

GUIDING

SEPTEMBER 1997 £1.25

CLIMBING THE WALLS

Asthma is no obstacle for
one Young Leader

BABY TALK

New recruits in
the family

WINNING WAYS

Taking stock at the AGM

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new term,
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WHEN YOU BUY FROM THE MOVEMENT, WE ALL BENEFIT.

this month...

comment

CHARWOOD PHOTOGRAPHIC



Confronted by a mountain of paperwork, it's all too easy to feel defeated before I start the day. That's when I look at the two 'rocks' currently taking pride of place on my desk and my sense of proportion quickly returns.

Glistening with varnish, the rocks proudly display the Trefoil and make excellent paperweights. But they are also a visible reminder of how people can triumph over disaster, making positive gains out of the negative aspects of their lives.

My paperweights come from the Caribbean island of Montserrat, currently struggling to survive the devastating effects of volcano Soufrière erupting and were made by the 8th Montserrat Guide Company from solidified lava.

These creations were sent as a gift from the Guides on the island, who belong to one of the Branch Associations administered by UK Guiding. Before the latest – and worst – eruption, there were 185 members on the island, making up five Brownie Packs, four Guide Companies and a Ranger Unit.

They have continued meeting – when they could – since the volcano first began rumbling in 1995. Now no one is certain whether or not the island will have to be evacuated.

Many of the 11,000 population have already left. Those who remain are living in hastily-erected prefabricated shacks or bedding down in church halls.

This isn't the first time nature has become their enemy. In 1989 Hurricane Hugo stormed through the island leaving devastation in its wake. The following year the Guide Friendship Fund contributed £3,000 to repair the Guide HQ.

So far we haven't heard whether Guiding is up and running again. But I'm sure that if they can, they will.

Here in the UK, Guiders are gearing up for the new term. Ready to welcome new recruits and to inspire existing members.

Keeping one step ahead of today's young people so that they find the unit programme challenging, stimulating, stretching and, above all, fun asks a lot of our leaders, I know.

We all need to make sure that we are clear what our priorities are and not get bogged down with inessentials. To aim at turning negatives into positives – just like the Guides on Montserrat.

Bridget Towle
Chief Guide

articles

- 7 Upwardly mobile**
Nothing gets in the way of Young Leader Natalie Peacock in her climb to the top
- 10 Battle of Bubb's Hill**
Neglected farmland in Gloucestershire is being transformed by hard-working volunteers
- 15 Inspected morse**
Guide Jessica Hyde gained her Radio Communication badge – despite being deaf
- 19 Countdown to a million**
Take up the Environment Challenge
- 22 Distant friends**
Give an extra present this Christmas – a donation to help our friends abroad
- 23 Positive progress**
The future of Guiding in Europe was on the agenda at the Summit Meeting in Switzerland

- 25 Preparing the ground**
Guiding's role in building self-esteem was emphasised at the 74th AGM as members met to review achievements over the last year
- 50 Opportunity knocked**
The story so far – an update on the achievements of BRIDGES groups in Russia
- 55 Credit where it's due**
The determination of one member turned the dream of a new Brownie House into reality
- 60 Fun for first-timers**
A chance for Guides who haven't camped before to experience the joys of living under canvas next year at Blackland Farm
- Visions of youth**
Dreams can come true for the recipients of this year's Olave Baden-Powell Bursaries

regulars

- 5 In brief**
What other members have been up to
- 8 Guiding in action**
The first-ever Duke of Edinburgh Award expedition for Muslim Guides in Britain
- 12 Live issues**
Racism has no place in Guiding but, sadly, it is still a part of every day life for some
- 16 On line**
Offers, charity news, ideas for places to visit
- 20 Notices**
Information on what's happening in Guiding
- 24 Training news**
The latest opportunities at the Training Centres
- 29 Ranging around**
Starting this month – a light-hearted series
- 30 Open door - Time for reflection**
Coming next - October's GUIDING
- 52 Information**
Names, addresses and telephone numbers
- 53 Your letters**
Complaints and praise – you have your say
- 56 In focus**
Picture this – photos to raise a smile
- 59 Watch this space**
The Ulster Junior Council helped in the celebrations for Lorne's 50th birthday
- 63 Meet ...**
Gwen Smith – she's not shy, but she is retiring

front cover

Jasmin Ali of 1st Wapping Guides, Tower Hamlets had a great time while on a Duke of Edinburgh Award expedition in Kent

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31 ideas—19 pages of great ideas for you and your unit

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- Our Winter Challenge suits Guides of all ages
- If your Guides go out of their way to help older people in winter, they could win a national award
- Younger Guides can get creative through our Winter Poster competition

Last year's national award winner



Kerri Ann, aged 14, who regularly helps her neighbour with shopping met The Gladiators' Panther.

To get your Winter Challenge Pack write by **October 31st 1997** to:

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Concern

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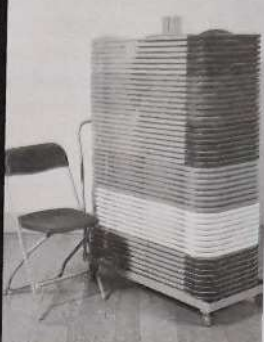


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Crime busters

In Doncaster, the fight against crime has had a helping hand from a local Brownie Pack. The girls entered a competition, organised by the city's Crime Prevention Panel, designing a poster and slogan showing how young people could help combat crime.

The 69th Doncaster Brownies' 'See a crime ring 999' poster won first prize of £500. Their poster was also used on 20 buses in the Doncaster area.

The two runners-up – receiving £250 each – were the 69th Doncaster Guides and Highfields Youth Club.

In the photo the successful groups are represented by Brownie Emily Hemsworth, Guide Lucy Twigg and youth club member Calam Green.



SHAUN FLANNERY

Surprise ending

For Jenny Leach, North East England Chief Commissioner, the Region's AGM didn't end quite as she had planned. Brenda Parke, former Chairman of North East England Awards Committee, stepped out from the audience and made a speech about a very special person – Jenny herself.

Brenda then presented Jenny with the Association's Laurel Award, given 'in recognition of outstanding service to Guiding'.



MARGARET WHITTAKER



GEMINI PHOTOGRAPHY

Top scorers

When Anna Kelly (left) and Helen Ward of the 37th Southport Guides gained their Baden-Powell Trefoil Award, the certificates were presented at Goodison Park, home of Everton Football Club. Manager Joe Royle (left) and player David Unsworth did the honours – though the certificates they handed over were photocopies as the real ones hadn't arrived in time.

Everton also gave the unit free tickets to a match between themselves and Coventry, which ended in a draw.



BRIAN CAPON

Bestseller

When the first issue of the new *Rainbow Guides* magazine came out in April, this Sainsbury's store manager quickly discovered just how popular it was with young readers.

Issue number 2 – 'autumn special' – is now on sale, packed with things to make, puzzles to do and prizes to win.

Buy it at Guide shops and in selected supermarkets, or order it from your newsagent, before it sells out.



MFI

Thank you MFI

The 1st Loudwater Guides struck lucky when their local branch of MFI, at High Wycombe, was refurbished and re-launched as MFI home works.

To mark the occasion, MFI decided to give £100 to a local organisation – and the 1st Loudwater were delighted to find themselves at the receiving end of their goodwill gesture.

Our photo shows Guide Guider Olive Mulley accepting the cheque from the home works manager.

in brief

Lifeboat drill

The 2nd Gomersal Brownies, West Yorkshire save used postage stamps for the Royal National Lifeboat Institution's funds and, each year, when they hand over their collection, they enjoy learning about the lifeboat service.

The RNLI video the Pack saw last year made such an impression that the girls invited local Cubs to this year's stamp hand-over.

The meeting was a great success even though only one Cub, Andrew Robson, turned up! He is seen here trying out lifeboat gear with Brownies Sophie Tozer and Joanne Gledhill and the RNLI area organiser.



COURTESY OF SPENBOROUGH GUARDIAN

Making music

Over 50 girls and Guiders – with their instruments if they had one – took part in a Music Day organised by Droitwich Town District. The Day was led by Peggy Feltham from Birmingham – well-known throughout the Midlands Region for her music activities – and culminated in a concert and traditional camp fire.

Here, Hazel Robbins, oboe; Alison Bach, French horn; and Kirsty McHugh, flute; found a quiet corner outside to practise.



JANE MCHUGH



GILLIAN ELLIS

Golden occasion

Lady Juliet Townsend, President of the Trefoil Guild, unveils a special wallhanging at Trefoil House, the Guide centre in Birmingham. Also present was the former Lord Mayor, Sir Richard Knowles.

The hanging, made by Guild members throughout Birmingham, was begun in 1993 – the year of the Guild's Golden Jubilee. It consists of 50 small panels, each depicting either a Division or a part of Birmingham's Guiding history.

snippets

SINGING ALONG Brownies from the 2nd Stapleford Pack, Nottingham, sang all the way on their sponsored walk around the lake in nearby Wollaton Park, raising a magnificent £324 for Macmillan Cancer Relief. **HISTORIC SETTING** The 2nd Boscombe Down Pack, Wiltshire, were granted access to Stonehenge after it had closed to the public. The girls were allowed to go right inside the stone circle where seven-year-old Leanne Morton made her Promise. **CAMP FUND BOOST** Headstone South District performed their own song and dance show, *Willow Tree Capers*. Almost 100 Middlesex Guides and Brownies were involved and their efforts raised £600 for the County's Willow Tree camp site project. **PENNY WISE** The 2nd Welton Brownies, Lincolnshire, have been saving coppers for the See More Scanner Appeal at Lincoln County Hospital. When they handed over a cheque for £135 they were rewarded with a tour of the X-ray department. **STEPPING ASIDE** Lucy Boxall has retired as leader of the

1st Milford Guides, near Godalming, after 36 years. She is still Brown Owl of the 1st Milford Brownies and has passed on the Guiding bug to her daughters and granddaughters. **HEALTHY TEA PARTY** At their Sydney Kidney tea party, the 4th Sprowston Guides, Norfolk, served refreshments, organised games and ran a sponsored keep-fit session. The profit, destined for West Norwich Hospital on behalf of the Kidney Foundation, was £201. **TIME WARP** To mark her retirement as District Commissioner for Westfield, Sheffield, Diane Addy organised a Pack Holiday for the District's Brownies and Guides. It had a Christmas theme with Rudolph, carols and Santa bringing gifts. After Christmas dinner Diane delivered the 'Queen's speech.' **STILL INVOLVED** When Young Leader Nicola Grinstead gained her Chief Guide's Challenge Award the 28th Bolton Horwich Parish Church Brownies – where she used to help – gave her a surprise party. Nicola, now at university, is still involved in Guiding, working with a Pack in Wollaton.

Upwardly mobile

Always check your
ropes, Natalie warns
Rebecca Threfall



JANE PEACOCK

Young Leader Natalie Peacock is severely asthmatic and has a nut allergy so acute that eating just one nut could put her life in danger.

But last year, when she was 15, Natalie became the British Mountaineering Council's 1996 Indoor Junior Female Climbing Champion and a member of the BMC's British climbing team.

Natalie, from Wokingham, Berkshire, is with the 2nd Crowthorne Brownies whose Brown Owl is Natalie's mum, Jane Peacock, the County Pack Adviser.

Now, under Natalie's tuition, the Brownies too are discovering how to be upwardly mobile.

Natalie organises exciting indoor climbing evenings for her own Brownies and some from neighbouring Packs, at the sports centre of a local school where there is a purpose-built climbing wall. There, she teaches them the rope-work skills and the basic technique of climbing.

And there are plans for them to tackle climbing walls at sports centres in Amersham and Bourne End, Buckinghamshire. As the Brownies become more proficient, Natalie hopes to take them climbing out of doors.

Natalie herself does open-air climbing at Swanage and in the Peak District. In April, Natalie ran a workshop at a youth festival in Huddersfield teaching young children to climb.

Her mother said: 'Natalie likes to believe that she doesn't have a problem. She does, of course. From January to Easter this year, she did not manage a single full week at school due to asthma. But she wants to be judged on her achievements and does not like people to focus on her health.'

'If she were to inadvertently eat anything containing nuts, or even a single nut, she could go into deep shock. The soft tissues of her mouth

wants to be known as a good climber. One of her ambitions is to scale the left wall in Wales's Llanberis Pass.'

Natalie owes her interest in climbing to her brother, Tim, 18. She explained: 'He started climbing as a Scout and then introduced me to the sport. While I became very keen, he lost enthusiasm for it and has since taken up snowboarding.'

While defending her title in the BMC's 1997 British championship,

Natalie has a head for heights but a peanut could kill her



JANE PEACOCK

Up you go! Natalie shows 2nd Crowthorne Brownies Rebecca Threfall (left) and Natalie Smith how to scale the heights

and throat might swell to such an extent that she would be in danger of choking to death. For this reason she carries an adrenalin injection with her at all times.

'Despite all this she is very fit and quite good at athletics, but she

Natalie dislocated her shoulder and had to retire from the contest. She hopes to regain it next year.

● The BMC publishes a directory of climbing walls. Priced £2.50, it is free to members.

■ guiding in action ■

taking a hill

**These inner-city
Guides took
tramping across
the Kent
countryside in
their stride**

Photos by Moose Azim

The first-ever Duke of Edinburgh Award expedition for Muslim Guides in Britain took place earlier this year in Kent. It was arranged and sponsored by the Stepney Children's Fund D of E unit at Toynbee Hall.

The girls walked a total of 15 miles over two days and camped overnight on a site on Lord Northbourne's estate to gain their Bronze award.

GUIDING sent along a photographer who walked and camped with the girls and, as her pictures show, they certainly enjoyed themselves. ■



So long: a Guideline to follow as the girls set off



Sultana Begum (left) and Momtaz Begum get to grips with the finer points of camping

On the road to nowhere:
Are you sure you've got that
map the right way up?



On my radio:
Momtaz Begum (left)
and Sufia Begum try
to keep in touch
with their sense
of direction

OK, so who
forgot to bring
the surfboards?



ke

Shelina Begum
Rahman contemplates
her next step



Shuhena Bilquis picks up a few
camping tips



Guides taking part were: Aysha Miah, Shipa Khatun, Hasna Begum, Shelina Begum Rahman, Jasmin Ali, Sufia Begum, Momtaz Begum, Shuhena Bilquis and Sultana Begum.

Back-up was provided by Bob Le Vaillant, Dave Pilkington, Mary Aldred, Debbie Jones and Val Le Vaillant.

Bob and Val Le Vaillant are willing to work with any other group of Guides – particularly those from deprived areas – to mount a similar expedition.



Flowers of the field: not
Poppy and Daisy but Sultana
(left) and Shuhena



Having their cake — and eating it: the girls
have worked up quite an appetite

battle for Bubb's Hill

Gloucestershire's Deer Park has been enlarged by four fields, but the 'troops' of advisers and volunteers haven't finished their hard work yet

To Assistant County Commissioner Gill Woodcock it most definitely did *not* 'seem a good idea at the time' for the Gloucestershire Guides to buy the freehold of 21 acres of neglected farmland near Deer Park, their County HQ and Training Centre.

The plan was to provide three more camp sites, additional outdoor activities and an area for nature trails and studies. This, in turn, would enable the County to make better use of the Deer Park site, which it is only able to lease.

But Gill, knowing the enormous workload involved, felt the County already had enough on its plate.

Who was actually going to dig holes for new fence posts, brave thorns and thickets to clear undergrowth, repair rotted gates, rebuild styles and then *continue* to keep it all in tip-top condition?

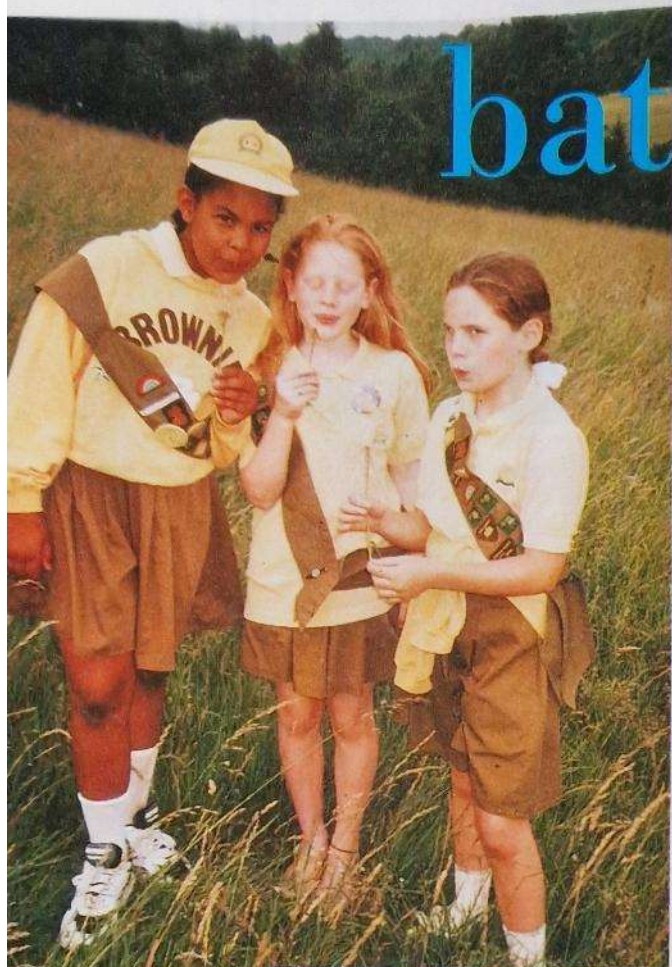
Of course, volunteers would come forward. But, Gill wondered, would they stick at it when the early euphoria had vanished like the dew?

Faced with a tide of enthusiasm, however, Gill did not go as far as to oppose the scheme and the deal went through. Then, to her utter astonishment, she found herself leading a group of five formed to manage Bubb's Hill and transform it from unkempt scrub to arcadia.

Bubb's Hill, more than two years on, is not yet a Garden of Eden but it's coming on fine. As for Gill, she's now just wild about it — her personal nightmare has turned into a lovely dream!

Here, she explains how good teamwork, having the right 'contacts' and the extraordinary efforts of one male volunteer who was outstandingly generous with his time, worked the magic:

❖ In March, 1995, I attended a Deer Park management meeting on behalf of the County Commissioner and I left it as chairman of the newly-formed Land Management subcommittee.



GILL WOODCOCK

Blowing in the wind: clock these Brownies lending a helping hand

Roger Crang and Gill Woodcock take a breather — Bubb's Hill-style



NIGEL WOODCOCK



Inspiring view — putting all the hard work into perspective

Bubb's Hill

It was all my own fault. I drove home thinking: "Why did I have to open my big mouth and ask how this land at Bubb's Hill was going to be managed?"

Deer Park is at Cowley, an unspoilt village about six miles from Cheltenham, and there we have the Deer House, much loved by the Brownies; a separate assembly hall; and a bungalow occupied by our Warden, Mary Crang, and her husband, Roger.

The beautiful grounds are ideal for camping, but with up to four camp sites in use, there is little room for other activities. Actually, the County doesn't own the freehold, although the lease still has about 70 years to run.

With an extra 21 acres, we could exploit Deer Park to generate more cash, and among other things at Bubb's Hill, introduce glass sledging — a great money-spinner.

So I could see why everyone was barmy about Bubb's Hill — everyone, that is, except me. I kept thinking about the workload.

At this stage I still had so little enthusiasm that it was not until the third week in June that I went on to the land for the first time. It consisted of four fields on a hillside. Horses were grazing in one field. In another, uncut hay reached almost to my waist. There was a lot of encroaching scrub, an extremely overgrown bridle path and lots of broken-down stone walls.

I decided we needed plenty of "outside" help and expertise. We got off to a good start, it turned out, when Adrian Montague-Smith, who lives in Cowley, suggested that we approached FWAG, the Farming and Wildlife Group, who kindly arranged for the group's adviser, Rob Macklin, to meet us at Bubb's Hill.

From Rob we learned that our land came within the Cotswold Hills Environmentally Sensitive Area, and that we could apply for a Ministry of Agriculture grant to

manage it in accordance with the ESA scheme.

As we walked the land Rob talked about nesting birds, orchids, cowslips, soil content and so on. As a townie, I was out of my depth, out of breath and, when we reached the top of field four, feeling worn out at the mere thought of all the work ahead.

I then turned and looked at the view and, suddenly, I knew that — if only we could cope with it — this really *was* a worthwhile project.

In August, that year, we walked the land with Sam Somers, project officer for the ESA scheme. She was so helpful that she even filled in the rather daunting form for us to apply for an ESA conservation plan and management agreement. In due course we were accepted.

This gave us ten years of grants for a Ministry-approved programme of work in five two-year stages. That meant a grant for walling, another for hedge planting and so on. The gypsy's warning was that if we fell behind schedule, payments would be delayed — or, possibly, even stopped altogether.

By now, none of us dared think about the workload — we might have given up — but then SAGGA, the Scout and Guide Graduates' Association arrived on the scene.

They helped to clear and fence the bridle path; refurbish a near-derelict stable block, which we planned to put to new uses; install additional water points; move some gates and replace others; and to build styles.

That November, on the advice we had received under the ESA scheme, Thomas Jackson and his dog, Moss, arrived with a flock of 45 sheep to graze our land back to good condition.

By January 1996 the first 100 metres of hedge had been professionally laid, for which we could claim a grant to cover about 40 per cent of the cost.

We walked the fields many times with tree experts we'd brought in to advise us and, in August, the tree surgeon we had chosen to deal with the trees numbered them and listed the recommended treatment. The cost totalled £2,500 but ESA grants and income from grazing were expected to help offset the bill.

We held hedge and tree planting days in October and November. Vera Goodhind, Chairman of Friends of Deer Park, emerged as our "tree lady". She knew quite a lot about trees and, by selling about 120 saplings to our supporters for planting at Bubb's Hill, she managed to raise £580.

Rosy visions of popping saplings into holes already dug by someone else and quickly scattering a covering of soil with a pristine spade were dispelled by the very first planting. How grateful we were to those wonderful members who slaved to get the trees in and fix stakes, wires and guards.

By March, this year, all the surgery on the old trees had been completed and, by late spring, nearly all the land had been enclosed with stock-proof fence.

For this we had Roger Crang to thank. He has a full-time job in industry but has devoted hundreds of hours of his "spare" time to work for us unpaid at Bubb's Hill. He has cleared a vast amount of scrub and he even took a day off work to attend a hedge-laying course.

We presented him with an Association Thanks Badge, but it hardly seems an adequate reward for such a dedicated helper.

My early misgivings about Bubb's Hill were not unfounded. It has involved a tremendous amount of very hard work and, of course, it isn't finished yet.

But, as chairman and chief paper shuffler, I have the backing of a great team and, I know how to revitalise myself to finish the job: I simply climb to the top of Bubb's Hill and gaze at that view. ?



GILL WOODCOCK

Vera Goodhind proved that money can grow on trees when she sold saplings to raise funds for the project

All different,

To mark
European
Year Against
Racism we
examine this
on-going
problem —
and Guiding's
role in
combating it

By definition racism is alien to Guiding. First, *The Guiding Manual* states, unequivocally, that membership 'is open to all girls and women irrespective of faith, race, culture, nationality...'

Second, the Guiding Programme — underpinned by the Promise and Law — challenges racism comprehensively. It encourages respect for self and others, tolerance, kindness, a sense of justice, good citizenship, a commitment to service and, through its international dimension, an understanding of difference and diversity. Such values and attitudes are incompatible with racism.

But, although racism has no place in Guiding, it is, shamefully, part of contemporary society. While the girls in our care should not — must not — experience racism within the unit, they may well encounter it elsewhere — in the street, at school, work or even at home.

They may be involved as victims, witnesses or, responding to peer pressure, as perpetrators. For their sake, and that of the community, we need to be aware of how racism can affect young people and what we can do to help them combat it.

Racism is the belief that some groups of people are inferior because of their colour, ethnic origin or nationality. It fosters prejudice, promotes discrimination and often leads to harassment in the form of acts of verbal or physical violence towards people and property.

In the UK, racial hostility is mostly directed towards Afro-Caribbeans and Asians (Pakistanis, Indians and Bangladeshis). A 1996 survey found that 60 per cent of black people and 40 per cent of Asians had suffered some kind of harassment. The children of these ethnic minorities are particularly vulnerable with 79 per cent of black Caribbean and 70 per cent of Asian youngsters saying



MANCHESTER EVENING NEWS

All living under the same sky: Guides from around the world camping at Knutsford last year

they had been 'picked on' at school because of their race.

Last year, a study from Childline, based on the experiences of its callers, showed that 'picked on' covers a frightening range of abusive behaviour. Children suffering racial harassment at school reported being called names, punched, kicked, stoned and threatened with knives.

My stepfather is always hitting me and calling me horrible names because my dad was from Nigeria.
Miriam (11)

They had their possessions — glasses, bags, shoes, books — stolen or damaged. They also revealed that the abuse was not a one-off or infrequent occurrence. Rather, it happened 'all the time'... 'continually'... 'every day.'

In the words of the study: 'It was not uncommon for children to describe racist bullying as a feature of their entire school life.'

More often than not, harassment continues outside school and, in some cases, follows the youngsters home where it can result in broken windows, fireworks through the letterbox, abusive phone calls and racist graffiti. For children enduring

racial abuse at school, home is normally a refuge. Finding that they are under threat there, too, makes life even more miserable for them.

The safety and security of home can also be violated from the inside.

For example, the black child of a mixed marriage may find herself isolated and vulnerable, if her white parent finds a new partner who is not only white but also racist. Or if the family breaks up and she finds herself living with white grandparents who resent her colour.

The experience of 12-year-old Jenna is typical: 'I am black and my mum is white... She has a new boyfriend who is completely racist... He is nice to me when my mum or friends are there, but is horrible when we are alone. He says things like, "You need a bath,".'

Another source of racial tension within the family is when young women and men form relationships that cross racial, cultural or religious boundaries and so incur the hostility of parents. In the ChildLine study, ten per cent of young people in 'unacceptable relationships' had been physically assaulted by their parents when the relationship had been discovered.

The situation inevitably worsens if the girl becomes pregnant. 'My boyfriend is Asian. His parents disapprove of me and my parents don't like him... my dad is a racist. We love each other and want to keep the baby. But how will we manage?', asks one distraught white girl.

Although racism mostly targets

all equal

By Catherine Dell

ethnic minorities it can affect others such as Jews, Arabs, Catholics, Protestants... Examples in the ChildLine survey include a white girl bullied in a mainly black school, an Irish girl subjected to taunts of 'IRA' and an attack that broke her arm and leg, and a young Jehovah's Witness who ended up on crutches following a racial assault by other children.

As girls grow into young adults, those from ethnic minorities may well encounter another aspect of racism — discrimination, especially in employment. This is, of course, illegal — but it happens. A report from CRE, the Commission for Racial Equality, finds that, in the search for work, it is three times harder to get an interview if you are Asian, five times harder if you are black.

Unemployment statistics tell a similar story. In 1995/96, 16 per cent of ethnic minority women of working age were unemployed compared with six per cent of white women. Within this overall picture, 39 per cent of black women aged 16-24 were unemployed, compared with 12 per cent of young white women. And, although almost 50 per cent more ethnic minority women go on to further and higher education than white women, the jobs they eventually obtain seldom match their qualifications.

Racial harassment and discrimination can have devastating effects. Young people at the receiving end experience anger, fear, distress and frustration. Their confidence is eroded, their sense of self-worth, destroyed. Schoolwork suffers. Their ability to relate to and trust others is jeopardised. They may be so unhappy that they truant, or become ill, or contemplate suicide.

Racism doesn't only affect its victims. As part of society it touches us all. It infects communities, creating insecurity and division, and

undermines such concepts as justice, equality and respect.

Since racism is everybody's problem, we all have a responsibility to challenge it. There are several ways in which Guiding is able to do this.

To begin with — and very importantly — there is the Programme itself and all that Guiding stands for. Through their weekly meetings and activities the girls learn to

My boyfriend is black and I can't tell my family because my dad is racist and he'd kill me.
Carly (16)

appreciate and respect each other. They develop a sense of self-worth, grow in confidence and are encouraged to think for themselves and make their own decisions.

So, gradually, thoughtfully, they work out their own value system. All that they learn and discover should lead them to reject racism and everything it represents.

Take racist bullying. If Guiding has made its mark, a girl will be less likely to join in — however strong the peer pressure — and more likely to report the incident and stand up for the victim.

On the other hand, if she is the victim, her self-image won't be so severely damaged — she'll know from her Guide friends that she is OK and accepted. And she'll have sufficient discernment to recognise that the problem must be addressed early on and enough confidence to do something about it.

'Doing something about it' is another area in which Guiding can help. Many youngsters suffering racial abuse don't tell anyone. They don't tell their parents for fear of causing them anxiety — especially if the parents are also coping with harassment. Nor do they tell their teacher in case whatever action the

teacher takes backfires and makes the situation worse.

But, having learned to trust their Guider, they might well confide in her. If you're that Guider...

- Listen to the girl and take what she tells you seriously.
- Explore the various options.
- Help her decide what action to take — like reporting it to the school and/or the police (racial attack and abuse are against the law). Maybe she would like you to do it or to go with her? Or to tell her parents.
- What support can the unit give? Do any of the girls attend the same school or live in the same street?

If an older girl suspects discrimination — perhaps in connection with her job — she could contact the CRE for advice and the address of her nearest racial equality council.

As part of its awareness campaign, the European Year Against Racism has a poster which says 'The Human Race — available in a wide range of colours and styles'. It's up to each one of us to get the message across that no particular colour or style is better than another.

Help and information

- ChildLine operates a 24-hour telephone counselling service for children with problems: 0800 1111.
- The CRE provides advice and information. Tel: 0171 828 7022.
- *Children and Racism*, price £3.50 including p&p, is available from ChildLine (racism report), Freepost 1111, London N1 0BR. Cheques payable to ChildLine.
- *Roots of the Future*, an exhibition on the history of ethnic diversity in Britain, is now touring the country. For dates and venues call the CRE on 0171 828 7022.
- *No limits*, a magazine for ethnic women aged 16-24. Free from CRE (publications): 0171 932 5286.
- *Let's Beat Racism*, a magazine with information and advice for young people. Available free CRE (publications): 0171 932 5286.

Data from *Children and Racism* is quoted by courtesy of ChildLine.

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Return to: Dawn Roberts, FREEPOST WD2339, The Listening Library,
12 Lant Street, London SE1 1BR. Tel: 0171 407 9417 Fax: 0171 403 1377

Full details supplied including guidelines, reading lists, sponsor forms, press
packs, posters, bookmarks, certificates of achievement, draft letter to parents etc.

Training Officer (3 year contract)

The Guide Association is introducing a competence based approach to its adult training and qualifications for 68,000 volunteer adult leaders throughout the UK. We are looking for an energetic individual to work as part of a team, delivering training sessions and developing assessment procedures.

We are ideally seeking a qualified assessor/internal verifier in training and development with a background in youth work or a voluntary sector role.

Excellent interpersonal skills and a willingness to work predominantly weekends and evenings and to travel anywhere in the UK will be essential.

The salary will be within the range of £14,895 - £19,275 plus London Weighting of £2,850 per annum.

To receive an information pack and application form please contact Personnel on 0171 834 6242.

The closing date for applications is 22 September 1997.

Interviews will be held on 7 October 1997.

Charity No: 306016



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Park, Aston Clinton, Aylesbury, Bucks HP22 5NE
Tel: 01296 630 239 Fax: 01296 631 894

inspected morse

Guide Jessica Hyde, from Stourbridge, West Midlands, has made Guiding history by gaining her Radio Communication badge although she has been profoundly deaf from birth.

Jessica, 13 in October, is believed to be the first Association member with a severe hearing impairment to have achieved this remarkable feat. And, since the Scout Association has a similar badge, may be the first in the UK ever to have done so.

Although Jessica has speech and is an accomplished lip-reader, it was, of course, impracticable for her to take the badge test with two-way conversations on air with other Guides and radio amateurs. Instead, she did the 'on air' part of the test by using Morse code throughout.

She started the written and practical work for the badge with four other girls from her unit — the 2nd Wordsley Guide Company. But she learned Morse code by detecting the vibrations emitted by the Morse key.

Two local radio amateurs, Mike and Alison Soars, gave Jessica intensive tuition in Morse which she practised at home for months.

On the day of the test, Jessica communicated by Morse signal with the Poldu Amateur Radio Club in Cornwall, more than 250 miles away. All the traffic between Jessica and the club was intercepted by Roy Clayton, the UK Chief Morse Examiner, appointed on behalf of the Government's Radio Communication Agency by the Radio Society of Great Britain.

Mr Clayton was among the many people who sent Jessica a message of congratulation. He revealed that, initially, he did not realise that she was deaf.

By coincidence, prominent radio amateur and former Scouter Les



Jessica Hyde, who is deaf, managed to gain her Radio Communication badge by using Morse code

Mitchell, who initiated the Scouts' Jamboree on the Air nearly 40 years ago, was listening on the amateur band when Jessica was taking the test. He, too, sent her a congratulatory letter.

Jessica's achievement was considered so outstanding that her County — West Mercia — created a special certificate of commendation. It was presented to her, together with her Radio Communication badge, by Margaret Tanner, the outgoing County Commissioner, at Redhill School, Stourbridge, where Jessica and her 14-year-old brother, Andrew, are both pupils. Andrew is also profoundly deaf.

Shortly after the presentation, Jessica gave a demonstration of her Morse skill under the watchful gaze of a television camera. The film was later screened in a regional television programme.

Midlands Region PRA Jan Blakeway, who has known Jessica since she was a five-year-old Rainbow, said: 'I tried to become proficient at Morse and gave it up but Jessica is a Morse marvel. When

you realise that she is almost totally deaf and see her tapping out messages with the fluency and self-assurance of an expert, it's amazing.

'She seems to have a natural aptitude which made her such a good pupil for Mike and Alison Soars, who have helped us so much in the past. They organise Thinking Day on the Air for us and conduct our Radio Communication badge courses at least twice a year.

'In Poldu, from where Marconi successfully sent the first Morse signal to the United States, we have two friends, David Barlow and his wife, Diane, who were formerly radio hams in Wordsley before they moved to Cornwall.

'They are members of the Poldu Amateur Radio Club and this is why Jessica sent her history-making signal there.'

● John Fogg, Public Relations Officer of the Scout Association and himself a keen radio amateur, told *GUIDING* that he could not personally recall a case of a profoundly deaf Scout taking the equivalent Scout badge in radio communication. ■

Good vibrations have helped one Guide to break badge records

on line

Rose makes a comeback

The 1989 Harkness rose, *Guiding Spirit*, named in honour of the World Chief Guide, is back in the nursery's catalogue by popular demand.

This compact rose, recommended for borders and planters, has bold blooms set off by dark foliage.

With autumn planting in mind, late September is an ideal time to order. *Guiding Spirit* costs £5.25 but, as p&p is £4.99, regardless of quantity, you might wish to place a joint order with friends.

For further information and to get the 97/98 Harkness catalogue, phone 01462 420402.



Guiding Spirit is a good all-rounder

Party of the year

For several years the Association has attended the CBBC's *Big Bash* — the UK's largest youth exhibition at the Birmingham NEC. So, why not come along and see us?

As well as the hundreds of stands, the *Big Bash* features top Brit-pop bands, TV celebrities, an interactive play station, under-fives play area

The *Big Bash* attracts around 100,000 visitors and an adult crèche

— where youngsters can leave their mums and dads!

The event runs from October 24-27. For further details call 0121 767 4477.

GUIDING has six family tickets, worth £30 each, to give away. To enter the prize draw, send the answer to the following question to the address on the right.

Question: What does NEC stand for?



BBC - HEL



NATIONAL ASTHMA CAMPAIGN
Gladiator Rio, wearing the National Asthma Week T-shirt, has had asthma all her life

Asthma — the teenage years

Around 1.3m young people in the UK have asthma and, in their teens especially, can find it difficult.

Recognising the problem, the National Asthma Campaign is devoting this year's National Asthma Week to 11-19-year-olds.

During the week — October 6-12 — there will be a range of activities aimed at raising awareness of the needs of young people with asthma.

Xhale, a new magazine for young people with asthma, will also be launched, together with two fact sheets: *Coping with asthma*, a guide for older teenagers, and *Caring for young people with asthma*.

For a copy of the magazine and fact sheets send a large sae (38p) to the National Asthma Campaign, Providence House, Providence Place, London N1 0NT.

Safety singalong

The Singing Kettle, star of the national TV show, is now offering children a helping hand across the road.

The new *Busy Roadshow* video highlights safety dos and don'ts through a fun combination of songs, stories and dance.

We've got five copies, worth £9.99 each, to give away. For a chance to win one, send your answer to the following question to the address on the right.

Question: For a motorist approaching a pedestrian crossing, what do the zig-zag lines prohibit?



POLYGRAM

The Roadshow team

Improve your image

Give your home printing a professional look with Pelikan's new range of transfers, papers and films.

Simply select and print an image or text from your PC to create your own greetings card, designer T-shirt, menu, poster... in minutes.

The range, which is fully compatible with most leading printers, includes photo paper, iron-on transfers, silver film and adhesive film. For details of your nearest stockist call 01494 551320.

GUIDING has five packs of A4 silver film – worth £11.63 each and ideal for letterheads and notices – to give away. To enter the prize draw, answer the following question and send it to the address below.

Question: Pelikan is German for pelican. What do these birds eat?



PELIKAN



Gardening from a wheelchair

Sowing seeds of happiness

Horticultural Therapy (HT) is a charity which helps people with special needs, and their sup-

porters, enjoy a better quality of life through gardening and garden-related activities.

HT runs day-care placements in its own gardens, provides information and advice to groups and individuals, and works with local projects around the country.

To fund its expanding programme, HT has just launched the Daisy Chain Appeal. Groups taking part can decide what to do – anything from holding a garden gnome party to a sponsored mower push – and when to do it.

For more information and fundraising ideas, send a large sae to HT Daisy Chain Appeal, Goulds Ground, Vallis Way, Frome, BA11 3DQ.

It could be you?

Have you a particular interest in: wildlife conservation, teacher training, the recruitment and use of volunteers, canoeing, or the Indian subcontinent?

Would you like to develop that interest further through a project overseas which, on your return, would benefit both you and the wider community?

If so, a Winston Churchill Travelling Fellowship could be the answer.

Fellowships – open to all UK citizens irrespective of age, background and qualifications – are offered in different categories each year. In addition to those mentioned above, there are a further eight for 1998.

The grant covers travel and living expenses for a stay abroad for about eight weeks.

For further details send a sae to The Winston Churchill Memorial Trust, 15 Queen's Gate Terrace, London SW7 5PR. Closing date for applications is October 24.



PHOTO BY KARSH, OTTAWA

The Fellowships were set up in memory of Sir Winston Churchill

Coffee break

Actress Patricia Routledge is asking everyone to take a coffee break on Friday, October 3 – in aid of Macmillan Cancer Relief.

Last year, the World's Biggest Coffee Morning with Nescafé – 14,652 coffee breaks happening simultaneously across the UK – raised over £1.5m. This year's event is set to be even bigger and better.

If you would like to hold a coffee morning, phone 01372 807000 (local rate) to register and receive a free organiser's pack.

Patricia Routledge is backing the event



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FREE VIDEO & ADOPTION KIT

PLUS . 18" x 24" colour poster . Colour brochure about the whale adoption Project and the natural history of the humpback whale . 9" x 13" Whale Adoption Certificate. Listing of 50 whales up for adoption . Whale Adoption Certificate registration card . 5" x 7" black & white photo and biography of your whale. Migration map/poster . Years subscription to Whale Watch, our quarterly newsletter for the latest news about your whale . An "I Luv my Humpback Whale" sticker . Honorary First Mate card for discounts on wildlife and whale watching trips.

WHEN YOU Adopt one Whale you'd be helping all Whales.

Humpback Whales are extremely susceptible to the hazards of Whaling, Hunting Fishermen and natural calamities, such as being beached in their annual migration between Canada and the Caribbean. Many of our female whales that are up for adoption are

All Whales are recognised by their tails. You can choose the Whale you would like to adopt from our fully detailed Whale Adoption List sent with every **FREE VIDEO kit.**



BAT

A large female seen on Stellwagen Bank as well as The Caribbean. She was photographed with her first known calf in 1990.



ORBIT

This female was first seen in 1979. She became somewhat of a loner until the birth of her first calf in 1984.



COLT

One of the best known males in the study group, he constantly approaches very close to whale watch and research boats.



CATS PAWS

A mature female with calves. She is best known for spectacular feeding displays, where she lunges vertically from the water.

mothers that have had several babies, you can choose to adopt one of these female humpback whales with her baby for just **£17.50** per adoption. Or you can choose a single female or a strong male. The choice is yours.

Whatever you decide upon, you can be certain in the knowledge that your money will be spent directly on the protection and survival of these magnificent gentle giants.

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Name and address of Adoptive Parent

Mr/Mrs/Miss/Ms _____

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Post Code _____

Telephone No. _____

Adopting for self & friend also fill in both coupons.

Please send the initial gift pack (s) to: The Adoptive Parent ☐ Both coupons. The person making payment ☐ One coupon

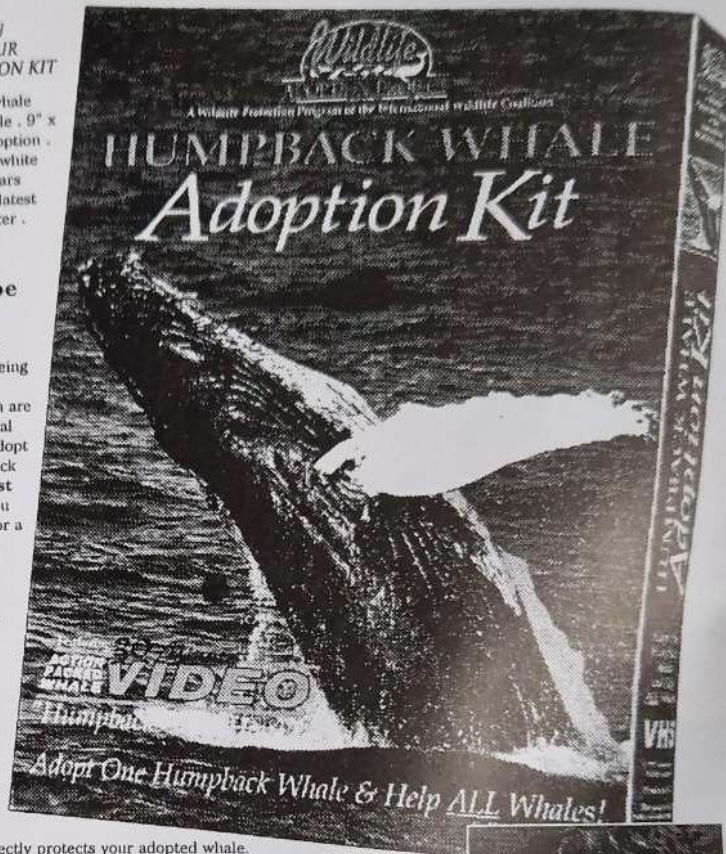
I enclose a cheque ☐ postal order ☐ (Payable to International Wildlife Coalition Trust) or debit my credit card (Details provided below) for the following amount: £ _____ Access ☐ Visa ☐ Mastercard Card No. _____

Signature _____

Expiry Date _____

(If the person receiving the gift pack is abroad please add £3.00 Europe £5.00 rest of world).

If you would like to receive further information about the International Wildlife Coalition Trust please tick here ☐
INTERNATIONAL WILDLIFE COALITION TRUST (WHALE ADOPT) Dept 97GGI P.O. Box 73, Hartfield, East Sussex, TN7 4EY.



Narration by the kind courtesy of Rula Lenska.

countdown to a million

By Sheena Crombie
Environment Adviser

In April an Association Environment Challenge was launched. It is divided into three parts and invites members to:

- Recycle 1m aluminium cans
- Plant 1m trees
- Save 1m CO₂ units.

The Guide Association is working with other national organisations in order to achieve these goals. Alcan, the Forestry Authority (Forestry Service in Northern Ireland) and National Energy Action (NEA) have all made a commitment, pledging to assist members of the Movement to reach these targets.

Every registered unit will receive an Environment Challenge pack. It will contain resources to help you understand why we should all be recycling aluminium cans, why trees are so important and so on. It also includes a pack of games, crafts and activities designed to raise awareness of the importance of saving energy.

The pack will help you with planning activities for both your summer and winter programmes, and many of the ideas can be linked to the Eight Point programme.

It will also contain a poster with a totaliser which can be filled in to show the amount of CO₂ emissions that have been saved by completing each activity.

Apart from actually taking part in the Challenge, there are other benefits to be gained from the Environment Challenge. All money raised from the recycling of cans will be spent on environmental initiatives chosen by the members, whether it is adopting a whale or woodland planting.

The Association is also hoping that in your Countries and Regions,

or Counties or Divisions, some of you will make an attempt at three records listed in *The Guinness Book of Records*. The targets are:

- The highest can pyramid built within a time limit.
- The most trees to be planted in one day by an unlimited number of volunteers.
- The most trees planted by 300 people over a one-week period.

The most up-to-date information on these records will be given in the Environment Challenge pack.

Although some elements of the Environment Challenge will not begin until 1999, it will require a great deal of organisation. Each of our partners is anxious to know how many units are interested in taking part for practical reasons.

Alcan need to know where the registered units are in order to assess where mobile units or temporary collection points can be installed.

The forestry organisations are growing trees and allocating areas of land for us to plant. They need time to grow 1m trees, and they need to be aware of the areas of the UK where they need to reserve land to be planted by the Association.

NEA is producing packs containing games, crafts and other activities. These are linked to each age group and are being tailor-made for the Association.

As one of the purposes of the Challenge is to increase awareness of environmental resources, they are anxious not to produce lots of packs which will not be used and, therefore, need to know how many units are interested in taking part.

In order to avoid disappointment by not being able to join in

the Environment Challenge – and to assist us in the organisation – please register now!

By July 11, 510 units had already registered for the Environment Challenge.



HULL DAILY MAIL

Have you
registered yet
for the
Environment
Challenge?

Become a can collector
and aim to become a
record breaker... if you
register for the
Environment Challenge

Registration Form

Please return by Friday, January 30, 1998

Unit name

Name of Guider

Section of Guiding

Address to which the pack should be sent

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Please return the completed form to: Environment
Challenge, Guiding Services, 17-19 Buckingham Palace
Road, London SW1W 0PT
Fax: 0171 834 5171
e-mail: chq@guides.org.uk

notices

Association awards

MERITORIOUS CONDUCT STAR OF MERIT

Miss Angela Webdale

Guide, 24th Doncaster (All Saints) Guides,
South Yorkshire

GOOD SERVICE

LAUREL

Mrs Jenny Leach

North East England Chief Commissioner

Mrs Louisa Low

Former District Commissioner

Ashgrove District, Aberdeen

Mrs Isabel MacLeod

County Community Involvement and
Development Adviser, Western Isles

Science Museum concession

The Science Museum is now offering free entry to Association groups at weekends, half-terms and school holidays, as long as the booking is made at least ten days in advance of the visit. However, booked access to the interactive galleries is not available outside school term-time.

The Science Museum telephone number is 0171 938 8000.

Pax Lodge Meeting

The speaker at the November 1 Pax Lodge meeting of Friends of the Four World Centres will be Sally Robinson who, until recently, was the Guider-in-Charge at Our Cabaña. This meeting is also open to non-Friends.

If you require lunch, send a cheque for £4.50 made payable to the Friends of the 4WCs GA.

On September 13, a garden coffee morning and ploughman's lunch at Pound Close, Holbrook, Ipswich will raise money for the Friends of the 4WCs and for research into stammering. This should be a really good day.

Further details from:

June Webb on 01473 742778.

Ooops!

In August's issue of *GUIDING*, the telephone number for the Chessington World of Adventures offer should have been: 01372 729 560, and not 0132 729 560. Sorry for any inconvenience.

We also mistakenly gave the closing date for 'on line' competitions as July 31. It should, of course, have been August 31.

Writing their rights

A writing competition for young people called *WordRights* has been organised by Save the Children and the National Council for Voluntary Youth Services.

The aim is to highlight three articles from the UN Convention on the Rights of the Child: the right to freely express opinions; the right to an adequate standard of living; the right to protection from drugs.

The two categories are: creative (stories) and journalism (factual) and the age bands are 14-17 and 18-22. There will be four first prizes of £100 each and a special prize-giving event in London. The closing date is October 16.

Entry forms can be obtained from:

WordRights

NCVYS

The Peel Centre

Percy Circus

London WC1X 9EY

Tel: 0171 833 3003

Fire safety week

Fire brigades and local fire liaison panels will be promoting the fire safety message from September 29 to October 4.

Local initiatives will include activities at fire stations, demonstrations and the opportunity to meet fire crews and get first-hand advice on fire safety.

Contact your local fire brigade for further information.

Promote children's eye care

During National Eye Week – September 22-28 – how about focusing on eyes in your programme, with the help of free leaflets and possibly a specialist speaker?

With eye examinations still free for children and specs-wearing celebrities such as the Spice Girls making glasses fashionable, children and parents should be encouraged to look after their eyes.

An information pack is available from the Eyecare Information Service and a leaflet called *Eyecare for Children* is available. Send a sae marked 'Children's leaflet', to:

The Eyecare Information Service

PO Box 3597

London SE1 6DY

Tel: 0171 357 7730.

Commonwealth Fair

The 1997 Commonwealth Fair will be held on Saturday November 8 from 10.30am at the Kensington Town Hall, Hornston Street, London W8.

The money raised will go to the Commonwealth Countries League, a charity that puts girls of ability – who could not otherwise afford it – through secondary school in their own countries.

The fair – which is held annually – reflects the diverse cultures of the Commonwealth countries through handicrafts, produce and home cooking. Admission is £2.

Recycled play materials

There are currently around 50 play resource centres and 'scrapstores' in the UK which recycle materials such as paper, plastics, paint, cardboard, timber, buttons, beads and fabrics, that have been donated by offices and companies.

Groups working with children or young people pay an annual membership fee, which depends on their funding or number of members. For example, £20 for up to 25 children. They then have unlimited access to an Aladdin's cave of resource materials at no further charge.

Some, like SCRAPP in Guildford, Surrey, also pay for and recycle cans and sell unwanted office furniture cheaply. Details of centres should be available through your local authority.

Action for animals

The International Fund for Animal Welfare's (IFAW) fourth annual Animal Action week – October 4-11 – coincides with World Animal Day on October 4.

With 1997 designated the Year of the Whale, the week's central theme is the world's diminishing whale population.

An information pack which includes a poster, button badge, leaflet, sponsorship form and petition form can be obtained by calling the hotline on 01634 830888.

official

directory

CAMPING AND HOLIDAYS

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THRIFTWOOD INTERNATIONAL SCOUT CAMP SITE AND ACTIVITY CENTRE

The happy centre with friendly and helpful, full-time staff, at Brentwood, Essex. (3 miles from junction 28 off the M25.) Over 30 individual grassed sites. Indoor accommodation (now has a dormitory sleeping 32). Toilets, hot water, free showers. Wood fires are encouraged. Equipped sites available. On-site activities: archery, climbing wall, abseiling, canoeing, fishing, rafting, swimming, shooting, nature trail, orienteering, BMX bikes, cork guns, pioneering, adventure course, sports equipment and patrol activities. Souvenir shop. Guides and other youth organisations very welcome.

Please send SAE or phone the warden: Bill Hindley, "Deskrie Shelf", Alexander Lane, HUTTON, Essex CM13 1AG. Tel: 01277 226571 for details

Downe Scout Camp Site Greater London South East

- * An 86 acre site on the North Downs - only 20km from London.
- * Secluded woodland sites for patrol camps or large open sites.
- * Four fully-equipped, centrally heated modern buildings for indoor accommodation.
- * Modern toilets, hot water and showers.
- * Large outdoor heated pool.
- * Provide for soft drinks, sweets, souvenirs etc. Daily orders taken for milk and bread.
- * Activities include: Archery, Climbing Tower, Forestry, Orienteering, Pioneering, Rifle Range, Swimming.

Details from:
The Warden,
Downe Scout Camp,
Birdhouse Lane,
DOWNE, Kent. BR6 7LJ
Telephone: 01959 572 121
S.A.E. Please.

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30 acres of pasture and woodland. Indoor accommodation for 48, 24 and smaller groups. Open all year. Archery, shooting ranges, assault course, climbing, pioneering. Hot showers. Local 360 acre public woodlands, sports complex minutes away. Excellent site shop and woodpiles. DAILY ELSAN EMPTYING SERVICE, AND NIGHT SECURITY ROUNDS. SAE for brochure: Kevin Wilson
The warden, Belchamps, Holyoak Lane, Hawkwell, Essex. Tel/Fax: 01702 205 081

ADAMSWELL SCOUT CAMP SITE

For Autumn/winter breaks

Ideal for Pack holidays! A large, well equipped, fully-heated building for a relaxing week-end break from normal routine. Set in over 15 acres of undulating glorious countryside on the Kent/Sussex borders.

Contact: Geoff Robson
49 Sandown Park,
Timbridge Wells, Kent TN2 4RH
Tel: 01892 822390 8pm - 11pm

WOODHOUSE PARK AVON SCOUTS COUNTY SITE

36 acres of grass and woodland on an escarpment overlooking the Severn Bridge and estuary. A Warm welcome awaits you from the resident warden and his staff. Camps site has flush toilets, wash rooms and free hot showers. Indoors accommodation includes a purpose built Pack Holiday centre which sleeps 41. Activities on site include archery, rifle range, orienteering, pioneering. Tree trails and assault courses plus sports equipment loan. Off site activities include nearby leisure centres, climbing, caving, canoeing and sailing, the Cotswolds, Mendips, Forest of Dean, Weston-super-Mare and Bristol.

For Further details:
Booking Secretary
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MORE ON PAGE 61

distant friends

Don't forget
the Guide
Friendship
Fund in the
busy run up
to Christmas

Literacy in Nepal, health awareness in India and a boost for Uganda's depleted Young Leader programme are to benefit from the GFF Christmas Appeal this year. And the Fund needs your backing and money-raising skills, if it is to support these worthy projects.

So, when you are planning your unit celebrations, please remember to encourage the girls to honour the spirit of Christmas and do some seasonal giving to their sister organisations overseas.

In Nepal the literacy rate is very low and among women, only 17 per cent can read and write. An adult education programme is needed urgently by the community.

It is planned to educate 80 women per district over a six-month period and organisers anticipate spending two years carrying out the project. The Girl Scouts Section of Nepal Scouts will provide the necessary teaching when they have been trained.

This will raise the profile of the Girl Scouts, as well as providing a much-needed community service.

Uganda has been affected very badly by Aids-related illness and there is now a desperate shortage of adult leaders available for Guiding. At the same time, there are thousands of girls who need the

security that belonging to Guides can provide.

The Uganda Girl Guides Association urgently want to train Young Leaders to assist street girls and out-of-school girls in order to equip them with life skills and income-generating possibilities.

The Girl Guide Section of the Bharat Scouts and Guides run a continuous programme of health awareness projects in India.

This includes publicising immunisation, blood donation, blindness prevention, good sanitation rules, leprosy eradication and family-life education.

Within the sanitation project is a plan to promote the use of smokeless cooking stoves. In villages, the wood-burning stoves, called *chulas* are the only means of cooking. Most of them are built without chimneys, so that the cook – always a woman – is forced to inhale the smoke.

It is estimated that one day's cooking equals the equivalent of smoking about 100 cigarettes. It is known that wood smoke contains many tars and

carcinogenic substances and, therefore, this practice carries a significant health risk.

It is quite a simple procedure to fix a chimney to the *chula* so that the smoke is taken away from the user. But women need to be shown how to do this and encouraged to make the change.

This awareness-raising can be done by suitably-trained Girl Guides and, given funds, they can also provide the materials to build the chimneys.

● A fact sheet giving more information about the Christmas Appeal is available from CHQ. Please enclose a sae if writing in.

● Donations should be made payable to the Guide Friendship Fund and sent, with sae for receipt, to: GFF, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. ■

A Ranger from the Girl Guide Section of the Bharat Scouts and Guides passes on some craft ideas to a group of deaf schoolboys



JOEY SHELLEY

Showing off the latest fashions are Laura Redmond (left) and Sarah Kemshall. With other members of their Pack, the girls became models for an evening to raise money for last year's Guide Friendship Fund Appeal. The Brownies from the 1st Old Brumby Pack put on a fashion show and sale and made £100 for the GFF



positive progress

The associations within the European Guide and Scout Association recently held a Summit Meeting and three members of The Guide Association attended.

The Summit marked the end of a trial period of evaluation which the European Guide and Scout Region has been undergoing — the result of a resolution which was passed at the 7th European Guide and Scout Conference in Helsingborg, Sweden in 1992.

The resolution stated the Joint Region should have: one European conference, one European committee, one European office and a single budget/financial report.

The Europe Region WAGGGS, and the European Scout Region has built a close working relationship over 20 years, mainly due to the co-educational culture that exists within Europe, where several combined Scout and Guide national organisations already exist.

The meetings of the Europe Committee WAGGGS and the European Scout Committee have been joint since 1972, with time for separate discussions if necessary.

The first European Guide Conference was held in Iceland in 1974. The first joint European Guide and Scout Conference was held in Ireland three years later. The conferences have been held jointly ever since with one or two days allocated to separate discussions.

Working groups were set up during the 1980s to facilitate the joint work. Members of different European associations with expertise in a particular subject were brought together to organise seminars, produce resources and make recommendations for the future work of the Regions.

Following the 6th conference held in Cyprus in 1989, the European committees set up three core groups who dealt with a wide range of topics of importance.

These included dialogue with other youth organisations and inter-governmental institutions, image and PR, community involvement, and environmental and develop-

mental issues.

Since then, each year a minimum of six seminars are jointly organised.

The three years between the 1992 conference and the 8th European Conference in Austria were spent implementing the plan of action agreed, with a task group that had been set up to find ways of implementing the recommendations.

The European and World Committees decided to relocate to a new joint office in Belgium. This meant members of the WAGGGS Europe team moving from London and the WOSM Europe team from Geneva to Brussels.

The two European Committees then took steps to improve their methods of joint working.

The first fully joint conference was held in 1995 with only one delegation from each country; the election of one joint European Committee; and all joint sessions with the exception of one hour.

At this conference it was agreed to carry out a full evaluation of the trial period ending with a Summit Meeting to assist associations in preparing for making decisions at the 9th conference to be held in Luxembourg next year.

The committee was also asked to establish a joint group to prepare a study of both WAGGGS and WOSM world constitutions.

Since 1995, the main areas of the joint work related to the Joint Regional Work Plan 1995-1998, based on the Charter for Guiding and Scouting.

During the last 12 months, we have been analysing the activities of



The Guide Association in relation to those of the European joint plan to try and identify any benefits from the activities at a regional level.

In addition to the activities relating to the Charter for Guiding and Scouting in Europe, the benefits of closer co-operation within the Region have been identified — ranging from improved co-ordination of the seminar programme to improved communication across the Region.

During the last nine years, the Region has grown considerably with the expansion of Guiding and Scouting in Central and Eastern Europe and the former countries of the Soviet Union.

The trial period has also identified a number of problems and weaknesses such as

- Clarity of implementation of world policies (WAGGGS and WOSM) at regional level.
- Difficulty in effective working of the two staff teams (WAGGGS and WOSM) in Europe.
- Perceived lack of direct support to all associations.

Nonetheless, the recognition that these problems exist is a starting point for trying to resolve them.

Between now and the 9th conference next May, there will be discussions within all, and between all, associations on what the future should hold.

● The author, Ruth Goggin, is the Association's Adviser for Europe

The European Guide and Scout Region has just undergone a period of evaluation. Ruth Goggin attended the 'wrap-up' Summit Meeting

training news

Waddow — 01200 423186 Leisure breaks

..... Sept 8-12 & Oct 6-10
Leisure breaks for Guiders, Trefoil Guild members and families. Outings, walks, evening entertainments, crafts, or do your own thing.

Programme ideas for Rainbow, Brownie and Guide Guiders September 19-21

Personal development

..... September 19-21
Through discussions and activities you will discover how you can make small changes to your life.

Programme ideas for Rainbow, Brownie and Guide Guiders Mid-week

..... September 30-October 2
Crèche available.

One-day Commissioner training

..... October 1

Grandparent(s) with grandchild(ren)

..... Oct 20-23 & Oct 27-30
Outings, games, activities, crafts — ideal for all ages.

Tonic for Brownie and Guide Trainers

..... October 31-November 2

Christmas crafts

..... October 31-November 2

Trading training Mid-week

..... November 11-13

Nine million and me

..... November 21-23
This weekend will include activity ideas to help bring WAGGS to life for your units (all sections).

Pre-Christmas break

..... December 19-21
Have a relaxing break in quiet and peaceful surroundings.

Foxlease — 01703 282638

A dream come true!

..... October 20-25
Have you ever wished that you could take your Pack or unit to a stately home for a Pack Holiday or indoor holiday? Well here's your chance. Princess Mary House will be available for a self-catering group to use for this half-term. Please phone for more details.

Senior Section Guiders' celebration training

..... September 26-28
A weekend for all Senior Section Guiders alongside South West Region's annual camp for Senior Section girls. Let's make this a really big gathering of Senior Section Guiders! Don't forget to bring some girls to the camp.

Guide Guiders' celebration training

..... October 10-12
A unique opportunity for a Guider and a Guide to attend a training together. The cost for Guides will be £25. Some activities will be together, with other, separate training sessions for Guiders. For Guides there will be opportunities for archery, mountain biking, pioneering, crafts, make and use... and much more.

Guiders new to the Movement

..... October 31-November 2

Patrols in action for Guide Guiders

..... November 7-9
Get the Patrol system up and running in your unit. There will be lots of ideas for groups to try.

Theme meetings for Rainbows, Brownies and Pack Holidays

..... November 7-9
An opportunity to discover new ideas for theme meetings — based on the Eight Point programme — that are linked to fun, friends and festivals.

Commissioners' celebration training

..... November 28-30
Share experiences with other Commissioners and develop strategies to

help Guiders deliver quality Guiding.

District teams

..... December 12-14
Do you celebrate Christmas with your District team? Are your Guiders special? Do they deserve a real treat this year? Bring them to this weekend for a relaxed pre-Christmas break, a Christmas dinner, log fires, music, together with ideas about other festivals to take away and use in the unit. At a special price of only £35 per person, this is not to be missed.

Hautbois — 01603 737357

Patrol Leaders and their Guiders

..... October 3-5
Last call for this special weekend where one or more Guiders from a unit — with some or all of their Patrol Leaders — can train alongside each other, gaining ideas for Patrol activities and for helping to promote more effective Patrols. There will also be a chance for everyone to experience the wide range of activities available at Hautbois.

ASA/RLSS rescue test

..... Jan 30-Feb 1, 1998
Advance notice of this life-saving course for those who wish to gain the ASA/RLSS rescue test for the teachers of swimming. Candidates must be aged 18 or over and be able to swim down to the bottom of a two-metre swimming pool. The course involves both theory and practical sessions including first aid, resuscitation and group management in a pool, as well as rescue techniques from the pool side and from the water.

Lorne — 01232 423180

Arts weekend

..... October 31-November 2
Something for everyone and, we promise, lots of fun too.

Come and do as you please

..... November 7-9
Christmas shopping, theatre break or similar. Relax in beautiful surroundings.

Brownie Guiders

..... November 14-16
Recharge your batteries and perk up your programme.

For further details or to apply ring the numbers listed.

official

preparing the ground

In choosing Bridget Towle as Chief Guide, the Association has elected a woman 'who has all the qualities needed to lead Guiding not only into a new century but a new Millennium', Princess Margaret told members at the Annual General Meeting in London.

The President welcomed Bridget Towle 'most warmly'... she also thanked her predecessor, Margaret Wright, 'for everything she has done for Guiding'.

Princess Margaret said she'd shared members' delight when Betty Clay had been awarded the CBE. 'She has given a lifetime of service to the Guide and Scout Movements at home and abroad, and she also provides a special, precious, personal link with our Founder and the World Chief Guide. I am sure you would like to join me in congratulating Betty, whose wise counsel continues to be highly valued by the Association.'

Commenting on the girls who visit her at Kensington Palace to receive their Queen's Guide brooches, the President said: 'Two things which always strike me about them are their variety and their quality. It is a tribute to the richness of the Guide Programme that it can bring out the best in a remarkable group of girls from so many different walks of life.'

Sowing seeds, reaping rewards – the theme of 1996's Commonwealth Conference – was, she said, 'a particularly apt description of the Guide Movement.' Many keen gardeners had sown their first seeds as Brownies and, in some parts of the world, growing food efficiently was vital to existence.

She continued: 'Then there are the seeds being sown in Russia and Eastern Europe, which are already bearing fruits. There are the efforts which go into the organisation at home in all our headquarters and

offices and committee meetings, which enable the Guide Programme to flourish in the units. And, of course, most important of all, there are the seeds sown by every Guider week by week, through the year.

'Like all gardeners she may not always be successful but, on the whole, sound seed and careful cultivation make for a good crop.

'I hope that in the coming year all of you in your different roles in our Movement will be given good

'It includes the daughter of the Prime Minister, the growing Bangladeshi membership on the Isle of Dogs and the daughters of the British community in Shanghai. It includes the daughter of the taxi driver who brought you here today and also your daughters, grand-daughters, nieces and cousins,' she told visitors to the Guildhall.

The Chief Guide emphasised that Guiding was about girls and young women. 'It is their Programme, their lives, their future. A



seed, plant it in fertile soil, tend it carefully through all the seasons and enjoy the satisfaction of a bumper harvest,' she added.

Be bolder

Guiding has a unique position in national life as one in three girls aged between seven and nine belong to The Guide Association, Bridget Towle explained.

'We are achieving a membership which is wide in every sense, it goes across communities and society, across all parts of the UK.

future in which our present young members may expect to see at least two-thirds of the next century.

'It is certain that their lives will feature continuous, rapid change,' Miss Towle said, before listing the ways in which the Association could help in preparing the girls for 'this world of certain change.'

Its aim was to 'enable girls and young women to fulfil their potential and to take an active and responsible role in society.' It did so by offering 'a supportive environment... a stimulating programme of

Guiding's ability to build up a young woman's self-esteem and hone her decision-making skills was stressed at the 74th AGM

Words: Nora Warner
Photos: Doug McKenzie

Highly honoured: The Association's Community Involvement and Development Adviser Nicky Parker is introduced to Princess Margaret by the Chief Guide, looking on are Carol Bowen and Vivien Pleydell-Bouverie

activities which stretch their creativity and physical capacity.'

Unit Guiders, she said, had a key role to play as they were 'the linchpins of today's Guiding.'

In 1918, the Founder had explained the Guiding method as girls being led by 'their own desire, instead of having knowledge impressed on them from outside,' Miss Towle recalled.

'Our method is learning by doing, which incorporates individual caring as a high priority. This

reminded members that the Association was the largest youth organisation in the UK. To illustrate its might, she said: 'Take the size of the Royal Navy, add to it the British Army and the Royal Air Force. Multiply by three and add a few thousand more — that's the size of The Guide Association today.'

It was essential to be bolder in promoting the Association, she declared. 'Why are we so shy and self-effacing...? The recognition of goodwill that exists towards us is

central systems and support structures... which can help girls and Guiders to reap the maximum benefit from their experiences.

'With this in mind, the Executive Committee has set up a Strategic Planning Group which is developing ways forward...'

Earlier, Miss Towle had thanked Princess Margaret for 'the interest and support you give to Guiding'.

She welcomed guest speaker, Joan Smyth, Chair and Chief Executive of the Equal Opportunities



Life changers: Members listen with rapt attention as the guest speaker, Joan Smyth, outlines the ways in which they can help young women become decision makers

encourages girls to build self-confidence based on the security and stability provided by the principles of the Promise and Law.'

She assured members that the principles and basic method remained the same. However, the Programme needed constantly updating. 'It is essential to the Association's future that we know who our customers are, and make sure we are meeting their needs.

'At the same time, adult volunteers in Guiding are, and will continue to be, an essential part of our organisation and we have to focus energy on meeting their needs and aspirations so that they can effectively deliver the programme to girls and young women,' she said.

'Those of us in supporting roles need to evaluate our actions — how do our deliberations affect the direct support and training needs of the adults working with girls?'

Earlier the Chief Guide had

enormous. Yet everywhere I go Guiders have two messages: "We need more leaders" and "We need to change our image", she added.

Although such requests weren't new it was necessary to make sure the public was told 'what we do and what we achieve'.

Headquarters' support for recruitment — for example, providing training and back-up material — was being looked at. The Association was also seeking to influence opinion on matters relevant to the future of Guiding. For instance, lobbying the Government to fund the cost of police checks when vetting adult leaders and working with the Women's National Commission to explore the reality of growing up female in the UK in the 1990s.

'As an organisation,' the Chief Guide said, 'we have to concentrate our energies and resources on the priorities of our membership. We are looking at ways to improve the

Commission for Northern Ireland, and also Division Commissioner for Bangor serving on Ulster's Staffing and Salaries Committee.

Referring to the challenge posed in trying to cover a year's activities of the Movement's 750,000 members, Miss Towle praised the success of Zoom the World youth activity event on Thinking Day and the Big Crunch initiative to boost WAGGGS' Thinking Day Fund.

For her, one of the highlights of the 29th World Conference in Canada was being able to welcome 15 new countries to WAGGGS. It demonstrated 'the enthusiasm and commitment for Guiding all over the world, especially in the newly established Central and Eastern European countries'. It had been, she said, particularly pleasing to welcome back Poland, one of the founder members of WAGGGS.

New horizons were opening up for Guiding all the time such as the

Peer Group project, a joint initiative with Save the Children. Through it, young women from the Senior Section and young Guiders were becoming skilled in helping others to find out about the UN Convention on the Rights of the Child and how this affected children's daily lives.

Rainbow Guides, now celebrating their tenth anniversary, she said, had become a 'success in their own right,' growing from 'small beginnings to a membership of 92,000'.

'Guiding is like a family — within the home we need to give space and freedom for girls to grow, develop, experiment and move on in their own, independent lives. We have close relations with whom we communicate and share our own hopes and aspirations and from whom we receive the support we need. We also have more distant relations who live in other parts of the world from whom we learn and with whom we also share these hopes and aspirations,' she said.

'There will be many different characters within the family but, true to Guiding principles, we care for each one as we celebrate the diversity. I thank each of you here today for being part of that Guiding family.'

Challenging inequality

The importance of stressing what someone or some organisation is for rather than against, has been underlined by American President Bill Clinton, guest speaker Joan Smyth reminded the audience.

'I think Guiding is for developing the role of women as decision makers, and it is one we must emphasise to our young women to ensure they use their skills fully in the adult world,' she said.

Earlier, Mrs Smyth, who has been Chair and Chief Executive of the Equal Opportunities Commission for Northern Ireland since 1992, had said that Guiding had helped to train her and many other women for the jobs they do. 'We must be extremely proud of the many young women who develop through Guiding with encouragement

to govern themselves and to make their own decisions.'

Guiding, she said, had played a significant part in her life for over 30 years. 'Like so many here, I have been influenced by those whom I have met. I was particularly pleased to tell my first Guider, now in her 80s and living in the north of the Province, that I was to be here and that she was responsible for this and for shaping so much in my life.'

Guiding for Mrs Smyth was a family affair. Her mother-in-law had gone on the cruise of the *Calgaric* in 1933 with Lord and Lady Baden-Powell, and the latest generation continues the Guiding tradition. 'We are truly a Guiding family,' she declared.

Recalling that her first meeting with Princess Margaret had been when she was a Sea Ranger, Mrs Smyth said: 'I never thought on that sunny afternoon that I would be addressing this meeting'.

But would she have adopted that attitude if she'd been a man, she wondered. 'Wouldn't a man have said: "I always knew that I would be here one day,"?'.

Her work involved changing women's attitudes to climbing career ladders and encouraging them to break 'the glass ceiling'.

The letters E, O, C, she suggested

had a different meaning in Guiding to that of the Equal Opportunities Commission. E stood for example — the example in self-government provided when Brownies take part in a Pow-wow, Guides in a Patrol in Council or a Patrol Leaders' Council and Senior Section members explore the 'Me as a leader' option in Look Wider.

There was still work to be done to ensure equality of opportunity 20 years after legislation was drafted. 'We are still challenging a society dominated by male decision makers,' she said.

'In Ulster we have no women MPs or women MEPs ... 13 per cent of all publicly-appointed bodies, which make decisions over the lives of the people in the Province, have no female representation.'

This wasn't just the Government's problem, she said, adding 'it is our problem if young women brought up through our organisation don't recognise in later life the skills they have been developing.'

'We have to challenge a system which still allows women to be less likely to be in the boardroom or on the Queen's Bench.'

However, in Guiding, O stood not for opportunities but openness: its openness to change in a changing society to meet the needs of young women, as it had in early days.

Mrs Smyth continued: 'The openness in Northern Ireland to accept young women, regardless of their origin or their religion.

'The breaking down of barriers which might prevent them mixing when education in the Province is



Ceiling breaker: The guest speaker, Joan Smyth, Chair and Chief Executive of the Equal Opportunities Commission for Northern Ireland, who is also an Ulster Division Commissioner

divided along religious lines.

'It is the openness of that international dimension of our organisation which is important through the trips, the camps, the conferences and the exchange visits. It is also the openness to go out to extend our influence into the wider world and that, of course, is what happened with the 4th World Conference on Women in Beijing'.

The speaker described how she'd contributed to a session organised by WAGGS. 'We were challenging society in general and, in my case, stereotypes within the family.

'I felt very much part of a Guide family for that day. Indeed, I wore my uniform, just as I would have done on Thinking Days when I was at school.'

Guiding's openness to new thinking would enable the Association to achieve the conference's strategic objective: 'to provide leadership and self-esteem training to strengthen self-esteem and encourage women into decision-making positions,' she said.

'All of us must work together in an open and constructive way to ensure that the promises that governments have made in Beijing are followed through, so that the world can be a much better place for every girl and every woman, even if at present they are not all fortunate enough to come under the influence of the Guiding ethos.'

The final letter - C - she said stood for challenge, the 'challenges that face us internationally and nationally; in public life and the home; in education; in the youth service and everywhere that young women develop to take their place in this still unequal world'.

Mrs Smyth went on: 'We are used to challenges in Guiding. It is part of our process, the work that we do, the badges we award.' She described challenges as making people discover things about themselves that they didn't know. They were what 'make the instruments stretch, what make you go beyond the norm'.

She added: 'Guiding sets the challenges to the young women and the Guiders within our organisation. The example of Guiding, the

openness of Guiding, the challenges Guiding sets to its members, and to those it influences, can and will make a difference to the society in which we live.

'Guiding is as relevant to today's women as it was to the world of my mother-in-law, as they aim to take their rightful place in society.'

Funding the future

The Association will be able to enter the next century with renewed vigour and self-confidence, the Honorary Treasurer, Edward Holding said.

As Mr Holding was in the Ukraine on business, his report was presented by Carol Bowen, Finance Committee Chairman.

He recalled: '1996 was an interesting year for me. My original "boss", when I became Honorary Treasurer in 1990, was Bridget Towle... as Chairman of the Finance Committee. She was the one who gave me my initial indoctrination into Guiding - and I still have the scars to prove it! Now she is back as our Chief Guide.

'Under her leadership, the Strategic Plan is making enormous progress. I am confident that the result will be that the Movement will be able to confront the next century with renewed vigour and self-confidence, both internally and externally. She is not, of course, doing this single-handed, many other members have come forward to contribute, bringing their unique expertise with them.'

Explaining that, as part of a move to conform with new charity accounting rules, he had included summarised accounts in his annual report, Mr Holding said the longer version could be obtained from CHQ, if required.

'We have made a satisfactory net income for the year, but it is lower than the level to which we have become accustomed. The budget we had agreed was, in fact, predicting a lower surplus. And, as the Strategic Plan is implemented, we may become increasingly nearer to

break-even level,' he said.

'This is the main reason why we have to retain our accumulated funds for as long as we can. They already contribute significantly to our day-to-day running costs, but may well be called upon to finance at least part of our future enterprises. The value of our investments is high, but the value of our investments can go down as well as up.

'Overall, we are currently well-endowed with both human and financial resources. This bodes well for the future.'



Optimistic forecast: Standing in for the Honorary Treasurer, Edward Holding, the Chairman of the Finance Committee Carol Bowen presents his annual report and the accounts

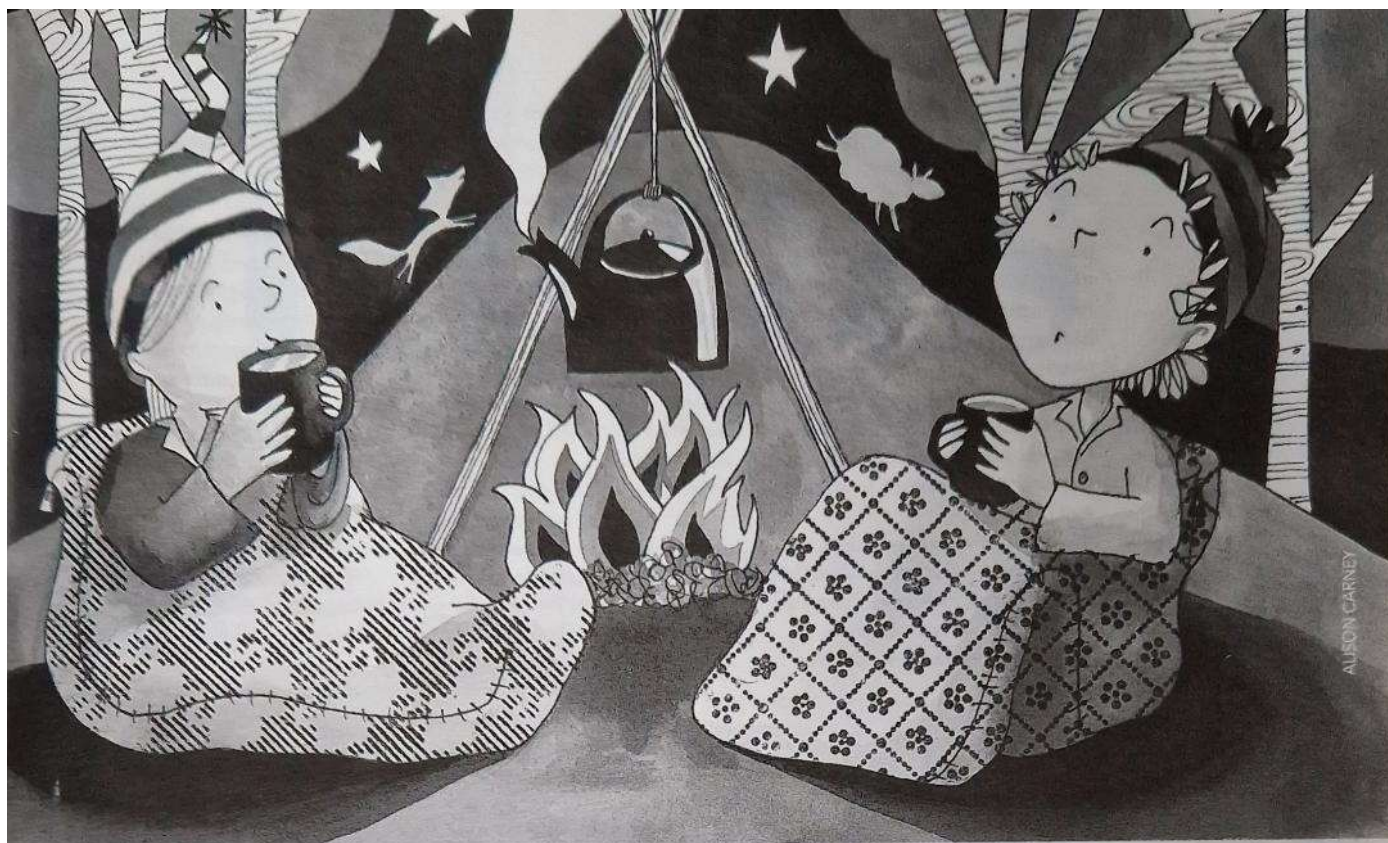
Election results

Elected to join/rejoin The Council in the Countries, Regions and BGIFC elections were:

Carol Roberts, Anglia; Carole Hardy, London and South East England; Gillian Challis, Midlands; Heather Wilson, North East England; Kathryn Poulton, North West England; Mary Patterson, Scotland; Virginia Stacey, South West England; Joy Warnock, Ulster; Evelyn Thomas, Wales; and Sally Forwood, British Guides In Foreign Countries.

At the business meeting held before the AGM Ian Anning, Alison Cunningham and Nicky Parker were elected to fill three vacancies.

The Council also re-elected Pauline McKie and Pat Tiley to fill two vacancies on the Executive Committee.



An experienced Ranger Guider takes a light-hearted look at surviving the Senior Section.

Some photos have arrived from the Camp Adviser. She must have been up early because she's included one which, at first glance, looks like a pile of orange sacks. Really it's us sleeping out under the stars! We're recognisable only by the bits of our hats sticking out of the bivi bag.

Sleeping out is fashionable in our Unit at the moment. Well, it certainly saves people falling out about who will share which tent. The first time we tried it was tortuous, they took so long to get organised. Now it is much easier.

At the camp in the photo we had 'done' the fire bit of the camp fire. The Rangers present hadn't really experienced what I would call a proper camp fire before — one with good-sized logs that burn down and give flames for dreaming by. So, being asked to make the fire was good training for them.

We didn't try anything fancy such as flaming arrows plunging into the depths of the flames. But we did have a fire that was certain to burn on for a long time after we'd drifted

contentedly into dreamland.

'What about sleeping out?' I heard myself saying. Then I realised what I'd let myself in for. It was freezing — well, one degree above. At least my bed was lofted up and waiting for me.

'OK. We'll get the gear and the kettle for a brew,' came the nonchalant reply. No going back now. Half-an-hour later we were in our pits, the kettle was coming to the boil nicely, and the smoke was protecting us from whatever nasties might be around.

It was good to lie there watching the stars emerge. They appeared slowly at first, and then they were all there. Memories of expeditions in the French Alps came flooding back, but not any useful information about the constellations. I could remember those I learned for my First Class but after that ...

Gradually the site quietened down and other noises took over. The owls were busy. A tawny owl in the woods gave its familiar 'To-whit-to-whoo,' but then a barn owl in the field below gave a long screech, which was eerie in the moonlight.

A fox barked and the sheep were disturbed by something close at

ranging around

By Eva Heart

hand. We knew we were safe — after all we had the fire to protect us from wild beasts.

We looked a bit rough the next morning — sleeping in the smoke is not good for the eyes. But the kettle was still hot and there were embers left for toasting. The wood pigeons were calling and then, magic, we heard a cuckoo — the first of the summer for the Rangers.

It was a shame that the Guide Guiders hadn't encouraged some of the Guides to join us — after all there was all the room in the world for them to sleep in.

I ignored requests for a repeat performance. 'Tonight we're all going in one one tent together,' I insisted. 'We have to have our midnight feast in a tent, otherwise it isn't right.'

They didn't say too much about sleeping out to the rest of the Unit. But, as she left, Jay said: 'It was right good that sleeping out. Mum says do you remember when...'

I do — but that's another story.

open door

There are two days in everyone's diary which tend to get more attention than they deserve: yesterday and tomorrow.

Of course, they do have their place on our agenda — as a memory, a hope or a reason for action. Maybe yesterday's happenings included a wrong that needs to be righted, a success to be celebrated, a problem to be addressed, or a hurt to be healed. For its part, tomorrow generally requires a measure of forethought and planning.

Often, however, we allow them too much time and space — and find ourselves brooding over yesterday and worrying about tomorrow.

Thinking back, we wonder 'If

only...', and reflect 'I wish I hadn't...'. Looking ahead, we're filled with anxieties and doubts.

But — yesterday and tomorrow being what they are — thoughts like these lead us nowhere.

Yesterday has happened. We made of it what we did, taking advantage of some opportunities and missing others. Now it has passed beyond our control. Tomorrow is also out of reach — and is not certain.

True, the sun will rise. But there's no guarantee that we'll be around to see it. One little rhyme puts it so well: 'Yesterday is history, tomorrow is a mystery'.

An over-preoccupation with past and future is not only a waste of time

and energy, but also of living. It distracts us from what really matters to us — today.

Today is an amazing gift. To make the most of it — meet its challenges, seize its chances, face up to its pain, share in its joy — requires all our being and doing. That surely is a very good reason for letting go of yesterday and tomorrow.

In the words of the song:

'Yesterday's gone, sweet Jesus,
And tomorrow may never
be mine.

Lord help me today,

Show me the way,

One day at a time'.

(Wilkin/Kristofferson *One day at a time*).

CD

coming next

IN OCTOBER'S GUIDING

Aladdin — the pantomime

Our eight-page pantomime special



contains all you need for your own production. Sparkling script, scenery suggestions, copyright queries, plus loads of tips.

There's even a free poster to advertise the event.

Taking the biscuit

Discover how your ingenious fund-raising efforts helped WAGGGS' Thinking Day Fund gain a fuller figure. We reveal the latest total.

Clever stuff

Don't pass on this one. Brownie Guider Susan Leng appeared on Mastermind answering questions on Olave, Lady Baden-Powell.

Hit the headlines

Advice from CHQ's PR department

on how best to get your events into the local papers.

A different perspective

Dawn French, Bill Clinton and Prince William are. How about you? We investigate what it's like to be left handed in a right-handed world.

Countdown to Christmas

Great craft ideas for brightening up the festive season.

Live-in Guides

Find out what it's like to run a unit in a boarding school. Does having girls on site make life easier?

Patients' progress

Out and about visits Thackray Medical Museum in Leeds which brings medical history to life.

IN OCTOBER'S BROWNIE

Turner tales

Anthea and Wendy Turner talk about their book *Mice on the Underground*. We have copies to give away.

The bear facts

Fascinating facts about our family of furry friends.

Caring for animals

How animal-friendly are you?

Find out when you do our special quiz.

Mind bogglers

Exercise your brain with our great animal puzzles.

Furry tale

The Pet Show — this month's story that's bound to touch your heart.

Hoppity hop

A board game to make and play with a friend. Whose frog will be

the first to make it all the way across to the other side of the river?

Kitten cakes

Enjoy making — and munching — our cute little kitten cakes.

Biscuit bonanza

Win three months' supply of McVitie's yummy new Penguin Igloo biscuits.

Bird-brained

Have fun making our wild and whacky Curly Bird.

ideas

Programme ideas for September 1997

idea of the MONTH

Useful ideas for Guiders of all sections
By Georgia Fielding

Do you find that the girls in your unit want to stick to the same old games, week after week? Old favourites are all very welcome once in a while. But if cat and mouse, horse and jockey or rounders, feature too often in your programme, it's probably time to introduce some new games.

There are lots of excellent game books on sale in Guide Association shops and from the Trading Service. However, another great way of ringing the changes, is to invent your own.

Whatever section you are in, you will find that the girls are usually full of imaginative ideas for games. Some will work well, others will not. But even suggestions with obvious flaws can sometimes be adapted so that they become viable.

Over four consecutive meetings, challenge the girls to compile their own original games book. The final games will probably be based on trial and error.

Ask the Rainbows for verbal suggestions. You could give them a number of items, such as a skipping rope, beach ball and bean bag. Then ask them to think up a game to play. With Brownies and Guides, give each Six or Patrol a different set of items and ask them to think up their own games. Try items such as tins, plastic bottles, stones, ropes and balls.

Each game should be assessed first by the individual groups, then by the unit to find out whether they are worth playing or not. Look to familiar, foreign and traditional games for inspiration. Think of suitable names for your new games and make sure that details of how to play are written down in a unit games book.

Lots of games don't need equipment. Think of games like hide and seek and tag. Ask the girls to think of any games that they have made up in the playground.

Clapping, singing and action games are also popular. If you are still stuck for ideas, don't forget that back issues of *GUIDING* hold lots of inspiration.

If your unit does manage to think of any brilliant and appealing new games, don't forget to send them in to *GUIDING*. Who knows, we may be able to pass them on to other units!



Make up new games using old equipment

idea

Cut up old handbooks to make puzzles for the girls.



ideas for...

Rainbow guiders.....	34
Brownie guiders.....	36
Guide guiders.....	40
Rangers guiders.....	46
Young leader guiders.....	47



ideas for all...

Topic of the month.....	32
Back to basics	37
Out and about	38
Badge swop.....	44



idea

Ask each girl to bring one grocery item to make up a box for elderly people.

idea

Set up an art gallery of your favourite pictures.



help for all...

Theme evening.....	35
Filling the gap.....	41
Eight to explore	42
A helping hand	45
Crafty ideas.....	48

topic of the month

Look to older people as a new inspiration for a rich and varied wealth of programme ideas for your unit

By Wirral County Trainers Support Group
Illustrations: Anthea Whitworth

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suitable for
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Tasty tarts

Ask grandparents and older friends if they know any wartime recipes. In times of rationing, ingredients were used in very different ways.

Try out this sweet recipe for tasty tarts, it's made from crunchy carrots.

To make the pastry you will need: 225g plain flour, 70g margarine, cold water to mix.

Sift the flour into a bowl and rub in the margarine. Mix to a soft dough with the water. Cover and chill.

To make the filling you will need: 350g carrots; 2tbs sugar; 250ml milk and water; 1.5tbs cornflour; large pinches of ground ginger, cinnamon and nutmeg.

Preheat the oven to gas mark 6, 200°C or 400°F.

Wash, peel and finely grate the carrots, put to one side. Mix the cornflour and spices together with two tablespoons of milk and water.

Add the sugar and carrot to the rest of the milk and water, heat slowly. Add the cornflour mixture and bring to the boil, stirring all the time. Cook for ten minutes and then allow to cool.

Roll out the pastry to about half a centimetre thick. Cut out rounds to line bun tins with. Heap a teaspoon of filling in each case. Bake for 20 minutes.

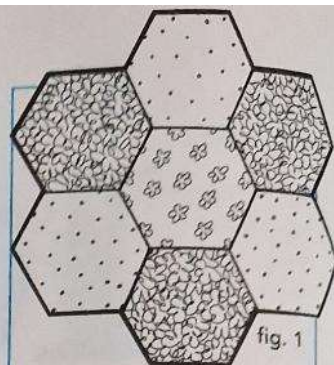


fig. 1

Patchwork pincushion

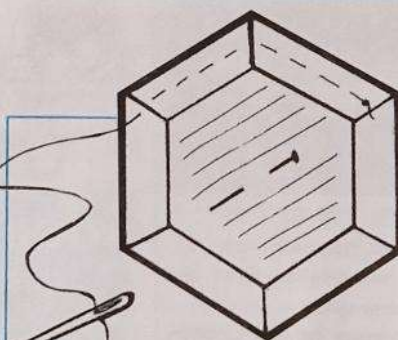
Not so long ago, patchwork quilts were made as family heirlooms. Each piece of material told a story as they were taken from old clothes and furnishings.

Revive this beautiful craft by making a wonderful patchwork pincushion. Using the template, cut out 14 material hexagons and 14, slightly smaller, firm paper hexagons.

Tack the material over the paper and then join seven hexagons together, as shown in fig. 1. Use an overlapping stitch. Repeat with the remaining seven hexagons.

Undo the tacking stitches and take out the paper. Join the sevens, wrong sides together and leave one edge open. Stuff the cushion with Kapok and then oversew the open edge.

■ Use patchwork 'sevens' to decorate a cushion, bag or a dressing gown.



Delicious and nutritious

Eating a balanced diet is often a problem for people who rely on pensions and other state benefits.

Find out about the special dietary needs that an elderly person may have. Plan menus taking into consideration these needs and the fact that they would have a limited budget.

■ Fresh foods are often cheaper than processed ones. Look around markets for seasonal foods at bargain prices.

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Fragrant garden

Create a fragrant garden for the elderly. If you haven't got the space, put together hanging baskets and containers full of scented flowers.

■ Suggestions for the prettiest, smelliest flowers are: peonies; rosemary; hyacinths; pinks; lavender; sweet peas; stocks; sweet william; jasmine; lilies.

Safety zone

Both young and old can become victims of crime. Elderly people can be vulnerable to certain crimes because of their age.

Think of ways in which older people can protect themselves, their homes and possessions. This could include making sure they have someone to pick them up from a social club, asking for identification from callers and so on.

■ Make bookmarks with handy hints on them to give out to the elderly people that you know.

■ Create a stay safe poster to display at your nearest sheltered housing complex.

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LOOK WIDER MONITORING GROUP

Questionnaire For All Senior Section Members

When the Guide Association Executive approved the Look Wider programme in 1994, one of the recommendations was that a process should be established to monitor the delivery and uptake of the programme and then to update it according to the needs of the young people. This process began earlier this year.

The Look Wider Monitoring Group has been established comprising 2 people from each Country/Region and representatives of BGIFC, the Association Junior Council and the British Youth Council Delegation. The members of the group represent all age groups and areas within the Senior Section.

One monitoring method to be used is a questionnaire and the group is keen that it be circulated as widely as possible and that every Senior Section member be given the opportunity to comment. Copies of the questionnaire are being sent via Countries/Regions to be distributed through the usual channels. Due to volume of numbers it is unlikely that every individual member of the section will receive a copy.

If you would like copies of the questionnaire in order to register your comments, please complete the slip below and return it to the address shown. This will ensure that you do receive your own copy to complete. Completed questionnaires should be returned by the end of September.

LOOK WIDER MONITORING GROUP QUESTIONNAIRE

Name

Address

Number of questionnaires required

Return to:

Jo Haddrick (Youth Programme Team)
17-19 Buckingham Palace Road
London SW1W 0PT

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Road sense

Busy roads can present danger, particularly for the elderly. Are there ways in which your girls can help to prevent accidents?

Choose a junction or a section of road that you know well. Identify the possible dangers that could be faced by older people. These may include pelican crossings or pot-holes. Think about the steps that you could suggest to eliminate these dangers.



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Chills out

Hypothermia kills. This is what happens when a person's body temperature drops well below the normal level.

Often people may not know that hypothermia has set in, especially if they are elderly. Discuss the reasons why an elderly person is susceptible to hypothermia. Think of measures that can help to prevent it, such as wearing a woolly hat indoors and heating at least one room adequately.

Lend a hand

Younger girls can lend a hand to help their elderly friends — by looking after pets, helping with shopping or just visiting.

R S
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Home helps

Be prepared to help your elderly friends and relatives. Try to learn some of the following activities, so that you can help someone in need. Know how to:

- Change a light bulb.
- Fit a tap washer.
- Turn off the water.
- Read an electric meter.
- Wire a plug.
- Change a fuse.

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Wash day blues

Washing machines are a relatively new luxury. Many elderly people would not have had access to a launderette in their younger days and may have done the family wash by hand.

A whole day would have to be set aside for washing. This was a long and laborious process. Try to borrow a washboard so that the girls can have a go at washing their socks on it.

- Talk about the problems of washing by hand.
- Find out about the following wash day items — a dolly tub, a mangle, a twin-tub.

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Thanks for the memories

Memories are a great way to learn all about the past and about how our parents and grandparents used to live.

Make a memory box full of things from the 1930s, 1940s or even 1950s. You could include ration books, photos, magazines, food packets, clothes. Ask around to see if you can borrow anything.

The girls can take their memory box with them when they visit friends or relatives or you could invite visitors to the meeting to talk about the contents.



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Snappy ideas

Take a look at these ideas to see if there is something your unit can do to help your older friends, neighbours and family.

- Bake a savoury or sweet treat for an older person.
- Ask a representative from a charity for older people to talk to your unit.
- Devise ways of making homes safe and accessible for the elderly.
- Find out if you have a local talking books service and learn about the work that it does.
- Do the gardening for an elderly person, or look after a public area where they like to sit.
- Help out an elderly friend with form filling and phone calls.
- Ask the police to give a talk on crime prevention for the elderly.
- Learn a selection of wartime songs. Hold a sponsored sing to raise money for a local old people's home.
- Knit squares to sew into blankets. You can then send these to elderly refugees in other countries.

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Help the aged

Help the Aged is a charity which was set up especially to offer advice and support for older people and their carers.

Help the Aged can give out information on anything from insurance to finance to health. They also run clubs and activities. You may also have seen a Help the Aged shop in your high street.

- There may be lots of ways that you can aid Help the Aged. Ask at your nearest shop or write to the headquarters at St James's Walk, London EC1R 0BE.

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rainbow guiders

How much do you really know about your Rainbows? Get to know your girls better with these activities, specially designed so you can discover more about each other

By Kirsty Thompson

Show and tell

Organise a show and tell. The girls should bring to the meeting one item that is important to them.

This could be a teddy bear, a photo or even a pair of shoes! The girls can then tell the rest of the group all about their cherished possessions.



Show and tell everyone about your favourite thing

Rainbow 2010

Explain to the girls the idea behind a time capsule. Ask them to think about what they would like to leave behind for a future Rainbow to discover.

■ **Make up a time capsule of your very own.** You could plan to open it in six months, a year or even in the 21st Century!

Special people

Give each girl a piece of paper and lots of colouring pens. Ask them to draw pictures of people who are special to them.

They could draw their mums, grandads, teachers or best friends. Ask the girls to say why the people in their pictures are so special.

Be creative

Most Rainbows like being creative. Ask the girls what sort of things they like to make best.

As a change from the usual colouring, cutting and sticking, introduce the girls to a new craft. You could try weaving on a simple loom; potato printing; tie-dyeing; dough craft or marbling.

Rhyme and reason

Sit all the girls down in a circle and ask them to shout out their favourite nursery rhymes and songs.

Choose a selection to sing as a group. You could even make your own music to accompany your sing-song.

■ **Get out the dressing-up box and ask the girls to act out and sing a favourite nursery rhyme.**



Rainbows love being creative



Rainbows absolutely love anything sticky!

Personal passport

Rainbows can make their very own passports to show all the people, places and things that are important to them.

Prepare a small 'passport' for each girl. This can be a folded piece of card with a few sheets of plain paper stapled inside.

The girls should draw their own pictures on the front, as well as adding their full names.

■ **Fill the passport with autographs, pictures, photos and mementoes** — such as bus tickets and postcards.

Song and dance

Start the meeting with this welcoming song. It makes sure that each girl gets the chance to say good evening to everyone else.

Everyone stands in a circle, facing a partner. The girls sing the following song:

**Good evening friend Rainbow,
How are you this evening?**

Let's dance in a circle

Then bow and pass on.

During the first two lines, the partners shake hands. On the third line, the girls link hands and swing round. On the fourth line, they bow and move to other partners.

Keep going until everyone has greeted all the girls in the unit.

Your favourite...

Play a simple version of Simon Says, to get the Rainbows moving around and thinking.

The girls stand around the room in front of the Guider. The Guider should call out instructions such as: 'If your favourite colour is red, stand on one leg', or 'If you have a cat, jump on the spot'.

■ **If the Guider just calls out an action, such as 'Touch your toes', the Rainbows should stand perfectly still.**

If I were not a Rainbow...

The well-known song *If I were not a Brownie*, can easily be adapted for Rainbows. If you don't know it, you're bound to know someone who does.



The three bears

Start the evening with this game based on Goldilocks and the Three Bears. You do not need any equipment.

The girls stand in a circle and a Guider, or girl, stands in the middle, she is Goldilocks. The other girls are alternately named Daddy bear, Mummy bear and Baby bear, around the circle.

Goldilocks calls out the name of one of the bears. All those bears run round the outside of the circle. They come back to Goldilocks through an arch, made by their neighbouring bears.

The first one back becomes Goldilocks for the next session.



Bath the baby

Ask the girls to bring in baby dolls, if they have any. You will also need washing-up bowls and plenty of hand towels.

Show the girls how to bath a baby. They can learn checkpoints such as putting in the cold water before hot, testing the temperature, how to support a baby and so on.

You can even supply talcum powder and nappies to finish the activity realistically.



Baby of the family

Encourage the girls to talk about their younger brothers or sisters. Do they help to feed and change them? Do they play with them?

Girls who are the youngest, or only child, in their families may be willing to talk about how they feel about their situation.

Story time

There are lots of books about having new brothers and sisters, your local library will be able to help.

See if you can find the

book *Katie Morag and the Tiresome Ted* by

Main Hedderwick

(ISBN 0-00-

663161-4). A small

girl is not very

happy about

the family's new

baby, but every-

thing turns out

fine with a little help

from grandma.

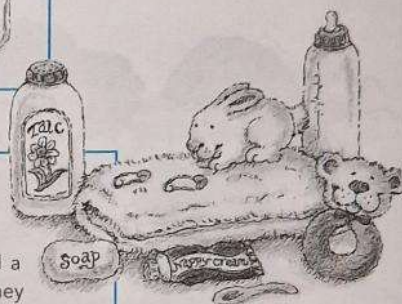


theme evening

Lots of Rainbows and Brownies love babies, so expand their lets-pretend interests with our brilliant, baby-based theme evening

By D Wroe

Illustrations: Molly Sage



What's missing?

Collect a number of items connected with a baby's daily care. For example: a rattle, a nappy, cream, a spoon and a bottle. Make sure that the girls know when they would use each one.

Let the girls take a good look at the items. When their backs are turned, remove one of the collection. The girls then have to guess which one is missing.

Special visitors

You may know someone with a young baby who may be willing to visit the girls for part of the meeting.

The girls could ask questions and even watch the baby being fed.

Ball for baby

Get the girls to think of all the lullabies and action songs that they know, which they think would be suitable for babies and toddlers.

Teach the girls this jolly action rhyme so that they can amuse their baby and toddler friends with it:

Here's a ball for baby (make a ball shape with your hands)

Big, fat and round.

Here's a baby's hammer

(make hammer with fist on knee)

See how it can pound.

Here's a baby's trumpet

(blow through fist)

Tootle-oottle-oo

Here's the way that baby

Plays at peek-a-boo

(hands up to face to peek-a-boo)

Magical mobile

Ask the unit to design motifs for a magical mobile that could be hung in a baby's room. You may like to suggest a theme such as stars and moon, or sea and sky.

Cut out the finished motifs and attach them with thread to lengths of dowel.

Who's that?

Ask everyone to bring in a photo of themselves taken when they were babies. Even the Guiders should join in with this one!

Stick the photos on the wall and guess who is who! You could even hold a bonny baby contest and invite the District Commissioner to judge it

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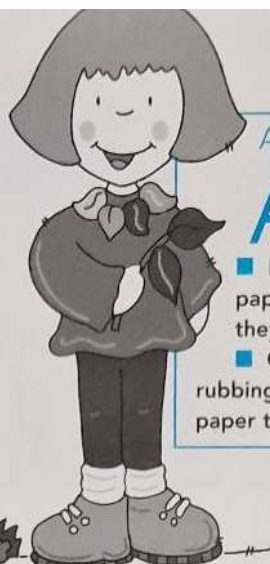
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brownie guiders

Take a closer look at autumn and the inspiration that it has to offer for your weekly meeting activities and crafts

By Fiona Trewick
Illustrations: Julie Morris



Autumn leaves

Autumn leaves are a great craft material, with endless possibilities. Gather them before they get too crisp or too mushy!

■ Draw the outline of a large fish on a piece of paper. Stick on multi-coloured autumn leaves so that they look like scales.

■ Collect leaves with veins that stick out. Make rubbings of them on to sheets of paper and then use the paper to wrap gifts.

Apple antics

Collect as many different types of apple as you can. Mark each one with its name. Brownies can then look at the size and colour of them.

Slice up the apples so that everyone can have a taste. Hold a vote to see which is the most popular. Know which apples should be used for cooking and which for eating.

■ Wash some small apples and push a lolly stick into each. Dip into a pan of melted toffee or chocolate. Leave to set before eating. You could also dip them in sugar strands.

■ Try apple bobbing — have some towels ready for wet Brownies!

Scary spiders

Autumn is a good time of year to see spiders in their webs, especially on damp mornings.

Make a colourful spider's web. Draw a spider's web in glue on a sheet of black paper and scatter glitter on it. Cut out your web and then stick a spider on it. Make the spider from a pompom.

Conker bonkers

Do you know why horse chestnuts are so called? When you pull the leaves off a twig, you will find a horseshoe shape, complete with nail marks.

Collect the conkers and thread them on to string. Hold your very own Brownie conker competition.

■ See if anyone knows any conker 'cheats' to make the conkers harder.

■ Remember that conkers are poisonous and are not to be eaten.

Nut taste

Buy lots of different types of nuts to hold a nut tasting session. **Make sure that no one has a nut allergy. Check with parents.**

Try to get hold of peanuts in their shells, cashew nuts, walnuts, hazelnuts, pine kernels and pecan nuts, for example.

Look at them and feel them. Talk about which the girls like most and least. Think about foods and other products which have nuts in them.

Corrugated leaves

Use the leaves that you have collected as inspiration for your own interesting jewellery and mobiles.

Draw leaf shapes on corrugated cardboard and then paint them to match the colours of the leaves you have collected.

Varnish the cardboard leaves with a thin solution of PVA glue. Wait until they are dry, they are now ready to use.

■ Thread the leaves together to make a necklace.

■ Tape a safety pin to the back to make a badge.

■ Attach leaves to cotton and tie on a coat-hanger, to make a seasonal mobile.

Fruitcake!

Adapt a well-known game to fit a theme. Sit the girls in a circle and give them the nut names — hazelnut, peanut, walnut. One girl should not have a seat.

Shout out the name of one of the nuts, the girls with that name then move seats. The spare girl tries to sit down. Carry on until the Guider shouts 'Fruitcake!'. At this call, everyone changes seats, and one person is left standing in the rush!



Rainbow talent tree

Rainbows pledge to be kind and helpful. Make a talent tree so the girls can recognise and utilise their own special skills.

All the girls draw round their hands and cut them out. Each girl writes down something she is good at on her hand. Stick the hands on an outline of a tree.

This activity could lead on to a discussion about how we use our hands to help other people.



Grab!

Use this game to illustrate the Guide Law and how we should judge others on what's on the inside, not the outside.

Prepare a tray full of the following objects, make sure there are more objects than girls:

■ **Small wrapped sweets (enough for all); a safety pin; a pencil; a rubber; sweet papers; one chocolate bar; a piece of Blu-tack with a pound coin concealed inside it.**

Cover the tray and then put it on a table. Tell the girls that when you uncover the tray and shout 'Grab!', everyone can grab one object which is then theirs to keep.

Most girls will go for the chocolate bar or, failing that, a sweet. At this point, reveal the pound coin in the Blu-tack.

Be prepared to lose a £1, just in case someone takes it. But you can still make the point that appearances can be deceptive.



We are the champions

This game is suitable for Brownies, Guides and Senior Section girls.

It shows how we can all use our Promise and Law to help us work as a team.

■ **You will need: dried peas; two straws; two cups; a bowl; paper and two pens; rope for a tug of war.**

Divide the unit into two teams. Explain that you are going to find out who has winning talents. You will be setting tasks for the teams to achieve and the teams must choose their own representative to carry out each task.

Call out each challenge one at a time so that the representatives can step forward to compete. Finish with a giant tug of war to bring home to the girls what teamwork is really all about.

Discuss the notion that we all have different talents, as well as strengths and weaknesses.

You can think up your own challenges, but some suggested ones are:

- **Draw the best dog or cat.**
- **Walk the length of the room with a book balanced on your head.**
- **Transport ten dried peas from a bowl to a cup, using only a straw.**

back to basics

Get back to basics and take a fresh look at the Promise and Law with our great games and activities – there's something for every section

By Karen Dooley

Illustrations: Julie Carpenter



Where am I going?

A part of the Promise that can often cause problems, is the pledge to love our God. This game shows that we all need a certain amount of direction and guidance in our lives – and that we may be able to gain this from our spiritual lives.

One player leaves the room. The others then decide on a particular destination – this could be a country, such as America; or a place, such as the swimming pool.

The girl returns to the room. She approaches the others at random and asks, 'Where am I going?'. The person asked must give a clue, such as 'Somewhere wet' or 'Somewhere with changing rooms'.

The girl keeps going until she guesses her destination. Another girl is then chosen to go outside.

In order to avoid long pauses, get the girls to be thinking about clues they could give the returning girl before she comes back in.

All together now!

Start a discussion about service to the community, Queen and country, and the importance of working together, with this activity.

Everyone should stand in a tight circle, each facing the back of the person in front. The whole group then sits down on the knees of the person behind. You may need a bit of practice!

When the group gets the hang of it, try standing up, turning round and sitting again.

Achieving this activity depends entirely on the whole group working together.

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out and about

Get set for an amazing Welsh adventure when you take a trip to the Dan-yr-Ogof Showcaves, deep in the heart of the magnificent Brecon Beacons

Words and photos by
Gillian Ellis

Amazing adventures

Where can you find shire-horses, dinosaurs and an Iron-Age farm? Where can you explore a thrilling labyrinth of limestone caves, marvel at the Michelin Man and a fine set of organ pipes?

Where can you have an audience with a group of nuns and an angel? At the Dan-yr-Ogof Showcaves near Abercraf, Brecon Beacons — that's where!

Fantastic formations

Water has flowed through this ancient landscape for over 315 million years. Over this time, the limestone has dissolved, leaving behind a fantastic network of caves.

There are beautiful stalactites hanging from ceilings and wonderful stalagmites growing up from the floor. There are even rare helectites, which grow sideways from walls. All these formations are caused by minerals in the drips of water from roofs and ledges in the caves.

Cathedral cave

From the Dan-yr-Ogof cave, it is just a short walk to the Cathedral Cave. This enormous cavern has been used as a showcase to illustrate the story of man through the ages.

Visiting Guides and Brownies will encounter Neanderthal burial rituals, cave artists and the animals that once lived in these damp regions. A sharp contrast with the displays of modern cave explorations.

A huge organ thunders at the far end of this cave — the overall impression given by this natural cathedral is very majestic. So fantastic is the Cathedral Cave, that some couples have chosen to take their marriage vows among the stalagmites.

Daring discovery

A chance exploration of a small, waterlogged passage, lead to the discovery of the Dan-yr-Ogof caves.

Back in 1912, two farming brothers, Ashwell and Jeff Morgan, set off in their coracle to investigate a small passage in the chalky Welsh hills.

With only a candle and an oil lamp to light their way, the two brothers stumbled across three underground lakes and a magnificent waterfall.

During the 1930s and 1960s, over ten miles of passages were found, only accessible to experienced cavers.



Above the rushing water, the original entrance to the Morgan brothers' discovery

DAN-YR-OGOF SHOWCAVES

Tourist trade

Anyone who has a sinking feeling about going underground, need not fear. The three main caves are easily accessible on foot. They are also lofty, airy and well lit.

Visitors, equipped with torches for the unlikely event of a power failure, start their exploration in the Dan-yr-Ogof cave. The voices of the Morgan brothers guide tourists along in a lively and amusing way.

Everything in the cave has been left as nature made it, the only additions that have been allowed are information and safety measures.

Watch out for the truly fantastic formations, with their weird and wonderfully-imaginative names.



DAN-YR-OGOF SHOWCAVES

The amazing angel formation disappearing into the clouds

Bronze bones

Hold on to your hard hats when you visit Bone Cave, which is the smallest cave in the Dan-yr-Ogof complex.

The entrance is high up on the hillside, reached by a zig-zag flight of steps. Low ceilings make for a head-banging experience to get to the cave.

But the brilliant collection of Bronze-age bones and artefacts, as well as evidence of Roman occupation, more than make up for it.

Iron oddities

Not all Dan-yr-Ogof's attractions are underground. Girls of every age will love the recreation of the Iron Age village. Animals graze among the thatched huts and other paraphernalia of the period.

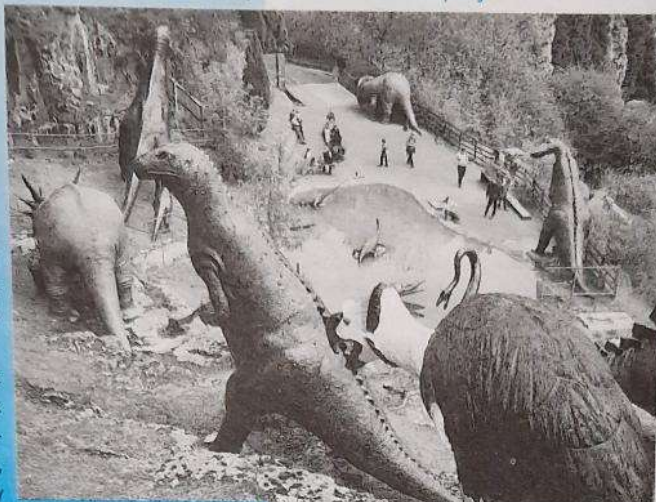
You can even see the Iron Age pig. About a third of the size of a modern pig, it is covered in coarse hair. The pig died out at the end of the Iron Age, but a similar one was bred specially for a television programme, from a wild boar and a Tamworth pig.

Dangerous dinosaurs

Fans of the film *Jurassic Park* and its scary sequel, *Lost World*, will love another of Dan-yr-Ogof's attractions.

The dinosaur park nestles in the hillside, providing as natural a setting as possible. Life-size recreations of these amazing beasts roam the enclosure and bask in the lake.

Eat you lunch next to a Tyrannosaurus Rex in the well-planned picnic area. Afterwards, work off the calories by exploring the exciting geological trail.



GILLIAN ELLIS

Eat your picnic among the most marvellous company

Shires and shetlands

The Iron Age pig and the mighty Tyrannosaurus Rex may be metal masterpieces, but there are real-live animals to enjoy at Dan-yr-Ogof, too.

The splendid Shire-horse Centre has lots of farming animals on show. Many of them are similar to those which would have worked on the Morgan brothers' farm, way back in 1912.

You can meet a gaggle of geese and a yard of ducks. There are braying donkeys and snorting pigs, as well as the odd bleating goat. Welsh cobs, a special breed of horse, along with Shetland ponies and the shire-horses can also be found. A sheep dog completes the picture.

Need to know...

You can fill a day quite happily at the Dan-yr-Ogof Showcaves, as there's plenty there to amuse and inform every age group and Guide section.

However, it should be noted that, while every effort is made to assist visitors with disabilities, for obvious reasons, some parts of the park are not suitable for those youngsters or adults who use wheelchairs.

There is a picnic area with seating and tables, as well as an excellent restaurant and coffee shop.

Group entry, minimum 15, to the whole complex is a bargain £3 for each child and £4.50 per adult.



There's more...

For those visitors who still have some time and energy left, a visit to the blacksmith's shop is a must.

A realistic replica of a 19th-century kitchen is also open to the public. At the end of the day, girls can spend their pocket money in the well-stocked shop.

Grand day out

For units within striking distance of South Wales, this exciting complex, with its brilliant combination of attractions, is a fantastic day out.

Girls of all sections will love it. Way out in the heart of the country, a journey to Dan-yr-Ogof, brings its own rewards. The surrounding scenery is spectacular.

Sensible shoes

Sensible shoes are definitely a must for a visit to the caves.

The walkways are not dangerous, but the ground is obviously uneven and may be damp.

The caves can be chilly, but are reasonably warm in the summer. Take a jumper or coat, just in case. It is highly likely that you will be dripped on at some point, so do take a waterproof!

Further information

Dan-yr-Ogof Showcaves are located on the A4067 between Swansea and Brecon.

They are open daily except between October and Easter – or April 1 – whichever is earlier.

To check admission prices and the availability of the attractions, please contact **Dan-yr-Ogof Showcaves, Abercraf, Glyntawe, Swansea SA9 1GJ.**

Alternatively, you can telephone 01639 730284, or Fax 01639 730293.

■ If you have more than one day to spare, do enquire about the adjacent caravan and camping site; dry-ski slope; pony-trekking centre; motel; tennis court; fishing and a host of other facilities.



GILLIAN ELLIS

Step back thousands of years to discover the Iron Age way of life



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guide guiders

Craft, music, drama and dance all come under the umbrella of 'The Arts' – take the opportunity to explore your talents and pass new skills on to the Guides

By Michelle Cooper, Arts Adviser, Kent East
Illustrations: Liane Payne

Surprising stained glass

Those of you who haven't discovered the excellent art of glass painting – don't miss out, read on.

Glass painting is fun and requires little outlay and artistic skill. You will need to buy outliner and glass paint, which are available from most art shops. The outliner is also called liquid lead, costs £2 to £3 and lasts for ages. The glass paints come in a wide range of colours and cost about the same as the outliner.

Draw or photocopy a design on to paper. Simple flowers and shapes work best. Use thick, bold lines, and put the design inside a glass jar or vase.

Trace the design using the outliner. Leave to dry, then fill in with glass paint and allow your glass object to dry thoroughly.

■ Decorate coffee jars to use as storage pots. Paint wine bottles to make fantastic candlesticks.



Stamp on it

Rubber stamping is an easy and effective way to decorate anything from walls to plates to casual clothes.

The stamps are available from craft shops, but they can be expensive. Ask around and see if you can borrow some. Alternatively, make your own using cheap pencil erasers.

Draw a simple design on to your rubber, using a fine pen. Carefully cut around the lines using a craft knife. Glue the eraser to a block of wood to make the process easier to use.

If you are going to decorate paper, use a regular ink pad to colour the stamp. The Guides could come up with a design for Patrol paper.

Use fabric paints to decorate bags and clothes. If you want to decorate china, you will need to buy special acrylic paints

Thespian thoughts

Give each Patrol a subject, such as bullying, food, school or sisters. Then challenge the girls to create a short sketch. Do not allow them too long to practise, as they may get carried away!



Plant possibilities

Take a look at three different types of flowers that are commonly used in craft activities. Plant ones that can be easily dried or pressed.

■ Dried flowers can be used to make pretty arrangements, cards, gift tags, pictures, pot-pourri.

Crash, bang, wallop!

Challenge the Guides to make some musical instruments to accompany a camp-fire song. Give them a variety of containers and household items to use.

■ Do not be put off trying music-based activities if you are not musical yourself. Find out if any of the Guides or Young Leaders can play an instrument or sing. They may be willing to lead musical activities.



Dancing queens

Challenge your Patrols to make up a dance routine to their favourite song or even a piece of well-known classical music.

Put a time limit on the finished production, otherwise it may last for ages!

Come together so that the girls can share their dances with each other

Airing and sharing

Find out whether parents or friends have any skills to share. Don't forget that your County Advisers are there to help and will be happy to share ideas.

Discover if there is any equipment that can be hired from the County. Some may have craft stores or more specialised equipment such as pyrography lions (for 'drawing' on wood). Some Counties or even Countries and Regions, may have musical instruments that units can borrow.

Always try out any new craft activities for yourself, before passing them on to the girls. That way, you can make sense of any complicated instructions.

With any craft activity, do make sure that you have enough scissors, glue spreaders, and so on. You should also check that you have the right kind of glue for your specific project.

House detectives

Houses often have hidden histories. Challenge the girls to find out how old their homes are.

If their homes are new, find out what was there before. The local archive centre may be able to give you access to very old census information.

Find out what deeds there are. These often have a tale of their own to tell about houses and buildings.

Encourage the girls to discover how their streets got their names. Find out whether they are named after a local feature, place or even a local celebrity.

■ Guides may like to work in groups for this project. Instead of choosing their own homes, they could choose a local building.



filling the gap

Put any international thoughts to one side this month and concentrate on matters closer to home – become a history detective through following our fantastic activity ideas

By Wendy Goodhind
Illustrations: Kim Woolley

Meeting place history

No history to their homes? Then encourage the girls to look at the background to your meeting place.

Find out when it was built. Discover its original purpose and research how long Guides have been meeting there. See if you can track down any former Guides, who can tell you what meetings used to be like.

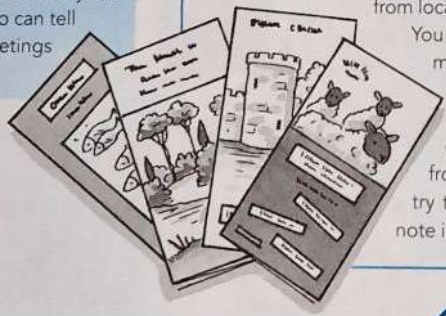
Local info folder

Hotels and guest houses often have a folder of local information available in the rooms for visitors to look at.

Try making one of your own for guests. A ring binder with clear pockets, is one of the best things in which to keep your information. Add a local map and leaflets about nearby landmarks and museums. Include timetables for public transport and menus from local restaurants.

You can also put in information about theatres and cinemas.

If you are expecting visitors from other countries, try to write a welcoming note in their languages.



More than a name

Guides may have a clear idea of what their first names and family names mean, but what do they know about their family history?

To spark an interest in genealogy – the study of family history – suggest the following activities:

- Make a visit to the local history section of your local or central library.
- Visit your local archives. The library will be able to tell you where to go, when you get there ask if someone will show you how to access the information.
- Visit a family or local history fair, and find if there is a genealogy group near to you.
- Share the cost of a family history magazine to give you lots of different ideas about researching family history.
- Go on an expedition to the area from which your family originates and find out about how it has changed over the years.

What's in a name?

We all have an individual family name that we use, but not all of us know much about the origins of our surnames and what they mean.

A good place to start is the library. The girls should ask if they could take a look at a dictionary of surnames. You should also be able to look at a dictionary of first names, to see what everybody's given name means. This can be an absorbing and surprising activity.

Challenge the Guides to find out if their family names are local ones. Look in the local telephone directories to find out if there are lots of other people in the area with the same surname.

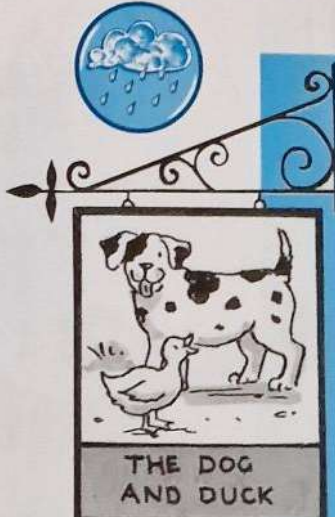
Looking for a local

Think about your local area and what is special to it. There may be many things there that you will not see anywhere else.

Look out for a special local delicacy that the Guides can cook and share together as a Patrol.

Check out the local festivals and traditions. Know where, when and why they happen and make sure that you are a part of them.

Last, but not least, look at the names of local pubs. They may have an interesting local history attached to them!



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eight to explore

Our bodies are like machines and we have to work hard to keep them in good order, so the second of our Eight Points – Keeping Fit – shows you how to do just that

By Miriam Porter
Illustrations: Jan Fearnley

Double dutch

Fit, fun and physical are the themes of this different sort of skipping game. You will need two long ropes to play.

Two girls stand as they would to turn the ropes for normal skipping, the only difference is that they hold two ropes instead of one.

Turn one rope clockwise. Then, when it is at its highest point, start to turn the other anti-clockwise. The first girl to jump in does so as one rope touches the ground.

Girls have to master the art of jumping the turning ropes without touching either of them.

Glorious food

Somewhere in every unit programme, you will find at least one plan which involves eating!

This is often based on junk food, which will not do any harm once in a while, but a healthy diet should be encouraged.

Make a collection of magazines and leaflets containing information about food, as well as pictures.

Divide the girls into groups, each group will need sheets of paper or card, scissors and glue. The girls have to cut out pictures of foods which fall into the following areas:

- Vitamins and minerals
- Carbohydrates
- Proteins
- Fats

The girls should also know the functions that these food groups have in the body.

Novelty vegetables

There are many weird and wonderful fruit and vegetables in the shops. Large supermarkets and small ethnic shops are the best places to look for something different.

- Forget carrots, peas and potatoes. Try plantains, ugli fruit, yams, squash, okra, sharron fruit and kumquats.



Beat the ball

Get fit with a fast and furious game of beat the ball. All you will need to play is a football.

The girls stand in a large circle. One player holds the ball and then passes it on to another girl — shouting her name at the same time.

That girl catches the ball, passes it to the person next to her and runs twice round the outside of the circle. The rest of the group pass the ball around the inside of the circle. The runner must beat the ball back to her place.

Veggie and vegan

Many girls choose to become vegetarian for ethical reasons, many others are vegetarian for various religious or health reasons.

Talk about the special dietary needs of vegans and vegetarians. Soya beans and other pulses, contain special proteins that are also obtained from meat, so it is very important that vegetarians eat lots of these foods.

And relax...

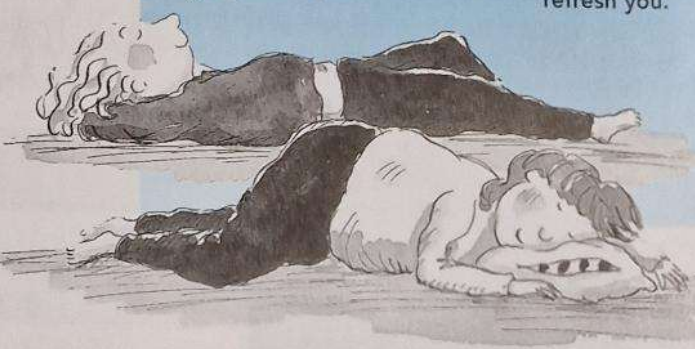
Relaxation is an important part of keeping fit. Learning to relax helps to keep your mind alert and your body prepared for everyday life.

Take a relaxing music tape to the meeting. Your local library may have one that you can borrow — these are often of ambient sounds such as dolphins chattering and jungles at night.

Get everyone to lie comfortably on the floor while the tape plays. Close your eyes and relax all your muscles, starting at the neck and working your way down.

- Experiment with essential oils to find out which ones can calm, stimulate or refresh you.

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Human beans

Mung beans are a good source of vitamins and are a tasty addition to salads and stir-fries.

Sprout your own mung beans using only a jam jar and some kitchen roll. Damp down a wad of kitchen roll. Roll it into a cylindrical shape and then slide it into the jar, put mung beans in between the glass and the paper.

- Keep the paper damp and wait for your mung beans to grow



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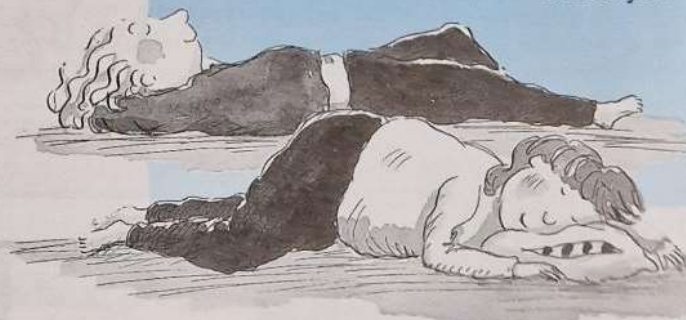
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- Keep the paper damp and wait for your mung beans to grow

Burn it off

Start your meetings with an energetic game of rounders or non-stop cricket. It will burn off some excess energy, but also make the girls more alert for the rest of the meeting.

Personal fitness

Everyone has their own personal fitness levels. We all have to think carefully about our dietary requirements, exercise levels and so on.

Divide the unit into groups and then get the girls to take a look at the following case studies. Then they should devise a complete fitness plan for one of the subjects, including a menu and exercise programme suited to her needs.

■ **Ellen, a chubby 19-year-old, hates exercise, likes crisps, clubbing and clothes.**

■ **Nisha, now 12, is a Muslim, likes Boyzone and dogs.**

■ **Ruth, who is 13, uses a wheelchair, loves the seaside, chocolate and horses.**

Marvellous meal mat

This keeping-fit activity is absolutely ideal for younger girls. Each one will need a piece of A3 paper, colouring pens, pencils or paints.

Challenge the girls to turn their pieces of paper into healthy place mats. Each has to draw pictures of a healthy dinner that might be placed in front of them. Drinks and cutlery should be included, along with the condiments.

■ **Afterwards the group can discuss healthy food combinations, as well as their favourite meals. This activity may also help the girls to learn how to set a table properly.**



Body bandit

Body bandit is a quick-moving version of a traditional tag game and is suitable to end a Rainbow or Brownie meeting.

One girl is chosen to be the body bandit. She chases the other girls and tries to tag them on some part of their bodies. The girl who is tagged must put her hand on that part of her body and becomes the body bandit — without moving her hand from the spot where she was tagged.



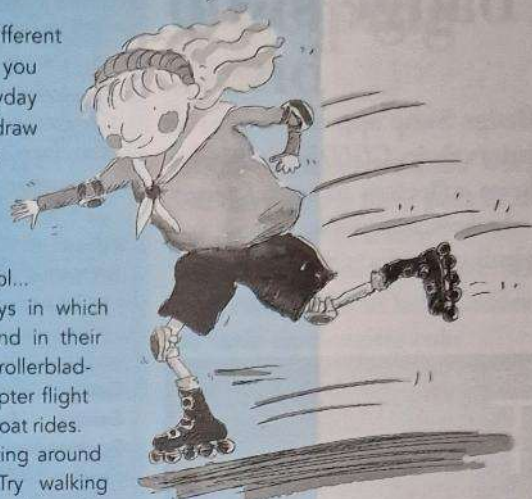
Getting around

Think about the different ways in which you travel in your everyday life. Younger girls could draw these to make a poster. For example, walking to the health centre, driving to the shops, catching the bus to school...

Think about the ways in which some people get around in their daily lives. For example, rollerblading to the shops, helicopter flight to work, camel or even boat rides.

Choose ways of getting around which keep you fit. Try walking instead of being driven. Use a bike instead of the bus.

■ **Keep a record of all the journeys that you make on foot in a week. Could you make any more?**



Stress out!

Watch your stress levels. Unnecessary worry and pressure can not only make you depressed, but are likely to make you tired and lethargic, too.

■ **Try swimming or yoga as an antidote to stress.**

Jiggle-juggle

Play jiggle-juggle either indoors or out. It will get your mind, as well as your muscles, fit and healthy.

The group stands in a circle, with their hands held out in front of them. One player throws the ball to another, who then passes it to someone else.

Each girl drops her hands after her turn and the last person throws the ball to the player who started the round. Practise a few times, the ball always being thrown in the same order.

When everyone has got the hang of this, follow the first ball with a second and then a third and so on.

If a player drops a ball, she should pick it up quickly and continue the pattern.

Super smiles

Buying toothpaste can be a confusing business, there are so many to choose from.

Run a taste test on the different types of toothpastes available. Take a look at the manufacturers' claims and discuss whether you believe them or not.

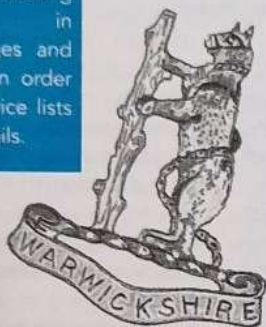
You could also find out if expensive is necessarily best and what the active ingredients do.

badge swop

Badge Swop appears at regular intervals in *GUIDING*. It helps keen collectors to swop County badges, camp site badges and similar artefacts with others all over the country

Commercial warning

The exchange is primarily intended to be used by members of all ages who collect such items as a hobby. However, readers should be aware that it is possible that the scheme may also be used by those who are involved in dealing commercially in Guides' badges and memorabilia in order to circulate price lists and other details.



Super swoppers

Ruth Hartley: Devon Star (cloth and metal), South West Standard, Devon and Exeter Scout and a few camp patches for anything (cloth or metal).

Anne Hayes: Cambs West for any. She also collects names tapes and special Thinking Day badges, £1 each or equivalent in any other County badges.

Hilary White: Sussex East and Sussex West (unlimited), Scotland (11), Hampshire West (7), London over the Border (11), (all cloth) for Kent East, Middlesex North West and South West, Cleveland, Newcastle-upon-Tyne, Lincolnshire North and Humberside South, Northumberland, North Tyneside, Guernsey, Alderney and Ulster.



Taking part

Taking part in the scheme is simple. Write a note to each collector you want to swop with. Enclose the badge(s) you want to send and a stamp for each girl you want to swop with.

We will also need an sase so that she can send you her badge(s). Do this even if you are replying to someone for a second time.

Then pop all your requests into one big envelope and send this to:

Badge Swop, GUIDING, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Then we will make sure that your requests are forwarded to the people concerned.

Swift swoppers

Hilary King: Greater London Kent (cloth) for any (cloth). **Emma Barber:** Sussex East (cloth) for any.

Yvonne Britton: Norfolk, Nottingham and Scotland (metal) for any.

Kay Pierce: Lancashire West, Yorkshire, Scotland, Wales and Surrey Lion for any.

Debbie Musson: 1st Gaunts Guide, Dorset, Hampshire West, Wiltshire South (cloth) for any. 1st Gaunts Thinking Day patch for any other patch.

Heraldic history

A herald represents a person, family, area, company and so on. It is more usually known as a coat of arms.

Originally, these heralds were devised so that jousting knights could be recognised both in tournaments and crusades.

A personal coat of arms was worn on a shield or tabard, making sure that individual knights could be recognised in times of battle.

Heraldry became quite an art form during the 13th Century and many rules and regulations were developed to protect the practice.



County art

The County badges of The Guide Association, provide a rich heraldic insight into local Guiding areas and their history. Many features of these badges are taken from the arms of local families and authorities. Others depict great events in local, or even Guiding, history.

For example, the Greater London West badge depicts the windmill on Wimbledon Common — this is where Baden-Powell wrote *Scouting for Boys*. The dominant colour on the badge is green. This represents the many outdoor activities associated with Wimbledon.



Swopper mania

Sarah Hamer: Greater London West for any. **Jennifer Hetherington:** Hampshire North and Surrey (cloth) for Buckinghamshire, Greater London West, Kent East, Middlesex, Sussex East, Birmingham, West Mercia, South Tyne, Humberside North, Leeds, Lincolnshire North, Humberside South, North Tyneside, Cheshire Border, Cheshire Forest, Cumbria South, Sefton, Avon, Cornwall, Guernsey, Lancashire Border, Lancashire East, and Manchester Rose (all cloth). I do not collect camp event or foreign countries.

Tricia Cherrett: Hampshire, Dorset, Wiltshire (cloth) for any. **J Cutting:** Norfolk County (metal and cloth), Anglia Standard for any.



Calling all Commissioners

Help your Guide Guiders to earn the respect of their girls. The best way to do this is to allow Guides to learn from their own experiences.

A Guider should be just that, a facilitator who offers guidance to her unit. As long as activities chosen by the girls are realistic, they should go ahead — assuming the Guider can tolerate them!

Make sure that your Guiders know that they have to earn respect, not demand it. Help them to plan a programme that has something for the ten-year-old child, as well as the young lady of 14.

Essential elements

Remember that the essence of Guiding is not knots and knitting, but the Five Essentials — especially the Promise that we all share.

The outward ways of demonstrating an understanding of these essentials do not matter, they can change with the generations. What matters is that today's Guides experience and understand the essentials in their own individual ways.

Adult recruitment

Adult leaders for the Guide age range may be difficult to find. As a Commissioner you must encourage the Guiders to involve the parents of individual Guides.

One answer is to look for more non-uniform helpers. This is particularly important if the Programme is going to keep the essentials of Guiding intact in the modern world.

Commissioners must make a move towards these aims, supporting and building the confidence of all their Guiders. Hopefully this will, in turn, attract more people to the wonderful experience that is Guiding.

Putting it into practice

Knowing how a Guider should be supporting a girl is all very well, but, as a Commissioner, your role runs much deeper.

When meeting your Guide Guiders, encourage them to give the girls the freedom to be Guides in their own ways.

A Patrol challenge to organise a disco for friends, will teach the girls what they need to know about organisation and planning. This includes thinking about what happens if the person bringing the food doesn't turn up, how to budget the money, and so on.

When talking with your Guiders about their programmes, judge them solely against the following essentials:

- Is the programme balanced?
- Do they work in groups?
- Do they choose what to do?

Do not judge a programme in terms of the number of knots tied and Trefoil badges completed.



a helping hand

Guide Guiders have their work cut out playing their part in the development of a new generation. This month we help Commissioners to help Guiders in their challenging role

By Hilary Boon
Illustrations: Alison Carney

Appreciate and listen

Anyone working with young women today, must appreciate that the girls have specific needs, interests and outside pressures.

This need for appreciation is not that far removed from the 'generation gap' that has always existed between young people and those working with them.

Today's Guide who wears trainers with specific designer labels, is not that dissimilar from the Guide of the 1970s, in her micro mini-skirt and platforms. Fashions and social pressures may be different, but that doesn't make the girls better or worse, or harder to deal with. They just need understanding.



District Commissioners

District Commissioners should keep in touch with their Division and County colleagues.

Encourage Guiders to use the events provided at these levels to benefit their units. They help to provide the entertainment and variety which may not be possible at a local level.

■ This series will appear in **GUIDING** every other month.

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ranger guiders

As the new term begins, your Ranger Unit may be hoping for new members – think about the enticing programme that you have to offer your raw recruits

By Beryl Luke

Illustrations: Sophie Harding



So much choice!

There's no excuse to be a boring Unit when you take a look at the multitude of programme ideas in the *Look Wider File*.

There really is something for everyone. Even Units with a small number of members can offer an individual choice of activities – this means that everyone doesn't have to do everything!

So, whether a girl likes the active outdoor life, or prefers to spend hours making things or just likes to be a couch potato – she can choose what she enjoys doing at Rangers!

Get away from it all

Young women today suffer many pressures and your Ranger Unit may be just the place to alleviate the strains of modern life!

A Ranger Unit is not only a place to talk, to try out ideas or find friendship, it's also a place to relax and just have a good laugh!

Friendship

Many girls join a Ranger Unit with their friends or because friends are already members.

No matter what the size of the Unit, it is important for girls and Guiders to get to know one another and to guard against the formation of cliques.

In order for the Look Wider team to function properly, there has to be a friendly and open atmosphere in the Unit.

■ There are some good five-minute fillers in section six of *The Guider Handbook*. It is a good idea to play a 'getting-to-know-you' game every so often, the girls do change their opinions and attitude as they grow up.

Freedom of speech

Every teenager needs to have a forum in which she can voice her opinions without fear of ridicule or censure.

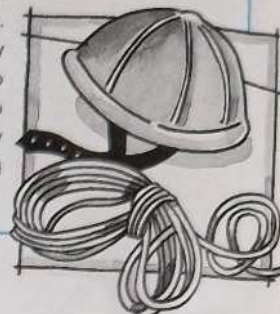
The Ranger Unit provides a unique opportunity for difficult issues to be discussed. The Ranger Guider can play a special role as an adult who is accepted, respected and trusted by the group.

■ If your planned programme for the evening fails, pick a topic that's been in the news recently to discuss.

Adventure

Being a Ranger offers a girl the opportunity to join in many adventurous and varied activities.

Association policies make sure that any adventure is 'controlled' and the risk factor is low. It's important not to dampen enthusiasm by overemphasising the dangers. But it is equally important not to increase the risk to our Rangers by under-emphasising the safety rules.



Achievement

Girls of Ranger age, especially those who have just come up from Guides, are often not interested in gaining badges or awards.

Occasionally, an individual or a small group will believe that achieving an award of some status is important. The Ranger Unit is the ideal place for these girls to receive the encouragement and support they need, in order to help them achieve their own goals.

■ Invite a D of E or Queen's Guide Adviser to talk at the Unit meeting.

Decision making

Learning to make decisions – and living with the consequences – may be one of the hardest parts of growing up.

In a Ranger Unit, girls can decide the activities that they want in their programme, the topics they want to discuss, the speakers they want to hear and the events they want to organise or take part in. Having made decisions together, Rangers can then work in unison to complete the action.

Perhaps the most valuable part of the whole exercise is the evaluation at the end of any activity. The reviewing process helps us all to think things through, before we act. What a girl learns from this kind of group experience is going to stand her in good stead when making individual decisions for herself, later.

■ The *How to Look Wider* section of the file shows smart steps to carrying out a programme idea.



Hostel heaven

Forget the myths of weird wardens and drafty dormitories, if you're thinking of getting out and about with your unit, spend a night or two in a warm and welcoming youth hostel.

There are over 240 youth hostels in England and Wales. Every single one offers a clean and comfy bed, most have hot showers and food services.

A one-night stay in an average, country hostel, will cost around £8.50. Bed and breakfast in the cosmopolitan City of London hostel, costs a mere £20.50 for adults and £17.20 for those under the age of 18.

Great giveaway

We have two copies of Martin Hanks' *The Lake District: Youth Hosteller's Walking Guide*, complete with free YHA membership, to give away.

To take part in the prize draw, just send your name and address on a postcard to: YHA Guide, GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT.



young leader guiders

September is perfect walking weather, so get out and explore the country with the aid of a brilliant new guidebook and a year's free membership of the Youth Hostels Association

By Victoria Wheeler

Illustrations: Martyn Hanks

Unit breaks

Youth hostels are ideal places to take a small group or even the whole unit. Many Guides have successfully used hostels as a stopping off point on expeditions or just as a base for a leisure break.

Group membership of the YHA is one of the best ways to stay, if you are taking more than five girls. There are lots of benefits, including discounts at many attractions.

Contact the YHA for further details of group membership. The address is at the bottom of this page.

Camping it up

Not only does the YHA offer hostel accommodation, but there are also camping facilities available at many sites around the country.

Camping barns can also be found in some of England's national parks and areas of outstanding natural beauty. The barns offer basic, communal accommodation in farm buildings, including cold water supply and a flush toilet. Overnight stays cost from just £3 per person.

Wonderful walking guide

The Lake District is known for its spectacular scenery and wonderful walks. There are over 25 youth hostels around the area — the ideal places to park your bikes or hang up your boots for an evening.

Landmark Publishing has just brought out a brilliant book, *The Lake District: Youth Hosteller's Walking Guide* (ISBN 1-901522-26-1).

The book, by Martin Hanks, is packed full of detailed, hand-drawn maps, showing the best routes between various hostels in the Lakes.

■ The guide, price £7.99, also contains an amazing voucher for free membership of the Youth Hostels Association — a saving of up to £9.50.

■ Buy your copy from good bookshops.

■ Alternatively, send a cheque for £7.99, made payable to Landmark Publishing Ltd, to: Waterloo House, 12 Compton, Ashbourne Derbyshire, DE6 1DA. Don't forget to enclose your name and address and say that you read about it in GUIDING.



Local groups

Encourage the unit to find out if there is a local group of the Youth Hostel Association nearby.

These groups are made up of experienced and interested hostellers who will be able to share their knowledge and expertise with you.

Find out more

For further information about the Youth Hostels Association and how it can benefit your unit, contact:

YHA, Trevelyan House,
8 St Stephenson's Hill,
St Albans, Herts, AL1 2DY
Tel 01727 845047

<http://www.yha-england-wales.org.uk>

■ The illustrations are taken from Martyn Hanks' book, *The Lake District: Youth Hosteller's Walking Guide* — reproduced by kind permission of Landmark



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crafty ideas

Take advantage of the wealth of natural materials to be collected at this time of year and let your girls have a go at our wonderful autumnal crafty ideas

By Fiona Trewick and
Fiona Macpherson
Illustrations: Emma Holt

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Wise owl

Make a wise owl decoration to give as a present, use as a mascot, or even to guard your toadstool.

You will need: a large fir cone; scraps of material, paper or card; glue.

Cut out two feet from card and glue the base of the cone to them. Cut wings out of the material and stick them to the sides of the fir cone. Finally, glue on eyes and a beak.



Light leaves

Leaves can be used to decorate all sorts of interesting objects. The girls will need to collect lots of leaves in unusual shapes and colours. Those with well-defined edges are best for these activities.

■ Paint a tin or box with a matt colour. Arrange the leaves on top then cover with clear, sticky-backed plastic.

■ Paint the rough side of a leaf and use it to print large sheets of paper. When the paper is dry, use it to wrap presents.

■ Make an exciting lampshade or T-shirt by stencilling with leaves. Use an airbrush or stencilling brush and fabric paint for a fab effect.

Gone to seed

■ Save melon and sunflower seeds. Paint them in bright colours and then thread together to make necklaces.

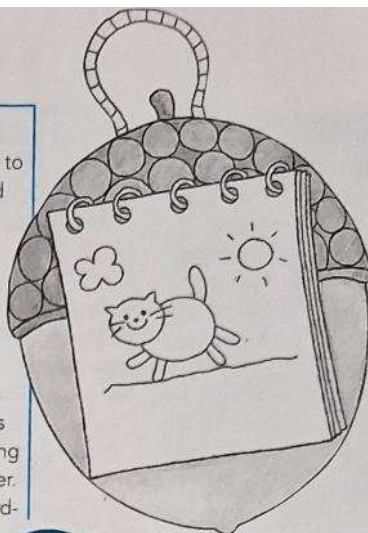
Amazing acorn notepad

Make an amazing acorn notepad to hang on doors or fridges and keep messages safe.

You will need: thin card; small pad or sheets of scrap paper; wool or string; hole punch; pens, pencils or paints.

Girls should cut an acorn shape from thin card. Colour it in. Cut up the sheets of paper to make a pad, then make holes with the punch. Thread wool or string through the holes to link the paper together.

Stick the pad in the centre of the cardboard acorn. Attach a loop of string to the back of the card and hang the useful pad on a door handle!



Nature collages

■ Make collages using a variety of natural objects collected from local parks or woodlands.

Key 'copters

Some trees and plants are pollinated by bees.

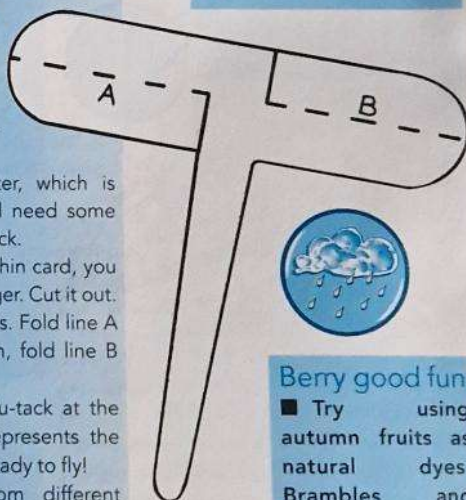
Others, like ash and limes, have seeds which are carried by the wind to germinate in new resting places.

Make this crazy helicopter, which is based on lime keys. You will need some thin card and a piece of Blu-tack.

Copy the template on to thin card, you may need to make it a bit bigger. Cut it out, and cut along the dotted lines. Fold line A up and away from you. Then, fold line B down towards you.

Finally, stick a blob of Blu-tack at the bottom of the stalk. This represents the seed. The helicopter is now ready to fly!

Practise dropping it from different heights and angles. The seed helicopter will whizz to the ground.



Berry good fun

■ Try using autumn fruits as natural dyes. Brambles and elderberries will get you off to a good start.

Potato head

Make your own Mister Potato Heads. You will need a large potato each as well as lots of card and material scraps. The girls will also need colouring pens and pencils.

Draw lots of different facial features on to the card and cut them out. Younger girls can have a great time making up faces on their potato head, adding feet and accessories and so on.

Fun harvest fruit bowl

Use papier mâché and balloons to make a huge bowl of fruit. The activity will last for several meetings.

Cover an inflated balloon with several layers of papier mâché. This is the basis of your very large fruit. When it is dry, pop the balloon. The girls can then paint the fruit with bright poster colours.

■ Use long balloons to make marrows and bananas; round balloons make apple, oranges and pears.

■ Make leaves and stalks from felt and tissue paper.

■ Invent a game to play with your harvest fruit bowl.



Feathery fun

Have a good look around your meeting place to see if you can find any feathers.



Feathers make good craft material and are at the root of many great ideas. Why not try one of the following?:

- Use a feather as an old-fashioned quill pen and use coloured ink to decorate paper.
- Make a busy bird collage using real feathers.
- Use some feathers to decorate a fancy hat or headdress.
- Use a feather as a paint brush to get some very different paint effects.

You can buy packs of assorted feathers from art and craft shops.

Magical mushrooms

Make a magical mushroom print to frame as a picture or to make into a brilliant birthday card.

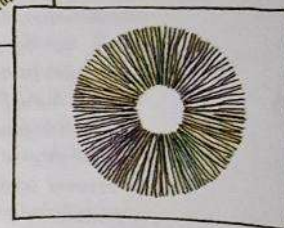
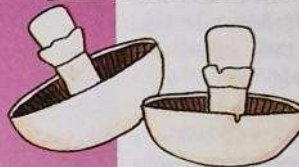
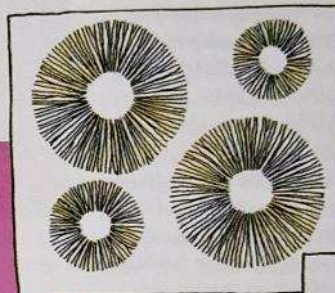
To make a mushroom print you will need a field mushroom (the closed-cap, cultivated sort will not work), as well as sheets of card and a knife.

Make sure that the underneath of the mushroom is dark in colour. Cut off the stem with a pen knife. Place the mushroom, spore side down, on to a piece of card. Leave overnight, where it won't be disturbed.

Carefully lift the mushroom off the card. A magical mushroom picture will be revealed. If it is to be made into a card, stop the picture smudging by spraying with fixative. This is available from art shops.

■ **How it works:** the mushroom spores fall on to the card overnight — leaving the amazing imprint.

■ **Make sure that you don't pick anything that might be poisonous. If in doubt — leave it alone!**



Potty potatoes

Big potatoes are now back in season after a summer of small, new ones. Get potty about potatoes with our creative craft activity.



■ **You will need:** one large potato and a night-light candle per person and a sharp knife.

Slice the top off the potato, about one third of the way down, put this to one side. Scoop out the insides of the rest of the potato. Leave a wall of potato about 1cm thick.

Draw a simple pattern on the potato, such as a flower. You will need to put one on both sides. Carefully use the knife to cut out your pattern. When everyone is happy with their cut-outs, put the night-light candle inside. You now have a brilliant lamp to light up the autumn evenings.

■ **You may have to slice a piece off the bottom of your potato, so that it will stand up straight.**

■ **Stand the lamp on a ceramic dish or plate. Never leave it burning while unattended.**



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opportunity

After three years the bridges built with Russia still hold firm

BRIDGES (Building Real International Development with Guiding Experiences) is now three years old. It is an international community development project that involves our members working in Russia to develop Girl Scouting.

So what? you may be asking. It's just another international trip and I am too old/young/busy to take part.

Well, BRIDGES is a different international experience — it is open to any members of The Guide Association, aged over 30, who want to be involved, and who are able to visit Russia at least once during their three-year membership period.

The project started in 1995 with a Flyover selection weekend — a dynamic two days for everyone involved. The original plan was to select six members to form a team



Russian Girl Scouts teach the Task Group some of their games

to visit Russia. The small team became a 24-strong group who could all take part in an exciting community development project.

Community development requires the involvement and active participation of a group of members. Altogether 19 people took up the challenge and all are

still involved in the project.

The first task group of eight members visited Yoshkar-ola in Russia and investigated the potential for the development of Girl Scouting in that city.

This intrepid group — the Investigators — went off into Russia with little knowledge of what to expect, whether there was any help available, or even if anyone in Yoshkar-ola would be interested.

They spent ten days giving talks to schools, visiting colleges, taking part in television programmes, having discussions with the Regional Government, as well as experiencing the generous hospitality of the people of Yoshkar-ola. It was this task group that laid the foundations of the project.

A Girl Scout unit was started and three leaders came forward. We now had a partnership with the girls and young women of Yoshkar-ola and with RADS (Russian Association of Girl Scouts).

The evaluation of the visit to Yoshkar-ola showed that BRIDGES had been very ambitious in its plans (or lack of them!) and that work needed to be done on the involvement and planning of the visits by BRIDGES members, and also by our partners.

Lots of dry wood made fire lighting easy at the Yoshkar-ola camp cooking session



knocked

By Margaret Lester,
BRIDGES Co-ordinator



Girl Scouts in Yoshkar-ola proudly display tents and cooking sets provided by the August '96 Task Group. The uniforms were donated by South West England

The vast distances and communication difficulties in Russia make planning of any sort a long and often frustrating process. However, our communication network has improved by using Fax, letters and, eventually, telephoning direct to Yoshkar-ola and the RADS' office.

Girl Scouting in Russia is developing from the enthusiasm of the girls and their leaders. Each town where Girl Scouting has been started has its own unique approach

in the forests of the Ural mountains. A two-day training with girls and leaders took place in Yaroslavl giving the BRIDGES members the chance to visit one of the most beautiful cities in Russia.

Girl Scout units have been established in both Ufa and Yaroslavl following visits by the BRIDGES team members.

In Yoshkar-ola BRIDGES was able to take the Girl Scouts and their leaders on a Girl Scout holiday. This gave the task group an

of BRIDGES travelled abroad for the first time and BRIDGES members, who are now taking their training licence in the UK, got their first training experience in Russia.

Organisational skills have also been developed. For example, a steering group of members managed to raise £1,500 in order to cover the costs of their visits, equipment and so on.

The team has also fund raised to cover its core costs and we are grateful to the Women's National Commission and Charity Know How for their generous grants.

Finally, the BRIDGES project can be summed up letter by letter:

- B** Build on your skills and your knowledge
- R** Responsible for helping to develop Girl Scouting in partnership with RADS
- I** Insight into a new culture and way of life
- D** Develop your skills, confidence and abilities
- G** Grow in both Guiding and life experience
- E** Exciting, exhausting and also exasperating
- S** See yourself, your life, and your Guiding in a new light.

Learning action songs during a two-day seminar which helped find leaders for new units



Prepared for anything, a BRIDGES' project team poses for the scrapbook

— full of initiative, excitement and commitment to the development of their girls and young women.

The BRIDGES project continued to develop and, using our experience, we prepared carefully for our next visits. The formation of new task groups ensured that more of the original members had the opportunity to take part in the Russian project.

In 1996 BRIDGES visited three towns including a further visit to Yoshkar-ola. Training for leaders and adults interested in Guiding was carried out in Ufa and Yaroslavl.

Ufa hosted over 50 leaders from the Bashkortostan Region at a three-day residential training deep

opportunity to develop the skills of the leaders in organising activities and care of the Girl Scouts, as well as having fun.

This task group also staged a two-day residential training for over 100 adults in Yoshkar-ola and in Cemur, a small rural settlement in the Mari-el Republic.

BRIDGES has now been involved with RADS in the development of six Girl Scout units in three towns for over 200 Girl Scouts and has trained over 200 leaders/adults interested in Girl Scouting and WAGGGS.

Our members have been helped to develop new practical and social skills. For instance, some members



information

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The Guide Heritage Centre at CHQ is open
Mondays-Saturdays from 9.30am-5pm (last entry:
4.30pm). It is closed Bank Holidays and Christmas.
Entrance charge is £2 per person.
Booking is not essential for groups of ten or less. Visits
are for 1½ hours maximum. Picnic area available.
The preferred maximum number of visitors per
session is 100.
Ring 0171 834 6242 ext 327 for further visit details.

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If you can't get to a Guide shop, use your local Depot. There are nearly 800 Depots throughout the UK which sell all the resources listed in the published catalogues, uniform and much more. Depots are run by members of the Association both to provide a convenient service for other members, and to raise funds for local Guiding.

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

official

Snap

I recently was in the restaurant of a well-known Swedish household store, when I became aware that I was among very 'familiar' people.

The staff was dressed in navy trousers, white polo shirts with navy collars and navy baseball hats. Obviously, the store too feels this is a comfortable and practical uniform.

I did wonder afterwards, if any of them *were* Guiders who were going straight on to a meeting!

Diane Gough
Ranger Guider
Curbington Rangers
Warwickshire

Trading value

A friend recently showed me a catalogue from a well-known mail order company that sells Brownie uniforms.

I was astounded to see just how much dearer their uniforms were than those from our own shops.

Do other Guiders realise what good value the depot shops' prices are?

Judy Rimmington
District Commissioner &
Brownie Guider
Rotherham

Givers and takers

I must defend the accusation expressed in May's *GUIDING*, that academic parents do not support the work of Guiders.

I am writing as Commissioner of a District that spans two very academic areas of Cambridge, possibly adjacent to the writer's own District.

I feel that it is very unfair to blame a lack of parental help on the fact that the parents are academic. Academic people merely reflect the range of personalities one finds in all walks of life, where some people are givers and others takers.

I am an academic. I am married to an academic professor, and my children are academic. Yet my eldest daughter is a warranted Guider, my husband used to help with Scouts and I have run our local Guide Company for years.

The problem experienced by the newly-retired Guider is universal. It is found by youth volunteers everywhere, with parents from all walks of life.

Whether people are givers or takers has nothing to do with intellect or busyness, but much more to do with the way they were brought up, their personalities and attitudes to life.

Parents usually do respond, if you ask them and there is a particular job to do. But one should not assume that they will do so. We are the volunteers, not them.

If parents can't help, a Guider may need to rethink the activities she is offering and the way in which she offers them.

Dr Rosie Spencer
District Commissioner
Cambridge City North West Division

your letters

These letters reflect the writers' own views and not Association policy.

In mother's footsteps

When we took our Brownies to the Heritage Centre earlier this year, we had a spectacular time. We highly recommend others to visit.

Our mother formed the Pack we run today in the late 1970s, enlisting our help as Young Leaders. Over the years, she has taught us all she knows, enabling us to slip into her shoes when she was forced into retirement at 65.

She was awarded the 40-year Service bar, but has served many more years and still gives much of her time to Guiding.

My twin sister and I were both Brownies at the time of the Diamond

Jubilee. Although we kept all our other Brownie and Guide badges safe, we can't remember what happened to our Diamond Jubilee cloth badges.

Does anyone have two spare badges which would help us to recapture that event from our Brownie past and complete our family history in Guiding?

**Sally Thomson, Kim Hammond
and Pam Osbourne**
Biggin Hill, Kent

● If anyone can help write to the sisters care of *GUIDING*

Musical SOS

Help: calling all Guide depot 'managers'. Do you have a copy of *Songs for Tomorrow* hidden away on a shelf somewhere?

I am trying to get hold of my own copy and know it is out of print.

If you can help, please contact me at: 235 Acre Lane, Kingsthorpe, Northampton NN2 8DY.

Helen Hayward
Brownie Guider
Northampton

It's a wind-up

Very many thanks for the terrific prize

from *GUIDING* of a Freeway wind-up radio. It was a lovely surprise.

I will be taking it to Guides next week to share with the girls. I'm sure they will want to take it away to camp.

It will also set them thinking about countries without electricity and how it could be used there.

Thank you also for *GUIDING*, which I find very useful.

Myra Bailey
1st Funtington & Weststoke Guides,
Chichester, Sussex

Overseas connection

Can anyone help me trace my Scottish penfriend, Betty Ford? During the 1940s she lived in Pittenweem, Fife.

I don't know whether she is married or not. I realise that writing to you is a long shot, but I would really appreciate any help in trying to locate Betty.

Carol Ann Purcell
c/o Kickapoo Girl
Scout Council
1103 West Lake Avenue
Peoria, USA
IL 61614

Conserving ideals

I was very disturbed by David Hall's article in June's issue of *GUIDING*, which promoted fishing as a suitable pastime for Guides and Scouts.

I encourage both my Rainbows and my own children – a Guide, Scout and Ranger – to respect all living creatures.

I was under the impression that badges such as Friends to Animals, Conservation and Bird Watcher shared this aim.

Surely these ideals conflict strongly with the torturing and maiming of fish. It's not uncommon for an angler to spend 15 or 20 minutes trying to land bigger fish – all in the name of 'sport'.

Are we not in danger of confusing our children with contradictory values?

Guiding has so many rewarding experiences and hobbies to share without cruelty. Let's teach the next generation to care – not destroy.

Alison Lancaster
Rainbow Guider
4th Goddington Rainbows
Kent

Record breakers

Three readers have written in to challenge 1st Nervent's Guides' claim that they hold the record for having the most girls make their Promise together (July's GUIDING).

13 all in

I am Brown Owl of the 3rd Homer Green Brownies. In October 1993, 13 Brownies made their Promise in one ceremony. I don't think I have ever had my photo taken so much by the parents and the local paper.

This doubled the size of my Pack, as I was down to the minimum number. I am now, unfortunately, in the same situation and hope more girls can be encouraged to join us in the near future.

Yvonne Trigg
Brown Owl

3rd Homer Green Brownies
Buckinghamshire

Always there

Sometimes Guiders never know how much they mean to their girls. Here we print an extract from a letter about the 'best leader in the world'. But GUIDING is sure that the comments could equally apply to thousands of other leaders.

Cynthia Caldecott has been in Guiding for most of her life and is the Guider of 7th Crosby (St Mary's Waterloo) Company, Liverpool.

We are writing to express our great thanks to her and to hope that she will continue to look after other Guides as she has looked after us.

We have to say that we are not the quietest of units, and we all have different points of view. But Cynthia has always been there for us and has helped us to overcome many of our problems.

It has not been easy for her as she suffers from ME, which makes her tire really quickly. But she still takes us camping and on trips.

She always listens to our point of view and takes this into consideration when planning any activities. Cynthia treats us like young adults and does not talk down to us like some adults.

Writing to GUIDING is the one way we could find to show how much we appreciate what she has done for us.

**Jemma Longfield, Sarah Billinge,
Spud Hughes and Lexi Maloney**
Young Leaders and Guides
Seaforth, Liverpool

Letters should be kept short and the Editor reserves the right to edit any contribution.

They must give the author's name, address and, if possible, a daytime phone number.

Brilliant pack

Four Rainbow Units attended our tenth anniversary celebrations at Salendine Nook Baptist Church. We all had a really good time and the Rainbows loved every minute of it.

The *Rainbow Guides Celebrate!* pack was a brilliant aid to our planning. We used all the templates for the girls' badges and the one for Noah's ark.

Thank you to Guiding for making our celebration easier to plan and carry out.

Caroline Daker
49th Gledholt Rainbows
Ramsden Division
West Yorkshire

Magical night

I think we can beat the record. In 1992, we reopened our Brownie Pack and one night we held a beautiful church service in front of friends and family. All our 19 Brownies and two Guiders made their Promise, and another Guider and Young Leader renewed their Promise.

It was a magical night. Since then, I endeavour to hold joint Promise nights and have achieved three nights with four girls making their Promise; two nights with six girls and one night with seven.

Each girl says her Promise on her own and we turn the whole meeting over to the Promise, giving a chance for some girls to achieve their Hostess badge.

Perhaps this is a record?

Tamsen Rossiter
Brownie Guider
Bridgewater, Somerset

Thoroughly inspected

On April 16 our newly-formed Brownie Pack had its first Promise Ceremony, when 17 girls all made their Promise together.

We are a school-based Pack and meet straight after school. That week the school was going through its Ofsted inspection, and the audience at the ceremony included parents, siblings, staff, head teacher, Division Commissioner, County Development Officer and two Ofsted inspectors!

Is this a record, or does someone out there know any better?

Helen Mason
Brownie Guider
1st Sparkenhoe Brownies
Leicestershire



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credit where it's due

It should have been called Stella's Brownie House but no one had dared to suggest it. For everyone knew that there would have been no new Brownie House at the 92-acre Cudham camp site without Stella Cunliffe's tireless efforts.

It was Stella, as Chairman of Cudham Management Committee, who coaxed £150,000 out of the National Lottery Charities Board to pay for the magnificent cedar-clad building. And it was Stella who pressured and persuaded the City Parochial Foundation, who own the land, into granting a 125-year lease and slashing the rental to a 'peppercorn payment'.

At the opening ceremony, Stella's admirers were determined that the part she had played would be recognised. Hazel Brand, County Commissioner for London South East, interrupted the proceedings to say an official thank you to Stella.

'It was Stella who worked, worried, planned, delegated, chivvied and cajoled to make sure everything was ready for today,' she told guests, Guiders and local residents assembled at the Kent site.

'Without her hard work and enthusiasm, this house would still be a dream. It should have been called Stella's Brownie House,' she pointed out.

Earlier Miss Cunliffe had taken *GUIDING* on a tour of the attractively-decorated building with its large activity room, superbly-equipped kitchen, Pack Leaders' room, four-bed Guiders' room and 24-bunk girls' room.

'Everything is very high quality,' she assured me proudly, pointing out the handmade beds and £100-a-time mattresses.

The corridors are wide enough to take wheelchairs comfortably and there is a special lavatory for people with physical disabilities, smart showers, central heating and state-of-the-art security.

Standing on the elegant veranda, partly paid for by the Friends of Cudham, Miss Cunliffe explained

that tight housekeeping had meant the final bills were only £62 over the £150,000 received from the National Lottery Charities Board.

She was particularly pleased to welcome a clutch of ex-Chief Commissioners from London and South East – Pauline Frankland, Eileen Burbidge, Shirley Strong and Billy Everett – together with the present Chief Commissioner, Frances Drake.

Miss Cunliffe praised the hard work put in by the Warden, Pauline Trodden, and groundsman Colin Jarvis 'to get the place looking lovely for you'. She encouraged visitors to fully explore all the 22 camp sites and Pack Holiday houses.

Coun Ingrid Buckley, the Mayor of Bromley, recalled her own days as a Brownie and a Guide. Glancing at the overcast skies, she said: 'Those were the days. I don't think I've ever been to a camp where it wasn't wet and this morning, when I checked the weather, I thought "Not again!"'. Fortunately umbrellas stayed furled as the rain kept off.

Explaining that her daughter, Chantal, was present and a member of the Movement, she said: 'Thank you for what you do on behalf of my daughter. I was led to believe that this was a hut but it's like Buckingham Palace.'

The Vicar of Cudham and Downe, the Rev Tim Hatwell – a former Scout who also remembered damp camps – said a short prayer.

Making her third visit to Cudham, Bridget Towle, the Chief Guide, cut the blue and yellow ribbons to officially open the premises. She said: 'This is a wonderful building and you should be very proud of it and the site.'

It was important, she explained, for the Association to keep improving its standards and facilities to provide the Brownies and Guides of today with what they want and expect. 'This site is moving forward – it is a beautiful site and kept in a beautiful way,' she added.

She warmly congratulated the

Lottery cash gives Brownies a house full of laughter

Words and photos by Nora Warner



Bridget Towle and Stella Cunliffe give the Brownie House beds full marks for comfort



The Chief Guide launches Cudham's new Brownie House built with Lottery aid

committee on its successful form filling and great achievement.

'There is nothing like going away to camp or on Pack Holiday,' Miss Towle said. 'It might provide a young girl with her first opportunity to be away from home, to visit beautiful countryside, to make new friends, to learn new skills and to generally grow in confidence.'

'Most of all, it should be a time full of fun. I believe this Brownie House will be full of laughter – please make sure that it is'

in focus

Egyptian princesses

The 1st Dusseldorf (BGIFC) Guides, are very keen on Ancient Egypt. So the girls based their theme weekend around all things Egyptian. Two new recruits, Phillipa and Catherine even made their Promise in the Egyptology department of the local museum.



Big, bouncy bubbles

Jessica Shepherd and her Rainbow friend, Ellen Birkhead, are blowing beautiful bubbles in the grounds of Caergwrle Castle. The Bromfield Rainbows took their brothers and sisters along to the special outdoor meeting near Wrexham.

1 BLORE



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winner

LESLEY HOLLAND

Gladiator glory

Battling it out in the arena at Waddow's Family Fun Day, are Amy Burns and Alison Hughes. The girls were just two of the hundreds of people who turned up at the Training Centre for the grand fundraising event. Proceeds from the day will help pay for a new assault course.



COURTESY OF LANCASHIRE EVENING TELEGRAPH



What a whitewash!

Caroline, Helen, Lisa and others brushed up their painting skills at Cambourne camp site. The Guide girls were helping to decorate the buildings on their District site as part of an annual good turn.



Hasta la vista, young ladies!

The 1st Holmer Green Guides came face to face with the Terminator himself on a recent visit to London. The girls weren't too scared though, as they were only posing with mega film star Arnold Schwarzenegger's waxwork dummy, at Madame Tussauds. They all had a great time and vowed that they would definitely be back!

JOHN MC DOUGAL

Goodie, goodie gumdrops

The 1st Houghton Rainbows from Cumbria, were a real bunch of sweeties at the Houghton May Fayre. The girls took turns to look after their sideshow, which was choc-full of delights and raised money for their Unit.



GILL DAWSON



Parlez vous Guiding?

Definitely speaking the language of Guiding are these five girls who come from Douai in France and Bromley in Kent. The 2nd Shortland Guides finally came face to face with their French pen-pals on a fun-packed continental exchange trip.

Please keep sending in your Guiding photographs, we love to see them!

Each month there's a £15 prize for the best photo and £5 for every other snap we print.

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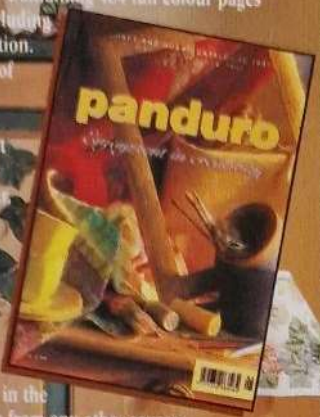
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pound stretchers

Making sure youngsters enjoy their Guiding can be tiring, as Ulster Junior Council discovered

By Janis Wilson
Ulster Junior Council



THE GUIDE ASSOCIATION

The impressive proportions of Lorne House show why the ring of gold – consisting of £400 in donated £1 coins – did not stretch very far

A year ago Ulster Junior Council was approached by the Lorne GOLD Committee to see if its members would like to help with the special celebrations planned for Lorne's 50th birthday.

We were asked if we could organise a Fun Day for Rainbows and Brownies, who would come from all over Ulster, which was to be held at the Training Centre.

The Junior Council accepted the challenge in order to show what we could do. Linda McElroy, the Chairman, arranged for our spring meeting to be given over to organising the Fun Day.

Everyone came along brimming with ideas based around a Disney theme. So, by the end of the weekend, there only seemed a few loose ends that needed to be tied up nearer the time.

Saturday June 7 came all too soon. Now all our preparations were to be put to the test. There

was no turning back, as many Rainbows and Brownies were already on their way.

The night before had been spent putting up wet weather cover on the camp sites in the pouring rain. We were convinced that they would have to be used for all the activities.

However, someone must have been praying really hard, as the weather turned out to be quite pleasant. The games were set up with the welcome help of many Junior Council friends and family.

Lorne was a Disneyland from the Magic Kingdom (the bouncy castles) to the *Jungle Book* game, peopled with Donald Duck, Pooh Bear and many other favourite characters.

As the Rainbows and Brownies arrived, they dispersed into several groups making their way around the games. Most of them were already getting in the mood, showing off faces painted to look like Donald Duck or Mickey Mouse.

Bridget Towle, the Chief Guide, had travelled to Ulster to share in the fun at Lorne, and there were activities taking place inside the house as well as out.

During the day, everyone was asked to donate a pound coin to form a ring of gold around Lorne House itself.

Unfortunately, £400 of pound coins does not stretch that far!

To bring the day to a jolly close everyone made their way round to the front lawn, where anyone who shared a birthday with Lorne was invited to join in the celebrations.

Everyone received a piece of cake to take away in a party bag, just like at any other birthday party!

As the last tent was taken down, a sigh of relief was heard from the Junior Council. Everything had gone well, and everyone, including us, had enjoyed ourselves.

Though, I have to admit, we were completely exhausted!

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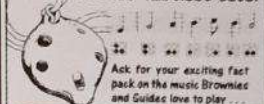
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Gwen Smith

from the UK, currently in Switzerland

My early Guiding life began as a Brownie in Oldham in south east Lancashire. Then I was a Guide, a Pack Leader, and a Brownie Guider.

I worked for the local council as a clerk in the water rates department. Following one visit to Foxlease as a Guider when I was 24, I applied for the job of Assistant Secretary there – the whole concept of working at a Guiding centre appealed – and, luckily, I got the job.

I liked Foxlease very much and worked there for 12 years, becoming the Deputy Guider-in-Charge. In particular, I enjoyed meeting all the international visitors.

I had the pleasure of preparing for a visit by Olave, Lady Baden-Powell, who stayed for four or five days. She wrote me a letter of thanks later that I still treasure.

My first visit to Our Chalet, where I learned to ski, was with the CHQ ski party in 1960. The moment I put skis on I knew it was the sport for me. I took to it quite naturally. During my time at Foxlease, I went skiing every year.

In 1973 I heard that a job was available at the Chalet for someone with office skills and an ability to teach skiing, take walking trips and help with other Chalet activities.

I applied, got the job, and left Foxlease to become, first, secretary, then Assistant Guider-in-Charge and, eventually Guider-in-Charge.

I'm the seventh GIC since 1932. By the time I retire I will have been the longest-serving member of staff in the Chalet's history, having worked there for 24 years.

During that time I have found the work interesting and challenging. Skiing ideas and



MARGARET WHITTAKER

techniques have changed – one year it's lengthen your skis, another it's shorten your skis!

My overall responsibilities have increased and each day has always brought something different. It has never been a typical nine-to-five job.

Stories abound about the skiing: for example, once, in the fog, I said: "Just follow me," then, suddenly, I was two metres lower than my class, looking up at their boots and skis – saying "Don't follow me!"

One summer, during an overnight hike, we wakened to find snow on the ground. A young South African girl jumped down from the top bunk, her bare feet barely touching the ground, and ran straight out into the snow. After about ten minutes she came back, to tell the rest of the group – who were nearly all Norwegians – "I'm sorry that I was so excited but I have never seen snow actually falling before!"

Although I intend to return to the UK to live in Anglesey, I still hope to return to the Chalet one day, perhaps when The Spyher – a

second chalet adjacent to the existing one – is built in order to give us more space. I live in the hope that a second fairy godmother will give us funds to complete the project.

The support of The Friends of Our Chalet (FOOC) has been wonderful. They have all given so much over many years, enabling us to make many improvements both inside and out.

I feel it is important that the World Association holds more seminars so that young people have a better understanding of what the Association does. I think they sometimes forget it is a World Association offering them a chance to meet so many people from other countries. We need more publicity to be given to the Chalet and the other World Centres.

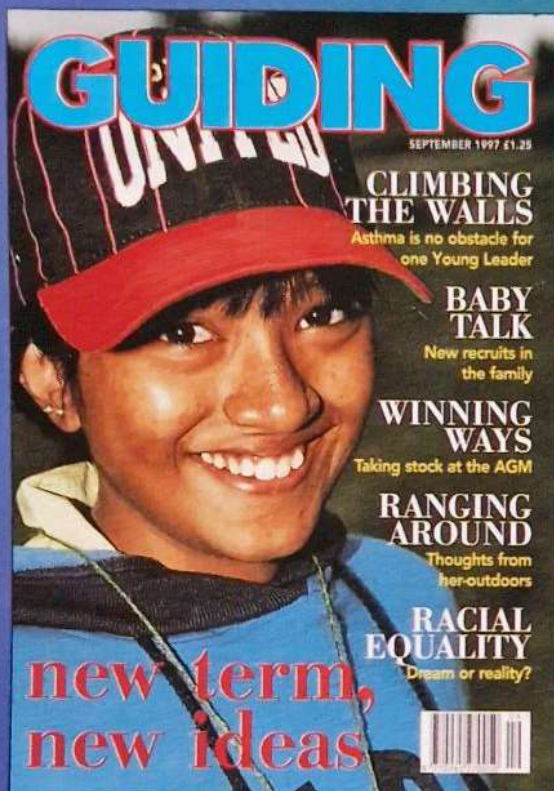
I have been very lucky to go to three World Conferences in Kenya, Denmark and Canada. It is a very special time when new members are accepted into the Association, and the World Flag is handed over from the host country to the one hosting the next World Conference.

For me the special part of Chalet life is the people I have met from all corners of the world, all with different personalities and ideas. I have enjoyed talking and listening as much to teenagers as to members of the Trefoil Guild. That, coupled with the beautiful surroundings in which I ski, walk and work, has meant the most to me.

I would say to anyone, if you ever get the opportunity to go to an international event – apply. If you don't apply, you will never be chosen. If you are chosen, look what it might lead to! ☺

Gwen retires next month as Guider-in-Charge of Our Chalet

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