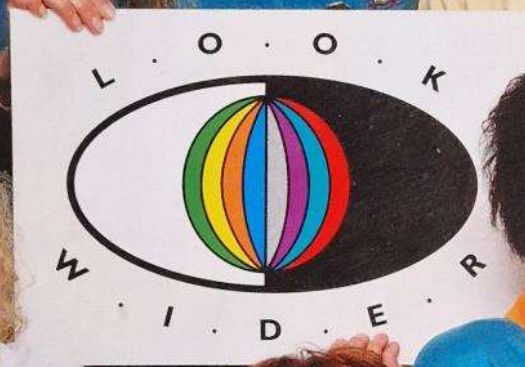


# GUIDING

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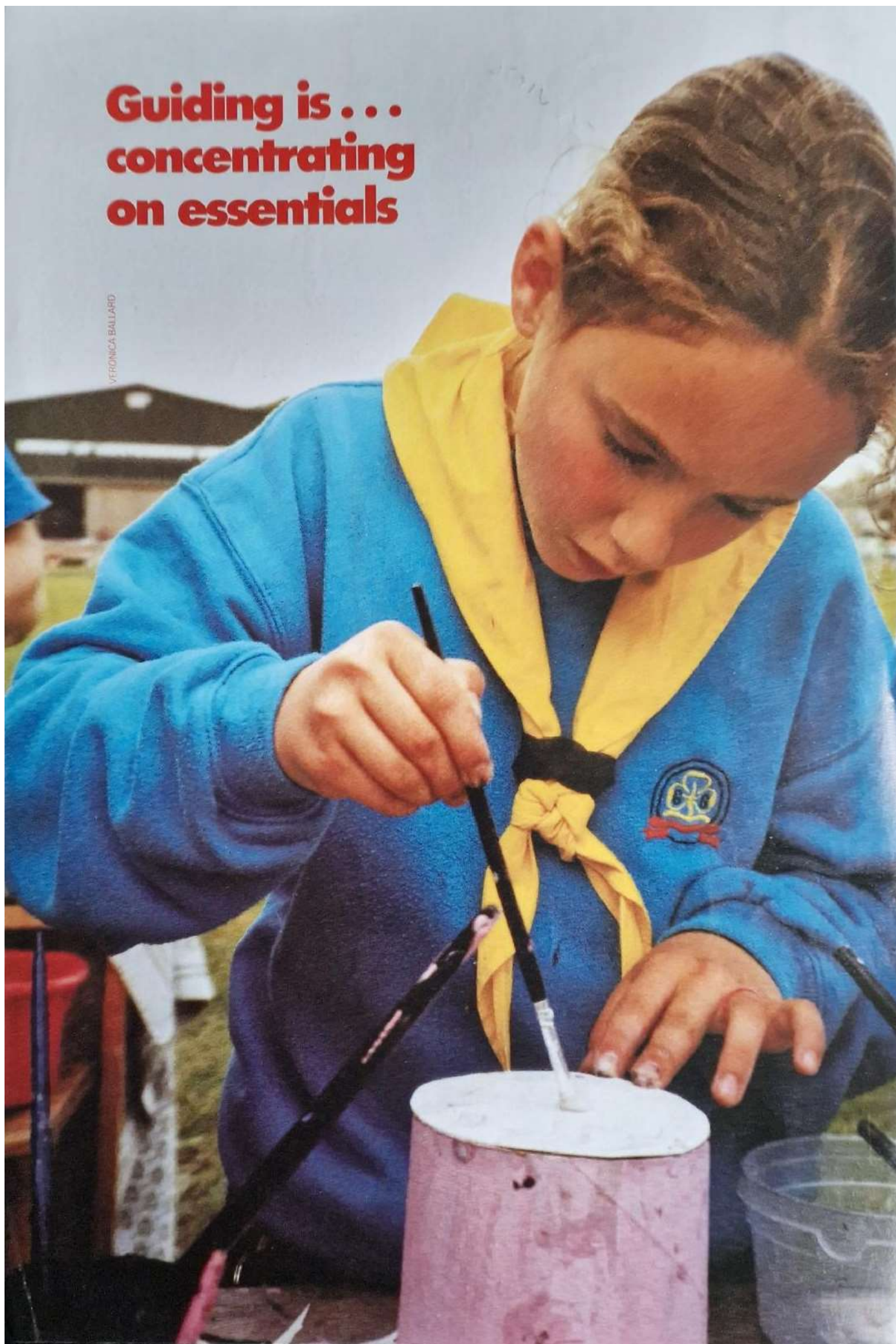
LAUNCH  
OF LOOK  
WIDER





**Guiding is . . .  
concentrating  
on essentials**

VERONICA BALLARD





# front PAGE

The camping season is more or less over again for another year. Whether you have taken part in the unique international experience of a huge Guide/Scout camp for thousands, or a small Guide-only camp, it will have been a wonderful adventure for the girls. And it will have given you, as Guiders, an opportunity to test your skills and resourcefulness in meeting and overcoming the challenges that out-of-door life presents.

Camping has certainly changed over the years. The dreaded lat-pits are a thing of the past, thank goodness. Some camp sites now have toilet blocks with hot showers and even hair-dryers — very necessary after a day of activities of the sort that are now available. However, camping is still an introduction to the world in which happiness does not depend on cir-

## COMMENT

cumstances or money, but on developing one's capacity for simple, healthy enjoyment.

By endeavouring to treat the minor difficulties of camp life as a joke, a sense of humour and of proportion is implanted. Guides learn to take the rough with the smooth; to develop initiative; to be resourceful, alert and reliable. They discover more than ever, the satisfaction experienced through work done cheerfully and well, and the joy of working together as a team. These are all qualities of the good citizenship that we are aiming to produce.

Through modern civilisation, we have lost something of our heritage of the out-of-doors, but camping gives

opportunities to experience the challenges offered by life in the open air — and to enjoy them.

Guiders who take girls to camp and on Pack Holiday, generously give a part — or all — or their own, precious annual holiday to enable the girls to enjoy a real sense of adventure. Your reward will have been the chance to get to know the character and temperament of each girl and share her enthusiasm.

In 1988, the Market Research carried out by the Association told us that camping was the most enjoyable activity for Guides. We have no reason to doubt that this is still the same in 1994.

My special thanks to all of you who have camped this year.

**JANE GARSIDE**

The Chief Commissioner

## GUIDING

VOLUME 83 NUMBER 10  
OCTOBER 1994 £1.15

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CREDIT: LUCY DREW

### FRONT COVER

It's here! Presenting the special logo for the new *Look Wider* programme are Watling South District Rangers Ellie Colyer, Suzanne Bain, Clare Williamson, Cathy Pressland and 4th East Barnet Guide Tolu Ojumu

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MONTH'S FRONT COVER

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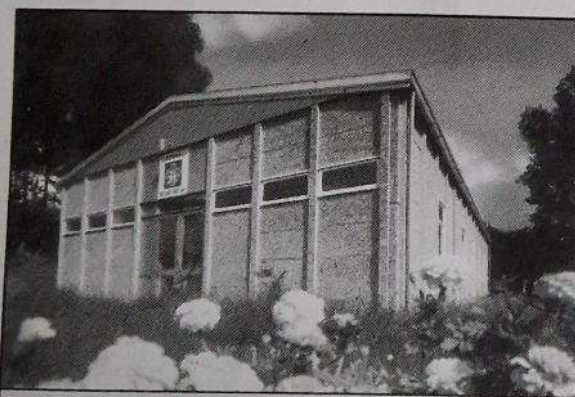
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### Assistant Editor

Nicola Whatmore

### Studio Manager

Anne Moffat

### Studio

Gillian Webb, David Jones

### Production Manager

Stuart Bannerman

### Deputy Production Manager

Richard Dickerson-Watts

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Brian Harriss

### Advertisement Manager

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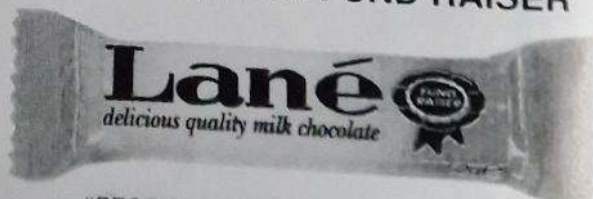
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SCARBOROUGH EVENING NEWS



## COFFEE CUPPAS

▲Caring 5th Scarborough Brownies volunteered to organise a coffee evening because they wanted to contribute to a major appeal in their home town. Local people are currently raising money to support two Macmillan nurses, who will be based in the area for three years.

'The Brownies wanted to do it — and they decided everything for themselves,' explained Brown Owl Jean Ferguson. All 22 Brownies in the Pack turned up on the night and raised £44 by serving coffee and cakes to parents and friends.

## SHETLAND SHOW

◀ These show-stopping Shetland Brownies, pictured with their Guiders, won the junior section in Shetland's annual drama festival, with a play called 'A Callsyshang at Da Show', written by one of the Guiders.

Ingrid Sharp, one of the talented lassies from the 1st Lerwick Pack, also won the Shetland Youth Shield for the best youngster speaking in the Shetland dialect.



# Round UP

## KELLY TO THE RESCUE

▼ When Kelly Fish's mum was suddenly taken ill, the quick-thinking Brownie took charge. She rang her father at work, got a neighbour to look after her two younger sisters and made sure mum was comfortable until dad got home.

Happily, Kelly's mum recovered and on the night Kelly was to test for her Hostess badge, Middlesex County Commissioner Naomi Benson sprang a surprise. She presented Kelly with a Certificate of Merit for her quick-thinking actions.

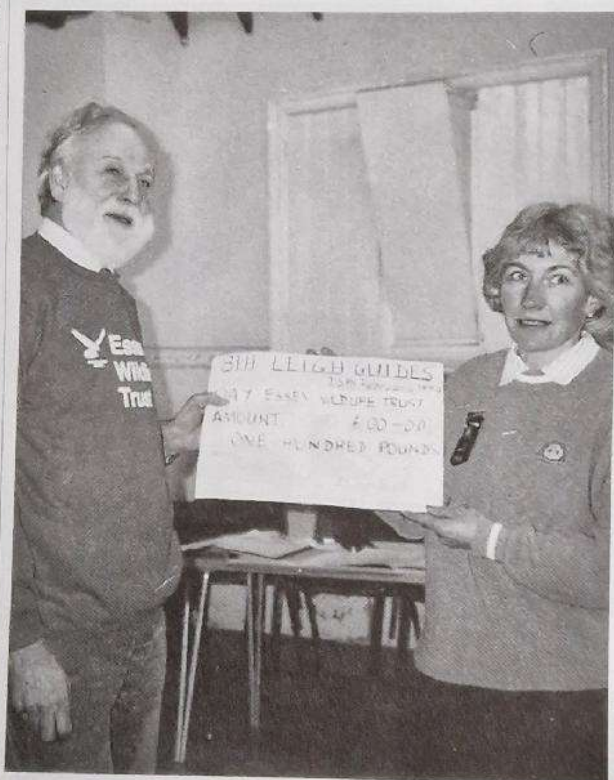
And Kelly, of 16th Enfield Brownies, also passed her Hostess badge with flying colours.



## BELLS WERE RINGING

▲ These handbell-ringers from 17th St Saviour Guide Company entertained delegates at South West Region's AGM held in Jersey. The guests also enjoyed watching the Island Guides National and Modern Dance Group.

Guest speaker at the AGM was the Association's Chief Executive Hilary Williams and a vote of thanks was given by Jersey's Island Commissioner Dorrel Wherry.



## BADGER WATCH

◀ Guides in Leigh, Essex have spent many enjoyable evenings watching badgers with wildlife expert Don Hunford (pictured with Guider Ann Couldridge), who has a badger set on his property. Now the 8th Leigh unit has raised £100 for the Essex Wildlife Trust of which Mr Hunford is the chairman.

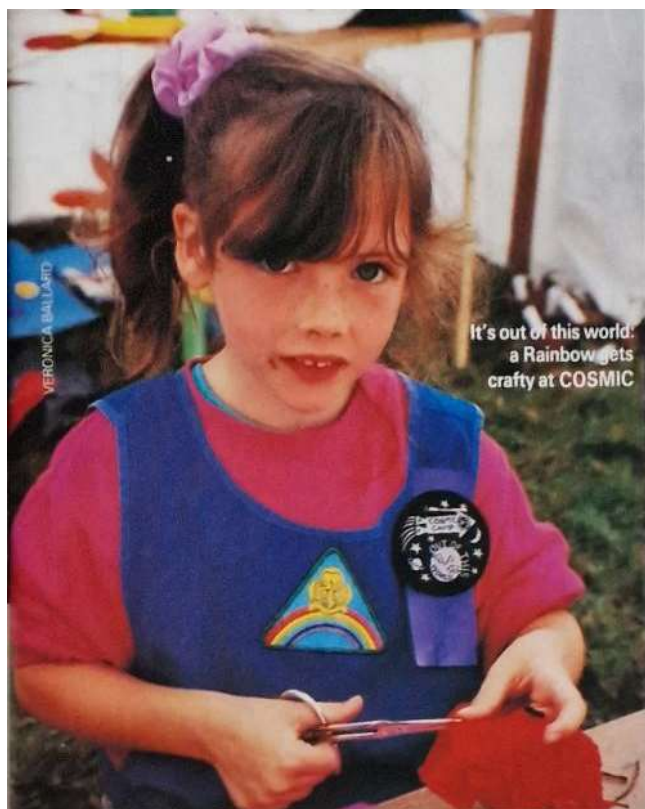
## LIFE SAVERS

► Aqua boxes could provide the means to survive for disaster victims. Two of them have been bought and filled by 300 Rainbows, Brownies, Guides, Rangers and Guiders from Sholing District in Southampton.

The boxes, which include clothing for a family of four, pots, pans, survival equipment and soft toys, will be held in a central store before being sent to a disaster area. After unpacking, the boxes can be used to hold fresh water.







It's out of this world:  
a Rainbow gets  
crafty at COSMIC

# cosmic CAMPING

*Not even a freak storm which  
left loos and telephones out of  
action could faze campers at  
Surrey East's COSMIC.*

There was a celestial welcome for COSMIC campers as they descended on Blackland Farm. The skies darkened, thunder roared, lightning darted overhead, wind whirled and rain pelted down, soaking girls and Guiders as they struggled to put up tents on the Friday evening.

Mary Garman, Surrey East's Programme and Training Adviser told *GUIDING*: 'In 30 years camping I have never pitched in weather like it.' And Mary Goodman, her County Commissioner, admitted: 'It was a trial by fire, the conditions were atrocious ... but exciting.'

When the freak storm finally ended, the midsummer weekend campers' difficulties weren't over. The showers and loo blocks were out of action for most of Saturday, when the camp population swelled to 2,500 as Rainbows and Brownies arrived to share in the fun.

But the campers coped magnificently. Guides Laura Kollinsky (12) and her 13-year-old pal, Jo Bolam, of the 1st Warlingham unit were typical. 'The storm made it more exciting,' they chorused. Laura explained that she and her 14-year-old sister Emma arrived late. 'It was just starting to rain. Jo and our other friend, Carla Flute, had put up the tent but we didn't have a ground sheet.

'We got very wet looking for one. If you touched the sides of the tent the water came in,' she said.

Some girls were flooded out and had to go into the main marquee,' Jo added.

Also in the marquee were 20 Brownies who were camping for the first

time as part of a pilot project. The lights were flickering on and off but the Brownies thought the thunder and lightning made it more fun,' said Val Seddon, 'Chief Navigator' — camp organiser.

She spent part of the evening leading Guides in some rousing choruses, while holding on to wildly flapping canvas.

Next day she looked remarkably calm, as she organised alternative plans to cope with the troublesome sanitary situation. Julie Woodland, the Site Officer, resorted to wearing a badge that proclaimed: 'Yes, I know the loos don't work'.

Martin Robinson, Manager of the Association's Activity Centre near East Grinstead, had only managed two hours sleep the night of the storm. First a sudden power surge damaged the electrical equipment that controls the new shower and loo blocks.

While dealing with that emergency, he discovered the telephone and security systems were also down.

The huge water tanks hadn't been able to fill up overnight as usual and, next day with the camp in full swing, they couldn't take in water fast enough to cope with the demand.

Stoically the organisers joked that COSMIC was living up to its name — County Outdoor Summer Madness In Camp. 'When I saw what was to be our theme I should have expected the worst!', Mary Goodman said.

It was her idea to have a camp for the County, which was originally meant to be a camp for the older girls. But, like Topsy, it grew and grew, drawing in older Brownies and members of the

Trefoil Guild, as well as Rangers and Young Leaders.

Brownies not considered old enough to camp were bused in on the Saturday. And the Rainbows also arrived to enjoy a Rainbow Rumpus.

VIP guests, including Richard Thornton, the Lord Lieutenant of Surrey; local dignitaries and Guiding and Scouting key personnel, watched the girls sample a vast range of crafts and adventurous activities.

All six Divisions within the County were represented, each taking the name of a planet, and devised activities based on the earth, fire, air and water theme, such as making edible spaceships, blowing giant bubbles and competing in fire races.

The more adventurous girls could also attempt abseiling, try their aim at the air rifles and join in the jousting.

As the tired but happy day visitors got ready to climb aboard their buses for home on Saturday, the campers were looking forward to the wide game that had been rained off the night before, followed by a camp fire and lots of singing.

Val, still looking very relaxed, confided that delegation was the secret of staying sane when running a big event. 'It's the first time I've put a camp together that's had to cater for everyone from Rainbows to Trefoil Guild,' she explained.

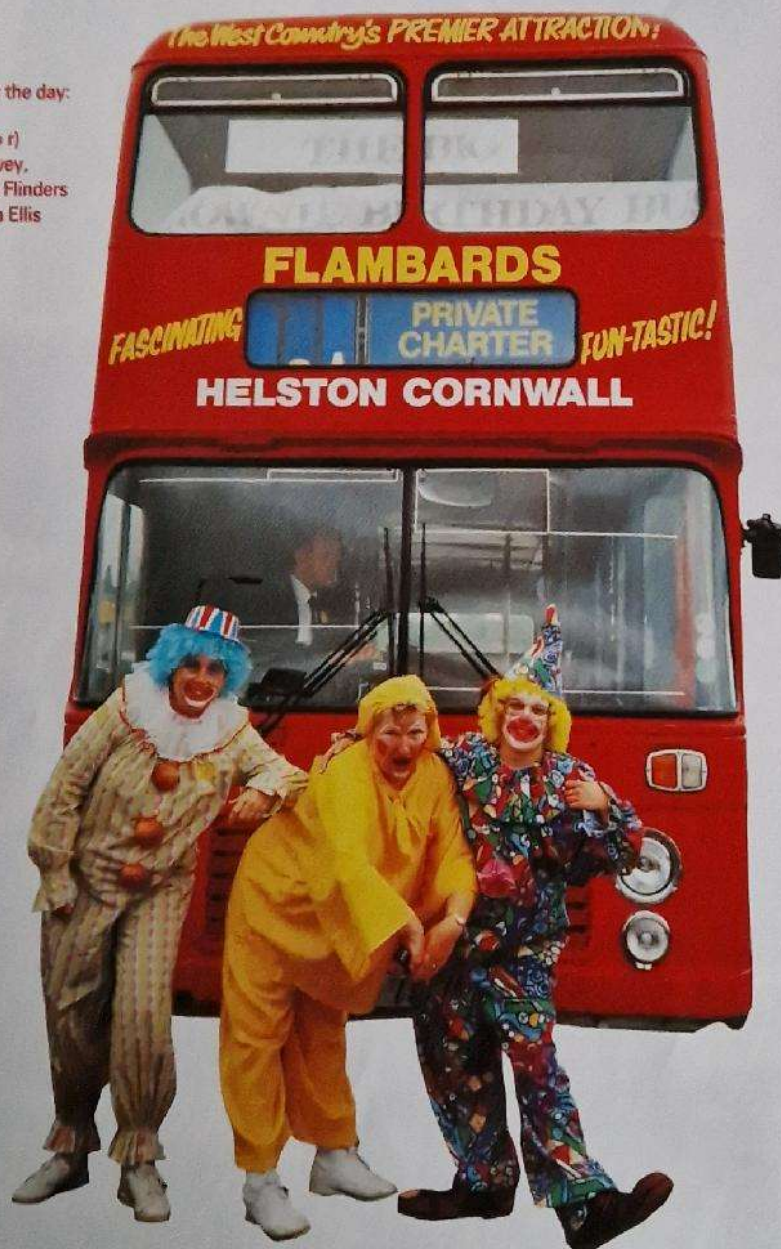
Mary Goodman praised Val and her 'super team', adding: 'It was such a lot of hard work, it's a pity it was not for longer.' Hundreds of happy campers would agree with her.



# Guiding in a

Hosts for the day:

team (l to r)  
Chris Davey,  
Margaret Flinders  
and Paula Ellis



GILLIAN ELLIS

**Hundreds of eager Brownies turned out to enjoy the fun as the vividly decorated Brownie Birthday Bus wound its way across colourful Cornwall.**

The nine hours of continuous singing, hosted by two clowns and an oversized 'banana', were the result of a special Birthday Challenge. County Commissioner Angela Thomas and Sue Askew,

County Brownie Adviser, had challenged Cornwall's 3,100 Brownies to raise 80p each for a good cause.

Bearing in mind the Brownies' original acorn badge, it was decided that the money should go towards landscaping the gardens of Little Bridge House, the first Children's Hospice to be built in the South West.

Each Brownie could choose whatever method she liked to raise her 80p. And

St John's Nursery at Barnstaple, North Devon, who will undertake the work, donated 3,100 little yellow plant pots in which the Brownies could save their pence. Inevitably, many girls exceeded the target.

So, how could all the money be collected? To convert the cash to cheques posted to County HQ would have been simple — but boring.

It was Margaret Flinders, County Public Relations and Press Adviser, who came up with the idea of the Big Brownie Birthday Bus Run, inspired perhaps by the fact that husband Graham drives a bus for Western National.

And so at eight o'clock on a sunny Saturday morning, a crowd of excited Bude Brownies were the first to board the gaily painted double decker for the special trip across Cornwall.

The bus was decorated with bright cartoons advertising Flambards, the theme park at Helston. Western National wasn't charging for the bus and James Hale of Flambards paid for the fuel. Graham Flinders and his colleague, Charlie, gave their driving services. Thanks to these generous sponsors, the cash-collecting bus ride didn't cost a penny.

From Bude, the bus criss-crossed the county, calling at Launceston, Saltash, Liskeard, St Austell, the Cornish Shire Horse Centre, Newquay, Perranporth, Truro, Carnon Downs, Falmouth, Redruth, Lelant and Marazion, finishing at Flambards, Helston. A somewhat roundabout route, but justified by the crowds of Brownies waiting with their contributions at each pick-up point.

Some 60 Brownies were able to travel each leg of the journey. And, as the bus negotiated the narrow country lanes, County Music Trainers and onboard entertainers, Rainbow Guider Avril Bailey and Guide Guider Alison Crookes, moved into gear. Alison had written the special song for the day, which she taught to each successive group, assisted by Avril.

As well as enjoying action songs, chants and musical stories, Brownies on and off the bus were kept amused by their clown hosts, barely recognisable as the County PR team — Margaret Flinders (disguised as a banana), Paula



# ction

Ellis and Chris Davey. And all who set eyes on this extraordinary vehicle received a yellow sticker proclaiming for posterity that they had seen the Brownie Birthday Bus.

There was many a surprised face as the bus passed by with Brownies waving and shouting greetings. The prize moment was the delighted response of a cricket team whose match was brought to a sudden halt by the noise of the yellow-clad well-wishers. But they weren't the only ones — cows, sheep, horses and even small mammals received the same friendly treatment.

The start of each new leg of the journey saw the clowns busy with a calculator on the lower deck. It was always a special moment when the 'treasury gnome' popped her head up the stairs to announce the latest total. Each announcement resulted in wild cheering as it became ever clearer that the projected target of £2,000 was within the County's grasp.

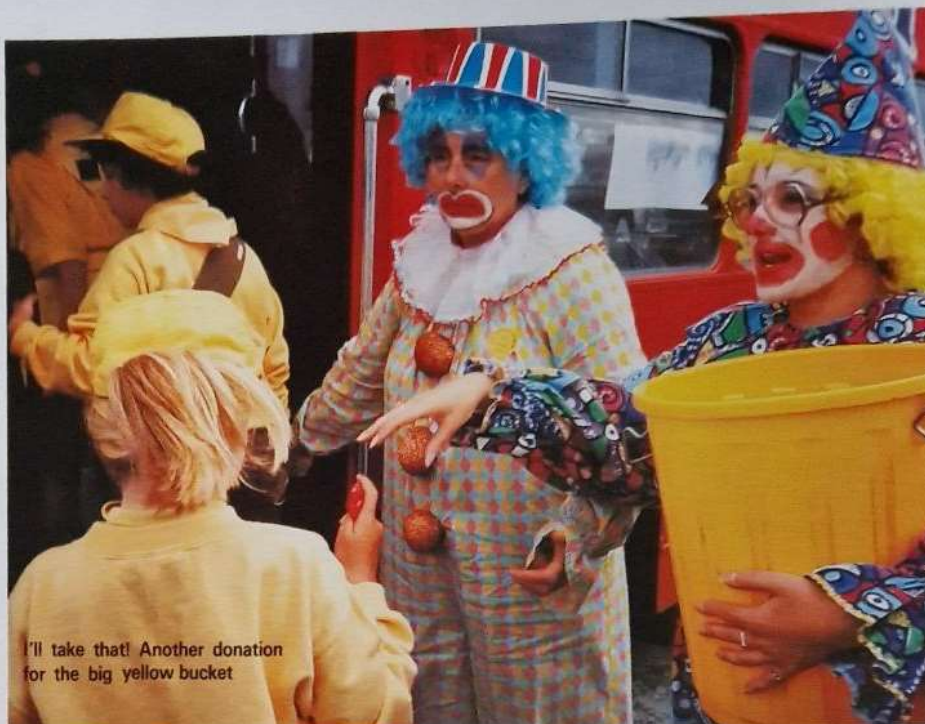
Brownies who joined the bus at Marazion had the fun of being driven into Flambards car park, where some hundred Brownies, Guides, parents and friends were gathered for the final ceremony.

The wheelbarrow-load of cash was handed over to Sue Lamberton, representing the Children's Hospice South West. Mrs Lamberton, her knees buckling as she attempted to move the barrow, explained that it is hoped the Hospice will be completed by the end of the year and its first children welcomed before next Easter.

Also present at the handover ceremony was the Mayor of Helston, Mrs Brenda Banfield. Both visitors later joined Guiders and friends for a buffet tea served by Helston Guides at their local HQ.

Among those who couldn't travel, but turned up to give encouragement along the way, was an entire District making the visit to the Shire Horse Centre their District Outing, and, at the other extreme, a solitary Brownie, Natalie Cape of Perranporth. Her Pack was unable to come but her mum brought her along to hand over her yellow pot in person.

The fun of it all was summed up by



I'll take that! Another donation for the big yellow bucket

the mother of a very small onlooker at Flambards who bravely approached the banana to ask how her daughter could become a Brownie. 'She's seen you all having so much fun, she wants to be part of it,' explained the mum.

The organisers had calculated that, allowing for a slight shortfall, they might hope to raise £2,000. Imagine the cheer when the waiting crowds at Flambards heard the final result — £2,600 for the Children's Hospice South West. Wonderful, Cornwall! That's what Guiding is all about.

GILLIAN ELLIS



The Mayor and Mayoress of Saltash pose with Saltash Brownies and County Commissioner Angela Thomas (extreme right)



Ready for the off: Brownies at Launceston join the bus



*From sponge fights to fireworks,  
Greater London Kent's 25th anniversary  
Silver Day had one aim: giving the  
girls a fun time.*

# Silver

► I'm forever  
blowing bubbles...

▼ There's nothing like  
a wet sponge fight to cool  
you down on a hot day



▲ 'chutes away:  
Rainbows enjoy  
a parachute game



# CELEBRATIONS

The rhythmic pounding of a steel band drifted across the vast green playing fields alive with girls and Guiders soaking up the sunshine and the carnival atmosphere — Greater London Kent was celebrating its 25th birthday with a Silver Day.

But this was strictly the girls' day. The County Commissioner, Margaret Miller, explained. The year began with a thanksgiving and rededication service in Christ Church, Chislehurst, for Rangers, Young Leaders and adult members.

'It got the celebrations off to a wonderful start — ten standards were paraded in the presence of our Region Chief Commissioner, Billy Everett and civic dignitaries.

Then there was a party for Guiders after our AGM. Today is for the girls. Everybody is working hard so they will enjoy themselves.'

She admitted planning the event had been a logistics nightmare. The County stretches from Thamesmead to Biggin Hill covering the two London boroughs of Bexley and Bromley.

Out of the County's 7,500 members nearly 5,000 had headed for the Kemnal Technology College site on a baking-hot July Saturday. Each of the eight Divisions was allotted its own colour-coded marquee to act as a base and provide an eating area, as well as some much-needed shade.

The different brightly-coloured balloons trimming each tent served as a reminder for groups of hot but happy girls searching for their own home area and constant supplies of cool drinks throughout the day.

Divisions were asked to provide their own Brownies and Guides with badges and neckers or sashes in their chosen colours. Bexleyheath picked tartan and defiantly flew a dazzling mixture of coloured balloons.

Every Division provided around 25 activities for any of the girls on site to try. They ranged from a highly-popular water fight using sponges, to ingenious crafts such as making a mouse trap, complete with intended victim, out of a

clothes peg, beads, glue and pieces of sponge.

A queue of over 50 quickly built up to try scrambling up the red-brick climbing wall. 'We only found out this week we would be able to use it, as it has been out of action,' Margaret explained. 'We're very grateful for all the help the school and the caretaker have given us.'

The school changed status in April, becoming grant maintained, so

As part of the celebrations, Brownie Packs and Guide Companies had been taking on three different challenges a month. Each one had to be completed by the last day of the month before details of the next lot of challenges were released.

'There was a large take-up at first,' explained County Commissioner Margaret Miller. 'Some have dropped out but between 150 and 200 girls in each section are still taking part.'

Some of the challenges had a 'silver' or 25 theme and successful units were to be taken on a day's outing to Thorpe Park.

everyone is a little wary about renting out the facilities but they thought they could trust Guiding,' she added.

Also popular were the aerobics, fencing, rifle shooting and pioneering sessions.

Crowds gathered round the birds being displayed by the Farnborough Hawking Company. Abigail Webber and Clare Cameron of the 3rd Bexleyheath Guides were thrilled to have their photo taken with Elsa, a Bengalese eagle owl. 'We had to keep very still,' confided ten-year-old Abigail.

Norwood Lionesses Steel Band revived flagging spirits during the lunch interval. The band, which was started in 1989 at Norwood Girls School, Lambeth, successfully toured in Norway two years ago.

The youngsters are trained by Ricky De Cairos and the school's Head of Music, Miss R Welham, — herself an

ex-Guide — said: 'We were proud to be invited and pleased to be here.'

Music of a very different kind accompanied the exhibitions of Scottish dancing given by the Sidcup and District Caledonian Association. The President, Albert Farthing, said: 'We enjoy dancing and do it for fun.'

It's also obviously a good way to keep fit. The association's oldest member, 85-year-old Lottie Fergus, still loves to dance. And so do her daughter, Eileen Van Plew, a Brownie Guider with the 2nd Lamorbey Pack, and granddaughter, Sheena Van Plew, a member of Lamorbey Rangers.

Each girl paid £3 to attend the Silver Day, which covered attempting as many activities as she wanted and a souvenir badge. Other souvenirs were on sale at stalls manned by members of the Trefoil Guild and help was also provided by the Scout Fellowship and several local Venture Units. The Magpie Service Team provided back up and organised the firework finale.

Rainbows were celebrating too. They watched a Punch and Judy show and tried out a range of activities like Goofy golf devised just for them.

For everyone it was a day to remember but it was extra-special for Margaret Miller, officially on light duties because she was recovering from an attack of shingles, and Karen Tricker, the County's — and Association's — Outdoor Activities Adviser, who co-ordinated the event.

But neither wanted to accept any praise for the day's success, preferring to give the credit to the other members of the organising team, their fellow Guiders and, of course, the girls. After all, it was their day.

NORA WARNER

Greater London Kent was originally part of Kent West, when Kent was split into two. Ten years later Kent West was again divided. Greater London Kent, originally known as Kent Greater London, was formed to cover the boroughs of Bromley and Bexley.



There's a poster which reads: 'You've got 'flu and a hangover and you've just run five miles. How do you feel? Like someone with ME!' ME, currently affecting over 150,000 people in the UK, is a chronic disabling disease. It can attack anyone — family member, colleague, girl in the unit, you... *GUIDING's* report on ME begins with the first-hand experiences of Sue Tyrrell, aged 28, and Natalie Jones, 12, before looking at the disease itself.

# THE GO-S DISEASE

## SUE'S STORY

Sue Tyrrell, from Wiltshire, believed in living life to the full. She was a receptionist with a local authority project for the long-term unemployed — a job she loved, as it involved being with people. She also worked as a photographer in a local studio, where she started a club for young photographers and an art group for children.

In her spare time Sue played a lot of sport — netball, hockey, ice-skating. She went out with friends, or took photos, as well as helping to run a Brownie Pack and a Guide Company. 'I used my time to the full and enjoyed everything I did,' Sue explained.

But all that was to change.

'I first became ill during Christmas 1989,' she recalled. 'I went down with some sort of 'flu virus. I didn't think too much about it as everyone seemed to be suffering from colds and so on. But I didn't pick up.

'I felt so tired all the time and everything became a chore. I remember coming home one afternoon and crying because I needed to wash my hair and just didn't have the energy.

'I also had a constant sore throat, a pain in the back of my neck and difficulty sleeping. I couldn't understand what was happening.'

In September 1990 Sue went to the doctor who said she was suffering from exhaustion and advised her to take two weeks off work.

Sue returned to work feeling no better and, as the weeks went by, felt increasingly worse. She experienced dreadful nightmares, violent mood swings, numbing depression. Finally, she became suicidal.

Her mother took her back to the doctor, a different one who was totally unsympathetic. Sue was told she should pull herself together. She was desperate — couldn't anyone help?

Mum and I seemed to be on our own. Then, in July 1991, I was having

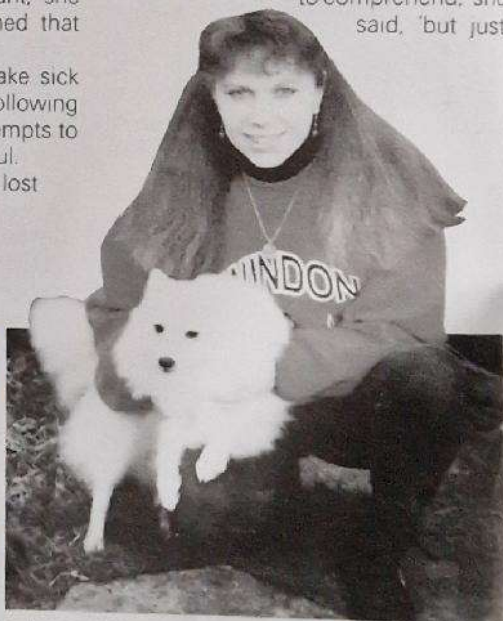
such terrible pains in my neck and shoulders that I couldn't go on and I went to see a third doctor.

This time everything was different. He took me seriously, he listened — and referred me to a consultant,' she said. The consultant confirmed that Sue had ME.

Sue, once again, had to take sick leave from work. In the following months she made several attempts to return but found it too stressful. Ultimately, in June 1993, she lost her job and, in her eyes, a reason for getting well.

She was devastated and also very hurt that former colleagues didn't bother to keep in touch. It was as though they didn't believe she was really ill. 'I know this is a difficult illness to comprehend,' she said, 'but just

► Sue with her dog, Pickle — ME is a lonely disease



▼ Sue still goes to Brownies, when she feels able



MOLLY TYRRELL



# LOW SE

because a disability isn't visible doesn't mean it doesn't exist.'

Sue has now had ME for nearly five years and has almost forgotten what it is like to live without fatigue, body pain, nausea, dizziness... and despondency.

The disease has deprived her of so much: job, interests — she can't even do much photography, as often her arms are too weak to hold the camera — friends, social life and, crucially, self-confidence. Sue has also become very dependent on her mother.

Come-and-go energy means that some days Sue is reduced to leafing through magazines — books are too tiring — and watching television. On 'good' days Sue is able to do more, sometimes too much.

'I am not very good at recognising my limitations and often push myself too far. I enjoy going to support my local football team, Swindon Town, on a Saturday afternoon — but, if I do go, it takes me two or three days to recover,' she explained.

Sue finds it easier to live from day to day, avoiding long-term arrangements. But she has got three on-going commitments that she manages to keep up with, which, she believes, help keep her going.

First, her dog, a little Japanese Spitz called Pickle. 'She gives me a reason to get up in the morning and keeps me company — I do get very lonely,' she confided.

Then, once a week Sue teaches a two-hour evening class in photography — though it does leave her feeling exhausted the next day. Her mother has to drive her to the college and back, as Sue would be too tired to drive, especially at night.

And last, there's Brownies and Guides. Her mother runs the 6th North Dorcan Brownie Pack and the 5th North Dorcan Guide Company. Sue helps with both. How much she is able to do varies from week to week.

In spite of the boost she gets from Pickle, her teaching and Guiding, Sue has become very disheartened. In the three years since her ME was diagnosed, her doctor has been talking about 'light at the end of the tunnel.' 'I don't believe him as much as I did,' she admitted. 'I'm beginning to lose hope that I will ever recover fully.'

Sue's story is horribly typical of young adults suffering from ME. But, although the disease is popularly associated with active people in their mid-20s and 30s — it was once cruelly nicknamed 'yuppie flu' — it does affect all age groups including the youngest.

Recent studies show that ME is much more prevalent in children than previously realised — over 12,000 youngsters in the UK may have the disease. One factor hampering ME diagnosis in children is confusion with school phobia, as Janice Jones and her daughter Natalie discovered.

## NATALIE'S STORY

Natalie's trauma began with pneumonia, also in the winter of 1989. Then aged seven, Natalie — who lives in mid-Glamorgan — was away from school for four weeks. But on her return Natalie was still so tired that she was allowed to sleep in the afternoons. This exhaustion lasted for a month or so, until she gradually got her energy back.

The next three winters followed the same pattern: Natalie was ill with a viral infection for four to six weeks, and then had difficulty coping with school on her return.

But each year, by summer, she was her normal self again and as active as ever — swimming, biking, gymnastics, Brownies... Mum Janice resigned herself to the fact that Natalie seemed to be allergic to winter.

In 1993, however, the situation changed. That September, Natalie — now 11 — started at secondary school, which meant more effort all round. There was further to travel to and from school; a longer day at school; harder lessons; and the exertion of carrying coat and schoolbag from classroom to classroom. After three weeks Natalie, exhausted, had to stay at home for a couple of days.

In October, the annual virus struck — with lasting consequences. Janice recalled: 'She never picked up after that. The virus was replaced by an overwhelming apathy. She was incapable even of making herself a drink or a snack.'

'Even going to the toilet was the most dreadful effort. Afterwards, she'd just sit on the floor and cry and I'd have to carry her back.'

Apart from the fatigue, Natalie was suffering sickness, diarrhoea, headaches, stomach pains, disturbed sleep and severe muscle and joint pains.

Soon after Christmas her GP, who now thought Natalie might have ME, referred her to the local hospital. There the paediatrician dismissed the GP's diagnosis — ME didn't exist, it seemed. Natalie was accused of being school phobic and Janice was told to get her back into school. Natalie went back to school. Within two weeks she was home again — bedridden.

This time Janice took her to see another specialist, some 85 miles away in Aberystwyth. To everyone's relief — at last they knew what was wrong — he diagnosed ME. That was last Easter. Since then Janice and Natalie have been coming to terms with the disease: learning what ME means and how to cope with it.

Natalie's symptoms remain more or



JANICE JONES

less the same, but they don't necessarily all occur together and their intensity varies. One day might be characterised by bouts of diarrhoea and nausea, another by severe abdominal pain. It's a case of taking each day as it comes.

The inexorable constant is fatigue, but even that fluctuates. Monday, Natalie is exhausted after being on her feet for half an hour. Tuesday she's strong enough to walk to the corner shop. One week she goes to Guides and enjoys the meeting, another week she gets her uniform on — and that's as much as she can manage.

Champion swimmer Natalie in her last summer at primary school



# Live Issues

Not surprisingly Natalie hasn't been back to school. She now has a home tutor for three hours a day — one hour each of English, maths and history. To help her study, lesson books are in large print, poor concentration along with difficulty in focusing and word-finding are all basic symptoms.

Studying at home means Natalie has lost touch with school friends. But she was losing them anyway. They can't take it in,' said Janice. 'They see her looking perfectly OK and just can't accept that there's anything wrong. And another thing — she finds coping with people very tiring. If more than one visitor comes to the house, she goes to her room.'



Away from anxiety Janice Jones relaxes on a Brownie outing

But Natalie does keep on with Guides — the 2nd Nottage Company — when she feels strong enough. Because she can't do anything strenuous she's been concentrating on craft activities like the Knitter and Stitchery badges. She's also just completed her Yellow Trefoil Challenge — a sponsored read for the NSPCC, involving nine books in two weeks.

Camp is out of the question but Natalie had been on Pack Holiday as Janice is Brown Owl of the 1st Pyle Pack, near Bridgend. She wasn't able to go on excursions or join in games, but she did help with craft sessions.

Since the Easter diagnosis, Natalie has made some progress — her energy level has increased from 25 per cent to 40 per cent. But there is still a long way to go.

Janice believes Natalie will get better though it might take five, six or even seven years. 'It's a question of waiting until the body repairs itself,' she said.

'In the meantime we enjoy the good days and get through the bad ones. But more and more we're trying to prevent the bad days happening. That means being aware of Natalie's present limits and learning to live within them.'

For Janice, Natalie's illness has brought all kinds of anxieties. The anguish of seeing her daughter suffer; the struggle to get a satisfactory diagnosis; the frustration of dealing with such a 'mystery' disease; the problem of arranging care for Natalie while she's at work; the need to make sure her other daughter, Stan, isn't losing out.

But, as Janice herself acknowledged, it is even more difficult and dispiriting for Natalie. 'I can walk away from it for an evening, Natalie can't,' she said.

## ME — THE FACTS

### What is ME?

ME is a severe disabling disease. Its full name, myalgic encephalomyelitis, means 'inflammation of the central nervous system and muscles'. It is also called post or persistent viral fatigue syndrome (PVFS) or chronic fatigue and immune dysfunction syndrome (CFIDS).

ME is often confused with chronic fatigue syndrome — an umbrella term covering many different diseases — and post viral syndrome, which commonly follows illnesses such as 'flu and glandular fever.

### Symptoms

The disease's main characteristics are:

- Fatigue and exhaustion precipitated by the slightest physical or mental effort, fatigue is not lessened by sleep.
- Memory problems, lack of concentration, speech difficulties.
- Severe 'flu-like symptoms such as fever, sore throat, aching joints, tender lymph glands.

Other features include disturbed sleep, visual problems, mood swings, poor balance, nausea, severe headaches, allergies, bladder and bowel disorders.

People suffering from ME do not necessarily have all these symptoms, but whichever symptoms they do have last months or, more often, years, and vary from day to day.

### Causes

ME is still something of a mystery. Research suggests two possible causes: one that ME is the result of a persistent viral infection (though the virus has yet to be identified); the other, that its symptoms are caused by an overactive immune system, this dysfunction being triggered by an infection. Both may play a part.

### Sufferers

Anyone can get ME — men and women, young or old, healthy or frail. However, it most commonly attacks fit, hard-working people in their 20s and 30s, especially those in occupations with a high exposure to infections, like teaching, nursing and social work.

Originally, ME sufferers were mostly adults but, within the last few years, more and more children have contracted the disease. In all, over 150,000 people in the UK have ME, twice as many as have MS — and their numbers are increasing.

### Diagnosis

Because there is no conclusive test for ME, diagnosis is based on case history and by excluding other diseases with similar symptoms. Earlier this year researchers found that ME patients had a lower than normal blood flow in the brain. This discovery could prove useful in diagnostic procedures.

One major problem affecting diagnosis is that many doctors know very little about ME. As a result, around 60 per cent of them are still unable or unwilling to recognise it.

### Treatment

So far there is no definite treatment for ME except rest and relaxation, especially during the first year.

Some 20 per cent of sufferers — usually those who receive an early diagnosis and are able to rest properly — make a full recovery within two years.

A further 60 per cent learn how to manage their illness through diet, pacing themselves and modifying their lifestyle. However, few can cope with a full-time job.

The remaining 20 per cent become permanently disabled. But, it is rare for someone to die from ME.

### Help

Further information about ME — for sufferers, their carers, and the public is available from: *Action for ME*, Dent 136, PO Box 1302, Wells, Somerset BA5 2WE. Send a large sae for a free enquiry pack.

Also, from October 24 *Action for ME* is operating a 24-hour Information Line on 0891 122976 (calls cost 34p per minute cheap rate, 49p per minute at other times).

*ME Association*, Stanhope House, High Street, Stanford-le-Hope, Essex SS17 0HA. Send a large sae for a free enquiry pack. During evenings and weekends the Association operates a telephone helpline for ME sufferers on 0375 642466.



*Ten days of fun and friendship as UK and French Senior Section members celebrated the advent of the Eurotunnel — that was the aim of the JEM Channel Project.*

But the project hit a major snag when the tunnel wasn't ready in time. However, the girls didn't let that faze them. Instead, they took to the sea and crossed the Channel the old-fashioned way — by ferry.

The hectic trip began with 105 Association members, aged between 17 and 20, crossing the Channel to Paris.

There they joined 80 of their counterparts from Jeunes En Marche (hence JEM), the Ranger-age section of Les Guides de France.

The aim was to give the girls a chance to compare the economic, social and cultural aspects of both countries by carrying out activities in mixed teams of around 16.

They spent three days following specially prepared 'Paris Trails', each focusing on a different topic, such as religion or education. Activities included visits to a fire station, a newspaper and a hostel for street prostitutes — and introduced the girls to a Paris that casual visitors never encounter!

'We were looking at how the City worked rather than just the tourist sights,' explained Sarah Page from 1st Dunstable Rangers.

Other highlights in France included a 'Spectacular' where teams were given just hours to prepare a show; a sports challenge; and the investiture of some UK Rangers and Young Leaders at the Eiffel Tower.

Then the international posse decamped to London — sadly, once more travelling by ferry.

The girls were very disappointed because they thought they were going to travel through the Tunnel,' admitted UK Co-ordinator Liz Pettman, Assistant Guider with 1st Woodbridge Guides.

But they made the most of their trip. Once in London, the girls played a version of 'Guiding Monopoly', travelling around London completing challenges to find out about the city.

They also spent a day at Docklands where they cleaned out a stream at Mudchute Urban Farm, helped look after children at a local day nursery

and visited a newly-refurbished council estate.

Other highlights included water activities at a sailing centre; a trip to the musical *Starlight Express*; a visit to Greenwich; a waterfront barbecue; and a Cockney evening with the Pearly King and Queen.

Plus, of course, a visit to CHQ, where GUIDING caught up with the 'Diamond White' team to find out what the girls had learned from their cross-channel communication.

'It made us realise how life is different in another country — but also, how much it is the same,' said Louise Gilbert, 18, of 1st Dunstable Rangers, Bedfordshire. 'For instance, the way we live is different but we all

for the English Guides.'

The UK contingent had an answer to that. 'French girls sing as much as we eat,' said Louise. 'They sing on the Metro, walking down the street, everywhere...'

But, whatever their differences, all the girls had been thrilled to catch a glimpse of the Queen, the Duke of Edinburgh and Prime Minister John Major leaving St Paul's Cathedral after a service to mark the 300th anniversary of the Bank of England.

UK Co-ordinators Hilda Stevenson and Liz Pettman were pleased with the way that the two parties had mixed.

Francoise Denoyelle, their French counterpart, also emphasised the co-operation between the two nationalities.

## FRENCH CONNECTION



enjoy singing.'

The girls had obviously been making plenty of cross-cultural comparisons. 'English Guides eat all day!' exclaimed Marine Dano, 17, from Brittany.

'Oui,' added 18-year-old Elizabeth Grayrand, also from Brittany. 'They love McDonald's. In Paris we stopped every time we saw a McDonald's just

'We've been very pleased with their team spirit,' she said. 'The two groups discovered that if they were different, they shared the same values — and Guiding is international.'

However, there are no plans for a re-run once the Tunnel is open for real. At least, not for a while.

DIANA WALLACE

Cleaning up at Docklands



## VILLA ART

▼ In 1926, Pierre Bonnard — one of France's greatest artists this century — bought the Villa du Bosquet in Provence and spent the last 21 years of his life there.

At the villa, which is situated high in the hills above Cannes, Bonnard painted many of his most famous pictures: dazzling landscapes, vibrant with colour and light, as well as intimate, domestic scenes.

The exhibition *Bonnard at Le Bosquet* features over 70 works, including 30 oil paintings, from that period. Among them is the picture shown here, the artist's last work depicting his favourite almond tree in bloom.

After a successful summer in London, the exhibition is now at the Laing Art Gallery, Newcastle until October 30. Details: 091-232 7734.



*The Almond Tree in Blossom 1946*

## SHAKESPEARE SPECTACULAR

► *How to Be Bottom* is a spectacular show encouraging children to explore the magical world of Shakespeare's *A Midsummer Night's Dream* and to find out more about Elizabethan London.

It's all part of *Everybody's Shakespeare*, Britain's first international Shakespeare Festival, at the Barbican Centre from October 25 to November 20. BBC2 is running a Shakespeare season to coincide with it.

For tickets and a festival booklet ring the Barbican Box Office on: 071-638 8891.

*Sesame Street's* Oscar the Grouch at MOMI



MOMI



Puppets from BBC2's *Shakespeare, The Animated Tales* are on display in the Barbican foyer during the festival

## IN SHORT

◀ Imagine being a child under 3ft tall. All you ever get to see is taller people's knees! That's why *The Little Children's Project* is being staged at the Museum of the Moving Image (MOMI) in London.

Fourteen new eye-level exhibits designed especially for children under 3ft tall have been added to MOMI's existing collection of displays for very young people. And *Sesame Street's* Oscar the Grouch is there to help them spot the exhibits.

For details contact the Museum of the Moving Image, BFI on the South Bank, Waterloo, London SE1 8XT; tel: 071-815 1331.

## PLAIN SAILING

► The spectacular Cutty Sark Tall Ships Races held each year in July and August are organised by the Sail Training Association (STA).

The Association also offers tall ship sailing trips for young people aged between 16 and 24, costing between £260 and £995. For an application form send a sae to: 2A The Hard, Portsmouth PO1 3PT. Or phone 0705 832055.





## FIGHTING TALK

● If you know a young person who is a good communicator or who has overcome a speech difficulty, she could be in line for an Orange Talk Award sponsored by the telephone service, Orange.

There are two categories: the Fighting Talk Award, for overcoming a speech difficulty, and the Tough Talk Award, for communicating in a powerful and inspiring way.

The winners get exclusive communications skills tuition with a top television presenter and there's £2,000 for the school or organisation that nominates them.

Children, aged 12-16, should be nominated by an adult who is not related to them. The closing date is October 31. For more details ring: 0973 202169.

## GREAT GIFTS

► If you've resolved to start your Christmas shopping early this year, Christmas gift catalogues are a great way to get ahead before the festive rush. And many of them benefit good causes.

Six great Christmas catalogues from the Innovations Group have just been published and are available now. They're full of unique gifts, some costing as little as 99p.

For a free copy, ring these telephone ordering numbers: Natural History Museum Catalogue 0793 431900; Science Museum Catalogue 0793 480200; V&A Treasury 0793 420420; Stockingfillas 0793 480330; Innovations Report 0793 514666; British Heart Foundation Catalogue 0793 420000.

WINSTON CHURCHILL MEMORIAL TRUST



1993 Churchill Fellow Tanni Grey receives her silver medallion from Betty Boothroyd, Speaker of the House of Commons.

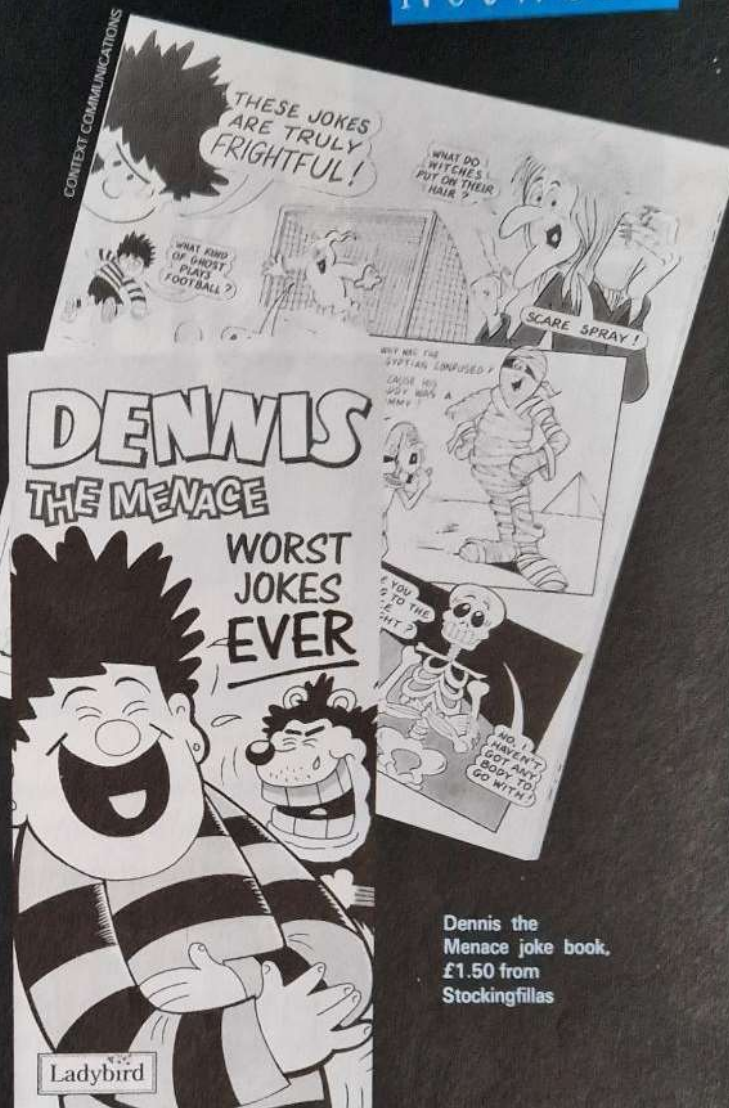
## GET GOING

▲ Do you have a burning desire to travel and improve your knowledge of the world? Here's a travelling fellowship which could help you on your way.

The Winston Churchill

Memorial Trust provides about 100 Travelling Fellowships each year. A Fellowship allows UK citizens of any age to undertake study projects in other countries.

Categories change each year and 1995's include projects



Dennis the Menace joke book, £1.50 from Stockingfillas

in China, helping schoolchildren on drugs and investigating alternative medicine.

For an application form send a large sae to: The Winston Churchill Memorial Trust, 15 Queen's Gate Terrace, London SW7 5PR. The closing date is October 24.

## WILD THINGS

● If your Guides enjoy getting out in the wild, they'll love a visit to one of the London Wildlife Trust's 52 nature reserves, which include woodlands, wildflower meadows, wetlands and nature gardens.

The Trust organises over 600 events annually, and more than 10,000 schoolchildren visit the reserves every year.

London Wildlife Trust has adult and junior members, who are involved in all aspects of the Trust's work. The junior membership, known as

WATCH, takes part in local and national projects.

Contact: London Wildlife Trust, FREEPOST, London N1 9BR. Tel: 071-278 6612/3.

## GREEN GAMES

● Looking for new activities to liven up meetings? Well, look no further than *The Environment Indoors — a Guide to Indoor Meetings*. It's packed with games, quizzes and activities for groups of children.

Designed with youth groups in mind, it gives details of how to run six indoor meetings which will help young people learn about nature.

The book is produced by the Young Ornithologists' Club, junior section of the Royal Society for the Protection of Birds. It costs £2.50 (including postage and packing) from: YOC, The Lodge, Sandy, Beds SG19 2DL.

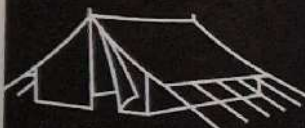




**'BIG JOHN'  
DOUBLE  
HYGENALOO**



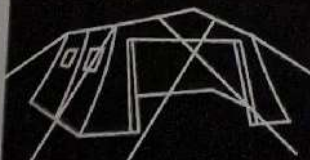
**COOK HOUSE  
DINING SHELTERS**



**RIDGE TENTS**



**SWIVEL FRAME  
TOILET TENT**



**MESS TENTS**



**MARQUEES**

**END OF SEASON**

# CLEARANCE SALE

Again Bradford Cover and Tent are repeating their popular annual sale of tents, marquees and mess tents which have accumulated during the season from factory seconds to ex-hire and part exchange equipment.

To receive a full clearance list simply tick the appropriate box on the coupon below.

Alternatively contact our Helpline on 0274 728469.

## REPAIR & REPROOFING SERVICE

For many years Bradford Cover and Tent have been asked to provide a quality repair and reproofing service, however, due to production commitments, it was not possible until last year when we offered the service during October, November and December only.

The service proved to be very successful, so much so that we are repeating the service again this year. A 12/13' ridge tent can cost as little as £30-£40 to collect, fully overhaul, reproof and return in a first class condition. This is a small price to pay to add many more years of service to an ageing tent.

If you would like a quotation for work to be carried out then please tick the appropriate box on the coupon below and we will be delighted to send you a detailed quotation form.

## COLLECTION & DELIVERY SERVICE

Please send me details on:  
(Tick as appropriate)

Clearance Sale

Repair and

Reproofing Service

Name

Address

Send to: Bradford Cover and Tent  
Company Ltd, FREEPOST BD 2098

44 Chapel Street, Bradford,  
West Yorkshire BD1 1BR

Telephone

Group





**Time for another change — an old favourite, Mr Tawny of the 23rd, reclaims the Man's Eye View slot to give us his wry look at life as a Guider's other half.**

I have always dreamed of being a true leader of men but, being first in the '11 items and under' checkout queue on Cup Final day had been my nearest moment so far, that is until Tawny of the 23rd snapped me into action last summer at the annual church parade... and plastered me on the front page of the local rag.

Being partial to a good march past, I had taken up my vantage point, having manfully sacrificed the cutting of lawns and hedges in favour of supporting the girls. Although there had been warnings of thundery showers, the sun was glorious and the route heavily lined with assorted mums, dads and sundry relatives, all with camcorders at the ready.

And what a moment it was as Tawny's Pack, leading the parade, came into view. I must say I noticed Tawny's face looked a bit redder than usual. But I guessed she was just flushed with pride — or else the hay fever was up to its tricks again.

The rather frantic hand waving was something I hadn't seen before. I concluded it was almost certainly a new form of salute — or, perhaps, an over-enthusiastic wasp had taken Tawny's sun-ripened nose for an early strawberry.

As they drew closer the animated jaw movement also became apparent, but I put that down to repetitive strain syndrome. Then it suddenly dawned on me that this strange behaviour was designed to catch my attention, as Tawny barked instructions: 'The police have changed the route... go and move the crowd!'

More weird hand signals seemed to suggest they were missing out the march round the market square in favour of going straight on. Apparently, it was necessary because of something to do with roadworks.

Well, telling me to move the crowd was a bit like asking Jeremy Bates to just pop out and win Wimbledon in his lunch break.

I reckoned I'd got about a minute to run the 400 yards to the square and round up the troops.

I'll give Tawny top marks for initiative though as, by this time, she'd gone into a sort of slow march that's more often seen at a state funeral, so I decided to have a go.

The last time I ran the equivalent of one lap of the athletics track, I came joint sixth with 'Bunter' Brown in the school sports. And, if he hadn't stopped halfway round to use his inhaler, he would have beaten me easily.

Undeterred, I belted down the High Street waving my golf umbrella at the gaping masses like a demented holiday rep. 'Follow me,' I belowed, resisting the temptation to add 'Stay wiz zee group'.

In fact, the Pied Piper and Moses between them could not have done a

## A MAN'S EYE VIEW

better job: the crowd dutifully began to follow, taking up their places just in time to see the yellow and brown ranks march proudly past — now back at full speed.

As everybody dispersed and I drifted away still gasping for breath, it was with some satisfaction that I heard a number of people remark 'We'd have missed it but for him'.

What I didn't know was that the local free-sheet photographer had been merrily snapping the whole episode and, a few days later, there I was as the token front page funny story above the caption — 'Sunday's church parade was a diverting experience for this heroic citizen'.

Over the top it may have been, embarrassing it certainly was, but this hint of recognition for services rendered took away the pain of my torn hamstring for at least a few seconds. And, more to the point, Tawny owes me one big favour. Now isn't the 1998 World Cup being held in France?



# Notices

## THINKING DAY ON THE AIR 1995

For all those interested in amateur radio, Thinking Day on the Air 1995 (TDOTA '95) is to be held on February 18 next year. Information packs and reports for the 1994 event are available. Write to: Youth Activities Section, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Please enclose a large A4 sae.

## THE ASSOCIATION'S AWARDS

### GOOD SERVICE

#### LAUREL

**Miss Margaret Cragg** — County Chairman of Programme and Training, Merseyside

**Mrs Doreen Stripling** — District Assistant, Sawbridge-worth and High Wych, Hertfordshire, the Association's Adviser for Members with Disabilities

**Miss Phyllis Thompson** — Division Commissioner, Hazelrigg, Newcastle-upon-Tyne

### MERITORIOUS CONDUCT

#### STAR OF MERIT

**Lisa Flinders** — Guide, 160th Sheffield Company, Sheffield

## STOKE MANDEVILLE SPORTS WEEKEND

From September 22-24 next year the Association is again staging a sports weekend at Stoke Mandeville, open to Guides, Rangers, Young Leaders and young Guiders who have a physical disability. They can also bring along a Guiding friend.

Participants can take part in a variety of sporting sessions including athletics, fencing, weight lifting, rifle shooting, basketball and wheelchair dancing — all with expert instructors.

The weekend costs £50, which covers accommodation, food, activities and evening entertainment. The sports centre has outstanding facilities to cater for all physical

disabilities in purpose-built surroundings.

For more information write to: the Training Administrator, Guiding Activities, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

## 1995 ORCHESTRA COURSE

Calling all budding professional musicians! The National Scout and Guide Symphony Orchestra Course for 1995 will take place from August 7-11.

Tuition will be given by professional musicians and two public performances will be held as a culmination of the course. Throughout the week, an assortment of artistic and adventurous activities will be on offer.

Acceptance is subject to selection. Applicants will need to have reached a good standard of playing and have orchestral experience. They must be between the ages of 13 and 25 by July 31 next year.

Application forms are available from: the Youth Activities Manager, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Please enclose an A4 sae. The closing date for applications is January 31.

## SKIING PARTY

If you are interested in hearing about or joining the CHQ Ski Party visiting Our Chalet, Switzerland from Sunday, January 15 to Sunday, January 29 next year, send a sae to: Miss Muriel Dunn, International Secretary, The Guide Association, 17/19 Buckingham Palace Road, London SW1W 0PT for details.

Applications must be at CHQ before November 11.

## MORE CHOICE FOR BROWNIES

The guidelines for the new range of Brownie residential opportunities should now be with all Country and Region Outdoor Activities

Advisers, Pack Holiday Advisers and Camp Advisers.

These opportunities are not intended to replace Pack Holiday or Pack Holiday Under Canvas, but to expand the opportunities available for Brownies to live together as a group and explore the outdoors.

All these opportunities are included in *The Guiding Manual 1994*. For further details Guiders should contact their Pack Holiday Adviser, or Outdoor Activities Adviser.

## INSURANCE QUERIES

Many Guiders and Unit Helpers use their private cars for Guiding purposes and many units rely on parents to transport Guides to events or to take part in activities.

The Guide Association's general liability insurance policy *does not* provide any cover in respect of 'mechanically propelled vehicles'. There is a legal obligation on the users of motor cars to have a specific motor liability insurance cover and, obviously, there is little point in duplicating that cover.

However, it has recently been pointed out that some insurers are classifying Guiding as use of the vehicle for business rather than social, domestic and pleasure use. While the Association does not believe that such a definition is sustainable, it does recommend that people should check with their insurance companies and resolve any argument *before* any claim arises.

It is possible that if members are re-imbursed on a cost per mile basis for the use of their cars this could well breach the 'hire and reward' condition of their motor policies, so that too should be checked out.

## RWANDA EMERGENCY APPEAL

The United Nations High Commissioner for Refugees is desperately appealing for money to help the Rwandese people and members have

been asking if there is any way The Guide Association can help.

Members of The Guide Association can support the people of Rwanda and the WAGGGS Peace Initiative by raising money and sending it to: The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Make cheques payable to The Guide Association.

Be sure to mention it is for the 'Rwanda Emergency Appeal'. The money will be sent on regularly to the UNHCR (saving individual bank transfer charges). If you require a receipt, please enclose a sae.

## ROUND THE WORLD VOYAGE

Ocean Youth Club, Europe's largest sail training organisation, is looking for 300 enthusiastic young people to take part in a round the world voyage.

Two OYC 72ft ketches will set off from Southampton in December 1995 on a 15-month voyage of discovery. The boats will call at: the Canaries, the Caribbean, Panama, Tahiti, New Zealand, Sydney, Darwin, Fremantle, Madagascar, Cape Town, Dakar and the Azores, so you can choose which leg you'd like to go on.

Anyone wishing to take part must be aged between 16 and 24 at the time of the voyage and will have to pass a rigorous selection weekend before being allocated a berth.

Anyone wishing to be considered for the first seven legs should contact the Training and Development section at CHQ or their Country/Region Boating Adviser or Country/Region Headquarters, as the deadline is mid October.

Applications for the final legs of the voyage should be submitted by December 1. For details write to: Marketing Manager Georgina Hyde at World Voyage, Ocean Youth Club, South Street, Gosport PO12 1EP. Tel: 0705 528421/2 Fax: 0705 522069



Darlaston District's plans to open their own Guiding library were given an extra boost thanks to a grant from a local development organisation.

A £450 grant from the Black Country Development Corporation, a local regeneration initiative, enabled the West Mercian District to buy about 135 books.

St Lawrence's Church, the District's meeting place, will house the expanding collection. The church will be a focal reference point for all members in the District, from Rainbows up to Rangers, not forgetting its 19 Guiders.

District Commissioner Helen Nevett explained the need for the new service and why it is so popular: 'There are so many books and other publications relevant to our Movement that it's too expensive for individuals to obtain them all,' she said.

'Starting a library seemed the logical way to bring them within the reach of all the girls. They've been fund raising like mad to buy lots of books for it.'

Before the grant was received, events such as a swimming gala and bring and buy sales raised enough money to get the book buying started.

Until BCDC's donation, the ever-

# BOOKWORMS

increasing library was stockpiled in Helen's home. 'Now, everyone will have access to it and it'll save a time-consuming journey to our nearest shop in Birmingham,' she said.

Corporation Community Project Officer Clare Smith added: 'They're doing a fine job raising money for their

library, and we're glad to be able to assist them in meeting the cost of this venture. It'll be a great boon to Guiding in this area.'

Helen added, 'We're all very pleased with our library. Maybe one day we'll have one big enough to serve the whole County.'



Guide Vicky Burke has plenty to choose from out of this small selection from the library

**Kathleen Davies-Cooke, who died recently aged 91, will be remembered with affection by her many friends of all ages.**

Mrs Davies-Cooke was enrolled as a Guide before becoming County Commissioner for Yorkshire West Riding South in 1936. She brought a breath of fresh air into the County and, with the formation of a training committee, Home Emergency Service and Ranger Clubs, YWRS flourished. She became a member of the Council of the Association in 1940.

The County could not contain so able and far-sighted a woman. She became Deputy Chief Commissioner for England and led the UK delegation to the 12th World Conference in the USA. Mrs Davies-Cooke was Vice-Chairman of the 13th World Conference in 1950, during which she was presented with the Silver Fish.

Mrs Davies-Cooke was deeply involved with the formation of the Trefoil Guild, using her experience with Ranger Clubs in Yorkshire. Structuring of the Guild followed and Mrs Davies-Cooke became its first chairman

## KATHLEEN DAVIES-COOKE



Irreplaceable: Kathleen Davies-Cooke OBE, who helped found the Trefoil Guild

in 1952. She later became its president and, eventually, a vice-president. The international aspect of Guiding was soon reflected in the Guild. The inaugural assembly of the International Fellowship of Former Scouts and Guides was attended by Mrs Davies-Cooke. She became a member of its Council in 1957.

In 1964 Mrs Davies-Cooke was awarded the OBE for local social work done unstintingly.

She became a vice-president of the Association in 1960 and remained an active one until she asked to be placed on the 'retired list' in 1990. She was President of South Yorkshire County and of Doncaster North Division until 1985, when she moved to London, still retaining vice-presidency of both.

A warm welcome waited at her home. Interest, concern, words of wisdom were there. These and her remarkable understanding of the young, as she called them, are irreplaceable. Words written by Kathleen Davies-Cooke express her wonderful attitude to life: 'Go forward with confidence and let nothing discourage you.'

CJF



# SOAP STARS

*It was enough to put any Guider into a fast spin: an unexpected phone call, telling Sandie Chapman — in the throes of frantic last-minute arrangements for a Pack Holiday and already feeling a bit washed out — that her 24 Brownies were urgently needed for a washing powder TV commercial.*

But Sandie, Brown Owl of the 1st Farnborough (St Giles) Pack, kept her cool. The advert about to be filmed, was to star Jeff Banks, designer of the Association's current uniforms, and she knew the girls would hate to miss a chance to get on the box with him and shine as TV stars.

So, in a marathon telephone round-up on a Sunday, she managed to assemble the entire cast of 24 and presented them smartly turned out on time for the cameras to roll.

Sandie takes up the story of how her Pack, plus four girls from the 1st West Wickham Pack, both part of Greater London Kent, drafted in to boost the numbers, became slightly famous and won their Jester badges.

“The Pack Holiday was due to start at 4.30pm on the Thursday before Easter at Heartsease, our lovely Pack Holiday home at West Wickham. I had the whole of the previous Sunday to devote to final preparations, or so I thought... until the phone rang at around 2.30pm. The caller was Caroline Thomas, Division Commissioner for Beckenham.

She explained that Jeff Banks would be filming a TV advertisement for Ariel at Heartsease on the Wednesday and Thursday and that this involved a Brownie Pack taking part. “Could you

rustle up your Brownies a day earlier and help us out?” she asked.

Knowing that my Brownies would never forgive me if I turned down this opportunity, I agreed to start phoning parents immediately.

It's amazing how many people go out on a Sunday afternoon, but by 8pm I had a full Pack, eager and ready to start filming on Wednesday morning. Only then did it dawn on me that I was now committed to spending an extra two days with the Brownies. I also had to cram into Monday and Tuesday all the Pack Holiday bits and pieces I still had to do!

The film company was laying on a coach to transport the Brownies to and from the site on the Wednesday and back again the following day, so my girls could start their Pack Holiday as soon as filming ended.

Wednesday brought one of those scenes a Brown Owl dreams of — every single Brownie turned up, wearing all her uniform, down to the correct colour socks, shoes and hair ribbons.

On site the Brownies were treated to breakfast from the location film food van, while I was whisked away to meet the director, the producer and others from the company making the film. Jeff Banks was already filming the opening scene.

Heartsease looked really lovely that morning, with bluebells, primroses and daffodils around the building. How hard the committee must have worked, I thought. Then I discovered that the flowers were all artificial and were props put there by the film unit!

Brown Owl in the film was to be played by actress Kirsten Hughes who would be “dismayed” when Jeff, playing himself, pointed out that one of her Brownies, played by child actress and real-life Brownie Nicola Holtby, was wearing a T-shirt that was only “nearly clean” and not “really clean” because it hadn't been washed in Ariel.

I was in the film but only as an ‘extra’ with a non-speaking part, relegated to playing a helper, making sure that the girls were immaculately groomed with every hair in place.

My job off the set was, in fact, to help do exactly that, and to ensure that all the Brownies would appear on location, properly turned out, whenever required.

The Brownies were already beginning to feel like celebrities, with the hairdressers and make-up ladies checking them over as they got off the luxury coach. They were introduced to Jeff, who greeted them like an old friend. They were busily chatting away to him when the director announced that it was time to start filming.





Well done: every Brownie was awarded her Jester badge, with Jeff making the presentations

The girls thought they'd played their scene beautifully and were already regarding themselves as accomplished artistes, when they were told they had to do it all over again. And again, and again and again!

After about 20 takes the scene was at last to the director's satisfaction. The Brownies then had to record the sound-over, which was done separately. This went off fairly smoothly and we all broke for lunch.

The Brownies found their way back to the location food van with no trouble and tucked into the huge selection. Some had three helpings of dessert. Under strict instructions not to get dirty, they were allowed to play in the grounds until filming resumed.

We were now shooting an indoor scene and, even after a number of rehearsals, it still took several takes before the director was satisfied. In between takes, we were all checked again and again by the hairdressing and make-up team.

The time just flew by and, suddenly, it was 4.30pm and time for the Brownies to return to the serious side of this film work — the tea break, with much scoffing of sandwiches and lovely cakes and guzzling Coke by the fire.

When filming re-started, some of the Brownies were beginning to wilt but Jeff soon rallied them to the cause and finally we'd finished for the day. Back in the coach, we headed for home, where waiting mums were keen to hear what Jeff was like.

Next morning everyone was on time

and, again, beautifully turned out. The Brownies, now seasoned actresses, knew exactly what to do as soon as they arrived on location: make straight for the van and get stuck into breakfast.

I was briefed on the work ahead of us that day. It seemed that the director wasn't happy, after all, with what we'd done the previous afternoon. We ended up by doing another ten or so takes of the same scene before mid-morning coffee break.

It was all made easier, however, by the friendliness of the film crew and I soon discovered that some of them had been either Cubs, Scouts, Brownies or Guides. One had even been a Queen's Scout.

When filming resumed we were working on the next scene which, again, involved quite a lot of takes because the giggles had set in.

Jeff was supposed to walk into the group and spot a dirty mark on Brownie Nicola's T-shirt. She, in turn, had to look at him and frown. Instead, she either grinned or giggled, which set him off, and then us.

The poor director had a hard job getting us to do it right.

And so filming went on throughout the afternoon until, after tea, came the final shot. For this the Brownies had to shout a deafening "hooray". At first they sounded, well, as Jeff put it, "like a bunch of Scouts". But I knew how to make them give a really loud cheer — I promised that I wouldn't play my Paul McCartney tapes on the Pack Holiday!

That did the trick. All of a sudden the director called: "Cut! It's a wrap". We'd finished. Everyone seemed happy and the crew were packing away the gear.

At this stage every Brownie was awarded her Jester badge, with Jeff making the presentations.

It had been a lot of fun but two solid days of quite hard work to get on the telly for just 40 seconds — it makes you think.

But, if you'd like one of my slightly-famous Brownies to autograph your next packet of Ariel, I'm sure it could be arranged.

**SANDIE CHAPMAN**

Nicola Holtby, aged nine, is a member of the 9th Westminster Brownie Pack. She attends a primary school in London's Eaton Square and, on Saturdays, the Westminster School of Performing Arts.

In the two years she has been part-time at drama school, Nicola has already had several commercial 'engagements', in addition to the Ariel advert.

Smile please: the entire cast line up for a final photocall





# GUIDING READER Survey

Your chance to have a say

## Dear Reader

It is our first priority to provide you with a magazine that answers your Guiding needs; that informs, supports and entertains. Without you there would be no magazine.

We want to get the balance right – between, say, news and activities, or information and feature articles. Do you think we live up to our aim? We need to know what you think, so please take some time to answer the questions below. I very much appreciate your help and look forward to receiving your questionnaire, and any other comments you may have.

Yours sincerely

Sara Swan

Publishing Services Manager  
The Guide Association

PS. There is no need to stamp your envelope – just use the FREEPOST address below.

### 1. Do you read *GUIDING*

- ☐ every month  
☐ about 6 times a year  
☐ less than 6 times a year

### 2. Do you get *GUIDING*

- ☐ from your newsagent  
☐ through the post  
☐ another way, which is?  
.....  
.....

### 3. Which section do you belong to?

- ☐ Rainbow ☐ Brownie ☐ Guide ☐ Senior ☐ Trefoil Guild  
☐ Appointment holder, as a .....  
☐ Other (please specify) .....

### 4. How long have you been reading *GUIDING*?

- ☐ 0-1 years ☐ 1-5 years ☐ over 5 years

### 5. Please glance at this issue's contents list on page 3. Which section do you turn to first?

- ☐ 'Regulars' ☐ 'Features' ☐ 'Programme'  
☐ I start at the beginning and read through

### 6. 'Regulars' – For each of the following tick **only one** box

|                   | always essential<br>reading | sometimes<br>interesting | never<br>read it         |
|-------------------|-----------------------------|--------------------------|--------------------------|
| Guiding in action | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Live issues       | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Network           | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| A man's eye view  | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| My girl's a Guide | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Executive news    | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| One world         | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Letters           | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| A personal view   | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Lifestyle         | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Round up          | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Notices           | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |
| Training Diary    | <input type="checkbox"/>    | <input type="checkbox"/> | <input type="checkbox"/> |

### 7a. 'Features' – On the whole, do you think *GUIDING* has

- ☐ too many features  
☐ about the right number of features  
☐ not enough features

### 7b. 'Features' – Tick **any** of the following which you think describe good feature stories

- ☐ entertaining ☐ serious ☐ informative  
☐ inspiring ☐ long ☐ illustrated  
☐ short ☐ factual ☐ practical

### 7c. 'Features' – What, in your opinion, is the best feature you have read recently in *GUIDING*?

.....  
.....  
.....

### 8a. 'Programme' – In your opinion, does *GUIDING* contain enough programme material for your section?

- ☐ yes ☐ no

### 8b. 'Programme' – Do you find the programme material in *GUIDING*

- ☐ always useful, good quality  
☐ sometimes useful, mixed quality  
☐ mostly not useful, poor quality

### 8c. 'Programme' – Tick **any** of these sources of programme material you also use

- ☐ other magazines, such as .....  
☐ other Association publications  
☐ non-Association publications  
☐ I prepare it myself  
☐ our unit leaders prepare it together  
☐ other sources, such as .....

### 8d. 'Programme' – Tick **any** of the following that describe the sort of programme materials you think *GUIDING* should provide

- ☐ suggestions and ideas only  
☐ complete step-by-step instructions  
☐ photocopiable pages  
☐ pages to cut out and file

### 8e. Tick **any** of the following activities that you need most from *GUIDING*

- ☐ themed ☐ badge-related ☐ outdoor ☐ indoor  
☐ quick 'filler' games ☐ weekly programme material  
☐ others, such as .....

### OPTIONAL Name

Address .....

Daytime telephone number .....

Thank you very much for taking the time to answer these questions. Please send your completed survey to:  
PUBLISHING SERVICES 10/94, FREEPOST (LON 145), LONDON SW1W 0YA



# L A W S *under* R E V I E W

**At the same time as the Council decided to change the wording of the Promise, it was agreed to consider a review of the Guide Laws. Therefore, the Chief Commissioner set up a small working group of five people, representing all aspects of Guiding.**

Catherine Bartlett, its Chairman, is also Chairman of the Religious Advisory Committee. Another member, Jane Lewes, Look Wider Co-ordinator, was able to provide insights into the Promise debate having presented the Promise Review Group report.

The remaining members are: Lindsey Rice, a young Brownie Guider who is a member of the Religious Advisory Committee and was also a member of the Promise Review Group; Sue Wales, an Assistant Guide Guider and a former Junior Council member; and Sue Moore, a Guide Guider and a Division Commissioner.

The group's task was to examine the wording of the present Laws, to consider their relevance to today's girl and, if necessary, to make recommendations for change to the autumn Council Meeting next month.

Following the initial meeting to discuss what was felt to be the essence and function of the Guide Laws, the group spent a weekend considering the wording of the Laws and whether any change was needed.

Members studied the way the wording has changed over the years, the laws of other members of WAGGGS, the current Scout Laws, and archival Guiding publications relating to the Laws.

They examined any reference made to Guiding in general interest magazines

and paid particular attention to the comments and suggestions submitted by an enormous number of Guiders, Guides and Commissioners who had written in at the time of the Promise debate.

A five-part Law was then drawn up and circulated to selected target groupings within the Association. A questionnaire was compiled to record reactions to the wording and space was provided to enable the respondents to express their own views.

Although Countries and Regions were asked to send the questionnaires to specific groups, the group was happy for other members to see it and welcomed their input.

Consultations were requested at District level: ten Districts from each Region and Scotland, five Districts from Wales, four from Ulster and two from BGIFC, giving a total of 81 Districts, including specific types of location and units, such as inner city, urban priority area, suburban, urban, rural, multi-cultural, with special needs, and with sponsored units.

In addition, responses were sought from ten Trefoil Guilds, 30 Ranger/Young Leader groups, 30 Guide units, 30 Brownie units, distributed across the Countries/Regions.

The group believes this meant that questionnaires were sent to representatives of every spectrum of Guiding.

The response was very encouraging. The group received 403 completed questionnaires having been willing to settle for a minimum of 226. The only people who did not reply were LINK and SSAGO, who may have found it difficult to meet the time-scale.

Most sections provided more replies than had been asked for, particularly in the Guide section. The replies covered the length and breadth of the UK from

the Channel Islands to Sutherland, from Cornwall to South Uist, not forgetting the Isle of Man! The BGIFC response came from all corners of the world — Tokyo, Katmandu, Cyprus and Bahrain.

The largest number of replies were from suburban or rural areas, but inner city and urban priority areas were also well represented. Replies received from Guiders and girls in multi-cultural and special needs units were especially valuable, and sponsored units also made their views known.

In almost every category the number of positive responses outweighed the negative. This trend was most noticeable in the replies from Guide and Brownie units, many of the girls had included their own comments with the completed questionnaires.

About 50 letters were also received from individuals who had seen the proposal and wished to express their views. Catherine Bartlett said: 'These were greatly appreciated and the group spent considerable time reading and taking note of their comments and concerns.'

We would like to thank everyone who returned the questionnaires and who took the time to write. The additional comments and letters were most valuable and featured strongly in the subsequent debate and decision-making of the group.

At its meeting next month, the Council will discuss the group's recommendations before deciding whether or not to accept them as the Guide Laws which will take the Movement forward into a new century.

There is still a chance to comment, if you have not already done so. Members are urged to contact their Council members, ask to see the proposed wording and make their views known.



# census FIGURES

The latest census figures show that membership of the youngest section — the Rainbow Guides — continues to grow. Total membership of this section increased by 10,396 in 1994 with 942 additional units having opened in the last year.

However, the overall figures recorded by the 1994 census covering the United Kingdom and British Guides in Foreign Countries shows a slight fall in membership. Total membership in 1994 was 750,548 compared with 756,728 in 1993 — a decrease of 6,180 or 0.82 per cent.

The decrease affects both uniformed and non-uniformed members — the Trefoil Guild, LINK and Unit Helpers — with 5,609 leaving the ranks of the uniformed members and 571 fewer non-uniformed members being recorded.

## UNIFORMED MEMBERS — COUNTRY/REGION TOTALS

|  | 1993    | 1994    | Change  |
|--|---------|---------|---------|
| North West England                     | 92,171  | 92,409  | + 238   |
| North East England                     | 82,476  | 81,659  | - 816   |
| Midlands                               | 103,084 | 102,463 | - 621   |
| Anglia                                 | 101,475 | 100,078 | - 1,397 |
| South West England                     | 101,383 | 101,045 | - 338   |
| London & South East England            | 106,898 | 105,901 | - 997   |
| Scotland                               | 81,101  | 80,742  | - 359   |
| Ulster                                 | 15,191  | 14,698  | - 493   |
| Wales                                  | 29,577  | 29,335  | - 242   |
| British Guides in Foreign Countries    | 6,093   | 5,510   | - 583   |
| Unattached Commissioners & Secretaries | 25      | 24      | - 1     |
|  | 719,473 | 713,864 | - 5,609 |

## UNIFORMED SECTIONS

|  | 1993    | 1994    | Change   |
|--|---------|---------|----------|
| Rainbow Guides                               | 68,763  | 79,159  | + 10,396 |
| Brownie Guides                               | 349,563 | 346,686 | - 2,877  |
| Guides (inc Lones 1994: 59, 1993: 57)        | 204,539 | 191,108 | - 13,431 |
| Ranger Guides (inc Lones 1994: 31, 1993: 21) | 9,297   | 9,012   | - 285    |
| Young Leaders                                | 10,050  | 10,190  | + 140    |
| Guide Club Members                           | 409     | 358     | - 51     |
| Guiders (Unit) (inc Lones 1994: 11, 1993: 4) | 65,552  | 66,151  | + 599    |
| Appointment Holders                          | 6,190   | 6,121   | - 69     |
| Commissioners                                | 5,110   | 5,079   | - 31     |
|  | 719,473 | 713,864 | - 5,609  |

## NON-UNIFORMED SECTIONS

|                                   | 1993   | 1994   | Change |
|-----------------------------------|--------|--------|--------|
| Trefoil Guild (Ex- Assoc Members) | 19,974 | 19,822 | - 152  |
| LINK                              | 221    | 205    | - 16   |
| Unit Helpers                      | 17,060 | 16,657 | - 403  |
|                                   | 37,255 | 36,684 | - 571  |

## UNIFORMED MEMBERS — AGE GROUPS

|             | 1993    | 1994    | Change  |
|-------------|---------|---------|---------|
| 4 years old | 1,222   | 613     | - 609   |
| 5           | 25,597  | 29,030  | + 3,433 |
| 6           | 37,833  | 44,311  | + 6,478 |
| 7           | 97,408  | 96,541  | - 867   |
| 8           | 118,420 | 117,579 | - 841   |
| 9           | 105,043 | 105,312 | + 269   |
| 10          | 79,679  | 78,105  | - 1,574 |
| 11          | 61,234  | 56,428  | - 4,806 |
| 12          | 48,965  | 43,903  | - 5,062 |
| 13          | 30,499  | 28,437  | - 2,062 |
| 14          | 16,526  | 16,182  | - 344   |
| 15          | 6,765   | 7,083   | + 318   |
| 16          | 5,764   | 5,723   | - 41    |
| 17          | 5,727   | 5,389   | - 338   |
| 18          | 2,193   | 2,361   | + 168   |
| 19          | 1,750   | 1,550   | - 200   |
| 20          | 1,692   | 1,569   | - 123   |
| 21-25       | 7,654   | 7,661   | + 7     |
| 26+         | 65,502  | 66,087  | + 585   |
|             | 719,473 | 713,864 | - 5,609 |

## ADMINISTRATIVE UNIT TOTALS

|                     | 1993   | 1994   | Change |
|---------------------|--------|--------|--------|
| Counties            | 156    | 156    | 0      |
| Divisions           | 1,079  | 1,075  | - 4    |
| Districts           | 4,373  | 4,051  | - 322  |
| Guide Clubs         | 23     | 18     | - 5    |
| Ranger Guide Units  | 1,388  | 1,338  | - 50   |
| Guide Companies     | 10,957 | 10,655 | - 302  |
| Brownie Guide Packs | 17,864 | 17,595 | - 269  |
| Rainbow Units       | 5,091  | 6,033  | + 942  |
| Trefoil Guilds      | 1,061  | 1,083  | + 22   |
| LINKs               | 29     | 19     | - 10   |
| Friends of Guiding  | 1,050  | 988    | - 62   |
| Lone Units          | 10     | 13     | + 3    |



# ON THE *up*

**Alison Buchan, Chairman of the Membership Committee, reviews the 1994 census figures and concludes that there is a lot to be excited about.**

Each year we undertake an annual census of our membership and publish the results — an array of numbers which don't always mean a lot to the average Guider. To many, the census is just something which eats up precious time that could be better spent, with District Commissioners feeling particularly pressured. It is all too easy to forget that the census is about people.

However, the census is carried out for very sound reasons. We can learn a great deal from it which is of use to all of us, not just those who have to budget what next year's subscription receipts will be.

The Membership Committee took a good look at this year's figures and compared them with previous years. The results are interesting, so we thought we would share some of our observations through *GUIDING*.

We hope that our thoughts will help to promote discussion and encourage examination of how things have changed, or need to change, in your Unit/District/Division/County. National trends are, after all, made up of a lot of local patterns.

The overall membership is actually down after several years of growth — not by much though, just 0.82 per cent — and there is much to be enthusiastic about.

Rainbow numbers have increased yet again. The success of this section has been staggering. In 1989 there were approximately 15,000 Rainbows and now there are over 79,000 in this section. The number of Rainbow Units continues to grow accordingly, which means more Unit Guiders are involved with this section.

The Brownie section is still the largest single section with nearly half the total membership. There has been a slight drop in Brownie numbers this year but only by less than 1 per cent. Membership of our Association still peaks at age eight.

This has been the case at least since the mid-1970s and has not changed with the arrival of Rainbows. There continues to be a lot of girls who do not become Rainbows, joining instead as Brownies, so Brownies are definitely still very popular.

The reduction in Guide membership is probably the most worrying with a 6.57 per cent fall from last year's total. Looking back over the last 20 years, this is not a new problem but gradually it has become worse. A close inspection of the figures shows that although there were 105,034 nine-year-olds in the Association in 1993, not all of them went on to become Guides, as there were only 78,105 ten-year-old members in 1994. So what happened? Did they not want to join Guides? Were there no units to go to? Were the alternatives more exciting? Perhaps you know what happened in your area.

Once in Guides some girls don't stay long. For instance, in 1992, 102,662 ten-year-olds were in the Association but, by 1994, there were only 43,903 Guides aged 12. Do we know why they leave? Do we ever ask why they leave?

We obviously don't have the answer for this problem yet, but think of all those who are missing out on the fun of Guiding. There is certainly lots of room for improvement here.

Turning to our older members, non-uniformed adult numbers are down,

which is unfortunate after the good increase the year before. These individuals fulfil a valuable support role, so it is just as important to promote increased membership in these sections as in any others.

Ranger numbers are down again too, but the reduction is only half what it was the previous year — great news. Let's hope this trend will continue and numbers will start to grow.

The number of Young Leaders is already on the up, which is a really good sign for the future — especially if the majority go on to become Guiders.

It is even better news when you also take into account that the percentage of the female population aged 18 who are members is also up.

The number of Guiders has also increased. This is tremendous news and, if the improvement can be sustained, it will mean a better Guider-to-girl ratio, fewer units with only one Guider and, generally, more adults to deliver an exciting programme.

So, as you can see, it is not all bad news. In fact, there is a lot to be excited about. But there is no room for complacency, so have a good look at your local situation and see what needs to be done.

You might be amazed at the difference you could make.

**ALISON BUCHAN**

Chairman, Membership Committee

● The Membership Committee is keen to hear from anyone who wishes to comment on any aspect of membership. Send your views to: Alison Buchan, c/o The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT



# TENNANT'S TRUST

Westminster's Mayor, Councillor Jenny Bianco, after unveiling a plaque at the office at 22 Churton Street, SW1.



Alison Tennant devoted much of her life to Guiding and also worked hard to provide affordable housing for local people in the Westminster area of London. Now, in her memory, the housing trust she founded has named its new head office the Alison Tennant House.

Daughter of a Cabinet minister, Alison Margaret Tennant became involved in the Guide Movement after finishing her education in France. She became a Division Commissioner in her home county, Kent. Later, she was an International Commissioner, a World Committee member and World Guide representative at UNESCO.

She passionately believed that religion should play an important part in Guiding and is remembered worldwide as the originator and co-ordinating producer of the *Kent Song Book* and the *Kent Hymn Book*.

A trained singer, she is fondly remembered for insisting that others sing along with her during a camp at Windsor Great Park in 1935 to mark King George V's Jubilee and at the Coronation Party for King George VI, held at Great Maytham in 1937.

Miss Tennant entered local politics and served on the former London County Council from 1955 to 1965 and on Westminster City Council for two periods, 1949 to 1956 and 1960 to 1982.

At that time housing in Westminster was becoming extremely expensive and Miss Tennant was concerned that local people should be able to stay close to their families and not be forced out of the borough.

Her solution was to buy property, convert it and let it out to people in need. With the backing of Westminster City Council, she bought five houses and established the Tennant Housing Trust.

Now the Tennant Housing Trust has merged with Threshold Housing Association, and, in memory of its founder, the new association has named its head offices Alison Tennant House.





**I've always preferred music and drama to arts and crafts. Music, it's true, can be noisy, and drama downright violent. But, compared with arts and crafts, they're far less messy.**

So I couldn't summon up much enthusiasm when our Church Council invited each local organisation to decorate a window for the Harvest Festival.

They'd done it once before, when I was merely a Brownie's mum rather than a Guider. I remembered providing Michaelmas daisies from our garden... and then standing back and watching as the rivalry between the window-dressers reached a very volatile stage.

After that the church was refurbished and the Church Council decided they didn't want nasty little bits of Blu-tack all over the new paintwork — much to my relief. This sensible ruling applied until this year.

In April I was summoned to a harvest festival planning meeting at 8pm. While out shopping, I met the Church Secretary.

'Glad I've seen you,' she beamed. That meeting's been brought forward to 7.15pm, OK?

'Fine,' I agreed, as I fumbled for my diary only to discover that it wasn't in my shopping bag.

On the evening in question I was clearing the supper dishes at 7.30pm, when my husband glanced at the kitchen calendar.

'What time's this harvest meeting?' he asked casually.

Better late than never, I tried telling myself, as, hot and breathless, I apologised to the assembled throng. The meeting was all but over. The plans were made. I was just in time to be told which window the Guides had been allocated.

'Oh dear,' I murmured to Brown Owl, who had already sketched a design on the back of her summons to the meeting. 'I loathe arts and crafts.'

'There's bound to be *something* you can do,' she said cheerfully. 'Why not delegate?'

Have you noticed, people always tell you to delegate? What they don't tell you is how.

'Fancy doing clause 10?' I asked Cathy, my Young Leader. 'You could help interest a small group of Guides in some aspect of the arts — like window-dressing.' That's how she came up with a suitable design.

The only trouble was that none of the Guides was free on the Saturday to help assemble it.

'Could I help?' begged Emma. (Sometimes daughters are worth their weight in gold.) 'We never do anything like that at St Oswald's.' I could hardly believe my ears. I thought they did *everything* at St Oswald's.

I provided coloured paper, sticky tape, jam jars of water and plant life and stepped back to watch Emma and Cathy perform the work of creation.

On Sunday it was much admired.

On Monday afternoon, 20 minutes before Kevin was due out of school, I answered the phone.

'Do you realise *yours* is the only window that hasn't yet been dismantled?' enquired the Church Secretary, trying hard not to sound accusing. 'I want to lock up the church and go and collect my son in 20 minutes.'

So do I, I thought. But what I said was: 'I'll be right there!'

I only smashed one jam jar, soaking the Secretary, and we were both just five minutes late meeting our children.

Next year I'm putting in a plea that we consider music and drama instead.

ANDREA JAMES 29



Where have the basic fundamentals of Guide training gone and the Chief's four signposts of character, handicraft, health and service? These we had as our guiding lines and, though still there in some cases, are now so wrapped up as to be scarcely visible.

Guides only need to be able to light a fire if they are going to camp, and then seldom do so since much cooking is done on Gaz. First aid need only be learned if required for a badge. How many Guides know the make-up of the Union Jack and the legends behind it? Knots? Again only really needed for camp. And what about the basics of woodcraft — stalking, tracking, compass and stars and so on?

And yet for those of us who went through the Tenderfoot, Second Class and First Class badges, what fun we had passing those tests. And how often do we find ourselves using and practising so many things in our lives today which we learned then?

When I think of those snippets of information and the practical tips which I amassed as a Guide, I cannot be thankful enough to my Guiders and my parents who encouraged stickability, even when learning to patch and darn! Will the Guides of today — the adults of tomorrow — be as well prepared?

They will, no doubt, have happy

memories of abseiling, canoeing, archery and even flying. But they may have missed that 'still small voice' that speaks to them in all the wonders of nature. That can be heard in the 'little things', the silence, the awe, the 'looking wide' and, most of all, just 'Being Prepared'.

As Agnes Baden-Powell says in her

book *How girls can help build the Empire...* To sum up. The whole object of our scheme is to seize the girl's character in its red-hot stage of enthusiasm and weld it into the right shape. And what better way than to follow the Chief's trail?

**Trefoil Guild Member and  
ex-Trainer**

# a personal VIEW

**Are we in danger of losing the trail B-P set for us? It seems as though the Movement is putting too much stress on all these exciting activities — which the Guiders must arrange for the Guides to keep them in their Companies — often at great expense. Is Guiding turning into another 'leisure activity', which any girl could follow without having to make the Guide Promise?**

## EXECUTIVE NEWS

The Executive Committee welcomed several new members to its June meeting. They were Jenny Leach, North East England Chief Commissioner; three newly elected members — Sue Kirby, Pauline McKie and Pat Tiley; and Deborah Constable, the Chairman of the BYC delegation, who will attend all future meetings as does the Chairman of the Junior Council, Lara Brookes.

It was agreed that in future, Young Leader Guiders will wear a badge tab with white stripes on either side, to be made available as soon as possible.

Members learned that Lady Juliet Townsend has been elected to succeed Betty Clay as President of the Trefoil Guild. The Guild is to hold its next AGM at Strathclyde University on May 13, 1995.

Now that the new uniform is well established it has been decided that

there is no longer any need for a Uniform Panel. As Dorothy Hudson's term of office as Chairman was due to expire at the beginning of August, the Panel has been disbanded and The Chief Commissioner asked Sue Kirby to take on the solo role of Uniform Consultant.

Following the tragic death of two Cub Scouts and a leader in a minibus accident, the Director of Guiding Activities and the Legal Consultant had prepared a paper looking at the issue of seat belts in minibuses. As there was likely to be delay before legislation can be introduced, The Chief Commissioner is to set up a small group to work with the Scout Association to draw up appropriate guidelines.

The Executive Committee has rescinded a decision taken in 1992 that smaller venues should be used for the Annual General Meeting, following concern about the small number of tickets that were available this year. A new method of ticket distribution is to be adopted for next year's AGM, which will include an opportunity for readers of *GUIDING* to apply on a first come, first served basis. Details of the scheme will appear in a future issue.

Following presentations by the Chairman of the CHQ Project Group, Jane Knight, and Heritage Projects Limited, the Group was authorised to produce detailed plans of the work necessary to refurbish the picnic area, make provision for historical entertainment and to house the Archives in appropriate conditions. A final decision on whether to go ahead with the project is due to be made at the Executive Committee's meeting in October.

The Chief Commissioner presented a gift token to the Public Relations Adviser, Sheila Walker, who was retiring after four years. She said that Mrs Walker had 'made everyone very well aware of the importance of public relations within Guiding'. Tracy Davies was due to take over from Mrs Walker in September. In future, a member of the Junior Council and of the Association's BYC delegation will attend meetings of the Public Relations Committee.

Other new appointments were Pat Belringer, for a further two years as Assistant Arts Adviser (Vocal) and Vivienne Limb, who will serve another two years as Assistant Arts Adviser (Orchestral).

The Executive will hold four meetings in both 1995 and 1996 — in January, April, June and October.



## GUILTY

The Jewish New Year, which is celebrated in September or October and this year it fell on September 6, begins with a ten-day period of penance which culminates in Yom Kippur or the Day of Atonement.

As its name suggests, the focus of this very solemn day is repentance. And, in the synagogue, the ritual prayers include a confession recited by the whole congregation: 'For we have sinned... for we have murdered, for we have committed adultery, for we have robbed...'

Obviously the members of the congregation are not all murderers, adulterers, thieves... but, in accordance with Jewish tradition, they

are acknowledging that people do not live in isolation but as members of a community and that the community shares responsibility for the individual.

So when an offence is committed, it is not only the perpetrator who is guilty. To a certain extent, the rest of the community are at fault as well.

Whatever our faith background, 'no man is an island' speaks to most of us — though our understanding of it may not always extend to sharing others' guilt. There is, however, an awareness of collective guilt which surfaces from time to time. Take the tragic death of James Bulger. Devastated by such horror, the whole nation examined its con-

science. Headlines asked where had we gone wrong? Why had we become a don't-get-involved society? How had we allowed video nasties into our homes?

The Bulger case was exceptional and provoked an exceptional response. But the sad truth is that every locality has its quota of crime: murder, muggings, violence and vandalism. What part do we play in this?

For example, the village is campaigning for a sports field, primarily as a facility for young people. But our own children are grown-up so we don't get involved. The project founders through lack of support — and teenage vandalism around the village steadily increases.

At a more personal level,

our attitudes and actions help shape the overall moral mood.

For instance, I'm not a thief. But at the supermarket checkout I complain when I'm overcharged yet keep quiet when undercharged. And I'm not a dangerous driver. I watch what I drink but am not so bothered about speed limits.

By adopting this blurred-edge approach to right and wrong in our everyday lives, we give a confused example and sabotage — however minimally — general standards and values.

I'm not a wrongdoer, but I am an accomplice. 'For I have sinned...'

CD

Open  
Door

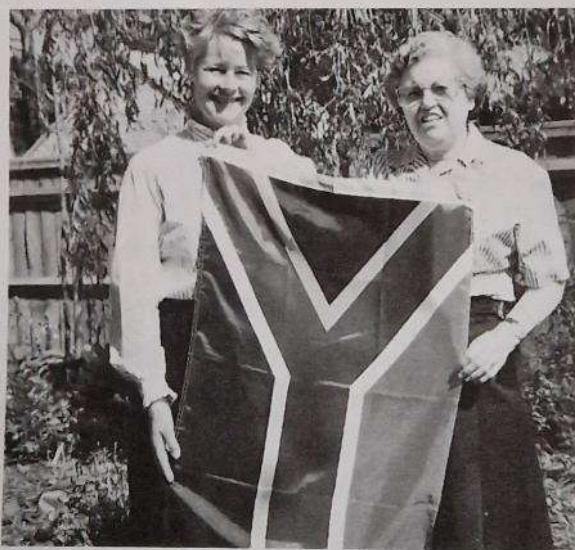
## BRIDGE-BUILDING

Pam and Ken Cottle share two all-absorbing interests — their commitment to Guiding and a total devotion to rugby football.

It's rare that the two interests overlap but their rugby connections have forged links with South African Guiding and one of the new South African flags.

Pam, a Guider for over 40 years, is an avid rugby fan and Ken is a former member of the Rugby Football Union Committee.

So when Pam discovered that Ian Beer, the RFU's president, was taking his wife on the England team's



Angela Beer (left) and Pam Cottle show off the new South African flag

South African tour, she decided it was time to do some bridge-building.

She asked Angela Beer to take along two sets of miniatures of the new Guide badges and present one to the first black Guide she met and the other to the first white Guide.

Angela Beer was having no success until the South African liaison officer with the English party set up a special meeting in a hotel.

Among the guests were the Region and District Commissioners, a Guide Guider and two Guides. Mrs Beer handed over her gifts and in return received a new South African flag.

News  
Focus

## IN NOVEMBER'S GUIDING

### New series

Advice for Commissioners

Theme evening activities

Based on popular children's books

All about the new

Look Wider File

Rangers lend a hand

at a royal garden party

Teach the girls

Orienteering

Christmas is coming...

Planning a singalong

## IN OCTOBER'S BROWNIE

Put on a pantomime!

The Golden Goose

Marvellous Masks

How to cover up

Mime Time

Playing charades

Fabulous prizes to be won

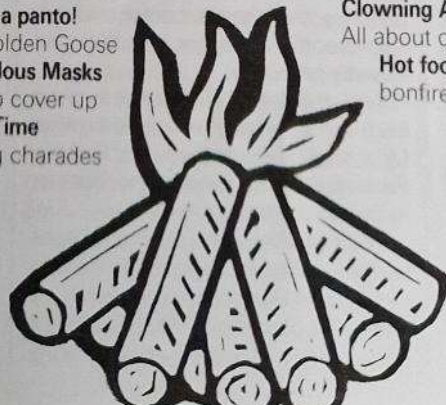
in our Cindy competition

Clowning Around

All about clowns

Hot food for

bonfire night



## IN OCTOBER'S RAINBOW GUIDE EXTRA

Rainbow Rabbit at

a concert

Find the hidden instruments

Let's pretend

Acting games to try

How are you feeling?

Recognise your emotions

Fun ideas for

dressing up

Coming  
Next



# family

## ENTERTAINMENT

*This month young  
hopefuls will begin  
lobbying for a part in  
Three Cheers, a Gang  
Show that always brings in  
the crowd.*



32 A touch of tartan for a Scottish theme

Malcolm and Joyce Moss can't move home, unless that is, they find another house with a vast basement. For their current cellar accommodates all the costumes and props which have been accumulating over the 30 years since Marple Scouts and Guides first trod the boards of their local theatre.

Way back in 1965, Malcolm Moss and John Spreckley, Scouters with 1st Marple, agreed to produce their first Group Gang Show at the suggestion of Judith Skinner, Assistant Guider of 3rd Marple Guides.

Judith was co-producer of the first show, which was dreamed up in response to a request from Marple Senior Citizens' Association for a one-night entertainment. Judith concentrated on individual sketches. Now she is the team's set designer.

Seven of the original leaders are still going strong. Malcolm has been the producer and John the stage manager at every single show. While Malcolm's wife, Joyce, has been wardrobe mistress from the beginning, working, since the third year, with John's wife, Heather.

They have developed the costumes from humble beginnings to the now lavish extravaganza of styles and colour. Their meticulous professional approach matches the show's content, which has, over the years, become slick and expertly presented.

Two other leaders have been involved from the very start — John's brother Mike, who helps produce, and Barbara Preston, who has joined sister Heather in the costume department.

Some of the seven have also been performers. In fact, as John and Heather discovered, Gang Shows can seriously alter your life! They met through the show and this year celebrate their

silver wedding anniversary.

Over the years, others have joined the dedicated team. Keith Frazer, who first appeared in the cast in 1967, is now joint stage manager with John. Keith's wife, Debbie, played the piano for many years and has written several memorable songs for the cast.

Shortly after the first production, Marple's Gang Show was given the name *Three Cheers*, a title now famous locally. *Three Cheers* is unique in that it is the only Group Gang Show in the country to be awarded the right to wear the coveted red neckers for high-quality performance.

The Scout Association normally gives this honour only to District or County Gang Shows, so Marple Scouts and Guides are justly proud of their achievement. The neckers are worn with great aplomb — for Gang Shows only, of course.

In addition, every Gang Show member receives a stainless steel woggle as a memento. It's embossed with the Gang Show motif, engraved inside with the person's name, and is worn only with the red necker.

Local Guides and Scouts regard it as a real privilege to take part in *Three Cheers*. Hopefuls begin lining up for auditions every October, although only half can be successful.

Applications are only accepted from Scouts and Guides of secondary school age and upwards, and the cast usually consists of an equal mix of old timers and novices.

There are normally some 35 Guides, 25 Scouts, 16 or so adult leaders and a variable number of Rangers and Ventures, according to how many are tackling A-levels at the time.

Rehearsals are held twice weekly



from January to March, when the two Associations are least involved with outdoor activities. The show always plays to ten capacity houses at Marple's Carver Theatre in late March.

Profits, administered by the Gang Show Committee, are divided equally between Marple Division Girl Guides and 1st Marple Scout Group.

Malcolm smiled as he compared the current budget with that of the early days. 'Nowadays costs run out around £3,500,' he explained. 'I don't recall exactly what we spent that first year, but it was not a lot! I seem to remember the kids wore their own clothes and the reindeer costumes were made of crêpe paper. Things have certainly changed since then.'

Malcolm's cellar houses thousands of costumes in 120 carefully-labelled and catalogued boxes. 'We do refurbish costumes, of course, some many times over,' he told *GUIDING*. 'But we try not to use the same garments for two or three years. We may even repeat a particularly successful number, but not within seven years.'

For many, *Three Cheers* is a family affair. John and Heather's three sons, Mike's son and two daughters, and Malcolm's son and two daughters have all appeared in the show over the years, fired by their parents' enthusiasm. Malcolm's daughter Alison, now aged 23, is currently a choreographer, sharing the job with Carol Tattersall, whose mother, Joyce, now co-produces with Malcolm and Mike.

The reverse is also true. Several adults became involved through their children and some have proved invaluable. Skilled pianist Keith Halstead is now a vital part of the show. He was introduced to the Gang Show in 1983 by his daughter and two sons, and now plays the piano for *Three Cheers*.

Keith also writes instrumental arrangements and plays the drums, when the regular drummer gives him the chance.

The show's loyal assistant pianist, Adrienne Stevens, was also 'discovered' through family involvement.

Guider Wendy Atkinson, the Gang Show's treasurer since 1986, was recruited by her three daughters. She's been a performer as well as treasurer, and it's clear that the show has been a source of plenty of fun over the years.

'One of the nicest things I've ever done,' Wendy told *GUIDING*, 'was to present the original seven leaders with specially crafted silver woggles at the final performance of our Silver Jubilee show in 1989.'

The Silver Jubilee was a lovely occasion, remembered with immense pleasure by all present. The National

MARPLE GANG SHOW



Everyone's dotty about Marple's Gang Show

Adviser for Scout Entertainment, Malcolm Lycett, wrote a glowing tribute in the glossy souvenir programme: 'Congratulations... on 25 entertaining years of top class Gang Show. Your shows have consistently given fun, laughter and joy to all fortunate to have shared in your intimate productions. You have set standards to be admired by many larger Gang Shows, for your disciplined performance, stimulating staging and new musical productions. *Three Cheers* and more, for Marple Gang Show.'

No less special was this year's 30th anniversary show, when all past members of the cast were invited to a 'Pearl of a Performance' on the first Saturday, followed by a cake and champagne reception in the presence of Guiding and Scouting celebrities.

Can Marple Gang Show follow that? Certainly! Fans expect *Three Cheers* to clock up ruby, golden, even diamond anniversaries and hope the original team will be around to share in the celebrations.



# RAINBOW GUIDERS

This month our theme for meetings is drama, acting and the theatre. These activities might lead on to the performance of a play or be used as preparation for a nativity play at Christmas.

## INTRODUCTION

This game is good for introducing the girls to the idea of interpretation — the basic art of acting. The girls stand in a circle. Then each one in turn — as quickly as possible — makes a gesture while announcing her name.

They should try to make their gestures match the rhythm or pattern of their names — but this may be a bit hard for them the first time you play. For example, Hannah might stamp her feet, or clap her hands, twice, once for each syllable. Rosie might raise her two arms in an upward and outward gesture. Deb might jump once on the spot.

At each name the whole circle repeats the name and gesture, so everyone says everyone else's name in a theatrical way. You might ask the girls to come to the next meeting with their name-gestures prepared.

## MIMING ACTIVITIES

One of the best ways to start children acting and interpreting is through mime.

This is particularly useful for shy children who may be cautious about speaking.

## SHADOWS

For this you need an old sheet, some drawing pins and a lamp. Hang the sheet across the room or a doorway. Put a bright lamp about a metre or more behind it, making sure the flex is safe. Turn out the other lights when the action begins.

One group is the audience, the others are the actors. The actors pass between the lamp and the sheet one at a time, trying to disguise who they are by their actions. They might hop, limp, stand very tall, wave their arms and so on. The audience has to guess to whom each shadow belongs. Then it is the audience's turn to become the actors.

## SONGS AND GESTURES

Standing in a circle, choose popular songs and act out the words with the girls. Go through it once while they learn how to join in, or suggest actions, and then again with everyone involved. For example, *Sing a Song of Sixpence* (or perhaps *Fivepence*) might start like this: Sing a song of sixpence, A pocketful (*hands in*

*pockets*) of rye, Four and twenty blackbirds (*arms flapping like a bird*) Baked in a pie (*arms in a circle like a pie*).

Other rhymes which work well in this way are *Hickory Dickory Dock* or *Three Blind Mice* and, with girls sitting, *Little Jack Horner*.

## HEAD-DRESSES

An easy way to define characters for acting is to make head-dresses. A white cloth draped over the head and fixed with a band makes an Arab or a shepherd in a nativity play. A large circle of card with a head-sized hole cut in the middle makes a very convincing hat. The brim can be as broad or as narrow as you wish. Add cut-out paper flowers or a ribbon to make it more decorative. Tie it down with a scarf to make a poke bonnet. A band of elastic with a feather or two transforms the wearer into a native American Indian.

## MASK IT

Masks also make good symbolic disguises. The basic shape of an eye mask can make a highwayman. Add feathers to it and you have a bird, or whiskers for a cat.

Paper bags make good masks too. Take the oppor-

tunity to explain to the girls why they must never put a plastic bag over their heads or let a baby have a plastic bag to play with. Try the bag on first to make sure it is the right size and cut it to fit. Cut eye-holes at an appropriate level. Then each girl can decorate her mask to suit the character she chooses.

## ACT IT OUT

There are many plays for children or you can improvise using a story or verse.

A A Milne's *The King's Breakfast* is a charming story with just four characters. You can be the narrator as the girls act the play.

## SOUNDS

Here is a story-telling idea with dramatic features. Tell a story using sounds and gestures and facial expressions instead of words. Pause every now and then to ask the girls to tell the story so far. Let the girls have a go at telling their own little stories in the same way.

Here is a brief example from such a story: Lucie was a (*miaow-miaow*) who lived with two (*stretch hands to show size*) (*bow-wow-wow*) in a pretty house. One day Lucie was very (*boo-hoo-hoo* or *sad expression*) because she had lost the (*ding-a-ling-ling*) off her collar. She asked the two (*bow-wow-wow*) to help her to find it...

## QUIET TIME

Think about all the people who entertain us: actors, singers, dancers and all the others who work with them to make this possible — the television cameramen, the staff in a theatre or cinema. Who else can the girls suggest?

## NEXT MONTH

In November we will be looking at books and stories and also a few ideas in the run-up to Christmas.

DEBORAH MANLEY





# THE DANCING PRINCESSES

## SCENE 1

Night time; a magic glade, hanging lanterns make silver and gold leaves sparkle. 'Unearthly' music. Enter 12 Princesses, dancing silently round stage with Elves and Sprites. All disappear gradually till only one, Lucinda, is left. She tiptoes centre stage, grins cheekily at audience, gives sudden peal of laughter and runs off.

Front of curtain. Enter King and Lord Chancellor.

### LORD C

I can't understand it, Your Majesty. The guards are at their posts all night. It's impossible for their Highnesses to leave the bedchamber. I really can't understand it!

### KING

(Crossly) It's your job to understand it! You're paid enough!

### LORD C

(Aside) That's a matter of opinion!

### KING

Eh? Eh? What d'you say? Speak up, man!

### LORD C

I said... er... my salary's the best in the dominion, Your Majesty.

### KING

I'm glad you appreciate it. What are you going to do about these shoes?

### LORD C

(Aside) Search me. I'm sick of the whole hateful business!

### KING

Eh? Eh? What d'you say? Speak up, man!

### LORD C

I said... er... I'll order another crateful, Your Majesty.

### KING

Keeping my daughters in shoes is costing me a fortune. If only we knew how they managed to wear out so many pairs! And so quickly.

### LORD C

There are 12 of them, Your Majesty. It is a rather large family.

### KING

Are you presuming to criticize?

Those of you who feared that no **GUIDE PATROL** meant no Christmas pantomime script for the Guides need worry no more. Here's a traditional fairytale turned into a fun panto with easy-to-learn dialogue and a delightful twist in its tale.

## CAST

KING  
JANE  
ARAMINTA  
BELINDA  
CLARISSA  
DORINDA  
ESMERALDA  
FRANCESCA  
WOODLAND SPRITE  
SPRITES & ELVES  
FOOTMEN & COURTIER

LORD CHANCELLOR  
OLIVER  
GEORGINA  
HENRIETTA  
ISABELLA  
JACINTHA  
KATRINA  
LUCINDA  
FOOTMAN  
PRINCES



### LORD C

(Hastily) Of course not, Your Majesty! The Princesses are a delightfully charming asset to the royal household.

### KING

Naturally. They take after their father.

### LORD C

Just so.

### KING

Nevertheless, the fact that each wears out her shoes every 24 hours does seem excessive.

### LORD C

Indeed, Your Majesty.

### KING

I could understand it if the shoes wore out in daytime! But when the girls go to bed, their footwear looks

as good as new. Yet, every morning...

### LORD C

Every morning.

### KING

Every single morning, all 12 pairs are fit only for the royal dustbin. It's very puzzling.

### LORD C

Very puzzling indeed.

### KING

And expensive.

### LORD C

Extremely expensive.

### KING

(Testily) You have a most irritating habit of echoing every word I say.

### LORD C

I'm so sorry, Your Majesty. It won't happen again.

### KING

Take care that it does not. I am in no mood to be trifled with.

### LORD C

Trifled with, Your Majesty?

### KING

There you go again!

### LORD C

My humble apologies, Your Majesty.

### KING

I insist that you get to the bottom of this matter. Double the guard on the Princesses' bedchamber and post extra men at every door.

### LORD C

Your Majesty, might I suggest that we mount a guard inside the room for added security?

### KING

Certainly not! A man in my daughters' private chambers? Out of the question!

### LORD C

Of course not, Your Majesty. I can't imagine what I was thinking of to make such a suggestion. (Aside) Sometimes there's no pleasing the bumbling old buffoon!

### KING

Eh? Eh? What d'you say? Speak up, man!

### LORD C

I said... er... I hope we'll be rumbling the mystery soon, Your Majesty.

### KING

Let us hope so indeed! I can't have my entire fortune disappearing on frippery slippers for careless young misses. *Exeunt*

## SCENE 2 — PRINCESSES' BEDCHAMBER

Row of 12 narrow beds downstage, stage right (SR) window. Lucinda wearing dressing gown, seated stage left (SL) by mirror. Jane brushing her hair.

### LUCINDA

Why must I always be first to bed?

### JANE

Because you are the youngest, Your Highness.

### LUCINDA

I am quite old enough to stay up late.



# PRACTICAL PAGES

**JANE**

I have to start somewhere.  
Your Highness. It takes  
time to prepare 12 Prin-  
cesses for bed each night.

**LUCINDA**

I'm sure I could brush my  
own hair.

**JANE**

Oh, no, Your Highness.  
That would not be a proper  
thing for a Princess to do.

*Enter Katrina, wearing dressing  
gown.*

**KATRINA**

Aren't you ready yet? Hurry  
up, Jane. The others are  
just coming. We feel like  
an early bed tonight.

*Katrina and Lucinda giggle  
together as Princesses enter,  
all wearing dressing gowns.  
They issue orders very fast.  
Jane runs around trying to  
obey everyone at once.*

**ARAMINTA**

Jane! Fetch my towel!

**BELINDA**

Jane! My slippers!

**CLARISSA**

Jane! Brush my hair!

**DORINDA**

Jane! Bring my comb!

**ESMERALDA**

Jane! Turn down my  
covers!

**FRANCESCA**

Jane! Find my sponge!

**GEORGINA**

Jane! Open the window!

**HENRIETTA**

Jane! Run my bath!

**ISABELLA**

Jane! A glass of water!

**JACINTHA**

Jane! A warming pan!

**KATRINA**

Jane! What about me?

**LUCINDA**

*Jane! Finish my hair!  
Princesses remove shoes,  
place them by beds then lie  
down.*

**JANE**

*(Curtseying) Sleep well,  
Your Highnesses. Sweet  
dreams.*

**ARAMINTA**

Do you think he'll come  
again tonight?

**BELINDA**

He always does.

**CLARISSA**

Why does he never speak?

**DORINDA**

He is a spirit.

**ESMERALDA**

Sprites don't speak.

**FRANCESCA**

All we need to do is follow.

**GEORGINA**

The enchanted forest is so  
pretty.

**HENRIETTA**

Especially the trees.

**ISABELLA**

All silver and gold.

**JACINTHA**

The dancing is the best  
part.

**KATRINA**

Why do we never feel  
tired?

**LUCINDA**

*Because of the magic dust.  
Enter Woodland Sprite to  
music, played very quietly. He  
beckons silently. Princesses  
put on shoes and cluster  
round, trying to touch him,  
but he always evades them.  
He sprinkles 'stardust' over  
them. They fly round the  
room then follow him through  
window. Curtain.*

*Front of curtain. Enter King  
and Lord Chancellor.*

**LORD C**

It's a complete mystery.  
Your Majesty. The shoes  
are worse than ever. The  
soles are all in tatters.

**KING**

My daughters must be  
escaping from the palace  
somehow! Your men are  
incompetent idiots! Sack  
the lot!

**LORD C**

But who will guard the  
Princesses then, Your  
Majesty?

**KING**

*(Staring at him meaning-  
fully) Who indeed?*

**LORD C**

*(Catching on slowly) Me,  
Your Majesty?*

**KING**

The groat appears to have  
dropped at last.

**LORD C**

But Your Majesty, I am not  
a young man. My daily  
duties are such that at  
nightfall, I sleep all too  
soundly.

**KING**

That can be remedied. Foot-  
man!

*Enter footman.*

**FOOTMAN**

*(Bowing) Yes, Your  
Majesty?*

**KING**

Instruct the Royal Chef to  
place a large jug of black  
coffee outside the Prin-  
cesses' bedchamber at  
10pm.

**FOOTMAN**

*Outside, Your Majesty?*

**KING**

*Outside. In the corridor.  
For the Lord Chancellor.*

**FOOTMAN**

*The Lord Chancellor?*

**KING**

Is there something amiss  
with your hearing?

**FOOTMAN**

No, Your Majesty.

**KING**

Then kindly do as I say  
without further argument.  
Why does everyone repeat  
everything I say?

**FOOTMAN**

At once, Your Majesty.

**KING**

Don't fret, Lord Chancellor.  
You'll be quite comfy on a  
stool. Enjoy the coffee.  
And keep your eyes peeled  
or I'll send you the bill for  
the next crateful of shoes.

**LORD C**

*(Miserably) It will be an  
honour, Your Majesty.*

## SCENE 3 — THRONE ROOM

*King rants and rages, waving  
very long bill headed 'Royal  
Shoemakers, by Appoint-  
ment'. Lord Chancellor cowers  
in corner. Princesses  
line up, heads bowed, hands  
demurely clasped.*

**KING**

I'll get to the bottom of this  
if it's the last thing I do.  
Araminta, you're the eldest.  
Once and for all, tell me.  
How can shoes wear out  
while you're asleep in bed?

**ARAMINTA**

I really don't know, Papa.  
It's a mystery.

**KING**

Belinda?

**BELINDA**

It seems impossible, Papa.  
But true, they are thread-  
bare.

**KING**

Clarissa?

**CLARISSA**

I'm sorry, Papa. I cannot  
say.

**KING**

Dorinda?

**DORINDA**

I know no more than the  
others, Papa.

**KING**

Esmeralda?

**ESMERALDA**

I have no idea, Papa.

**KING**

Francesca?

**FRANCESCA**

I wish I could help you,  
Papa.

**KING**

Georgina?

**GEORGINA**

I would tell you if I could.  
Papa. But alas, I cannot.

**KING**

Henrietta?

**HENRIETTA**

It does seem extraordinary,  
Papa.

**KING**

Isabella?

**ISABELLA**

I would like to tell you,  
Papa. If only I knew.

**KING**

Jacintha?

**JACINTHA**

Dear Papa. You are kind to  
buy us new shoes each  
day.

**KING**

Katrina?

**KATRINA**

Sweet Papa! You are the  
kindest Daddy-Waddy a  
girl ever had. All those nice  
new shoes!





**KING**

Lucinda? My last hope

**LUCINDA**

(Upset) I think you're all unfair. Papa, our shoes

**PRINCESSES**

(Warningly) LUCINDA!

**LUCINDA**

our shoes wear themselves out. I don't know how

**KING**

(Furious) This is too much! Lord Chancellor!

*Lord Chancellor has fallen asleep, leaning against wall. He snores gently, wig askew.*

**KING**

LORD CHANCELLOR! (He wakes, jumping) With us now? Good. Issue a proclamation!

**LORD C**

Certainly, Your Majesty. (Scuttles off)

**KING**

Lord Chancellor! (Returns)

Haven't you forgotten something?

**LORD C**

Er

**KING**

Aren't we being a little hasty? I haven't told you what the proclamation is proclaiming, have I?

**LORD C**

(Crestfallen) Just so, Your Majesty.

**KING**

Kindly announce that a fine reward awaits any nobleman who solves the mystery of the Princesses' shoes.

**LORD C**

Certainly, Your Majesty. May I announce the nature of the reward?

**KING**

You may. The first nobleman to solve the mystery will win his own weight in

gold and, what is more, may choose one of my daughters as his wife

**PRINCESSES**

(Pleased) Papa!

**KING**

No matter whether he be old or young.

**PRINCESSES**

(Alarmed) Papa!

**KING**

... rich or poor.

**PRINCESSES**

(Sullen) Papa!

**KING**

... handsome or repulsive.

**PRINCESSES**

(Horrified) PAPA!

**KING**

... if he solves the mystery, he shall be my son-in-law. He will have plenty of choice.

*Exeunt King and Lord Chancellor*

**ARAMINTA**

I shall not mind if he is handsome.

**BELINDA**

But suppose he is repulsive?

**CLARISSA**

I shall not care as long as he is rich.

**DORINDA**

Money isn't everything.

**ESMERALDA**

Suppose he lives far away! We might never see each other again.

**FRANCESCA**

We have little to worry about, sisters.

**GEORGINA**

No man could discover our secret.

**HENRIETTA**

It is all done by fairy magic.

**ISABELLA**

We are quite safe.

**JACINTHA**

We shall dance every night in the woodland glade.

**KATRINA**

None shall ever stop us.

**LUCINDA**

And we will have new shoes every day!

*They run off hand in hand.*

*Front of curtain. Fanfare. Enter King, Lord Chancellor and Princesses.*

**KING**

Welcome. He who discovers the secret of the shoes will win his weight in gold and the hand of a Princess in marriage. Take up you posts outside the bed-chamber and be vigilant. Princesses stand in semicircle, eyeing each other suspiciously.

*Exeunt King and Lord Chancellor. Stage darkens. Clock strikes 10. Enter Princesses dressed for bed. They curtsy demurely to each Prince in turn and exeunt SR. Princesses sit near 'door' SR.*

*Clock strikes 12. Music. Enter Woodland Sprite, sprinkling invisible 'dust' into Princesses' eyes. They fall asleep. Princesses enter SR, dance past Princes, across stage and off SL. Princes snore in crescendo, then diminuendo. Clock strikes 5. Princesses creep back past Princes, tattered shoes in hands.*

*Stage lightens, clock strikes 7. Roar of fury, off stage. Enter King, brandishing tattered shoes at slowly waking Princesses.*

**KING**

Worse than useless! Twelve more ruined pairs of shoes! Out, the lot of you! Call yourselves noblemen! A common woodcutter could do better!

*Exeunt all.*

*Enter Oliver, whistling. He bumps into Jane, hurrying with an armful of dresses. They cascade to the floor.*

**JANE**

Sorry, my fault. I couldn't see over the Princesses' party frocks.

**OLIVER**

Let me help you. (They pick up the dresses together) I'll carry them. Where are you going?

**JANE**

To the palace laundry. The dresses need pressing for this evening.

**OLIVER**

What, all of them?

**JANE**

They belong to the King's daughters. There are 12 of them.

**OLIVER**

The 12 Princesses! I was just on my way to the Palace. I've heard there's a reward on offer.

**JANE**

I shouldn't bother, if I were you! Dozens of noblemen have tried, but the shoes are worn out every morning. It's an impossible mystery.

**OLIVER**

I think I'll have a go just the same. I haven't a groat to my name, so my weight in gold would be very welcome.





# PRACTICAL PAGES

**JANE**

*(Teasing)* You could marry one of the Princesses as well, then you'd be rich for the rest of your life!

**OLIVER**

I'm not so sure about that! They sound like a difficult bunch to handle. I'll just settle for the gold.

**JANE**

Good luck! I hope you solve the mystery. *Exit*

*Music. Enter Woodland Sprite carrying flimsy cloak which he drops at Oliver's feet. Oliver cannot see him and looks around, astonished, as recorded voice, very whispery and mysterious, speaks over music:*

If you would the secret know,  
Follow where the dancers go.  
Bring back proof of where you've been.  
In this cloak you won't be seen.

*Oliver picks up the cloak, as King and Lord Chancellor enter.*

**OLIVER**

Your Majesty! I beg leave to solve the mystery and win the reward.

**KING**

Your name?

**OLIVER**

Oliver, Your Majesty.

**KING**

Of which kingdom? Who is your father?

**OLIVER**

Of your own kingdom, Your Majesty. My father is John the Woodcutter.

**KING**

You are not quite what I had in mind for my daughters. But if you can save me the expense of 12 pairs of shoes daily, which comes to 365 times 12 per annum... what exactly is the total number, Lord Chancellor?

**LORD C**

*(Counting fingers)* er, about 4,000. Your Majesty

**OLIVER**

4 380 to be exact 4 392 in a Leap year.

**LORD C**

Just so, just so. I was merely giving a round figure.

**KING**

At 10 guilders a pair that's... that's a lot of money! If you can save me that, your weight in gold is a small price to pay.

**OLIVER**

Plus the hand of a Princess. I understand?

**KING**

Oh, that. Yes indeed. I shan't miss one out of 12. Even fewer shoes to pay for.

**OLIVER**

Will the gold be paid instantly?

**KING**

You have my word on it. *(Aside)* He doesn't look very heavy, does he? It shouldn't be too large a sum.

**OLIVER**

Then lead on.

**LORD C**

Nothing easier. Just sit here and wait for bedtime. The Princesses retire at 10pm.

*Exeunt King and Lord C.*

*Oliver sits by door. Clock strikes 10. Enter Princesses SL, dressed for bed; they nod to Oliver, and giggling, exeunt SR. Clock strikes 12. Oliver pretends to sleep. Princesses dance out again. Oliver puts on cloak and follows.*

## SCENE 4 — WOODLAND GLADE

*Princesses, Elves and Sprites, watched by Oliver, dance then exeunt. Oliver plucks gold and silver leaves from trees. Exit.*

*Front of curtain. Enter Oliver who sits, pretending to sleep. Enter Princesses SL, dancing.*

**ARAMINTA**

What fun we had tonight!

**BELINDA**

The best dancing ever!

**CLARISSA**

Another pair of shoes ruined!

**DORINDA**

Won't Papa be cross!

**ESMERALDA**

No one will ever guess our secret.

**FRANCESCA**

I'm so glad we didn't have to marry one of those frumpy Princesses!

**GEORGINA**

I don't ever want to be married.

**HENRIETTA**

I wouldn't mind if it was to a handsome Prince.

**ISABELLA**

I wouldn't mind if it was to someone like him.

**JACINTHA**

How can you, Isabella? A

common woodcutter's son!

**KATRINA**

He's very good looking!

**LUCINDA**

But he might stop us dancing. I couldn't bear that!

*They dance off SR. Oliver creeps out SL.*

## SCENE 5 — THRONE ROOM

**KING**

Well, boy? Did you solve the mystery?

**LORD C**

Can you tell us how the Princesses wear out their shoes every night without leaving the bedchamber?

**OLIVER**

I can indeed!

**PRINCESSES**

*What??*

**OLIVER**

Your Majesty, while the Court sleeps, your daughters are bewitched. They leave from the bedchamber window...

**KING**

But it is seven floors up...

**OLIVER**

They fly, Your Majesty, by means of magic dust.

**KING**

Flying will not wear out shoes; rather the reverse.

**OLIVER**

They visit an enchanted woodland glade, where with sprites and elves, they dance each night away. That is how they wear out so many pairs of shoes.

**KING**

This sounds like pure fantasy. Shame on you, sir! Your desire for gold has turned your tongue to deceit!

**OLIVER**

I have proof, Your Majesty. What colour are leaves on the trees in this kingdom?

**KING**

Why, green, of course! What kind of a question is that?

**OLIVER**

Green. And of what substance are they made?

**KING**

Why, of... of leafy stuff, boy. What else?

**OLIVER**

Then there are no leaves made of pure silver or gold?

**KING**

I wish there were. That would pay for the shoes.

**OLIVER**

In the enchanted forest where your daughters dance every night, all leaves are silver and gold. By means of a magic cloak given to me by a strange woodland creature, I followed the Princesses and saw them dance 'til their shoes were quite worn out. Here is the proof. *Shows leaves*

**PRINCESSES**

Oh, you horrid boy! You have spoiled our secret!

**KING**

Well done, Oliver. You shall have your reward this very day. And now you may choose one of my lovely dancing daughters to be your wife.

*Princesses line up sullenly. Oliver moves along the line as each one in turn pulls an unpleasant face at him.*

**OLIVER**

There is only one lady in this Palace whose hand I wish in marriage. In fact, observing your daughters' behaviour, Sire, I would venture to believe there is only one lady in this Palace.

**KING**

And who might that be, young man?

**OLIVER**

*(Kneeling to Jane)* Will you be my bride, Jane? Now that I have earned my weight in gold, I can offer you a happy life.

**JANE**

Gladly, Oliver!

**KING**

Then that's settled. There's only one problem left to solve now.

**LORD C**

That is, Your Majesty. *(Footman brings heap of shoes.)*

**KING**

What are we going to do with all these old shoes?

**LORD C**

I can suggest a good use for them, Sire. *(They confer.)*

**KING**

For once in your life, let me come up with an excellent idea. No time like the present.

*King, Lord Chancellor and ten others each pick up a shoe, turn a Princess and spank her as curtain falls.*

GILLIAN ELLIS



# TALK ABOUT THE PROMISE

For many members of The Guide Association, the Promise is the most difficult aspect of Guiding to talk about — no matter what age group they are working with.

Over the next few months Margaret Hirst, the Chairman designate of the Religious Advisory Committee, will offer advice on ways of getting across the undertaking which is at the heart of Guiding.

Most adults who offer to become Guiders have already made their Promise as a child. However, there are occasions when leaders who have never made the Promise volunteer, and it is all too easy for those who are helping them through their training to gloss over the subject. As these new Guiders will, in their turn, be responsible for teaching the youngsters, it is most important that they fully understand the Promise and its implications for them personally.

## VITAL ROLE

The District Commissioner has a vital role to play when first speaking to a prospective Guider. Yet often there is such desperation to find someone to volunteer in order to keep a unit running that the Promise isn't even mentioned, in case it might put her off.

Always ask at the very first meeting whether she has been a member of the Association in earlier years and made her Promise. If she has, take time to tell her about the recent changes in the wording, which should make it easier to discuss the implications of the Promise.

Then invite her to renew it either privately or publicly in her unit. Always encourage the latter, there is no better example to the youngsters than to see an adult making her Guide Promise for the first time.

## GUIDING MANUAL

A newcomer to the Association should study *The Guid-*

*ing Manual's* chapter on the Promise and then discuss it with the Commissioner. This is reasonably easy if the new leader has a strong faith. But do emphasise the importance of being seen to be continually putting the Promise into action.

Perhaps it might be useful when the trainee attends her first District Meeting to make time in the agenda for a general discussion of the Promise, with Guiders sharing experiences of getting their girls to understand it.

It is often by teaching others that we learn ourselves. If this were to happen at every District Meeting when a new Guider is present for the first time then, gradually, everyone would find it much easier to discuss the subject.

## SEARCHING

Some potential Guiders may still be searching for faith. Perhaps they come from a background in which worship of God played no part or, that, having been blessed with good health and relative affluence so far, they do not feel the need to search for anything which can give life greater meaning.

There are, of course, other reasons and, sadly, one of the most common is that often those who profess to have a faith in a God sadly fail to translate that faith into the way they live and work.

So how can we help such women? First, by sharing our own spiritual journeys with them. Never make it sound easy, but don't stress the difficulties. Give positive examples of how believing in God makes a difference in your life.

## TRAINING

Trainings are often occasions when there is never enough time to fit everything in. If you are planning a training on the Promise, while brainstorming can be helpful, allow plenty of time for

reflective discussion. In other words, a few minutes silent thought before speaking can make the experience much more valuable.

Start the day with some breathing exercises. Sitting comfortably in a chair, become aware of your breathing, then relax each part of the body in turn. Look around you and reflect on

This continues around the circle until the papers reach their original owners, who unfold them and read out the comments.

This is a good team-building game. Discuss how it feels to hear good things about oneself. For instance, does it make us feel awkward? How important is honesty in affirmation?



KATE TAYLOR

the colours, shapes, textures and patterns that are all around. Discuss who you can thank for creation.

## SENSE OF SELF

As an illustration of how the Promise reflects a sense of self, community and relationships, play Affirmation Consequences at a District training. Each person is given a strip of paper on which she writes her name at the bottom. Everyone hands the paper to the person on her right, who then writes down something she likes about the previous writer, sitting on her left.

The paper is folded over the comment and passed on to the next person, who writes down something she likes about the person whose name is on the bottom of the sheet. She then folds the paper over to disguise her comment and passes it on.

## DISCUSSIONS

Divide into groups, each to discuss one question from the following list.

- If Guiding is not a religion, what is it?
- Why are spiritual experiences hard to talk about?
- Can a Guider be an atheist?
- Are the Promise and Law essential to Guiding?

Allow a reasonable amount of time for discussion, then invite the groups to share some of their thoughts in a plenary session.

They are not expected to come up with any answers but to realise that as leaders they need to be absolutely sure of the values demonstrated by the spirit of Guiding, if they are to have any success with the girls.

MARGARET HIRST

- In January we look at how to convey the meaning of the Promise to Rainbow Guides.



## GETTING OUT

# EATING OUT

Eating well is essential for energy and warmth, whether you are planning a day's hike or a longer expedition. This presents no problems if you are based at home, but it becomes more difficult on trips away. Most tinned foods are too heavy and bulky to carry far. It is possible to make up meals with dehydrated items from the supermarket shelf, such as rice, mash, pasta, packet sauces and soups. But the easiest solution is to include the complete meals with a long shelf-life made especially for camp-site cooking.

We tried out some of these meals for lunch and dinner on a recent cycle-camping trip. As with backpacking, space was restricted and we were anxious to keep weight

to a minimum. We knew we couldn't rely on buying this type of provisions once we'd set off but we didn't want to be overloaded at the start of the trip, so we had to look carefully at our nutritional needs.

It is often claimed that around 4,000 calories (kilo-calories, to be more accurate) per day are necessary for hiking in the hills. However, as with so many factors affecting consumption, it's very difficult to generalise. We suggest you note exactly how much you normally consume in a day. You may need more or less than 4,000 calories to function, but you should allow for extra calories in winter and when exerting a lot of energy.

We sampled meals from

several manufacturers which varied in taste and value for money.

### HARVEST FOODWORKS

**Price:** £4.70 to £5.30 for two-portion dried main meals

**Range:** Eleven main meals, also breakfast cereal, desserts, bannock bread mix

**Content:** All meals suitable for vegetarians, but some unsuitable for vegans

#### Meals Tested:

Oriental Sweet & Sour Supper (suitable for vegetarians and vegans). Net weight 310g. 554 calories per serving. 1.8 calories/g.

Mix into 828ml cold water, add spices, simmer uncovered for 12 minutes. Mix sauce powder with 118ml

cold water, stir into meal and cook for about three minutes.

Mulligan Stew (suitable for vegetarians and vegans). Net weight 195g. 330 calories per serving. 1.7 calories/g. Cooked as above

#### Verdict:

The spice and sauce packs were difficult to open without spilling the contents. The meals require a lot of water for rehydration (the outer pouch is indexed for measuring water volumes) and a long cooking time, so were the heaviest on fuel. But both meals were filling and very tasty.

### PEAK AND RAVEN FOODS

**Price:** Around £1.60 for one-portion, dried main meals.

**Range:** Peak — 10 main meals, also breakfasts and desserts. Raven — 5 lunches, 10 dinners, also breakfasts, side-dishes and desserts.

**Content:** Most lunches and dinners contain meat, but there are three vegetable-based Peak meals and two Raven versions.

#### Meals Tested:

##### Peak:

Vegetable Stew dinner (suitable for vegetarians and vegans). Net weight 90g. 337.5 calories per serving. 3.75 calories/g.

Add 180ml boiling water contents of pouch, mix for a few minutes until rehydrated. Alternatively tip contents into a pan of boiling water and simmer for quicker results.

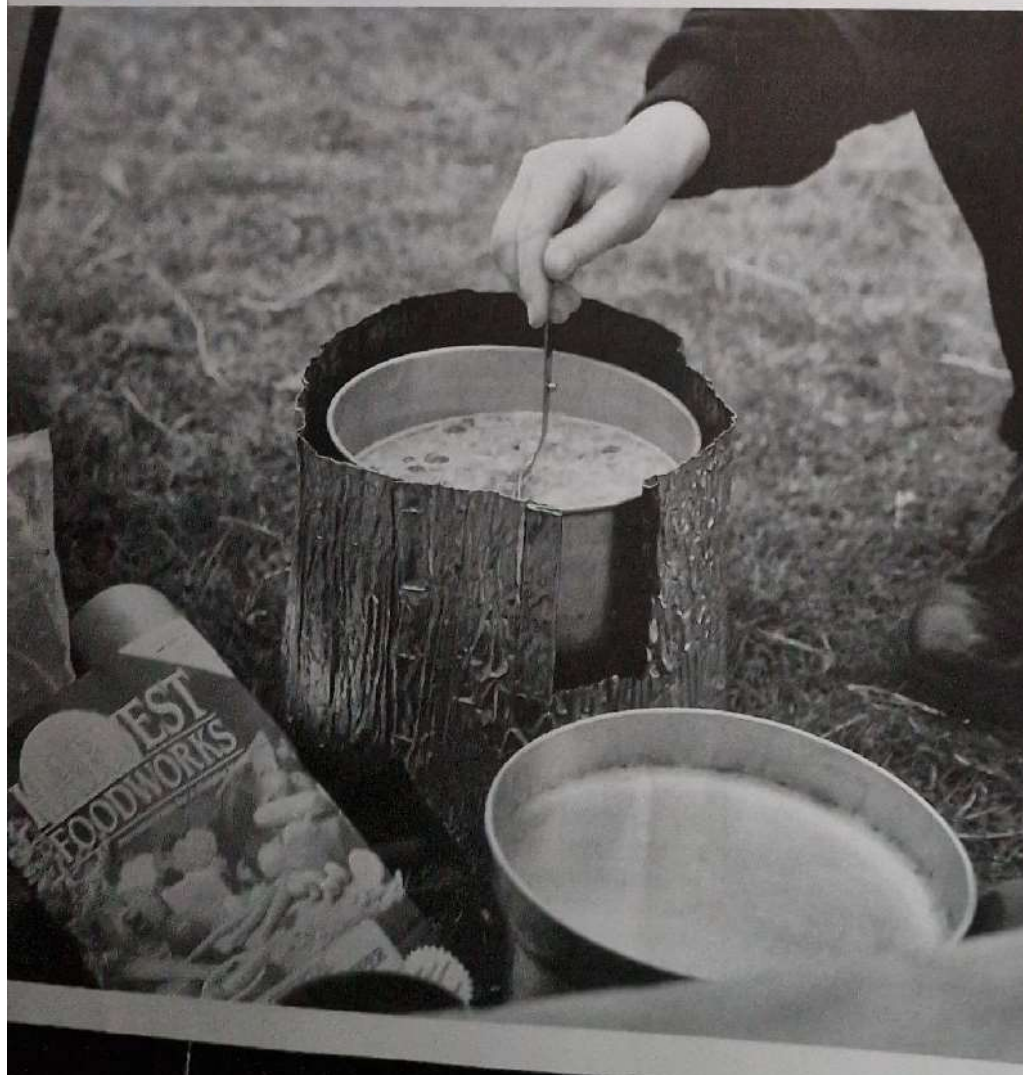
Chicken Kiev dinner (for carnivores). Net weight 90g. 376 calories per serving. 4.2 calories/g. Cooked as above.

##### Raven:

Spaghetti Bolognese lunch (for carnivores). Net weight 142g. 568 calories per serving. 4 calories/g.

Add 300ml boiling water to contents of pouch, leave for 5 minutes. Alternatively,

A meal in a moment: making up a warming supper





tip contents into pan of boiling water and simmer.

Shepherds Pie dinner (for carnivores). Weight: 85g. 356 calories per serving. 4.2 calories/g. Cooked as above.

#### Verdict:

The contents weren't indicated on the pouches, so we wrote on them to distinguish between the meat and veggie meals before we attempted removing the cardboard outers.

A flat firm surface is essential on which to stand the pouch and we found it best to decant the water into mugs for more accurate pouring. The pouch folded over when we attempted filling it directly from the pan.

We used a fork to mix the powder into the water, as a spoon wasn't so successful. We needed more water than stated to completely reconstitute the products, but they were economical on fuel, provided quick and convenient meals for mid-day stops and didn't create any washing-up.

The Peak Vegetable Stew tasted of dried vegetables and was rather salty, but the Chicken Kiev and Raven dinners were very good, with just the right amount of spices to make them tasty. We found them filling enough for mid-day, but would want extra carbohydrate (possibly bread, pasta, rice or mashed potatoes) for a satisfying evening meal.

## WAYFAYER FOODS

**Price:** About £2.95 for one portion wet meals.

**Range:** Seven main meals, also breakfasts, which could be eaten as main meals – a range of desserts currently being developed.

**Content:** Mostly meat, two suitable for vegetarians and vegans.

#### Meals Tested:

Chilli Con Carne (for carnivores). Net weight 300g. 414 calories per serving. 1.4 calories/g.

Either eat cold or heat unopened pouch in pan of boiling water for 7-8 minutes

or tip contents into pan and heat through.

Spicy Vegetable Chilli (for vegetarians and vegans). Net weight 300g. 213 calories per serving. 0.7 calories/g. Cooked as above.

#### Verdict:

The food is packed in an inner foil pouch, which has the contents printed on it. We heated the meals in their pouches to avoid having to wash up, and used the

**Content:** Mostly meat, two vegetable-based main meals.

#### Meals Tested:

Vegetable Stroganov (suitable for vegetarians, not for vegans). Net weight 140g. 500 calories per serving. 3.6 calories/g.

Add to 550ml of boiling water, simmer for 4 minutes.

Beef Bourguignonne (for carnivores). Net weight: 125g. 514 calories per serving. 4 calories/g.



Just add water: getting the liquid element just right

water for a brew. We could have used less fuel by heating the meals in a pan instead of the pouches.

The meat chilli was tasty but not very filling and the vegetarian version consisted of a sauce containing a few lonely pulses and pieces of various vegetables, which wasn't at all filling. We'd want to eat these meals with a lot of extra carbohydrate to fill us up.

## WYNNSTER OUT-DOOR CUISINE

**Price:** Around £2.95 for one portion dry meals.

**Range:** Eleven main meals, also breakfast.

Add to 350ml boiling water, simmer for 4 minutes.

#### Verdict:

The meals were economical on fuel because of the short simmering time required, especially the beef meal which required less water. Although the instructions were to add the meal to boiling water, the pouch is designed to open out and stand upright. So, presumably, we could have added boiling water to the pouch, thus saving on fuel and washing-up.

Both meals were filling. The meat meal was tasty but the vegetarian meal left a bitter after-taste.

## OUR VERDICT

Each range of meals has its advantages and disadvantages for certain types of trip and different sorts of people. Vegetarians and vegans, for example, were well catered for by Harvest Foodworks but poorly provided for by the others.

We don't think the Wayfayer meals are filling enough to justify carrying their weight. The Harvest Foodworks meals are worth carrying and we'd take one of these as emergency rations for two on a day's walk. For a longer trip we'd take meals from the Wynnster range because they are lighter, less bulky and can be reconstituted in their pouches.

If keeping costs down is an important consideration, we'd opt for the Peak or Raven meals, supplemented by pasta or rice. Their complete range of breakfasts, side-dishes and desserts would make catering easy on an expedition off the beaten track.

We'd also consider the price, weight (net and gross) and calorific content of dried foods and boil-in-the-bag meals from the supermarket, either to eat as main meals or as supplements. These could work out to be less costly, more appetising and more filling than some of the specialist meals we tested.

ALEC AND VAL  
SCARESBOOK

## ADDRESSES:

Harvest Foodworks UK, CCS Centre, Vale Lang, Bedminster, Avon BS3 5RU Tel 0272 636363.

Peak and Raven from BCB International Ltd, Clydesmuir Road Industrial Estate, Tremorfa, Cardiff CF2 2QS Tel 0222 464463.

Wayfayer Foods Division, Westler Foods Ltd, Amotherby, Malton, North Yorks YO17 0TQ Tel 0653 693971.

Wynnster Outdoor Cuisine range from Llewelyn Wynne Ltd, Business Park 8, Barnett Wood Lane, Leatherhead, Surrey KT22 7DG Tel 0372 377713.



# BROWNIE GUIDERS

Some Brownies enjoy acting, others prefer craft. Footpath and Road Brownies need to make something for their Journey Badge, Highway Brownies are asked to make up a play and/or take part in an entertainment.

## PUPPET PLAY

As next month we commemorate the Gunpowder Plot, try combining all these factors to produce a puppet play. Footpath Brownies can make scenery, those working on the Road can make the puppets and the Highway group can get together to produce a play about Robert Catesby, Guy Fawkes and the Houses of Parliament.

and appoint a leader to supervise Footpath Brownies painting, say, four scenes, each with two girls working on it. If your epilogue is a scene about a present-day bonfire party, the girls will have great fun painting sparkling fireworks on a black background.

## THEATRE PLAN

The easiest way to construct your puppet theatre is to stand a trestle table in front of a blank wall and erect a framework in front of and above it to support curtains which can be closed by a pulley arrangement.

Backdrops are then painted on long strips of

that scenes are neither too brief, nor too rambling!

## TYPED SCRIPTS

When the play is ready, and any helpful adult suggestions have been incorporated, ask the girls if they would like you to have their parts typed and photocopied. Some people may feel this is unnecessary intervention, but the biggest pitfall of a home-made puppet show is a set of scripts written out by Brownies in faint pencil. They will be all slightly different and extremely hard to read when crouching behind a table, possibly controlling a puppet at the same time.

In fact, if you have enough personnel, it works better to have some Brownies holding the puppets, with others reading the scripts.

For the type of theatre mentioned above, stick or glove puppets are the most suitable. There is no reason why you shouldn't use both.

Bearing in mind that they'll be made by eight-year-olds, here are some not-too-difficult suggestions, using inexpensive materials.

## PAPER PLATES

Staple two plates together, leaving a gap for the Brownie's hand. Keeping the gap at the bottom, paint on a face, using a fabric and wool scraps for hat and hair. Wrap a scarf around the operator's wrist which then becomes the character's neck when the girl's hand is inside the head.

## GLOVE PUPPETS

Stuff the toe of a sock with scraps to make a head, fastened loosely at the neck with an elastic band. Cut off most of the sock, leaving about 10cm to form the neck. Stick or sew on felt features and wool hair.

Make a dress from a square of fabric, folded in half and cut in a T-shape, leaving the neck hole just large enough to admit a

finger. First the operator slips her hand inside the dress, with thumb and little finger in the sleeves, then she wiggles her index finger through the elastic band into the head.

## STICK PUPPETS

Thin dowel offcuts are the best sticks to use, as garden canes are too flimsy. Almost any head can be fixed to the dowel: stuffed socks; paper plates; strong paper bags filled with screwed-up newspaper; even, for a 'beautiful girl' puppet, plastic dolls' faces from craft shops.

For a dress, simply cut a cone of fabric, leaving just a small hole at the top and tape the cone to the dowel. A ribbon tied round the neck disguises the join.

Effective puppets can also be made from cheap wooden spoons. If you don't want to make puppet costumes, dolls' clothes (or even very small baby garments) are a useful alternative.

Aim to have scenery, puppets and play completed within two meetings, then spend the next one rehearsing. The actors will need to learn to manipulate the puppets, while crouching behind the table. They must have enough light to see their scripts clearly and the rest of the Pack can be making posters and invitations to parents for the performance early in November.

At the end of all this hard work, as well as having the fun of the performance, every Brownie will have completed at least one clause of her Journey Badge, and some may be well on the way to Craft, Artist or Toymaker.

GILLIAN ELLIS



The Pack should start production at the beginning of October, so you'll need to do some home preparation in advance.

Study the relevant history books and write out a synopsis of scenes so the Highway girls know exactly what people, events and conversations to include in each scene.

Dot down a list of backdrops, one for each scene,

plain wallpaper joined lengthwise to form a rectangle, which can be attached to the wall behind the table.

While the scenery is under construction, the other two groups are busy making puppets and writing the play. Highway Brownies will probably need little assistance, usually being full of ideas, but it's wise for a leader to keep a watchful eye on their invention, mainly to ensure

JAN LEWIS

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



# GUIDE GUIDERS

Several important publications will be reaching our shops and depots this month — first the *Guider Handbook* together with *The Guiding Manual 1994*, then, at the end of the month, *Look Wider and Making it Count*. However, you may be wondering what practical help they will be in your work with the girls.

## HELPFUL IDEAS

The way the programme works is illustrated in the *Guider Handbook* with activities which can be used by units and Patrols.

The handbook has the answer for tricky issues such as explaining the Promise; coping with girls who are a bit of a problem; dealing with accidents; helping Patrols to establish themselves and many more.

Here's one suggestion from the handbook to get Patrols going. Have a short competition to find out who is best at balancing on one foot, writing with the wrong hand, drawing a free-hand circle, hitting a set target with a paper aeroplane and so on.

Or you could try this idea, which isn't in the book — the Swedish Group game. Patrols remain in their corners, each has a pile of six to ten instruction cards which are placed at equal distances from the Patrols.

On the cards are written statements like: Everyone under 12 stand on one leg. All those with a brother close one eye. Stand in a line in age order, oldest at front, youngest at back. All link arms in a circle.

The first person in each Patrol collects the top card on the word 'Go'. They do what it says, and continue to hold that position unless it is impossible to do the next task. For example, you cannot sit down and stand on one leg at the same time!

They continue until all tasks are complete. The last card says 'Shout hooray'.

You will certainly know when they have all finished, and they will have learned more about each other.

If your Patrols work well together, but the leaders need some new ideas, then the handbook helps you to train the Patrol Leaders. There is also, in the Filefacts, a section on five-minute time fillers, for those occasions when one Patrol finishes its activity before everyone else.

Try Shapes. Each member of the Patrol has a sheet of newspaper, at least A4 in size. She tears five shapes from the middle of her sheet to create a lacy pattern.

All the scraps that have been removed are put in a pile, and the lacy sheets are exchanged. The girls try to find the shapes that fill up the holes they have.

Another quick idea is What am I? In turn each member of the Patrol adopts the shape of an object, such as a coathanger, a hedgehog or a chair and the others have to guess what she is. The one who guesses correctly takes the next turn. This could be developed into the whole group becoming an object for another group to guess. The more obscure the shape, the more

difficult it is to guess the right answer.

Programme planning isn't easy, so to help you, a few theme ideas have been included in the handbook. The emphasis is on the Patrol developing the ideas themselves, but it gives you something to fall back on if they lack inspiration.

The themes developed include the outdoors, the international, something for winter and something to encourage keeping fit.

If these ideas do not really appeal, as the handbook is for all Guiders, you could always take a look at what is suggested in the Brownie or Rainbow sections and develop those ideas to suit the Guides.

After all, why shouldn't the Guides enjoy double-Dutch skipping, a history hunt or an Inuit/icey theme evening?

Working with the Trefoil Badges is also covered, aiming to suggest how the goals the girls need to achieve can become activities for Patrol time.

For girls who are reaching the end of their time in the Guide section, the challenges set in *Making it Count* could be the answer. There are

individual activities to help a girl develop her skills, both in and out of Guiding. All three parts — Me, Me as a leader, and Me as a leader in Guiding — contain ideas for a girl to attempt, and some of them will encourage her to work with others.

For Patrol Leaders, there are ideas to use with the Patrol, so do make sure you get a copy for the unit. Until then, see what help there is in the *Guider Handbook* for these girls.

*Making it Count* is mainly intended for 14 to 16-year-olds. Encourage the girls wishing to gain their Basic Leadership Certificate to try practical activities with the unit, it will make your life easier if you use the whole team.

Advice on using the team can be found in the *Guider Handbook*, as well as information on everything from abseiling to the Youth Service.

Together with *The Guiding Manual 1994*, it will tell you most of what you want to know, and give you some instant programme ideas.

If you haven't got your copy yet, you are missing out on a good resource!

CAROL HORNE





# LOOK WIDER'S HERE

**It's October at last! The month when we can all begin to 'Look Wider' as we welcome the new programme for the Senior Section which offers something relevant, worthwhile and attractive for girls and young women within the age range. Not just our present Rangers and Young Leaders, or even the Guides who are on the brink of moving on to the Senior Section — all young women in the age range.**

Look Wider could well prove to be the ideal vehicle for Guiding to reach out to those young women who aren't in Guiding — or in anything else either — and to those who are, for whatever reason, disadvantaged or marginalised within our society.

We do seem to spend a lot of time agonising over the loss of our girls to Venture Scouts. I think this is a fruitless exercise — for one thing, they aren't *ours*, and, for another, there are still thousands of other girls and young women who could benefit from our methods and values.

Perhaps we should be spending some energy on trying to reach them: the young mothers, those living away from home in bedsits or hostels, those who have come through the 'Care' system; those whose ethnic origin makes integration into our society difficult, those who have had at least their first brush with the law — the list goes on and the challenge is a real one.

However, if the Association is to be relevant to such young women, we must have something that meets their needs, that they can relate to, and which will assist them in the bumpy transition to adult life. I think Look Wider can — and will — do all that.

To quash any lingering doubts about the new programme let's examine the

background and the thinking behind its development.

### THE BEGINNING

From the beginning, in 1916, Rangers concentrated on service to the community — the records are full of their exploits during the First World War, the Depression and the Second World War.

As a section, they flourished — in 1927 there were 2,300 Ranger Units, while in 1937 there were nearly 32,000 Rangers throughout the UK made up of Sea and Land Rangers, plus Cadets — the forerunners of Young Leaders — who were more focused on developing their leadership role in Guiding. Air Rangers were not established until 1945.

Numbers remained buoyant until well after the Second World War. Then they started to diminish as the nation moved into a whole new era with many more leisure opportunities and pursuits available for young women.

In 1968 the report *Tomorrow's Guide* was published containing many far reaching recommendations, including one to dismantle the separate and distinctive Ranger Units and to phase out Cadets.

In hindsight, this was a mistake. For it removed Guiding from the forefront of educational trends. Instead we followed what was happening everywhere else, offering no encouragement for individuals to compete or to excel.

This was especially hard on the Cadets, who were trained to such a high standard that they could be in charge of units at 18, and also for the Sea Rangers whose uniform made them appear special and distinctive. In fact, a large number of Sea Rangers were so unhappy about the changes that they defected to form their own association.

Membership of the Senior Branch, as it had been called since 1959 — becoming

the Ranger Guide Service Section in 1967 — began to diminish. Somehow we had lost something of great value.

### NEW SCHEME

The introduction of the Young Leaders Scheme in 1973 did something to stem the losses, although no one was prepared to admit openly that they were effectively replacing the much-lamented Cadets. Furthermore, a leadership scheme which didn't permit those who completed it to become leaders within units brought its own frustrations.

Throughout the '70s, a cavalcade of 'happenings' attempted to boost Rangering but numbers kept falling and, at one stage, there was serious discussion about combining with the Scouts to have a common Senior Section.

At the beginning of the 1980s, it was thought that if the section could get a really big boost to its programme, we might begin to attract the older girl to join again. That's when the much-prized Queen's Guide Badge was removed from the Guide section and reset as the jewel in the crown of the Ranger programme.

Those designing the syllabus looked back to when Rangering had been at its most successful and decided to put the emphasis of the new Queen's Guide Award on service.

The Award came into being in 1983. But still, the numbers kept falling. Not





surprising, really, as the Queen's Guide was introduced into the Ranger section for the 'exceptional girl'. On its own, it could never have provided the solution to a fast-declining membership — much more was needed.

## SUCCESSFUL

Although numbers are not everything, they are an indicator that Guiding has something to offer and the indications weren't good. Meanwhile, Young Leaders were being quietly more successful, even if it was patchy. A great deal of evidence revealed that the training undergone by these young women was not being credited when they moved on to adult leadership. So they, too, got fed up and left.

There were three important events in the late '80s which

had a significant influence on current attitudes to Guiding practice: the Age Group Ad Hoc, the Market Research Survey and publication of *The Guiding Manual*. Taken together, they shook us out of our complacency and moved us forward with a sense of realism, common sense and urgency.

The Age Group Ad Hoc was firmly against introducing a new section between Guides and Rangers, which, it was felt, would introduce two potential 'cracks' for girls to fall down. Instead, a 'common package' for girls was advocated to serve as a kind of 'plank' between the sections.

The message that came over loud and clear from the Market Research Survey was that girls left Guiding because they were bored and Guiders left because they felt inadequate and unable to combat the girls' boredom.

Finally, the key change wrought by *The Guiding Manual* was the introduction of a flexible upper age limit

in each section, except, of course, Rangers, whose upper age limit was extended to 25.

Action Plus was introduced as a group resource for both the older Guide and the young Ranger.

## NEW EMPHASIS

Much more emphasis has been placed on encouraging young women to achieve outdoor qualifications, whether Guiding's own or those of national awarding bodies, and outside experts are used much more extensively.

The effect of the introduction of a flexible upper age limit has been that we are now beginning to see girls stay in the Guide section for longer.

It was clearly time to tackle the Senior Section — the Rangers and Young Leaders. It meant putting history and fiercely-held loyalties and vested interests behind us and looking at what we wanted to offer the older girl/young woman in the Movement. And who better to undertake this than the young people themselves?

Thus the first of three working groups to produce a new programme for their age group was established. This group, from North East England, were drawn from a wide variety of backgrounds to ensure that their recommendations would reflect the views and aspirations of a cross-section of young women.

Their report went to the Programme and Training Committee in 1991, where it was received very cautiously. But members agreed to develop the basic ideas further with a wider group, this team representing the Countries and Regions, but still falling within the age range.

This group worked really hard and got the project ready for piloting, before handing over to a third group, who were to be responsible for managing and monitoring the pilot scheme, and for making the final recommendations to

the Programme and Training Committee and the Executive Committee.

## WILD RUMOURS

The Pilot Stage was dreadful! Wild rumours abounded: there would be no more Young Leaders... there was no role for the Guider... the programme material was full of sex, drugs and rock and roll... it was nothing like Guiding...

However, the programme was finally accepted last year and since then a tremendous amount of hard work has gone into ensuring that it is as good a resource as we can possibly make it. Just look at what Look Wider has to offer:

- It's a programme for the Senior Section — Rangers, Young Leaders, Young Guiders, LINK, SSAGO, Junior Council, BYC.

- It's flexible — and can be operated at a number of levels to match the capacity of each young woman taking part in terms of time, ability, interests, predilection for group or individual activities and access to resources.

- Its take-up, between the age of 14 and 16, reinforces our commitment to care for the individual, with the emphasis more firmly placed on the needs of the girl rather than organisational 'tidiness'.

- It is a valuable resource for any young woman within the age range, containing a range of activities, advice and information over a wide variety of interest areas.

- It spells out a clear role for the leader as the person who supports the group — offering advice when it is sought, diverting the group from making a serious mistake, and helping it to learn from failure and to celebrate success.

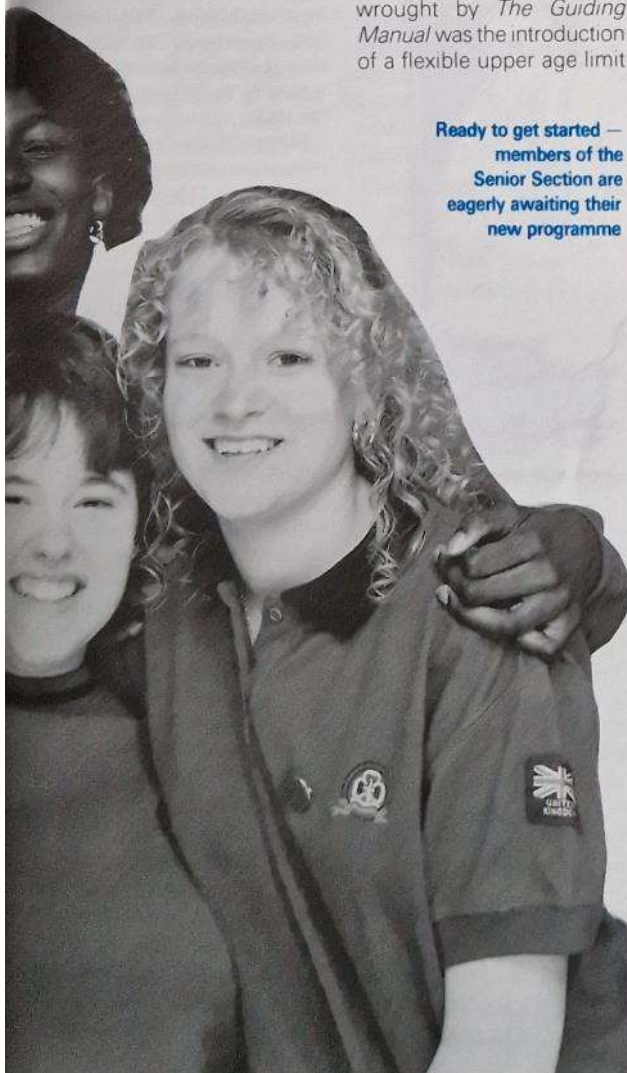
- Its methods are firmly rooted in the Five Essentials of Guiding which are uniquely ours and distinguish us from all other youth work.

Look Wider is an exciting programme which really will enable its participants to do all they can do to be all they can be.

JANE LEWES

Look Wider Co-ordinator 45

Ready to get started — members of the Senior Section are eagerly awaiting their new programme



LUCY DREW



# NEW GUIDERS

**This month we are dealing with the District Meeting — what you should expect and how you can contribute.**

Perhaps you are a little apprehensive about attending your first meeting. After all, Guiders en masse can be a little daunting! If this is the case, see if you can go with a friend, or arrange to meet your District Commissioner on the doorstep, so that you will feel supported when you enter the hall.

### WHAT HAPPENS?

It will vary, but this is the business meeting of the District. Some of the items on the agenda will be information passed down from the

If you have to give answers on behalf of the girls, do not do so without asking them first. If you continue to say at meetings 'I will ask the girls', eventually the message will get through that democracy needs to be given time to happen.

At most meetings there will be discussions about District events, which are most important for you and the girls, as they give you an opportunity to grow together as part of a small family. Larger events can become impersonal and develop into public relations exercises, rather than worthwhile experiences for the girls.

Social activities may also be discussed and arranged

or make use of another Guider's talents for a unit activity. Remember, the District is like a family, and you will be able to rely on its members for support and encouragement as you work together as a team.

The evening may include a short training or a take-and-share session, when each Guider brings an activity, game or craft to share with the rest. This part of the meeting can be especially useful for Guiders with family commitments who find it difficult to give up another evening.

Some Guiders have something to say about every item, while others sit quietly and say very little. A good

meetings are held in a Guider's house. This is fine if there are enough chairs for everyone to sit comfortably and the rest of the family are not turned out of their living room.

However, it is very difficult to concentrate on the matters in hand if your legs have gone to sleep because you are sitting on the floor, or if you are fighting off a too-friendly dog.

Generally, it is better to hold the meeting in a hall or large room grouped around a table, providing somewhere to put all those papers

### WHEN IS IT HELD?

Usually District Meetings follow Division Meetings. They can be held as often as once a month, or as infrequently as once a 'term'. The nights and the venues may vary to ensure that all Guiders can attend at some time during the year.

Meetings are held when they are necessary and you should feel attending has been worthwhile.

### TO SUM UP

The District Meeting is the focal point of the District. It is here that all decisions are made, and it is important that your unit is represented.

The meeting should be run in a business-like way and everyone ought to have a part to play. It should be held in comfortable surroundings and, if possible, time set aside at the end for Guiders to chat.

You are an important member of the District and will be representing your unit. If you do not understand what is going on, or why, ask. Sometimes Districts can get carried away and continue to do things, because it has always been done that way. But as a new Guider you can bring fresh insight to the activities of your Guiding family — the District.

CORAL TOMLIN



Division and County meetings, and others will concern the District only.

Minutes of the previous meeting, matters arising and apologies are always on the agenda. If you are unable to attend, telephone or see your District Commissioner well before the meeting so you can give answers from your unit to any questions to be raised.

An agenda should be sent to you in advance so you can discuss with your girls events and activities which are planned for the District.

Most Districts have their own Guiders' evening during the year when they gather in someone's house for an informal supper, go out for a meal, or try some fun activity, such as tenpin bowling. This is an opportunity for you all to get to know each other and have some fun.

During the coffee break you should be able to talk to other Guiders about any concerns you have, or discuss progress on the Leadership Scheme. You could arrange to exchange visits

District Commissioner will control the meeting and ensure that everyone participates. She will move the meeting forward and stick to the agenda, leaving enough time at the end for any other business to be taken as a proper item rather than a rushed chat. The meeting should finish at a reasonable time.

### WHERE IS IT HELD?

Again this will vary, but the venue and time will be shown on the agenda. Sometimes, for financial reasons, District



## HIGHLIGHTS

### NEW YEAR HOUSE PARTY

FOXLEASE

December 29-January 2

Come and celebrate New Year with fun activities on the theme of Victorian times through to this decade. There's also the chance to visit local places of interest. Four nights will flash past with the planned circus of activities.

### NEW YEAR HOUSE PARTY

WADDOW

December 29-January 3

D Day Celebrations — 1940s to 1990s

A House Party — for anyone aged over 18 — with fun activities for all.

Sample dance from the '40s to '90s, lace making, painting, flowercraft, archery, music and song, tapestry, tatting, pottery, walking, ten pin bowling and a wide game to name but a few.

For those who wish to dress in the style and fashion of a particular era between 1940 and 1990, start looking in your wardrobe now!

If you have any items of interest from the war years, bring them with you.

### EUROPEAN MONOPOLY

WADDOW

January 27-29

Spend a challenging and fun-packed International Weekend at Waddow learning about the development of Guiding in Central and Eastern Europe.

- Will you take a chance and discover GOLD?
- Can you build houses for Community Development?
- What opportunities will you find in the Community Chest?
- Have you enough experience to stay out of jail?
- Will you have enough information to get around the Monopoly board?
- If you pass GO, not only will you have learned about Central and Eastern Europe

but also about the wider opportunities offered by WAGGGS.

Have you got what it takes to play the game?

### MAKING THE MOST OF YOUR DISTRICT

FOXLEASE and WADDOW

January 13-15

District Commissioners bring your group. Preferably a group of not less than four and not more than nine from all sections and levels of experience. You will benefit from working together and have the time to discover and explore ideas for cross-sectional events, links between sections, use of local resources. Commissioners will also be able to extend their knowledge and leadership skills.

### GUIDER HANDBOOK

WADDOW

September 9-11

FOXLEASE

December 2-4

Who is it for?

This training offers an opportunity to experience some of the activities in the new *Guider Handbook*. Do you need:

- fresh enthusiasm?
- new ideas for your unit programme?
- knowledge of Guiding across the sections?
- knowledge of developments in Guiding?

What's it all about?

This is a weekend for Guiders from all sections to introduce them to the new handbook and to give them the opportunity to ask questions of members of the working group who put this long-awaited course together.

### THE PROMISE IN ACTION

FOXLEASE

May 12-14

WADDOW

January 27-29

All Unit Guiders are welcome at this weekend.

Despite the central role of the Promise, we often find it difficult to initiate discussions about our commitment. Come to the weekend and explore the Promise and its relevance to Guiding and to life. Go from the weekend with a clear understanding of the importance of the Promise and confidence in your ability to discuss the Promise with the girls in your units.

### PROGRAMME IDEAS FOR RAINBOW/BROWNIE AND GUIDE GUIDERS

FOXLEASE and WADDOW

January 6-8

A unique opportunity to try our 'three for the price of two' weekend. Yes, we really mean if there are three Guiders in your group you will only be charged for two!

During the weekend you will be given the opportunity to:

- Make better use of your section's handbooks/files.
- Use other Guide Association and external publications as resources.
- Adapt your units' programme to meet the needs of individuals (including *Action Plus*, the *Go Challenge* and *Making it Count*).
- Know how to make adaptations for girls with disabilities.

### EXPLORING THE BROWNIE HANDBOOK

FOXLEASE

January 27-29

WADDOW

March 24-26

The trainings are for any member of The Guide Association with an interest in the Brownie Guide section — Brownie Guiders, Commissioners, Advisers and Trainers. There will be an opportunity to:

- Discover the changes to the handbook.
- Try out some of the new challenges.

● Look at its implementation in the Brownie unit.

● Consider how the Brownie section links with Rainbows and Guides.

● Have some fun.

### THE ROLE OF THE COMMISSIONER

FOXLEASE

February 3-5

This weekend is for all Division and District Commissioners to take a fresh look at their role in Guiding. To help Commissioners be more effective in their Guiding role we will include:

- The Commissioners role as the leader of a team.
- The five essentials and commitment to the Promise.
- The Guide Association Leadership Scheme — how to manage it in the District.

### THEME MEETINGS FOR RAINBOW AND BROWNIE GUIDERS

FOXLEASE

February 3-5

Discover how to add fun and imagination to your meeting through the use of themes. Opportunities to try out activities, exchange ideas and invent themes which capture the imagination and encapsulate many of the Eight Points.

### BUILDING YOUR CONFIDENCE

FOXLEASE

February 24-26

WADDOW

March 10-12

All Guiders are invited to attend these trainings at which help will be given to meet challenging situations.

You will have the chance to learn from others, gaining confidence as you explore questions of leadership and understand more clearly the needs of the different age groups.

It is always reassuring to hear people say 'That happened to me too and I



# TRAINING DIARY

## MAKE AND TAKE

FOXLEASE

February 24-26 and

September 1-3

WADDOW

September 1-3

Brownie and Guide Guiders, spend a weekend designing and making things to take back to your units.

This is an ideal opportunity to add to your resources: games equipment, international ideas, outdoor activities, posters, Promise items, thematic materials and visual aids.

Can you afford to miss the chance?



## RAINBOW GUIDERS

FOXLEASE

March 10-12

Both new and experienced Rainbow Guiders are welcome at this training which will include activity ideas and lots of practical support in the running of a Rainbow Guide Unit.

## EFFECTIVE P&T COMMITTEES

WADDOW

March 10-12

For Country/Region and County P&T Advisers/Chairmen.

The course aims to concentrate on the P&T function in your area and enable you to create a more effective function.

The programme includes:

- P&T Committee — roles, responsibilities and function
- Communication
- Resourcing and budgeting
- Finding and supporting Trainers and Tutors
- Monitoring your success

For full details of future trainings, send a sae to the Manager of the appropriate centre. Applications to attend any of the trainings mentioned should be sent to the Manager at Foxlease or Waddow, enclosing a £10 deposit and sae. Cheques should be made payable to The Guide Association.

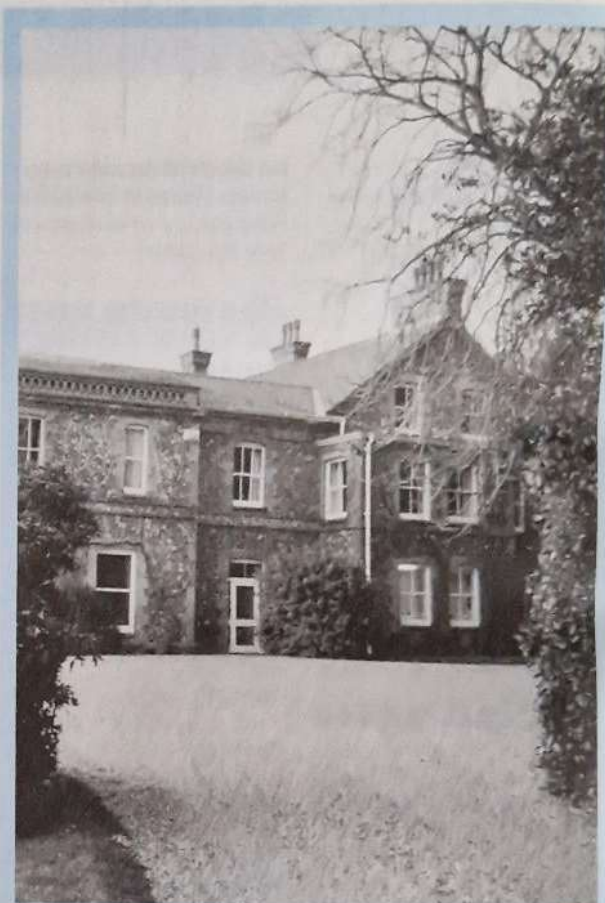
## CAMP AT SEA ON A TALL SHIP

If you are looking for a camp site which offers adventure, consider your next camp on a large sailing vessel.

- ★ Sail along the English Coast or to a foreign port.
- ★ Choose from : 98ft twin masted Baltic Trader; 68ft Thames Sailing Barge or a 43ft Ketch.
- ★ Low prices. Daily rate per person from £16.
- ★ No sailing experience necessary.
- ★ Crewed by qualified and experienced staff.
- ★ RYA Approved Teaching Establishment.

Details from : The Cirdan Trust, Fullbridge Wharf, Maldon, Essex CM9 7LE.

Tel: (0621) 851433 Fax (0621) 840045.



## HAUTBOIS

### HAUTBOIS MINSTRELS

HAUTBOIS

December 9-11

Join us for a weekend of seasonal singing.

Enjoy making music together and sharing in traditional songs with others.

The leaders will be Mary Gentry and Ruth Crane

### NEW YEAR — NEW WORLD

HAUTBOIS

December 28, 1994-January 2, 1995

This traditional fixture in our

calendar will draw inspiration for its activities from some of the countries in North and South America

Truly an occasion to give thanks for the years that are past, and press on into the future

This non-uniformed event is open to Senior Section members, Guiders, Troop Guild members and others — a real family party with all the trimmings

The leaders will be Julie Marshall and Anna Marie Turner

Applications for both events should be made to the Centre Manager

### FOXLEASE

Lyndhurst, Hampshire  
SO43 7DE.  
Tel: 0703 282638.  
Fax: 0703 282561.

### WADDOW

Clitheroe, Lancashire  
BB7 3LD  
Tel: 0200 23186.  
Fax: 0200 27460.

### LORNE

Station Road, Craigavad,  
Holywood, County Down,  
Northern Ireland BT18 0BP.  
Tel: 0232 423180.

### HAUTBOIS

Great Hautbois Road,  
Coltishall, Norwich, Norfolk  
NR12 7JN.  
Tel: 0603 737357.

### NETHERURD

Blyth Bridge, West Linton,  
Peeblesshire EH46 7AQ.  
Tel: 0968 682208.  
Fax: 0968 682371.

### BRONEIRION

Llandinam, Powys,  
Wales SY17 5DE.  
Tel: 0686 688204.  
Fax: 0686 688098.

### BLACKLAND FARM

Grinstead Lane,  
East Grinstead, West Sussex  
RH19 4HP.  
Tel: 0342 810493 or  
0860 393026.  
Fax: 0342 811206.



# TOUGH *as* THISTLES

The history of Guiding in Prague includes a tale of courage under adversity and of a group of girls and women as tough and self-reliant as the spiky plant they adopted as their symbol.

Prague riverside scene taken from a pleasure boat on the Vltava



**ONE  
WORLD**

► Mirka Koblihová remembers the early Thistles who banded together amid repression and terror

MIRKA KOBLIHOVÁ



► Behind the bride's smile lay an amazing tale of survival through adversity



The Thistles have enjoyed at least 34 summer camps — including this one at Cervena Lhota, Southern Bohemia, in 1992

On a sunny spring Saturday, a group of Brownies and Guides lined up outside a London church to have their photograph taken with the blushing bride. Nothing very remarkable about that — it often happens when a leader gets married.

Nor was it all that unusual, in the great family of Guiding, that Miki Koblihová, Assistant Brownie Guider of the 9th Hendon Pack, attached to the Salvation Army, in North London, had wed a former Tawny's son.

But behind Miki's radiant smile was the outstanding story of the Thistles — the name of the 11th Company of Guides, in Prague, which managed to survive in adversity simply because thistles are tough and can thrive in the harshest of conditions.

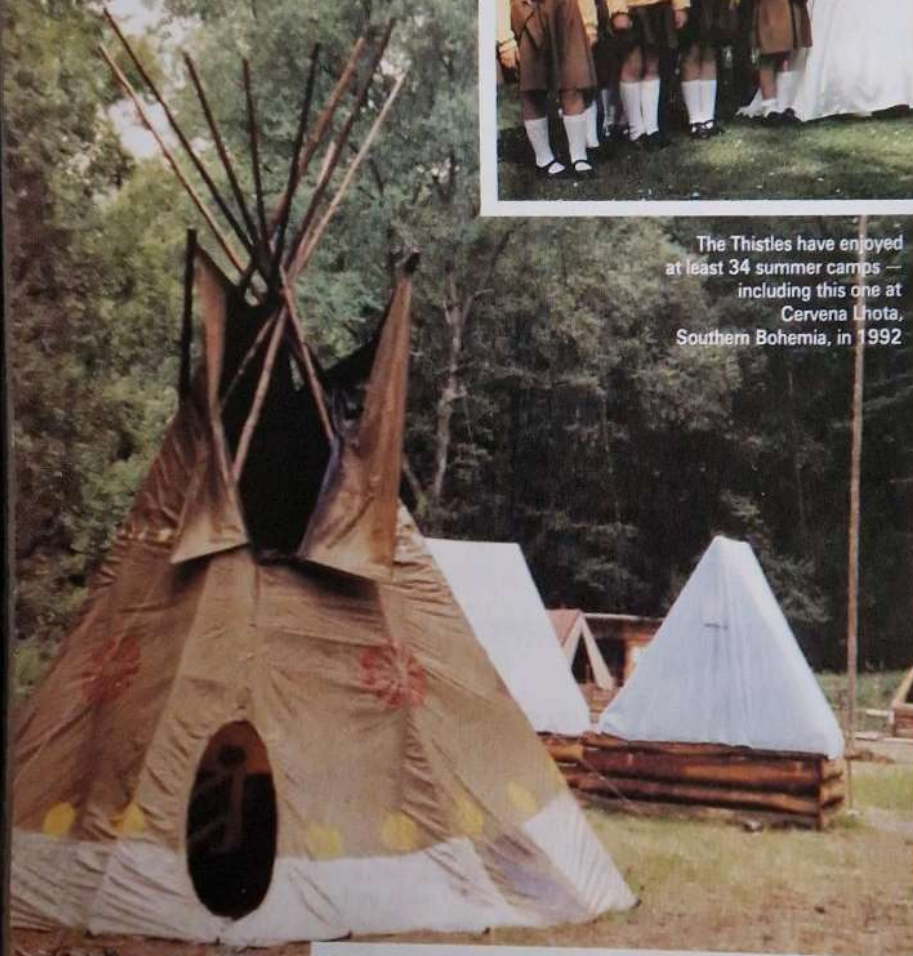
Miki joined the Thistles' Brownie Pack when she was living in the Czech capital with her parents in 1968.

Her mother Mirka, now 63, was at her daughter's wedding, naturally, and so was the bridegroom's mother, June Wilson, who, until she retired last year, was the other Assistant Brownie Guider of the 9th Hendon Pack.

And, as she savoured the happiness all around her, Mirka remembered how the story began 51 years before during the dark days of the Second World War. She explains:

“The first Thistle seed was sown on December 5, 1943, in wartime Prague, then occupied by the Nazis.

◀ The present: today's Thistles celebrate the 50th anniversary of their thriving unit





On that day a group of young girls joined the Czech Ramblers' Association and became known as the 11th Ramblers' Group.

They were keenly interested in Guiding and wanted to be Guides but that was not possible at the time.

"Germanification" of Czechoslovakia by the occupying power was already well under way. All kinds of clubs, societies and associations in existence when the Germans invaded in 1938 had been banned and the forming of new ones, not approved by the Nazis, made illegal.

Many Guide and Scout leaders were persecuted but some would not be deterred. They carried on as best they could, under cover, using one of the permitted organisations as an "umbrella".

This, in effect, is what the girls of the 11th Ramblers' Company did. Amid the repression and terror, they had banded together to share their love of nature and to enjoy doing things together, like going on adventure trips, playing games, singing and learning more of the history and culture of their country.

The Czech Ramblers' Association was legal because the Germans regarded it as harmless. So, under its "umbrella" the girls, although not actually Guides, were able to carry on activities based on Guiding, while officially being known as the 11th Ramblers' Group. One of the girls was 12-year-old Tatjana who, it turned out, was destined to become a Guide leader.

The girls were doing what real Guides in Czechoslovakia were doing elsewhere: being discreet and basing their activities as closely as possible on true Guiding, without 'blowing their cover'.

Then, on May 8, 1945 — VE Day — suddenly the war was all over. Just two weeks later Tatjana and her friends, at last able to stop being just a loosely organised "secret band", formed themselves officially into the 11th Prague Guide Company.

One of its Patrols adopted the thistle as its emblem and called themselves *Bodláci* — the Thistles — tough and self-reliant, with an ability to 'bounce back' in adversity. It seemed such a good symbol that, eventually, the Company itself adopted it.

At this time, however, I was only 14, living with my parents at Benesov u Prahy, a town about 30 miles from Prague. I joined the local Guide Company and felt an immediate affinity with Guiding which I have never lost and, although my Guiding connections ceased long ago, I still maintain close links through my daughter, Miki.

After leaving Guides I became leader of the local Brownie Pack, having attended a leaders' camp and obtained my warrant. But, in 1948, the Communists came to power and, once again, Guiding, Scouting and any other organisations which did not meet with approval, were banned.

So, much as they did under the Germans, many Guide units went

**VE Day, June 8, 1945, brought tragedy as well as joy to the Thistles. When the call came on the radio to put out the national flag in celebration, one of the Thistle girls, 14-year-old Tonda, rushed to the secret drawer in her parents' bedroom, where the flag was hidden.**

**Racing to the loft, two stairs at a time, to hoist the beloved flag from the roof top, Tonda failed to hear the resumed cracking of bullets that seemed to come from nowhere. Nor did she hear her mother's warning.**

**The sniper's bullet found its target and a young body fell limp. The company had lost one of its best members.**

**Every year, on the anniversary of Tonda's death, the Thistles lay flowers on her grave.**

"incognito", appearing to be merely groups of friends who went camping or back-packing together, or met for a "social" evening from time to time.

In 1950, I moved to Prague to attend university and, in 1955, I married Boh Kobiha, who happened to be a Scout leader. A few years later our daughter, Miloslava — known as Miki — was born.

Then came our Prague Spring of 1968 when it seemed we were going to have "Socialism with a human face" and many of our former freedoms — including the freedom to practise Guiding — were to be restored.

It was during this all-too-brief period of euphoria that I joined the 11th Prague Company — the Thistles — as

**Miki Koblihová joined the 8th Hendon Guide Company at 12. She went on to Rangers and, in 1975, became a Young Leader with the 2nd Hendon Brownies. The Brown Owl was June Wilson who introduced Miki to her son, Christopher. Later, Miki became June's Assistant Brownie Guider.**

**When the Pack closed, Miki and June transferred to the 9th Hendon Pack, both as Assistant Brownie Guiders.**

**Miki and her husband, Christopher, now live at Douglas, Isle of Man, where she helps run a local Brownie Pack.**

the unit's Assistant Guide Guider. Its leader was Tatjana — one of the original members of the wartime 11th Ramblers' Group.

My daughter Miki, joined the Thistles' associated Brownie Pack.

We went about normal Guiding activities with a great feeling of freedom and fun. The girls — many of them daughters of the original Thistles — certainly loved it.

In the summer of 1969 we had three glorious weeks at camp, in a forest by a lake. Miki and most of the other Brownies were there, too. Many girls took their Promise in a beautiful, unforgettable camp fire ceremony.

Later that summer Miki and I came to England to join my husband, who was already here on a training course. The Russians had invaded our country the year before and the hardline Communists had again clamped down. It was a heart-wrenching decision but we decided to stay and make a new life in the UK. Boh and I both eventually managed to find work and we settled in North London, where we still live. Miki joined the 8th Hendon Guides.

Meanwhile, back in Prague, the Thistles continued to survive, just as thistles will, anywhere. Guiding and Scouting, banned for the third time, went underground again. Or they joined the official Pioneer youth movement which they used as the "umbrella", enabling them to carry on Guiding. The Communists never understood what Guiding or the Promise meant to girls. Guiding could not be crushed.

The Thistles survived 20 years of oppression until Communism finally lost its grip in 1989. Since then there has been a massive resurgence of Guiding in the country.

Generations of past Thistles have kept in touch over the years and in May, last year, celebrated the unit's golden jubilee with a reunion in the park near Prague, where they used to go years ago for games and activities.

About 70 of them, of all ages, turned up, some with children, grandchildren, toddlers and babies. The oldest Thistle was 66. They were able to look back on at least 34 summer camps, 33 backpacking Easter camps, 34 winter camps with skiing, plus hundreds of outings, work parties, sports events and other activities.

Naturally I, as an ex-Lieutenant and Miki, the ex-Thistle Brownie, should have been at the reunion but, unfortunately, this was not possible.

But we were there in spirit and felt very proud, as we Thistles were entitled to do, because, between us, we'd proved that thistles of all kinds really are tough. ♡





### GUIDERS...

Have you heard the one about the Guider who didn't know about the exciting changes that have been taking place in the Movement? She was behind the times because she didn't get her own copy of *GUIDING* each month.

If you have a friend who is missing out on all the news, views and activity ideas in *GUIDING*, do her a favour and tell her about our post-free subscription offer.

Or, better still, get her to fill in the subscription form below and *GUIDING* will soon be popping through her letter box regularly each month.

### **GUIDING POST FREE SUBSCRIPTION OFFER — Valid for the UK and BFPO only**

#### **ORDER FORM**

To: Magazine Subscriptions, The Guide Association,  
17-19 Buckingham Palace Road, London SW1W 0PT, England.  
Tel: 071-834 6242.

*GUIDING* costs £1.15 per month. For a year's subscription please enclose a cheque or postal order for £13.80 made out to The Guide Association.

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MAILING ADDRESS

All magazine subscriptions are for a maximum of one year. Shorter subscriptions can be had pro rata.



# YOUR LETTERS

## MAGICAL

Having just returned from Challenger '94 — a particularly happy camp for girls with disabilities and their non-disabled companions at Aviemore — I am filled with that lovely glow which follows one of these special events.

There is something rather magical about the combination of girls, for whom life is so often restricted, with girls who want to give a helping hand.

To see them together enjoying the same activities more than compensates for the anxieties leaders experience in organising such events.

A similar 'after glow' was experienced following the events at Stoke Mandeville in 1990 and 1992. So what happened to 1994 then? Perhaps the Scots were being allowed their own event before tempting us down south again.

If the invitation comes we'll be back!

**ALISON SPURWAY**  
Glasgow

## TESTING

I have read with interest June *GUIDING's Personal View*, and the ensuing correspondence.

It is now over 20 years since I ceased to be active as a Guider. Nevertheless, I can clearly remember two periods of misbehaviour in the Company.

Assuming that all the girls are there because they genuinely want to be in the Movement, I suspect that there are two reasons why girls misbehave at Guides. The first is that they are bored, and the second is that they are testing boundaries.

If boredom is the problem it is comparatively

easy, though demanding on time and commitment, to respond. All of us get stale from time to time, and the Association runs a marvellous assortment of trainings to give us some extra pep.

In the case of Annabel's Guides, I suspect it was more a case of boundary testing, since the girls responded as soon as positive action was taken.

We all test boundaries, it is a part of our nature and, the more insecure we are, the more we test.

The moment we indicate that we are taking control, and it is quite possible to do so without denying the girls their autonomy, we are offering security by indicating that we care about the girls.

To respond to bad behaviour takes time and emotional energy, but it is never regretted.

To those of you who are still active with a unit I say: 'Stick with it'. You will look back with pleasure and affection on your days as an active Guider. You will certainly never regret it.

**REV HELEN D GARDNER**  
Suffolk Lones  
Trefoil Guild

## CONFIDENCE BUILDING

The Guiders experiencing difficult and challenging behaviour from their members may feel comforted to know that they are not alone. As a Trainer I meet many leaders, as well as teachers and parents, who are having similar problems, as this is not a problem confined to Guiding.

There are no easy answers. But we must face the issue and work together to find ways of handling the problems of behaviour and attitude.

If you would like to share your problems and explore the issues why not come to the *Building your Confidence* weekend training at Foxlease (February 24-26, 1995).

The aim of the weekend is to help Guiders meet challenging situations in units or Districts, and to provide interesting, worthwhile and varied programmes for their members.

I can't promise we have all the answers, but we will certainly spend some time discussing ways that we can deal with the difficult and challenging attitudes and behaviour that so many of us are facing and so build your confidence in giving good Guiding to our members.

**ANN HALL**  
Guide Guider and Trainer  
Derbyshire

## NOT ALONE

The Young Leader who experienced difficulty with the camping clause in the Queen's Guide Award is not alone.

I, too, experienced problems. Eventually I was able to overcome them and gain the Award but I was left feeling that Guiding had let me down.

I think it is a mistake to encourage girls to start the Award at 16 when they are about to undergo one of the most awkward times in their lives: exam pressure, starting a job or leaving home to study, all take their toll.

I too was a Young Leader with a Brownie Unit and, as my Ranger Unit wasn't interested in camping, I had real trouble trying to organise the camping experience the Award asks for.

I finally managed to do it by going camping with a Scout troop.

However, I was very much on my own and hadn't had any support from anyone in the Guide Movement, just when I was also dealing with various personal difficulties.

I believe that it is harder to gain the Queen's Guide Award than get the Duke of Edinburgh's Gold Award or become a Queen's Scout. It is not surprising that very few people complete it.

I was left feeling sad that this was the first thing in Guiding that I had wanted to do for myself and I'd had nobody to help me.

I don't believe this was intentional but perhaps more thought needs to be given to this Award so that other girls won't be left feeling frustrated and let down.

**Name and Address supplied**

## LEAN ON ME

The Queen's Guide Award is difficult for anyone to complete, but I do feel that Young Leaders who do not belong to a Ranger Unit have a particularly tough time. Where are the people who should be supporting the Young Leader who wrote in?

Maybe she does not know where or who to go to for advice.

I know we are always saying that Young Leaders are the future leaders of Guiding, but it is true, and we cannot afford to leave youngsters like her floundering and frustrated without support.

I am a County Young Leader Adviser in Surrey (and I'm only just too old to be a Young Leader).

I urge this Young Leader to get in touch with me via *GUIDING*, so that I can support her and put her on the right track. The desperation of this Young



Leader leapt from the page when I read it

**SUE HUGHES**

County Young Leader  
Adviser and Ranger Guider  
Surrey East

## EQUAL PARTNER

As I have recently completed my Young Leader Certificate, I want to thank all the people who have helped me.

I have had a wonderful time with the Rainbows in my two years as a Young Leader and my Guiders have treated me as an equal part of the team.

I am very sorry for Young Leaders who are not appreciated because I have got so much out of the Scheme.

I'd like to say to any prospective Young Leader, do join a unit. Every minute you put in is rewarded many times over with the pleasure the girls get out of it

**AILSA KING**

Young Leader  
1st Crieff Rainbows  
Perthshire

## CHALLENGING

Jane Garside in her Comment in August's *GUIDING* quotes my statement that many voluntary groups are reluctant to use young people as volunteers because they mistakenly view them as immature and unreliable

I am pleased that she was able to confirm my assertion that when given the opportunity young women and young men are capable of undertaking challenging and responsible tasks as volunteers

However, evidence gathered from a recent NYA survey of major volunteer-involving organisations offering a wide range of health, education and social care services indicates that many organisations underestimate the abilities of young people and, intentionally or not, are

54 biased against them

Indeed this was borne out by another speaker at the same conference who said: 'Our primary target is a lady whose children have left home and is looking around for something to do. It might be bridge on Thursdays, charity on Fridays and golf on Saturdays.'

Organisations like The Guide Association have a record of encouraging and supporting young people to take responsibility and to be involved in decision-making processes of which they can be proud.

While those of us working in the youth service are well aware of the capabilities of young people we must seek every opportunity to carry this message to others and, where we encounter prejudice — or just plain 'We haven't really thought about young people' — to challenge such attitudes.

**TERRY CANE**

National Youth Agency  
Project Manager

## FAULT FINDING

I agree with every word of Jane Garside's Comment. It is essential to encourage our young women to take responsibility.

But I have just experienced the opposite having just returned from a camp at which my young Assistant Guider was tested for her Campers licence

Every aspect of the camp had been carefully planned. The programme was excellent, with just the right balance of control and freedom.

She is well liked and respected by the girls, who spent a very happy week in a safe and stimulating environment.

To my dismay, the tester appeared to believe her role was to point out faults. And since there were no major ones she looked for trivialities to condemn

She did not give one word of praise or encouragement, or any indication that she deserved to pass

I have known this to happen many times. So much undeserved disapproval was shown to one young Guider that she resigned.

Please will OAAs take note of our Chief Commissioner's words and give praise when it is due. They are our future.

**GUIDE GUIDER**  
Yorkshire

## EARLY EXAMPLE

July's *Watch This Space* article rather gave the impression that integration of members with disabilities was a new phenomenon. Not so!

Fifty years, or so, ago I was Guide with a disability and a member of a Post Company, but each of us also belonged to our nearest, active Company, attending their meetings whenever health and transport allowed.

If this was not possible, then a few of the Company would visit us in our homes, thereby continuing the link.

Years later, as a Guider working with girls with disabilities, each girl also belonged to her nearest Pack or Company — if she wished — as well as her Extension unit, as they were then quaintly called.

It is good to see a girl with a disability in a normal unit (so long as she does not become a 'mascot'). But it was also good to see a group of blind — or deaf — or wheelchair-bound Guides working and laughing together. Each girl was able to communicate with the others and each one had the chance of helping someone worse off than herself. Great for morale, instead of always being the one on the receiving end of the help.

One can learn a lot from one's peers on how to cope with life.

Although now a Trefoil Guild member, I can still enjoy an occasional get-together with friends with disabilities and, even now,

can still pick up tips on new and improved ways of how to cope.

On with integration — but the 'olden days' also had some points in their favour

**PMH**

Bedfordshire

## EXTRA EXPENSE

I am writing on behalf of Watersheddings District, Oldham East, about the proposed changes in the Laws.

We as a District think it's scandalous that, in the economic climate of today, we have to accept changes yet again.

First the uniform, then the Promise Badge, both of which are very nice but also very expensive — in some cases double the cost.

Now it's the turn of the Laws, which again involves cost — printing new cards and new handbooks.

Our units are quite large but we are a poor District, as are most in the Oldham area, and I'm sure parents will find it a bitter pill to swallow.

**MRS LYNDA WROE**

Watersheddings District  
Commissioner  
S. Lancashire

## TREFOIL QUEST

We have recently completed a new Division standard, but find that the Trading Service no longer stocks the double-sided Trefoil to go on top of the pole.

Does anyone know of one, perhaps lurking in a local shop or depot, that I could obtain?

It would be such a pity if our beautiful work of art was not topped-off properly.

**JILL MATTHEWS**

Division Commissioner  
East Cheshire

● If you can help, write to  
Jill c/o *GUIDING*.

Letters should be kept as brief as possible and the Editor reserves the right to edit any contribution. Letters must carry the author's name, address and, if possible, a daytime phone number.



# A FEAST of fun

An exciting feast of fun, stories, puzzles, activities and ideas for Rainbows, Brownies and Guides is available now!

The *Official Rainbow Guide Annual 1995* is brimming with exciting stories, ideas, recipes, puzzles, poems, games and activities. Rainbow Guides can discover how to make a monster sandwich, find out about American Daisy Girl Scouts, read the story of Peanut the mischievous cat, or help Rainbow Rabbit solve some puzzles — plus lots more!

The *Official Brownie Annual 1995* is jam-packed with fun ideas — making jelly cocktails, growing your own forest or putting on a show. There are puzzles, games and an exciting competition.

Brownies will have fun using the *1995 Brownie Guide Diary*. There's plenty of space for those important dates, as well as some amazing activities and ideas to try.

Guides have the *Official Guide Yearbook 1995* — bursting with ideas to keep Guides busy all year. They can have fun with the fantastic football feature, try the tasty tapas recipes or find out about local festivals and celebrations. There are masses of other ideas for activities, plus poems and a story to read, crosswords and quizzes to do and a competition to enter.

The *1995 Guide Diary* has lots of space to write in and is packed with useful information including hints on how to stay safe whether at home or out and about.

The annuals, diaries and yearbook are now available from The Guide Association Trading Service outlets and all good book shops.



The Official Rainbow Guide Annual 1995.  
price £4.99 (Trading Service code 75630).

Guide Diary 1995.  
£3.99 (Trading Service code 70227).



The Official Brownie Annual 1995, £4.99  
(Trading Service code 71365).



The Official Guide Yearbook 1995, £3.99 (Trading Service code 70813).



Brownie Diary 1995.  
£3.99 (Trading Service code 70013).



# PEOPLE *and* PLACES

SUSAN TYRRELL

## SPUD BASHING

► Perfect potato peeling takes great care and dexterity, as Shimona Starling of 6th North Dorcan Brownie Pack discovered. Shimona was taking her turn at preparing vegetables — one of her Six's duties — during Pack Holiday at Sutton Courtenay in Oxfordshire.



SUE KING

## COVER UP

▲ These resourceful Welsh Guides knew just what was needed when they stopped to cook sausages during a hike. The girls from the 42nd Cardiff (Ton-Yr-Ywen) Company used an umbrella to keep the wind off their buddy burners — making sure their bangers were done to perfection.







### BAG LADIES

▲ There's no better way to protect your clothes when varnishing a shed than to cover yourself in a set of specially adapted bin-bags — Young Leader Samantha Williams is pictured modelling her improvised overall with style. She and her friends were carrying out service projects at an INSITE weekend at Heyswood camp site in Cobham, Surrey.

### FRYING TONIGHT

► A Guider's best friend is a never-ending supply of ideas for meetings — and a great place to find them is the *Guide Handbook*. That's where Karen Douglas found the recipe for potato latkes. She's pictured cooking them at a County Training Day in Armagh, Northern Ireland.



CHRISTINE WILSON

### BEAR HUGS

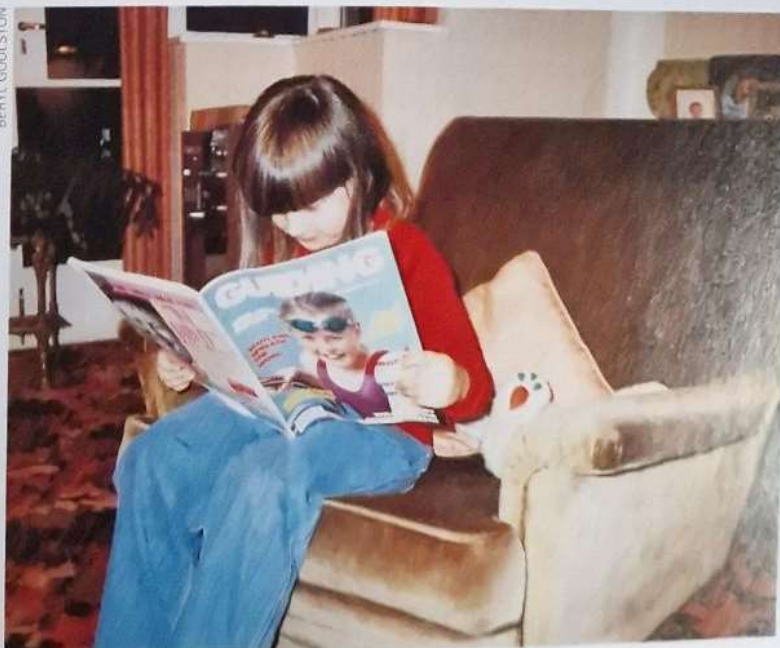
◀ A Pooh Bear honeypot game, throwing Paddington's wellies and a Yogi Bear putting course — these were just some of the brilliant bear events laid on for the Brownies from Farnham Division, who went down to the woods for a teddy bears' picnic at Herons Wey, Surrey West's County camp site.

FARNHAM HERALD

### FAN MAIL

▼ You're never too young to enjoy *GUIDING*. Beryl Goulston, International Adviser for London and South East Region, couldn't resist snapping her granddaughter Rebekah Goulston, of 1st Stockton Heath Rainbow Unit, when she found her deeply engrossed in Grandma's copy of her favourite magazine.

BERYL GOULSTON





# DREAM BEDROOMS

*Is there a budding interior  
designer in your unit?  
Someone with the taste  
and flair to turn a room  
into a palace?  
Here's a chance for her  
to win a bedroom  
makeover with the help of  
a leading fashion fabric  
design house.*

Solway Fabrics and GUIDING have got together to run a fun contest with a new-look bedroom as first prize.

All entrants have to do is dream up the sort of bedroom they'd like to design for their favourite pop star.

Then send us a sketch of the room, complete with colourway suggestions for the curtains, duvet cover, and pillow cases.

The contest is in three categories — Brownies, Guides, Rangers — and the overall winner will work with Solway



Great prizes are on offer for the budding interior designers in your unit.

Fabrics' interior design expert to create a new look for her bedroom with co-ordinated curtains and bed linen.

The 11 runners-up will win do-it-yourself duvet and pillow case makeover kits in their favourite colour complete with full sewing instructions.

Making your own bed linen and matching curtains isn't difficult as it is all straight sewing and the results can be spectacular.

And it needn't cost the earth. The Solway Fabrics sheeting shown in our photograph is *Cottage 045RS*. The washable 50/50 polycotton print is 238cms (94ins) wide and costs around £5.99 per metre.

Before and after shots of the winner's room will be featured in a future issue of GUIDING, so parental consent must be given on the entrance form for anyone under 18. Photocopied entries are acceptable.

Solway Fabrics is also giving away its *Plain English Simple Guide to Sewing* booklet to the first 200 entrants.

Entries should be sent to Makeover Competition, GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT by October 31

## RULES

- 1 The Editor's decision is final
- 2 All entries must be received by October 31, 1994.
- 3 No correspondence or communication will be entered into.
- 4 No cash equivalent or alternative prizes are available
- 5 Entering the competition denotes acceptance of the rules
- 6 The winner must agree to photos of her bedroom being taken before and after the makeover and used in GUIDING

## FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Unit \_\_\_\_\_

Home Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Favourite colour \_\_\_\_\_

Parent's consent if under 18 \_\_\_\_\_

Please tick the box to indicate bed size:

Single ☐ Double ☐



# THE RIGHT *balance*

Every Guider knows how hard it is to keep down the cost of running a unit. Here John Platt, the Association's Head of Finance, provides some up-to-date banking advice.

## FREE BANKING

The January 1993 edition of *GUIDING* carried news of free banking for Guide units if they opened a *Club and Society Account* with Girobank. These arrangements are still available. But, since then, similar schemes have also been introduced by the main clearing banks. In some cases these include the added benefit of interest payments on cleared balances. Of course, charges will always be applied if an account becomes overdrawn.

### Girobank

Although a subsidiary of the Alliance & Leicester Building Society, the banking facilities of Girobank are offered through post offices nationwide, which, in addition to normal weekday opening, are also open on Saturday mornings. Application forms and information can be obtained from the Club & Societies Group, Girobank plc, Bridle Road, Bootle, Merseyside GIR OAA or telephone 051-928 8181 extension 2168.

### National Westminster Bank

If you pay out less than £25,000 a year from your account then you will not have to pay charges for money paid into or out of the account, neither will you pay any fees for the running of your account. Ask at your local branch for the *Clubs and Societies Service*.

NatWest's ActionLine also allows you to manage your account by telephone 24 hours a day — check balances, pay bills, transfer between accounts and so on. An associated interest-bearing account can also be opened for surplus funds, via a *Reserve Account (Instant Access)* or a *Capital Reserve Account* (14 days notice).

### Lloyds Bank

The Lloyds Bank *Treasurers Account* will pay interest on the cleared balance in an account. Any number of payments in are free, but only the first ten withdrawals each month by cheque,



Better banking: avoid charges and keep costs down

direct debit or standing order are free of charge. For each subsequent withdrawal there is a standard charge. Ask at any local branch for a leaflet and application form for this account.

### Midland Bank

If you pay out less than £100,000 a year from your account, then the Midland can arrange a *Treasurer Account* to manage your funds. There are no charges to pay provided no more than ten cheque withdrawals are made each month. Currently a charge of 60 pence is made for every extra cheque. Transactions for cash and cheques paid into the account are all free. Interest is paid on the cleared balance in the account.

A more attractive return can be achieved on sums over £5,000 by opening a linked *Exchequer Savings Account*, though you must select either a 30 or 90 day notice option. Leaflets and application forms are available from any local branch. If you need to know more about being a treasurer, ask also for their useful free *Guide for Treasurers of small clubs and societies*.

### Barclays Bank

Barclays were due to introduce their *Community Account* in late September, which will pay interest on the cleared balance in the account. Any number of payments in are free, but only the first ten withdrawals are free, after which there is a charge of £1.50 for each transaction. Further details are available from local branches.

## EVERY PENNY COUNTS

Finally, charities do qualify for receiving their interest gross, without deduction of tax. Banks will normally ask for a charity registration number as evidence of charity status before arranging for the interest to be paid in full.

Unless you are one of the units or areas which has had to register because you have a permanent endowment or are in rateable occupation of land or buildings, then you are exempted from registration under the provisions of the Charities Act 1960. A certificate to that effect can be obtained from the Finance and Legal Department at CHO.



# SURPRISE SURPRISE!

*When the Wheler Street Guides celebrated their 70th anniversary there was a special surprise for one member of the unit.*

It's a bit of a mouthful so the girls of the 3rd Higher Openshaw Wheler Street Moravian Guide Company, near Manchester, tend to call themselves the Wheler Street Guides for short.

And sometimes they even refer to themselves, intriguingly, as 'the Moravian Guides'.

But they are rightly proud of their unit, so the Company's 70th anniversary, celebrated earlier this year, clearly called for a star-studded event.

The Company was actually founded in July, 1924 but, for various reasons, we decided to bring forward the celebration to February. We invited ex-Guides of the Company, former Guiders from the area, Wheler Street Scouters and Brownies, as well as parents and friends, both Guiding and non-Guiding.

Apart from a break of a couple of months — from December 13, 1948 to February 22, 1949 — there has been continuous Guiding at Wheler Street, Higher Openshaw, for the past 70 years.

We are attached to the Moravian Church in Wheler Street. It is the sister church of one founded at Fairfield, Droylsden, near Manchester, in 1785. The Moravians as a religious body began in Moravia, now part of the Czech Republic, in the 15th Century and came here in the 18th Century.

decided to make this the occasion for Manchester County Commissioner Christine Welsh and her Assistant, Jean O'Loughlin, to present Stacy with a Star of Merit for her outstanding courage and fortitude.

When this was announced Stacy asked Kathryn, our Young Leader, to help her from her wheelchair and support her as she did her best to walk up to receive the award. Except for Stacy, beaming all over her face, there wasn't a dry eye in the hall.

She is always smiling and shows great determination. Since joining the Brownies at seven she has persevered in trying to walk and this remains her great goal.

She is the eldest of six children, with one sister in Guides, another in Brownies and two others on the waiting list.

Their mother, Amanda, was a Brownie in the Wheler Street Pack and she's made sure it stays in the family.

During our celebratory evening the girls set up a round robin quiz and various challenges for the guests to try, followed by a parade of uniforms through the decades.

After the presentations our evening ended with a rousing sing-song around our indoor 'camp fire'.

I left for home with a warm glow, feeling sure that, having flourished for 70 years — apart from that slight hiccup in the late 1940s — our Company isn't going to fizzle out now. Like Guiding itself, it has stability.

Maybe I won't be around for the centenary but the girls will!

JOAN BALL

Celebrating in style: (back, l to r) Jenny Buckley, County Commissioner Christine Welsh, Assistant County Commissioner Jean O'Loughlin, District Commissioner Doreen Ambery; (front, l to r), Stacy Finnigan and Jillian Knott



For a start, there were the 'Two Jays' — Jillian Knott and Jenny Buckley — who had completed their B-P Trefoils.

Then there was the 'guest appearance' of Eva Yates, a member of the Company more than 60 years ago.

The show-stopper, however, was 11-year-old Stacy Finnigan, who brought the house down when, with a mighty effort, she struggled from her wheelchair, determined to stand as she received her Star of Merit from the County Commissioner.

Guide Guider Joan Ball re-lives the magic moments.

Last December, Jillian Knott, who is 15, and Jennie Buckley, aged 14, finished their B-P Trefoils but decided to wait until our 70th anniversary for the presentation by our District Commissioner, Doreen Ambery.

Both girls joined the Company at the age of ten and are now members of our Action Plus Group, which is doing well and expanding.

But the double celebration of the 70th anniversary and the two girls winning their Trefoils became a triple event, in fact.

Unbeknown to Stacy, it had been

As Joan Kennedy, Joan Ball 'attended' the 3rd Higher Openshaw Wheler Street Moravian Brownie Pack when she was only 6½, in July 1951. She was enrolled within days of her seventh birthday.

At 14, in the associated Guide unit, Joan was Company Leader and in sole charge because there was no Guider. At 17 she was warranted as a Brownie Guider and became the Pack's Tawny, while still remaining Company Leader in the Guides.

Both units met on the same day in different rooms in the hall, with Joan running the Brownie Pack from 6.15pm to 7.30pm and the Guide Company from 7.30pm to 9pm. This continued for several years.

In 1964 Jean was warranted as an Assistant Guide Guider and, in 1966, she obtained warrants, both as a Brown Owl and a Guide leader.

With 32 years of warranted service under her belt she has no plans for retirement yet.

JOAN BALL



# CLASSIFIEDS

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Inclusion of advertisements in this section should not be taken to mean that the Association has checked out and approves the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

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Please send SAE or phone the Warden: Bill Hindley, "Deskrie Shiel," Alexander Lane, HUTTON, Essex CM13 1AG.

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# LIFE style

Steve and Nicky Watson



**MICHAEL PERRIN,  
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**A Unit Helper with the 1st Greenford Guide Company, Michael believes Guiding is great.**

“I may not be unique in Guiding but I must be quite rare — a male Unit Helper.

My involvement with Guiding came about as a result of a fortunate accident.

It was in 1985, during a time when I was unemployed, that I saw an advertisement by the Ealing Pre-School Playgroups Association. This is a local charity affiliated to a national organisation which promotes playgroups for the under-fives.

The Ealing PPA was looking for a voluntary worker to help run a store where local playgroups can buy crayons, paints, glue and various other equipment for educational play.

I took the job and, as a consequence, met Lesley Hunter, the Ealing PPA's branch co-ordinator. We soon became friends and I learned that Lesley was the Guider for the 1st Greenford (Holy Cross) Guide Company.

Guiding was a mystery to me. I had no idea of what Guides did except that they wore uniforms and, sometimes, went on parades. Some time was to pass before I discovered for myself what it was all about.

In 1987 I left the Ealing PPA, having taken a salaried post with the Department of Employment. I am an administrative officer at a Job Centre, where I deal with the public and conduct interviews for the government's Restart programme.

Lesley and I kept in touch, however. Then, in 1991, Lesley, who knew I was interested in photography, invited me to bring my camera to a District camp at a permanent site in Greenford. By this time she had become District Commissioner for Greenford, while remaining Guider with the 1st Greenford.

At the camp I saw, for the first time, Guides in action — putting up tents, cooking in the open air, playing wide games and so on. I was fascinated. Everywhere I looked I saw instant photographic opportunities.

Later on, the 5th Greenford Brownies had a Pack Holiday in Buckinghamshire. I spent a day with them, taking photographs. Then the local Rainbows went on a teddy bears' picnic and I was delighted to be there with my camera.

By now, I had assumed the unofficial title of “Photographer to Greenford District”, and was becoming more and more involved.

More recently I went to a Middlesex South West County event — a two-day camp with a Western theme at Heyswood, Cobham, Surrey, attended by more than 500 Guides. It was terrific fun and I got through eight films.

For some time I had been turning up at meetings of the 1st Greenford Guides and helping, when Lesley suggested that I might just as well become their official Unit Helper and be done with it. So I did!

Even I have been surprised by the

extent to which I am able to make myself useful. For example, when the girls were doing their Hostess badge I showed them how to write a polite letter of invitation.

And, when it was decided to hold a theme evening on the saints of the union flag, I researched the stories of St George, St Andrew, St Patrick and, for good measure, St Augustine.

The girls were given the story of a saint on a sheet of paper and had ten minutes in which to devise and act out a play based on the story. It worked a treat.

My AppleMac has also played a part in my involvement with Guiding. With the computer, I have created a database of all adult personnel in the District, produced a new letterhead for the stationery, incorporating the Association's new logo, and set up a mail-merge so the Commissioner can, for example, easily send a personalised letter to every Guider.

With the computer I have also been able to help relaunch the District's newsletter, *Guide Gossip* — a new title dreamed up by the girls — is distributed by the leaders to more than 300 girls. I am the sub-editor.

I have now worn my tab for more than a year and, naturally, it causes a few bemused comments from “outsiders” but that doesn't bother me.

In fact, I'm proud to wear it, having discovered for myself that Guiding is great. It gives confidence, independence and a good outlook on life. And it shows them that they can tackle anything — abseiling, kayaking, rock-climbing, you-name-it, just as successfully as boys.

Of course, I realise that I shall never be the Association's Chief Commissioner but, should you ever be in need of help from a non-member who's hooked on Guiding, I'm your man. ☺





# Look the Part



Wearing the official uniform need not mean compromising on style or comfort. Your Trading Service offers a range of clothes for all Guiding occasions whether formal or informal.

Whether running a Unit meeting, attending a Training session or whatever your chosen activity, we have available a wide choice of uniform which is versatile and hard wearing, stylish and smart.

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