

GUIDING



IRVINE

FEBRUARY 1995 £1.15

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RELIEF —
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THE FUN**

**SCALE
NEW
HEIGHTS!
MOUNTAIN
WALKING**

**INTRODUCING
THE NEW
RAINBOW
BADGE**

**THINKING
DAY
MEXICAN
STYLE**



Rangers and Young Leaders from all over the Midlands went along to the BBC's Big Bash to promote Guiding to girls of their own age.

The Guiding display created a great deal of interest, even though it was just one among hundreds of other stands aimed at young people.

Midlands Public Relations Adviser Janet Blakeway said: 'I had 36 girls helping over the weekend. They were stupendous and they really enjoyed themselves.'

'They dealt with over 250 serious inquiries ranging from questions about Rainbows to queries about how to become Guiders. There was most interest shown by their own age group which is what we expected. It was a huge success.'

BUSY BEES

Also at the Big Bash were the winners of the Fun 'n' fix it competition in last June's *GUIDING*, the 9th Bristol (St Mary's) Guides. The contest challenged readers to find the wackiest way to help others.

The Avon and Somerset Constabulary's campaign to make pensioners aware of the sneaky ways in which thieves gain access to homes was the inspiration for their winning entry.

Dressed as bumble-bees — the motif of the campaign — the girls buzzed around Bristol, visiting pensioners to hand out police pamphlets.

And they were delighted when their efforts to serve the community were rewarded with an all-expenses paid trip to the Big Bash at the NEC in Birmingham.

Brenda Currie, their Guide Guider, recalled some of the highlights of the trip: 'We were provided with train tickets to travel up on Friday. When we arrived at Birmingham, we were told to phone for a car to take us to our hotel.'

'We stayed at the Metropole and it

THE BIG BASH

was lovely. The girls felt terribly important as a doorman in full green tails greeted us on arrival.

'In the carvery, the girls were thrilled to spot pop group Let Loose and some children's television presenters at the tables nearby.'

Brenda and the girls soon got used to the high life and relished being driven in style to the Big Bash, where they were greeted by the BBC's Promotions Manager, Stuart Atwood.

There wasn't much time to chat as the girls had a studio date. 'We went to where the *Live and Kicking* programme was being shot. Let Loose were filmed live and the girls had to practise their clapping and cheering along with the rest of the TV studio crowd.'

Laden with goodies, the girls then explored the rest of the exhibition. Brenda added: 'We went to see The Guide Association stand, of course, and used it as our meeting point.'



Dressed to impress — *GUIDING's* winning six (left to right) Victoria Lamont, Anna McGowan, Jenny Chant, Sara Currie, Caroline Walker and Claire Spottiswoode

BRENDA CURRIE



The gang's all here — *Blue Peter* presenter Stuart Miles dropped in to chat about Guiding

front PAGE

COMMENT

In the middle of November something happened which brought home forcibly to me how very vulnerable we are as Guiders, often driving hundreds of miles in order to carry out Guiding without much thought of personal safety.

It's a fact of life that punctures never occur on a sunlit day within sight or easy reach of a phone or garage. My puncture — the first in about five years — happened at 5.45am. It was pitch black, the rain was bucketing down and a gale was blowing. I had a plane to catch and I was stuck on a side road miles from anywhere.

By the time I had walked to the first available public phone, I was already soaked to the skin and was devastated to find the phone vandalised and useless. By the time I had walked two long miles to the next phone, and got my husband out of bed, I knew that I had already missed the plane.

The most disturbing fact was that



several cars passed but no one stopped, in spite of my frantic waving, or seemed curious why a woman on her own was walking in that dreadful weather at that time in the morning.

I was lucky. Living as I do between two airports, I re-booked a flight and was, eventually, only a few hours late

arriving in Guernsey.

Since then I have had time to think and realise that in today's world no man is going to stop to offer a woman a lift in an isolated place in the dark, and very few female drivers would dare to offer help either.

In an ideal world, a Guider, or any motorist for that matter, should be able to change a wheel. I do know how but the weather was dreadful. It was dark and I was unsuitably dressed in uniform and high heels. It is a moot point whether or not I would have been able to remove the nuts myself, as they had been put on by the garage using a compressed air machine.

A car phone is expensive I know but, perhaps, the time has come to consider whether or not this should be a justifiable expense for those of you who do drive great distances alone, often at night.

JANE GARSIDE

The Chief Commissioner

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The voice of the Junior Council



FRONT COVER

Lenetta Boyce and Tejal Shah are looking forward to celebrating Thinking Day with their unit, the 72nd Northampton. The girls love outdoor activities, their Guider Kate Chaplin told us when they were spotted enjoying an action-packed week at Blackland Farm.

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Round UP

IN A PICKLE

◀ Goggle-eyed girls from the 6th Beverley (St Nicholas) Guides peeled more than 100lbs of pickling onions in an hour.

The onions were donated by a local company. They were later pickled and bottled by the girls and sold.

All proceeds from the peel-in are going towards the repairs and extension planned for the County Training Centre.

HISTORY LESSON

▼ When Assistant Brownie Guider, Yvonne Mason, saw a competition to win a double-decker bus for the day, she thought it would be the ideal opportunity to get her city-based Pack out and about.

Her entry explained what the girls from the 5th Chesterfield Pack would do on a day out and mentioned that it would allow them all to work towards the Culture badge.

Yvonne's was the winning entry and so, joined by Brownie friends from Chesterfield District, the unit visited Nottingham's Robin Hood Centre, where they were all declared outlaws.

HULL DAILY MAIL



Round UP

PICK-ME-UP

►Brownies from the 19th Cheltenham Pack raised £100 for Cancer and Leukaemia in Children (CLIC), after a sponsored litter collection.

The money will go towards paying for a holiday flat where families can take their children to convalesce.

Brownie Guider Glenis Kenor explained the girls chose to help CLIC because a former member of the Pack had lost an arm through cancer.

THE CHELTENHAM NEWSPAPER CO



HIGH HOPES

◀This little lass took very great care of the sunflower seed she was given at a meeting of the 1st Clacton-on-Sea Rainbow Unit.

With just the right amount of watering, her sunflower grew to be 10ft tall. Now, Lisa Studd is saving the seeds so that everyone in her Unit can grow sunflowers this summer.

BECKY TODD



FOND FAREWELL

▼After 42 years in uniform as a Guider, Mary Appleton has returned to 'civvy street'.

Her retirement was marked with a double farewell — a surprise dinner with other Guiders from East Hove District, West Sussex, and a special presentation party from the girls.

The 2nd Hove Brownies

and Rainbows, all in fancy dress, led their leader to a chair and gave her flowers, champagne, crystal glasses and a framed photograph of

them all holding a 'We will miss you' banner.

Sadly the Rainbow Unit had to close as no new leader volunteered.

CLACTON GAZETTE



EURO-RANGERS

▲Katy Blurton and Lucy Anderson from the Tarragon Ranger Guide Unit, Essex, share a personal stereo at the British national camp for Venture Scouts and Rangers.

The biggest camp in Europe started at the Essex showground but, later, 4,500 intrepid adventurers set off for an unknown destination. They ended up spending an exhausting but terrific week in Dusseldorf and Paris, including a visit to Disneyland Paris.

Ranger Guider, Becky Todd described it as 'a mammoth week of travelling, fun and extraordinary friendships'.

EVENING ARGUS BRIGHTON

THE RAINBOW *is back!*

Rainbow Guides have got their rainbow back. In October the Executive Committee agreed, in response to a great number of requests, that a Rainbow badge should be introduced. The badge, which is in addition to the Rainbow Promise Badge, will sell at about 90p. It was expected to be available early this year.

Here Wendy Jarvis, the Association's Rainbow Guide Adviser, welcomes the change:

▼ Rainbow Guides will love their new Rainbow badge



◀ The Promise badge nestles neatly under the Rainbow's arch

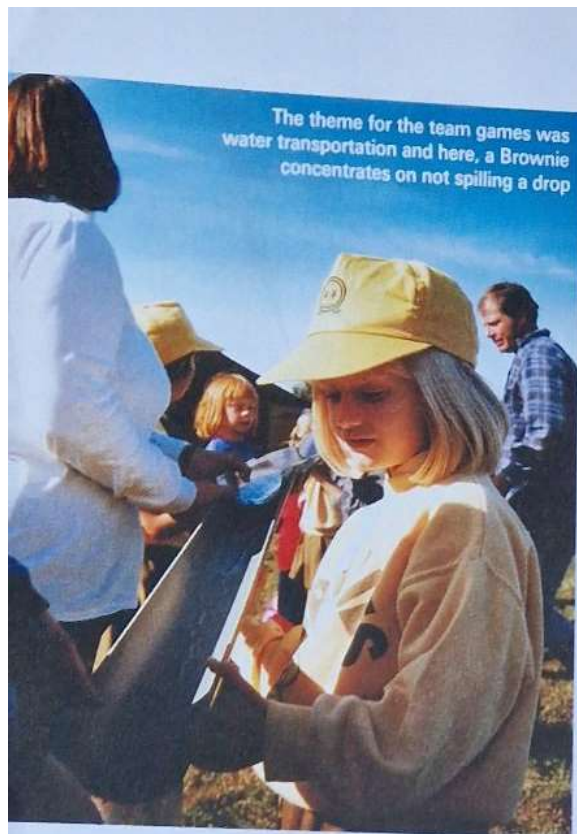
Here it is — a rainbow for every Rainbow Guide to wear on her tabard from the first moment she puts it on!

The Rainbow Guide lost her symbolic rainbow when the new Promise Badge was introduced. Although many members of the section were pleased to have a badge in the design and style of the others, the loss of the rainbow — very important and meaningful to the girls — was sad.

Now the rainbow can be worn on a girl's tabard from the time she joins a Unit. And the Promise badge will nestle neatly within the rainbow's arch after she has made her Promise. ♡

Our two models are Rebecca Bettridge (in the baseball cap) and Kim Wood of New Ash Green Rainbows.

WENDY JARVIS



The theme for the team games was water transportation and here, a Brownie concentrates on not spilling a drop



There was water splashing everywhere and laughter flowing freely as Bedale Scouts and Guides demonstrated how well the two Associations can work together to provide a fun day of activities for all sections from the smallest Rainbow to the tallest Venture Scout.

Guiding

The action-packed day was dreamed up by a couple who are already setting their own, more personal example of successful togetherness — Clare and Richard Adams. Clare is a Guider with the 1st Bedale Guide Company in North Yorkshire and also assists husband Richard in running the Passim Venture Scouts.

Along with other Guiders in the County, they had been challenged by the Scout and Guide County Commissioners to further Scout and Guide co-operation during Togetherness Week last October.

The problem was that the dates clashed with the week chosen to celebrate Unite, a project the Scout Association runs in conjunction with UNICEF, promoting AIDS awareness and immunisation in Uganda.

The Scouting sections at Bedale had all been supporting the Unite project throughout the year and wanted to do something to raise funds for it,

Clare explained.

Their solution was to combine the two. A fundraising day was organised based on some of the suggestions given for the Togetherness challenge.

Rainbows and Beavers, Brownies and Cubs, Guides, Scouts and Venture Scouts from throughout the Bedale Guide and Northallerton Scout Districts were invited to a day with water transportation as its theme. They were told the entrance fee would go to the Unite project and were given only a little intriguing information about the day, including a warning to bring waterproofs and a towel and be prepared to get wet.

To get the Associations working together, the organisers divided the 70 or so youngsters into six teams. Each team contained at least one from every section represented.

It was quite a sight to see diminutive Rainbows working alongside lanky Venture Scouts. The girls really enjoyed

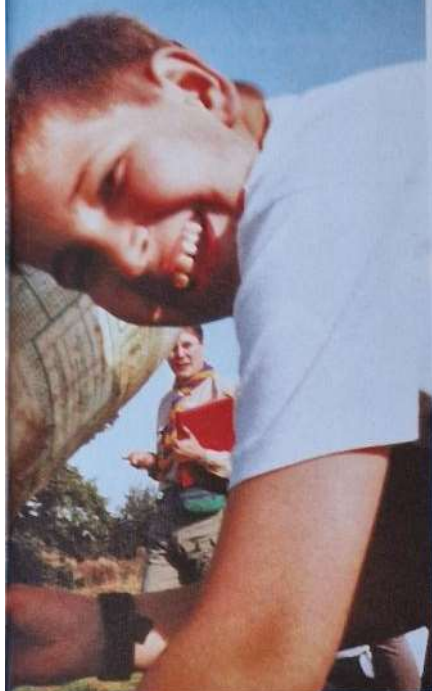
it,' Clare recalled. 'I was surprised at how well they got on. Of course, we made sure there were plenty of Rainbow parents present.'

Everyone taking part was allocated a team colour and the teams' first task was to create a team mascot. Making the mascots for their home tents encouraged the team members to get to know one another. By the time the Mayor of Bedale officially opened the event, members of both Associations, and of all ages, were working happily together.

Then the watery fun got underway. Three energetic relays all involved carrying water in various improvised ways. Clare said: 'We wanted to demonstrate just how difficult it is to transport clean water, which is essential for good health. Of course, we had a great deal of fun, and a lot of contestants ended up very wet indeed!'

The teams needed to think logically before hurling themselves into hectic

Fun and games for Guides and Scouts during the water relay



Out of Africa: Team four shows off the African masks, special collage and poster they made on the day

in action

activities.

Before the first race began, each team was supplied with a black plastic bin bag containing three lengths of cane, two large squares of polythene, a newspaper, five sheets of A4 paper, some string, paper clips and elastic

Scouts in the UK have been raising money throughout 1994 to support a special project in Uganda.

Ugandan Scouts are very active in the community acting as outreach workers. They inform people about HIV and AIDS and also urge mothers to have their children immunised.

UNICEF regard it as a social mobilisation programme.

bands. The task was to create a large water carrier, a small water carrier and a funnel to transport water to their home tents.

Containers soon sprung leaks and sent showers of water over the teams.

The second relay involved transporting water to the centre of the Southlands Farm site using lengths of guttering.

There was much laughter as teams struggled to move the guttering without spilling too much water.

The third water relay definitely had the intention of getting the teams soaked! Clare admitted. 'Each team was given a plastic bottle and two cups. Nothing out of the ordinary until the water was poured into them, when it flowed out as fast as it went in.

All the objects were booby-trapped with holes strategically placed so that not all of the holes could be covered with their hands!'

The classic team-building technique of putting a group in a tricky situation proved itself again. Problem solving, the leaders found, got everyone involved, from the youngest to the oldest.

Not all the activities were competitive. In between the first two races the

teams made two musical instruments each out of plastic bottles, milk bottle tops, wooden poles, dried peas and empty cans.

Other, quieter activities had an African theme recalling the Unite project's link with that continent.

The youngsters played a tile game matching African symbols, created collages and made masks, which also provided a chance for them to get to know one another better. Clare enthused: 'The results were brilliant — bright and colourful.'

Then it was time to tidy up before tackling a final challenge — searching for 'African animals' hidden around the site.

The day ended with a short camp fire with everyone singing their hearts out. Clare said: 'The action songs went down a treat, especially when the leaders couldn't continue for laughing! The parting song was *Kum Ba Yah*, and ended with six leaders humming the tune while everybody congregated round the flag pole for the flags to be lowered. Then the field emptied.

'At the end of the day 70 children had thoroughly enjoyed themselves, and 30 leaders and parents had helped to ensure that the event had been a huge success. The Unite fund received £80 from the efforts of both Associations working together. Some of the parents had really got involved with the teams and saw, firsthand, Scouting and Guiding in action.'

KIRSTIE GRAY

Older Guides look forward to the exciting new challenges in the Look Wider programme



Rhuksona Rashid receives a certificate from The Chief Commissioner, Jane Garside, in recognition of her contribution to Look Wider



BILL JOHNSTON PHOTOGRAPHY

LAUNCH

Princess Margaret meets some of The Guide Association staff who helped launch Look Wider



Graphic designer Ben Lewes chat to Prince



BILL JOHNSTON PHOTOGRAPHY



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The Council Chamber at Commonwealth Headquarters was crowded with people happily celebrating the event some people had feared would never happen — the launch of Look Wider.

Even Jane Lewes, Look Wider Co-ordinator and architect behind the initiative to create a new and exciting programme for the Senior Section, admitted to having a few doubts.

She told guests and The Guide Association's President, Princess Margaret, that there'd been times when she'd thought that there would never be 'something tangible' that could be handed over to the 'young people for whom it has been designed for them to use and enjoy'.

Her confession was greeted by nods and smiles from many of those present that October afternoon who'd shared the doubts and sleepless nights leading up to the successful delivery of the new scheme.

But the tensions, mis-information and resistance Jane had outlined earlier in an article in that month's *GUIDING* were all forgotten as Guides, Rangers, Young Leaders, Guiders and friends savoured what Jane described as 'a real cause for celebration' — the official unveiling of a 'marvellous piece of work' at a family party.

Guest of honour was, of course, the President, who, as Jane Lewes pointed out, has never made any secret of her love for her days as a Sea Ranger.

Princess Margaret was earlier welcomed to CHQ by The Chief Commissioner, Jane Garside, on what she called 'a great day' in the Association's history, for the launch of 'an action-packed development programme for young women aged from 14 to 26'.

It has taken five years to devise, test and fine tune the programme and Mrs Garside told the young people present that there could never have been a launch or a programme without their involvement and input.

Later Jane Lewes explained that rather than invite a panel of experts to dream up a new programme, the

Association had chosen to let young women in the target age range define what they wanted and needed from their Guiding.

The end result was a programme that had as its underlying message 'the challenge to each participant to do all she can do, to be all she can be'.

She went on to praise the 'confidence, commitment, energy and enthusiasm' of young women who'd given up weekends to work on the project and to promote it, sometimes facing opposition — particularly in the pilot stage.

It was their efforts, Jane said, that had ensured Look Wider does meet 'the needs and aspirations of today's young women as they make the sometimes bumpy transition towards their adult lives'.

She paid tribute to the contribution made by members of the Association's staff who 'absorbed the young people's ideas and gave them shape and structure'. And Jane also acknowledged the vital role played by 'the small team of really knowledgeable adult advisers', who provided the 'initial inspiration and impetus'.

Having just become a grandmother for the second time, Jane confessed to feeling much the same sense of 'elation, pride and relief', when she held the first copy of the *Look Wider* resource in her arms.

After studying her copy of the new resource with great interest, Princess Margaret was introduced to animated groups of young women, staff and adult volunteers who had contributed to the development of Look Wider.

Accompanied by her Lady-in-Waiting, Lady Juliet Townsend, the new President of the Trefoil Guild, Princess Margaret was soon hearing tales of the trials and triumphs behind the scheme.

As she circled the room, the President ignored discreet hints that she was running behind schedule, preferring to linger and enjoy some of the handsome iced cake she'd offered to cut up for the guests.

Then it really was time to go but not before Lara Brookes, Chairman of the Association Junior Council, had presented Princess Margaret with a basket of flowers and she had signed the Visitors' Book.

The afternoon ended with The Chief Commissioner presenting certificates to all the young women who had been involved in writing the Look Wider resource material, including *Making It Count* and the *Look Wider Record Book*, also available separately.

NORA WARNER

● In next month's *GUIDING* how the Counties and Regions celebrated.

NG



Princess Margaret and Look Wider Co-ordinator Jane Lewes



BILL JOHNSTON PHOTOGRAPHY

NO SMOKING!



Tell a girl that smoking kills and she'll shrug and say she never wants to be old. But tell her instead that smoking makes her breath smell and stains her teeth and she'll be more likely to quit. That's the message from anti-smoking organisations who are looking at new ways to discourage young people from smoking.

Looking ahead to No Smoking Day on March 8, Live Issues focuses on tobacco use by young people, especially girls. It looks at the reasons why youngsters do — or don't — start smoking, and suggests ways the Guiding programme can help girls decide against smoking.

Research from anti-smoking organisations such as ASH and SmokeBusters has revealed these facts about young people and smoking in Britain:

- Two youngsters out of three have tried smoking by the time they are 16.
- Young people, aged 11-15, smoke almost 20 million cigarettes a week.
- Youngsters spend over £100 million a year on cigarettes, in spite of the law banning tobacco sales to under-16s.

● Over 22 per cent of 15-year-olds are regular smokers. Broken down, that's 19 per cent of 15-year-old boys and 26 per cent of girls.

● If current smoking trends continue, one million of today's teenagers will die in middle age.

So why do young people smoke? And why do more girls than boys get hooked?

THE REASONS WHY

If at least one parent, or an older brother or sister, smokes, children are more likely to acquire the habit, especially if they are girls. Boys, it seems, are less affected by family trends. Of almost equal significance is what happens at school. Here, if friends smoke, the pressure to join them is hard to resist. Three out of four youngsters who smoke regularly claim that nearly all their friends smoke too.

Another influence is the positive image received about smoking from films, TV soaps, and from advertisements in non-teen magazines and on the street. Last year, in response to the tobacco lobby, the Government backed down on plans to ban billboard cigarette adverts within a mile radius of schools, setting the limits at 200 metres instead.

Yet surveys show that children do notice billboard posters, do retain brand names and, crucially, do absorb the message that smoking is glamorous or macho. They could be forgiven for thinking it is healthy, too, when sports sponsorship is added to the equation. Around 50 per cent of 9-15 year-olds watch major sporting events on television, several of which are cigarette-sponsored.

Girls, in particular, have set ideas about what smoking will do for them. It helps them concentrate, calms their nerves, gives them confidence and looks sophisticated, they believe. And, of course, it keeps their weight down.



Sixty per cent of teenage girls worry about being overweight, even though they are mostly normal weight or under and, for many of them, smoking is a way of cutting calories.

Later, when girl smokers want to give up, the fear of weight gain is often an insuperable deterrent. Their fears are, in fact, groundless as the average gain on giving up smoking is between one and four pounds only.

Girls first experiment with tobacco around the age of ten, slightly later than boys. Many start smoking regularly by the time they are 12 or 13. Research shows that girl smokers are often under-achievers, both academically and physically, who are fed up with school. They also tend to have poor social skills, underlying, perhaps, the support they apparently are looking for in tobacco use.

THE CASE AGAINST

Although for adults damage to health is, overwhelmingly, the most powerful reason for not smoking, among young people it is probably the one that carries least weight. For most of them, death and disease are too remote to be real. To a ten-year-old — the age when many youngsters first flirt with tobacco — the fact that smoking causes lung cancer is largely meaningless. They know the term 'lung cancer' but not what it implies. Similarly, tell a teenage girl that women who smoke live five years less than those who don't and she'll shrug her shoulders: death is too distant to be taken seriously.



"Kiss my lips."



"Kiss my ashtray."

Nevertheless, research shows that awareness of the health risks does play a part in deterring young people from smoking. So, making sure that they know the facts about smoking and health is relevant. Those facts include:

- In the UK tobacco use kills at least 111,000 people every year. That's over 300 every day — the equivalent of a jumbo jet crashing with no survivors.
- Smoking causes 90 per cent of deaths from lung cancer and is linked to other cancers such as cancer of the pancreas, kidney, liver, bladder, stomach, mouth, lips and throat, as well as leukaemia.
- Ninety per cent of deaths from chronic bronchitis and emphysema are due to smoking, and almost 25 per cent of all deaths from heart disease.
- Smoking, as a source of arterial disease leading to gangrene, is responsible for 90 per cent of leg amputations.

There are additional risks for women. Smoking is linked with cervical cancer and, combined with taking the Pill, increases the threat of heart attack and stroke. It also brings the menopause forward two or three years. Pregnant women who smoke are more likely to have miscarriages, give birth prematurely, and have low-weight babies, which can lead to ill-health in infancy.



Although the health issue is by far the most important reason for not smoking, other arguments appear more compelling to young people. To begin with, there's the question of friends' reactions, especially boyfriends/girl-friends. Yellow fingers, stained teeth and smelly breath don't enhance a girl's attractiveness and do little to encourage the getting-to-know-you process. Then there's the cost. Buying ten cigarettes a day means forking out almost £500 a year.

Looking ahead, there are also employment considerations: smokers find it difficult to get into jobs like nursing, hairdressing, catering and office work.

Occasionally, physical fitness is an incentive, but not often. Youngsters who are tempted to take up smoking are generally not very keen on sport anyway, and suggesting they should emulate a non-smoking sports per-

sonality is more likely to push them into buying cigarettes — as an act of defiance — than discourage them.

A further argument against smoking which can influence young people is the environmental aspect — the destructive effect of tobacco use on our world. Some of the points covered by this approach are:

- The tobacco industry is a major cause of deforestation. In many producing areas, mostly developing countries, the fuel used for curing tobacco is wood. Up to 11 million acres of forest are felled annually for this purpose — that's one tree for every 300 cigarettes. Trees are also needed for the paper: a modern cigarette manufacturing machine uses four miles of paper an hour.

Tobacco cultivation requires large amounts of fertiliser and pesticides. The chemicals involved — many toxic, some carcinogenic — pollute soil and water, poison livestock and food crops.

- Globally, some 10 million acres of land are used to grow tobacco — enough to feed up to 20 million people. And yet, two-thirds of tobacco production occurs



in developing countries where, more often than not, hunger is an urgent reality. Land taken up with tobacco means less for food.

- Tobacco smoke contains around 4,000 different chemicals, including carbon dioxide and methane, two gases associated with the 'greenhouse' effect.
- Every day in the UK smokers throw away 300 million cigarette butts and 20 million packets. Much of this ends up as street litter.

GUIDING'S RESPONSE

Just as girls are more likely to smoke if their parents are smokers, so they will be influenced by other adults in their lives like teachers and Guiders.

There is plenty of background information available about smoking: it covers topics like health risks, economic aspects, environmental effects, young people's attitudes and, in some cases, suggests points for discussion and activity ideas. Our list of useful addresses gives you a starting point.

But most importantly Guiding, by its

very nature, is — or should be — tackling the issue at a more fundamental level. The Guide programme is about enabling girls to think for themselves. It should be giving them the skill to resist peer pressure and make up their own minds about smoking.

The Guide programme is also about building up a girl's self-worth. Research shows that girls who have a poor self-image and lack confidence are more likely to take up smoking.

And the Guide programme is about giving girls the opportunity to develop interpersonal skills. That way they can relate comfortably to others, both girls and boys, without a cigarette prop.

Studies into girls and smoking invariably conclude that the most effective approach is to increase girls' self-esteem and to help them learn how to manage their lives. Those aims surely are echoed in Guiding.

CATHERINE DELL



FURTHER HELP

More information on smoking and young people is available from:

Cancer Research Campaign, Education Department, 10 Cambridge Terrace, London NW1 4JL; enclose an A4 sae.
ASH, Information Department, 109 Gloucester Place, London W1H 3PH; enclose a large sae.

Also:

SmokeBusters promote a range of smoking prevention programmes for young people aged nine and above. Details from *SmokeBusters* (England), University of the West of England, St Matthias Campus, Oldbury Court Road, Fishponds, Bristol BS16 2JP.

Health Education Authority publishes a fact pack for teenagers; available from *Teenage Smoking Fact Pack*, BMS, PO Box 2097, Merlin Way, North Weald Industrial Estate, Epping, Essex CM16 2HR.

QUIT helps smokers who want to give up. Phone the Quitline 071 487 3000 for details and a copy of the young smokers' pack, *Slave No More*.

GASP publishes a range of leaflets, posters and other anti-smoking materials. Send a sae for a list to *GASP*, 93 Cromwell Road, Bristol BS6 5EX.

Notices

NO SMOKING

Anyone wishing to support next month's No Smoking Day (see Live Issues page 12-13) should get a copy of *SmokeBusting* — an activity handbook for youth and community workers.

The handbook is packed with information, activities and ideas, which make raising the smoking issue stimulating, informative and fun. Activities are included for all age groups.

They are laid out in a clear, easy-to-follow format with step-by-step instructions, notes on timing and materials and additional ideas to use as a follow-up.

All activities are supported with fact files and general information. Guidance is also given on fitting smoking education into an organisation's programme, the support available from other agencies and a list of useful resources.

For more information or a copy of the handbook, priced £6, write to: Becky Saunders, Project Officer, SmokeBuster England, University of the West of England, Oldbury Court Road, Fishponds, Bristol BS16 2JP.

AUDITIONS

Scouts and Guides will be 'In the Spotlight' at the Royal Albert Hall on Saturday, October 7. The event provides a showcase for the talent displayed in all the creative activities members take part in.

Auditions are being held throughout the country by the show's producer, the Scout Association's Specialist Adviser for Scout Entertainment, Malcolm Lycett. At the auditions, solos, groups, gangs and choirs will perform a rehearsed item they would like included.

As well as the auditions, video tapes of show production items can be submitted. The best of the videoed items, together with the best of the auditions and invited talent seen in shows, will form the programme.

To apply — or to send in a video — complete an application form available from

Dawn Carter at the Scout Association, Gilwell Park, Bury Road, Chingford, London E4 7QW.

But hurry as regional auditions are being held at: Solihull, February 4; Bristol, February 5; London, February 11; Yorkshire, February 18; Edinburgh, March 4; Whitley Bay, March 5; Worthing, March 12; Cambridge, March 18; Basingstoke, March 19.

Completed application forms should arrive no later than February 28.

ACTION CAMP

A camp for Action Plus groups or 13+ members in Guide units is to be held at Foxlease from June 23 to 25. Guides can come in groups of four or five or on their own.

If they can't bring their own equipment, it can be hired from Foxlease. Main meals are provided in the overall cost.

Campers can choose from: canoeing, archery, mountain biking, horse riding, swimming, crafts and hand chimes. Or they can visit a leisure centre, take part in an emergency exercise, a night hike or a wide game.

For further details and application forms, send a sae to Foxlease, Lyndhurst, Hants SO43 7DE.

FAST FOR FUNDS

Guide units all over the country are being invited to take action against the use of landmines by joining in the CAFOD 24-hour Fast next month.

The fast is part of a landmines action campaign run by the Catholic aid agency, CAFOD, to draw attention to the effects these weapons are having on people caught up in conflicts in developing countries. Timing of the fast is left up to the individual or organisation.

The Chair of the Southwark Catholic Guide Guild, Carol Simpson, said: 'The 24-hour Fast is a useful activity for us because the booklets and activities will help make our Guides more aware of the problems experienced by

refugees, and why they are being asked to make up Peace Packs.'

Money from CAFOD's 24-hour Fast will:

- Provide medical care, training and rehabilitation for people injured by landmines.
- Fund landmine clearance operations.

CAFOD is one of the UK's major relief and development agencies working with the poor throughout the Third World. It aims to promote human development and social justice.

CAFOD 24-hour Fast packs are available from the CAFOD Fast Office on 071-733 7900.

THE ASSOCIATION'S AWARDS

GOOD SERVICE

LAUREL

MRS JILL MIDFORTH — Guide Guider, 14th Bury St Edmunds Company, Suffolk.
MRS MARGARET TANNER — County Commissioner, West Mercia.

MERITORIOUS CONDUCT STAR OF MERIT

TRACEY BROWN — Brownie Guide, 1st Dalbeattie Pack, Stewartry of Kirkcudbright.
MISS SAMANTHA RUSSELL — Young Leader, 20th Tyne-mouth Brownie Pack, Ranger Guide North Shields Division Unit, North Tyneside.

REVIEWING THE LAWS

The Law Review Group's proposed new wording was submitted to The Council at its autumn meeting on November 10, 1994. The wording was considered at length both in discussion groups and plenary session, and it was decided that further consultation and discussion should take place before a decision was taken at the 1995 AGM on May 24.

A discussion paper has therefore been produced. If you would like to take part in the extended consultation, you may obtain a copy of the paper from your Country/Region Chief Commissioner, any member of The

Council or the Committees Executive at CHO. All comments should be submitted to the address given in the paper by March 2.

SWEET DREAMS

The overall winner of our design-a-bedroom-for-a-pop-star competition (October 1994) is Jennifer Hill, aged ten, from Barton-under-Needwood, Staffordshire.

Jennifer's colourful design, with Jason Donovan in mind, was inspired by *Joseph and the Amazing Technicolour Dreamcoat*.

Her prize will be a new-look bedroom created by Solway Fabrics. Runners-up will be receiving special sew-it-yourself duvet and pillowcase kits.

THINKING DAY

Thinking Day Services will be held on Saturday, February 18 in Westminster Abbey, St Margaret's Church and also at Westminster Central Hall.

The service in Central Hall will start 15 minutes earlier than in the other two venues. The congregation should be seated by 10.30am in Central Hall and 10.45am in Westminster Abbey and St Margaret's Church. Please check tickets for service times.

Countries and Regions will have details of the hymns.

TOKEN HELP

If you are looking for a suitable home for all those petrol tokens garages always seem to be offering motorists these days, the Sick Children's Trust can put them to good use.

The organisation, which provides home-from-home accommodation for the families of children who are seriously ill in hospital, has been helped in the past by a donation from the Guide Friendship Fund.

Now it is appealing for any brand of petrol tokens, which it exchanges for goods that can be used as prizes for fundraising events.

Unwanted tokens should be sent to Home from Home, 1A Doughty Street, London WC1N 2PH.

JUST THREE OF AMERICAN ADVENTURE'S LATEST ATTRACTIONS.



NEW. ALIENS THE RIDE.

ALIENS PREMIERE 29.5.95

From the blockbuster Alien trilogy comes our new MotionMaster ride. Your computerised seat hurls you into a deep-space encounter with the ultimate killing machine. In space no-one can hear you scream...



A NEW WAY TO PAY FOR '95.

As if our two great new rides weren't enough, we've got another attraction for groups in 1995. A whole new pricing structure.

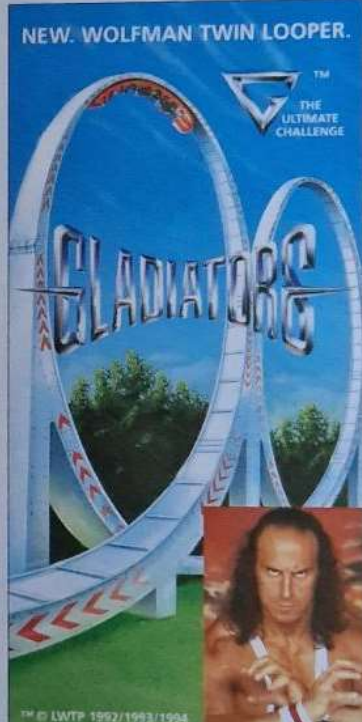
Groups get a discounted entry price of an amazing £1.50 per person.

This entitles them to a real taste of the West in Lazy Lil's Saloon Show and on the Mississippi Paddle Steamer. They can also take in our spectacular Silver City Shoot Out and the Cuddly Critters petting zoo.

Should any other rides take their fancy, individual tickets start at 55p each.

Alternatively, a wristband costing £6.99 lets them go on all the rides as often as they want.

In short our new prices give groups great value and total flexibility.



NEW. WOLFMAN TWIN LOOPER.

TM
THE
ULTIMATE
CHALLENGE

TM © LWTP 1992/1993/1994

Contenders, ready? You'll have to be to face our terrifying new ride. With two full 360° loops, giving twice the G-force and twice the excitement it'll have even the toughest gladiators howling with terror.

American Adventure is Britain's only star-spangled group day out; and there's something for everyone. There's white knuckle excitement on The Missile, Nightmare Niagara and The Dive Bomber.

Alternatively try your hand at the Augusta Golf Challenge or our high speed Indy Karting. For the children there's Pioneer Playland and a delightful new Sooty Show. The choice is endless.

And groups not only benefit from preferential entry prices but also free entry for the group organiser. You can also take advantage of one of our free familiarisation days.

So send off the coupon for your free Group Organiser Pack and enjoy the biggest group day out this side of the Atlantic.

Please send me the free Group Organiser Pack for the American Adventure and the following Granada Theme Parks:

(Please tick as appropriate) CAMELOT ☐ GRANADA STUDIOS TOUR ☐

NAME..... GUI 2/95

NAME OF COMPANY.....

ADDRESS.....

POSTCODE.....

TEL NO.....

Please return to:
GROUP SALES DEPARTMENT,
GRANADA THEME PARKS & HOTELS,
WATER STREET,
MANCHESTER M60 9EA.

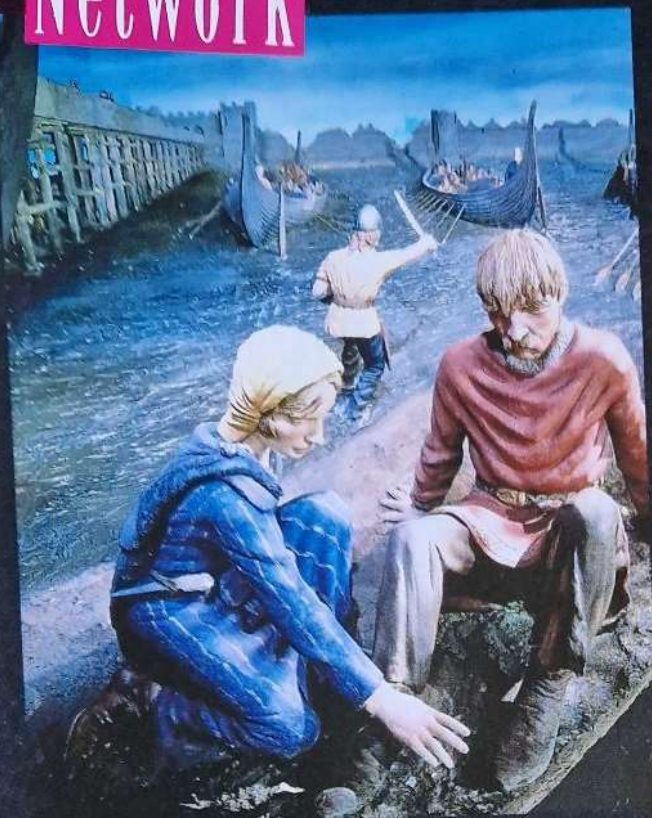
THE AMERICAN ADVENTURE THEME PARK, ILKESTON, DERBYSHIRE.



**FREE FAMILIARISATION DAYS FOR GROUP ORGANISERS. CALL GRANADA THEME PARKS:
0161 833 0880 FOR DETAILS.**

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Network



Take a time-car ride past Roman London at Tower Hill Pageant

CAMERA CONTEST

► Any units collecting Burton's biscuits' wrappers to qualify for the '2 for 1' Discovery Day vouchers need to put in their claim before Easter.

The vouchers are valid until Easter 1996 and around 325 venues are taking part in the half-price admission scheme.

The scheme also includes a photographic competition. Winning groups in each of four age bands will win a camcorder and rucksacks for the children.

Now Burtons have come up with a photographic competition especially for *GUIDING* readers. The winner gets a Halina 35mm camera with built-in flash plus film and batteries and the five runners-up win Fuji Quicksnap disposable cameras.

To be in with a chance of winning simply pick a photograph taken on a previous day trip and write an amusing caption for it. Send your entry with name, address and telephone number and a sae to *GUIDING*/Burton's Biscuits Camera Competition, 17-19 Buckingham Palace Road, London SW1W 0PT. The closing date is February 28.

Make the most of Burton's half-price voucher offer



TIME TRAVEL

► March is a great time to take your unit to the Tower Hill Pageant in London, as the entrance fee is only £2.95 per group member. And the nearby coach parks, picnic areas and cafes won't be so busy.

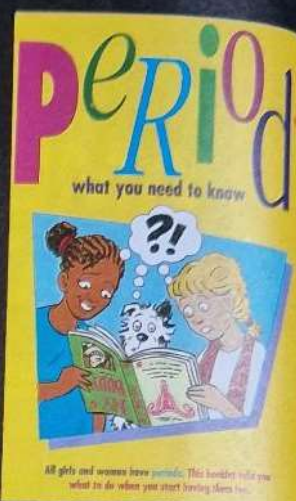
Enjoy a time-car ride and relive 2,000 years of London's history, in an exhibition which combines archaeology with computer technology.

To secure this special group rate, pre-book your visit by calling 071-709 0081. Pay when you get there.

NO PROBLEM

► *Periods — what you need to know* is a new informative but fun booklet from the Family Planning Association.

It aims to prepare girls for menstruation by explaining in simple language what a period is and the symptoms involved.



Reassuring and straightforward, it explains the best way to deal with periods and explains the way the body changes throughout the menstrual cycle.

Copies are available in sets of 15 priced £7.50 plus £1.50 p and p. Cheques should be made payable to the FPA and sent to 27-35 Mortimer Street, London W1N 7RJ.

ON LINE

►Line drawing is one of the earliest methods of artistic expression. The medium is explored in a fascinating BT-supported national touring exhibition organised by the South Bank Centre for the Arts Council of Great Britain. Currently at Southampton, the exhibition will move on to Manchester, Hull and London.

Artists featured include Botticelli, Constable, Degas, Hockney, Leonardo, Matisse, Rembrandt and Riley.

The exhibition also features prehistoric drawing on stone, Egyptian drawing on papyrus, and works from India, Japan and China.

For more information and tour dates ring 071-921 0887.

SOUTH BANK CENTRE



▲ *Buste de femme* by Henri Matisse

TENT PEGS

▼Guiders stocking up for this year's round of camping might be interested in Hampton's new range of tent pegs.

The Jupiter peg is a robust 8ins steel tent peg, designed as an all-purpose choice for the regular camper. A box of 100 pegs costs £25.

For harder surfaces requiring a secure hold, there is the 9ins-Rock-peg, made of heavy-



New lines from Hampton Camping Accessories

duty galvanised steel priced £14.75 per 100.

The company has also introduced two lightweight plastic pegs: the 8ins peg at £6 per 100, and the 12ins peg at £8.80 per 100.

For more information contact Hampton Camping Accessories on 021 458 2901.

WATER BABIES

►This year's BT Swimathon takes place from March 2 to March 5. The target for 1995 is to get 50,000 swimmers in the water at 500 pools across the country and raise £2m for a number of charities.

Those taking part must swim 5,000m, either as individuals or in teams of up to five.

If you would like to enter and find out which pools are involved call the Swimathon Hotline number on 071-379 9595.

This year Adidas is the official swimwear supplier and the company is giving away five swim kits to GUIDING readers. Each one is worth £65 and contains a swimming costume, training hat, goggles, and a rucksack. To enter answer this simple question: What are the dates of the BT Swimathon 95?

Answers on postcards please to BT Swimathon 95/GUIDING, 44 Earlham Street, London WC2H 9LA. But hurry, the closing date is Friday, February 17.

The winners will be the first five correct entries drawn after the closing date and they will be notified in writing within two weeks. The competition organiser's decision is final.



CARE AWARDS

►Do you want to thank a special person whose continued kindness has eased difficulties, or whose quick-thinking has prevented a crisis turning into a catastrophe?

If you do, the British Red Cross Care in Crisis Awards, sponsored by Zeneca, the bio-science group, want to hear from you.

To nominate someone, write for an application form to Care in Crisis Awards, British Red Cross, FREEPOST (SW16), London SW1X 7BR or ring 071-235 3149. The closing date for nominations is March 10.

▲ In the swim — former Olympic swimming champion Duncan Goodhew encourages young BT swimmers



Care in Crisis Awards 1995



Brownie Nicola Johnson gets some words of advice from her favourite soccer star, Sheffield Wednesday's Graham Hyde

Brownie MASCOT

A dream came true for nine-year-old Nicola Johnson of the 1st Mablethorpe Brownie Pack in Lincolnshire, when she was selected to be the mascot for her favourite football club, Sheffield Wednesday — aptly known as The Owls.

According to her Brownie Guider, Barbara Hall, Nicola is 'mad keen' on football. 'She always goes to matches and knows everything about the team

and the players,' Barbara explained.

Nicola's mum decided that her daughter's dedication should be rewarded, and so she wrote to the team telling them about their special Brownie fan.

As a result Nicola, kitted out in the Sheffield strip, led the players out on to the pitch for a fixture against Ipswich Town. Then she sat in a VIP box with her mum to cheer on her team.

Barbara added: 'Nicola is a very good Brownie. The rest of the Pack were very excited to hear her news about her special day.'

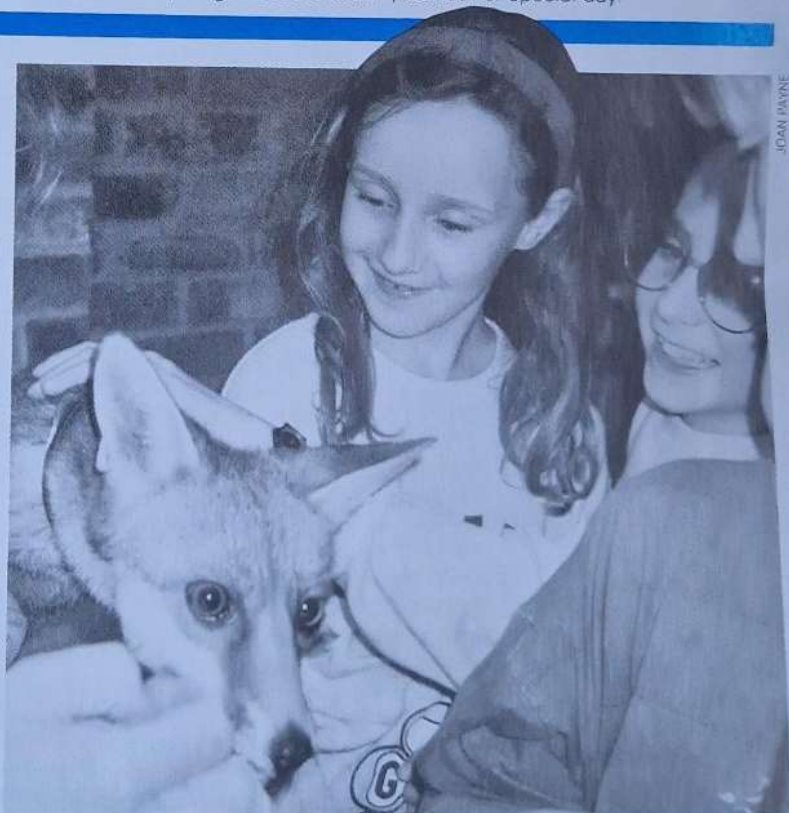
FOXY FRIEND

A young fox called Blossom was the star attraction when Brownies and Guides from Otford in Kent visited a local animal sanctuary.

Blossom was one of five cubs left to fend for themselves when their mother died after being shot. The other four were mauled to death by dogs, but Blossom escaped with just cuts and scratches.

Now she lives at the sanctuary and, although she is not on show to the public, her keeper Sarah Hollingsworth arranged for Blossom to be introduced to the Brownie and Guide visitors.

Joan Payne, Brown Owl of the 1st Shoreham and 2nd Otford Packs, explained: 'We had been thinking about nature and environmental issues



JOAN PAYNE

and arranged a special, after-hours visit to the sanctuary.

The girls had a wonderful time looking at all the cats and dogs, but the highlight was when Sarah showed us Blossom. Although the fox does nibble and scratch she is amazingly friendly.

'She jumped on the girls' backs and pulled on their hair — they thought this was marvellous.

For Brownies Rachel Garner and Astrid Fairclough, meeting Blossom was the highlight of the visit to the animal sanctuary

'Blossom is very playful, but she will never return to the wild. When she sees chickens or ducks, she doesn't show the slightest bit of interest. Blossom doesn't know she is supposed to hunt. It's just as well she's got such a special relationship with her keeper.'



Although you might think that I'm the root cause of the various disasters that plague the 23rds, it ought to be said that Tawny drops the odd clanger, too. But even then I still get the blame, as last year's Thinking Day fiasco proves.

In keeping with the spirit of February 22, it seemed a good idea to hold an international evening at the church hall, providing entertainment and refreshment from around the world.

I was haunted by visions of having to dress up as a Native American chief or, perhaps, perform on the didgeridoo we brought back from Australia. So simply being asked to prepare one of the dishes came as a great relief — after all, cooking exotic cuisine is one of my hobbies.

Settling down with Keith Floyd and Delia Smith's latest cook books, I plumped for a beef rogan josh, my favourite Indian meal. Memories of bonfire nights and sausage sizzles melted away as the road to a glorious culinary triumph beckoned...

Today the 23rd Brownies' international evening but tomorrow a guest appearance on the *Food and Drink* show and the chance to share a glass or two with the winsome Jilly and hold forth on those taste sensations of wild strawberries, burnt acorns and just a hint of cinnamon and tar!

I was abruptly awoken from my day-

dreams by a typically practical comment from Tawny, as she dashed out to yet another meeting: 'Don't forget to pay the milkman and remember we've run out of loo roll... oh, and scrape the scrambled egg from the pan'. Who says romance is dead?

On the day, things went swimmingly — the curry was cooked to perfection. All Tawny had to do was take it to the church hall, a journey which began with an alarming crash, as the whole lot went flying.

We were contemplating scraping it off the floor when Arnold, the cat, waded in for a taste. Tawny took command and beetled off to the nearest takeaway for an authentic replacement.

Half an hour later there was 'my' rogan josh on offer next to Emma's beef 'strongenuff' and Rachel's chilli, not to mention Sarah's hilariously received Brownie bottoms.

I began to relax but it did strike me as

a little odd that so many people had bright red faces and were sweating profusely. One taste of the stand-in curry solved the mystery — Tawny had opted for their mindblowing house speciality, renowned alas for its after effects as much as its flavour. Needless to say, the queue at the Italian ice cream stall grew longer by the second.

Sinking off at the end of the night knowing full well that mutterings were rife, I buried my head in the evening paper and sought comfort from my horoscope: 'An opportunity to impress may be frustrated by someone close to you, but friends and acquaintances will still feel your natural warmth. You will make a lasting impact on a number of people. Pets may provide some comfort.'

Reflecting on my failure to impress yet again, I was greeted by a satisfied purr from Arnold.

At least he understood I was master chef standard.

A MAN'S EYE VIEW

a personal VIEW

It was too early for spring but the cleaning and tidying bug suddenly bit me. When it came to putting away my copies of *GUIDING* magazine, I realised that, perhaps, this wasn't such a good idea. The space I'd set aside for my collection of magazines had disappeared.

Momentarily I wondered who had been using my space? Of course, nobody had. It was simply that the pile of magazines had become rather high. So, while I was in the mood, I followed the good advice which I have often given others and began sorting out what actually was there.

The time slipped away as I thumbed through the feature articles, pictures, adverts and training advice and information. I found myself puzzling: Do I need that? Will this ever be useful? Am I likely to use it, even if I do save it? Is there any point in keeping that article, when we already play those games?

Since I am a great hoarder of things which just might come in useful, I started to make separate piles of the pages I wanted to hold on to.

I found a pair of scissors and a pen, then on each page I intended keeping, I marked the date published. There have been many discussions about the value of dating every page of the magazine but no ideal solution has been found so far. I get round it by always writing the year and month on anything I keep.

I began by collecting all the practical pages together and sorting them into ones which were section specific, and those which were more general.

If there was information on both sides which I wanted to file, I put that page to one side and, later, photocopied

it so I could file both articles under the appropriate headings.

At first glance we often dismiss an article as not applying to 'my girls' but it is amazing what you can do to adapt some of the activities intended for another age group. Always take a look at the games for Rainbows, the craft for Brownies, the activities for Guides, or the ideas for Rangers. You will be sure to find something which can be adapted. Highlight it with a marker pen, so you can find it again later.

The section material can be difficult to file away in a logical order, since each month a range of ideas will be included. It is easier if you can identify what you might need again. Special highlighter pens are ideal for doing so. No article is going to be 100 per cent useful to you, so mark the parts you will try, when you first see them.

Sometimes, the Eight Points make useful keys to sub-dividing your material. At other times it might be more helpful to file the activity ideas under Unit or Six/Patrol. Anything on specific topics can be put together. An example of this is the recent theme evening suggestions. You may not want them at this moment but, in future, the theme could be just the trigger you need to organise an evening of fun. Whatever you choose to do, the information you keep to help at meetings needs to be sorted and filed in a way that is logical for you.

If you are just starting out as a Unit Guider and wondering how to keep everything, especially when the articles often contain a variety of information, perhaps you need to cut up pages, or write or type, details into your own files.

Games could be copied into your unit or personal games book or file. Alternatively, you could cut up the

page, separate the different types of material and stick them on to fresh sheets of paper for filing. Don't forget to include the issue date.

If the activities refer to a particular aspect of Guiding, such as the outdoors or international, it can help to punch holes in the pages, or put them into plastic envelopes, and then file them, under those headings. When you have more than one cutting for each heading, arrange them alphabetically so you can look them up quickly. There is nothing more infuriating than knowing you have a particular games idea, craft instruction or insurance details, but forgetting where you put it.

When there is information related to The Guide Association's policies and practices, it is useful to keep this with *The Guiding Manual*. For example, the up-date on insurance, the amendments to the manual, the new policies on such issues as Safe from Harm and adult registration. It will ensure you always have the latest information to hand when needed.

What about the remaining pages? Some of the features may give you ideas of things to do. If they do, note them down in the back of your programme book, or somewhere equally appropriate, for future reference.

Keep the colourful pictures, and use them to decorate activity cards, posters and so on, or make games and quizzes from them. Recycle whatever's left.

Then you'll have only one problem — where do you put all this carefully-filed material? If you solve that one, let me know! My clear-out led to a check on games and activities which featured the old badge and Promise. I began making replacements, and that created a whole new storage problem!

CAROL HORNE

GUIDING *gets a* **VOICE**

This year The Guide Association joined the frenzy of the Party Conference season. We were represented on an exhibition stand called *Voices of Women Speak Out*, at the Liberal Democrat Conference in Bournemouth during September and October.

Earlier in the year, the Association was invited by the Fawcett Society to join *Voices of Woman Speak Out* — a consortium of organisations concerned with the advancement of women's issues. The consortium comprised The Fawcett Society, Business and Professional Women UK, National Alliance of Women's Organisations, Low Pay Unit, The 300 Group, the Body Shop — who were major sponsors — the YWCA and, of course, The Guide Association.

'This was a great opportunity,' Hilary Williams, the Association's Chief Executive explained. 'It provided an excellent platform from which to promote the Association as a dynamic and forward-thinking organisation.'

'It reminded people that we are still around and have lots to say. The audiences were perfect: national and local politicians, corporate organisations, other voluntary groups and the media. The possibilities for networking were endless and we have already had further financial support for the Association from the Body Shop.'

Attendance at the conferences demonstrated the importance of Guiding's contribution locally, nationally and internationally, as well as helping to contribute to the advancement of girls and women — aims which are very firmly rooted in our Vision Statement. There was great opportunity to chat to councillors about the value of funding Guiding on a local level and to talk to Cabinet and Shadow Ministers on the exhibition stand and at consortium fringe meetings, which took as their theme the Fourth UN Women's Conference in Beijing in 1995.

At the consortium reception, jointly organised with the Liberal Democrat Women, County Commissioner for



JACKIE BENNETT SHAW

Sussex West, Margaret Marshall, gave a speech on the importance of Guiding to an audience including the Liberal Democrat leader, Paddy Ashdown.

The Labour Party fringe meeting, with speakers Clare Short, Shadow Minister for Women and Baroness Blackstock; and the Conservative Party fringe, with speakers Baroness Flather and Ann Widdicombe, Minister of State for Employment, were attended by Guide Association members including Rangers, Young and Adult Leaders and Commissioners.

The Guide Association was most appropriately and skilfully represented on the stand by members of the Association's delegation to the British Youth Council, Deborah Constable (Chair), Ju Creech and Nicola Scott. Also present were Executive Committee member Amanda Medler and Della Salway, a member of The Council.

One of the most poignant moments occurred at the Liberal Democrat fringe meeting with speakers Shirley Williams and Body Shop Chief Executive Anita

Networking in action: Executive Committee member Amanda Medler chats to Janice Bancroft of Business and Professional Women UK, and Leonora Lloyd (centre) of The Fawcett Society

Roddick when the proceedings opened with Hilary Campbell, President of the Liberal Democrat Women, sending the Party's thoughts and condolences to the families and friends of Guides and leaders who died following the Glasgow bus crash. Anita Roddick went on to single out The Guide Association, praising it for its programmes to empower women.

A fine example of the impact the Association made through its participation in *Voices of Women Speak Out* came when a Conservative delegate was asked, on picking up our annual report, if she had a connection with Guiding. 'Not now,' she replied, 'but I want to give back to Guiding some of the wonderful things it has given me and my daughter.' We quickly took her name and address!

JACKIE BENNETT SHAW



3rd Wokingham (Methodist) and 1st Düsseldorf gather for a photocall outside the fascinating Camera Obscura in Mülheim

goodbye GUIDES!

When the girls of the 3rd Wokingham (Methodist) Guide Company, Berkshire, went to Germany to share a camp with the BGIFC 1st Düsseldorf Guides, the tears came when they had to leave their Guider behind — in Mülheim. She'd decided to live there!

The Guider-less girls made their way home in the care of their Division Commissioner, a strange state of affairs that calls for an explanation. Lesley Holroyd, now ex-Guider of the 3rd Wokingham unit, tells all:

For me, it was a sentimental journey. We were going to an area of Germany where I had served in the army.

I was posted to Germany after about two years' training, having joined the army in 1978. While there, I was an active BGIFC Guider with the 1st Birgelen Guide Company, in the small village of Birgelen, on the German-Dutch border.

I also became unofficial Brownie Guider with the 1st Mülheim Brownie Pack and started the 1st Mülheim Guide Company.

Then I was transferred to Berlin, where I became Assistant Guider and, later, Guider of the 1st Berlin Guide Company. In Berlin I gained my Camper's Licence and also my First Aid qualification.

I left Germany in December, 1987, although I didn't officially leave the army, with the rank of sergeant, until the following March.

I attended a long language course at the army's education centre, based in the barracks at Mülheim, where I met Eve Currell. Eve, a civilian, ran a BGIFC Brownie Pack in Mülheim. We became friends and I went along to one of the Pack meetings and asked if she would like any help. What a silly question!

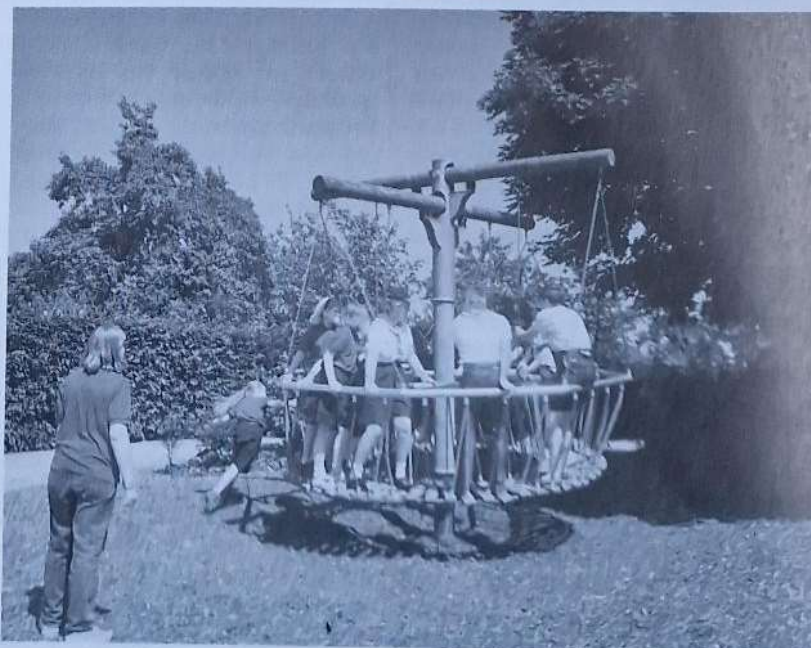
Meanwhile, Eve had also become a Guide Guider with the 1st Düsseldorf unit. We kept in touch and visited each other from time to time. That was how the link was forged between her unit and mine, and how we came to hold a joint camp in Germany.

The camp took place within the grounds of Wrexham Barracks, Mülheim, during a week of friendship, exploration and adventure.

As the barracks were to be closed the following month, we were practically the only people on site and it was the last opportunity to use the barracks. I felt quite at home, since I had been stationed there for some months.

Accompanied by our Division Commissioner, Jane Bingham, we travelled by minibus, using the overnight ferry

Guides and Guiders take time out to have some fun at the playground in Mülheim's public gardens



via Calais. Our driver was our extremely helpful Unit Helper, Tony Morton, father of one of the Guides.

We arrived at Mülheim at about midday, on a Saturday, having taken the "scenic route". In total, there were four adult leaders, plus our Unit Helper, 18 Guides and two Young Leaders at the joint camp. The rest of the day was given over to settling in and preparing for the midnight hike.

The hike was led by the Quartermaster of the barracks, as he knew the area extremely well. In the dark, the Guides of both Companies trudged along a tree-lined public footpath, which ran between the two parts of the town cemetery, over rustic bridges and through tunnels.

Finally, we reached open countryside — quite a relief to the girls after a rather creepy start, walking through the shadows and hearing the echoes of their footsteps as they trudged through the "pipes".

But then, when we were in their field, came blood-curdling screams at decibels reaching the threshold of pain. After recent rain it seemed that part of our route was under ankle-deep water, which was rapidly finding its way into girls' shoes.

We squelched our way back to camp — my very first in which the Guides had no trouble sleeping on the first night!

On the Sunday a British military instructor gave the girls a taste of abseiling. The wall was no higher than about 15ft — probably more like 12ft — but it gave the Guides some idea of the technique required, although even this "cliff" was a bit too high for some of them.

That day's events were rounded off with a birthday party and barbecue.

On the Monday we packed our bags with rolls and spare clothing and headed off towards the caves at Ennepetal. The adventure started with a tram ride and then a journey of about 50 miles to the south west by train, which was a novelty even for the Düsseldorf Guides.

At the caves the girls were given a translated talk on safety by an instructor, issued with helmets and led into the murky depths. About an hour and a half later they all emerged looking very dirty but exhilarated.

Tuesday was spent quietly, with camp routine, badgework, challenges and a game or two. Some Guides actually requested the rest hour.

The next day we went into Mülheim, our first stop being the MÜGA, a public garden exhibition area. The water games and playground, with its swings, slides, rides and distorting mirrors,

provided lots of fun for girls and adults.

Next, it was the Camera Obscura, which was fascinating. We were enthralled to see the town and its people moving in real time on the table in front of us. By sleight of hand a man on a bicycle could even be removed!

Badge testing had been planned for the Thursday but the heavens opened and we were flooded out. As the Wokingham contingent had another long journey ahead of them the following day, we had no hesitation in abandoning the tents and moving into a nearby building, which had been made available to us.

It so happened that Warrant Officer Mike Langstaff, husband of Sue Langstaff, Assistant Guider of the 1st Düsseldorf Guide Company, was visiting the barracks. Feeling that some "good order and military discipline" would not come amiss in the camp, we persuaded him to give the girls a bit of a drilling in his best parade-ground manner.

Soon, WO Langstaff had the girls marching up and down, doing their best to do an impeccable "about turn".

The only tears were when the Wokingham Guides left for Calais and I had to say goodbye to them.

Some months previously I had been made redundant from my job in the UK and was still looking for work when, through a friend of Eve's, I learned of a job going in Mülheim. The post I was offered called for a native English speaker able to speak some German, which I do.

Our joint camp had ended on a Friday and I was starting my new job on the Monday — hence the tearful

Eve Currell samples the camp cooking with Jane Bingham (left) and Sue Langstaff

parting, as my girls headed for home without me. And I don't mind admitting that I had an "emotional hour" afterwards, too.

My Guiding plans for the future are vague, but hopeful. I attend a mixed DPSG — Deutche Pfadfinderschaft St Georg — Scout group in Speldorf, a district of Mülheim, and I hope to become involved with BGIFC, perhaps as an Assistant Guider.

But I shan't forget the 3rd Wokingham Guide Company — a good Company to be with. The girls were all very keen and I left, knowing that five had just gained their B-P Awards, and one had been selected to go to Sangam with South West England.

LESLEY HOLROYD

The 3rd Wokingham (Methodist) Guide Company was originally known as the 3rd Wokingham (Wesleyan). After closure, the unit was re-opened in the late 1960s by Lesley's mother, Olive Holroyd, who remained as Guider for several years. Olive now lives in Somerset, where she runs the local old folks' day centres.

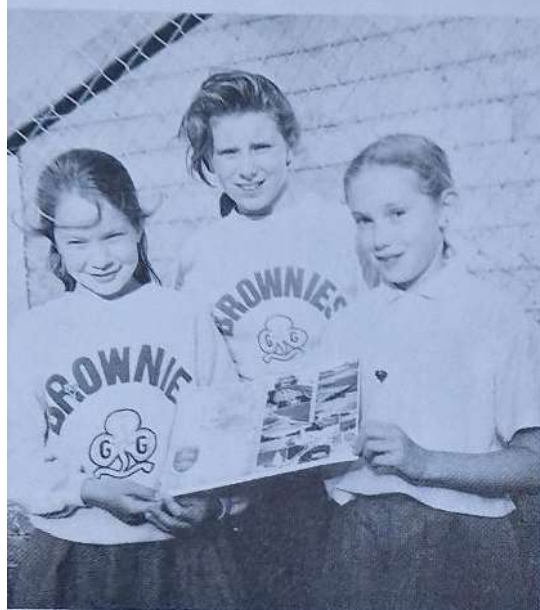
Lesley gained her warrant with the Company. She left to become an au pair in Germany before joining the army. When she left the army, she returned 'for nostalgic reasons' to the 3rd Wokingham unit to become Assistant Guider, later Guider.

As a result of attending a language course at Mülheim, Lesley passed the Civil Service interpreters' exam which, in turn, enabled her to become a member of the Institute of Interpreters.

LESLEY HOLROYD



MESSAGE IN A BOTTLE



Brownies Sarah James, Kerry Palmer and Kerry Attrill with a copy of the postcard from Normandy

A message in a bottle linked some enterprising Brownies with our neighbours across the Channel.

During their week of 'pirate fun' the Brownies of the 1st Chillerton and 1st Wootton Bridge Packs weren't exactly desperate to be rescued from their 'desert island' — the Isle of Wight, where they live.

Which was just as well because it was quite a while before there was a response to their message in a bottle, tossed into the sea at Shanklin.

But, some weeks later, to the immense delight of the Brownies, came a reply in the form of a postcard from a M. et Mme Michel Caillot. The couple, it was explained, had found the bottle on the beach near their home at Lestre, in Normandy. It had taken 11 days to float across the Channel.

The postcard showed several local

views and a map of the coastline on which M. Caillot indicated the precise spot where the Brownies' bottle had washed up.

It had been hurled into the briny off Shanklin beach by the Brownies' equivalent of Long John Silver — 17-year-old Young Leader Rachael Horner, who is with the 1st Chillerton Pack.

The water was very cold but, being the biggest, she was 'ordered' to walk the plank, wade in up to her knees and, with a ten, nine, eight... countdown called by the pirates, throw the bottle in with all her might.

About half the 18 Brownies wrote messages for the bottle, giving their names and ages.

Said Eve Robbins, Tawny Owl of the 1st Chillerton Pack: 'We'd had a wonderful week at Shanklin, what with "pirate" hats, face painting (decorated with lots of whiskers and eye patches), cutlasses, sea shanties, raising the Jolly Roger and games with smugglers.

Then came the lovely surprise when the postcard arrived and we knew that we'd been "saved" — the bottle had been picked up, with the messages still dry and intact.'

And, of course, the Brownies wrote back to M. et Mme Caillot to thank them.

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Look Out!



Look out for the new Brownie Guide Handbook due out this month. It has been revised and updated to include: the new Brownie Guide Promise, Pack Holiday Under Canvas, Go! Challenges and much, much more.

There are also revised and exciting new Journey Challenges designed for the modern Brownie and an easy-to-understand hints section to accompany each of the Eight Points.

The new Brownie Guide Handbook is essential reading for all new Brownie Guides, Brownie Guiders, Commissioners and advisers working with the Brownie Guide section.

It's priced £2.35 and will be available from The Guide Association Trading Service, Guide shops and depots. The order number is 60004.

My Girl's

A GUIDE

We all learn from experience, don't we? I just happen to be a slow learner. In fact I warn people: 'If there's a mistake to be made, you can rely on me to make it'.

People tend to smile indulgently... then seem surprised and annoyed when I perform as promised.

To my great relief Emma does not take after me. Instead, she exudes competence. 'I'm organised!', she announced one day. Then, seeing my raised eyebrows, she added: 'I am. Compared to you!'

She was preparing for Thinking Day at the time. 'Our Patrol's doing the whole meeting,' she informed me. 'Games, refreshments, the lot. We've told the Patrol Leaders' Council.'

I felt a momentary qualm of doubt but Emma was busy on the telephone. 'Madeleine? I've looked up the recipes in the *Guide Handbook*. Will you make Peruvian causa? And, by the way, don't forget to make enough for the whole Company. That recipe's only enough for eight.'

She rang off and dialled Claire, who was instructed to make Australian pavlova, also for the whole Company. In similar manner Becky and Alison were allocated Kenyan banana drink and Spanish tortillas.

Having carried all before her, Emma turned her attention to the games.

The phone rang. It was Madeleine. 'Emma, my mum says, if this recipe needs two avocados to feed eight, and I've got to feed the whole Company, the cost of avocados alone is going to run into several pounds... Who's paying for it?'

Emma thought for a few seconds. The Patrol fund will pay, if necessary. We've got quite a bit saved up. But have a look at Egyptian mashi kusa and ask your mum if that'd be cheaper.'

I had to admit I was impressed.

Come the Friday evening, Emma's confidence was less evident. 'I've only got half of the games ready!' she wailed.



'You may not have time for all of them,' I pointed out. 'Anyway, don't you need to get there early to set up?'

She assured me airily that it would only take ten minutes, adding: 'I've got a timetable worked out.'

Suitably sat on, I drove her to St Oswald's as requested. She came home tight-lipped. How had it gone, I asked hesitantly.

It had taken half an hour to set up and the other Guides had been very rude and sung *Why are we waiting?*

The food had been a success — gone down a treat you might say. But all the mothers wanted the cost of their ingredients, so the Patrol fund was completely cleared out.

And someone had said the games were 'rubbish' because they were all only half prepared!

'Oh why can't I organise anything properly?' she demanded and promptly burst into tears.

'Well, it was your first attempt,' I consoled her. 'And I thought you did all right as regards the *delegating*. I might even try that myself.'

Emma looked puzzled.

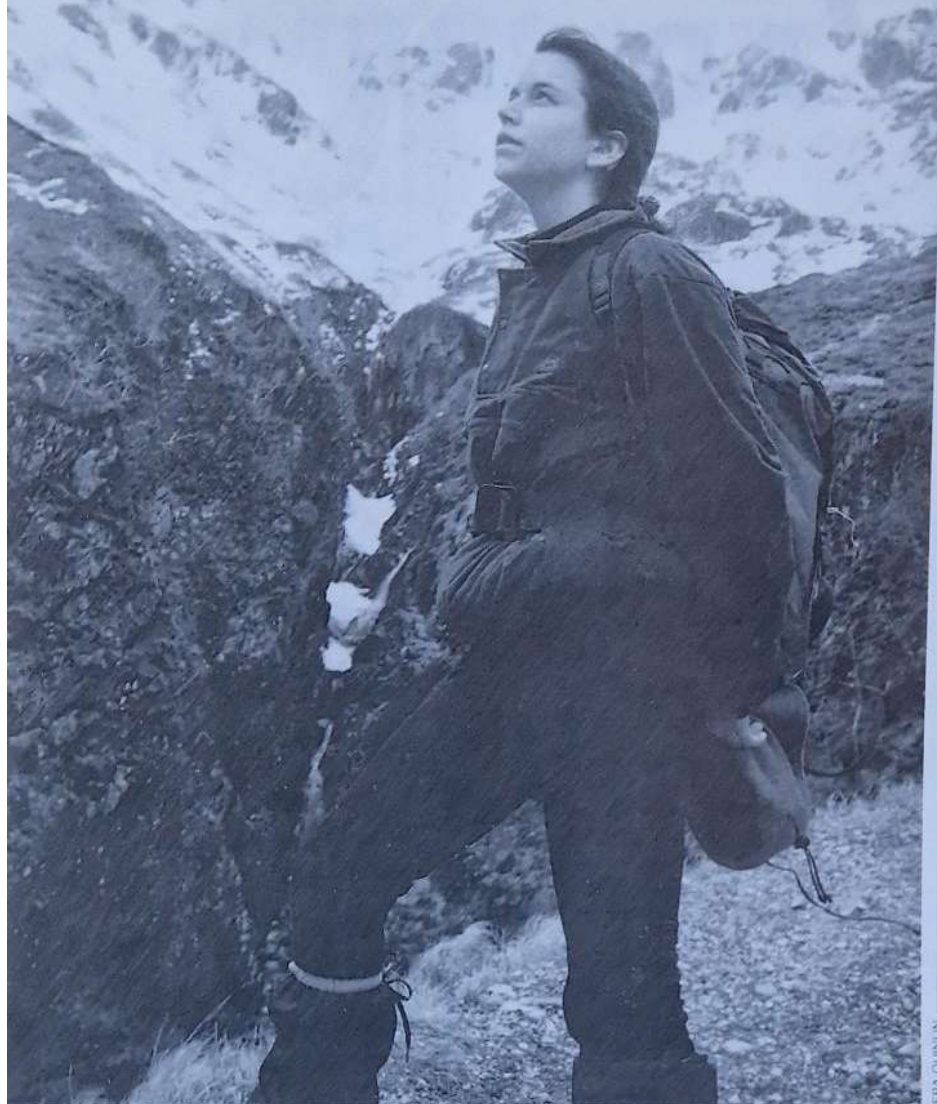
'I'll ring a few parents,' I explained. 'Like this... Mrs Jones? You'll be running a cake decorating course for the Guides next Friday. Don't forget to bring enough materials for them each to have a go.'

'Mrs Wilson? You'll be demonstrating flower arranging the week after next. Only buy cheap flowers, please.'

Emma stopped crying. 'You wouldn't have the nerve!' she scoffed.

She's right, of course. But, with practice, I might learn.

MOUNT



Thinking space: Lindy in the mountains which inspired her to do the MLTB course and share her valuable training with others

Walking across Britain's remote hills and moors with their splendid views and endless challenges is becoming a popular pastime for Guides and Guiders.

Advanced level mountain walking requires trained leaders who have a high degree of safety awareness, so more Guiders are being encouraged to take recognised walking training courses. The two courses we feature are not easy but the results are satisfying and valuable.

SEVERE LEVEL TRAINING

The Severe Level Training Course is Guiding's own demanding five-day assessed course. It takes Guiders' existing outdoor and mountaineering knowledge and builds it up to a level of proficiency sufficient for taking girls to 'severe' areas.

These are mountainous places that have difficult or unpredictable conditions, such as steep, rocky ground or loose rock, exposed ridges, rock gullies or sudden bursts of bad weather.

The course, part of the Walking Safety Training Scheme (WSTS), is

open to Guiders who have finished the WSTS Advanced Level, but is a shorter, more intense course than the advanced training level. Its aim is to teach the use of advanced level skills under pressure.

It includes leadership, weather, first aid, navigation, group organisation, basic ropework, river crossings, bivouac and access issues.

Guider Sandra Goodswen, of the 1st and 2nd Threemilestone Guides, Cornwall, admits the Severe Level Training was a shock, but adds it taught her to cope with the responsibility of leading a group of less-experienced girls on a mountain walk.

'I learned that if there is an accident you have to deal with it quickly. It could happen while you are on your way back from a trek when you all feel tired, but that doesn't matter. As the leader you have to take charge,' she said.

Sandra, 50, was introduced to new techniques for surviving in mountainous areas. She learned basic rope work and how to bivouac overnight if she was caught out.

A swollen river was used to emphasise the rule that river crossings should only be undertaken if there is no other alternative available.

The water came up to my thighs and had a terrific force. We were given instructions about the various ways to cross a river and were expected to try at least one. I tried to cross using a rope but I couldn't force myself out of the current. The instructors certainly made their point,' she said.

As well as practical exercises with a strong emphasis on navigation, Severe Level Training is taught in the classroom but there is no written final exam. Instead, there is on-going assessment by the instructors as well as self-assessment. Sandra had to fill in a form stating her day's aims, and how they were met and then had to evaluate her own performance.

'It made you think about what you were doing, and why and how you were doing it, and then the instructors added their comments. This form of assessment didn't bother me at all, whereas it would worry me to think I was being watched and assessed all the time,' she said.

Applicants to the course must be over 18 and have an outdoor walking background or leadership experience

AIN WALKING



Learning how to make a mountain rescue stretcher on the MLTB course

LINDA MAY HATFIELD

covering the advanced walking syllabus. The course, which cost £120 in 1993, is usually held every other year at a residential centre — Sandra's course took place in the Lake District over an Easter weekend. The next course is due in October.

MOUNTAINWALKING LEADER TRAINING

The Severe Level Training Course meets all of Guiding's safety standards, and enables Guiders to take Guides across any severe ground. But it may not be enough for Guiders who want to use their skills in a wider variety of situations, like becoming a Duke of Edinburgh's Gold Award assessor.

The Mountainwalking Leader Training

Board offers its own training scheme — Mountainwalking Leader Training Scheme (Summer). Many Guiders are well prepared for the course's mental and physical challenges because of their Guiding background. And, although rock climbing is included in the scheme, you don't need any previous experience.

Ranger Guider Linda — Lindy — May Hatfield, (24), is an experienced walker who did the course in order to share her love of the hills with others. A qualified nurse and undergraduate at John Moore's University, Liverpool, Lindy found the course enjoyable and very rewarding.

Each day Lindy, of Halewood Rangers on Merseyside, had to cope with

several hours of lectures and assessed exams, after having spent a day on the mountainside. The course covers ten topics over six days and is a demanding blend of study and practical work.

Lessons focused on group leadership skills and taught students how to avoid getting into trouble with the weather and the terrain. This included learning about group management tactics such as knowing when to delegate.

Students had to be thoroughly competent at navigation. Lindy said: 'All of my bad habits came to light! We were introduced to methods such as studying the aspect of the slope.'

They learned how to navigate with pin-point accuracy using natural features as well as a map. They also▷

learned how to predict the quality of ground they would come across from studying a map.

The walking skills section taught leaders how to pace their group according to the members' strengths, as well as the procedure for safely crossing loose rock and narrow ledges.

During camp-craft they looked at the selection of tents and food to take and learned how to assess what walking equipment a group would need on a hike and what ground made a suitable camp site.

Having finished training, Lindy embarked on the compulsory 12-month log-book period. This involved

expedition tested candidates' confidence, knowledge and weaknesses. 'There was constant questioning, with the uncertainty that assessment holds. At times I felt my confidence ebbing away,' Lindy said.

Lindy passed and her instructors said she had a well-developed sense of leadership. 'My experience in the Guides gave me the ability to cope and also manage to smile!' she said.

Lindy intends to do the Mountainwalking Leader Training Scheme (Winter) and become a prospective trainer.

Courses are run at more than 90 approved centres around the UK and are open to anyone over 18 with at

on 071-834 6242 ext 205.

For further details about the Mountainwalking Leader Training Scheme (Summer) and other MLTB courses, telephone the MLTB: 06904 272.

HIGHS AND LOWS

Linda recalls some of the high and low moments of her course: 'On a cold January evening I stepped off the bus into the darkness of Glenridding, in the Lake District. It was perfect British weather — rain, hail and wind.

I had decided to go to the Lakes a few days before my assessment, to get my bearings and tackle any doubts in my mind. I knew that there were four areas in the assessment that had a high failure rate. These were: rope work, river crossings, day navigation and night navigation.

I spent the next two days wandering in the mist up and down the icy paths leading to Helvellyn, practising my pacing. I found myself pressing hard into the wind, lodging my crampons and axe into the icy shoulders of the hillside. Down came the mist and up came the wind — just the conditions I needed! I arrived at the Outward Bound Centre really looking forward to having a hot meal.

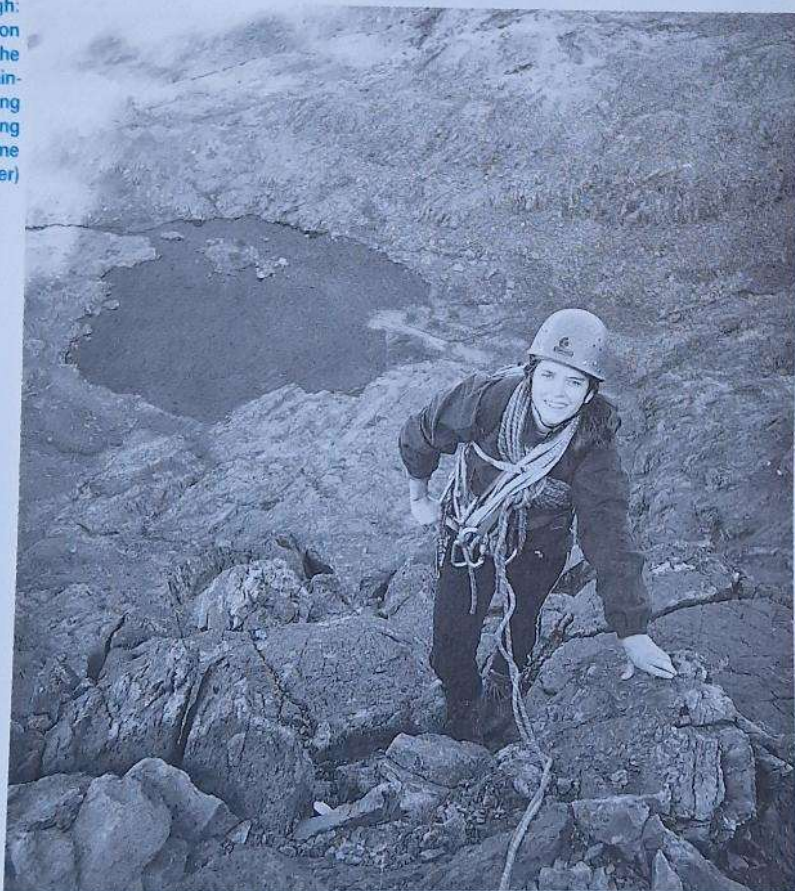
We had four written exams in two days, each two hours long. These exams are not designed to be passed or failed, but just to demonstrate how much knowledge you have in aspects of mountain leadership. We also had to stimulate a group discussion lasting half an hour.

Before the expedition we had a day's assessment on rope work and steep ground. Since I have climbed for about two years now, I didn't find the rope work too daunting, unlike some others who had little or no rock climbing experience.

The three-day expedition entailed gale force winds and gentle-to-heavy snow falls. One of the reasons why I choose to do my ML assessment in the winter was because I thought it would prove to be more of a challenge. As a mountainwalking leader you are expected to be able to navigate in poor visibility, knowing your exact location within 200 metres.

The assessment was very demanding and hard work. My name was called, and I sat in the office, my wet hair dripping small puddles. 'You've passed' was the first thing that I heard, but I knew that the criticism was to come next. None of the comments made was a surprise to me, which made me pleased I was aware of my weaknesses and I was able to strengthen them during the assessment.'

Climbing high:
Lindy in action
on the
Mountain-
walking
Leader Training
Scheme
(Summer)



walking a minimum of 30 peaks in at least three different mountain regions, which had to be entered into a special book. This period was aimed at consolidating Lindy's experience.

However, her instructor recommended that she apply for an exemption, so she took her assessment the following January. Lindy said: 'During my assessment we stopped frequently to answer the instructors' questions. I quickly became very cold and stressed, but part of the course is knowing how to deal with stressful situations'.

Then it was back to the training centre for the six-day-long assessment. Rope work, exams and a three-day

least a year's outdoor experience.

Course prices vary according to the training centre. For Lindy, the costs were £250 for training, £250 for the assessment and a £16 MLTB registration fee.

Lindy received a grant from her County and from a special Guide fund — grants may vary according to each Guiding County. She also received an Outdoor Bursary from Guide Headquarters, which can meet up to 50 per cent of the course's tuition costs.

For further details about Severe Level Training or other WSTS courses, and an application form for an Outdoor Bursary, telephone Guiding Activities

Peace Packs collected by members of The Guide Association are going to be distributed to refugees in three different countries: Mauritania, Guinea and the Ivory Coast.

This month we have background information on the refugee situation in Mauritania. Details of the refugees finding sanctuary in the other two countries will appear in future issues of *GUIDING*.

During 1991, serious fighting between Tuareg rebels and government troops in Northern Mali led to over 100,000 refugees fleeing the country, almost half of them crossed the border into Mauritania.

Last February, Malian refugees numbered 58,000, although renewed fighting led to more than 3,500 more refugees seeking safety in Mauritania. There are also several thousand Senegalese refugees in the south-west of Mauritania.

While the government of Mauritania is not pushing them to return, Malian refugees in Mauritania are, themselves, insisting on repatriation. Those who want to go include cattle farmers anxious to get back so their cattle can graze over the rainy season, as well as Moors who want to go back quickly, in

the hope of being compensated for goods they left behind in Mali.

In April 1992, the government of Mali and opposition movements in the north signed a national pact, and the security situation in Mali improved. However, with the renewed fighting last June, the refugees will have to wait a while before going home.

UNHCR has no current repatriation plans for these refugees, although future plans include provision of transport from Mauritania to the northern

regions of Timbuktu, Gao and Kidal, as well as supplying basic family aid packages of tarpaulins, blankets, agricultural tools, kitchen utensils and a six-month supply of food stuff for returnee families.

Northern Mali has almost no sewerage or facilities for vaccination. UNHCR and the International Fund for Agricultural Development are planning together to rehabilitate health facilities, schools and wells for the benefit of returnees, as well as the local population.



OVERSEAS AID



Before the start of October's meeting of the Executive Committee, members observed a minute's silence in memory of the Guides and Guiders who died following the Glasgow bus crash.

The Committee gave the CHQ Project the go-ahead after a long and detailed discussion. The Association is to spend £1.2m on providing a new Visitor Centre and housing the archives appropriately. It is hoped that the Centre, which must cover its own running costs, will open early next year. Look out for more details in May's *GUIDING*.

A majority of members of The Council want to continue meeting in the autumn as well as the spring for the present. Their views had been sought in a questionnaire prepared by the Forward Policy Group. The Group is to submit its recommendations for the detailed development of the Association's Vision Statement and Objectives to the Executive Committee as soon as possible. And it is putting off considering the Executive Committee's own role until relevant strategies have been set following the development of the Vision Statement and Objectives.

The Association will not now bid to host the 1999 World Conference

which is due to be held in Africa/Europe Regions, as three other Associations are seeking to stage it. The Association will be able to bid to host the Conference in 2005, if it wishes.

Jan Holt, the Director of the World Bureau has thanked the Association for the £53,298.61 contributed to the 1994 Thinking Day Fund, in addition to the £3,265.85 which was donated by the Trefoil Guild.

Commonwealth Guide Associations will continue to be allowed to buy the Association's new Promise Badges for their own use. It was also agreed that they should be able to buy flags through the Trading Service.

The new Salvation Army Territorial Guide Co-ordinator is Mrs Denise Gilmour, following the retirement of Mrs Ruth Holland in October.

A centralised skills base of Trefoil Guild members is being set up and will be sent to Countries and Regions. It will also be held by Guiding Activities at CHQ and all Trefoil Guild chairmen.

Discussion papers on Participation and the Thinking Day Fund have been drawn up by the Association's Junior Council

EXECUTIVE NEWS

and sent to Country/Region Junior Councils. Both issues will be discussed further at the Association Junior Council's spring meeting, members learned.

Lady Beevor was presented with a garden token on her retirement as Chairman of the Trefoil Guild. She is succeeded by Jill Hancock.

Other appointments include: Chairman of the Tutor Group, Nancy Briggs; Chairman of the Duke of Edinburgh Committee, Margaret Dale; Chairman LINK International, Andrea Atkinson.

Two new appointments have been created: Assistant Public Relations Adviser (Programme and Training) Marisa Toole; Assistant Public Relations Adviser (Publishing Services) Pam Hudson.

Paula Hewitt was attending her last meeting as Anglia's Chief Commissioner. Her successor is Vivienne Scouse.

POLITICALLY SPEAKING

Is there a place for politics in Guiding? At the last meeting of the Association's Junior Council, one of the main topics of discussion was politics. The discussion was led by the Chairman of the Association's delegation to the British Youth Council, Deborah Constable. Here she spells out the issues involved.

We explored whether there's a place for politics in Guiding and asked ourselves if we, as leaders, are aware of any political influence we have on our girls.

It is widely agreed throughout The Guide Association that we should not be aligned to any particular political party — that we should be apolitical. But that's not to say we shouldn't be

politically aware. For instance, ought not the young women in our Association have a right to know that every four minutes someone under the age of 26 will call the Samaritans? Shouldn't they know how many thousands are homeless?

As one of the foremost organisations in the UK — part of a world body — concerned with both children's and women's issues, it is essential that we should be aware of the wider world.

The Junior Council decided at its last meeting at CHQ in September that, as leaders, we should not enforce our political beliefs whether party political or otherwise. But it was agreed that, albeit unintentionally, we do all have political influence.

We should, therefore, encourage thorough discussion of relevant issues, and be able to provide an all-round view, thus encouraging the young

women in our Association to have a broad outlook on society and the wider world. The Association would also be reinforcing the democratic approach at the heart of the Movement from Rainbow chats to Council debates.

Political issues are particularly pertinent to Guides and the Senior Section — let's face it, they are the decision-makers of tomorrow. We can all begin to think about these issues and how they fit into the Association through the Look Wider programme.

I'm sure that if you want any further ideas on how to take this issue further, your Country/Region BYC delegate will be only too pleased to help.

DEBORAH CONSTABLE

Chairman

BYC Delegation

Discussing relevant issues gives us a broader outlook on the world



THE GUIDE ASSOCIATION

GO FOR GOD

Last night we had a meeting to discuss our Division swimming gala. Several times we digressed from our subject and, during one of these sojourns, the topic turned to bikes.

One Guider was embarking on a week's training course in the Canary Isles the next day, which included a mammoth bike ride. Another told of winning a bike of her choice as first prize in a school raffle.

She was recalling childhood memories of an old-

fashioned, big-wheeled ladies' bike that would be safe from the clutches of her children, as it would score zero for 'street cred'.

Yet another enthused about long local bike rides for pleasure.

Today I was thinking through that conversation again as I washed up after *Neighbours*. The TV was still on and I could hear *Going for Gold* in the background.

Remove an 'L', and what do you have? 'Going for God'...

Bikes take us places, but a

bike wheel is dependent for its strength on the spokes being evenly distributed.

Although I no longer own a bike, I do sometimes think of my faith as a wheel, with God as the hub. The spokes are different parts of my life and outreach.

If I'm Going for God it's no good me being selective in which spokes I offer to Him, or the wheel won't turn smoothly.

It can be easier at times *not* to offer all the spokes, but to forget or ignore some of them, particularly the more

difficult ones!

I remember reading on a church notice board, 'If you want God to mend a broken heart you've got to give him *all* the pieces.' Perhaps one could say the same of Going for God, — you've got to give him your all, so the wheels of faith can keep turning.

I wonder what other people think about while washing up? And, yes, we did eventually get back on track and, hopefully, the swimming gala *will* happen!

LH

PLAY IT SAFE

Units around the country joined in activities for Child Safety Week in response to a piece in *GUIDING*. The week, organised by the Child Action Prevention Trust, aimed at increasing awareness of child safety issues.

Among the members who took part were Brownies from Milton Keynes who visited their local 'Hazard Alley'. This is a safety centre where youngsters can be shown hazards and advised on how to deal with them.

The hazards viewed by the Brownies included deep water, railway lines, dark alleys and possible danger points in the home and play areas. They were taught how to make a 999 call.

Other activities carried out during the week ranged from bicycle checks and colouring competitions to displays highlighting subjects such as garden, water and fire safety.

Although the activities

were fun-based they were designed to deliver a serious message. Every year over

2m children are treated in hospital and 700 children die as a result of accidents.

By raising awareness the Trust hopes to reduce these tragic statistics.



Safety first:
1st Stantonbury
Brownies visited
Hazard Alley
at the
Safety Centre,
Milton Keynes

IN FEBRUARY'S BROWNIE

Tangram Teasers

Puzzle out the shapes

How to make...

Friendship bracelets

Special folk story

From Alaskan Inuit people

Great games

From around the world

Chopstick Challenge

Eat Chinese-style

Brownies Round the World

In the Lebanon

Stars and Stripes

How America's flag was made.

AND IN RAINBOW GUIDE EXTRA

Tastes delicious!

Pasta salad

Draw and paint

Indian Mendhi patterns

Super story

Rebecca's Relations

Help Rainbow Rabbit

Name those fruit

IN MARCH'S GUIDING

Flexible Rangers

And baby goes too

Challenging Talk

Special message for Patrol

Leaders from the Founder's daughter

Action Alert

Brownies on the go!

Chasing a Dream

Taking charge at a World Centre

Watery Wonders

In praise of waterfalls

Marching for the Movement

Doing Time

Guiding on approval

RAISE *a laugh*



CHARITY PROJECTS

Have fun
raising funds
on Red Nose Day

Comic Relief strikes again. Friday, March 17, is Red Nose Day, when people all over the UK do daft deeds and raise huge sums for charity. This year Comic Relief has dreamed up a special wheeze for The Guide Association. Here The Chief Commissioner launches the challenge to all units.

Comic Relief and Red Nose Day are, I am sure, now well known to all our members and have been supported by many units and individuals in the past. I am delighted to announce a challenge for 1995 which is to get yourselves sponsored to ZAP — in the nicest possible way — a red nose on someone famous. This can be anyone from a

local politician or the Mayor to a local sportsperson or celebrity. You must, of course, first invite that person to take part in the challenge.

The details of this challenge are outlined later. I know that many of you will want to take part in this event and will do so with great enthusiasm. I wish you all success and I look forward to hearing who was seen sporting a red nose on the day.

Meanwhile, I must make a note in my diary to keep my head down on March 17!

JANE GARSIDE

The Chief Commissioner

What To Do

1 Write to Debbie Adams, Comic Relief, Room D115, BBC Sulgrave House, 1 Woodger Road, London

W12 8QT, enclosing an A4 sae (plus two first class stamps) for your complete Comic Relief fundraising pack.

2 Identify a local dignitary or personality to take part in your event well in advance of March 17. If you pick a woman, find out whether she currently has or has had any connection with Guiding.

3 Plan how, where and when you'd like to place a red nose on your victim.

4 Contact your target through her office, secretary or agent explaining what you want to do and inviting her to take part.

5 Ask whether she would like the local media to be invited. If so, would she like to contact them, or would she like the unit to arrange it?

6 Once she has agreed, write to confirm details, such as venue, date



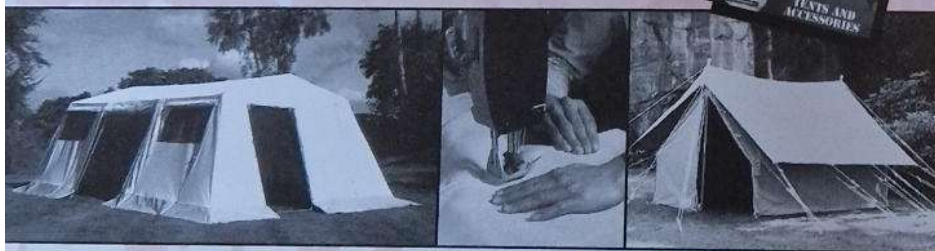
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offer
four

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and time and a list of media who have been contacted.

7 Take your camera along to the event. If you come up with good, clear pictures they could be used for your own displays or, perhaps, sent to the PR section at CHQ.

8 Write to thank your dignitary or celebrity after the event. Let her know how much you raised.

Over the last nine years Comic Relief has raised over £92 million for projects in Africa and the UK. Jane Tewson, the Chief Executive of Charity Projects Comic Relief, recalls how it all began.

First I want to thank all the many Guides who have so generously supported Red Nose Days — units like the Tuxford Guides who raised £180 by eating baked beans using cocktail sticks and the Horwood Guide Company whose night of sponsored stupidity brought in £585.

Comic Relief began because I was feeling depressed by the enormous injustices people face both here in the UK and in Africa. I wanted to find a new way to support these needs by telling people about them and giving grants.

So, in 1984, an event was organised in a corrugated-iron village hall in Nether Wallop, which seated 70 people! Charity Projects invited international names to take part in the First International Nether Wallop Arts Festival, alongside the local village talent.

And so Wayne Sleep and Jenny Agutter assisted the Vicar of Nether Wallop with his conjuring act, Lynn Seymour performed with the village Brownies and major British playwrights wrote the pageant that Trevor Nunn directed starring Sir Michael Horden.

The event was filmed by London Weekend Television and we made our first £50,000.

The fact that everyone had fun helped ensure continuing support from busy artists. Undoubtedly, a key to our success was the sponsorship — absolutely everything from trucking to the artists' accommodation was donated, so every penny raised went to the intended charities.

On Christmas Day 1985, Comic Relief was launched live by satellite from a refugee camp in the Sudan.

Over the following five months, we produced:

- A number one single — Cliff Richard and the Young Ones' re-release of *Living Doll*.
- A three night sell-out at London's Shaftesbury Theatre, which was televised by the BBC.
- A *Comic Relief Live* album, the best selling comedy album of the year.



CHARITY PROJECTS

An awareness of the enormous injustices in the world lies behind Jane Tewson's work

● The *Comic Relief Utterly Rude Video*, again a number one best seller.

● The *Utterly Utterly Merry Comic Relief Christmas Book*, the number one Christmas best-seller.

And again, not one penny was incurred in costs. Over £1m was raised, all of it allocated to other charities.

Since 1985, Comic Relief is now best known for its Red Nose Days. As we head towards our fifth Red Nose Day, we will be working all hours to support our grant-making programmes, which remain the inspiration for our efforts. The money raised by Charity Projects cannot fund everything, so it is important to us that it reaches the grassroots, supporting work that will make a difference. Our money is intended to be an investment in people's long-term security.

I hope you enjoy reading about some projects Comic Relief has been funding. Remember, around the corner from where you live, will be a charity project funded by Comic Relief cash, raised with the help of the Guides.

Your involvement as always is vital. We couldn't do it without you!

Among the projects funded by Comic Relief are:

● A Family Tracing Project in Angola

Families torn apart by the 16 years of civil war are being reunited by this Save the Children project. So far 635 of the estimated 50,000 orphaned and abandoned children have been restored to their families.

Save the Children is also building 16 houses for young adults currently living in children's homes, who are expected to help with the building. One of those being helped is Yvonne Alfonse. She explained: 'My sister and I were separated from our family when I was only a few months old because of the fighting... I was put in Kikilanga's Children Home. I have been there all my life. I have many friends there — they are my family — but I want to leave, so I can have my own place with my sister and her baby.'

● Punch & Judy Family Drop-In, London

The Punch & Judy Drop-In is a day centre offering help, support and advice to homeless young families with children living in bed and breakfast accommodation.

Sharon and her two-year-old daughter Charlotte discovered Punch & Judy after moving into a small room in bed and breakfast accommodation. She praised the crèche's 'really nice, cosy atmosphere' and added: 'It was a real joy to see my daughter playing with children around the same age. Since coming to the drop-in centre, her speech and social skills have improved a great deal.'

● Arch Initiatives, Birkenhead

Arch Initiatives is the largest drug agency on the Wirral, providing help for 500 individuals with a drug problem every year and providing a range of services for many more. In June 1994, an important project run by the agency was saved from closure by funding from Comic Relief.

The EZE-UP campaign provides vital drugs awareness information to young people who are part of the rave scene.



CHARITY PROJECTS

Yvonne longs to be reunited with her family

RAINBOW GUIDERS

Thinking Day on February 22 is a time when we consider members of the Movement all over the world.

CELEBRATION

Explain the meaning of Thinking Day to the Rainbows and celebrate it with games and activities from other countries.

Do As I Say

This is an old game similar to the perennial favourite, Simon Says. The girls sit in a circle, facing the leader. They must concentrate on what the leader says, not what she *does*. And they must do what she says.

The leader could point to her nose and say: 'Touch your nose', and the players do this. But she may point at her chin and say 'Touch your ears'. The girls must touch their ears — not their chins. Anyone who makes a mistake is out.

Making Music

The Rainbows will love making musical instruments which are used in other countries. They could use these to accompany songs from other countries. They can make maracas which originate from South America by putting dried peas or beans in clean, washed out washing-up liquid bottles and shaking them in time to the music.

Several large, thick rubber bands wrapped around an empty shoe-box can be strummed like an Indian sitar. The vibration will improve if you stick half a kitchen roll tube on one end of the box.

Here's My Dance

Do any of the girls know dances from other countries, such as an Irish jig, a Scottish reel, or one of the graceful dances from India or China? Perhaps they could show the other girls the steps. Maybe they have tapes they could supply to accompany their dancing. Some of the



girls may study ballet and could demonstrate their skills to the others.

Alternatively, you could play music from another country, for example Indian or Greek, and get the girls to dance to it.

Here's Something New!

Nowadays fruits and vegetables from different parts of the world are available in the shops.

Ask a friendly local green-grocer if she will let you have some examples to take along to the Rainbow meeting. Display them in a basket and then, with the girls sitting around you, ask if they know what the various fruits and vegetables are called.

Some of them may be known to the girls by their Asian or African names, as well as their English ones.

The girls may be able to tell you something about how they are prepared.

They will find it interesting to cut open unfamiliar fruit and vegetables and see what they look like inside.

Perhaps the girls can have a taste of a few of the more exotic fruits like guavas or mangoes. They might like to draw some of these unusual

foods too and write their names underneath.

Make-Your-Bed Race

This game came to us from Jane Thompson's Rainbows in Muscat, which is in the Middle East. Explain where Muscat is on a map when you introduce the game.

Jane collects a foam mattress or bedding roll for each group, plus two old sheets and a pillow. She demonstrates how a bed should be made, then 'unmakes' it.

Two girls from each group have to run up to their bed and make it. They then run around an agreed point, back to the bed and climb into it.

When they are in the bed, it's time for the next girls' turn. As soon as they reach the bed, the first girls leap out and run back to 'home'.

The second pair make the bed neatly, run around the point and get into the bed. The game continues until all the team has made the bed and got into it.

Jane ends the game by showing the girls how to fold up sheets neatly with two people bringing the corners together.

Letters to a Friend

Do you know a Guider who lives in a different country? Why not ask your Rainbows to write letters to her and her unit? Or some of them could simply draw pictures and write their names.

You could also write to the Post Box Secretary at CHQ who will try to link a unit in another English speaking country to yours.

If your friend's girls reply, it could start some long-term friendships.

QUIET TIME

After all the games, everyone will be ready to settle down and rest. Think about the people we know who live far away. Some girls may have relatives in other countries. Others may have family members who live so far away they seldom see them.

Think about all these people and other girls who are Rainbows, Brownies, Guides, Rangers and Young Leaders in other countries.

NEXT MONTH

Our theme next month will be one much closer to home. We will be looking at some of the many facets of home-making.

DEBORAH MANLEY

BROWNIE GUIDERS

If you are adopting last month's idea of holding an international market on Thinking Day, or would like some ideas for recipes and games to make the day special, we can help.

TASTY TREATS

Prepare these tasty snacks in advance:

Dutch Alphabet Biscuits

Ingredients: 400g prepared shortcrust pastry; 200g marzipan; milk; icing sugar.

- 1 Roll pastry thinly and cut into strips approximately 10 x 4cm.
- 2 Coat hands with icing sugar.
- 3 Roll marzipan into finger-thick strands.
- 4 Wrap marzipan in pastry strips, sealing with milk.
- 5 Form into letters, sealing any joins with milk.
- 6 Bake on greaseproof paper for 10-15 minutes in the centre of the oven at 425°F, 220°C or Gas Reg 7.

These dishes can be made on the night:

Welsh Cakes

Ingredients: 500g flour; 125g margarine; 125g lard; 1 egg; 2tbsp milk; 125g currants; pinch of salt; 1 heaped tspn mixed spice; caster sugar.

- 1 Rub fat into flour.
- 2 Add dry ingredients, egg and milk.
- 3 Roll dough to 1cm thick.
- 4 Cut with pastry cutters.

Cook on a greased griddle or in heavy frying pan for about three minutes each side. Dredge with caster sugar and eat hot.

Savoury Swiss Slices

Ingredients: 6 eggs; 400g grated cheese; 60ml milk; 20 thick slices bread; 40 streaky bacon rashers; salt and pepper.

- 1 Cut bread slices in half, lengthways.
- 2 Beat eggs, cheese and milk together.
- 3 Spread on bread and top with a bacon rasher.
- 4 Bake the slices for 10-15 minutes at 375°F, 190°C or

Gas Reg 5.

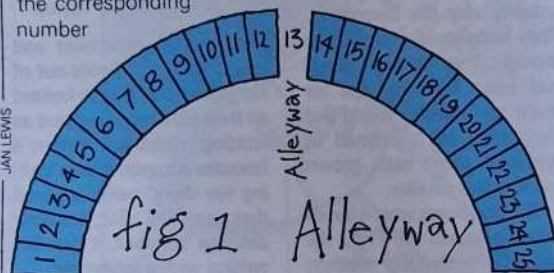
TABLE GAMES

Try these two international games which any number of girls can play.

Alleyway from Eastern Europe

Make a board as shown in figure one. Provide a dice and different coloured counters, one for each player.

Each player throws the dice in turn and puts her counter on the space with the corresponding number



to her score. Players take turns to throw the dice and move their counters.

If a counter lands on an occupied space between 1 and 12 or in the alleyway, the counter there must be moved back to the start.

If a counter lands on an

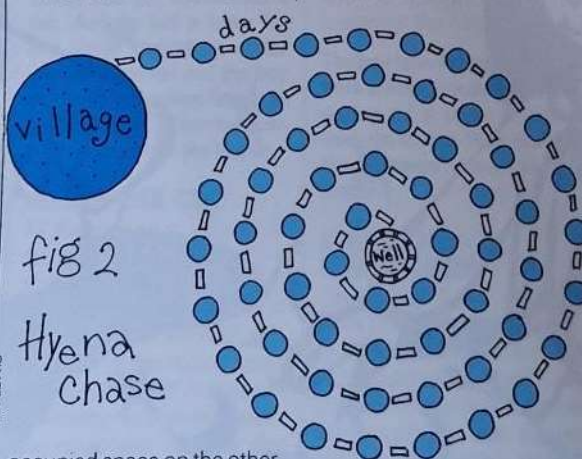
start. A counter which lands on space 25 must go back to space 14. The winner is the first player to get beyond space 25.

North Africa's Hyena Chase

Make a board as shown in figure two and provide a dice and a distinctive 'Hyena' counter, plus a different counter for each player, which is known as a player's 'Mother'. The aim is to take Mother to the well, which is several

days journey away, to wash the family clothes. And then to bring her safely back to the village.

Mothers start in the village. Each player, in turn, tries to throw a six to take Mother on the first day's journey. Every six thrown entitles the



occupied space on the other side of the alleyway, the counter there must be moved back two spaces. If that space is occupied, then that counter has to move back two spaces and so on.

However, any counter whose 'retreat' takes it back into the alleyway or beyond it must be returned to the

player to throw again. Any number of Mothers may occupy the same day circle.

The well may only be reached by a throw of the exact number required. At the well, a Mother washes her clothes until a six is thrown, then she begins the return journey.

The first player whose Mother reaches the village (no exact throw is needed) wins the Hyena counter. She must then throw a six to take the Hyena on the first day's journey but, after that, the Hyena travels at twice the speed of the Mothers so each score has to be doubled. Once at the well — an exact throw is needed — another six is required to start the Hyena on its homeward journey.

From now on, any Mother passed by the Hyena is eaten — removed from the board. The Hyena scores the number of Mothers eaten, and play begins again.

Greetings

Finally, on one table you can have a list of international greetings for visitors to try.

Welcomes

France — *Beinvenue*
Israel — *Shalom*
Eire — *Cead Mile Failte*
Germany — *Wilkommen*
Italy — *Benvenuto*
Slovenia — *Dobrodosli*
Korea — *Whan Young-Hap*
Ni Da
Holland — *Welkommen*
Wales — *Croeso*
Japan — *Kan Gei*
Malaysia — *Selamat Datang*

Verbal Greetings

France — *Bonjour*
Italy — *Buon giorno*
Norway — *God dag*
Finland — *Hvaa paivaa*
Greece — *Kalemera*
Germany — *Guten tag*
Spain — *Buenas dias*
Denmark — *God dag*
Malta — *Bongornu*
Holland — *Goeden dag*
Portugal — *Bom dia*
Sweden — *God dag*
Turkey — *Gunaydin*

Action Greetings

Japan — Bow from waist.
France — Kiss on both cheeks.
Chile — Shake right hand and kiss right cheek.
Fiji — Smile and raise eyebrows.

THEME EVENING

STORIES AND GAMES

This idea for a theme evening is based on the children's book *The Borrowers*. Leaders should read out the section in bold and the girls take part in the activity idea which follows each excerpt.

THE BORROWERS

by Mary Norton

Kate lived in a big house in London and Mrs May lived in two rooms in the house. One day Kate started talking to Mrs May about all the small things that 'disappear' in a house, never to be found again.

VANISHING OBJECTS

Put a tray in the middle of the room with about 20-30 small objects on it, including some of the things listed in the book. For example, safety pin, needle, pencil, matchbox, hair slide, drawing pin, thimble and so on. Give the girls one minute to look at

the objects then cover the tray and remove one.

One girl from each Patrol is chosen to look at the tray and has 30 seconds to decide which object is missing. She whispers this to the leader, and if she is correct she wins a point for her Patrol. The missing object is then replaced (under the cover) and a different object is removed.

Mrs May told Kate that her brother, when he was little, actually saw the Borrowers. They were small people who thought that human beings had been invented just for them to 'borrow' from. But they were so frightened of humans they had grown smaller and smaller.

The Borrowers were a family that consisted of Pod, the father; Homily, the mother; and their little girl Arrietty. They lived in an 'apartment' under the kitchen. The walls were papered with scraps of

old letters with the writing making vertical stripes. The furniture consisted of a settee made from a padded trinket box, a table from a pill box, stools that were cotton reels and a chest of drawers made from matchboxes.

MINI-FURNITURE

Give each Patrol ten minutes to make furniture for the Borrowers from anything suitable they can find. Perhaps there will be something suitable in their Patrol boxes.

Pod was a shoemaker and made his family boots out of kid gloves, and Homily knitted all their clothes, using pins as knitting needles. Arrietty's favourite occupation was 'writing her diary' using a pencil that was tiny. But, because she was so small, it was like writing with a rolling pin.

They 'borrowed' food from the kitchen — though collecting a potato was a real effort, and an onion ring was as large

as a hoop. They washed before the meal by pulling a small cork out of the hot water pipe and collecting the hot water in the tin lid of an aspirin bottle. A silver thimble was held over a fire of matchsticks to boil the water for tea.

LARGE AND SMALL

Set up bases with 'large' and 'small' activities for Patrols to try. For example:

- Mini-knitting — knitting with two or three ply wool on cocktail sticks.
- Rolling-pin writing — fasten a pencil to the end of a wooden rolling pin and try writing with it.
- Pushing the 'potato' — make an obstacle course from empty plastic bottles and use a straw to push a bean bag round the course. Players should be timed and points deducted for anyone touching or knocking over the obstacles.
- 'Onion ring' race — use plastic hoops and roll them from one end of the room to



the other using only the palm of the hand.

- Put an empty plastic bottle at one end of the room. At the other put a jug of water and a small tin/plastic bottle top. The aim is to get as much water as possible from the jug to the bottle in a specified time.

- Make a miniature fire with small twigs and try heating a metal thimble or metal bottle top of water over the fire. Use thin wire to make a handle for the container.

Arrietty had never been allowed to go 'upstairs', but after Pod had been seen one day by a boy in the house when he was 'borrowing' a cup, he decided that he ought to teach Arrietty about 'borrowing' just in case anything happened to him. The biggest danger was being 'seen' by a human being while trying to negotiate a difficult climb, such as up the curtains or down the stairs.

OBSTACLE FREEZE

Set up an obstacle course around the room, with objects to be climbed up, down, over or under, with spaces of about ten feet between each obstacle. One person is the 'human being' and stands in the middle, covering her eyes with her hands. The rest are 'Borrowers'.

Each of them holds a cup (preferably paper or plastic) and starts at different points of the course. Every so often the 'human being' uncovers her eyes and calls out 'Stop' and the 'Borrowers' have to stop wherever they are.

Any 'Borrower' in the human being's line of vision who is part-way across a space is out, as is any 'Borrower' seen moving at all at any of the obstacles after the call of 'Stop'. (This does not apply to the 'Borrowers' who cannot be seen by the human, of course.)

One day when out in the garden, Arrietty was seen by the boy and made friends with him. She told him about her uncle and aunt who had had to 'emigrate' when they had been seen, because the

family had got themselves a cat. Arrietty left a letter for her Uncle Hendreary under the hall doormat and the boy delivered it to where her uncle was living, in a burrow two fields away from the house.

MIND THE CAT

All the girls sit in a circle. In the middle is a 'doormat' — a sheet of paper or something similar. One girl is chosen to be 'Arrietty' and goes out of the room. While she is out, a 'cat' is chosen.

Arrietty returns and has to decide where to enter the circle. She has to put an envelope under the 'doormat' and get out of the circle again (by the same way she came in) without being caught by the 'cat'. The cat cannot make a move until Arrietty has put the envelope down. If Arrietty escapes, she can have another go, if

she is caught, the cat becomes the next Arrietty.

The boy found some furniture from a dolls' house and, after pulling up a piece of wood from the kitchen floor, handed the furniture down to the family.

PASS THE FURNITURE

Use either bean bags or balls to represent the 'furniture'. Girls stand in a circle about one metre apart. One starts by throwing the ball to her neighbour, who passes it on to the person next to her.

As soon as possible, the first girl throws a second ball in the same direction, then a third and so on. See how many can be kept going round the circle.

The Borrowers lived in luxury for some time, but then the

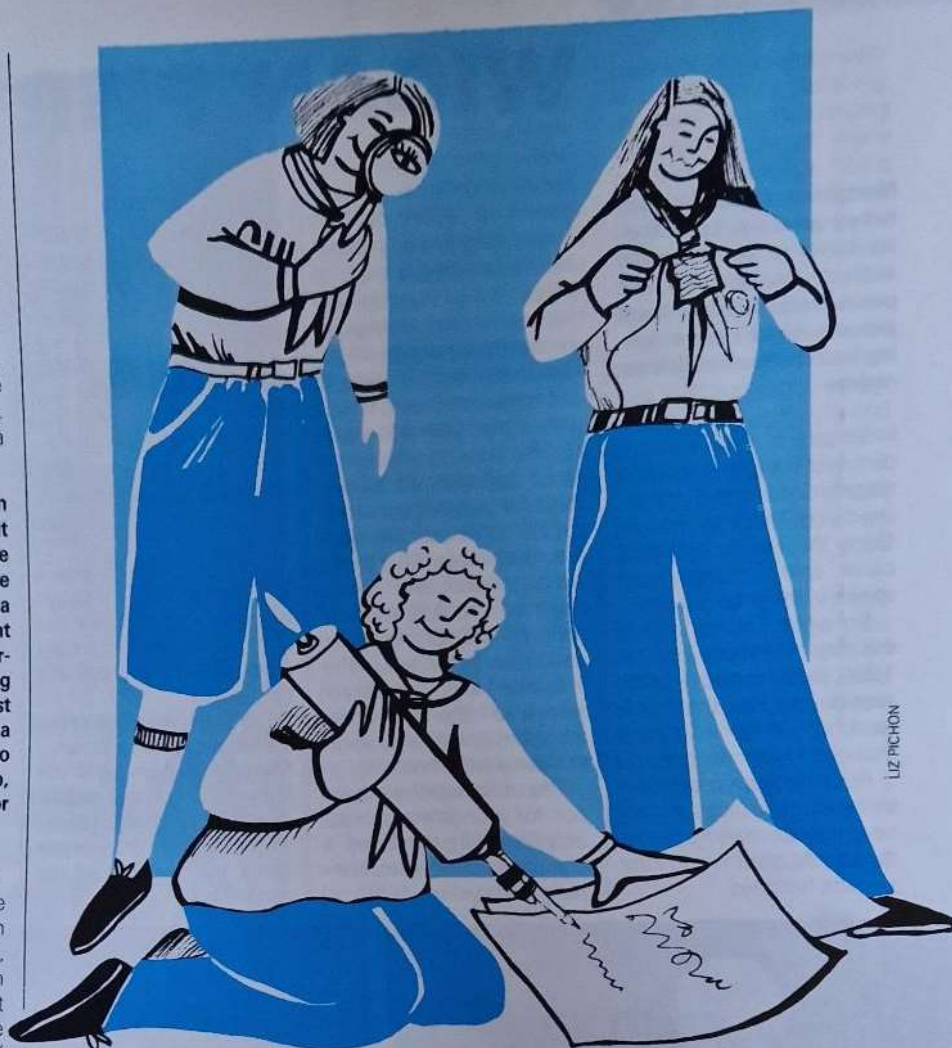
housekeeper found the loose square of wood in the floor. When she pulled it up she saw something move and thought that they had mice. She threatened to bring in the rat-catcher and get a cat. This was when the boy left the house to go home to his family in India. The last thing he did was to remove the grating from one of the underground passages to the garden so that the family could escape — but no one knows what actually happened to them.

END OF THE STORY

In the book, Mrs May surmises what might have happened to the family. But let the Patrols think up their own ending.

PAULINE WAINWRIGHT

The Borrowers by Mary Norton is available as a Puffin paperback, priced £3.99.



LIZ PICHON

WIGAN PIER

Mentioning Wigan Pier used to be a quick way for a stand-up comic to get a seaside audience laughing. Yet few people realise that the original pier was Wigan's way of poking fun at 19th century holiday-makers.

In Wigan, in the 1800s, a pier was simply a landing stage for loading and unloading cargo. There were many along the Leeds/Liverpool canal, serving several coal mines in the area.

So, when Southport built the first 'Pleasure Pier' in 1860, swiftly copied by other seaside resorts, the hard-working Wigan miners thought it was hilarious.

And they soon latched on to the idea of a pleasure pier as a way of making fun of the middle classes and their seaside holidays.

opened in 1986 by the Queen, and is the perfect place for a unit day out.

There's so much to see that you should arrange to arrive at opening time: 10am every day except Fridays, Christmas and Boxing Days.

Your best plan is to make a group booking in advance — £3 per adult, £2.50 per child, for a minimum of 15 people. In fact, all the rates are reasonable: £4.10 per adult, children and senior citizens £3.10. A family ticket costs £11.50 for two adults and two children. The entrance fee covers admission to all the attractions, including unlimited trips on the canal waterbus.

The most exciting exhibition for youngsters is probably *The Way We Were*, a comprehensive display spanning the years 1890 to

the slot machines — no coins required; donkeys; fortune teller, Punch and Judy booth and numerous picture postcards of the era.

There's a static display showing the Boer War as it affected Wigan. And you can wander through the rooms of a recreated two-up, two-down cottage, complete with authentic furniture and plumbing.

Hold young children's hands as you pass through the coal mine to see the miners and pit ponies hard at work, as it's very dark and oppressive.

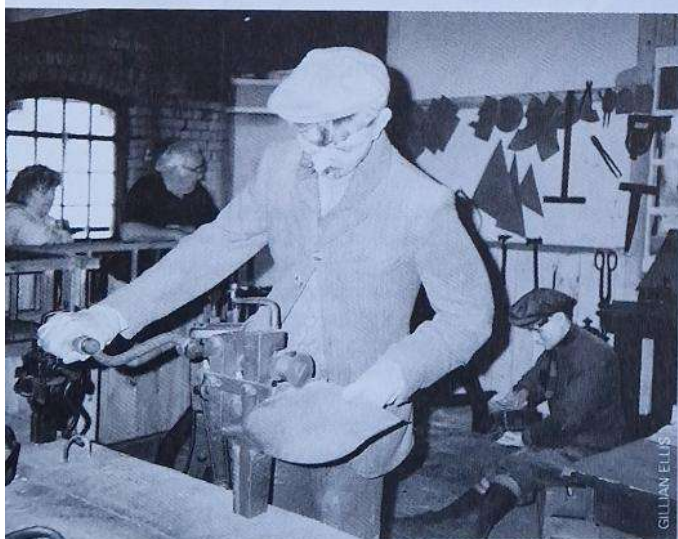
Do watch the video of the 1908 pit disaster at Abram's Maypole Colliery, and the magic lantern show, including real magic lantern slides and a modern programme about the building of the complex.

preparing to attend the crowning of King Edward VII.

A high spot of *The Way We Were* is the schoolroom lesson. Pupils of all ages are told to line up, 'boys' and 'girls' separately, and walk silently into the classroom.

A teacher in full Victorian costume puts the class through its paces in a variety of subjects which are learned by rote, laying stress on the importance to Wigan's economy of coal, cotton and canals — the 'three Cs'. Modern children stare wide-eyed, wondering if school was really like that.

'We are having a very important visitor today,' announces Ma'am, the title by which the tyrant must be addressed at all times. 'Can any boy or girl tell me who it is? No, girl, it is not the Queen,' she adds.



The way we were: life-size models of a tinsmith and his apprentice at work



Sand, sea and a Punch and Judy show as they used to be

Though the original Wigan Pier, a good 15 miles from the sea, was dismantled for scrap in 1929, it's possible to inspect a replica in the Wigan Heritage Centre. The Centre combines the flavour of the early seaside piers with a superb insight into life in Wigan at the turn of the century.

Housed in two restored 1890 warehouses, it is part of a huge development

1914. Wigan working-class life is shown in replica houses, shops, schoolroom, chapel, newspaper office, pub, coal mine and market square.

You can travel to the Pier in an authentic train compartment, looking out over the raised gantry bearing the coal wagons, and the original signals and box.

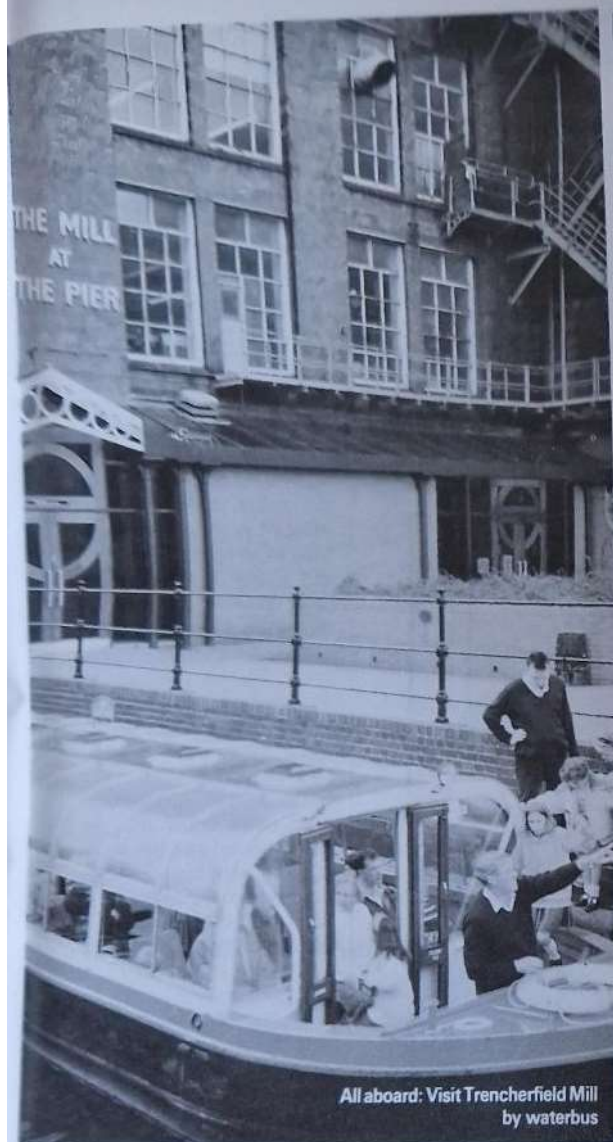
Among the sights at the 'seaside' pier are penny-in-

All around the Centre you'll spot life-size figures going about their daily business. They look so realistic that you instinctively want to speak to them.

You'll see a tinsmith and his apprentice; a clogmaker; rail travellers; pit brow lassies and colliers; market traders and shopkeepers; Boer War soldiers; a wife writing to her soldier husband; even the Mayor and his lady

Any impudence produces an instant and terrifying reaction. 'Are you trying to be funny with me, boy?' Ma'am demanded of one elderly visitor, when *GUIDING* visited the Centre, her finger wagging menacingly a centimetre from his moustache.

The promised VIP is the School Health Inspector. Ma'am therefore inspects each pupil for vermin-free hair and clean, unadorned



All aboard: Visit Trencherfield Mill by waterbus

hands, making a public example of anyone wearing jewellery or, horror of horrors, make-up!

'Stand up, girl!' she rages. 'Show the class your Devils' Paint!' The unfortunate 'girl' trembles visibly trying not to burst into tears... of laughter. It's all good fun and will make your Guides glad they live in the 1990s.

You're sure to meet Ma'am in a different guise as you wander around the Centre, where static exhibits are brought to life by the Wigan Pier Theatre Company, who move among the visitors.

Everyone is encouraged to chat to the collier's family in the cottage, bargain for goods in the market or praise the eager, red-coated volun-

teer who is just off to fight for Queen and country in the Boer War.

From time to time the actors perform short plays, sketches or even music hall shows. Visitors gather round informally and often become the crowd, who are invited to follow the actors around the Centre as the drama unfolds.

Clogging — traditional Lancashire clog dancing — usually creeps into the sketches with the audience providing the music by singing a well-known music hall song such as *Daisy, Daisy*. The relaxed, informal audience participation is one of the Centre's great strengths.

Before you leave The Way We Were, be sure to see the

authentic scale model of the Wigan canal basin as it was in 1900. It's a delicate creation, incorporating warehouses, terraced cottages, railway system, canal and barges, open-topped tram, horses and carts and Wiganers themselves, all going about their daily tasks.

Across the courtyard is an 18th century stone warehouse, now housing the Wigan Pier shop, which sells souvenirs.

Over the wooden footbridge lies Number 1 Wigan Pier, built around 1777. The oldest building on the canal basin, it was known as the Terminal Building because the canal finished at Wigan.

Today it has undercover mooring for three vessels: *Emma* and *Netta*, the waterbuses, and *Kittywake*, a floating classroom, which is maintained by Wigan Education Department.

Trencherfield Mill, the technical part of the Heritage Centre, is just a short walk away along the canal towpath. But it's more fun to take the Dutch-style waterbus, which leaves at 20 minute intervals from The Way We Were.

Perhaps your unit would like to walk there and ride back, as each has its merits.

As you alight from the waterbus, you immediately see two large, open-air exhibits, the *Roland*, a wooden short boat, and the massive indestructible Ventilating Fan, which once cooled the Sutton Manor Colliery at nearby St Helens.

Inside Trencherfield Mill, no one can fail to be awed by the world's largest working mill steam engine still in its original state, with a 26ft flywheel and rope-run.

This impressive 2500 horsepower giant, installed in 1907 to power the entire five-storey mill, was lovingly restored in the early 1980s. It is steamed daily and visitors can walk right around it to watch its operation from a special viewing platform. However, some people may find the noise and heat slightly disconcerting.

In the adjoining hall, an

experienced mill worker demonstrates cotton spinning, another noisy but fascinating experience. Ask as many questions as you like, he's a mine of information. But be sure the unit listens attentively, as he's also an excellent disciplinarian and doesn't care for vocal competition.

At the mill entrance, there's the Wigan Tourist Information Centre and, nearby, you'll find the craft units and garden centre. For refreshment there's the Pantry at the Pier, and plenty of places around the complex where units can picnic in good weather.

Access to the Heritage Centre is easy. Wigan lies near the M6/M58 junction (exit 26) and the M61 (exits 5 or 6) and, once in the town, Wigan Pier is well signposted.

Take your unit there for a day's outing and I guarantee you won't be disappointed.

GILLIAN ELLIS

A demonstration of traditional Lancashire clog dancing



GUIDE GUIDERS

This month's ideas are ideal for Thinking Day, but they can be adapted to suit your programme at any time of the year.

FORTY-MINUTE WORLD TRIP

A popular way of organising an international evening is to set out a variety of activities and encourage the girls to try out a selection. The preparation is also a valuable training opportunity for Young Leaders and Patrol Leaders, as they can help with both planning and running the event.

The activities range from quick activities for girls with short concentration spans, to longer activities for those with more staying power.

Each activity is allocated a points value: low points for quick activities and higher points for longer activities. Ask your Young Leaders and Patrol Leaders whether the Guides should work in Patrols or whether they'd be better working in twos or threes. Adjust the scoring system accordingly. The aim is to enable a Patrol to earn enough points to exchange them for a supper of international snacks.

Time Table

1 Guiders and Patrol Leaders arrive 10-15 minutes early, if possible, to set up the activities.

2 When the rest arrive, explain the layout of the activities. Or have a list of the activities prepared to allow the girls to browse. The list could also be used to record the points they achieve.

3 When the Guides are sure of the structure of the evening, set them off on their various tasks.

Spot the Country

Make a poster of postcards from different countries and ask the Guides to guess where they come from. The cards need to be quite dis-

tinctive and different from one another to give the girls a chance to work out the country depicted. Set a time-limit for discussion and then either 'mark' the results or give the Guides an answer card to assess their own efforts.

Spot the Coins/Stamp

A similar type of activity using foreign coins or stamps.

useful source for this type of activity. This idea can also be used for Guiding topics such as the World Centres, or Guides from other countries, using uniforms, badges and national flags.

Where am I From?

Give the girls a selection of overseas souvenirs or international Guide badges and ask the Guides to identify the country they belong to.

estimate the cost of your fruit selection. This activity can be applied to any selection of foodstuffs.

You might also like to include games which children play in various parts of the world. Here is a suggestion:

Spinning — Japan

A circle about 1.5m or 5ft in diameter is chalked on the floor. One player stands in the centre, folds her arms, grasps her left ear with her right hand and spins round and round clockwise. The other players count how many turns she makes before putting a foot outside the circle. Players compete to achieve the greatest number of turns within the circle.

GET CRAFTY

Some simple international craft ideas could also be incorporated into the evening. There are many suitable examples in Guide Association resources, as well as in other craft books.

The time allocated to these activities really depends on the length of your meeting and the enthusiasm of your Guides. If they tire easily, you will avoid flagging spirits by rewarding their efforts reasonably quickly.

The points gained by a Patrol during the first part of the evening can be swapped for drinks and snacks carrying on the international theme.

The supper snacks can be as simple or ambitious as you can manage, ranging from fruit juice, crisps, popcorn and nuts, to hotdogs, burgers, sandwich selections and so on.

Don't forget to point out that all these goodies have probably made some kind of a journey to reach us in the UK.

Remember to consult all the Association publications dealing with international ideas for further inspiration.

Happy travelling!

CAROL SMYTH



ANNA HANCOCK

Where in the World?

Make up a set of cards giving the names of famous tourist attractions, while on a separate set of cards list the cities in which the attractions are located. Create a third set of cards giving the names of the various countries. The objective is to match up the three sets of cards. The game can be enhanced by simple drawings or pictures of the famous landmarks.

Tourist brochures are a

Be sure to ask your Guides to take care with any items you have borrowed for this activity, particularly Guide memorabilia as this is usually of great sentimental value.

Food from around the World

Provide the Guides with a selection of fruits and ask them to identify their origin. The person buying the fruit should make a note of which country it comes from, usually shown on supermarket shelves and labels.

Then ask the Guides to

MEETING FILLERS

Here are some filler ideas for those odd moments when a gap develops in the programme. We've used equipment most of you probably have in your unit cupboard.

RAINBOWS

Make a Word

Equipment: Card and pen.
Write bold letters on about 20 small squares of card, one letter on each, and scatter them round the room. Call out a three or four letter word. Each group looks for the letters to make up the word and the first to do so wins a point.

Two by Two

Equipment: Plasticine
Tell the Rainbows the story of Noah's Ark, stressing how God put a rainbow in the sky to remind us of His promise that He would never flood the earth again. Then the Rainbows each make a pair of Plasticine animals to go in the Ark.

BROWNIES

Squeeze-Grab

Equipment: Bean-bag.
Girls, holding hands, stand in two long lines, opposite each other. At the top, place a chair with a bean-bag on it and at the bottom a leader stands holding the spare hand of each end girl.

The leader squeezes both hands together, and the squeeze is passed along the line as fast as possible. As soon as the girls at the top of the lines receive the squeeze, they go for the bean-bag. The one who gets it wins a point for her team. The first girls then move to the bottom of their lines for the next turn.

Change Partners

No equipment is needed for this activity. Simply call out a set of circumstances, for instance: shoes the same colour, birthdays in the same month, having a younger sister, a dad with the same first name, choosing the same cereal that morning

for breakfast...

Each Brownie must rush to find someone with whom she shares something. Anyone without a partner after, say, 30 seconds receives a penalty point. Brownies must change partners for each new set of facts called out.

Easy Songs

Brownies can always fill a few spare moments by singing. Try these simple songs. Everyone will know the tunes and can easily learn the words and actions.

If you're happy and you know it, clap your hands (Clap, clap) (repeat)

If you're happy and you know it and you really want to show it (repeat first line). Build up actions of your choice

Heads and shoulders, knees and toes (repeat)

Eyes and ears and mouth and nose (repeat first line).

Girls touch each part of the body as they mention it. The second time though, they don't sing 'heads and shoulders' but mime it only. The third time they mime 'knees and toes', then 'eyes and ears', lastly 'mouth and nose', but continue to touch all the parts of the body rhythmically.

The Grand Old Duke of York

Oh, the Grand Old Duke of York

He had ten thousand men
He marched them up to the top of the hill

And he marched them down again

And when they were up, they were up

And when they were down, they were down

And when they were only half way up,

They were neither up nor down.

The difference in this version is that girls put thumbs up each time the word 'up' occurs, and down for 'down'.

Sing the song once through completely. The second time, don't sing the word 'up', and the third time omit 'down'. The last time through, don't sing either 'up' or 'down', just make the thumb movements instead.

GUIDES

Old Masters

Equipment: Paper, felt-tipped pens and a coloured picture.

The leader describes a concealed picture in minute detail and Guides follow her instructions to reproduce it. Afterwards, the masterpieces are compared with the original picture.

Knot So Easy!

Equipment: String

Give each Guide a 60cm length of string. Challenge everyone to hold one end in each hand and tie a knot without letting go of either end at any time.

Here's how it's done. The string must be picked up at the outset by folding arms across the chest so that one wrist points down under the

arm and the other up over the arm. Lean forward and pick up the string, then uncross your arms. Behold, a knot!

Terrible Twins

No equipment is needed for this puzzle word game.

Players in this game must take turns to 'have a go', even though they don't at first know what it's all about. Players must work out for themselves what's going on.

The leader says 'Tommy and Timmy the Terrible Twinnies like... greens but not turnips; carrots but not swedes; boots but not shoes; mittens but not gloves; books but not comics; tennis but not badminton; football but not rugby...

Everyone has a turn, and the leader tells them whether or not they are right about the Terrible Twinnies' likes and dislikes. Eventually players will work out that the Twinnies only like things whose names contain double letters.

GILLIAN ELLIS



COPING WITH

BUILDING RELATIONSHIPS

Do you sometimes wish that you could get on better with people? Have you ever wondered how well you get on with other Guiders in the District and, even more importantly, with the girls in the unit? You need good relationships with the girls and your colleagues but to build good relationships you need certain skills. These social skills are not difficult to learn, all you need is practice and patience.

BODY LANGUAGE

Your attitude to yourself affects how you get on with others. If your self-esteem is low, you may find it difficult to mix with people, whatever their age.

When your self-esteem is low, your body language gives you away. Your mouth can say one thing, while your body betrays your true feelings. If you tap your foot while someone is talking to you, you will appear to be impatient even if you say you are not in a hurry.

The key to good self-esteem is to overcome private fears and accept yourself as you are and be less critical of yourself. To overcome your fears, you must face up to whatever it is that worries you. If you are concerned about being embarrassed in groups, banish the fear by going out and meeting more people. The more you mingle, the easier it becomes.

Next, change your attitude. Successful people look for good in others, even in people they don't like. They accept the other person's right to have a different point of view, and look forward to exchanging opinions. They don't let themselves be browbeaten.

You also need to develop trust. When you trust someone you risk being betrayed or made to look silly. Yet only by trusting someone can you share your feelings with them, and develop a meaningful relationship.

Sharing your feelings is

not an easy thing to do and it has to be done in the right way. Let's imagine, for instance, that you are District Commissioner and one of your Unit Guiders is always late with her paperwork. If you tell the culprit angrily: 'Why can't you be like Mrs X, she always gets her forms in long before the closing date,' the Guider will end up resenting you and Mrs X.

If you sympathise and say something like 'I know how busy you are but I wouldn't like your girls to miss out on a special occasion, can I help?', she'll probably mend her ways.

Being a good listener is vital if you want to get along with other people. You may *think* you're good at listening, but do you really listen, or are you thinking of something else while you wait for a chance to speak? Real listening is taking an interest in what the other person is telling you and good listeners are always popular.

Assure the other person that she has all your attention by adopting a 'listening' body posture. Lean forward, tilt your head to one side and concentrate on what is said. If you feel the urge to interrupt, don't. Not only is it bad manners, but it also makes the other person feel resentful. And your aim is to get on with your associates and colleagues.

However, no one gets on with everybody all the time and you are likely to find yourself in difficult situations on occasions. Arguments can blow up suddenly, causing bad feeling.

ON THE ROCKS

If you see an argument developing, stop talking — take a deep breath and try to relax. Then, calmly, suggest that you won't get anywhere by arguing. Point out that it would be better if you both had time to calm down before discussing the matter.

Compromise solves most

differences. Arguments usually come about when two different points of view clash head on. Resolving differences is the key to soothing tempers.

First you must recognise you have a problem that needs to be solved. And then, when the situation has calmed down, find your compromise solution. The important thing to remember is to keep an open mind and value the other person's views and ideas.

For example, say one of your Guides has a project she'd like to see put into practice, but the project is too expensive to carry out immediately. The way to deal with this is to explain that you can't afford to do it now and suggest that you either look at ways of raising the money needed or devise a scaled-down version you can afford. By combining some of your ideas and

some of hers you can reach an acceptable compromise.

If you are dealing with people you don't like, try to avoid an argument by finding something you have in common. Then build on it. You may discover the person you thought you didn't like isn't so bad after all.

Difficulties will surface if someone breaks your trust. You will feel exposed and hurt, but try to look at why your trust was broken. Was the other person bullied into passing on your secrets or was she being deliberately nasty? Try to be fair to the person you feel has let you down and give her another chance, if you feel she genuinely regrets what has happened.

Some people will try to dominate the conversation, bulldozing through decisions you are not happy with and would not want to put into action. If you find yourself in



COPING WITH

this situation make your feelings clear. Say that you aren't happy with the situation and make sure your actions back up your words. For instance, don't object to a decision and then do it anyway because it is the easy way out. Say 'No' and mean it.

FORGING AHEAD

Once you have gone to the trouble of building a relationship with another person it is important to maintain it. Relationships are like plants, if you look after them they grow stronger, but if you neglect them they die.

One of the most important

ways of keeping a relationship alive is to be there for the other person when she needs you.

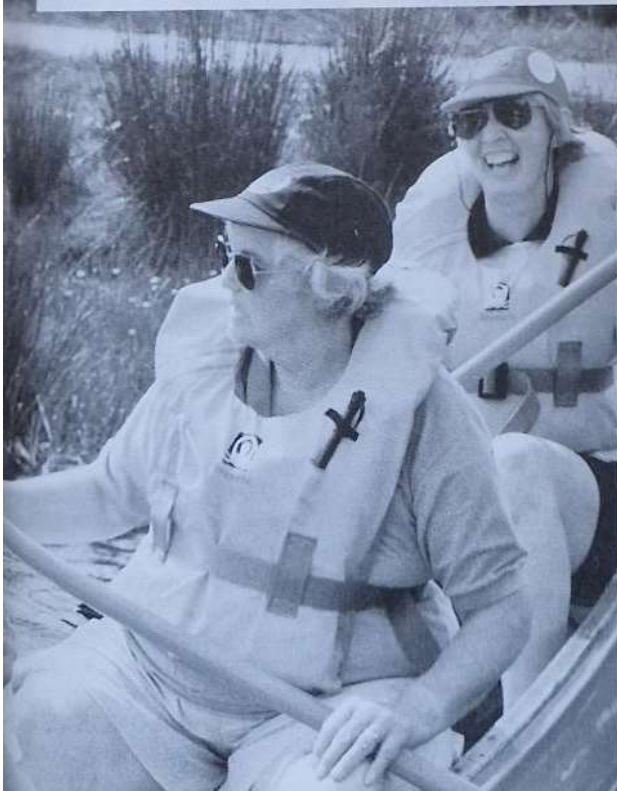
Supporting someone during a personal crisis is a perfect bonding opportunity. People need to lean on their friends and colleagues at different times — when there

to help her. Don't be judgmental — the essence of understanding someone is to realise that nobody's perfect and to accept that everyone, including yourself, has failings.

By being open and honest in your relationships, you are building a strong found-

Building good relationships requires certain social skills which are not difficult to learn

THE GUIDY ASSOCIATION



is a death in the family or handling the disappointment over failing an exam. Giving support isn't always easy but it is vital and people appreciate it deeply, even if they don't always say so.

But you shouldn't be over indulgent. Some people will become dependent on your support, if they think they can get away with it, and it may be kinder to force the other person to get on with her life unaided.

Being able to empathise is important when you support someone. If you have gone through the same situation yourself, share your experiences because you are in an ideal position to help her cope.

If you haven't, let the person in trauma talk to you about her feelings and you will get a better idea of how

is a death in the family or handling the disappointment over failing an exam. Giving support isn't always easy but it is vital and people appreciate it deeply, even if they don't always say so.

A thorny dilemma everyone faces at some time is whether or not to tell a lie to save another person pain. There is no easy answer to this. It is one of those questions only you can answer by taking all the circumstances into account.

Once a relationship has been formed, keep in touch. If a friend gets married or changes job use this new experience to deepen your relationship. As you grow older you and your friends will constantly grow and change and your relationships will become richer and more interesting.

SARA EDLINGTON 43

RANGER GUIDERS

This month we focus on the Sport and Fit for Life and Service in the Community octants contained in the Look Wider File.

OVERLAPPING

One of the exciting aspects of the programme is that many octants overlap and a new activity from one octant may lead Rangers into a different octant.

One activity can belong in two or three different octants. Some sports covered in the Out of Doors octant are also

lifting. Getting fit doesn't necessarily mean taking up a recognised sport or spending enormous sums of money on classes.

Page five of the Sport and Fit for Life octant gives lots of ideas that are all inexpensive and can be undertaken whenever suitable. Challenge the Rangers to ignore the lift and use the stairs for at least one month. Suggest they walk two stops before they catch the bus every day, or walk or cycle to school, college or work for a month.

down into two elements — Preparing to help by learning skills such as first aid, and helping others through long-term service projects as part of an organised body or as an individual.

How many Rangers know about the St John Ambulance baby-sitting course or the British Red Cross's *Basics of Baby-sitting*? These courses teach new skills and can also be used to help others. Perhaps there is a single parents' group near you whose members

a banana for a walk or held a rainbow market? Or have they staged a zany sandwich fillings competition, or organised a teddy bears' picnic? All these ideas are fun and can be used to raise funds. There are many more ideas on page five of this octant.

PLAN AHEAD

Action Plan: Before undertaking any form of practical service or training, you are advised to follow an action plan. The Rangers should first gather the information and then decide who needs



FRAN WHITESIDE

in Sport and Fit for Life.

The choice belongs to the Rangers. The key feature of this new programme is that it is an individual programme for individual women.

● Sport and Fit for Life: Playing sport is just one way of getting fit for life. Overall fitness depends on health and diet. This octant encompasses sport, health, diet, body image, sexuality and many other issues, which all play their part in being Fit for Life.

Every sport imaginable is included in this octant, from aqua-aerobics, jazz dance and martial arts to weight-

Living in the 1990s places many different pressures on young people and the Fit for Life section of this octant addresses a lot of the issues which face Rangers.

Drug and alcohol abuse is growing at an alarming rate throughout the country and information on these issues, together with eating disorders and AIDS, is contained in this octant.

It can be useful to gather informally and consider these issues.

HELP ON OFFER

● Service in the Community: This octant can be broken

would be delighted to accept an offer to baby-sit.

There are now many carers in the community and this is an area Rangers could investigate to see if they can help. An hour or two of free time could make an enormous difference to a carer. The resource section of Service in the Community gives names and addresses of groups who might be willing to enter into a joint venture.

Service in the Community may include fund raising for a recognised charity and this can be great fun as well as being very worthwhile. Have your Rangers ever taken

help, what assistance is needed and how the Rangers can provide it.

Once the planning has been undertaken, all that needs to be done is to put the plans into action. The How to Look Wider section of the file gives hints and information on planning.

Whether a girl is tackling Phase 1, 2 or 3 of these octants, the challenge remains unchanged. It should be fun, it should be the Ranger's own choice and it should fit into the individual Ranger's lifestyle.

BARBARA O'DONNELL
Association Ranger Adviser

YOUNG LEADERS

By now you should have had a chance to look at the new opportunities available to you as a Young Leader within Look Wider. There is something for everyone in the programme, whether you prefer working alone or with others, and if you have decided to follow one of the leadership schemes, or not.

BALANCE

One of the Five Essentials of Guiding — the approach which makes Guiding different from most other youth organisations — is that Guides have a balanced and varied programme.

The Eight Points covered in the Rainbow, Brownie and Guide sections are part of the programme structure. And, as a Young Leader, you know how important it is when planning your unit meetings to ensure that the activities over a period of time are varied, without over-emphasising any one of the Eight Points.

In Look Wider, of course, there are what are known as octants, and it is just as important for you to have a balanced range of opportunities. As a Young Leader you may be specialising in the leadership octant, but how about looking at ways that you can take part in the rest of the programme?

It may be that your time is limited and that you cannot give more than one evening a week to Guiding. Take a look at what you are already doing with your unit. Are any of the Brownies or Guides in your unit taking one of the staged badges? Anyone doing a staged badge chooses the stage most appropriate to their experience, so you could do the same badge, at the same level, if you wish.

Maybe you have arranged for someone to visit the unit and teach the girls the skills necessary for a particular badge. Why not try it yourself, even if you will find the

activity difficult?

You will not only extend your knowledge, but could boost the confidence of a girl who may also find the activity tough going.

Alternatively, see if you could tackle stages three or four of a badge, and use the skills gained to introduce some of the girls in your unit

use it for one of your three 'taster' activities in phase one of an octant?

If you have tried the activity before, you could pursue it further. You may find that it will fit into phase two, or even phase three, of one of the octants.

If you work with Guides, how about linking up with

form of service, see if it will fit into your Look Wider programme.

NEW SKILLS

You don't only have to look at the things you do within Guiding. Do you belong to other clubs or organisations? Do you have a hobby, such as walking, needlework, music, amateur dramatics or dancing? Are you learning to drive, swim or use a word processor? Are you improving your skills or trying new interests? All of these could fit your individual Look Wider programme. The important thing is that you are challenging yourself and having fun.

Look Wider is all about *you* — deciding what *you* want to do, where *you* want to go, working out how *you* are going to achieve this and checking *your* progress along the way.

Even if you live in a really isolated area, you are not expected to work through the Look Wider programme on your own. You should already know your Young Leader Guider. It is important that you talk over what you intend to do with her and other members of your Young Leader group.

Whatever activity you undertake, you choose the person or group of people who will give you help, support and encouragement. This is your support group, and could include your Young Leader Guider, and other Young Leaders, or it could be your sports instructors, youth club leaders, or anyone with specialist knowledge.

Don't forget to record your activities in your *Look Wider Record Book* and, before you know it, you could have gained an octant certificate or even be halfway through The Chief Commissioner's challenges. Have fun Looking Wider!

SHEENA BOOTH

Young Leader Adviser 45



to the subject, enabling them to take the badge at a different level.

The syllabuses for staged badges can be found in the Brownie and Guide badge books and the *Look Wider File*. Syllabuses for several badges not in the current badge books are now available from CHO.

HAVE A GO

What about the other things you do as a Young Leader? Perhaps your unit is planning to go ice skating, canoeing or abseiling. If it is an activity you have not tried before, why not have a go too and

your local Ranger Unit? Perhaps you could arrange joint activities, introducing older Guides to Look Wider at the same time.

Are you taking part in the Duke of Edinburgh's Award? What are you doing for the skill section? Will it fit into the Creativity octant or, perhaps, the Independent Living octant? What about physical recreation? Would your chosen activity fit in Sport and Fit for Life or maybe the Out of Doors octant?

You may be using your work as a Young Leader for the Service section but, if you are doing some other

THE BROWNIE PROMISE

Here's the latest in our bi-monthly series on the Promise. This month we bring you games and activities to help you explain the meaning of a promise to Brownies.

'I promise that I will do my best to love my God, to serve the Queen and my country, to help other people and to keep the Brownie Guide Law.'

Brownies may have already experienced feeling let down when a promise made to them has been broken.

Write an example of a broken promise for each Six. For example, 'Mary promised to put her bicycle away in the shed, she didn't and it has been stolen'.

Discuss with them the consequences of broken promises and see if they can give other examples.

THREEFOLD PROMISE

Show the Brownies how to make a triptych in the shape of a Trefoil from card (see Fig 1).

By unfolding the triptych, they can see how the Promise is made up of three parts.

DO MY BEST

Organise a competitive game played on an individual basis, in order to achieve a specific goal. Everyone does her best to reach the target. Not everyone succeeds — but it gets easier with practice. Explain that this is the same with the Promise.

LOVE MY GOD

Give each Brownie a piece of paper on which she writes something she likes. The Guider collects them in a hat and pulls them out one by one, saying, 'Guess who likes...'. At the end the Brownies will have learned that they don't know everything about each other. Tell them that God does know everything about them and loves them, even when they are

naughty. That's why we do our best to love God.

Tell the tale of Pushmi Pullmi from *The Story of Doctor Dolittle* by Hugh Lofting. This will help them grasp the meaning of commitment. It's published by Red Fox Childrens Books priced £4.99. See if your local library has a copy.

SERVE THE QUEEN AND MY COUNTRY

At Brownie age, girls are starting to realise they belong to a country and have a nationality. Help them understand this with a game.

Give each girl a name of a county in the UK. Mark each corner of the meeting place with either Scotland, England, Wales or Ulster.

Call out the county names and each girl has to run to the country that has her county in it. Highlight these names on a large map of the United Kingdom.

Make a collage of pictures of the Queen visiting various parts of the British Isles. Explain to the Brownies that the Queen usually visits to thank people for the service to the community which is done on her behalf. Whenever the Brownies are giving

service in their area they are doing it for the Queen.

HELP OTHER PEOPLE AND KEEP THE BROWNIE GUIDE LAW

Divide the letters of the alphabet between the Sixes and ask them to come up with adjectives beginning with the letters they have been given. For example, A—active, B—beautiful... as many for each letter as they can, as long as they are positive. Don't accept G—grumpy... or similar.

Then come together as a Pack and get each Six to apply the adjectives to Brownies who are not in their Six. For example, D for dainty Diana. It isn't necessary to match the letter to the name, the idea is to get each Brownie to feel valued for something positive in her character. Help the Brownies to understand that by looking for the positive in others we are helping them.

SHARING THE LOAD HELPS

This is a game to explain that helping each other can mean carrying one another's burdens.

You need two tables and two identical sets of objects to match the numbers in each of two teams. For instance six in team plus six objects on each table.

Teams go to opposite ends of the room and on the command 'Go' the first member of the team runs to the table and carries back an object to the second player in her team.

Keeping hold of the first object, the second player runs to the table and collects a second item and hands it to the next team member and so on until the last member of the team is carrying all the objects at once. She wins the game by being first back to base.

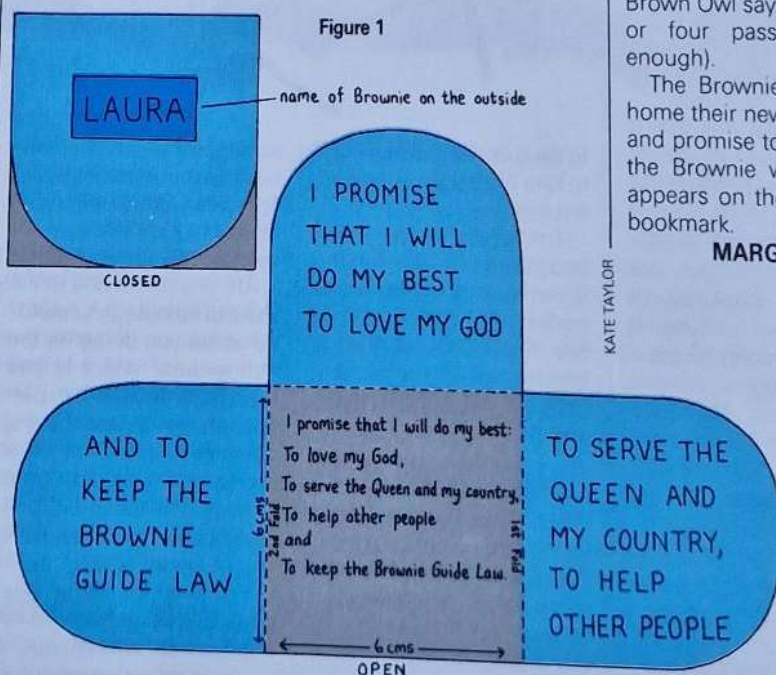
Dropped items should be picked up where they drop. It is sensible to put the smaller Brownies at the front, which means they will have less to carry.

THINKING OF OTHERS

Each Brownie makes a simple bookmark and writes her name on it. At the end of the meeting just before Brownie Bells, the bookmarks are passed around the ring in a clockwise direction until Brown Owl says stop (three or four passes will be enough).

The Brownies then take home their new bookmarks and promise to think about the Brownie whose name appears on their particular bookmark.

MARGARET HIRST



TRAINING DIARY

HIGHLIGHTS

NEW GUIDERS — COMMISSIONERS

FOXLEASE

May 5-7

We look forward to meeting new Guiders and their Commissioners for this opportunity to explore the Guide Leadership Scheme. There will be joint sessions looking at:

- Practical promise-keeping and the Five Essentials of Guiding.
- Communications and resources of all sorts.
- Looking wider at international aspects and the history of Guiding.
- Money matters.

New Guiders —

We will be happy to see new Guiders from any section — even those that haven't started with a unit yet. Learn the practical aspects of running a unit:

- Planning your programme.
- Using your handbook.
- Making good use of games.
- Meetings with a theme.
- Instant ideas for awkward moments.

Commissioners —

- Leading the team with TLC.
- Making the Leadership Scheme work well.
- Coping with problems and people.

We will give you time to try crafts or



outdoor activities, and a chance to explore Foxlease. If you want other things included in the programme put them on your application form and we will try to oblige.

You are also welcome to stay an extra day on the Monday if you wish, as this is now a Bank Holiday.

Please note:

Commissioners — you don't have to bring new Guiders.

New Guiders — you will be welcome with or without your Commissioners.

If you can't make it to Foxlease, Waddow is running a similar training from June 30 to July 2.

THE PROMISE IN ACTION

FOXLEASE

May 12-14

Why is it that trainings on the Promise tend to fill Guiders — trainees and

Trainers alike — with trepidation rather than keen anticipation? It seems Promise trainings are expected to be 'heavy' and threatening. This weekend training is guaranteed to be neither solemn nor threatening.

It will consider what the Promise means, but concentrate on putting the Promise into practice. Much of what the girls in our units learn about the Promise comes not from what we say to them but from the example we set. We need to ensure that we are not giving them conflicting messages.

We will explore the Promise from an adult viewpoint and then look at practical ways of making it real and relevant to the girls.

Girls of today are girls of action rather than of words so, if Guiding's Promise is to mean anything to them at all, it must be a Promise in Action.

EASTER EGGSTRAVAGANZA

FOXLEASE

April 13-17

An event for Guiders together with their Guides, with lots of activity and some training for Guiders.

PROGRAMME IDEAS FOR RAINBOW, BROWNIE AND GUIDE GUIDERS

FOXLEASE

April 21-23

A weekend packed with programme ideas for use with your unit.

EFFECTIVE P & T COMMITTEES

WADDOW

March 10-12

This course concentrates on the P & T function in your area and enables you to create a more effective function.

COMMISSIONERS' TRAINING

BRONEIRION

March 31-April 2

An action-packed weekend to help all Commissioners develop their personal effectiveness in the role. Topics will include: Taking decisions, setting priorities, handling 'problem' people and listening skills.

QUIET WEEKEND IN THE COUNTRY

HAUTOBOIS

May 5-8

This non-uniform event is open to adults in the Movement and their partners. It will look at Norfolk and Norwich through the artist's eye. All outings and activities are optional.

THE HEART OF THE MATTER

NETHERURD

March 31-April 2

How our Promise serves us and the girls we work with today. It will also include getting the best from spirited children.

STANDARD FIRST AID/ FIRST AID AT WORK COURSE

FOXLEASE

May 5-8

TRAINING ISSUES FOR ALL

WADDOW

March 10-12

Whether you train with a big 'T' or a little 't', there will be something for you this weekend as we examine and experiment with some of the methods and ideas to be found in the forthcoming *Training Manual 1994*.

PAINTING AND SKETCHING

HAUTOBOIS

May 5-11

Sheila Hunt will again assist those who would like to sketch and paint the Norfolk scene.

WALKING HOLIDAY

BRONEIRION

July 29-August 5

The highlight of the Walking Holiday 1995 will be the opportunity to walk the first half of Glyndwr's Way from Knighton to near Aberhosan. There

TRAINING DIARY

will be an opportunity to complete the walk to Welshpool in 1996. We will walk about 12 miles a day, returning to Broneirion in the evening. There will be other hill walks, organised by a leader, available each day. These will be arranged to suit the walking skills of the group, and can include local places of interest. These are likely to be between six and ten miles. All welcome.

IT CAN ALL BE DONE OUTSIDE AND ALL CAN HAVE FUN

NETHERURD
April 7-9

Working towards holding outdoor unit meetings.

TRAINING IN THE RAINBOW SECTION

FOXLEASE
May 12-14

An opportunity for anyone involved in the training and support of Rainbow Guiders, to share ideas, initiatives and concerns with others and return with fresh enthusiasm.

BUILDING YOUR CONFIDENCE

WADDOW
10-12 March

These trainings will help all Guiders meet challenging situations. You will have the chance to learn from others, gaining confidence as you explore questions of leadership and understand the needs of the different age groups more clearly.

USING THE BROWNIE HANDBOOK

WADDOW
March 10-12

An extra opportunity, due to popular demand, to explore the new *Brownie Handbook*.

EASTER EGGSTRAVAGANZA

WADDOW
April 13-17

A fun weekend for Guides with a programme of exciting activities, for example, archery, dry skiing, craft,

wide games, mountain bikes, music and dance. Accommodation is in the main hall. As there are only 56 beds, apply early and avoid disappointment. Information and prices available from the Secretary.

HOW TO REMAIN SANE AND STILL BE A UNIT GUIDER

FOXLEASE
May 12-14

For Guiders who want to put some PEP into their programme: Games in Guiding, People in Guiding, The ABC of Guiding, My future in Guiding.

THEME MEETINGS FOR RAINBOW AND BROWNIE GUIDERS

WADDOW
April 21-23

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.

THE PROMISE IN ACTION

FOXLEASE
May 12-14

Explore the Promise and its relevance to Guiding and to life. Go from the weekend with confidence in your ability to provide a Promise-centred programme for the girls in your unit.

CHEAP AND CHEERFUL IDEAS FOR GUIDE AND SENIOR SECTION GUIDERS

FOXLEASE
May 19-21
WADDOW
June 2-4

Spend a weekend discovering imaginative, inexpensive ideas for your units, all within a balanced and varied programme. It's fun and well within everyone's budget.

WALKING IN THE NEW FOREST

FOXLEASE
May 26-30

Walks of differing lengths taken at a

leisurely pace with an emphasis on walking for pleasure, and an opportunity to develop route planning and navigation skills. Family or friends are welcome to join you.

HOLIDAY PERIOD

WADDOW
May 26-31

During this time families, Guiders with Guides/Rangers and Trefoil Guild members may use Waddow as a holiday base to explore the area.

LIFE SAVING COURSE

FOXLEASE
12-14 May

Training in land and water-based rescue techniques, dealing with unconscious casualties, pool safety, first aid and CPR. This course leads to a basic pool lifesaving award.

FAMILY WALKING INCLUDING WALKING SAFELY TRAINING

WADDOW
May 26-31

Come on your own, with a friend or with the family. Your family can join the Walking Safely training, take part in the walks or do their own thing. Stay for the whole period or just the weekend.

For full details of future trainings, send a sae to the Manager of the appropriate centre. Applications to attend any of the trainings mentioned must be sent to the Manager at Foxlease or Waddow, enclosing a £15 deposit and sae. Cheques should be made payable to The Guide Association.

STOP PRESS!

WEEKEND VACANCIES AT WADDOW

There are vacancies at Waddow in the Main House on the following dates in 1995: April 28-30, October 6-8 and December 1-3. Any group, any number, all welcome. Contact Margaret Firth urgently for details.

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.

HAUTOIS
Great Hautois Road,
Coltishall, Norwich, Norfolk
NR12 7JN.
Tel: 0603 737357.

NETHERURD
Blyth Bridge, West Linton,
Peebleshire EH46 7AQ.
Tel: 0968 682208.
Fax: 0968 682371.

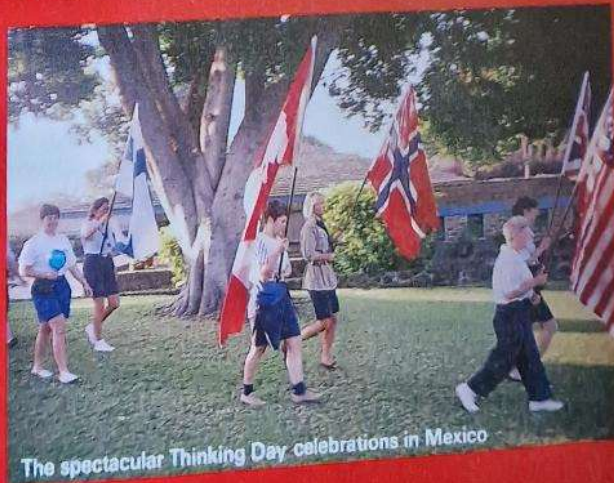
BRONEIRION
Llandinam, Powys,
Wales SY17 5DE.
Tel: 0686 688204.
Fax: 0686 688098.

BLACKLAND FARM
Grinstead Lane,
East Grinstead, West Sussex
RH19 4HP.
Tel: 0342 810493 or
0860 393026.
Fax: 0342 811206.

Sherrilyn and friend Liz
admire the array of
colourful flowers
on sale in Mexico



COLOURFUL MEXICO



The spectacular Thinking Day celebrations in Mexico

Guider Sherrilyn Bateman looks back on the
colourful Thinking Day celebrations she took part
in last year during a spectacular trip to Mexico.

ONE WORLD

Grunts and snappers, jacks and groupers — Guider Sherrilyn Bateman has brushed fins, as you might say, with them all, while swimming with moray eels and fish as big as herself, 68ft beneath the waves, off Mexico.

But that was in the run-up to Thinking Day '94, at Our Cabana. This year, as Sherrilyn prepares for Thinking Day at Belsize Park, London, instead of Cuernavaca, Mexico, things may not be, well, quite so exciting.

So the programme at Pax Lodge had better be good! Even so, Sherrilyn will, inevitably, have something else on her mind: where to spend Thinking Day '96.

Sherrilyn, a Guide Guider from Aylesbury, Buckinghamshire, ponders the problem, while re-living some magic moments of last year.

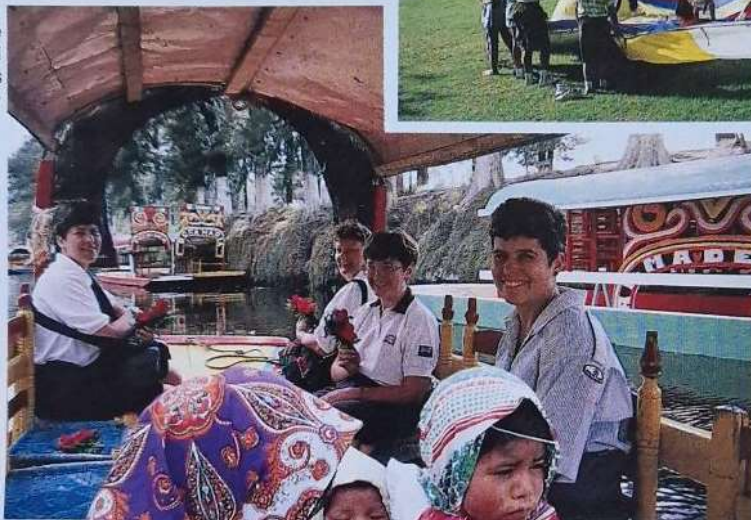
There's nothing quite like spending Thinking Day at a World Centre. I should know — I spent Thinking Day in

India at Sangam in '91, I was at Our Chalet in Switzerland the following year and at Our Cabana, last year.

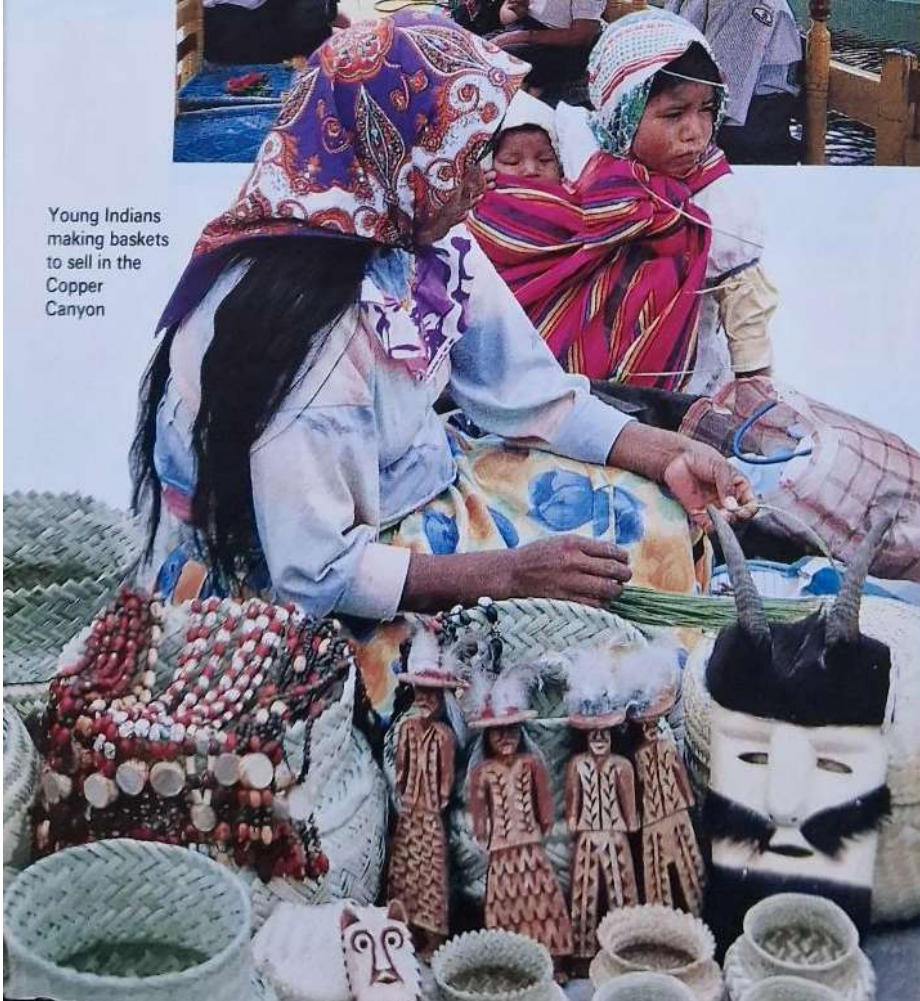
The atmosphere was completely different at each one but all of them were delightful in their own way.

Going to a World Centre for Thinking

Sherrilyn and friends admire the wonderful floating gardens in Mexico City



Young Indians making baskets to sell in the Copper Canyon



Fun and games Mexican Brownies celebrate Thinking Day

Day has become one of my nicer habits but, after Pax Lodge, I shall have run out of them and will have to settle for "repeats".

Unless... but more of that later. Meanwhile, I still treasure my memories of last year, in Mexico.

We stopped off on the way for a few days on Cozumel, a warm, humid island, 30 miles by eight, on the very edge of the Caribbean, to the north east of Mexico. The beach was beautiful, deserted and safe, and we went in for a swim straight away. As soon as we'd left the water, we were dry.

The following day I left my friend Christine Lodge sunbathing while I went for a beach resort diving course. I learned how to clear my mask underwater — with my contact lenses still in — and to swap and share regulators with a partner.

Then I was off, I was a little scared but I went down to 21ft for 40 minutes at Paradise Reef.

I saw a shipwreck, other divers and a stunning array of fish — blue hamelt, yellowtail snapper, spotfin, butterfly fish and large spotted parrot fish, which were iridescent and glowed in various colours.

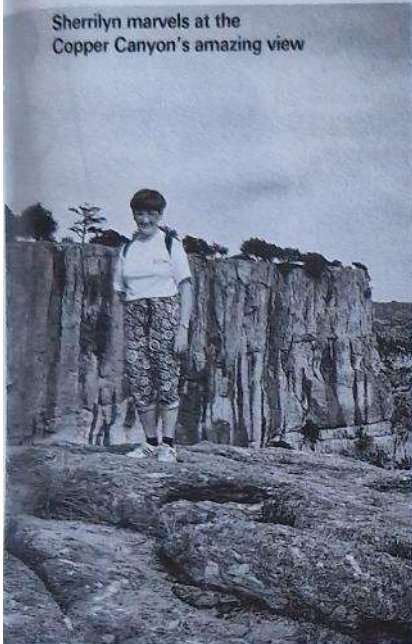
The rest of the day was spent lazing on the beach, sizzling in the sun and swimming around with the fish. Then we went into "town" to watch the nightly parade, due to start at 5pm. But we were on Mexican time, so it started two and a quarter hours later!

Next morning I enrolled for a second resort course. Darwin, my instructor, took me to Ceiba Reef. I had another little panic but Darwin calmed me down without us going back up to the surface. This dive lasted 40 minutes and we went down to 25ft.

On the fourth day I went with a

group of qualified divers and two instructors to Palancar Reef. This time, no diving nerves — straight down to 68ft! During this 48-minute dive I saw magnificent sights: lobsters, redfire sponge, common sea fan, giant brain coral, blue angelfish, queen angel-fish, various grunts and snappers, jacks and groupers. We swam with moray and several fish as big as me.

Sherrilyn marvels at the Copper Canyon's amazing view



The beautiful colours, with the sun shining on the fish, the clearness of the water, the movement of the plant life, the gentle nibbling of the fish on your skin — a wonderful experience which no words can fully describe. You just have to do it.

With that under my diving belt, we flew from Cozumel to Mexico City. At the airport our booked transport for Cuernavaca, an hour away, never arrived. We took a taxi to the coach station, got bitten almost to death by the mozzies, then caught a coach to our destination.

The Thinking Day group at Our Cabãna was quite small — six from the US, two from Canada, one from Norway and the two of us from the UK, so we soon got to know each other.

Christine's "Patrol" performed colours, raising the World flag. Later, we took part in a treasure hunt around Cuernavaca. We got totally lost but we knew from the clues that we should end up at an ice cream parlour.

Using my very basic Spanish I asked for directions and, to our delight, arrived at the finishing point to scoff some delicious ice creams!

We visited the local pyramids and attended a mass in Spanish at an open air church.

On a long trip to Angangao, in an ex-school bus, we went via Toluca, where we visited the botanical gardens, housed in a building which looked like an old English railway station, with stained glass windows. With the sun shining through them, it was a beautiful and relaxing place.

We spent the rest of the afternoon travelling in the old bus and the worst part of the journey was knowing that we had to go all the way back to Our Cabãna in the same bus the next day!

At Angangao we stayed at the only hotel. There was no drinking water and no single beds. That evening I showed my slides of Aylesbury, including a shot of my desk at work, which I was not missing at all.

But we had come to see the spectacular monarch butterflies, with their black and orange wings that have a span of about four inches.

We didn't sleep very well that night. It wasn't due to excitement but to a picture of the Madonna surrounded by flashing lights. It was right outside our window and the lights flashed all night long!

In the morning we boarded a cattle truck — our transport up the mountain towards the butterflies. It had been only slightly mucked-out so, for about an hour, we stood, clinging to the sides of the truck. When it could go no further, we walked higher up the mountain.

It was still cool when we reached the "butterfly line" and the myriads of monarchs were hanging on the pines, weighing down the branches like huge clumps of fungi.

As we walked it warmed up, and the butterflies gradually began to open their wings and fly — 200 million of them, turning the whole area from black to orange.

Back at Our Cabãna for Thinking Day our Patrol ran colours. When the flag was broken there was a cascade of paper butterflies — monarchs, of course!

We marched with all the flags of nations staying at the World Centre and sang the World Song. Then came the two-minute pause, when we thought of friends and the other World Centres.

That afternoon the local Brownies and Guides joined us for games and songs and we gave them badges from home.

After Thinking Day we were on the move again, starting with a dusty two-hour bus ride to visit Taxco, the silver town, with its ancient silver mines and almost every shop selling silver jewellery.

In Mexico City we stayed at Ticalli, the Mexican Guide house, and visited

the famous floating gardens and the shrine of Guadalupe, where many pilgrims from all over the world climb the hill on their knees. We also went to the president's palace, the cathedral and the Latin America tower, from where we enjoyed great views of the vast city.

At Tula we visited the pyramids of the Sun and Moon and, the following day, took a plane hop to Los Mochis, in the North West, where we had a much-needed rest. All we did in Los Mochis was walk, eat and sleep!

From Los Mochis we made the train trip of a lifetime — on the line to Chihuahua. The line has the longest bridge, the highest bridge and the longest tunnel in the world, and a tunnel which turns around and around on itself, like a corkscrew, within a mountain.

We travelled to Barrancas del Cobre — the Copper Canyon in the Sierra Madre range — and stayed for two nights at Divisadero. The canyon is really five canyons which, if joined together, would be larger than the Grand Canyon. But they are less well-known and travellers can only get there by train.

Our rooms, on the very edge of the canyon, looked straight down 9,000ft. We were in the middle of nowhere, but we had water, a toilet that flushed — and blocked — and an electricity generator that went off at 10pm.

The views were fantastic and we met some Tarahumara Indians. These people live in the Sierra Madre mountains, spending winters in caves and the summer in stone huts in the valleys.

We returned to Los Mochis and travelled by plane to Mexico City. From there we flew to Newark, in New York State, and on to Raleigh, North Carolina, for a delightful stay with Christine's cousin. Our travels included a visit to New Bern, where Pepsi Cola was "discovered" in 1898.

Back home in Aylesbury I concluded I'd proved to myself, yet again, that spending Thinking Day at a World Centre really opens up your horizons.

After Pax Lodge, I've a problem but I've heard that the World Bureau is thinking of opening a *fifth* World Centre, possibly in Africa. Let's hope they get on with it quickly. ♡

SHERILYN BATEMAN

Sherrilyn's meanderings in Mexico followed close on a trip to New Zealand, which she described in December's *GUIDING*. Her travelling companion in Mexico was Christine Lodge, a Brownie Guider from Cheltenham.

THINK *of others*

As you prepare to celebrate Thinking Day on February 22, spare a thought for any Guiders you know who are missing out on all the news, views and activity ideas in *GUIDING* and tell them about our post-free subscription offer.

And if you haven't subscribed to *GUIDING* yet, don't delay. Just think, *GUIDING* still only costs £1.15 per month and when you subscribe, we pay the postage!

All you have to do is fill in the subscription form below and *GUIDING* will soon be popping through your letter box regularly every month.



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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

WELCOME GUESTS

Earlier this year I was fortunate enough to visit Johannesburg on a business trip. Before I left England, I made contact with Guiding over there and asked whether there were any events taking place during my visit. I ended up joining Guides and their Guiders at Division Revels in a beautiful parkland setting in a pleasant suburb of Johannesburg.

One of the Guiders and I shared a mutual acquaintance — she had been a Guide here in Birmingham and I know her former Guider. I saw Guides and Guiders, black and white, happily working and playing together — nothing exceptional in this country, but a major factor in the future of South Africa.

I was also able to visit their very impressive headquarters on the outskirts of Johannesburg.

I would certainly encourage any Guider travelling overseas to make the effort to meet up with Guiding contacts.

I am lucky in that my work takes me overseas quite a lot and has given me the opportunity to visit Brownies in Tokyo and Berlin, as well as a Girl Scout camp in California.

As long as you make contact well in advance I find they are more than happy to receive visitors from the UK.

CHRISTINE M GREGORY
Highbury Division
Commissioner
Birmingham

PUSHED OUT

I was interested to see the article, *Young Guiders The Next Generation*, in November's *GUIDING*. I am 24 years old and have been Guiding all my life. I

ran a Brownie Pack, which I enjoyed, even though I had very little help.

But things went downhill when a Guider in her 50s moved to the area and started to help me. She made me feel inadequate. She suggested that she run the Pack as she was retired and had more time. So I took a step down.

My views were not listened to and any suggestions I made were put down. Is it any wonder there is a shortage of leaders when the young Guider is not encouraged or helped?

I used to enjoy Guiding but have always had my ideas squashed by older Guiders. In the end I lost all enthusiasm and left Guiding. But I hope to start again sometime and I still read *GUIDING* to make sure I don't lose touch.

So come on old Guiders, give us young Guiders a chance!

Name and Address supplied.

LOST BADGES

May I through *GUIDING* thank all the Guiders, Commissioners and others who wrote to us with advice, suggestions and illustrations for our research project into the history of the Guide Proficiency Badge design.

We were able to publish an illustrated booklet which catalogues many 'lost' designs from the period 1911 to 1935. A copy has been sent to the archives at CHQ.

We are also making good progress with a similar project covering the years from the 1968 change from large, old-style 'Proficiencies' to the modern and smaller Interest Badges. We would welcome help from anyone who still has examples of the old large-size designs.

Another part of our project was to log and illustrate all known Guide Patrol Emblems, if possible from the start of The Guide Association, including the Ranger 'trees' that disappeared by the 1950s. This has proved difficult as many Patrol Emblems were individually designed and home-made, particularly during the war, and have never been illustrated for the record.

So I appeal for help from all senior or retired members of the Movement who may recall these forgotten designs, or anyone able to provide 'home embroidered' examples of Patrol Emblems — old or modern — that we may use to illustrate a book on the subject.

We will, of course, ensure that anyone providing material suitable for publication is properly acknowledged in print.

S GWYN-SMITH
30 Brasenose Drive
Kidlington
Oxford

RETIREMENT AGE

I am writing to say how much I agree with the two letters in November's *GUIDING*, expressing the view that it is wrong to make Guiders retire at 65.

We have a very successful Rainbow Unit, two Brownie Packs and a Guide Company at our hall. However, all this is set to change as our Guide Captain will soon have to retire. She is fit, healthy, very much in touch with all the girls — and they adore her. With nearly 40 girls in her Company, she must be doing something right.

I understand that the Association likes Guiders to retire so that younger ones can come through, but what do you do when

there isn't anyone coming through, as in our case?

What do you tell Guides whose Company has closed because there is no-one to run it? How do we encourage these girls to become Young Leaders and Guiders if the Association is closing their Company down?

And what do I tell my ten-year-old Brownies when they want to go to Guides if there is no Guide Company to go to?

Perhaps we should allow our more senior leaders to carry on past retirement age when there isn't a young person coming through to take their place.

CHRISTINE GRANT
Brown Owl
10th Chadwell Heath Pack
Essex

THANK YOU ALL

My sincere thanks to everyone who read the article on Sierra Leone, in September's *GUIDING*, and wrote to me with offers of help. I'm sure everyone will be pleased to know that I was even offered a World Flag from Oporto. With the money sent to me, I will be able to continue sending essential items to the Guiders in Sierra Leone.

INGRID BEATTIE
2nd Kendal Guides
Cumbria

GODMOTHERS

Whatever happened to godmothers in Guiding? In the Pack and Company in which I grew up, and in which I was a Guider, we had a godmother. She was a member of the Trefoil Guild who took an interest in us. She would look in from time to time, attend special functions, do some testing and audit the accounts. All the girls knew her and appreciated her interest.

The recent Home Office

document. Safe from Harm, has implicit within it the recommendation that no group of children should be in a room with only one adult. This is going to hit our many single-handed Guiders hard, most of whom are doing excellent work. Is this not the time to give serious consideration to the formal introduction of Unit godmothers, or grandmothers or aunts?

Many members of the Trefoil Guild miss having regular contact with young people and would be only too happy to assist in such a role. They would provide that extra adult on the premises who would take a kindly and knowledgeable interest in the activities of the unit.

There must also be many mothers of former Guides and a number of other interested adults willing to help in this way.

Guiders who work single-handed do a splendid job. If government legislation is going to make their work more difficult we must find new ways of giving them the help they need. Perhaps re-introducing unit godmothers could be a way.

REV HELEN D GARDNER
Cambridge

GREAT CAMP

I read with interest your article on Hooley '94 in November's *GUIDING*. I took my Guides to Hooley camp for a day while we were staying in Northern Ireland.

Our hosts were the Ulster Guides and their Guider, Carol Graham, who arranged for us to visit the camp in Lorne. My Guides had a lovely day and took part in the Get out of that! competition which, to my surprise, they won.

We also visited the Giants' Causeway and the castle. We went horse-riding, swimming, boating and shopping in Enniskillen. We met the Guides from China and had a barbecue with other international Guides.

The Irish people were very friendly and kind and we were glad that we made the effort to visit them. We look forward to seeing our Irish friends again soon.

JEAN HUGHES
Guide Guider
1st Meliden Guides
Clwyd

YOUNG TREFOILS

Your readers may not be aware that the Trefoil Guild serves, not only retired members, but also younger members. These members wish to remain in Guiding but cannot take on a unit, perhaps because they are bringing up

children or have demanding jobs which take up all their time.

I have been in Guiding for 66 years, ever since I joined the Brownies. I recall with gratitude the Trefoil Guild which kept around 20 of us meeting regularly and in touch with active units, until our children were older. Our children enjoyed parties and fellowship and this was before families were catered for at camp.

IRENE D E SMITH
Durham

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.

Caroline Ansell, an enthusiastic Sussex Brownie with the 8th St Leonards (Church-in-the-Wood) Pack, has been awarded the Star of Merit in recognition of her courage. The nine-year old girl has shown great fortitude throughout treatment for a brain tumour.

A keen football fan, Caroline was thrilled to be presented with the award by local Stamco team footballer, Steve Gating. The presentation was held at the Conquest Hospital, Hastings.

Brownie Guider, Sally Hunter, said: 'Even when Caroline is battling against pain, she will still be thinking of others and asking about her family and friends.'

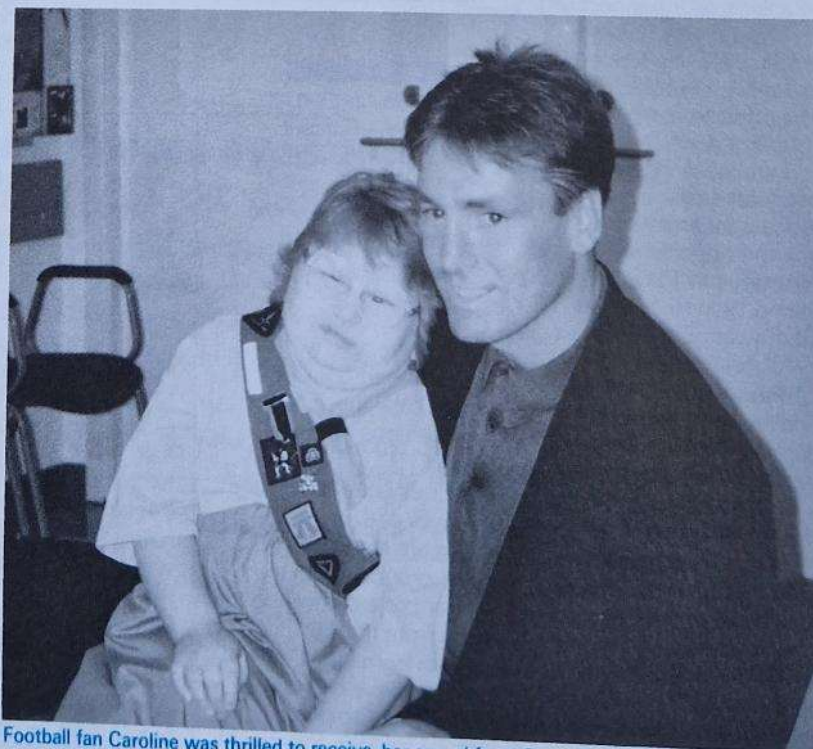
Kipling Ward Sister Sue Collins, who is helping Caroline through her recovery, added: 'We never hear her complain and, despite her illness, she always manages a smile.'

Although Caroline has to spend a lot of time in hospital she has continued her Brownie work.

Some meetings are held at the hospital, so she is still involved with her Pack. This helps Caroline's Brownie friends understand her difficulties and see her progress.

Division Commissioner for Hastings and St Leonards, Aline Fryer, regards

SUPER STAR



Football fan Caroline was thrilled to receive her award from Steve Gating

Caroline's positive attitude as an inspiration for everyone. She is already looking forward to moving up to Guides.

It's tough being a Guide leader in countries like Belarus, in the former USSR, where life is grey and resources minimal, but the Guides of Lincolnshire South have shown how British Guiding can help.

They hosted four Belarus leaders, took them on a whirlwind tour of Guiding events and then sent them home with heads and rucksacks stuffed with ideals.

Here, County Commissioner Sue Shooter recalls three hectic but happy weeks, when the foursome came from Minsk to Lincs for what was virtually a crash course in Guiding:

always smiling and seemed delighted by each new experience.

They do not have a great deal to smile about in Belarus, where life is full of uncertainty, tension, mistrust and difficulties. And yet our visitors all displayed the positive view that they just had to find a way forward.

While they were with us, they absorbed every aspect of Guiding life we were able to show them.

They were constantly eager to learn about every aspect of Guiding and, during a visit to Great Hautbois House, our Region's Training and Activities

was established in Minsk. As a result of friendships forged at Poacher '92, we, in turn, were invited to send a party of ten girls and leaders to Minsk in the summer of '93 to live with families for part of the time and to attend a camp. The camp was indoors, in a hostel, providing only the most basic accommodation, but the warmth of the hospitality rated a five-star grading.

Since the summer of '92 the number of Guides in Minsk has grown from 11 to 200 — about 20 units. They meet mainly in schools and have practically no facilities, equipment or materials

eastern PROMISE



East meets West: Guider Tatyana (Tanya) Kovalyonok and a 4th Bourns Guide enjoy camping together at South Rauceby

“Following her return home, one of our Guiding friends from Minsk wrote to tell us that the three weeks spent in Lincolnshire were “unforgettable” and “the best holiday of my life”.

Holiday? Most of us were quite exhausted at times by the packed schedule of visits, trainings, activities and social events, which we had imposed on ourselves to show them as much as possible.

We wanted them to see how Guiding works in the UK and to take back to Belarus information and ideas they could adapt to their own needs.

Luda, Jane, Tanya and Lilia must have felt the pace, too, but they were

Centre, they wanted to know about every facet of the running of the Centre. Our friends also greatly enjoyed visits we arranged to local places of interest such as Stratford-on-Avon, Sherwood Forest and a tour of London.

Lincolnshire South's link to Minsk began at our County's international Scout and Guide camp, Poacher '92, when we hosted a small group of potential Guides from Belarus. During that week they learned something of the friendliness and the international dimension of our great Movement and what it still has to offer young people.

Soon after their return home Guiding

But the girls are being given the essential elements of Guiding.

The Minsk Guides have many difficulties but they are very fortunate to have among their leaders the four dedicated, enthusiastic and lively women who came to see Guiding in action in Lincolnshire South. They will stimulate both the growth and the quality of Guiding in their country, having taken back many ideas to share with other leaders and the girls.

The skills, self-reliance, decision-making, self-confidence, the code for living — everything that Guiding teaches and offers — will be of great value to

Crafty ideas:
Lilia Samoseiko
and Ludmila
(Luda) Zybina
observe Guides
from Cherry
Willingham
tackling craft
activities



girls and women in Belarus and other Eastern European countries, as they head towards a brighter future

Light can now be seen at the end of the tunnel but it is still quite a long way off and in Lincolnshire South we regard it as the responsibility of UK Guiding to lead them towards it.

SUE SHOOTER

MARGARET MCGILL

PEOPLE *and* PLACES

WEATHER WATCH

► Wet weather didn't deter these four Guides from having a great time at camp. The girls, members of the 5th North Dorcan unit, donned wellies and anoraks before squelching down a muddy path to try out an adventure playground at Sutton Courtenay Field Study Centre in Didcot, Oxfordshire.



SUSAN TYRRELL



LYN COOK

DOWN UNDER

▲ Before tackling an assault course, you need to learn the ropes! That's what Dawn Stevens (left) and Kirstin Dagger of 3rd Haywards Heath Brownie Pack were doing when they were snapped during their Pack Holiday weekend at Blackland Farm, East Grinstead.



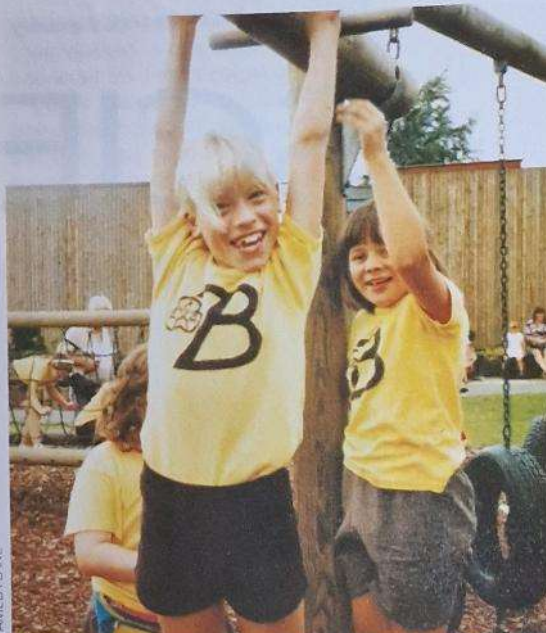
HELEN THORN



SALLY READER

TASTY TREATS

▲ Guides from London and South East Region got stuck into ice-cream concoctions when they were delayed at Zurich airport. Returning from the Swiss national camp Contrast '94, the girls certainly enjoyed the complimentary meals.



PAMELA LANE

HANG ABOUT!

▲ Samantha Kingston had a great time hanging out with her pals at Banham Zoo's adventure playground. Members of the 7th Barnet Pack were letting off steam during a trip to the Norfolk zoo while on Pack Holiday in Suffolk.



LUCY HAMMOND

APRES SKI!

▲ You'd never guess that some of these girls had never worn a pair of skis before trying out the dry ski slopes at Calshot Activities Centre in Gosport, Hampshire. The absolute beginners from 1st Funtington and West Stoke Guide Company proved to be born naturals, while the more experienced skiers in the unit were tested for the Downhill Skier badge.

CREATURE COMFORTS

► It must be puppy love! Hannah Tyler, Bethan Lewis and Gemma Lawrence of 5th Wombourne Brownie Pack, West Mercia, inspect the special bed that their unit raised £50 to buy for Birmingham Dogs' Home.

RAT PACK

◀ Happily these Brownie sweatshirts all came out clean in the wash after these girls from 1st London Colney Pack, Hertfordshire, got into a lovely muddy mess while being chased by 'rat-catchers'. They'd chosen children's classic *The Borrowers* as the theme for their day trip to Tolmers Scout camp.

WOLVERHAMPTON EXPRESS AND STAR



All over the UK units held special events during the Association's Family Week to celebrate the UN's International Year of the Family.

SIMPLY SCIENCE

Division Commissioner Jane Pelosi and the Guides test just how strong paper can be by balancing a brick on it



J SCRIMGEOUR

Here a Guiding mum with a background in teaching and educational science research describes how two Scottish Companies encouraged over 100 relatives and friends to experiment with science — and enjoy it — at their family get-together.

The evening also was an opportunity for the Guides to receive their Science

Investigator badges and the British Association for the Advancement of Science Young Investigators Award.

One miserable Friday afternoon while waiting to collect our children from school, I was muttering about girls and science and how much more should be done to encourage them to get involved in science activities... Little did I know there was a Guider standing next to me who immediately replied: "Well, do it with the Guides then!". And we did.

Five months later 18 Guides from the 2nd and 2ndA Giffnock Companies had gained their Science Investigator badges, earned a Young Investigators Award from the British Association for the Advancement of Science, made a trip to Strathclyde Regional Water Laboratories and held a spectacularly successful Science Evening. The whole adventure had ended up more successful than we ever imagined.

The energy which was generated among the Guides and their parents was remarkable. In fact, all the Guides who became involved, finished the

course and several parents helped us with various activities.

Science is often neglected by youth organisations and yet our experience has shown it has tremendous potential to provide entertainment and challenge for young people.

"Out of school science" provides young people with a different way of looking at the subject. It uses everyday equipment to solve intriguing questions, or to demonstrate some simple aspects of science, placing science in the context of "everyday life", where it rightly belongs.

Guiding provides an ideal opportunity for girls to have a go at practical activities in an informal atmosphere. Put the two together and a whole new area of interest and achievement can be opened up.

We began by running a series of simple workshops during Guide meetings. We called it "kitchen science" because we worked in the kitchen. For four weeks, each Patrol spent the evening entertaining themselves with a variety of kits containing such things

Nichola Brady and Claire Welsh experiment to find the volume of a sugar cube



TIM MITCHELL

as rice, yoghurt pots, ping-pong balls, Sellotape, batteries, wire, foil and vinegar.

All the activities came from children's science books — the ones they tend to get at Christmas and then find they cannot use them without adult help. But if adults had the time and confidence to put these activities together, then children would get much more pleasure from these books.

We collected the kit and made sure, in advance, that things would work. The Guides did the rest and had a great time. We tried to include activities which were relevant to the Science Investigator badge, such as:

- Gripping and sliding — friction and how bicycles work.
- Magnetic attraction — magnets and electromagnets.
- Batteries, buzzers and alarms.
- It's a gas: fire extinguishers.
- Starting and stopping — different physical forces.

The bias towards the physical science was quite deliberate because the badge has a similar bias. The young Guides had a go at everything. The older girls, who already had experience of secondary school science, came to the activities with a wary attitude. One commented: "I can't do that, it's physics", which may be one of the reasons why older girls are reluctant to attempt the badge.

As a result of our workshops, we generated a great deal of enthusiasm and felt we had to continue. The stakes had become very high indeed.

At this point we took a huge leap into the dark. The British Association for the Advancement of Science offers a Young Investigators Award Scheme (BAYS) to schools and youth organisations. For a registration fee of £10 a club receives worksheets which provide graded activities for 9 to 13-year-olds and leads to a bronze award.

It is unrelated to the school curriculum and requires no more elaborate equipment than our kitchen science workshops. It is not about facts and knowledge, but about practical problem solving and thinking scientifically. Just what we wanted.

We agreed to give it a go and formed a separate club called Science Sparks for one term. We were the only "out of school" group from Strathclyde, and the only Guide units in the UK registered last year. Yet the scheme has tremendous potential — it is well structured, simple to operate and great fun.

The scheme offered us a bridge for the young Guides for whom the badge had seemed too ambitious. It has activities at three levels:

- **A:** Following instructions, measuring, observing and recording.
- **B:** Hypothesising, making fair tests, predicting and drawing conclusions.
- **C:** Problem-solving by producing a range of solutions.

The Science Investigator badge corresponds to level C activities but we decided to tackle levels A and B first, thus increasing their confidence.

The club met for 90 minutes every Friday for nine weeks. Working in pairs, the girls chose from a range of A activities first, progressing at their own pace to B and C.

We provided the equipment and checked their progress. We worried that some would drop out, but none

youngest was two, the oldest over 65!

A lecturer from the University of Strathclyde Science and Technology Forum, which represents the British Association in Scotland, organised a special challenge to design and build chairs with jumbo building kits.

Teams were made up of all age groups. Each team had to prove their chair worked — one of their members had to sit on it for a count of five.

Prizes were awarded for this and one of the individual challenges which the girls had supervised. Finally, the awards and badges were presented by the Division Commissioner.

It was a lot of effort, but it was also tremendously exciting and rewarding.



Katrina Hannah and Laura Fisher discover how we taste foods

did. The girls arrived from school and got themselves organised without any encouragement from us. They were mainly 10 to 11-year-olds and their commitment and enthusiasm is something we will all remember.

As the weeks progressed, we "planted" badge activities. Parents came in and did sessions about gears, energy, fuses and wiring plugs. When the time was right, we let the girls choose their three badge challenges, and they tackled them successfully with their newly-acquired confidence and skills. By the end of term they had all completed the award and the badge.

As a final treat we wanted to show them real scientists in action. A visit to Strathclyde Water Laboratories was arranged and the staff put on demonstrations and gave us a guided tour with everyone wearing huge, white lab coats. Just the thing to leave a lasting impression of science at work.

We decided that an appropriate way to present the awards in the Year of the Family would be a family science evening with the girls running "come and try" stalls based on a selection of the activities they had used. Guests of all ages had a lot of fun — the

There may be other parents who would be happy to become involved in science activities. It is not necessary to run a separate club as we did. The BAYS worksheets could be used for science activity nights and the award gained during Guide nights.

The activities might be a big hit during an open evening. It does not take a science background to set up workshops from books.

Science has a great novelty value for young Guides. It is active and practical and can be intellectually challenging.

We found it is possible to make science fun and accessible. It fits naturally into Guiding activities, just like anything else which can be planned and organised for a Guide evening.

ALISON MITCHELL

For further information about the Young Investigators Award contact: BAYS Young Investigator Award, British Association, Fortress House, 23 Savile Row, London W1X 1AB. Tel: 071-494 3326.

Our thanks to all the units who wrote to CHQ telling us about their Family Week events

CLASSIFIEDS

DISCLAIMER REMINDER

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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Fax: 0383-414892**

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For further details: **David Jackson
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SAE for Brochure. The Warden, Holyoak Lane, Hawkwell, Hockley, Essex. Tel: 0702 205081.



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Advertisements for joint Ranger/Venture Scout events must be countersigned by the Guide County Commissioner indicating her approval of the event

Guide County Commissioner (Signature)

62 The Guide Association takes no responsibility for statements made in advertisements or from any matter arising therefrom



LIFE style

**TRACY DAVIES
OF OVER, CAMBRIDGESHIRE**
Tracy is a public relations consultant and the
Association's Public Relations Adviser.

“I see Guiding as a challenge — it stretches you as a person. It offers opportunities not only to its young members, but also to its adult members. I've been lucky enough to be offered such opportunities and the rewards are tremendous.

I was a Brownie, Guide and Sea Ranger while growing up in Peterborough. I really wanted to be an Air Ranger but there wasn't a unit nearby. However, I drifted away from Guiding when I moved with my parents to Gloucestershire. I subsequently married and worked at the Stock Exchange for a broker before starting a family.

It was when my daughter Ruth joined the Brownies in Over that I became involved in Guiding again. First I was a volunteer mum, helping with floats and outings, then, later, I became Brown Owl. Unfortunately for Ruth, with me as Brown Owl, she was only ever chosen to do things when her name was suggested by one of the other leaders.

A year down the line I was asked to be Badge Secretary for the District. I lost sleep deciding whether I could or couldn't handle such a position, but I

finally decided to take on the challenge. I was later to be a Trainer, District and then Division Commissioner before becoming County Programme and Training Adviser.

After a busy three years as Cambridgeshire East's Chair of Programme and Training, I felt I needed more time for my family. You always have to remember that Guiding is about doing what you can at the time so, even though I felt I couldn't be involved in Programme and Training, I agreed to take on the County PRA position.

It was a great opportunity to put my professional and Guiding eggs in one basket. I used the skills I had gained as a public relations consultant and combined them with my interest in the Movement. It was a role I filled for a year before being given the chance to be PRA for Anglia Region.

It was a great honour to be asked last year to become the Association's PRA. I see the position as a support role for all the PRAs. I can draw upon experiences I have gained during my time as a Trainer and from my own career.

I'm very lucky that my family supports

the work I do for Guiding. My husband also works in public relations. I often go to him with ideas and use him as a sounding board to get a different perspective.

I try to take time out from Guiding and public relations. A couple of years ago I bought a VW camper van, in preparation for future 'Third Age' travelling. I have lovingly restored and refurbished it, and we often load it up and disappear for the weekend. But I have been known to take work with me — so much for getting away from it all!

I find it very difficult to sit down in the evenings and do nothing. Now I'm no longer involved with the local Brownies, I often spend my time pondering Association public relations issues.

I haven't had time to miss the girls in my Brownie unit, but I do often wonder what they're doing on Wednesday evenings. As I live in a small village I still see members of the unit — some of the girls from my early days as Brown Owl are now pushing prams of their own.

It was a privilege to be chosen by my Region to go to South Africa in 1990 for the Brownie Guiders' Training Trail. There was a feeling of optimism in the country and it was a wonderful experience to travel throughout South Africa as part of a multi-racial group. We were involved in training both black and white Guiders, and were given time for sightseeing.

I hope that during my time as PR Adviser I can raise the awareness of every member of the role that they play in public relations. It is so important to emphasise the ambassadorial part that we can all play.

A Penny for your thoughts...

February 22nd is one of the most important days in the Movement's year when we spend time 'thinking' about Girl Guides and Girl Scouts throughout the world.

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