does not allow them to decide for themselves.

We may not approve of many of their decisions. But they can only learn from their own mistakes, not ours.

In other Units the intimidation comes from older members. It is, therefore, our responsibility to address this. If they have the right to challenge us, then we also have the right to challenge them.

This can only work, however, in a Unit where a Guider is prepared to make this a two-way process. Young people do not want to be told how to live their lives, and we have no right to tell them.

What are you doing within your Unit? Do the members feel relaxed in your presence, or do they only talk about certain things when you are there? Are you out of touch with young women today? Do you look upon them as 'the girls'?

Ranger Guiding is one of the most difficult areas of Guiding — it is not enough to rack your brains for a programme which the members will find interesting and which you can implement. We must take time to allow the Unit to learn for itself.

Far too many of us are so wrapped up in our own idea of what the Unit should be doing, that we forget about the members themselves. How many older Guides do you lose because they see the Ranger Unit as yet another structured section with an old fogey as a leader? Nor do I mean old fogey as an ageist term.

There are as many stale young Guiders as there are fresh minds within the more 'mature' age range. We all have the responsibility as Ranger Guiders to both talk and listen to our members, and to remember that it is their Unit, not ours.

LAURA DOHERTY

Assistant Guider
Johnstone District Rangers

● Some of this material first appeared in the *Renfrew County News*.

a personal VIEW

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24 HR PHONE

A black and white photograph showcasing a variety of silver-plated jewelry and decorative accessories. The items are arranged on a light-colored surface. In the upper left, there is a rectangular frame containing four small portraits of people. To its right is a single portrait in a similar frame. Below the four-portrait frame is a small, ornate brooch. In the center, a round ring with a large, dark, oval-shaped stone is displayed. To the right of the ring is a long, slender necklace with a small bell pendant. Further right is a hairbrush with a decorative handle. In the bottom left, a small, round, dark-colored watch is visible. To its right is a small, round, dark-colored bracelet. In the bottom right, a small, round, dark-colored ring is shown. Finally, on the far right, there is a small, round, dark-colored vase containing a single flower.



Trading Service



Most of my contact with my neighbour is over the garden hedge, when I'm attired in the sort of gear that is soon to be relegated to the dustbin. However, she wears 'designer' yellow wellies and matching rubber gloves, even for the gentlest of gardening tasks.

I don't suggest that either of us is right or wrong, we're just different. But a recent conversation caused her eyebrows to rise a little.

She was complaining that the dry cleaners had lost her designer trousers: 'They were Jeff Banks, you know,' she confided. 'Oh, I often wear his gear,' I replied. That's when the eyebrows rose together with my street cred!

I believe that there's no pleasing the Guides when it comes to their 'gear'. I was interested to read the request for skirts in the letters page, as a number of ours have started wearing skirts now that the novelty of the joggers and culottes has worn off.

I must remember to do full inspection next meeting, even if we are running out of time.

Apart from just getting everyone back in line again, we have a Promise Ceremony with a difference in two weeks time. The parents often take photos, but now we have one who wants to make a video. So we ought to check that everyone is dressed correctly for the long distance shots.

I wonder how the designer woggles will show up! The Kingfinches/Bull-

fishers decided they would be the Canaries and wear yellow woggles. The fact that the other Patrols are wild birds was completely irrelevant, or so they informed me. They are going to be different and, in any case, canaries are classified as wild in some countries.

It just shows that I don't know about canaries. But I do have a growing affinity with the dodo — the way this term is going I would welcome extinction of the Guider species.

At PLC the Leaders reported back on their discussions about the suggested new Promise which was printed in *GUIDING*. They did not come up with any earth-shattering responses. But one Patrol wants to read it in their Promise Ceremony — as soon as their newest member has managed to learn the current one.

D·I·A·R·Y

OF A

GUIDE GUIDER

This particular one, Suzanne, was not a Brownie and her enthusiasm, because everything is so new to her, is quite refreshing, and contagious.

I'm usually not in favour of everyone working on a badge together, but they were all interested and the crime prevention lessons are going well. Probably because it's not Assistant and I talking to them, which is normally the case.

We had a response from two of the parents, a mother who is a neighbourhood watch co-ordinator and a father who dared to admit that he was a policeman.

The drawback is that Assistant and I now have to run a mini coffee bar to keep the visitors' vocal chords going. And a squash bar as a bribe to stop the Guides vocal chords!

Over four and a half thousand people joined in the fun and games at Essex County's knock-out Jamboree.

Swinging through the air with the greatest of ease



JAMBOREE

A group of Guides take drastic measures to keep their feet firmly on the ground



Sky divers, fireworks and laser lights filled the summer night's sky over Essex County Showground as Essex Scout and Guide International Jamboree got underway in spectacular style.

The centrepiece was an impressive mock pirate ship, in the main arena, which later functioned as part of the *It's a Knockout* competition running throughout the week-long camp.

'It was the best opening ceremony we've ever had,' said Guider Jane Rogers, one of the organising team. 'Everybody talked about it for days afterwards. We were so proud that it all went so smoothly. It certainly started the Jamboree off with an unforgettable bang.'

Sharing the fun were 900 youngsters and their leaders from 17 countries around the world, who made many new British friends during the event that had taken nearly four years to organise.

Among the visitors were parties from Jordan, South Africa, Russia and North America.

Hosted jointly by all three Essex Guide Counties and their Scouting equivalent, the 1992 International Jamboree was a mammoth task to undertake. The last time we held an event like this was in 1988,' said Jane Rogers. The event this year is a

reflection of the great success of that Jamboree.'

There were nearly 4,600 people camping in the 12 sub-camps on the 85-acre County Showground site at Great Leighs near Chelmsford.

'Our theme for the week is peace and understanding in Europe and I think we've achieved that, at least on this camp site,' Jane explained. 'It's so rewarding to see girls who were complete strangers a few days ago, now going around translating for each other and becoming friends.'

All 12 members of the European Community were represented and each sub-camp was named after a country. Each had its own gate — all highly original — but it was Germany's effort that drew the most praise. The gate was in the form of a medieval castle, complete with a portcullis over the entrance.

When *GUIDING* dropped in, two Young Leaders from Switzerland were soaking up the sun, taking a well-earned rest while their 33 girls were off exploring the sights.

Alexandra Wuest and Andrea Rohr from Spreitenbach announced they were enjoying every minute of their stay. Andrea had been a guide when she visited the 1988 Jamboree and was excited to be back again in Essex.

'We've made loads of friends and there is so much to do here,' she said.

Working in Le Bistro, where Guiders could unwind over alfresco cups of coffee and home-made gateaux, was a very special guest from Transylvania. Yoana Buzan, the only Romanian on the camp, was in Britain for a month to find out how the Movement functions.

During her stay 20-year-old Yoana hoped to visit London with a group of German Guides she had met at the Jamboree.

'I wanted to see how Guiding worked from firsthand experience,' said Yoana. 'And then I hope to go back and tell my people about this great sisterhood.'

Her job on the camp meant she met lots of people and she obviously enjoyed every minute of it, even though she admitted being worried that she'd hate British food before she arrived.

'Everybody has been so kind and friendly. It's impossible to feel alone here. I've met lots of people who are

interested in my country. It makes me feel very flattered,' she said.

'The standard of food has been a pleasant surprise, and the international theme means I can try dishes from all over Europe.'

The focal point of the camp site, the 'Market Square', was a bustle of happy people sampling continental cuisine. One of the marquees that surrounded the square sold everything from German sausages to Danish pastries. It was very popular with hungry youngsters.

'They all rush over here at the first opportunity,' explained Jane Rogers. 'Sometimes they can't wait to leave the disco to come here before the marquee closes. I guess being at camp is really hungry work.'

The programme offered non-stop fun and loads of adventurous activities to get through in one week. Campers could also try lots of different crafts including producing badges, designing T-shirts, creating kites or making beautiful friendship bracelets.

Jane admitted there had been some worries that some of the activities wouldn't go down well. 'When you book things years in advance you can never tell if they'll be popular when the time arrives,' she explained.

But the organisers had got the recipe just right. Extremely popular was 'Barfly' — those taking part dress up in a sticky velcro suit and throw themselves against a velcro wall — and the more traditional go-karting.

In charge of the activity programme were Guy Singer and Mike Bedford. Because of the huge numbers of people, they devised a five-day rolling system, which meant everybody was able to pick and choose from a wealth of activities.

A big hit was the five-mile hike which ended with a barn dance and barbecue on a different camp site. 'Each day two sub-camps go on the hike,' said Guy.

That's 550 youngsters on any one day. We try to put them with people they have never met before, so they can make more friends. It's all part of the international experience.'

As well as a daily *It's a Knockout* competition, there was an ingenious reconstruction of Channel 4's *The Crystal Maze*, plus an attempt at creating Britain's longest painting (at 3850 metres it's waiting to be verified by the *Guinness Book of Records*).

'It's been brilliant,' said Jane Rogers. 'Every day has gone really well. When you see the smiles on the faces of the children you know you've achieved something. No-one could possibly go away from here and say they'd not made new friends.'

JAPES

JOHN WILLIAMS



Take that!
Learning to use
a pillow as a
leathal weapon

GEOFFREY STURDY



A straw poll
with a difference

THE RIGHT TO DIE

When the time comes, how do you hope your life will end? Given the choice, chances are that you'd opt for a painless death, perhaps going to sleep and never waking, or to die very quickly, before you knew what was happening.

It's an issue that most of us don't like to think about too much. 'I'll just enjoy today and get on with my life. Plenty of time to think about death when the right time comes,' we say. But we keep putting off considering that final date with destiny.

But for people gripped by a terminal illness and their loved ones, the question of how life will end is something they are forced to consider.

Every year 140,000 people die from diseases for which for them there can be no cure. Most are suffering from cancers, but other diseases are involved, including AIDS.

Anthony Cocker killed his wife Esther one New Year's night, after she begged him to end her suffering from multiple sclerosis. She was doubly incontinent, had slurred speech, was constantly irritable and unable to sleep.

He finally gave in to Esther's pleading and killed her. His next step was to tell the police what he'd done. He was sentenced to life imprisonment for murder in 1988, after being advised he could not plead guilty to manslaughter because there had been no provocation.

After a long campaign on his behalf by the British Voluntary Euthanasia Society (VES), Anthony Cocker was released in 1990.

Attitudes towards euthanasia seem to be changing. In a national poll in 1989, 75 per cent of people said they'd like to choose the time to die, if terminally ill or suffering from an incurable disease. Twenty years earlier, only 51 per cent had been in favour.

In the first six months of 1990, membership of VES rose from 10,000 to 11,000, after actor Dirk Bogarde publicly expressed his support for voluntary euthanasia.

Heart-breaking cases regularly make headlines. Take the case of the parents of a Hillsborough survivor who are condemned to watch the living death of their son, who has no prospect of recovery.

He was classified as being in a 'persistent vegetative state'. This means the patient's brain stems are alive, so he breathes normally, but all higher

brain functions have gone.

Patients whose brain stems are dead can only survive on a ventilator. Switching the machine off is not against the law, but for vegetative patients to die, artificial feeding must be stopped.

But disconnecting a patient's feeding tube could lay the doctor open to a charge of murder or manslaughter.

Experts estimate that every year in Britain there are around 500 new vegetative patients.

However, in Holland, voluntary euthanasia is an accepted practice, although there is no law to permit it. It is believed that up to 10,000 Dutch people choose to die this way each year and strict guidelines are used, aimed at preventing abuse.

In British law, there is no defence for such 'mercy killings'. Doctors and relatives who help people die risk imprisonment.

All attempts to change the law have so far failed because of pressure from religious groups and the British Medical Association (BMA), which is opposed to any legislation.

A BMA spokeswoman said that the Association is opposed to legislation on voluntary euthanasia but would like cases like that of the Hillsborough survivor settled in the courts — thus taking the pressure off doctors.

Patients suffering from terminal diseases can linger on in excruciating pain, according to the VES. Some, says the Society, lie helpless and infirm, just begging for the right to die.

However, vast improvements in the care of the dying have been made by the hospice movement — and supporters claim this has eliminated the need for voluntary euthanasia.

There are 130 hospices across the country, providing 2,400 beds and providing loving care for 30,000 dying patients every year.

In a statement on voluntary euthanasia, The National Council for Hospice and Specialist Palliative Care Services said: 'The Council believes there is no place for the direct killing of patients at their own request.'

The VES wants to change the law so that an adult person suffering from a severe illness for which no relief is known, is able to receive an immediate painless death, if that is his or her expressed wish.

But what happens when patients are unable to make their wishes known?

To prevent this happening, the VES provides a Declaration Form known as an 'advance directive' for its members. It allows them to indicate their wishes in respect of medical treatment when they are unable to speak for themselves. However, these forms are not legal under existing British law.

Critics argue that some patients might, reluctantly, agree to sign these forms because they're afraid of being a burden to relatives.

Voters in one US state turned down a 'Death with Dignity' proposal in a referendum. Voters said they feared that poor people, facing expensive medical bills and worried about their families' financial and emotional misery, would feel pressurised into suicide.

VES General Secretary John Oliver said: 'Any decision has to be carefully considered and patients must be counselled to find out if this is really what they want.' Counselling is vital, he said, because a request for euthanasia may simply be a plea for help.

Thanks to advances in modern medicine, it is now possible to keep people alive, even when they have no chance of recovery. 'We have stone-age ethics for space-age technology,' John Oliver claimed. 'These days people want to know that, when the time comes, they are not going to be kept alive by unnecessary treatment.'

AIDS has had a dramatic effect on the issue of voluntary euthanasia. Many young people who have the virus have watched friends with AIDS dying painfully and are demanding the right to have a say in how their own lives end.

Shane Snape saw many of his friends die from AIDS-related illnesses before he died of the disease last April. Shane, a nurse, became a supporter of voluntary euthanasia, after his work in hospital brought him in contact with people who were on life-support machines.

In 1990 Shane told *The Guardian*: 'I don't want to be kept alive with painkillers and other drugs: a living corpse with tubes sticking out of every orifice, just because society cannot accept that I have a right to die with dignity.'

NICOLA WHATMORE

● Our aim through *Talking Point* is to start you thinking, spark off discussions in Action Plus groups, Ranger Units or when Guiders meet. Write and tell us what subjects you want to see aired.

Sharing Nature with Children is a collection of sensitive and imaginative activities aimed at introducing young people to the world of nature. The last activity — described as 'potentially the most powerful' and 'like coming home after a long exile' — is the Silent Sharing Walk.

By way of example, the author tells how he and 12 boys — after a preparatory period of quiet and apartness

— walked together silently through mountain forest towards a viewpoint. Deer and other shy creatures encountered did not run away in fear. Instead, sensing the group's empathy and tranquil state of mind, they greeted the silent strangers with a mingling of trust and curiosity.

'We arrived at the viewpoint overlooking the plain and stayed there for an hour, still in silence, letting

ourselves be absorbed into the darkening wilderness.

When a person feels a sense of unity with the world, his feelings of harmony with other people are intensified, too. Through watching nature in silence, we discover within ourselves feelings of relatedness with whatever we see — plants, animals, stones, earth and sky.

The American Indians knew that, in silence, men can feel that all things are

expressions of a single life, and that we humans, too, are children of that life. "As above, so below. As within, so without."

'As we get closer to nature, we find that the subject of our study is not actually nature at all, but life, and the nature of our own selves.'

(Extract, reprinted with permission, from *Sharing Nature with Children* by Joseph Bharat Cornell, published by Exley Publications.)

**Open
Door**

FOOT SLOGGERS

Just before stepping down as Lincolnshire South County Commissioner Hilary van Smit-ten issued a challenge. She invited adult GGA members to join her in entering for the gruelling Boston to Skegness marathon.

The aim was to raise money through sponsorship towards meeting the £6,000 shortfall on the Brownie Pack Holiday house being built at Trus-thorpe near Mablethorpe, Lincolnshire.

One of the 50 entrants was the new County Commissioner Sue Shooter. She crossed the finishing line with Barbara Charity, the County's Walking Safely Adviser, having taken ten hours to complete the tradi-



Nearly there — tired walkers head for the finishing line

tional 26-plus miles. They last two 'legs' by a four-legged supporter — Pip, a

cocker spaniel.

Not far behind were two Rainbow Guiders, Carol Teb-butt and Helen Evans.

South Linsey Division Commissioner Marion Cotterill said: 'Out of the 50 who started 38 finished. The weather was very bad that day — the worst it's been in the 14 years the event has been running. There was a heavy thunderstorm.'

Among those forced to give up was Hilary van Smit-ten. 'She only got half way as she'd hurt three toes white water rafting in the Grand Canyon,' explained Marion.

The building fund has received £500 from the walkers' efforts and another £500 was given to cancer research.

**News
Focus**

IN GUIDING DECEMBER

Getting Out

Birmingham for free

Cornish Rhapsody

walking the moors

Camping with Discretion

Guiding in the Gulf

Tall Tales

setting sail for Poland

No Business Like Show

Business

treading the boards



IN GUIDE PATROL DECEMBER

Crossed Lines

cross-stitch Christmas cards

On Ice

beginners' guide to ice hockey



Simple Science

magic tricks for scientists

Do the Twist

balloon sculpture



Taking the Wrap

perfectly presented presents

IN BROWNIE NOVEMBER

Games for a Laugh

favourites for the games box

Christmas Carols

words and music

Spot the Dangers

in the living room

Feed the Birds

growing a bird garden



AND IN RAINBOW GUIDE EXTRA

Rainbow Rabbit lends a hand

Help at Home

board game

Helping Hands

recording good turns

**Coming
NEXT**

WHERE EAGLES DARE

Over 50 years since it was first exiled from Poland, the Polish Girl Guides Association remains true to its ideals.

They might have been hundreds of miles away from Poland camping under a gloomy Welsh sky but the Polish Girl Guides Association based in the UK celebrated their 50th anniversary in traditional style.

Around 130 girls plus Guiders and guests joined in a selection of Polish songs and traditional dances round the camp fire at their anniversary jamboree in the Welsh hills near Llandrindod Wells.

Sadly, for the majority of the Guides the beautiful scenery of Wales is more familiar than that of their Polish homeland. Most of them are second and even third generation descendants of refugees forced to flee Poland during the political upheavals of the last few decades.

The Polish Scouting Association or Związek Harcerstwa Polskiego (ZHP) was first based in London as a temporary measure when it was exiled from

Poland in 1940. The Girl Guides section of the Association was established here two years later.

Although more of the girls are now able to visit Poland, most of them were born and brought up in the UK. They owe their knowledge of their heritage and their fluent Polish to Polish Saturday schools and membership of the Polish Scouting Association.

Basing itself firmly on B-P's original principles, the Association has struggled to pass on to its youngsters a sense of history and a belief in the ideals laid down by the Founder.

This commitment is reflected in the name given to their celebration jamboree — 'Orla Perć', which translates as 'eagle's perch'.

Malgosia Zajackowska, Ealing Commissioner, explained: The theme of the camp is aiming for the ideal — the top. The eagle's perch is a stopping place before you reach the top. The eagle, of course, is Poland's national symbol.

The history of the Movement in Poland makes fascinating reading. Members have played an important role in Poland's brave struggle for independence.

When Polish Scouting began in 1910 Poland did not officially exist. It had been partitioned by its neighbours — Prussia, Russia and Austria — for over 100 years.

The movement was founded by 22-year-old Andrzej Malkowski, who was inspired by reading *Scouting for Boys*. He translated B-P's classic into Polish and started the first Scout groups.

As a student, Malkowski became a member of a clandestine organisation, *Eleusis*, which worked towards the ideal of a whole Poland. It was at an *Eleusis* meeting that Malkowski met Olga Drahonowska, the woman who became his wife and shared his work.

For both Malkowski and Olga, Scouting seemed an ideal way to encourage young people to become responsible and dedicated citizens, who would work towards Poland's future independence.

The three partitioning powers protested when, in 1913, Malkowski led a large group of Scouts to the World Scout Jamboree in Birmingham. But B-P gave permission for a sign reading 'Poland' to be displayed and the national Polish flag to be flown.

When the First World War broke out Malkowski and Olga fled, first to England and then to the USA where Malkowski set up Polish Scout units. Finally they travelled to Canada.

Determined to fight his country's enemies, Malkowski joined the Canadian army. When he was finally given permission to transfer to the Polish

Jola Tkaczyk (right) and Basia Janczynski carry out running repairs to their gateway





A group from Denmark lead the singing

Legion, he boarded a ship bound for Odessa. Tragically the ship hit a mine and Malkowski was killed.

The Movement he founded went on to become a crucial force in the rebirth of the newly independent Poland. And the Polish Scouting Association was a founder member of the World Organisation of Scout Movements (WOSM) and the World Association of Girl Guides and Girl Scouts (WAGGGS).

Scouting was banned when Poland was invaded by Germany and Russia at the outbreak of the Second World War. Scouters and Guiders had to carry on their work underground, organising camps and trainings and working towards freedom.

Somehow Scout and Guide units survived, even in Nazi concentration camps and the Russian Gulag camps of Siberia. And refugees formed units in the countries to which they escaped.

Their struggle did not end with the war. When the Communist regime was imposed thousands of Poles went into exile.

The Communists abolished the Scouting Association, imprisoning leaders and confiscating their archives. Instead they created a compulsory 'Scouting Organisation', which had little connection with B-P's original ideals.

Meanwhile in the UK ZHP continued to recruit among refugee families. Today two of the leaders of the Association, Teresa Ciecierska, UK Commissioner for ZHP and Jadwiga Szulc, International Commissioner, were both born in Britain. Their parents were refugees who fled Poland in the political upheaval brought about by the Second World War.

Teresa has never visited her homeland but 38-year-old Jadwiga went to Poland for the first time last year.

'One of our General Assemblies took the decision that, until Poland was free of the Communist yoke, we would not go in uniform to Poland,' explained Jadwiga.

Now that the Communist regime has been toppled this ruling has been relaxed, allowing exiled Scouts and Guides to visit their 'homeland'.

Currently, ZHP has active members in 12 countries including Britain, Australia, Denmark, Canada, the USA, France, and Argentina.

'At a time when true Guiding and Scouting was unable to be practised in Poland, we kept the principles and ideals alive in all the countries that we operated in,' said Jadwiga.

Defeating the many difficulties, contact with leaders in Poland was being maintained. 'We have had constant contact with Guides and Scouts in Poland and were kept informed of everything going on,' said Jadwiga. 'Although it was very clandestine at first in the 1950s and 1960s.'

Following the birth of Solidarity in 1980, Polish Scouting emerged briefly into the open. But when martial law was imposed in 1981, the result was a further splitting of the Movement.

Four main groups within Poland, apart from the state-run organisation, emerged: Association of Boy Scouts and Girl Guides of Poland (ZHR); Polish Scouting Organisation 1918 (ZHP18); Organisation of Polish Scouts and Guides (POH) and Polish Catholic Scouting (HSL).

These organisations have established close contact with ZHP and now face the task of rebuilding the Scouting Movement in Poland. Together they form a National Co-ordinating Committee which aims at creating a united association.

A working party meets every two months to discuss ways of uniting all the associations. But, as yet, the goal of a united Polish Scout and Guide Movement remains a dream. Jadwiga explained, 'The Communist system left people unable to trust each other.'

In the UK ZHP keeps alive memories of old Poland. So, despite its Welsh venue, the anniversary jamboree was

a truly Polish experience where everything from the food — *kotlety* (a meat burger) and delicious honey cake — to the camp fire was done in the traditional way.

The grey button-down dresses worn by the girls are the original Polish Guide uniform. The small group of ZHP Guides visiting the camp from Denmark wore authentic uniforms shipped over from Poland. But the majority of girls wore home-made uniforms, which last longer because they use better quality material.

Points were awarded for speaking Polish during the camp and prizes given for camp craft and gadget making. Each of the four sub-camps had its own intricate gateway, displaying the appropriate crest, and a tiny 'chapel' where daily prayers were said.

When it comes to gadget making the Polish Guides are in a class of their own. A good night's sleep was virtually guaranteed by the bedsteads made by one sub-camp. Luxurious affairs about one foot high, they were made from sturdy wooden stakes and an intricate arrangement of criss-crossed cord.



International Commissioner Jadwiga Szulc

In fact, the ZHP Guides were a little worried by a rumour they'd heard that our Guides don't bother with gadget making anymore. And was it true that UK campers prefer the convenience of a chemical toilet to a traditional trench, they wanted to know.

They may be aiming for the eagle's perch but it seems members of the Polish Girl Guides Association have kept their feet very much on the ground.

CUP CAPERS

Nothing can be easier to get hold of than this month's object — a plastic or paper cup — but the uses to which it can be put is amazing.

OPENING

Everyone is given a plastic cup and stands in a circle with one girl stationed outside. A ball — ping-pong ball or ball made from screwed-up tin foil — is thrown from one person's cup to the next round the circle. No touching is allowed, so, if the ball is dropped, it must be scooped up again with a cup.

The girl on the outside has to race round as many

bottom of the cup. Use a piece of string about 30cms long and tie a large knot in it about 12cms from one end. Thread the string through the cup so that the knot and the shorter length of string is inside blocking the hole.

Rest a pencil or something similar across the top of the cup and wind the string round it, so that the string is held up straight inside the cup.

Now prepare the 'pudding'. The following items are needed: 125gm lard and a selection of breadcrumbs; chopped bacon rind; cake or biscuit crumbs; peanuts or any other suitable scraps.

bottom of the cup is not smooth, you may need to use cardboard circles instead. These, unlike the plastic faces, can be drawn on with felt-tips. You will still need a hole in the bottom of the cup.

Before sticking any hair or a hat on the back of the head, cut out a circle of thin material or a piece of plastic from an old plastic bag — this should be about 22cm in diameter.

Wind an elastic band tightly about 2cm from the end of a knitting needle or thin stick, then push the end of the stick through the centre of the circle. The elastic should stop it falling down the stick.

Now use sticky tape to fasten the end of the stick to the back of the head.

Stick double-sided sticky tape round the inside edge of the top of the cup, and push the head and 'body' up through the cup until the bottom edge of the material can be stuck to the top edge of the cup.

Once the glue is dry, the stick can be used to make the puppet 'pop-up' from inside the cup.

PATROL GAMES

Catch the Ball

Stick two identical plastic cups together, by fastening the bottom of one to the bottom of the other. If glue or paste won't hold them, paper fasteners could be used or double-sided sticky tape. Make a small ball by crumpling a piece of tin foil.

The object of the game is to hold the cups in the middle with one hand, throw the ball up with the other and try to catch it in a cup.

Having caught the ball in one cup, it should then be jerked upwards so that the ball is thrown in the air again. Then the cups have to be twisted so that the ball is next caught in what was the bottom cup, and so on.

Compete against each

other, or invent a Patrol game with the cups.

Make a Tower

Using identical cups, see who can make the highest tower by balancing them on top of each other, first one right way up, second upside down, third right way up and so on.

COMPANY GAMES

Cup Goal

Fix a length of string across one end of the room, about six feet up — higher if you have a lot of tall Guides! Cut the bottom out of six cups — or however many Patrols there are — and fasten the cups to the string using clothes pegs.

Each Patrol has a small ball — ping-pong or one made from tin foil. In relay style, each takes a turn in running up to the end of the hall and scoring a 'goal' by getting the ball through the Patrol's cup.

If, after three tries, a goal has not been scored that person runs back to let the next person have a turn. Patrol Leaders count how many goals their Patrols score.

Four Legs

Each Patrol has four plastic cups and one chair. The chairs are put at one side of the room, and all the plastic cups are placed in the middle of the room.

One person from each Patrol is blindfolded.

The aim is to get each leg of the chair inside one of the cups. The blindfolded person can only take one cup at a time — either from the pile or from another Patrol's chair!

PAULINE WAINWRIGHT

● Next month you will need about ten cardboard tubes per Patrol taken from kitchen rolls and foil or film wrap. You will also need a long tube plus one from a toilet roll for each girl for the craftwork.



times as she can while the ball completes its circuit. She then takes her place in the circle and another girl becomes the runner. The player who completes the most number of circuits is the winner.

ACTIVITIES

Water Time

Give the Patrol two plastic cups, a metric ruler, a marker pen and a jug of water and challenge them to make a 'gadget' that accurately measures one minute.

Bird Pudding

34 Make a small hole in the

Mix these up in a bowl, melt the lard, pour it on to the ingredients and stir the mixture thoroughly.

Spoon the mixture into the cup, taking care not to dislodge the string. Press the mixture down firmly.

When the pudding has set, the cup can be cut away and the pudding hung outside for the birds.

CRAFT

Pop-up Puppets

Cut out a circle from the bottom of the cup and use sticky paper, felt and wool to turn it into a face. If the

HIGHLIGHTS

GO! CHALLENGE FOR THE OLDER BROWNIE

FOXLEASE
January 8-10

Do you have any nine-year-old Brownies who need a new challenge? Then the Go! Challenge Badge, being launched in November, is for you and your Pack.

This exciting new badge is designed to meet the needs of the older Brownie who wants a different or greater challenge than offered on the Journeys. Come to this weekend for an opportunity to look at the badge, consider how best to use it within the Pack, and have a great deal of fun too!

THE PATROL IN ACTION

FOXLEASE
November 27-29

This weekend is open to all Guide Guiders, to gain fresh ideas and enable them to make better use of the Patrol system in their units.

Topics will include:

- ideas and activities for Patrol time
- Patrol purpose patches and Interest Pennants
- the Patrol Leaders' Council and Patrol Leaders training.

FOXLEASE 70TH BIRTHDAY BONANZA

FOXLEASE
December 29-January 2

Your opportunity to spend five nights in a fine Georgian house and help to celebrate 70 successful years of Guiding at Foxlease, with time to enjoy the house, the forest and the surrounding area.

This will be a non-uniform event open to any member of the Movement. So, if you are between 16 and 70+, write now to book a place! Fees: just £70, which includes full board and accommodation. You may come for as many of the days as you wish.

There are some bursaries

available for under-25s. Please ask when you apply.

Activities will include:

- parlour games
- 70 challenges — something for everyone
- fun and frolics for all
- tree planting
- beacon lighting to mark entry into Europe.

ADVANCED WALKING SAFELY

GLENBROOK
February 26-28

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 include:

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

INTERMEDIATE WALKING SAFELY

GLENBROOK
March 19-21

This weekend will enable you to take members of your unit on explorations, rambles, hikes and day expeditions, in medium or lowland areas. It will give Guiders confidence to walk from their holiday home or camp site, having developed and practised their leadership and navigation skills.

The training will be designed to meet the needs of each trainee.

Theoretical and practical sessions will include:

- clothing and equipment
- map and compass work
- route planning
- access and conservation
- party organisation, management and leadership
- safety precautions.

There will be an opportunity to experience walking in advanced country, if there is a sufficient demand.

TRAVELLING EAST?

FOXLEASE
January 22-24

Do you want to know more about Guiding developments in Poland, Lithuania, Romania and the other countries of central and eastern Europe? Would you like to twin your unit with a unit in Bratislava or Sofia? Or take a group to Hungary? There are wonderful places to go and a warm welcome awaits you, but you may need more information.

This is your chance to come and talk to people who have already been, and use their experience to work out an eastern European adventure.

We'll be providing answers to questions like:

- How did they keep Guiding hopes alive in Czechoslovakia?
- What are Greek Guides doing in Romania?
- Is there really Guiding in Albania?
- What grants are available for travel and exchange and where do you apply?
- Which Associations will be applying for WAGGGS membership at the World Conference in 1993?

TRAINING SKILLS FOR ADVISERS

WADDOW
November 20-22

July 9-11
FOXLEASE
January 15-17

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

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

The Association has developed a weekend training package especially for you. At the end of it you will be able to:

- set aims and objectives for

your training session

- evaluate your training sessions constructively
- use ice-breakers effectively
- use visual aids with confidence
- understand how adults learn
- use small group work effectively.

CONTEMPORARY ISSUES

FOXLEASE

February 19-21

WADDOW

June 22-24 (midweek)

Who is it for?

These trainings will provide an opportunity for all Guiders to explore further the issues affecting the lives of young people today.

What's it about?

Guiders are in a unique position to support girls in making the right decisions for life. These trainings will look in depth at relevant topics, 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.

NEW YEAR AT WADDOW

WADDOW

December 30-January 3

Come and join us for a traditional New Year of fun and games. Bring your partner or a friend if you like! From the evening of December 30 1992 until after breakfast on January 3 1993 you can be sure of good food and company in the comfortable surroundings of Waddow Hall.

There will be time to reflect and relax, but also the opportunity to join in a flexible programme which will include traditional British crafts, songs and carols, a barn dance and New Year's

TRAINING DIARY

Eve party, a chance to replay those half-forgotten games from years ago, plus the challenge of the surrounding countryside to enjoy on foot or cycle, weather and fitness permitting. Young Leaders and Rangers welcome.

HEALTHY STRESS

FOXLEASE

January 22-24

Feeling stressed? Come along and find out how to reduce the stress in your life.

Topics covered will include:

- the causes of stress
- how do you know you are stressed? — the signals
- halting the stress cycle
- positive approaches
- healthy eating
- relieving stress through exercise.

OPPORTUNITIES UNLIMITED

FOXLEASE

March 23-25 (midweek)

WADDOW

September 21-23 (midweek)

This training is for anyone approaching retirement from work and/or Guiding. It's about making the most of your retirement years. It's an opportunity to discover there's more to life than work and Guiding.

Topics covered will include:

- retirement from Guiding
- work opportunities
- money management
- leisure time
- health issues.

THE THINGS THAT MATTER

WADDOW

February 26-28

FOXLEASE

November 12-14, 1993

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

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

Topics will include:

- independent living: home or away
- healthy lifestyles: it's your choice
- developing self-confidence: make your point

- exploring relationships: loves me, loves me not
- the Promise: only for Guiding, or for life?

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

SUPPORTING THE COMMISSIONER

FOXLEASE

March 12-14

WADDOW

February 12-14

This weekend will enable participants to become familiar with the revised Commissioner file, and the help it can give with training new Commissioners and those already warranted. There will be a practical look at the responsibility of the County Commissioner as appointing Commissioner.

The changes in the leadership training scheme for all Guiders starting in 1993 will also be covered. These weekends are for County Commissioners or their representatives.

LEADERSHIP FOR COMMISSIONERS

WADDOW

April 16-18

FOXLEASE

September 17-19

In Guiding, leadership involves making things happen by making it possible for others to make it happen. The real job of every Commissioner is not to do everything herself, but to enable others to make things happen. Thus, in order to help us to achieve our common purpose, good Guiding, Commissioners must have leadership skills.

During the weekend, we will explore:

- The responsibility of a good leader for the task, the team and the individual.
- Building your team and getting people to work together.
- How to encourage, enthuse and motivate your Guiders.
- Ways of finding an appropriate leadership style.
- Coping with problems.

Come to Foxlease or Waddow and find out more about leadership. Why not come as a Division group?

These trainings will help all Commissioners to be aware of the importance of leadership in their role. Commissioners Designate or newly-appointed Commissioners will find this particularly useful.

KNOWING ME, KNOWING YOU

WADDOW

February 12-14

Who is it for?

Trainers

What's it about?

This is your chance to discover how to tackle sensitive issues in training sessions. We will not look at individual issues in depth, but at how

to approach sensitive topics with an open mind and deal with any problems.

Sessions will include:

- looking at your own attitudes
- dealing with difficult situations
- conflict
- negotiation skills.

For full details of future trainings, please send a sae to the Guider-in-Charge of the appropriate centre. Applications to attend any of the trainings mentioned should be made to the Guider-in-Charge of the appropriate centre, enclosing a £5 deposit and sae for Glenbrook and a £9 deposit and sae for Foxlease and Waddow.

TRAINING DATES

FOXLEASE

December

4-6 Seasonal fun with music

Dec 29-Jan 2 70th birthday bonanza

January

8-10 Go! Challenge for the older Brownie

15-17 Training skills for Advisers

22-24 1. Travelling east? 2. Healthy stress

February

5-7 1. Training in the Rainbow section 2. Team building

19-21 1. Contemporary issues 2. Programme ideas for Rainbow Guiders

March

12-14 Supporting the Commissioner

23-25* Opportunities unlimited

WADDOW

Dec 30-Jan 3 New Year celebrations

January

8-10 Programme ideas for Brownie Guiders

February

12-14 1. Knowing me, knowing you 2. Supporting the Commissioner

26-28 1. The things that matter 2. GGA Leadership Scheme through open learning

March

19-21 The Promise in action

GLENBROOK

February

26-28 Advanced Walking Safely

March

19-21 Intermediate Walking Safely

* Midweek

GLENBROOK

Barnford
Nr Sheffield
S30 2AL
Tel: (Barnford) 0433 651567

FOXLEASE

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

NETHERURD

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

BRONEIRION

Llandinam
Powys
SY17 5DE
Tel: (Caersws) 068 684 204

WADDOW

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

BLACKLAND FARM

East Grinstead
Sussex
Tel: (Sharpthorne) 0342 810 493

HAUTOIS

Great Hautbois Road
Coltishall
Norwich
Norfolk
NR12 7JN
Tel: (Norwich) 0603 737357

LORNE

Craigavad
Co Down
Ulster
BT30 0BS
Tel: (Holywood) 0232 423180

RAINBOW GUIDERS

An apt theme at this busy and traditionally happy time of year is one of helping others. Rainbows will be trying to help all year round and many of the ideas below you will want to introduce, or return to, right through the year.

HELPING HANDS

Each girl draws around her hand on a piece of paper or card and cuts out the hand shape. She takes her 'hand' home and next meeting brings it back with a message on it to say how she gave 'a helping hand' during the week.

Talk together about ways in which Rainbows can help at home. How many of the girls already have a regular responsibility at home? This might be clearing the table, drying up, cleaning shoes, walking the dog. What other responsibilities do they have?

GREETINGS

The Rainbows could each make a card — either for Advent or for Christmas — to send their good wishes to someone.

This might be someone they know — like an old or disabled person in their street. Or they might like to send their cards to the local old people's home or to nurses in a local hospital.

Perhaps you know of a group of pre-Brownies in another country, who would be really excited to receive goodwill messages from the Rainbows.

BIRD AID

We have talked about the need to help the birds through the winter by putting out food and water for them on a regular basis. Remind them to de-ice the water dish on frosty mornings.

Encourage the girls to keep a record over the winter of the birds which they recognise in their gardens and in the park. Give them an illustrated checklist of the birds they are likely to

see to make record keeping easier.

RECYCLING

Nowadays even quite young children are aware of the threats to our environment. They may find it reassuring to be able to do something to help.

Explain to them how recycling paper and glass is done in your area. Invite the

how we can keep our towns and countryside clean.

HELPERS

You might like to consider inviting other people who help to talk to the girls over the months ahead.

If you are lucky enough to have a community policeman — or woman — he/she will be more than happy to come and talk to the Rainbows



recycling officer of your local council to come and talk to them about what happens to the materials which are collected.

Make sure the talk itself is brief — not more than 5-10 minutes — but that your guest is prepared to answer questions and show what children in this age group can do to help.

Find out what small items — like aluminium can tabs — the Rainbows could bring to a collection at their weekly meetings.

Talk with the girls about

about the job, road safety or other relevant topics.

The officer might be able to attend the full meeting as a helper and so get to know the children better. They will then feel more confident to talk to their visitor and ask questions.

It is important for the Rainbows to understand that the police are there to help people as well as to catch criminals.

There are many other 'helping' people you may wish to invite to be the Rainbows' guest from time to time.

MODELLING

The Rainbows might like to make drawings on light card of the people who help us: nurses, doctors, teachers, street cleaners, the police, fire service and so on.

These figures can be made into stand-up models by making a spread out flap for their feet when they are cut out (see Figures 1 and 2).

The Rainbows can use their figures to make a small 'People Who Help Us' exhibition. Encourage them to talk about how each person helps the community in which they live.

THINKING

At the end of the meetings think of all the people who help the girls in one way and another and say thank you for them.

Say thank you for the ways in which we can help others and how lucky we are to be able to increase other people's happiness and share their work.

YOUR IDEAS

Last year we appealed to readers for details of the games and activities you use with your Units. Replies came in from Rainbow Units all over the country and we have shared their suggestions with you. Now we would like to hear from you again.

If you have games and activities which you have found particularly valuable — or which they especially enjoy — please write about them and send them to me care of *GUIDING*. I will use them as a present from you to each other and to the Rainbows next year.

NEXT MONTH

During December you will, no doubt, be busy with all the activities which surround Christmas. I will be suggesting some ideas for party activities.

THE EIGHT POINTS

MAKING FRIENDS

This month we look at *Brownies are Friendly* which older Brownies will meet again in the Guide Programme as *Getting to Know People*.

COMMUNITY FRIENDSHIP

Ask your older Brownies to choose a section of the community they would like to help. Possible choices might be playgroup or hospitalised children; old people in residential care; house-bound or disabled people of any age.

Suggest that the Brownies discuss ways to show friendship towards their chosen group, then give them free rein to plan how to do it.

Talk about their plans, pointing out possible snags, but try not to alter their ideas too radically. Over a short period, say one month, help them to implement the ideas.

SUGGESTIONS

- For young children; make simple, safe toys, such as soft balls or glove puppets; scrapbooks; Easter baskets or Christmas crackers containing a few sweets or inexpensive items such as crayons, rubbers, balloons; create paper cut-out doll-dressing sets.

- For older children; collect books and comics in good condition; cut out unused puzzles from magazines and compile puzzlebook and pencil sets in their poly bags. Make up lucky bags by collecting small items over several weeks.

- For adults; make calendars, sweets in presentation boxes; tissue paper flowers; small Christmas or birthday cakes; scones or buns; harvest baskets... Christmas hampers. Compile books about the Pack, with photos, descriptions of weekly meet-

ings and special outings, a page for each Six to write friendly messages, a leaders' page.

- For any age: make get well cards, birthday cards, Christmas cards. Prepare a short entertainment and either invite the audience to your meeting place or take the entertainment to them.

- Invite the group to a party, with simple refreshments and games suited to the age group of the guests.

Take care that the Brownies keep their efforts well within their capabilities, and encourage them to choose projects with a time limit.

If they propose long-term responsibilities, such as help with weekly shopping, helping mums look after toddlers and so on, point out that they are unlikely to be able to keep to such a commit-

ment for very long. And add that it would be wrong to let people down.

Help the Brownies find out the names and addresses of a local policeman, fireman, ambulance driver, minister of religion, district nurse, teacher, post office worker or anyone else who does community work.

Ask the girls to write inviting him or her to come to the Brownie meeting and talk about his/her job. Suggest the girls prepare refreshments for the visitor.

NATIONAL FRIENDSHIP

Show your older Brownies a copy of *GUIDE PATROL* and point out the badge swap feature. Tell them how to buy supplies of their own County badge, making sure they know its meaning, and suggest they gradually build up a badge collection.

Invest in a copy of *The Guide County Badge Book* by Brenda Hughes. This will fire their enthusiasm, as it describes clearly all badges and their meanings.

INTERNATIONAL FRIENDSHIP

Few Brownies will have the chance to visit Packs abroad, but the older girls could correspond with a Brownie or a young Guide in another country. Show them how penpals can be contacted through the Post Box secretary at CHQ.

Point out the necessity of being a regular and reliable letter writer. Ask the girls to find out the postal charges to various countries, and to check with their parents in which areas they would be allowed to have a penfriend, bearing in mind postal costs.

If the opportunity arises, consider corresponding as a Pack with an English-speaking unit overseas. The older Brownies could write and post the letters.

Personal contact is best, so if you know anyone who is travelling abroad and



THE EIGHT POINTS

would be willing to make an initial approach, fine! If not, write to Guiding Activities Division at CHQ, who would tell you how to contact a suitable unit.

OVERSEAS EVENING

Working together, the older Brownies choose a country and learn all they can about it. There are many GGA publications which will help with this, so make them available to the girls. You can find all the relevant books in the resources catalogue available from the Girl Guides Association Trading Service at Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ or other GGA outlets.

Suggest that the girls select a game or story, an activity and, perhaps, a simple food from their chosen country and allow them to take over a Brownie meeting.

Tell them to make a list of materials so that you know what to supply on the night. You can show them the following example to give them an idea, but the choice is wide.

A JAPANESE MEETING

● Brownies greet each other with traditional bow, palms together. All say together the Japanese Brownie Motto: *TE O KASE* (Lend a Hand) and recite — in English — the Japanese Promise.

I promise to do my best to love God and my country; To help other people every day especially those at home.

● Dress a Brownie in a kimono, if you can obtain one; another as a Japanese Brownie, using crêpe paper if necessary. Check the uniform details in the current GGA chart.

● Play Jan-ken-pon, the Japanese version of Stone, paper and scissors. Pairs of Brownies face each other, hands behind them. Together everyone says 'Jan-ken-pon', and on the word 'pon', all bring hands forward in one of three ways: with fists clenched; open palms uppermost; or index and middle fingers parted. Each action

might win; clenched fists (stone) wins because it blunts scissors; open palms (paper) because it wraps stone; and parted fingers (scissors) because they cut paper.

This game can be played for fun, or as a contest, either individually or for the Six, by awarding points for each win.

● The Brownies can each make a Japanese flag with circles of red sticky paper on white A4 paper, hoisted on a drinking straw.

● Hold a Japanese tea ceremony, kneeling on cushions or mats on the floor, drinking very weak, milkless tea from small bowls.

to learn and practise it first, probably with a Guider's help, before teaching it to the Pack.

INTERNATIONAL GATHERING

Ask all the Brownies if they know of any people from overseas living in the neighbourhood, either children or adults. Find out their addresses.

Let the older Brownies

● Visit an old people's home to sing for them or just to chat. They could take photographs to show them, or take along the Pack toadstool, mat, flag, pennant or pool and describe how the Pack starts and finishes a meeting.



● The Brownies can make tissue paper flowers and float them on water.

● Ask each Six to have a try at composing *haiku* poetry. A *haiku* is a very short poem containing three lines, totalling 17 syllables. It does not rhyme and is about something natural, such as trees, flowers, seasons, feelings...

Usually, line one sets the scene; line two describes an action; line three tells of a feeling. It isn't as hard as it sounds. Try it, with a leader in each Six to help.

Examples:

- Clouds gather in the sky
The rain falls swiftly
My heavy heart is sad.
- From the distant mountains
An eagle glides and swoops
Fear is in the land.

● Finish with the Japanese song *Bento-Uri* from *Musical Fun With the Brownie Pack*. The older Brownies will need

plan an International gathering, suggesting that they write to invite these people to a Brownie meeting. They could ask each of them to say a little about their home country, and to bring photographs or ethnic objects to show. The girls could be responsible for welcoming and looking after the visitors.

OUTDOORS

Showing friendliness out of doors needs the help of an adult, and can be great fun. Invite your older Brownies to choose from the following ideas.

They could:

- Hold a used toy and book sale, a garden party, cake sale or man a cup-of-tea stall in aid of a local charity.
- Mount an exhibition of *What We Do at Brownies* in the local shopping centre, and be ready to answer questions about the Guide Movement.

● Set up a stall in the shopping precinct and invite shoppers to donate cans or packets to be distributed to needy families. The Brownies should have ready a supply of thank you cards (designed by them) to hand to generous shoppers. These could be either hand-made or duplicated by a Guider.

● Invite the local Rainbows to a summer picnic party. At the meeting place, if it has a garden; or in a local park, if not. They could adapt some Brownie games, so that they are easy enough for younger children, and serve simple refreshments such as crisps, fruit slices, cheese cubes and fruit juice.

The older girls could show the Rainbows the Pack treasures such as toadstool, mat, and owl, and show them how they start and finish the Brownie meeting.

BROWNIE GUIDERS

If you want to put on a Christmas show but know you'll have problems finding rehearsal time, we have the perfect solution. This short Christmas play can be prepared in only two meetings.

Your Brownies may already know the carol *The First Nowell*, which forms the basic structure of the play. The other lines are easy to learn and you'll need a minimum of props.

Sixers each have a simple speaking part and each Six is a specific group. Keep costumes simple.

THE STAR

The whole Pack, apart from the Sixers, is on stage throughout, providing the choir. Each Six simply steps forward for the appropriate scene. Everyone joins in the last scene.

Recorders play the melody of The First Nowell or the Pack sings it to 'lah' off stage.

Enter Villagers and Innkeeper

VILLAGERS

We're full, we're full!
The Inn is very full.
We've never seen so many folk before.
We're full, we're full!
The Inn is very full.
We couldn't squeeze one more inside the door.

Loud knocking offstage. Innkeeper opens the door. Enter Joseph and Mary

JOSEPH

Oh, please, sir, could you find a bed for my wife? She's very tired.

INNKEEPER

I'm sorry, friend. There's no room.

VILLAGERS

No room, no room!
There isn't any room!
We couldn't find a single inch today.
No room, no room!
We're sorry, but you'll have to go away.

JOSEPH

Oh, please! Just a

corner. Look at her, she's absolutely worn out.

INNKEEPER

She does look tired. But we've no beds left. You could have a corner of the cowshed...

JOSEPH

The cowshed! Well... I suppose it's better than nothing. Would that do, Mary?

MARY

Thank you, that'll be lovely. I just have to lie down.

Exit Joseph, Mary and Innkeeper

ALL

*The First Nowell the angel did say
Was to certain poor shepherds in fields as they lay;
In fields where they lay keeping their sheep
On a cold winter's night that was so deep.
Chorus
Nowell, nowell, nowell,
nowell
Born is the King of Israel.*

Enter Shepherds, who huddle together.

SHEPHERDS

I'm so cold and weary;
I wish I was home!
I must watch those sheep
To make sure they don't roam.

Off stage recorded 'angelic' song

Just look at that starlight
So bright in the night!
What can be that music
And what is that light?

ALL

*They looked up and saw a star
Shining in the east beyond them far
And to the earth it gave great light
And so it continued both day and night.*

Repeat Chorus

Enter Angels (in spotlight, if possible)

ANGELS

We bring you glad news
Of a wonderful thing!
In Bethlehem town
Has been born a great King!
Now travel to worship;
It's not very far.
He lies in a stable
Right under that star.

Exit Shepherds and Angels

ALL

*And by the light of that same star
Three Wise Men came from country far;
To seek for a King was their intent
And to follow the star wherever it went.*

Repeat Chorus

Enter King Herod and the Wise Men

WISE MEN

We're looking for the King.
We know we're getting near.
We've kept the star before our eyes
And it has led us here.

HEROD

I am King of all this land — my name is Herod. You wish to speak to me?

WISE MEN

Not you. Oh, no, not you!
A greater King by far!
The signs have brought us many miles
Drawn onwards by the Star.

HEROD

A King greater than I?
When you have found him, return to tell me, so that I may worship him too.

WISE MEN

We won't be fooled by him!
We won't come back this way.
He only means to harm
The little Child who's born today.

ALL

*The star drew nigh to the North West
O'er Bethlehem it took its rest*

*And there it did both stop and stay
Right over the place where Jesus lay.*

Repeat Chorus

Enter Joseph and Mary with the baby, they sit centre stage. Everyone else groups round the Holy family, some kneeling, some standing.

ALL

*Then entered in those Wise Men three
Fell reverently upon the knee
And offered there in His presence
Their gold and myrrh and frankincense.
Repeat Chorus*

Enter Wise Men, who kneel before the Holy Family.

ALL

We have travelled far and wide to see him.
We have brought our humble gifts to please him.
We stretch our loving arms to greet him.
We offer joyful hearts to love him.

JOSEPH

Gather round, good friends. Here is the child.

MARY

We have named him Jesus as the angel told us. Join in our joy and be welcome.

ALL

*Then let us all with one accord
Sing praises to our heavenly Lord
Who hath made heaven and earth of naught
And with his blood mankind hath bought.
Repeat Chorus*

GILLIAN ELLIS

Don't forget to order **BROWNIE** from your local newsagent or through direct subscription from **CHQ** for your girls. The magazine is a supplement to the handbook.

UNIT ACTIVITY DAY

On most evenings meeting time passes pretty quickly. Often, just as the girls are becoming absorbed in the evening's activity, it's time to pack up and go home. Have you ever considered organising a whole day's meeting, on the lines of a District Day, but just for your own unit?

Such a venture can be rewarding, and, well planned, can offer you a leisurely period of companionship with the girls, as well as the chance to achieve projects which would usually need to be spread over several weeks.

The key to success is forward planning. You will need plenty of adult help, so this is the ideal time to call in those non-Guiding 'experts' to teach your girls a variety of skills. You should be totally free to move around the activities with no specific responsibility, just acting as overseer and liaison officer.

Of course, the nature of the skills offered will vary with the age of your girls, but try this framework for a Unit Activity Day, slotting in a selection of the suggestions which follow.

Choose a Saturday or half-term weekday, and brief the girls in good time. Issue them with instructions about things they need to bring and what type of clothing they should wear. Take a show of hands to indicate how many will be coming or, better still, issue a tear-off slip to be returned.

Invite eight experts in a variety of skills, four for the morning, four for the afternoon. Establish the maximum number of girls with which each can cope at any one time. Prepare sign-in sheets with the available number of spaces for each activity. Provide one Guider or Young Leader to help each expert plus another to make drinks. And, don't forget, to have a qualified first aider present.

PROGRAMME

Your programme planner will look something like this:
9am Leaders arrive to set up tables, chairs, kitchen and so on. Pin up sign-up sheets, clearly labelled morning and afternoon.

11am Drinks available.

12.30pm Completely clear activity bases, offering experts help to pack their equipment into cars and so on.

12.45pm Lunch, brought by the girls themselves, with drinks provided for all. You

For Guides or Rangers: Origami, macrame, embroidery, painting, pottery, cookery, lino or woodcuts, scraper-board, marquetry, carpentry, polystyrene sculpture, glass engraving, fabric flowers, quilting, crochet, spinning, weaving, rug-making, tapestry, basketry, quilting, fabric printing.

If some of the suggested activities take only a short time, ask your expert to provide two or three variations on her theme at the one session, enough to fill the time allotted.

It is a good idea to have a couple of fillers, provided by the Guiders themselves, just in case you have girls who finish very quickly and want to move on.

It isn't fair to drop someone on your guest expert halfway through a session. So set up a side table with a variety of home-grown activities to which the quick-finishers can be directed. Perhaps they could sample model or poster making, wordsearches, designing greetings cards, or a series of scientific puzzles and challenges.

Such an Activity Day need not, of course, be limited to the Arts. You might prefer to Explore the Outdoors or Keep Healthy by offering physical skills: tuition in tennis, table tennis, football, orienteering, map-reading, aerobics, country dancing, acrobatics. If necessary, bring in some Scout leaders and lay on equipment to make rope bridges, ballistas, transporters or abseil down a suitable tree.

Whatever you decide on, cost it out carefully first, making sure each expert is re-imbursed for any expenses. Involve the girls in seeing the visitors are properly welcomed and promptly thanked, both verbally and in writing. Don't forget to ask for comments afterwards, you'll probably want to repeat the event.

GILLIAN ELLIS 41



A well-planned unit activity day will provide hours of fun and learning

9.15am Invited experts arrive and are shown facilities and helped to set up activity bases.

9.45am Girls arrive and pay fee, if any. Then, on a first come, first served basis, choose one morning and one afternoon activity, signing the appropriate sheets. They then go straight to their chosen activity bases. As each sheet is filled, it is removed.

If you have a unit of 36 Guides, all of whom are likely to turn up, it may be necessary to provide more than four activities at a time, but this would be fairly unusual. Make sure some girls sign up for each activity.

10am Activities

may like to offer the guests lunch, in which case organise a team to prepare this.

1.15pm Afternoon experts arrive and are helped to set up activity bases.

1.30pm Afternoon activities start.

4pm Clear up and go home.

ACTIVITY IDEAS

For Brownies: Puppet-making, collage, potato-prints, tissue-paper 'stained glass' windows, fabric printing, pottery, cookery, pickling, bead jewellery, model village, dolls houses and furniture, miniature gardens, seed pictures, paper-making, papier mâché, paper flowers, musical instruments, brass rubbing, plaster of Paris leaf prints.

GETTING OUT

VIKING COUNTRY

Northerners are always accusing Southerners of believing that the world ends at Watford. Just to prove *GUIDING* knows there's a lot on offer 'up country' we asked Diane Wood to visit York's famous Jorvik Viking Centre.

Jorvik is a 10th century Viking-age city uncovered beneath 20th century Coppergate in York. Now you can step back in time and see how York's residents used to live and work 1,000 years ago.

The city of York has played a leading role in much of our island's history.

The Romans used the city as their northern military headquarters and capital. Later Anglo-Saxon archbishops made it a centre of Christian learning. Viking kings held court within its walls. In the Middle Ages York was England's second major city.

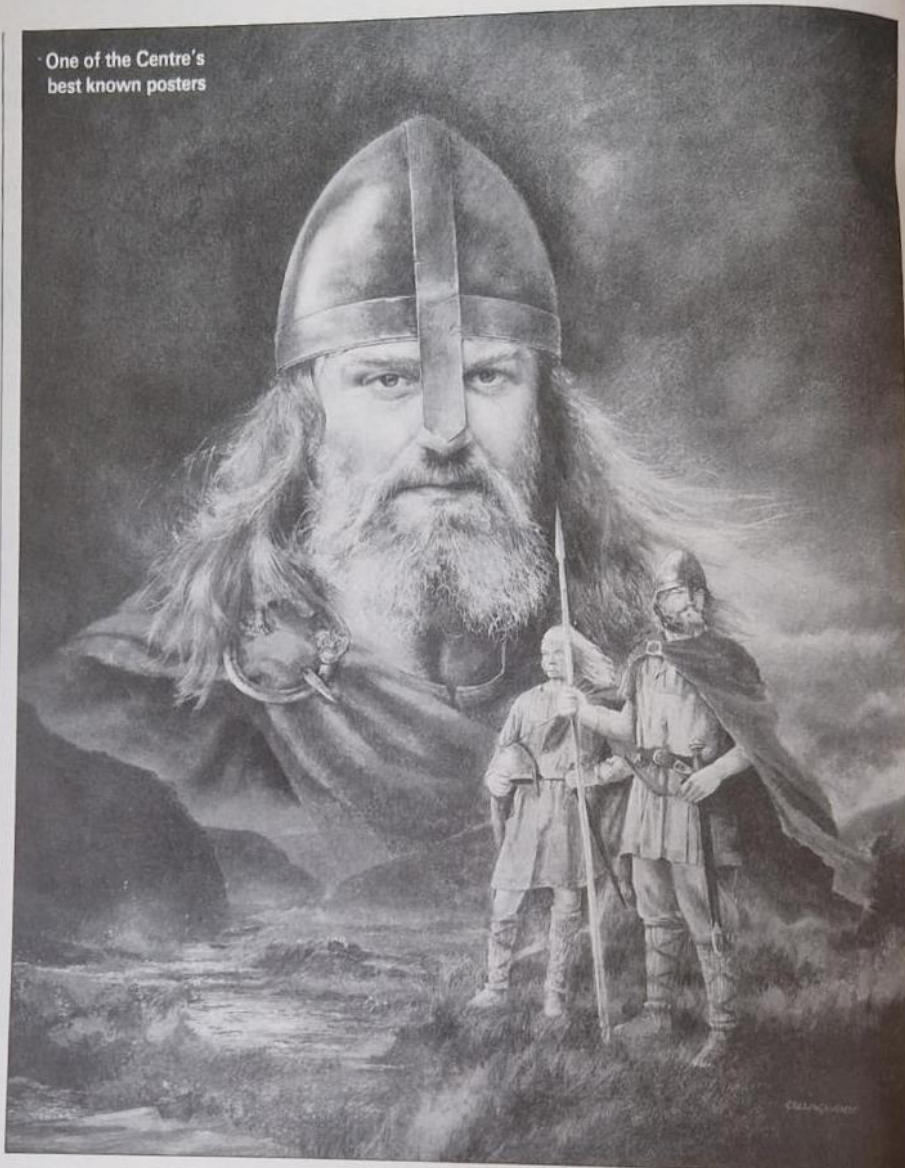
VIKING-AGE CITIZENS

Over 1,000 years ago, the historic kingdom of Jorvik — the Viking name for York — was ruled by Erik Blood-axe. The streets of 10th century Jorvik were lined with thatched houses; the market bustled with people and the wharf swarmed with life. Such was the world of everyday Viking-age folk.

In 1976 the York Archaeological Trust (founded in 1972) began its Viking dig in Coppergate, York. The dig lasted until 1981 and unearthed Britain's largest, most varied collection of 10th century remains. The waterlogged soil had helped in the preservation, along with natural organisms and the buildings above.

Over a period of time, as the dig became deeper, houses and workshops were revealed complete with tools, utensils and clothing. The artefacts of an earlier civilisation that had been buried for centuries.

One of the Centre's best known posters



As a result of their findings and subsequent research, the archaeological team were able to reconstruct an exact replica of the original street. On April 14, 1984, the Jorvik Viking Centre opened.

The 'Viking experience' begins below ground where the story of the urban Viking begins.

TRAVELLERS IN TIME

Visitors sit in 'time cars' that whisk them back 1,000 years through a 'time-tunnel'. There they can see a procession of figures representing the people of York through history.

On the journey they travel down a street in the heart of Jorvik and experience what life must have been like all those years ago.

COPPERGATE

The Viking street of Coppergate was once a bustling market. Listen and you will hear a baby cry, a silver-smith's hammer tapping, birds singing, the river bubbling and street vendors advertising their wares in the language of Old Norse.

Look around and you can spot thatched cottages, craftsmen's stalls, a well, the food market and the wharf.

You will even come face to face with the locals — tradesmen and craftsmen at their work, children playing and women shopping.

Take a deep breath as even the air is laden with authentic aromas: fish, apples, tantalising cooking smells, even cess pits. All are recreated by heating specially produced oils.

VISITING THE DIG

When you leave the street you will be taken through a realistic reconstruction of the famous Coppergate Dig. The Jorvik Viking Centre

occupies part of the original site where the dig actually took place. The preserved 10th century buildings still stand exactly where they were found.

THE SKIPPER GALLERY

From here you will pass into the Skipper Gallery, where you can wander through an exhibition displaying all the artefacts found at Coppergate. You can watch the scientists through glass panels as they work in their laboratories. Follow the relics as they make their way from excavation to exhibition. Spot a Viking padlock, a pair of socks, jewellery... And don't miss the Coppergate Helmet hologram.

discovered in 1986 which hadn't been used for over 800 years.

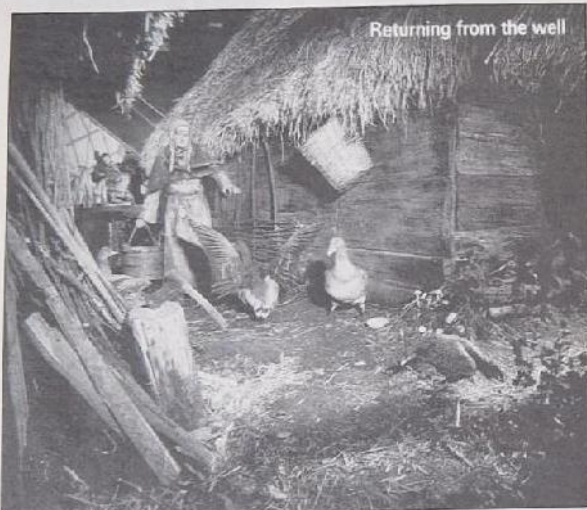
In 1990 computer technology was used in conjunction with one of the skeletons from this graveyard to recreate faces from the past.

A computer drives a milling machine to shape hard foam into a 3-D face. A sculptor then uses this, along with photographs also generated by the computer, to create a life-like face. The only thing the computer can't do is define features such as the nose.

So today, with the sculptor's help, you are able to come face to face with the past at the Jorvik Viking Centre.



Market Day October 25 AD 948; a customer visits the jewellers' and leatherworkers' stalls



Returning from the well

Finally, pay a visit to the shop and pick up a souvenir — or strike a coin, Viking fashion.

For many years experts have known what clothes the Vikings wore, what tools they used, what food they ate. But they didn't know what the people themselves were like. Figures in the Centre have all been modelled on modern man.

Now, thanks to modern technology, combined with excavation evidence, we have some idea what the real inhabitants of Jorvik looked like.

A lot of the graveyards in and around Jorvik were also used for burials until the 19th century. Therefore, the graves cannot be excavated. One graveyard, however, was

the public in 1984, half a million visitors were expected in the first year. This prediction was met in the first six months. By the end of the first year, 889,056 'time-travellers' had passed through Jorvik.

The Centre continued to grow in popularity until in 1989, its fifth year, the grand total had reached five million. This had been initially forecast to happen in 1998!

The Centre began winning awards for tourism as soon as it opened and hasn't stopped since. It ranked first out of the top 20 attractions opened between 1984 and 1988 and has continued to pull in high numbers of sightseers.

The Archaeological Resource Centre (ARC) has now been opened to complement the Viking Centre and encourages visitor participation in archaeology.

AN INSTANT SUCCESS

When the Jorvik Viking Centre first opened its doors to



Taking a comfort break — pensive Viking spied enthroned on the loo

The Jorvik Viking Centre is open seven days a week.

Until October 31, the opening hours are 9am-7pm. Admission charges are: adults £3.50; under-16s £1.75.

From November 1-March 31, 1993, the opening hours will be 9am-5.30pm. Admission charges remain the same but OAPs will pay £2.60. Children under five are free.

Parties of 20 or more may book in advance to avoid queuing.

From November 1 to March 31, all visitors with a 'YO' postcode will be eligible for reduced admission: adults — £1.75; under-16s — 85p.

To make a booking, contact: Booking Officer, Jorvik Viking Centre, Coppergate, York YO1 1NT. Telephone: (0904) 613711.

The Jorvik Viking Centre is a great day out — for old and young alike.

STROLLING AROUND YORK

In case the Centre doesn't quite take up your entire stay in York, there are plenty of other historic attractions to visit.

Check out the National Railway Museum; the Yorkshire Museum; the World of the Minster; York Minster; the Castle Museum; the Treasurer's House; the Merchant Adventurer's Hall; Thomas Gent's Coffee House...

This month the USA celebrates Thanksgiving and then, on November 30, there is St Andrew's night. Use November to try out the traditional foods, and activities associated with these festivals.

FOUNDING FATHERS

Thanksgiving Day is celebrated on the fourth Thursday in November in the USA — Canada has its own celebration on the second Mon-

won't be a problem.

Some years ago there was a song which included all of the States of the USA. Challenge the Patrols to compose a short story or rhyme which includes, say, ten States. Then ask the other Patrols to spot them, as the story/rhyme is read out.

On a similar theme, give the Patrols the name of a TV programme or film which is associated with a particular State. Ask them to mime a

more about the 'Wider World'.

If you can't get pumpkin, try American cookies. Mary-



land Cookies are readily available or the girls could try some of the recipe ideas in the handbook. The peanut cookies (p169) are particularly tasty.

Also associated with the USA are Coke, Pepsi and the hamburger! Perhaps this festival is just the excuse you and the girls need to visit the local McDonald's.

Craftwork associated with the USA includes patchwork. This was a way of recycling fabric, born of necessity long before we all became environmentally aware!

There are some simple patchwork ideas in the handbook, and your local branch of the Quilters Guild might provide help.



HUNTING THE HAGGIS

If Thanksgiving does not appeal to the girls, try a Scottish evening to celebrate St Andrew's Day.

Activities could include *Spot the tune*... using extracts of Scottish songs, for the girls to identify places. Or ask the girls to name pop groups with Scottish roots from snatches of their hits.

How about a Hunt the Haggis session, in which small furry beasties, made by the girls, are hidden and then hunted, either by solving clues or as in Hunt the Thimble?

Our brand of haggis is made by cutting circles of fur fabric about 20cms in diameter. Using running stitches gather round the edge. Make a small pouch

by gently tightening the thread and stuff it with old, clean tights. The thread is then pulled taut and fastened off, creating a small ball.

Either glue or sew on felt eyes and, if you have tartan scraps, make a little hat. Feet can be made from thin card, which could be coloured black or tartan.



If you have anyone to teach the steps, country dancing is something to include. Most people can master the *Gay Gordons* and the *Dashing White Sergeant*.

Shortbread, cleutie dumpling, oatcakes, Scottish cheeses, and savoury dishes such as haggis, stovies and cullen skink would all give a taste of Scotland. If you are not sure what these are, look in the library for a Scottish cookbook.

For those who are too busy with plans for Christmas, save these ideas. The Scottish ones could always come in handy in January with a celebration on the 25th for Burns Night, while the American ideas could always be used on Independence Day, July 4.

Finally, remember to get the girls to check out their Trefoils — recipes from other countries; Patrol activities; a new craft; a dance learned and performed — there could be a number of options to mark off.

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



day in October. This is the time when the Americans remember the safe arrival of the Pilgrim Fathers.

Try devising a quiz about the USA. It could be all about famous people... film stars, pop stars, politicians and so on.

There are many famous landmarks like the Statue of Liberty and the Empire State Building. Using holiday brochures, postcards and other literature cut out pictures for the girls to identify.

We share a common language but we don't always mean the same. So put together a collection of phrases for translation. For example, car boot — trunk; bonnet — hood; tights — panty hose; pavement — sidewalk; queue — line; flat — apartment...

If you have been to the States, or know anyone with links there, other examples

scene which is typical and challenge the Patrols to guess where they are. *Dallas*, *Miami Vice* and *Cagney and Lacey* could provide ideas.

FOOD FOR THOUGHT

The traditional Thanksgiving food is turkey, with cranberry sauce and stuffing, followed



by pumpkin pie. Pumpkins can be bought in the UK. Can you persuade someone to make a pie for the girls?

If you have older girls working on *Action Plus*, they might take on this challenge, as they seek to find out

RANGER GUIDERS

Plan now for the vacation period at the end of the year. The long weekend after the Christmas holiday would be ideal for a winter expedition over several days. Or an expedition to greet the New Year could be undertaken in a couple of days.

WINTER CHALLENGE

Experienced Rangers should have no difficulty in organising such an event, which would be a real challenge to their camping skills. Less experienced groups might be happier with overnight accommodation, or walking from one set base and returning each evening.

Activity: Ask yourself if:

- you would be prepared to be involved with the group at this time of the year
- your Rangers would be able to cope
- you have adequate equipment for the group
- the Rangers have suitable equipment and clothing
- you would have sufficient back-up support.

Before mentioning the scheme, be sure you could adequately support the group. There is nothing worse than the Rangers rising to a challenge and then having to withdraw through lack of resources.

Personal inspection is the only real way to be sure that preparation is complete. It must include a check on personal clothing. The layer principle is described in the GGA's equipment fact sheet.

Thermal underwear may not be elegant, but is useful both day and night. Wind and waterproof clothing is essential, and adequate foot wear to cope with the weather and the terrain.

EQUIPMENT

A check on personal equipment will also be necessary. You will need:

- Sleeping bags — two per person, unless they possess good Four Season bags.
- Closed cell foam mats. If, in addition to individual ones, thin ones can cover the same area as the tent groundsheet (either in or outside) this will add to a feeling of warmth.
- Adequate rucksacs, which should be big enough to take all equipment inside and weatherproof — line with thick poly bags, not thin bin liners, at this time of the year.

The final check should be on group equipment:

- Make your normal check on tents, but be sure that *all* repairs are well done, wherever they are.
- Stoves must be working efficiently.
- Check that the fuel you use will work well in windy conditions and/or low temperatures.
- Windbreaks for stoves; torches plus extra batteries and waterproofed matches *must* be included.
- Vacuum flasks are not only useful for lunchbreaks, but for early morning tea as well.

Waterproof match-heads by painting them with clear nail varnish.

FOOD FUN

Activity: Try cooking a stew or vegetable dish in a vacuum flask, or improvise a hay box using portable insulating materials. Bring the food up to boiling point on a stove before placing in the flask or insulated area.

You will need additional fuel so check that fuel containers are fuel-tight.

Activity: Boil 1 litre of water indoors, and measure how much fuel is used. Boil the same amount outside one cold evening and check on the difference.

Can the group prepare really substantial meals? One way to check abilities is to have a Hot Pudding Feast:

● Dariole moulds are excellent as containers for individual boiled or steamed puddings — Ranger ingenuity will alter the ingredients and the decorations. Present a prize for different categories of pudding.

Activity: Purchase bulk quantities of dehydrated foods to make up into different flavoured dishes. For example, dried mince flavoured with curry powder or added to a

inevitably, be more taxing. Extra food will provide the required energy to cope. But it would be unwise to expect the Unit to tackle a really demanding expedition, unless well practised and well prepared for it.

Go for easy terrain, with shorter days to fit into the hours of light. Work out alternative routes, transport and accommodation should the weather turn nasty.



vegetable soup mix or a concentrated tomato mix.

Weigh and measure the food and make it into portion-sized packs, so that each cooking group has exactly what they want and are not carrying surplus weight.

Make up emergency food packs with high calorific values to munch on the way. It is essential that the Rangers do understand the necessity to eat well and frequently, and to include hot drinks as an important part of the diet.

ROUTE PLANS

With winter expeditions it is essential to choose the area and plan the routes with great care. Carrying extra clothing and equipment will,

The responsibilities of the leader multiply, and it is essential that you should be absolutely familiar with the requirements of the safety rules as they apply to expeditions in the winter months.

Start with an easy route. If necessary, use indoor accommodation — a youth hostel, a camping barn or someone's static caravan.

It is fun to camp in the snow; to wake up with a layer of frost on the tent and a fine tale to tell. However, you and the Rangers need to be both safe and comfortable, so that the experience will be only the first of many.

Good camping comes as a result of good planning. Start now for your first camp in 1993.

A STROKE

Most of us know someone who has had a stroke but few people know what causes this illness. A sudden stroke can change the sufferer's life overnight. But, although relatives and friends may feel grieved and helpless, there is a lot they can do to offer help and encouragement.

the brain, or a damaged blood vessel in the brain bursts. High blood pressure is the major cause.

RISK FACTORS

Other risk factors are smoking, lack of exercise, excessive alcohol intake, heart disease, diabetes and, to a

although a person who already has a heart problem does have an increased risk of a stroke. Basically, a stroke is to the brain what a coronary thrombosis is to the heart.

Partial recovery after a stroke is common. Four things may happen. Badly

involved in speaking. Speech may be slurred or even completely absent, though the patient can read, write and understand clearly.

Dysphasia is a more complex condition and occurs in almost half the victims who are paralysed on the right side of the body. It affects the ability to speak, read, write and understand. Some patients with this condition may have difficulty recalling an occasional word.

Others may be more severely affected, even to the point where they can say nothing at all. Some may use the same word or phrase repeatedly, even bad language completely foreign to their normal habits. Some may speak 'gobbledegook'.

Dysarthria may clear up quite quickly and can usually be treated. Although this can happen with dysphasia, recovery usually takes a long time and is often incomplete.

In most cases, a stroke will not affect vision. However, visual problems, such as hemianopia (loss of half vision), double vision and visual field deficits, can occur. Sometimes the brain misinterprets what the eye sees, resulting in limited vision for a time. This usually rights itself slowly.

TREATMENT

Stroke victims usually have to be hospitalised at first, certainly in severe cases or if there is no one to care for the patient at home. In hospital, the patient is watched carefully to ensure accurate diagnosis, correct nourishment, blood pressure control and timely prevention of complications.

A rehabilitation programme should quickly be put into effect. Nurses, physiotherapists, occupational therapists, speech and language therapists and social workers co-operate to encourage the best possible restoration of function and confidence. They will treat the whole patient, rather than

damaged brain cells die. Partly damaged cells recover and resume work within a few weeks. Unaffected parts of the brain gradually take over the functions of destroyed areas. The patient learns to adapt to the loss of function. Though total recovery is less common, continuing small strides are possible. However, most of the recovery usually occurs within the first few months following a stroke.

The severity of a stroke and its effect on movement, speech and vision can vary enormously. Sometimes the muscles of face, trunk and arm and leg on one or other side of the body are weak. Usually, strength returns gradually, first to leg then to arm.

TALKING BACK

Speech is affected in one of two ways. *Dysarthria* is a condition caused by the weakness of muscles

lesser extent, being overweight. There is a definite association between blood pressure and salt intake, so everyone should restrict the amount of salt they eat. Someone who combines two or more of these conditions is obviously more at risk.

Although most stroke victims are mature people, anyone can have a stroke at any time. The risk may be reduced by a healthy lifestyle and diet. Blood pressure should be carefully monitored, especially if any of the other risk factors are present.

There is a popular misconception that a stroke is brought on by stress or overwork. This is completely wrong. Although stress may have been present at the time of a stroke, it is not the immediate cause.

Likewise, stroke is sometimes confused with heart disease. However, the heart is not affected by a stroke,

WHAT IS IT?

A stroke occurs when part of the brain suffers sudden severe damage from a blood clot or haemorrhage, resulting in loss of function of the affected brain area. If the clot is very large or attacks a vital part of the brain, it may be fatal, but many stroke victims recover, either partially or completely.

The common visible results of a stroke include weakness, paralysis of arm and leg on one side of the body, twisting of the face, loss of balance and disturbance of speech. The sufferer may also experience difficulties with bladder and bowel control, vision and swallowing. In severe cases, loss of consciousness or confusion may occur.

Most strokes take place later in life, and are caused by a gradual build-up of damage to blood vessels. A clot forms in the damaged area, blocking blood flow to



Patients enjoying a weekly stroke club meeting

THE STROKE ASSOCIATION

just the affected areas.

The patient is always moved according to a carefully worked out pattern. Limbs are always placed in the correct position, with the affected arm straight and the affected leg allowed to bend. This is to avoid limbs stiffening in an unnatural position, before power returns. Good posture and balance is the aim. Once that is achieved the patient can try to walk.

HELPING HANDS

Relatives and friends can do a lot to help a stroke victim. Close cooperation with medical staff is essential. Most hospitals welcome relatives to therapy sessions and some send patients on short visits home to discover any unexpected difficulties in self-care before final discharge.

It can take up to six months for a stroke victim to regain skill and confidence. This can be a trying time for patient and carers. A sudden stroke changes everything overnight. And such a situation puts everyone involved under stress.

However close the patient is to her family, there may well be hidden resentments on both sides. And suppressing these feelings can lead to a tense atmosphere.

The patient may feel frustrated because she cannot do even simple things. She may feel envy as she watches others carrying on as normal or well-meaning cheery conversation may irritate her.

Relatives may feel restricted by the sudden change in their lives and guilty for feeling that way. They will probably be worried about how they will cope in the long term and grieved because of the inevitable change in their loved one.

Such inner tensions can lead to aggression, especially on the part of the patient, who may be realising gradually that she might never completely return to her previous state. If she expresses that aggression, carers inevitably feel irritated and a vicious circle can be established.

Constant patience and

understanding are required. And the most tact will be needed when the patient's morale is at its lowest ebb. But don't overdo it! Encouragement must never become pressure. Even the most determined patient can be wearied by too much enthusiastic help.

INDEPENDENCE

Aim to restore the patient to as much independence as possible. Few people want to rely on others for every daily task. Most disabled people prefer to do things for themselves if possible. Although some, especially if older, may find the struggle daunting and give up.

A delicate balance has to be maintained. Encourage the patient to attempt self care within her capabilities, but help her with difficult tasks. Start small by helping her to master one skill at a time, gradually allowing her to build up towards as full an independence as her disability permits.

Speech and comprehension are areas where relatives and friends can offer tremendous help. They should discuss ways of helping with the speech and language therapist, but the Stroke Association offers useful guidelines.

When speaking

- Speak from the patient's unaffected side, especially if her sight has been impaired.
- Speak slowly and clearly rather than loudly, should there be any doubt as to a patient's ability to understand.
- Say a little at a time and be prepared to repeat it.
- Allow plenty of time for the patient to take in your words and respond.
- Speak simply but do not speak as if she is a child. Use your normal voice.
- Do not discuss the patient in front of her as if she were not there. Very few stroke patients are mentally confused.
- Carry on talking to her even if you think she does not understand you.

When listening

- Do not hurry the patient.
- Do not finish her sentences.
- Do not show that you are

upset if her speech is very poor.

- Be patient if she cannot remember simple words.
- Listen attentively when she is talking, however difficult it is to understand.
- Encourage her to use back-up means such as gesture, writing or drawing — have paper and pencil handy.
- Encourage her to copy clear print if her writing is affected, especially if she is forced to write with the unfamiliar hand.
- Spend as much time as possible with her, talking, listening or reading aloud.

If the patient has outbursts of tears or laughter try not to be too worried. Emotional outbursts are a common result of stroke and tears do not necessarily mean that she is unhappy. It does no harm to tell the patient that you understand this.

Try not to react if she uses bad language. Many people

who do not usually swear have such outbursts after a stroke. The problem will lessen in time.

Do praise every sign of progress, however slight, and constantly reassure the patient that things will improve, albeit gradually. Encourage exercise and visitors without tiring the patient, and do turn to the experts for practical advice.

The Stroke Association publishes a wealth of valuable literature on every conceivable aspect of aftercare. Write to The Advisory Service, CHSA House, Whitecross Street, London EC1 8JJ. Please enclose a sae.

GILLIAN ELLIS

- The advice in this article may also be particularly useful to units which regularly visit hospitals and old people's homes.



THE STROKE ASSOCIATION

Basic skills may have to be relearned

YOUNG LEADERS

As Christmas approaches you will, no doubt, be thinking about Christmas fairs, parties and so on. With this in mind, here are some festive ideas to try with your Rainbows, Brownies and Guides.

MINI-CHRISTMAS PUDDINGS

These puddings require only limited cooking facilities.

You will need: 175g/6oz dark cooking chocolate (melted); 1 egg yolk; 25g/1oz

MERINGUE SNOWBALLS

You will need: 275g/10oz icing sugar and 1 egg white.

Method

- 1 Mix the icing sugar and egg white together until the mixture is like a stiff paste.
- 2 Divide the mixture into about 30 2.5cm/1ins balls.
- 3 Place five at a time in a microwave on a piece of kitchen paper.
- 4 Cook on high for two minutes. The meringues increase in size rapidly!

larger than the base of tree. Glue around the lower edge of the tree and stick on to the circle of card.

- 7 Cut a 3cm (1½ins) length from a cardboard tube. Cover with coloured paper and stick to the underside of card circle to form the tub.
- 8 Decorate the tree with gummed paper stars, sequins or small balls of coloured tissue paper (see Fig 3). A loop of thread can be added to the top, if you wish to hang the trees up. Or they could be used as festive place markers for your Christmas table.

FANCY FESTIVE NAPKIN RINGS

To make these simple but effective additions to your festive table, you will need: cardboard tubes (from the inside of kitchen rolls); cooking foil; scissors; old Christmas cards or wrapping paper with small designs; glue; and small pieces of tinsel.

Method

- 1 Cut the cardboard tubes into 5cm (2ins) sections.
- 2 Cut a piece of foil large enough to cover each section. (Measure around the tube and add 3cm for length. For width, measure the depth of the tube and double it.)
- 3 Roll the foil around the tube and tuck the ends in well. Press and smooth the foil carefully.
- 4 Decorate the napkin rings with small pieces of tinsel, designs cut from old Christmas cards, or small designs from wrapping paper.

These look most effective if you use plain red or green napkins.

CHRISTMAS PARTY TIME

And now a game for your Christmas party.

Stick the nose on the Reindeer: You will need a large drawing of a reindeer head; a stiff card circle coloured red (the nose); Blu-tack to stick the nose in place; and a scarf for the blindfold.

Place the picture on the wall at about shoulder height. Each player takes a turn (blindfolded) to place the nose in the correct place on the reindeer's head. The winner is the one who gets nearest.

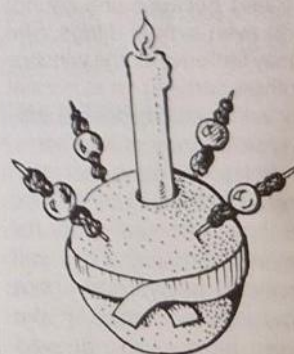
LIGHT OF THE WORLD

Christingles are always popular. Here's how to make one.

You will need: An orange; a small candle; a length of red ribbon; 4 cocktail sticks; some raisins or cherries; whole peanuts in shells (monkey nuts) or Jelly Tots; potato peeler; small square of aluminium foil; and pins.

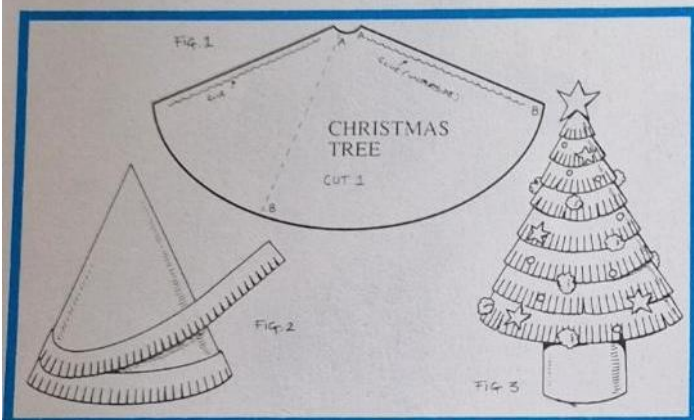
Method

- 1 Use the potato peeler to make a hole in the top of the orange for the candle.
- 2 Wrap the foil round the base of the candle and push it firmly into the hole, making sure it is kept upright.
- 3 Wrap a length of ribbon around the middle of the orange. Secure with a pin.
- 4 Place the raisins and nuts or Jelly Tots on to the cocktail sticks and push the sticks into the orange.



The orange represents the world; the fruit and nuts, the four seasons and the fruits of the earth. The candle represents Jesus Christ, known by Christians as the 'Light of the World', and the red ribbon is a reminder of the blood shed by Christ when he was crucified.

Christingle services are held in many churches on the Sunday before Christmas.



unsalted butter (cut into small pieces); 6 tablespoons icing sugar; plus extra icing sugar for decoration; and a small amount of marzipan, coloured green and red.

Method

- 1 Combine the chocolate, egg yolk, butter and icing sugar in a mixing bowl, using a wooden spoon to mix thoroughly.
- 2 Set the bowl aside until the mixture has nearly set.
- 3 Using a teaspoon, scoop out small pieces of the mixture and shape into about 30 small balls.
- 4 Make up a small amount of icing sugar and water to make a fairly stiff, but still pourable mixture.
- 5 Pour a small amount on top of each 'pudding' and decorate with tiny holly leaves and berries made from coloured marzipan.
- 6 Place each 'pudding' into small petits fours cases.

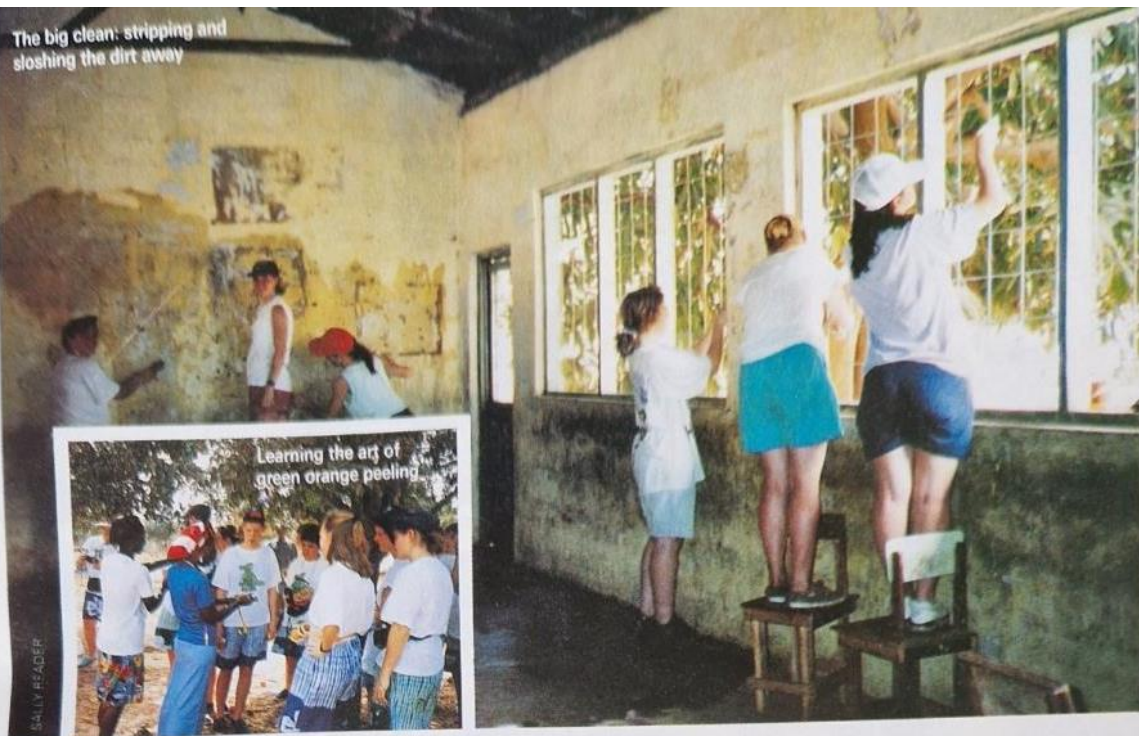
PAPER TREE DECORATIONS

You will need: Thin card or stiff cartridge paper; cardboard tubes; green crêpe paper; coloured paper; gummed paper stars; sequins; clear glue not paste.

Method

- 1 Cut out shape from paper or thin card (see Fig 1). A to B measures 9cm (3¼ins), but can be made any size you wish.
- 2 Overlap and glue to make a cone shape, matching points A and B.
- 3 Cut a 2.5cm (1ins) strip from a roll of crêpe paper (across the grain).
- 4 Snip across crêpe paper strip to make a fringe.
- 5 Cover the cone shape, starting at the bottom edge, and overlapping each row, making sure that the base card does not show through (see Fig 2).
- 6 Cut a circle of card, slightly

The big clean: stripping and sloshing the dirt away



SALLY READER

SALLY READER

MISSION ACCOMPLISHED

Getting water the local way, from the well



SALLY READER

Faced with the enormous task of refurbishing a primary school in The Gambia, a group of Kent Rangers took turns to write a day-by-day account of their 'mission impossible'.

They called it KWIRE '92 — the Kent Weald International Ranger Expedition — and it was by far the most ambitious and challenging project ever to be tackled by the County's Ranger Guides.

The objective: to redecorate and refurbish a primary school at Bakau, in The Gambia, West Africa.

Everyone landed in bubbly mood after a good flight. Even the name of the airport, Yumдум, sounded fun.

But, when some of the 18 Rangers first set eyes on the school, they suffered a crisis of confidence — appalled by the enormity of the task, which was to revamp five blocks of 20 classrooms in just 11 working days of a 21-day trip. ▽

**ONE
WORLD**



The Green block and Kalli motif



Leader Sally Reader behind bars

School dinner
Gambian-style



Before: the school had not been given even a lick of paint for 45 years

After: smart as new paint



The school's 1,680 children were in buildings that, for lack of money, had not had so much as a lick of paint in 45 long years.

Wrote one of the Rangers: 'I shook my head in disbelief at the craters in the floor, the slanting tables and chairs, and the darkness and dullness inside the classrooms. I strolled through Yellow Block and discreetly wiped a tear from the corner of my eye.'

Said another: 'When we arrived... "Kent Weald International Ranger Mission Impossible" seemed more apt.'

And there was a Ranger who had the ghastly thought that the project might — believe it, or not — actually have to be abandoned!

Even the joint leader and instigator of the trip, Maidstone Guide Guider Sally Reader admitted later that she feared they had bitten off more than they could chew.

It was not as if they'd gone gallivanting off to The Gambia without bothering to do a 'recce', either.

Sally had made several previous trips to The Gambia and had visited the school to assess the job which, at the time, appeared to be of manageable proportions. Only later did it seem, in some mysterious way, to have grown alarmingly.

The shock had come, too, after a hard, two-year slog back home to raise more than £20,000 to fund the project, plus masses of intricate advance planning and an intensive 'preparation weekend' at Blackland Farm.

But Guides don't quit. When the going's tough they pull together as a team — which is why this story has a happy ending.

On a sweltering Monday morning, three days after their arrival in The Gambia, last February, the Kent Weald Rangers got stuck in.

It was the start of a routine in which they scraped and sloshed in equatorial heat and steam-bath humidity for the best part of eight hours a day.

They also had to cope with water shortages, electricity failures, exhausting hunts for more paint, plus mosquitoes, cockroaches and rats. It was hardly surprising that even the Rangers' spirits sometimes flagged.

It wasn't all work, of course. There were fun days, with outings, visits, the Gambian Independence Day celebration at the national stadium, a Thinking Day event shared with Gambian Guides, picnics, swimming and camp fires. There was also crab racing!

But, strangely enough, a crocodile called Kalli also had a lot to do with keeping up morale.

He was the KWIRE emblem, adopted because, in Bakau, there is a sacred

crocodile pool, Katchikalli, where people go to make offerings and pray to the crocodiles.

The Rangers took turns to write a day-by-day report on the expedition. Here are some extracts from what turned out to be a graphic running commentary on how they coped with their tremendous task.

Monday, February 17, 1992: 'We were up bright and early — early being the operative word... Our first job was to organise the equipment... On with the hosepipe — that of many joins — the scrubbing brushes, the cloths and we're away. In a couple of hours the classroom had been made dirt-free...'

Wednesday, February 19: 'We are beginning to get into a routine — crawling out of bed, gobbling our breakfast and setting off for the school. The first block is well on the way and we've decided this will be the Red Block.'

'Shopping for paint is quite an experience — no Robert Dyas or DIY shops here! Sally and Kay visited at least half a dozen venues in Serekunda and only managed to buy two matching tins of paint — which is, I gather, quite an achievement...'

'There was a slightly shorter work day today... the evening entertainment was one very new to us — crab racing. I wouldn't have thought the crabs enjoyed it very much, but it was a diversion.'

The following day the girls had to leave the hotel in which they had been staying and, after a 'quite short but civilised' visit to the British High Commissioner, complete with canapes and cool drinks, moved to the local Guide Centre, which was to serve as a hostel.

Thursday, February 20: 'We were herded to the Guide Centre only to find there was no electricity, no water and that the room where we had to sleep was so small that we could only have 13 mattresses between 18 of us. Cosy!'

'We had a candle-lit dinner and then to bed. It was very hot and Sally wouldn't let us have the windows open because of the mosquitoes.'

But trouble-shooters had been hard at work and the next day's report ended on a more up-beat note.

Friday, February 21: 'At least we now have lights at the hostel and the mosquito screens Sally ordered have been fitted, so we needn't roast tonight.'

Even on Thinking Day work continued until around mid-day. There was a celebration at the 'hostel' in the afternoon, attended by Gambian Guides and Guiders.

Saturday, February 22: 'Eventually a huge meal appeared on the table — all

the now-familiar Gambian foods, plus couscous. After our meal the Gambian Guides' young leaders put on a fashion show of tribal costumes... then the jungle drums started again and more communal dancing. We're still not very good at it! It was quite a good, lazy day with some time to relax.'

Sunday, February 23: 'The second block is now at a stage to start glossing. This block is to be blue. We're all fed up with red, anyway. Jay started painting the Kalli on the end of the first block. He can be seen from the road and looks good...'

Monday, February 24: 'Just another Monday. During the morning we put the finishing touches to the library... We are well into the Blue Block now — blue paint rather runny... Had to finish early as Guides and Brownies from Talinding were due at the hostel to entertain us. Their singing was lovely and they were very cute, but very demanding when it came to the dishing out of souvenir badges.'

Tuesday, February 25: 'Everybody was beginning to feel the effects of hard work and rebelling by waking later and later. We will soon be appearing at the breakfast table in our nightshirts... Problems with availability of blue paint. We voted to work until dark.'

Angela Baker, the other co-ordinator, who is Country Ranger Adviser, wrote the next day's report because it was her birthday. The main item was a feast at the school, laid on for her by Yaharr, the headmistress, with 'the yummiest' birthday cake.

Meanwhile, the daily grind went on and there was still loads to do. More than a hint of desperation was beginning to creep in.

Sunday, March 1: 'We started Yaharr's block today, six classrooms and her office to be completed by Wednesday. We've given up hope of doing the headmaster's block as well...'

'By the time we left it was dark, so the headmaster insisted on walking back to make sure we got back safely. Yet again we were all shattered.'

But Guides are also resourceful. Their leaders, who'd discovered that British soldiers of the 30th Signals Regiment from Dorset were in The Gambia on an exercise, had a crafty word with their CO.

He quickly produced some gallant volunteers to help the girls finish the job on schedule after all.

Soon the final Kalli was being painted on the last block, followed by lots of tearful farewells all round. The Kent Weald Rangers returned from their biggest-ever venture in triumph.

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YOUR LETTERS

ALL EXPOSED

After months of thinking of writing to *GUIDING*, Jill Hancock's letter in September finally spurred me into action. Rather than too much material, it is the lack of it in the polo shirts which is the most distressing.

As soon as one leaps up to retrieve an over-eager Brownie, or simply reaches up to a shelf, the shirt — being ridiculously short — shoots up, leaving a very draughty midriff. Larger sizes are no better, being simply wider not longer.

After speaking to Rangers from London and Guiders from Birmingham, I discovered that it wasn't that Ashfield Division had, somehow, received a mysterious batch of shirts which were neither long enough to stay tucked in, nor to look 'right' out.

I love the new uniform and enjoy wearing it, but it would be even better for the addition of a couple of inches to the bottom of the shirt!

ANNA PROUD

Young Leader
Ashfield Division
Nottinghamshire

● Jill's letter also inspired Marjorie and Judith Emsley of West Yorkshire to compose their comment in verse:

Jill Hancock's letter caused us mirth,
For we are both of wider girth,
We feel that 'they' with slimmer waists
Should think of those with other tastes.
We hope her plea will soon be heard,
So larger folks won't look absurd.
We know we really ought to try
To lose some inches from each thigh.
We then might sample all the range

Before 'they' say: 'It's time for change'.

But just for now we'll do our best

To ADD OUR WEIGHT to her request

And say 'Release us from this mess.

PLEASE give us back a slimline dress!'

LINKS ACROSS THE ATLANTIC

Having read Barbara Reid's superb article *The American Connection*, I feel I must write and say it's a shame she hadn't the room to tell about the fun and joy which came from the conference.

I was there as a very new Trainer for Girl Scouts of America, training 'Outdoors' all of which I have learned over my 26 years as a Guide Guider.

And, no, I've not left the British system — I run both side-by-side taking the best from each system and passing it to the other.

I realise that not everyone can go to the North Atlantic Girl Scouts Conference but UK Region (formerly North Sea) has a conference which is almost as much fun.

Like Barbara I would also love to see a Girl Guides Conference set up. I'd even volunteer to help run and organise one.

MAXINE FEATHER

Guide Guider
Trainer GSUSA
West Yorkshire

WHO IS ABLE?

The categorical 'yes' by Helen Wesseldine in August's *Watch This Space* seems more rhetorical than true to me. It was good to read, however, of the caring attitude towards the disabled which the writer showed. Her 'yes', though, scarcely passes as a true understanding of the situation.

Not only are girls with

diverse disabilities within our ranks to a great degree, but camps are held where able and disabled enjoy Guiding together. They are *Guides*, no matter what labels we thrust upon them.

Having lost a dear son at 14 through crippling heart disease, I returned to Guiding and, strangely, have not been without a girl in Company or Pack who has some kind of disability of mind or body.

It is so rewarding to see them accepted, and growing through acceptance, by the rest of the unit, wheelchair-bound or not.

At the moment we have a delightful Down's syndrome Brownie and, along with her, are learning a lot.

I admit that once I came across a Guider who could not cope with a similar child, maybe through fear. But that can be overcome, if we consult our Advisers.

Girls join units by various means, one being through other parents' advice, which is how many, disabled or not, join our ranks.

No one is *obliged* to enter Guiding! It is a choice for all. Without advertising we are well known, as Scouting and Guiding always have been.

Finally, not many of us are 'able' all the time. Fear of heights, open spaces, spiders and so on are also disabling. Labels are demeaning.

IRENE D E SMITH

Tudhoe Village
Co. Durham

ON DUTY

I was interested in your article *Facts of Life*, but disappointed that you did not mention school nurses.

My colleagues and I are working hard to dispel our 'nit-nurse' image, and to

build up good, trusting relationships with the young people in our schools.

In our area, at least, we are available in school on a weekly or fortnightly basis.

We will discuss any matters concerning our students' health, be it emotional or physical. Many of our schools also involve us in their sex education programmes.

I should be grateful if you would bring us to the notice of your readers, as we are there, on the spot, and more than willing to give help and advice to students, parents and teachers alike.

JOANNE D RILEY

Brownie Guider
6th Barnoldswick
(Holy Trinity) Brownies
Lancashire

SAILING ON

What a surprise to open *GUIDING* to see Pippa Welch who had shown my husband and I around the Hofbrau Lager yacht while it was docked at Poole.

Good luck to Pippa and all the crew.

MARGARET STONE

North District Commissioner
Long Eaton Division
Derbyshire

LITTLE CHOICE

In reply to the letter regarding girls wearing identical combinations of uniform, I feel that this may be due to two things.

First, not all uniform stockists keep a full selection of uniform. In our town there is only one stockist and it is only possible to buy the Brownie sweatshirt and polo shirt.

The brown jumper and hooded sweatshirt are not stocked. A choice of jogging trousers or culottes is available, but most girls tend to choose culottes as they are cooler.

This lack of variety extends into Guide uniform.

Second, I feel that with the cost of the various items totalling £25 or more, parents are likely to encourage their daughters to choose the least expensive items.

I haven't heard of any Guider saying that girls should have a particular combination.

ELAINE TRANTER

Brownie Guider
High Wycombe, Bucks

LIVING PROOF

I was interested and sorry that Joan Cannadine did not gain recognition for NVOs (*Counting Your Credits*, August's *GUIDING*).

I have just been through the same process in order to gain a SCOTVEC Certificate in Pharmaceutics I and II using the APL process.

I was also asked how I would prove my ability in practical units. A

pharmacist vouched part-way for my ability, a written summary of all preparations made was submitted.

Where I had no proof, for instance in the theory part of the module and part of the practical, I was asked to sit the last assessments of the final learning outcomes.

I was surprised to read that Joan had been turned down because she had no records of her ability. Proof of ability can be determined by examination.

JANET A TULLOCH

Assistant Rainbow Guider
Edinburgh

BADGE SURPLUS

I have a dilemma! My badge tab is just not long enough for my badges, which means that I have to wear the surplus scattered over the rest of my uniform.

Please don't quote Section 26.32 of the *Guiding Manual* at me

which states that Guiders may wear up to four recognised badges of their own choice. What a cheek!

We all spend a lot of our spare time gaining qualifications so why shouldn't we show everyone, girls' parents included, that we are qualified to look after their children. You'd get my vote for a change to this unnecessary rule.

So, while not wishing to look like an over-decorated Christmas tree, can you please suggest where I put my Promise, World, County, Music in the Pack, First Aid, Pack Holiday Licence and Pilot Badges — all of which I am entitled to wear? Preferably not in the back of a drawer!

By the way, I'd also rather like to wear my Queen's Scout Award too!

ANGELA CULLEN

Brownie Guider
7th Tolworth (Our Lady Immaculate) Pack
Surrey

hour (unpaid) from work.

I arrived at her last Rainbow meeting, hoping to take some photos as a lasting memento for her.

I was treated to a closed door. Not allowed to see anything, until my daughter was leaving the hall.

Surely this cannot be seen as a way to encourage much-needed support from family and friends?

NAME AND ADDRESS SUPPLIED

SISTERS

I am writing to complain about the hierarchy in Guiding today.

When our Division Commissioner had a meal at a local restaurant, all the Division were invited.

However, when our Unit Helper went to sit down with the Guiders she was stopped. This table is for Guiders only, she was told by a senior Guider.

A Guide is friendly and a sister to all other Guides. Surely sisterhood deserves equality?

A LANCASHIRE GUIDE

Letters are still coming in on the proposed changes to the Badge and Promise outlined in July's *GUIDING*. In order to give the full picture, *GUIDING* is not publishing any extracts until the consultation period is completed.

Your letters are continued on page 60

CLOSED DOOR

I have been prompted to write by my Guider as we feel that the matter should be brought to people's attention.

I am an Assistant Guider, and my daughter is currently about to become a Brownie.

I asked if there would be anything to see when she left her Rainbow Unit and was assured there would be. I therefore took one

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Price of chalets depends on number of beds and installation: 90-150 Belgian francs + charges per night per person. Price of camp sites according to installation: 30-40 Belgian francs per night per person. For the married chiefs we have a special camp called "Amical" where they can put caravans, tents etc.

For more information write to: Scout Office, Chateau, L-9516 Wiltz Luxembourg. Tel: 95 81 99.

A shopping spree and VIP treatment at CHQ were among the highlights of a trip to the UK for a group of Guides from Ascension Island.

SHOPPING AROUND

It was the trip of a lifetime for six 14-year-old Guides from Ascension Island — the most remote twig in the Branch Association network.

Joined by their Guider, Natalie Hewat, the girls 'hitched' a lift with the RAF to fly 4,000 miles to Britain for a six-week visit. One highlight was a trip to London to be entertained at Commonwealth Headquarters in August.

After watching the Changing of the Guard outside Buckingham Palace, it was just a short walk to CHQ where they enjoyed VIP treatment over lunch and a rest from their busy schedule.

Based at Cudham camp site in Kent, the Guides toured the famous landmarks like Westminster Abbey and Trafalgar Square. But all agreed their favourite destination was... the shops. With only a NAAFI shop on their 35 square mile island, the girls made the most of big city shopping.

'We've spent loads on clothes, especially the ones in the sales,' said Natalie. The girls had only brought one rucksack of clothes with them each because they planned to do their shopping here.

The Guides, Julie Young, Daryl Legg, Tessa Peters, Elsa Benjamin, Christabel Beard and Claire Thomas were taken

on lots of contrasting outings including trips to Liverpool and Cornwall.

It was all a far cry from Ascension Island which stands in lonely isolation in the South Atlantic, over 1,000 miles from its nearest neighbour, St Helena. It's a volcanic and arid place with just one farm on Green Mountain, which feeds the 1,600 inhabitants, most of whom work on the island's RAF and US bases.

The island is a dependency of St Helena, which is one of the nine remaining Branch Associations.

'It's very different from Britain,' said Natalie. 'Grass is scarce because it's volcanic and rocky, so the girls really appreciate the lush, green grass here.'

'The island does have beautiful beaches and the people are friendly and smashing to know,' she added.

Natalie runs the only Guide Company on the island, the 1st Ascension, which is split into three Patrols of six girls and meets in Georgetown.

A Guider for 18 years, Natalie began as a Brown Owl in Devon. Now on an island she describes as a 'moonscape', she runs not only the Guide Company

but the Rainbow and Beaver Units. One of her Guides, Julie Young, helps out with the Brownie Pack.

Guiding on Ascension Island has had to adapt to the environment and the facilities available. Natalie explained sometimes they had to bend the rules a little. 'When the girls were working for their Fire fighter badge, the only people who could help us were the RAF,' she said.

They have not adopted the new uniform because they said they felt more comfortable in the traditional cotton dresses. 'It stays in the 80s all year round,' said Natalie. 'So you can imagine we need a practical and cool uniform.'

Their exotic, yellow and green turtle Company badges are in honour of the famous turtles that swamp the island every year in the breeding season.

The girls headed home in September to prepare for a new school term. For some of them this was their only chance of visiting Britain. And you can bet they had lots of stories to tell their school friends.

MARIA COOLE



The Guides enjoyed VIP treatment at CHQ

PEOPLE *and* PLACES

WASH DAY

► Forget sponsored car washes, Madeley Rangers aim a little higher when it comes to fund raising. They polished up a vintage jet at RAF Cosford's aerospace museum to add to Unit funds and help Caroline Parry (top right) take part in a Tall Ships Race.



YORKSHIRE EVENING PRESS



BOX AID

▲ Guide Sarah Cordukes' shoeboxes are on their way to Croatia, crammed with surprise goodies for refugees there. The 29th York (Huntingdon All Saints) Guides filled shoeboxes with items like soap, chocolate and socks in response to a call for aid for homeless women and children.

BRIDE IN BLOOM

► Happy the bride a rainbow shines upon... Lucky Assistant Guider Donna Wykes had a whole bevy of Rainbows from the 82nd Northampton (Salvation Army) Unit to form her guard of honour when she walked down the aisle.



GRAHAM ROGERS



PHOTOGRAPH BY JON EAST

FLYING SQUAD

▲ Buzby the barn owl made a beeline for Brownie Danielle Delaney from Clevedon at a new wildlife project launched by the Avon and Somerset Police. Bet her Brownie pals 'owled with laughter!

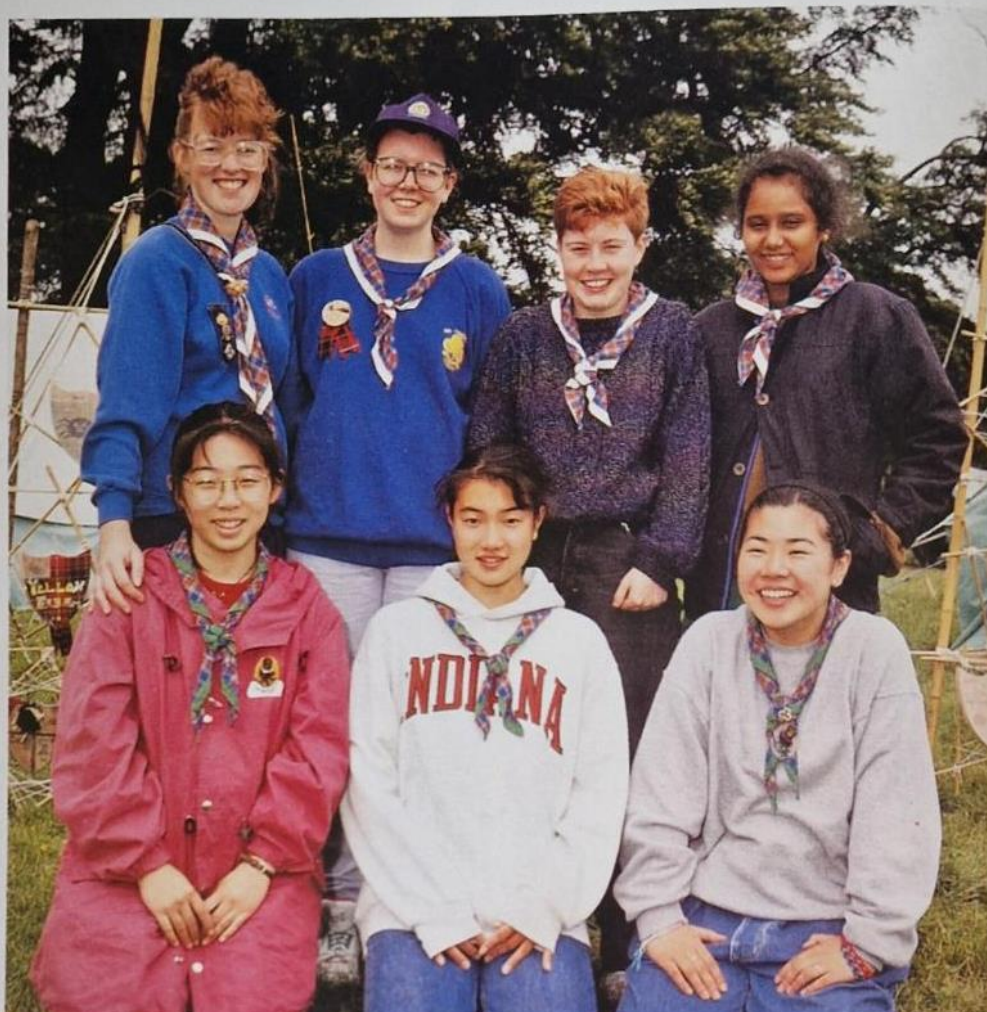
SLEEPING BEAUTIES

◀ Zzzzz... Brownies Stephanie Gould and Rebecca Jones were so exhausted by all the fun activities during their Pack Holiday that they had to catch up on their beauty sleep on the way home. They'd been making the most of a four day stay at the West Glamorgan Guide Activity Centre with their chums in the Court Henry Pack from Carmarthenshire.



PHOTOGRAPH BY JON EAST

Culture club:
(top left to right)
Fiona Melvin, Katrina
Dawn, Susan Calder
and Sara James,
(bottom left to right)
Nami Kato, Kaoru
Suzuki, Aiko Ohisa.



MARIUS ALEXANDER

GATHERING OF THE CLANS

*It's quality not quantity
that ensures the success
of an international camp,
as any of the campers
who enjoyed a taste of
Celtic culture at
Ceilidh '92 will tell you.*



Pioneering spirit:
Michelle Duncan
(left) and
Alison Devey

MARIUS ALEXANDER

A very special gathering of the Guiding clans took place in July when Scotland's first international camp since 1957 was held at Netherurd.

Not surprisingly, there was a strong Scottish tang to the week's activities: from the name of the camp — Ceilidh, which means an informal gathering — to the ten sub-camps called after Scottish clans and the tartan neckers that distinguished one clan from the other.

Even the camp flag and T-shirts were dyed purple to symbolise Scottish heather.

The camp had attracted girls from all over the country, including a group from the Orkneys — in all 36 out of the 37 Scottish Counties was represented.

But the international visitors, including Guides and leaders from Sri Lanka, Japan, The Gambia and Ghana, made sure they weren't swamped by Celtic culture.

The Guides and Guiders of the McDonald Clan were given language tuition by the Japanese Guides in their group. Every morning they could be heard saying: 'Ohayogszsi masu' — 'Good Morning'... in Japanese.

It was at the International Evening that the Guides from abroad and the small contingent of Guides from England, Wales and Northern Ireland were able to demonstrate dance, music and songs from their homelands.

The nine Japanese girls wore green, purple, pink and crimson robes, some wrapping tartan sashes around their waists. Balancing on their Japanese 'clogs', they played recorders and danced.

Their delicate notes contrasted well with the Gambian and Ghanaian pulsing rhythm that soon had an appreciative audience clapping, as the African Guides danced energetically dressed in their traditional robes and turbans.

Clad in colourful saris and bearing candles, the two Sri Lankan Guides and their Guider performed a dance with a theme — celebrating the rice harvest.

When it was the turn of the girls from the rest of the UK to entertain, there was no difficulty in working out where some of them lived as they sang out the Welsh national anthem — in Welsh, of course.

It was definitely an evening that made headlines in the *Ceilidh Chronicle* — the camp's daily newspaper, staffed by 30 Young Leaders.

Guider Alison Plummer who co-ordinated the operation said: 'I do very little overseeing, as I feel it's their newspaper. Anyway, once they've got an idea for a story, they don't need any help from me.'

GUIDING met some Guides who did

need help and you only had to look at what they were trying to do, to see why. But Mike Reid of the Deeside Scout Fellowship came to the rescue.

In theory it seemed impossible to make a 30-foot high bridge out of logs, without having to rope them together. But, with the help of Mike and his knowledge of the laws of gravity, the Guides managed to do it.

Mike's explanation — 'Four bars are horizontal and the weight of all the poles sandwiches the locking bars' — sounded convincing. And the end result looked very much like a bridge.

Once it had been proved capable of withstanding a couple of Guides jumping up and down on it, everyone accepted it was a safe way to cross the nearby stream.

The *Dashing White Sergeant*, the *Gay Gordons* and *The Flying Scotsman* echoed across the grounds at the Scottish Training Centre. Inside a

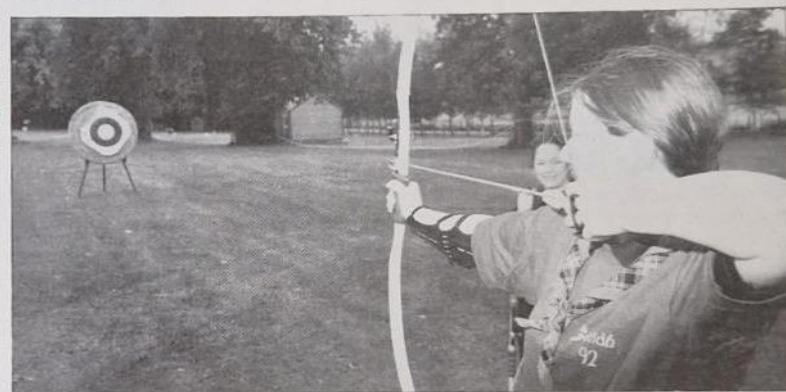
Guides I met around the camp. Lizzie Tattersall of the 1st Wymeswold Company, Leicestershire said: 'It seems friendlier here. You get to know a lot more people because it's a smaller camp.'

Sarah Jones, from Charnwood North Division, couldn't stop talking about her abseiling trip. 'Abseiling is done on rocks here, so it's much more exciting. At other camps it was on a scaffold tower,' she said.

Pauline Balnaves, of the 1st Freuchie Company, Fife, concentrating on getting to grips with spinning, was just as excited about the range of crafts and activities available.

'It's pretty unusual here, because you get to do new things all the time. At ordinary camps you just get to do badges,' she said.

Badge work was the last thing on Karen O'Connor's mind. A Guide with the 1st Kirkwall Company, Orkney, she



On target for a bullseye

marquee, Moira Simpson, who teaches dancing for the Royal Scottish Country Dance Society, was shouting out instructions to Guides, who were learning the slip step (moving sideways) and the skip change of step (moving forwards).

Campers could choose from an action-packed activity list including dry slope skiing, orienteering, jazz workshop, canoeing, shooting, drama and conservation work. The abseiling was particularly popular, especially with one Trefoil Guild member — 72-year-old Gertrude Cleworth. She was staying in Netherurd itself — an elegant Georgian mansion which was gifted to Scottish Guiding in 1952.

The less energetic were able to discover how to make lace or spin wool in the craft tent. And a day's outing to Edinburgh was also on offer.

Jan Brough, Chairman of the Planning Committee, explained that the camp's big advantage was its size — or lack of it. 'Down south, when they hold international camps, they have 2-3,000 Guides. At Ceilidh '92, the camp's just big enough and we can chat to all the Guides,' she said.

Her view was endorsed by the

had no doubts about her highlight of the week — the disco.

'We thought there would just be a record-player in the main marquee but, instead, we got the real thing. There was dry ice billowing out everywhere and it went on for ages!'

Ann-Louise Muir, of the 1st Dornoch Company, Sutherland, couldn't resist chipping in: 'The disco was real proper stuff. There was four sets of speakers with a big stage where you could go and dance in full view of everyone to your heart's content.'

For Jan Brough, who'd spent 18 months planning the camp, the way friendships were springing up all over the camp was just what she'd expected.

'It doesn't matter where you go in Guiding, someone will always talk to you,' she said. 'Most of the girls at Ceilidh '92 were strangers before getting here. But, as soon as they got off the bus after arriving, they were already talking to each other.'

'Now they're friends, sharing and having fun with each other. That's what Guiding's all about.'

Your letters continued
from page 54

POLISH PRESENT

My sister Suzie, my Ranger Guider Anne Wainwright and I met four Polish Guides and their Guider at London's Victoria Coach Station in July.

They were on their way to a camp in Swansea.

We had to entertain them for a few hours and put them on the coach as they spoke little English.

At the end of those interesting two hours, we exchanged presents and swapped badges.

They gave us a lovely leather purse with a friendship pin inside, which we will treasure always.

DEBBIE BRADFORD
St Erhenward Rangers
Essex

WHO'S COMING TO BREAKFAST?

Brown Owls, picture in your minds: a camp site with Guides camping and Brownies on Pack Holiday with two Pack Leaders.

Brown Owl asks two young Brownies, just as breakfast is going to be served, to go and tell the Guiders to come now.

Brown Owl carries on with what she's doing... suddenly she glances up to find the two Brownies coming back from the camp site. 'We asked the Guides to come for breakfast, but they told us they didn't want any!', they report.

I didn't tell the Brownies it was the wrong Guides. I'd meant our two Pack Leaders.

Thank goodness they didn't all come. I shudder to think what might have happened.

PHYLA STROM

5th Giffnock (Valley)
Brownie Pack
Glasgow

FAMILY FUN

We really enjoyed the Family Week at Glenbrook. We enjoyed the pony trekking best of all and the

archery and canoeing were fun too.

Please say hello to the friends we made and say thank you to all the staff at Glenbrook who made it possible.

EDWARD AND WILLIAM CHERRETT

2nd Havant Cubs and
Beavers
Hampshire

WELCOME STRANGER

May I, through *GUIDING*, thank an unknown Guider for her kindness and help.

On July 21 I and five Young Leaders/Rangers from different areas of Scotland arrived at Heathrow on a trip to London.

While wondering where to go next, we were approached by a kindly Guider. As we were in uniform we were easily recognised and she pointed us in the right direction, even assisting us in purchasing tube tickets.

Unfortunately we didn't manage to exchange names but we'll never forget her kindness to us on our visit to the big city.

Thank you again
unknown Guider.

CLAIRE NEWTON

Guide Guider
Orkney

A holiday in Czechoslovakia prompted a long letter from the Wansdyke Division of Avon South County. Here is an extract:

WONDERFUL WALKING

After returning from a most fantastic walking holiday in Czechoslovakia, we would like to thank Pam and Bill Blyth for arranging this wonderful trip, and giving us the opportunity to go to such a beautiful and interesting country.

We stayed in Prague for two days... We had an excellent guided tour and a visit to the Girl Guide Headquarters.

We walked up many mountains... We walked miles to see some caves... It was well worth a visit. On

top of some of the mountains were lovely lakes with reflections as clear as the mountains themselves.

Perhaps one of the good things about this trip was that it brought home what a really world-wide organisation ours is. When we wore our international scarves — everyone knew we were either Scouts or Guides. It was nice to see the other Scouts and Guides also visiting the country.

**WANSDYKE DIVISION
RANGERS,
YOUNG LEADERS AND
GUIDERS**

Avon South County

ACCIDENT WARNING

After being involved in a minibus accident while on a Scout and Guide activity earlier this year, I would like to bring to the attention of all minibus drivers, the responsibility they have for their passengers' safety.

The accident, although unfortunate, was probably avoidable. I have no doubt that the driver regrets the incident very much. It is a sad fact, though, that his driving was no different to that of many others. But he, and his passengers, were unlucky, and the local casualty hospital was at the end of our journey.

You can't blame the driver for the event, he has learned the hard way. However, as drivers, we must all be aware of the dangers. When carrying passengers, you do not only have your life to think of, but also that of others.

Luckily, no-one in our bus was seriously injured, but the memory of the incident will stay with us all for a long time.

This is a heart-felt plea to you all. Please think carefully before taking on the responsibility. And, if you feel you can't cope, don't let anyone push you into it.

If you can cope, then drive safely. An accident

may cost you more than the increased insurance, it could be a life.

**NAME AND ADDRESS
SUPPLIED**

OLD WAYS

Deep in darkest Berkshire, the old guard is still alive and kicking — regardless of the *Guiding Manual*.

They are determined to stick to their Bye-laws, never mind what their more free-thinking colleagues may be doing.

As long as no-one complains no-one will find out. After all, we are 'self-controlled, polite and courteous' and 'a sister to all Guides' and want to spare feelings...

The strong-willed and determined Guider won't allow outdated methods to be pushed upon her. But what about the weaker ones, who haven't got the same resilience? Do we buckle under and do it their way?

No amount of quotes from the *Guiding Manual* will shake the old guard from their faith in Bye-laws.

By the time we wait for their terms of office to lapse, so much Guiding time is wasted with no Licences gained. And morale is down to an all-time low.

**A FUTURE LICENCE
HOLDER**

(Name and address
supplied)

OWL AID

Can anyone help me? I'm trying to get hold of a copy of a pattern for a macrame owl. It appeared in a Guiding publication, I think it was *The Guider*, about 15 years ago.

I have lost my copy and have often wanted to make it again. The pattern was only for the owl's head and it had beads for eyes and the beak stuck out.

I like *GUIDING* a lot and find lots of ideas in it for meetings, as I run Rainbow and Brownie units.

IRENE GORDON

West Bridgford
Nottingham

CLASSIFIEDS

DISCLAIMER REMINDER

Inclusion in this section should not be taken to mean that the Association has checked out and endorses the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

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Brochure from the Warden, Downe Scout Camp, Bird House, Downe, Nr. Orpington, Kent. BR6 7LJ. Telephone: 0659 72121.

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Tel Oxford (0865) 725381

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ACTIVITY Holidays with or without accommodation, including campsites. Bookings from a day to a week. Special programmes for Brownies. Open all year. Servicing undertaken nationwide. Contact: Mick Fenton, Pegasus Adventure, 29 Brecon Road, Ystradgynlais, Swansea Valley. Tel: 0639 845535.

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- Fordell Firs -

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Information S.A.E. to Jonathan Patient,
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SANDY ACRES, lovely countryside, few miles from Winchester, Portsmouth, Southampton. Pack Holiday house with shower. Several camp sites and solid shelter. Miss Smart, 9 Apsey Road, Southsea, PO4 8RH. "Camp site."

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MAY HAINES FROM CASHES GREEN, STROUD

County archivist and author of *The History of Guiding in Gloucestershire*

I was lucky enough to be born and brought up in the beautiful countryside of the Cotswolds, in Rodborough, overlooking Stroud.

I was never allowed to be a Brownie or a Guide because, as a soldier in the 1914-18 war, my father had been gassed and my mother had developed a horror, not only of war but of all uniformed organisations.

There was no way, therefore, that I was going to get into uniform at such a young age!

I was very disappointed as all my friends who went with me to Rodborough Congregational Church were joining the Brownies and Guides.

I was not quite 16 when, in 1933, I became a founder member of the 1st Rodborough Ranger Unit with my friend Nancy Cawthorne. Nancy took over the 1st Rodborough Brownie Pack and for several years I was her Tawny Owl.

At the same time I continued as a Ranger. We met in a barn and took our badge work quite seriously but we also had fun.

Our District Commissioner invited us to an evening of boating on her lake. Eight of us piled into the boat, which then became stuck on the mud, so our Lieutenant volunteered to get out and push.

She gave a great heave. The boat moved but her shoes then stuck in the mud. Slowly her hands slipped from the boat and she lay full length in the water — in full Guider's uniform.

To our relief, she couldn't talk for laughing but how sensible it is, these days, to have appropriate activity clothing.

The Captain of the 1st Rodborough Guides, who had founded the Company in 1914, resigned at the end of 1935. I volunteered to take over.

My training was one week at Foxlease. But, because I was only 18 — then considered very young to hold a warrant — it was decided that I could have the warrant on condition that, for the first few months, I had only PLs and Seconds. By the summer I had 24 Guides attending regularly.

A favourite activity was visual Morse

LIFE style

signalling, done with flags. For a dot you waved your flag in front of your face. For a dash you whipped it quickly down to your side and then back up again.

From the foot of the hill near our meeting place, a message would be relayed by girls stationed at various points, up the hill, over the top, down the other side and around the base of the hill back to the hall.

It was always interesting to read the message that came back, after it had travelled two or three miles!

During the 1939-45 war we intensified our community service. We collected wool and, at home, knitted garments for the numerous evacuee children who had come to the area from Eastbourne.

Then we discovered they'd gone back home! So the clothes ended up at Dr Barnardo's, where they were most welcome.

We Guiders also belonged to a Sea Ranger Crew and would go boating on a lake of unknown depth, in full Guider's uniform, including heavy lace-up shoes.

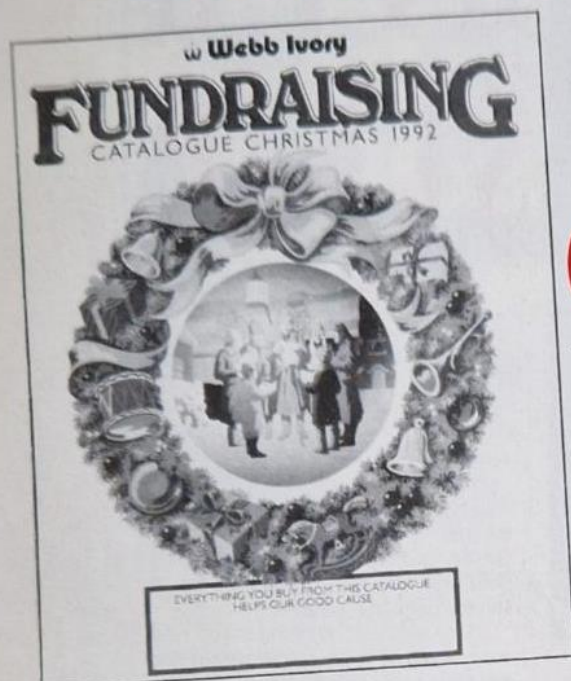
In 1942 I married and, by 1947, I had two daughters so I gave up Guiding for a while. When, a few years later, we moved into another Division, I resumed Guiding, serving as a treasurer and secretary.

I was appointed a District Commissioner in 1967 before being invited to join the County Executive Committee, and then to become PR Adviser.

Having also served as secretary to South West England Trefoil Guild, I hope to continue as County archivist.

I've had my reservations about the alteration to the Association's name, I must admit, but if this will encourage more ex-Guiders to return to Guiding as their families grow up, it can only be good. ♡

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