

# GUIDING

CHALLENGES  
FOR OLDER  
BROWNIES

FEELING  
STRESSED?  
HOW TO  
COPE

**SPECIAL  
OFFER:  
VISIT  
CORONATION  
STREET**





# Guiding Is . . . Music and Movement





# front PAGE

This month I have decided to use Comment to say an official 'Thank you' on behalf of The Guide Association to those long-suffering, but totally supportive, families of our Guiders.

Behind all the Association's 78,000 adult leaders, there is an army of husbands, partners, mothers, fathers, sisters, brothers and a whole host of other relatives, without whose support Guiding would be a much more difficult task for our adult members.

They are available at all hours to answer the telephone, take messages and run a taxi and baby-sitting service. They agree to the family car being used for Guiding activities of every kind, and cook, wash and look after children and pets when Mum is away at a training weekend or meeting.

The list of duties they undertake willingly is endless. Their help with our



## COMMENT

programme of outdoor activities, particularly camping, is invaluable. And, on top of all other things, they listen with never-ending tolerance to Guiding

problems. Or, as I should describe them, challenges!

I have no doubt that most of them secretly enjoy their responsibilities. For instance, I have known dozens of 'Mr Brown Owls' over the years who take great delight in using this title.

I am sure they never ask for or expect any thanks. But, perhaps, once in a while, the Association should acknowledge their support. Please pass on to your families at home the sincere thanks of The Guide Association, which owes them an enormous debt of gratitude for all they do.

Their help enables you, as Guiders, to give your time voluntarily to enrich the lives of hundreds of thousands of girls and young women, now and in the future.

**JANE GARSIDE**

The Chief Commissioner

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### FRONT COVER

With dixie, kettle, mugs and rucsac at the ready, 9th North Lambeth Guides Amy Kitchen and Cara Healy are all set for camp!

LUCY DREW



## Another Badge for the Collection?



## This one could save a life.

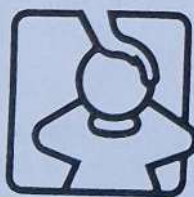
Our little enamelled badges are very cute. They also promote a serious campaign message: "Don't duck the issue - Meningitis can kill".

East Sussex, Cardiff, Aberdeen. These are just some of the places to make the headlines recently, for tragic reasons. Sadly your town/village or even your unit may be where it strikes next. Do you really know what to look for?

How would you feel if your unit dropped from 20 to 19 overnight?

A simple badge can make people think about meningitis; a symptoms card could give them the facts and a life could be saved.

Go on - take some badges for your unit or even organise an event. It could save a life.



**National  
Meningitis  
Trust**

Reg. Charity No. 803016

Please send me:

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Guide/Brownie Unit .....

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## GUIDING

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# Round UP

## TOP THREE

Well done to Guides Michal Wittner, Jessica Lipman and Lauren Abery for being the first members of the 5th North Finchley Company to gain the Baden-Powell Award.

Started in 1989, the unit now has 36 members. The company flag was dedicated by Rabbi Hyman in 1992.

## DOG DONATION

There was a special reason for the 2nd Attenborough Brownies from Nottingham's Beeston Division holding a nature walk and quiz.

They'd heard that their blind pal, Sally, a regular visitor to the Pack, needed to pension off her guide dog, Donnie, and re-train a new dog, Gladys.

So the girls decided to hold a sponsored event in aid of the local guide dog training centre. They raised £200.





# Round UP

## CHOSEN CAUSE

► Elizabeth Cole, pictured right, a Young Leader with the 2nd Pencoed (St David's) Brownies, is working towards her Queen's Guide Award and chose Oxfam for her charity in the overseas clause.

'At the time all the newspapers and television were reporting about Rwanda, so I decided I would like the money to go to the Rwanda Appeal,' she explained.

Organising a coffee morning for over a 100 people isn't easy, but Elizabeth's efforts raised £535 for Oxfam's Rwanda Appeal.



## WINTER CHILL

► The 5th Hereford (Holy Trinity) Brownies learned that winter time is worst for the homeless, when they spent eight hours in cardboard boxes.

Brownie Guider Yvonne Hurrell, threw open her back garden for the sponsored event. 'Authentic meagre rations were supplied and the younger ones really struggled, but they all stayed the full time,' she said.

Their efforts raised nearly £400 for charity.



## FOND FAREWELL

▼ Guide Guider Margaret Mills got a chance to put her feet up at her surprise retirement party, after 31 years with the 1st Cornard Company.

The girls gave her a garden chair and a basket of flowers. Margaret's many Guider

friends later presented her with a handsome cut glass rose bowl and vase.

## SMILE PLEASE

► As you can see, the 9th North Lambeth Unit is all set

for the camping season. But the girls took time out from their busy camp preparations to be photographic models.

The model Guides who took part in our photo-shoot for

**GUIDING's** cover were: Amy Kitchen, Clare Sandford, Cara Healy, Lloydette Williams, Sarah Healy, Young Leader Sharon Reynolds and Assistant Guider Fiona Kemp.



SUFFOLK FREE PRESS SUBBURY



YOU ARE



# SPECTACULAR *show*

*Raising £6,000 from only two performances is an amazing*

*feat for any local Gang Show. But the achievement becomes even more remarkable when the show is staged by a single Brownie Pack.*

But the 7th Halesowen Our Lady and St Kenelm's is no ordinary unit, as Worcestershire's County Commissioner Jennifer Price pointed out when she congratulated the talented cast.

Inspired by their indefatigable Brown Owl, Vera Jarvis, the unit has raised over £26,000 by staging a show every two years since she took over.

As she retires next month, Vera was determined that the Silver Jubilee Gang Show would raise a record amount. And when Vera makes up her mind... things happen. After the second show cheques for £3,000 were presented to Halesowen's Drop-In Centre for the Elderly and to the County's Blackmore Pack Holiday

House, where the 7th Halesowen has spent many happy holidays.

But the show wasn't just about raising money. It gave every Brownie a chance to shine and the audience a wonderful evening of escapism.

From the opening medley of wartime songs to the Seasonal Magic finale the show and its young stars tugged at our hearts. I can't have been the only one to surreptitiously wipe away a few tears. Nostalgic? Yes. Sentimental? Yes. And absolutely marvellous.

**NORA WARNER**

Cowgirls Bethan Clarke (left) and Laura Taylor



Pictured in their fabulous frog costumes are Brownies Lindsey Jones, Charlotte Hand, Claire Johnson and Katie Plant



Ole! Spanish dancers put on a spectacularly colourful show



Rangers Toni Dundon and Dawn Degaris are both single mums. But that doesn't stop the two Stepney Rangers from attending meetings and taking part fully in Unit life.

For them, Guiding provides a supportive network of friends, opportunities to try new activities, and a chance to work for awards and go away on holiday.

**GUIDING's** Kirstie Gray called in at a Ranger meeting where all young women are welcome.

# Guiding

As a 23-year-old ex-Ranger, I had been looking forward to meeting the Stepney District Rangers and their babies. My destination, Whitechapel Methodist Church, turned out to be a modern, red-brick building fronted by shops in a depressed inner-city area of London. Although the church is not far from an underground station, I found the area threatening to walk around in alone.

I had been warned about the security entrance fitted to keep thieves and vandals out. Having mastered it, I stepped into a small, cluttered room filled with young women who were talking non-stop.

**Tammy Dundon** prepares for the following meeting's meal, with Kacy on her lap. Behind is Samantha Degaris, the Unit's youngest member

Photographs covered the walls — pictures of Rangers enjoying trips, holidays, watersports and days in London. Pride of place is reserved for a photo of beautiful, blonde, 18-month-old Kacy Dundon. Two of the Rangers, 22-year-old Toni and 16-year-old Tammy Dundon are Kacy's mother and aunt.

That evening the Rangers had brought along oriental cookery books borrowed from Tower Hamlets Library. A stir-fry meal was the following week's project. At this meeting they settled for takeaway fish and chips, coffee and biscuits — eating together is something they all enjoy. Sitting around a table sharing a meal provides a chance to catch up on all the news.

They interrupt each other frequently as they argue over the finer details of their memorable trips. Amid the laughter Kacy played happily, doing the rounds of the laps of her Ranger 'family'.

Guider Fiona Rosser filled me in on the Unit's history. The Unit was started just over six years ago. I was the Assistant Guider but, within a few weeks, I was left in charge.

**Ranger Guider**  
Fiona Rosser sews a badge  
on to a T-shirt



MOOSE AZIM

MOOSE AZIM





# in action

Kacy's mother, Toni, was one of her original Rangers and is still a member. Toni and Fiona's friendship has strengthened over the years as, together, they've survived many changes, not least Kacy's unplanned arrival. Fiona is Kacy's godmother, while Toni is now her assistant and hopes to open a Rainbow Unit.

The recently revised upper age limit for Rangers allowed Toni to stay in the Unit throughout her pregnancy. The Unit continues to provide encouragement for this single mother, who still lives with her parents and has no contact with her baby's father.

It is always an active and adventurous Unit and Fiona's easygoing personality enables everyone's needs to be accommodated as far as possible. As a result another single mum and Ranger, 18-year-old Dawn Degaris, has now started to attend regularly with baby Tyler. Her younger sister, 14-year-old Samantha, is the youngest 'official' Unit member.

'Anyone is made welcome whenever they can attend,' Fiona says firmly. It is her one rule.

'When we plan an activity we think about Kacy and her needs, but we balance this carefully with what we want to do as a Unit. Whenever Kacy can come along, she does, and the girls take turns at looking after her. This will happen with Tyler too,' she explained.

'Last summer we went on a canal-boat holiday and it wasn't a safe place for Kacy, so we left her with my mum,' added Toni. 'But she comes along to most things with us and I've just heard that now that I'm training to be a Guider I can take her to camp, too.'

Fiona said: 'Having babies is just something that happens as far as the girls are concerned. It's regarded as completely natural, nothing exceptional and the babies join us whenever it is safe for them.'

The Rangers are short of cash so they rely on fundraising and donations from the Stepney Children's Fund for their annual holiday — the only break most of them will get.

Their last holiday was the canal-boat trip. Four Rangers were invited on board and the girls wanted to be in

uniform for the ceremony. They couldn't afford official uniforms, so instead they bought white T-shirts from the market and sewed badges on them.

Opportunities like these to make their own plans and informed decisions are cherished by the girls. Young Leader and Ranger Dawn Jeffries (18) said: 'At Rangers you get treated like an adult, you can do things for yourself. On holiday we did all our own cooking and shopping. We decided what to do and when to do it.'

Dawn is taking a part-time training course and hopes to become a nursery nurse. As a Young Leader with a Brownie Pack she gets plenty of chances to develop her leadership skills, which she values. She is proud of her Young Leader's uniform paid for by the Stepney Children's Fund. The chairman, Bob Le Vaillant, knew I needed it for my Brownie meetings,' she explained.

Tammy Dundon is still at school and studying for a General National Vocational Qualification Foundation Certificate in Health and Social Care. She believes that going to Ranger meetings is helping her studies: 'Socialising is very important. We help people and do different things, and so we get to know the different client groups,' she explained.

Another Young Leader, 18-year-old Maria Robertson, is also working towards gaining her adult warrant. She first tried Rangers four years ago but couldn't continue because she was worried about getting home safely at night after meetings. 'Now that Fiona's got a car, it's different,' she said. 'She gives us a lift home. When I saw Fiona at the Docklands Sailing Centre in the summer she persuaded me to come along again.'

Maria is glad she did and is enthusiastic about gaining Association qualifications. She's working towards her Camp Permit and is taking her Oarsman Certificate along with Toni and Dawn Jeffries. Her ambition is to be a Brown Owl and get her Pack Holiday Licence.

Although she trained as a secretary at the City and East London Further Education College, Maria now works full-time in a nearby peanut factory.



▲ Stepney Rangers with baby Kacy.



▲ Mother and baby Unit! From left: Samantha Degaris, Toni and Kacy Dundon, Maria Robertson, Tammy Dundon, Dawn Degaris and Fiona Rosser

'Trying to find another job is driving me up the wall,' she complained. 'I don't have experience, so people won't take me on. But, without experience, how will I get a job?'

All the Rangers are aware of the poverty, deprivation and crime that blights the area in which they live. Dawn Jeffries stressed how boring life is for young women in the area. 'There's nothing to do. People just hang around street corners,' she said. 'Rangers gives me something to do.'

There's no doubt that Fiona makes a big difference to their lives. Samantha summed it up: 'I get on better with the people here than anyone at school. Fiona is great. She understands us and is a very nice person. She's always here for us and she takes us away.'

I left with the feeling that the friendship Fiona offers her Rangers will have a lasting effect. Like my old Unit, the girls are self-governing and their Guider is there to help and guide them. What these Londoners like so much is not so different from what I enjoyed about Rangers back home in Scotland: fun, friendship and a chance to go away together and share new experiences.





Morpeth Rangers receive their Chief Commissioner's Challenge Certificates from the County Commissioner Margaret Millar

# LOOK WIDER'S *Here!*



MARGARET MILLAR

*Senior Section members all over the UK were encouraged to tell the world about the launch of Look Wider — the Association's new action-packed personal development programme — by staging their own local lift-offs.*

Morpeth Ranger Rachel Booth released 370 coloured balloons, one for each Senior Section member in the County

Some Countries and Regions issued challenges aimed at achieving maximum publicity for the initiative, while providing those taking part with plenty of fun and excitement.

Here are just a few of the weird and wacky events held during that special autumn weekend, which were dreamed up by Guiders and girls with flair and imagination.

In West Mercia over 100 Rangers and Young Leaders congregated at Dudley Zoo at 9pm on Saturday, October 22. There they were met by three uniformed Musketeers and challenged in rhyme to spend a — sleepless — night within the stout walls of Dudley Castle.

The castle stands high on a hill looking down on the zoo. So the girls' first task was to negotiate a route to the castle, ignoring roaring lions and other sinister sounds.



On reaching the courtyard, they were greeted by a blazing camp fire and the Musketeers, alias Ranger Adviser Kate Beauchamp, Young Leader Adviser Freda Robinson and Public Relations Adviser Janet Blakeway, accompanied by the Castle Keeper Adrian Deakin.

Next the girls were set special octant challenges involving the history of the castle, medieval recipes to be cooked in cauldrons and making windproof candles.

On the stroke of midnight the challenges ended and a fanfare greeted the arrival of the County Commissioner Margaret Tanner in a magnificent gold Rolls-Royce.

She presented Look Wider files to the Ranger Units and Young Leader Guiders before settling down to spend the night with the girls. Singing and ghost stories were interspersed with musket shooting and pike drill.

Efforts to meet up with the castle's resident ghost, the Grey Lady, failed. Dawn broke to find the girls and Guiders bleary-eyed but still seated round the camp fire.

There was just one more thing to do before they crawled home to bed — pay a morning call on a new-born baby owl. Christened Look Wider, it has been adopted by West Mercia County.

Hereford's County Commissioner, Eleanor James, will never forget the Look Wider launch. Her car was broken into and her handbag stolen while she was down a disused coal mine celebrating the event.

The thief got away with a couple of

**Midlands Chief Commissioner Margaret Wright takes to the skies to launch Look Wider in her region, aided by Ranger Joanne Thorpe and Young Leader Jessica Mallen**

cheque books and cheque cards, and so was able to go on a spending spree. Luckily he didn't take Eleanor's mobile phone which meant she could alert the authorities immediately.

She was with a party of Rangers and Young Leaders from Hereford who had chosen to take on one of Midlands Region's challenges by 'Going high and going low'.

Going high took them to the top of a disused Victorian water tower, twice. The first attempt was at midday for the benefit of a local newspaper, which wanted to photograph their triumph in daylight.

'You get a really superb panoramic view over the city and the surrounding countryside,' Eleanor explained. 'But we wanted to see it at night, so we climbed up there again after we'd been down the coal mine. As it was near Bonfire Night, there were fireworks going off and the view was wonderful in the dark.'

The girls were able to visit the tower because the County's Look Wider Guider Lesley Jones works for Welsh Water and obtained special permission.

Going low took them to the Clearwell Caves in the Forest of Dean, where they went down the disused coal mine. 'It was bucketing down as we walked to it so everyone got absolutely sodden, and then they had to sit in the mud to scramble into the mine,' Eleanor explained. 'It was dry inside, of course, but fairly hairy in places.'

The Midlands Chief Commissioner, Margaret Wright, took to the skies to launch Look Wider in her Region.

Accompanied by two 17-year-olds from Stourbridge, Ranger Joanne Thorpe and Young Leader Jessica Mallen, Mrs Wright took off in a helicopter from Worcestershire's Half-



JAMES FRON DIXON

penny Green Airport.

They landed at Wolverhampton Girls High School where they were welcomed by Wolverhampton Rangers. Joanne, a member of 1st Pedmore Unit, and Jessica, who helps with 4th Pedmore Brownie Pack, were each presented with a bouquet.

Further north, Northumberland County devoted a weekend to launching the new programme.

A display of the new resource material was staged at an official reception in Morpeth, which also featured displays on the Queen's Guide Award, the Leadership Scheme and the Duke of Edinburgh's Award.

Four Morpeth Rangers were presented with the first Chief Commissioner's Challenge Certificates to be awarded, and one, Rachel Booth, also received her Queen's Guide Award.

Rachel then released 370 coloured balloons — one for each Senior Section member in the County.

Next day, girls and Guiders headed for Lumley Castle near Chester-le-Street for a buffet supper and disco. Jane Booth, the County Ranger Adviser, said: 'It was a very busy weekend, but a lot of interest and enthusiasm was generated for the Look Wider programme.'

**NORA WARNER**

**Down under:** Intrepid Herefordshire Rangers and Young Leaders went down a disused coal mine as part of their celebrations

**The morning after:** Rangers and Young Leaders celebrate surviving the night in a haunted castle



ANDY SHEPHERD



JANET BLAKEWAY



# Live Issues

Every year about 600 children in the UK die through all types of accidents and approximately two million children — that's about one in five under-16s — attend accident and emergency units for treatment as a result of being involved in accidents.

# KEEP KID

This month *GUIDING* and the Child Accident Prevention Trust look at child safety, highlighting the need for greater awareness among those who care for or work with young people.

Most accidents need never happen if parents and carers are given access to the right equipment and information. And even if all accidents cannot be prevented, it is possible to significantly reduce the injuries caused.



In just one year, nearly 5,000 children aged 15 or under were killed or injured on Britain's roads.

Today, many people have a distorted view of what constitutes danger to children — a view often fostered by the media. In the wake of the James Bulger murder, the spectre of child abduction and murder by a stranger was given a great deal of publicity. But, appalling though it is, the murder of a child by a stranger is an extremely rare occurrence, that's why it attracts such an enormous amount of publicity.

However, children do die every week because of the irresponsible behaviour of people they have never met, but their deaths rarely rate more than a mention in the local newspaper. Why? Because they're killed in accidents on our roads.

In 1992, for example, nearly 5,000 children aged 15 or under were killed or seriously injured on Britain's roads.

Traffic accidents in which a child dies or is badly hurt have a profound affect on everyone involved — the driver, his or her family, emergency service personnel, witnesses... as well as changing the lives of the victim's relatives and friends forever.

People who care for or work with young people need to be safety conscious.



Even when a youngster is involved in a relatively minor accident, whether at home, at school, or even at a Guide meeting, the emotional distress caused is great. The parents, or those responsible for the child, are upset to see her in pain. And they tend to feel guilty, endlessly tormenting themselves with 'If only's'...

It might be argued that some accidents are just a part of growing up — learning experiences that teach children about everyday hazards. To a certain extent that's true. It would be an unusual child who reached the age of 18 without a single accidental bump, bruise or graze to her name, and it's doubtful if anyone has suffered adverse long-term effects from what is a normal part of childhood.

Accident prevention is not about wrapping children in cotton wool and stopping them from being children, it is about protecting them from unnecessary and potentially serious risk.

Children are not born knowing how to protect themselves, so they rely on adults to do it for them. Of course, they can be taught, but the lessons might be hard to learn, or the child too young to absorb the information. So the responsibility falls on adults to protect our young people wherever possible.

The Child Accident Prevention Trust tries to alert parents and other groups concerned with young people's welfare to the potential dangers that face

children every day. The Trust conducts research into different types of accidents and suggests preventative measures, which could apply to a wide range of people from parents to government departments.

One success was the introduction of child-resistant caps on potentially dangerous medicines and, later, on some household chemicals.

Children under five are particularly at risk as they are too young to read warning notices, and are inclined to swallow any pills or liquids they get hold of as part of their exploration of the world about them. Since the caps were introduced, accidental poisonings among younger children have fallen dramatically.

The Trust is also a leading advocate in the drive to persuade all young cyclists to wear bicycle helmets and reflective clothing. A properly-fitting helmet can mean the difference between life and death in a road accident.

As another preventative measure, CAPT would like to see every child taught to swim and, where possible, encouraged to learn basic life-saving techniques. Every year around 70 children drown in canals, rivers, swimming pools and lakes.

The Trust has always been a vigorous supporter of compulsory child restraints in vehicles, advising the Government during the introduction of the 1983 law on seatbelts. It also was heavily



# IS SAFE

involved in the passage of the Private Member's Bill of 1989, which tightened up the law on child restraints. Recent tragedies have also thrown into focus the need for legislation to enforce the use of seatbelts in mini-buses.

Changing lifestyles can also mean new risks for children. Protective strategies have been developed and adopted so that large numbers of children no longer suffer burns from unguarded

It's one thing to persuade someone to fit a car seat, but how can we be sure that it's properly fitted? A child seat that's been fitted incorrectly may be little better than no restraint at all.

Fitting a smoke alarm is fine, but do the batteries get tested regularly? Buying a cycle helmet is to be applauded, but how can parents and carers ensure that it is worn every time the bicycle is used?

or interest.

The approach taken varies — it could be a display of posters and leaflets in a health centre, or it might be trading standards officers running free buggy and car seat safety checks for parents. Another way would be to organise a colouring competition for children on the theme of safety in the home, or a series of workshops for parents on a particular aspect of child safety. Guiders could build an evening's activities around a safety theme.

The Trust doesn't issue any rules. People all over the UK use the week as a peg for their particular projects. It does, however, provide practical support to anyone organising an event in the form of a *Starter Pack* containing information on child safety, how to publicise an event, getting support and suggestions for possible activities. The CAPT also maintains a national database of participants, who can be put in touch with each other, and organises a national media campaign.

Child Safety Week 1994 ran from July 1-7 and was an outstanding success. A huge range of activities was planned and carried out involving schools, health centres, playgroups, youth organisations and colleges.

Staff at CAPT were staggered by the sheer number of people wanting to be involved, and the inventiveness shown by some of those taking part.

Almost 6,000 *Starter Packs* were sent out and the feedback was so positive that the Trust decided to hold another Child Safety Week this year.

Guiders are ideally placed to pass on the safety message to the people who really matter — the children themselves, as they have been doing just that for years through badge work and other activities. Now we're hoping lots of you will organise an activity to coincide with Child Safety Week 1995 and raise awareness about a subject, which should be close to everyone's heart — preventing the pain and misery caused by avoidable childhood accidents.

**SUSAN PINCKNEY**

● If you have any further queries, telephone the Trust on 0171 608 3828. Watch out for activity ideas on a safety theme in next month's *GUIDING*.



Every child should be taught to swim, says the Child Accident Prevention Trust

fires, cut themselves on carelessly-stored scissors or are poisoned after taking large doses of medicines meant for adults.

But new concerns arise. The Lyme Bay canoeing tragedy illustrated the need for closer supervision of activity holidays and centres. Attacks on children by certain breeds of dogs hit the headlines, prompting tough action.

Each new craze taken up by our youngsters seems to bring with it potential dangers, whether from shoddily-made copies of official merchandise, or from the nature of the craze itself, such as skateboarding. And the recent spate of incidents involving children playing around railway lines was the result of another craze.

Possibly the most difficult challenge for caring adults is to introduce routine safety practices into the everyday environments of our children, and to try to ensure that these procedures are followed correctly.

Child Safety Week has proved to be one of the bridges between theory and practice. It evolved out of the Play it Safe! Campaign of 1992 and is now in its third year. This year's Child Safety Week will run from July 3 to 9. Each year the Week represents a focal point for anyone concerned with child safety, or who has regular contact with children in a caring environment. It also encourages people to take practical steps to raise awareness of safety issues in their particular area of work

The *Starter Pack* can be ordered directly from the Child Accident Prevention Trust. Packs cost £5 each and payment must accompany any orders. Cheques should be made payable to Child Safety Services Ltd and sent to: Child Safety Week (SP), 4th Floor, Clerks Court, 18-20 Farringdon Lane, London EC1R 3AU





# how PEACE PACKS HELP

Members of the Association all over the UK have been collecting items for Peace Packs which are to be distributed to refugees in three African countries: Mauritania, Guinea and the Ivory Coast.

This month we are focusing on the situation in Guinea where the United Nations High Commissioner for Refugees — UNHCR — is working to provide security for those who have fled their homelands and sought refuge there.

Worldwide UNHCR is responsible for the welfare of 20m refugees, including around 11m children.

During the past three years, some 560,000 refugees have been forced to flee to Guinea after civil wars broke out in the neighbouring countries of Liberia and Sierra Leone.

When the refugees began to arrive from Liberia in 1989, and later from Sierra Leone, they were welcomed as kinsmen in need by the local people. Although they had limited resources, the local Guineans shared their belongings with the refugees.

The villagers are generous and hospitable, but living conditions are difficult in Guinea. There is a host of refugees concentrated in a small number of sites, where the local economy and infrastructure are not well developed.

Absorbing so many extra people can only make local difficulties worse. Already there is no space left in the existing villages, and Liberians have spontaneously established enormous refugee camps in a number of the border areas.

Dennis Deah, a village chief, explained how they coped: 'We did everything we could to help them. First of all, we showed them a place to sleep, as most had been walking right through the night. Then we gave them some rice and cassava to eat.

'After that, we allowed them to use our tools, so that they could cut down some wood to do their cooking and to build some shelters.'

A good example of one of these camps is at Naapa, just half an hour's walk from the Liberian border. Thousands of refugees are crammed into a clearing which, six months ago, was

covered with thick tropical forest.

Naapa is not a very safe or healthy place to live in. Hundreds of huts and shelters have been built side by side. A fire or an epidemic would quickly spread throughout the whole area.

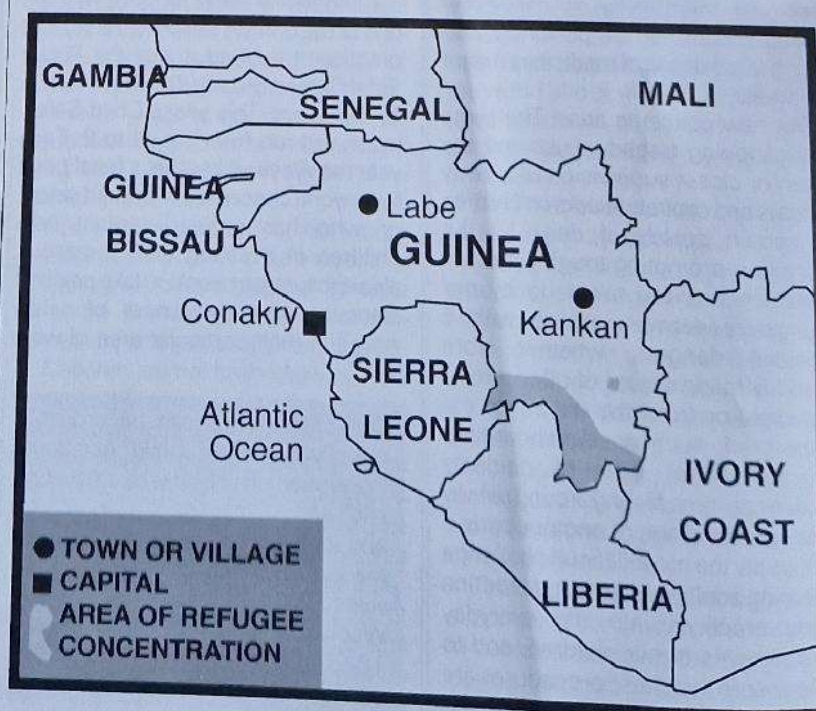
There are not enough wells, so the refugees are drinking polluted water from nearby creeks. Crowds of children wander through the camp, with nothing to do to help pass the time.

Since the majority of the refugees are children, there has been some concern about education. For the first few months, there were no schools for

these young people. Then the parents, assisted by UNHCR, initiated the setting up of refugee schools.

Today, there are 170 schools for refugee children located in Guinea's forest region. However, their schooling is limited by a severe shortage of even basic educational supplies and school equipment.

Refugees cannot afford even simple items such as pencils or notebooks. The Association's Peace Packs will help give these West African refugee children the education they so desperately want.





# JUST THREE OF AMERICAN ADVENTURE'S LATEST ATTRACTIONS.



**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...

**£1.50  
PER ENTRY**

## 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.

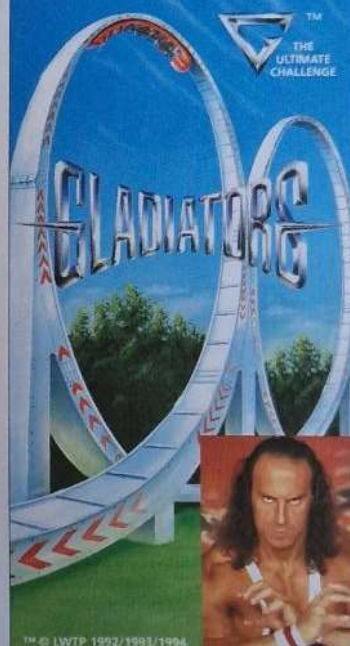
This entitles them to a real taste of the West in Lazy Lil's Saloon Show and on the Mississippi Paddle Steamer. They can also take in our spectacular Silver City Shoot Out and the Cuddly Critters petting zoo.

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.



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.

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Please return to:  
GROUP SALES DEPARTMENT,  
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MANCHESTER M60 9EA.



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# Network

## FUN RAISING

▼The Children's Society's major fundraising event, the Jester Appeal, is a fun-filled fortnight beginning on March 25. Top TV comedy duo Little and Large are backing the Society's aim — to raise £1m and a lot of laughs.

'Jesters will be roaming the land telling riddles and staging juggling workshops plus other weird and wacky fundraising events,' said Eddie Large. 'Two million homes will be targeted in a door-to-door collection throughout England and Wales.'

For a Jester Appeal pack contact the Children's Society, FREEPOST, London WC1X 0BR. Tel: 01345 585326.

Head jesters Little and Large put an apprentice through his paces



## PET NOSE DAY

►Pet lovers can involve their 'best friends' in all sorts of fundraising activities on Pet Nose Day.

It takes place on the same day as Comic Relief's Red Nose Day — March 17 — and the organisers are hoping that most of Britain's 50 million pets will be recruited.

You can buy Pet Nose Day tags for pets' collars, and some Pedigree Churn and Whiskas pet foods feature a special Grin and Win promotion. Other fundraising ideas include owner and animal agility courses, sponsored walkies or a contest to find the waggiest tail in your area.

For more ideas and a fundraising pack contact the Pet Nose Day Hotline on 0891 33 33 26.

## FREE TRAINING

►January's GUIDING featured Heather Wilson who gained a place on GORE-TEX's 1994 summer mountain leader training course. Here's news of this year's scheme.

The 1995 GORE-TEX Outdoor Leaders Training Scheme offers 12 people an opportunity to receive free tuition, accommodation and food at Glenmore Lodge, Aviemore.

The course covers one stage in the nationally recognised Summer Mountain Leader Training Award, which qualifies candidates to lead a group of hill walkers in Britain under summer conditions.

For more information send a sae to GORE-TEX Outdoor Leaders Training Scheme, 3rd Floor West Point, 501 Chester Road, Old Trafford, Manchester M16 9HU. Or call 0161-236 0059 for an application form.

Successful candidates will be invited to take part in the training week from September 16-23.

Heather Wilson believes her training was 'second to none'



THE CHILDREN'S SOCIETY

TELEGRAPH AND ARGUS



THE ROWLAND COMPANY



## YOUNG EXPLORERS

●Two *Young Explorer's Packs* have been produced for the Ridgeway National Trail, which stretches through some of the loveliest areas of England. Written by local teachers, the packs have been developed for groups of children wanting to explore and learn from the countryside.

*The Court Hill Young Explorer's Pack* covers the area south of Wantage in Oxfordshire. Groups and families can stay at the Court Hill Youth Hostel.

*The Lower Chance Farm Young Explorer's Pack* concentrates on the downland south of Blewbury on the Berkshire/Oxfordshire border. Groups studying this area can have free use of a study centre on the Downs during the day.

Both packs, which look at journeys and networks, settlement, land use, industry and ecology, cost £4.65 each including p&p. Cheques should be made payable to Oxford-

shire County Council and sent to Jos Joslin, Ridgeway Officer, Countryside Service, Dept of Leisure and Arts, Holton, Oxford OX33 1QQ.

## PERSONAL PROTECTION

►The Breast Cancer Campaign is hoping to raise funds by encouraging women to protect themselves from physical attack by buying a new personal attack alarm.

The Securi 'Petite' Personal Attack Alarm is different from most existing alarms as it is worn around the neck, rather than carried in a bag or pocket. It is light and lets off a loud blast after a single downward pull on the snatch cord.

To obtain one, and help a good cause, send a cheque for £12.95 to The Breast Cancer Campaign at 1 Oxford Street, London W1R 1RF. For every alarm purchased the Breast Cancer Research Campaign will receive a donation of £3.

Stay safe with the Securi Petite Personal Attack Alarm



THE BREAST CANCER CAMPAIGN

## HALF PRICE DAYS

●This month *GUIDING* brings you a very special offer — 50 per cent off the entrance fees for parties of ten or more to all Sea Life Centres, the Cornish Seal Sanctuary and the London and York Dungeons.

Just present the voucher printed below at any of these Vardon Attractions-owned centres any time until December 31, 1995 (apart from Bank Holiday weekends) and your group will enjoy a super and inexpensive day out.

There are 14 Sea Life Centres, all offering a spectacular insight into underwater life around the British coast. Every centre has more than 70 species of British sea creatures on show.

When booking your visit, ask for details about special presentations and group activities. You might be able to help the staff at feeding time or enjoy a closer look at some of the more unusual creatures.

Some centres have an amazing underwater tunnel, others feature seals. Phone and ask for details. There are Sea-Life

Centres at:  
Oban — 01631 72386  
St Andrews — 01334 74786  
Weymouth — 01305 761070  
Portsmouth — 01705 734461  
Hastings — 01424 718776  
Blackpool — 01253 22445  
Scarborough — 01723 376125  
Brighton — 01273 604234  
Rhyl — 01745 344660  
Southend — 01702 601834  
Newquay — 01637 872822  
Tynemouth — 0191 2576100  
Great Yarmouth — 01493 33061  
Hunstanton — 01485 533576.

The Cornish Seal Sanctuary at Gweek has provided emergency homes for seals in distress since 1957. It is also a

permanent home to over a dozen adult seals, whose injuries have prevented their return to the wild.

Visitors can enjoy the exhibition and audio-visual displays, as well as visiting the hospital to observe new arrivals receiving treatment.

Talks and demonstrations can be arranged. Call 01326 221361.

The Dungeons, at York and London, are two of the most popular destinations for outings

with parties of children. Episodes from the darker side of history are revealed in tableau form, including gruesome torture and execution scenes.

There is a special animated Gunpowder Plot scene at York, and the notorious Jack the Ripper's exploits are featured in all their grizzly detail in London.

They can be contacted on: the London Dungeon — 0171-403 0606; the York Dungeon — 01904 632599.

## COUPON

### GUIDING magazine SPECIAL OFFER

Special Party Rate: 50% off entrance fee for groups of ten or more

This voucher will be accepted at any Sea Life Centre, the Cornish Seal Sanctuary, the London Dungeon or the York Dungeon on any day\* until December 31 1995

This voucher is not to be used in conjunction with any other offer

\*Not Valid on Bank Holiday Weekends



# STORMY WEATHER

Witton Ranger Kate Litherland, a Young Leader with the 1st North-wich Brownies, battled against storms, insects and a smoking camp fire on her first Pack Holiday Under Canvas. The four days at Pettypool, Cheshire Forest Coun-ty's own camp site, began in a downpour as Kate recalls



Ready for anything: Ranger and Young Leader Kate Litherland with three Brownies from the 1st Castle Pack, Emma Stockton, Gillian Hitchens and Sally Haddock

“We arrived at the camp site just in time for several thunderstorms and seriously heavy rain. After putting up some tents, we all stood around like fools collecting the mini-rivers of water pouring from the tent roofs in buckets and squash bottles — we collected gallons of it.

At one point we noticed a tidal wave flowing down one tent into another. Armed with spades and garden forks, we waylaid the flood, but it was raining too heavily to put any more tents up, so we defected to the Brownie Lodge for shelter.

The weather was so appalling that we were joined by two Guide Companies who had also been flooded out. After a singsong, all 67 of the Guides camped for the night in the day room and dining room, while we slept in the dormitory — what a wonderful start to our “camping” expedition!

Having spent a fairly restless night, we were up early to finish putting up our tents. The Brownies, it had been decided, ought to put up their own.

After elevenses the Brownies followed a trail which we Young Leaders had just prepared. Naturally, my group of Brownies were the least proficient and were the last back. Although they had a list of tracking signals, they still missed a large “Don’t go this way” cross and one of the “messages”. Consequently, we had to redo our trail six times.

During the afternoon, the Brownies built dens in the forest. There were initial difficulties, such as trying to construct walls purely out of bracken. But, eventually, our expert tuition pointed them in the right direction and we built some successful huts, even though the Guides had pinched the best places.

That evening, I saw very little of the Brownies. This was because my eyes were watering due to smoke as I battled with the camp fire. Later still, we almost regretted the previous night’s stay in the Lodge. As we had moved sleeping quarters, we experienced the joys of a first night all over again, with torches being confiscated and Guiders

on the rampage.

The next day, we were woken early by chattering Brownies, eager to start another day but who, nevertheless, were falling asleep over breakfast. The morning was spent rehearsing for that evening’s entertainment. Then we discovered the Guiders had forgotten vital ingredients for “cocktails”, so we Young Leaders dashed to the nearest shop.

For the rest of the day I struggled with the fire but it went out every time I lit it. While I laboured, the Brownies made “interesting cocktails”, which we had to taste and approve.

Later we all made sweets and I spent the rest of the day with green finger nails due to over-zealous use of pep-permint essence. We were also invaded by wasps, doubtlessly attracted by the sugary ingredients.

In the evening the wasp army retreated and the midges advanced. This distracted us from the entertain-ment provided — with many technical hitches — by the Brownies.

On our final morning, the Brownies again woke very early and, at last, I managed to light a fire and boil a kettle. Then it was time to strike camp. The Brownies by now were notably less enthusiastic, probably due to lack of sleep.

As ever we were aided by Brownies’ parents. Acting like fragile females, we got fathers to move heavy equipment we had taken to our site but which we were too weary to carry back. Eventually, our struggle to take down large tents without letting them touch the damp grass was over.

Our camp site was being invaded by hordes of Guides, and it was time to go home for food, sleep and a bath. But, even though this Pack Holiday had its difficult moments, I bet we’ll go again next year. ☺

Three Brownie Packs from Witton District went on the Pack Holiday Under Canvas: 1st Castle, 1st North-wich and 1st Davenham.





**It's time for a change of author again. From this month, the male point of view we're featuring in our popular series once more is supplied by a Guide Guider's long-suffering husband.**

May I suggest an amendment to the new Adult Registration Form: 'Do you have a criminal record? No, then do you want one?' Let me explain.

My wife Rosemary's Guides were holding an observation evening. This involved a Patrol being sent into the hall foyer to 'wait' for their activity. The Guides were given no idea of what to expect. But, while they were waiting, a suspicious-looking character would break into a car parked immediately outside and steal a large parcel.

If they spotted anything taking place, they were asked to write down a description. Their descriptions were then compared with the real thing, often with hilarious results.

I must admit I thought I made a superbly suspicious-looking character with a false beard, stripy jumper and flat cap. I looked just like a character from BBC1's *Crimewatch UK*.

The first couple of 'thefts' went very smoothly — after all, I did have the car keys. The Thrushes were so busy

gossiping, they missed the whole performance. The Canaries were indebted to Lucy, their new recruit, who witnessed the whole thing while gazing wistfully out of the window.

I was a little insulted by the descriptions of me. Fat and bald were, I felt, more than a little unkind. Plump, portly, well built, slim (I liked that one), tall, short, red-haired, fair... I began to realise how difficult a policeman's job really is.

All this was going through my mind as I crouched behind a hedge after my fifth 'theft', when I suddenly received a painful blow to the head. In a state of shock I turned to face an old woman I had never seen before, deftly wielding an umbrella.

'I've been watching you steal from that car,' she said, hitting me again. 'I've called the police. It's about time you were locked up. We don't want your sort in this area.'

With another vicious blow, she began listing the various felonies for which I was apparently to blame. These ranged from burglaries, stolen cats, graffiti on walls and a disappearing garden gnome.

I was wondering whether she was going to add the Brinks Mat snatch to the list, when I heard the siren. Until then I thought she had been joking

## A MAN'S EYE VIEW

about the police!

The constables were very understanding, although the old lady had obviously been watching too many episodes of *The Bill* and seemed disappointed that they weren't armed and didn't promptly handcuff me.

In retrospect, I did look suspicious, especially when they discovered my beard was false. By this time the Guides' parents had begun to arrive to collect their daughters, and I had to suffer the indignity of being led through a crowd of them by two policemen.

'Do you know this man?' one of them asked Rosemary. My wife looked at the dishevelled, scruffy-looking individual in front of her and, for one nasty moment, I thought she was going to say 'No'.



# HELPING EUROPE GROW

**Salzburg is the venue for the 8th European Region Guide and Scout Conference, when delegates will discover that the resolutions put forward at the last conference in 1992 have been acted upon.**

Work in the Europe Region over the past three years has concentrated on three areas:

- youth programme
- resources and management
- communications and co-operation.

This has been achieved through establishing three core groups, whose remit has been to assist the committees in achieving their goals.

They have held seminars on specific topics and worked on developing resources and projects such as *Eurosteps* and a *Passport for Europe*.

Communication has been improved through the publication of *Eurofax* and *Eurofocus*, copies of which are available from all Country and Region International Advisers.

Perhaps the most exciting resolution passed at the 1992 conference in Helsingborg, Sweden, was to look at institutional WAGGGS—WOSM co-operation. The resolution sought to develop institutional co-operation between the World Association of Girl Guides and Girl Scouts (WAGGGS) and the World Organisation of the Scout Movement (WOSM) in Europe.

The resolution contained three main elements, which were to be established for a trial period:

- A single Europe Conference — in the past Guide and Scout Conferences occurred simultaneously.
- A single Europe Region Committee instead of two separate ones.
- A single Europe Office instead of the WAGGGS Europe Office being in London and the WOSM Europe Office being in Geneva.

After the 1992 conference a task group was created whose task was to work towards meeting these goals, taking into account the constitutional requirements of both WAGGGS and WOSM.

The task group's report was adopted by the two Europe Committees in February 1993 and, subsequently, by the two World Committees.

In October 1993 the Europe Committees decided to locate the new joint office in Brussels, where the Europe Office of WAGGGS and WOSM would operate from within one single building. In February 1994, premises were identified and, by the end of June 1994, both teams had moved in.

The WAGGGS Europe and WOSM Europe Committees have, since October 1993, considered ways in which they can work together and have begun to implement joint methods of work.

So things are moving.

Each country in the European Region will be sending only one delegation to this year's conference in Austria. The UK delegation will have 20 members — ten from The Guide Association and ten from the Scout Association. Voting powers during the conference will be divided fairly between the two Associations' representatives.

The ten delegates representing The Guide Association are: Sheran Oke, the International Commissioner, who is the delegation leader; Lara Brookes, Chair of Association Junior Council; Jacqui Dixon, a member of the Finance Committee; Ruth Goggin, an Assistant Adviser for Central and Eastern Europe; Beryl Goulston, International Adviser for London and South East England; Mary Harwood, the Youth Activities Manager at CHQ; Liz Harrison, a member of the Community and Development Group; Amanda Medler, a member of the Executive Committee; Vivienne Scouse, Anglia's Chief Com-

missioner Designate; and Collette Stone, the Chair of the Forward Policy Group.

The delegates are drawn from Anglia, Wales, London and South East England and North East England.

The conference will work towards developing a Charter for Guiding and Scouting in Europe. It will formulate a vision of the common purposes and define the youth policy that the Region wishes to promote and sustain, within a framework of co-operation with other youth and European institutions.

The Charter will be developed to take into account existing Children's Rights and Youth Rights legislation.

Five strategic areas will be covered:

- The relationship of Guiding and Scouting in society
- Youth programme development
- Adult resource development
- Management of associations
- Communication.

Our Association, through the delegation, is beginning to look at our contribution. We would welcome any members' comments. If you want to contribute, contact any of the delegates, or write to Mary Harwood care of Guiding Activities, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

Three Europe Region Conference workshops are also to be held. These will take place in February/March at different venues in the UK — one will be at CHQ.

Those who attend will be able to put forward ideas to the delegation, as well as learning more about Guiding/Scouting in Europe. Sheran Oke explained: 'Our aim is to make the delegation as representative as possible of our Association by providing opportunities so every voice can be heard.'

**For further details on the workshops contact Mary Harwood at CHQ or ask at your Country and Region offices.**



# GREAT *Expedition*

*Pancakes with maple syrup for breakfast and a 150-mile canoe trip on the Upper Missouri river were just two of the delights experienced by a young Ulster Guider, when she joined the British Schools Exploring Society's expedition to Montana, USA.*

Patricia Mackey, still at school and taking A-levels this year, was one of four young people from Northern Ireland chosen to join 68 other Young Explorers from all over the UK to be sent on an expedition to the USA. And she has no doubt that it was her involvement with Guiding that helped to win over the selection panel.

Just 17 when she set off for the land of Butch Cassidy and the Sundance Kid, Patricia re-lives the six most exciting weeks in her life so far for **GUIDING**:

“We had to be fit, demonstrate leadership qualities and team spirit and be interested in exploring wild country. Raising almost £2,000 for my share of the costs, plus money for specialist clothing and equipment, was quite a challenge in itself.

We flew from Gatwick to Great Falls, Montana, where we collected our rucksacks as well as tents, stores, billy cans and packs of dehydrated food. A school bus took us to the Charles M Russell High School, where we slept on the gym floor.

We awoke to pancakes and maple

syrup — a breakfast we would look forward to again and again throughout the long trip.

A three-hour drive took us to base camp, on the Theodore Roosevelt Memorial Ranch, ten miles from Dupuyer, a small town east of the front ranges of the Rocky Mountains.

There we joined our “Fires”. There were six of them, all named after early explorers of the area or “characters”, made up of 12 Young Explorers plus leaders. I was in Lewis Fire. The others were Clark, Boone, Crocket, Sundance and Cassidy.

The canoeing phase started with a six-hour drive to Fort Benton, on the Missouri river. We canoed from Fort Benton to James Kip bridge, a stretch of 150 miles known as the Upper Missouri National Wild and Scenic River.

Along the way, we passed a wide, fertile valley, once part of a great inland sea and also saw huge cliffs, sculpted by erosion into breathtaking shapes. The depressing part of the trip was the Badlands — a barren area, where nothing could grow.

The wildlife we saw included a bull snake from the constrictor family, rattlesnakes, big horned sheep, bald eagles, raccoons, beavers, and a turtle. Other sights included the graves of loggers scalped by the native Americans!

After each phase we returned to base camp to prepare for the next. The hiking phase was the most gruelling. We walked 100 miles over the front ranges of the Rockies. The first day's walking was through a forest, which was just starting to rejuvenate after fire. We learned that the seeds of the lodge-pole pine actually need great heat from a forest fire to germinate.

As the hike progressed, the terrain became extremely tough and temperatures reached 100 degrees F. There were a few casualty drop-outs but I managed to survive.

We covered 15-16 miles a day. It was exhausting but exhilarating as we

reached a summit and saw a panorama of peaks spread out before us.

Paw prints in the mud, flattened vegetation, trees stripped of berries and a lot of fresh bear-droppings were among the many signs we saw of the presence of both grizzly and black bears. I was glad not to actually confront any!

The last section, the glacier conservation and environment phase, was the one I enjoyed most. Among the various activities was clearing 20 miles of trail around Bowman Lake, which I thought was just as beautiful as the better-known Lake Louise in the Canadian Rockies.

We also went on a two-day wolf study in an area where wolves had reappeared after a long gap. We didn't see any but we found plenty of droppings, which we had to gather in bags. It was revolting!

But don't let that put you off. Anyone of my age group, keen on the Great Outdoors, should consider becoming a Young Explorer and enjoy, as I did, a wonderful experience. 9

**PATRICIA MACKEY**

● For more details on the British Schools Exploring Society, turn to page 54.



**Intrepid explorer Patricia Mackey kept on smiling while covering 100 miles in the Rockies**

Patricia is Assistant Guider with the 1st Comber 'B' Guide Company, near Newtownards, Co. Down. She is working for her warrant and the Duke of Edinburgh Gold Award, both of which she hopes to gain this year.



# MUSICA

Visitors strolling through West-bridge Park, Stone, on a fine Saturday morning are often treated to a sight — and sound — they are unlikely to forget. For this attractive green area in the south west of one of Staffordshire's prettiest towns is the practice ground for Stone Scout and Guide Band. Here some 40 musical youngsters are put through their paces by the Bandmaster, Kathleen Pickering.

The idea of forming a band was hatched when Kath attended a band festival in the mid-'80s.

'We ought to have a Scout and Guide band in Stone,' she told her colleagues. They agreed ... so long as Kath took on the task.

An experienced Guider, Kath rose to the challenge magnificently. Equipped with one small leaflet supplied by the

Association, some advice from Scout HQ, a few instruments acquired from a defunct Yorkshire Scout band and the promise of plenty of help from her friends, she was ready to make music.

Any interested members of either Associations, with or without musical knowledge, were invited to form the Stone Scout and Guide Band.

According to David Thornton, the band's publicity and press relations officer, Kath's benevolent, rosy countenance cloaks a strong personality.

'She rules them with a rod of iron.'



► Stone Scout and Guide Band with just some of the cups and shields they have won

◄ Anthony and Helen Eaton married after meeting through the band





# AL with

David said. 'Kath stands no nonsense from anyone.'

Clearly, members consider it a privilege to be part of the band, and everyone accepts that practices and engagements take priority over anything else they do.

Plenty of spit and polish was evident, too, when *GUIDING* dropped into the Wells-Bladen Centre, the HQ of Stone Division Guides, to meet the gang. All the players were smartly turned out in full dress with instruments gleaming.

This is one area of Guiding where we do have to ask the girls to wear one particular type of uniform,' Kath explained. 'Mix and match in this case just wouldn't fit the bill.' The smart, light blue shirts and navy culottes blend well with similarly styled Venture Scout uniforms.

Aspiring players don't need to have music qualifications or experience. 'We'll give a chance to any keen member of the Movement,' Kath said.

'As long as the youngster is committed, accepts discipline, attends regularly and tries hard, there's a welcome here for him or her.'

Many band members can't read music and had never played an instrument before they joined. They learn the pieces by ear, and copy the experienced bandsmen and women by facing them during 'static' practices and watching them from the sidelines at marching rehearsals.

The band's top quality instruments, bought through fundraising efforts, include bugles, bass bugles, bell lyres, cymbals, side drums, tenor drums and bass drums. A new recruit may choose his or her preferred instrument and is then given the task of looking after it.

Once familiar with the rules, the novices have plenty of opportunities to join in the fun, even before they're ready to play in public. When they can march well, they are included in parades and, sometimes, join the band on the rostrum for static performances, standing smartly to attention at the side.

At practices, Kath gives all novices a chance to march and play with the band when she considers them musically ready. This can take months, depending on ability, as the standard is very high.

I met several hopefuls who had been waiting patiently for up to a year. None complained. The prize is obviously worth the long training.

From its launch in 1986 with 15 young Scouts and Guides, the band has gone from strength to strength, moving from novice class to contest class in 1992. Last year, to everyone's delight, the band achieved championship class status.

In the early years, the band was a member of the British Youth Bands Association but, in 1993, joined the Traditional Youth Marching Bands Association, in keeping with its strictly traditional style.

Already the band has an impressive record. In addition to the displays, carnivals, parades and competitions which any good band would expect to attend, it has notched up some spectacular successes.

Personal recommendation led to the band being booked for two Indian weddings in Birmingham, where they played to over 1,000 guests on each occasion. And the highlight of 1993 was a ten-day visit to Rotterdam in the Netherlands and Dreieich, near Frankfurt in Germany, which is a twin town of Stafford and Stone.

This exhilarating, but somewhat exhausting, trip included performances at Dreieich's castle and a Dutch First

Division football match, Sparta Rotterdam versus Maastricht. Home hospitality was excellent and lasting friendships were formed.

Perhaps, inevitably, the band embraces many family groups: parents, brothers and sisters who share a common interest. When the Pickerings, Boltons, Randalls, Barlows, Watsons, Thompsons and Donaldsons posed for a 'family' group photograph, they accounted for almost half the total membership.

Band jobs can be handed down, too. Christopher Bolton, the 17-year-old drum major, has just taken over from his sister, Yvonne, who held the office for three years before starting work as a prison officer in Kent.

A new family unit has been created through the band, too. When 13th Burton Scout Band was closed, drummer Anthony Eaton immediately came to Stone and found not only a job as the lead side-drummer, but also a pretty wife in the shape of the bandmaster's daughter, Helen.

Kath's son is also a band member, as are Suzanne and Jamie Barlow, whose father is the Scout District Commissioner. Both have been members for about six years, Suzanne playing side-drums and Jamie on cymbals. Jamie, who was a Beaver when he first joined, is now a 13-year-old Scout and the lead cymbal player. Suzanne has been a Brownie, Guide and Young Leader before becoming a Venture Scout.

A glance at the band's engagement diary for the second half of 1994 reveals they attended over 20 practices and four competitions, as well as performing at Stone Festival, Pirehill School, Stone Mayor's Civic Parade, Eccleshall's Britain in Bloom Parade, the County Trefoil Guild Meeting, a wedding, Stone Master Marathon, Stone Town Fireworks Display and the Remembrance Day Parade.

Dates for this year have been rolling in and, this summer, the band will be playing at Stone Festival on June 10 and Barlaston Fête on June 24.

Guide and Scout County Commissioners are justly proud of such a fine asset and delighted by the co-operation it engenders between the two Associations. Closer to home, Maureen Racine, Stone Division Commissioner, and Trudi Mercer, Division President, are thrilled to have the band in their Division.

'They're excellent ambassadors,' Maureen explained. 'Stone is a lively District/Division anyway and these youngsters reflect the general enthusiasm for Scouting and Guiding.'

GILLIAN ELLIS 23

GILLIAN ELLIS



GILLIAN ELLIS



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20 Cromwell Street, off Carlton Hill, Nottingham NG4 1HQ.

Make cheques payable to : "N. and L. Scout Events"  
and please enclose a stamped addressed envelope.





# What the Junior Council has already achieved

The Junior Council was formed in 1980 following a suggestion from a Ranger Gathering in South West England. Over the years the Junior Council has discussed many important topics either from an idea raised by one of its members or at the request of the Association's Executive Committee.  
Topics have included:

<b>HOMELESSNESS</b>	<b>ADVANCEMENT OF WOMEN AND GIRLS</b>
<b>CHILDREN'S RIGHTS</b>	<b>FAITH</b>
<b>COMPUTERS IN GUIDING</b>	<b>THINKING DAY FUND</b>
<b>AGE GROUPING WITHIN THE ASSOCIATION</b>	<b>PARTICIPATION</b>
<b>THE PROMISE</b>	<b>PUBLIC RELATIONS</b>
<b>UNEMPLOYMENT</b>	<b>IMAGE/NEW UNIFORM</b>

## What we expect from you...

You:

should be an enthusiastic member of the Association  
are expected to attend two meetings a year usually in the spring and the autumn

should prepare yourself for active participation in meetings by reading the Agenda Papers and Reports beforehand

are expected to express your own views, opinions and ideas whilst being aware of those of your fellow members and age group

should be open minded

should be prepared, if invited, to serve as a member of Association and/or Junior Council ad hoc committees or working parties. This may involve you in additional meetings



**You:**

may be asked to represent the Association at seminars and so on in the United Kingdom, Europe and overseas organised by WAGGGS or outside bodies. (Members of the Junior Council are regularly considered for such seminars)

may be asked to become involved in the administration of your Country/Region Junior Council on an ex-officio, non-voting basis. (The extent of such involvement will depend upon the circumstances in your area)

## **Warning!**

**You may be replaced on the Junior Council  
if you miss two consecutive meetings  
without good reason.**

## **What we can do for you...**

### **Selection**

Each of the three Country/Region members serves for three years from January 1 until December 31 three years later and one member retires each year.

The advertisement for new members will appear in the April edition of *GUIDING*. If you are between 16 and 25 and would like to be considered for (s)election by your Country/Region, please complete and return the reply slip.

The Country/Region (s)elections will take place during the summer/autumn of each year.

As British Guides in Foreign Countries and the Branch Associations have only two members their (s)elections happen less often, but this should not deter you from applying.

## **Need more Information?**

Perhaps you would like a Junior Council member to talk to your Ranger Unit, Young Leaders, District Meeting or County AGM? Please get in contact as we're waiting to hear from you!

If you have any queries or questions about the Junior Council we haven't already covered please do not hesitate to contact Elizabeth Anderson, Secretary to the Junior Council, at Commonwealth Headquarters between 08.30 and 16.00, Monday to Friday:

Miss Elizabeth Anderson  
Committees Executive, The Guide Association  
17/19 Buckingham Palace Road, London SW1W 0PT  
Telephone: 0171-834 6242  
FAX: 0171-828 8317



# ng nders

convinced it would work. Or, in some cases, if it was even proper to try.

At that time girls could be Guides until their 17th birthday, so we decided on a Guide unit rather than Rangers. These girls, we felt, needed the basics of Guiding and the experience of working in Patrols with elected leaders to foster healthy competition, ideally without fights. To this day I am certain it was the right decision.

So Guides became an official school activity but, although it was voluntary, once a girl had decided to join the Guides, loyalty and regular attendance was expected. To everyone's astonishment, this was forthcoming in almost all cases.

It was certainly a great relief to me to discover how keen the girls were. I was surprised by the in-depth discussions we had, especially when we were setting up the Company.

As for the Law and Promise, these took on an added dimension. On the insistence of the girls we had 12 Guide Laws. It was most irregular but, given the circumstances, I am sure B-P would have approved.

The two added by the girls were: No. 11 — "If any Guide absconds from school, she will not be allowed back to Guides for one month". And No. 12 — "If any Guide absconds while wearing Guide uniform she will never again be allowed to join any Guide activity at the school".

These two special Guide Laws may not have had the full authority of the Association behind them, but the girls took them seriously and were quite prepared to see them enforced.

Guide activities carried out by the school unit were much the same as those of any other Company, including my own at Sharpness. I often used the "ordinary" Guides as guinea pigs to try out ideas before suggesting new activities to the school Guides. This was interesting, as I often found the reactions and results to be very similar.

Having been enrolled, the girls were expected to wear their Guide uniforms to all Guide functions. However, they enjoyed wearing them, anyway, because it was a welcome chance to get out of their green "issue" uniforms, which

they had to wear at all other times.

The Guide uniforms, when not literally on the girls' backs, were kept under lock and key to prevent them falling into the wrong hands.

I was amazed by their enthusiasm for the unit's first parade. We even spent a Saturday afternoon on "spit and polish". But by Sunday morning the mood had changed. All the keenness had vanished and the girls were morose. They no longer wanted to go.

Why? With some patient questioning, I discovered the reason: they were afraid the other Guides at the parade and the local folk would not accept them as Guides and — even worse — that there would be catcalls.

Because of the green regulation uniforms they normally wore, the local children called the girls "greengages", and how they hated that.

Once I'd managed to persuade them to go on parade, however, they realised they need not have worried. They were the stars of the show. All big, tall girls, immaculately turned out.

of these girls — rather like getting away from the staff and eluding the police — but they enjoyed doing these activities legally. They were pleased to accept invitations from other units or, sometimes, to entertain them at the school or in the grounds.

One Guide, who qualified for home leave for the first time, found her parents would not have her at home, so she camped with my other Company at their summer camp, and thoroughly enjoyed it. On the strength of this, her parents had her home for Christmas.

Absconding was contagious and often went in spates. One of these hit the school about six months after the Guide Company had been started and, for a short time, the only girls left in the school were those in the Guides.

Then the first Guide went "over the wall". When she was brought back she could not face me. Absconders were usually quite proud of their exploits, but not this one. For days she cleverly managed not to meet me face to face and then avoided all eye contact.



Today's Guides: Pam helps out at a recent Scout and Guide Jamboree in the Cotswolds

their marching was good and their behaviour impeccable. I was proud of them and so was our District Commissioner, whose anxiety had been rather obvious when we assembled.

Stalking, tracking, hiking and fending for themselves came naturally to many

Our Guide Law No. 11 came into operation and I believe it was an effective deterrent, as it was not used often. Guide Law No. 12, I am pleased to say, was never invoked.

I am convinced that this rather special Guide Company was of great value to the girls. It gave them the confidence they lacked and, perhaps for the first time, a measure of self-respect.

It also gave them dignity, teaching them how to discuss, debate, reach conclusions and agreements and to co-operate, without falling back on shouting and fighting.

Some of the girls, I trust, still remember the things we enjoyed doing together nearly 40 years ago and are proud of having been Guides. Perhaps, too, they can feel grateful to Guiding for helping them become good citizens. I certainly hope so.

**Pam Cottle, a former Sea Ranger, became Assistant Guide Guider of the 1st Sharpness (St Andrew's) Company in 1950. She became Guide Guider two years later. Apart from a short spell when she reverted to Assistant, she remained as the unit's leader until recently.**

**She has also been a Brown Owl and, for many years, a Ranger Guider at Sharpness.**

**Her other appointments have included: County Camp Adviser, County Camp Trainer for Guide Guiders and Ranger Guiders, District and Division Commissioner.**





**'Isn't March a bit early in the year for pond-dipping?' I asked with a shiver.**

'Well, you and Dad took us in April last year and we were too late for frogspawn, remember?' Emma reminded me as she got down to planning a Patrol expedition.

Two years ago she discovered a good use for the sandpit she and Kevin had outgrown. It's now home to a large colony of pond snails, water boatmen and burgeoning aquatic plants. But her ambition is for a frog to take up residence.

So, one windy Saturday, backpacks clattering with jam jars, Kingfisher Patrol and I boarded the train heading for the nearest country park.

'Shall I put your backpacks on the overhead rack?' I offered. Four bags went up easily. Then came Emma's.

'What on earth have you got in here?' I gasped, as the laden bag threatened to plunge to the floor and fracture my toes.

'Books,' she replied succinctly, adding, 'for identification.'

'A paperback or two shouldn't weigh that much,' I muttered. I was right, they don't. But three encyclopaedias do — and she'd included an enormous flask of hot chocolate.

'It's for everyone,' Emma explained, 'in case one of us plunges into the pond.'

Once four of them were quietly studying the depths for anything that

moved, and Emma was lecturing anyone who would listen on caddis flies, flatworms and the different varieties of leech. I took a stroll along the bank. Suddenly I heard voices coming from the wrong direction.

In the middle of the pond is an island. I have never been on it. There is no way across. But that hadn't deterred the Kingfishers.

'How did you get over there?' I shouted.

'Madeleine walked the plank. The rest of us waded,' Emma yelled back. 'Becky won't follow. Her boots are too short.'

Becky was standing, nervous and tearful, beside 'the plank', which was a tree trunk floating in the water. As I watched, Madeleine began the return journey. The log bobbed up and down and Madeleine wobbled from side to side. Somehow she kept her footing.

'My dad says I'm an acrobat,' she grinned, while the other three waded alongside her, water lapping the tops of their wellies.

'Well nobody did plunge into the pond,' Emma said cheerfully, dishing out the hot chocolate.

## *My Girl's* **A GUIDE**

'Small thanks to you,' I snapped.

Heading home, we crossed the stream which fed the pond. It was only a *small* stream. Even Becky could, and did, jump it. Only I, feeling my age, preferred to step down into it and up the other side.

There was no splash. I just sat down gently in about six inches of freezing water.

'What did you do that for?' asked Emma casually — as if I'd devised the whole thing solely for the Kingfishers' entertainment.

Becky was concerned for my welfare, bless her. Emma and Madeleine offered to empty my wellingtons, but it became obvious that *their* main concern was whether I'd caught anything in them.

If you've never sat still, on a draughty train, for half an hour, in wet trousers — and wondered what the seat is going to look like when you stand up — you won't really understand. My husband didn't either.

'Whatever persuaded you to go pond-dipping in March?' he demanded.

'Frogspawn!' announced Emma, holding up her full jam jar triumphantly.

**ANDREA JAMES 25**



# BADGE SWOP

Badge Swop — one of *GUIDE PATROL*'s most popular features — now appears at regular intervals in *GUIDING*. This service gives keen collectors the chance to swop County badges, camp site badges and similar artefacts with others all over the country.

## TAKING PART

Taking part in the scheme is simple. Just write a short note to each collector you want to swop with. Enclose the badge(s) you want to send her, plus a sae so that she can send you her badge(s). (Do this even if you are replying to someone for a second time.)

Then pop all your requests into one big envelope and send this to: Badge Swop, *GUIDING*, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. We will then make sure your requests are forwarded to the people concerned.

## SWOPPERS

**Charlotte Hastings:** Cambridgeshire East, Lancashire West, Greater Manchester North and Lancashire South East, Yorkshire, Wales, Sefton and Merseyside South for Durham and South Tyne, County Durham, Gloucestershire, BGIFC, Newcastle-upon-Tyne, West Mercia, Tyneside North, Lincolnshire North and Humberside South and Alderney.

**Sarah Barry:** Hertfordshire, Bedfordshire (cloth) for any cloth.

**Laura Barry:** Surrey (6), Warwickshire (2), Yorkshire (2), Devon (1), Hampshire West (1), Kent West (6), Bedfordshire, Hertfordshire and 2nd Stotfold name tapes for Cambridge East, Lincolnshire, Greater London Kent, West Mercia, County Durham, South Tyne, Lincolnshire North, Humberside South, Newcastle-upon-Tyne, North Tyneside, Chester Border, Isle of Man, Lancashire Border, Lancashire East, Cornwall, Gloucestershire, Ulster and Wales.

**Cheryl Daldry:** Many including Suffolk, Ulster, London, Essex, Lancashire, Hampshire, Guernsey and Berkshire for any

Scout, Guide, foreign, houses, name tapes, commemorative but especially Alderney, Kent Weald, Sussex East, West Mercia, County Durham, Lincolnshire North, North Tyneside, Cheshire Border, Lancashire Border, Lancashire East, Mersey South, Wirral and Wiltshire North.

**Jennifer Kempself:** Surrey Lions, Manchester, Lancashire South East and Yorkshire for any (cloth).



**Julie Darlington:** Lancashire South East, Manchester, Yorkshire, London-over-the-Border, Surrey, Hertfordshire and some singles for Buckinghamshire, Cambridgeshire, Kent Weald, West Mercia, Durham North, County Durham and South Tyne, Lincolnshire North and Humberside South, Cornwall, Newcastle-upon-Tyne, North Tyneside, Cumbria North, Hampshire East, Alderney and North East and North West England Regions (all cloth only).

**Sophie Gwyn-Smith:** Most Guide County silks, some Region patches and a few Scout District badges for any out-of-date Guide Patrol emblem or the following obsolete Interest badges: athlete — skipping, farmer — sickle, gardener — growing plant, horsewoman

— spur, lace maker — doily, spinner — distaff and spindle, or the naturalist — green sun, or any out-of-date large size Interest badge from around 1968 or before.

**Sandra Peacock:** South Yorkshire (cloth) for any Country and Region (cloth) badges.

**Isla Peacock:** South Yorkshire and singles of Dorset, Worcestershire, Northumberland, Somerset, Sheffield, Wiltshire, Warwickshire, Herefordshire, Isle of Wight, Bedfordshire, Suffolk, Gloucestershire and Greater London Croydon for Sussex East, West Mercia, Newcastle-upon-Tyne, North Tyneside, Cumbria South, Sefton, Cornwall, North West England, South West England, new Midlands Region badges and any new Country badges not in the 1986 edition of the *Guide County Badge Book*.

**Heather Clarke:** Staffordshire Knot (cloth and metal) for any, especially Cambridgeshire West, Norfolk, Greater London Kent, Kent Weald, Kent West, Sussex, Herefordshire, West Mercia, Worcestershire, Cleveland, Newcastle-upon-Tyne, North Tyneside, Cheshire Forest, Cumbria South, Greater Manchester, Sefton, Wirral and Ulster.

**Brenda Pope:** Norfolk, Suffolk, Devon, Hampshire West, Wales, Derbyshire, London and a few others for Cornwall, Cumbria South, Lancashire Border, Lancashire East, Sefton, West Mercia, Wiltshire North, Alderney, North West Region, South West Region and any new County badges.

**Debbie Musson:** Dorset, Hampshire West, Wiltshire South (cloth and metal) and Guernsey (cloth) for any, especially Lincolnshire and Cornwall.

**Sarah Rowleson:** Surrey Lion for any County or Region (cloth or metal).



*Betty Clay, the Founder's daughter, has a message especially for Rangers, Young Leaders and Guides. She wants Guiders to cut it out and pass it on to their units.*

Who had a birthday in February? If you did perhaps you didn't know that Robert and Olave Baden-Powell, who started our Guide Movement and nurtured it through its early years, share your birth month.

I'm lucky enough to be their daughter, and I've often thought what a marvellous coincidence it was that they should have been born not just in the same month but on the same day — though many years apart. This happy coincidence gave us a good reason to choose their joint birthday — February 22 — as the day of the year when we think thankfully of them and of our Guide friends world-wide.

Here's another reason why we should think of Olave Baden-Powell. You may have heard of the Olave Baden-Powell Bursary Fund, but have you ever met anyone who has received money from it? If so, you will know that it helped her 'make a dream come true' because that is its purpose.

In the 15 years since it started, the Fund has given more than 800 girls a final boost to top up the money they had saved to achieve their ambitions. It was your predecessors in Guiding who provided the money by contributing to this Fund in memory of Olave Baden-Powell, after her death in 1977. It is very special, as it is now the only on-going memorial fund in her name.

Every year the committee receives more applications for help, as more girls attempt adventurous activities and costs continue to rise. I believe the time has come when we should give the Fund a boost.

Year after year, members of the Association raise money for all sorts of good causes. It is marvellous to see the imaginative schemes members come up with and the energy and enthusiasm they devote to getting the money needed for a particular cause.

So here's a challenge for you: can you — each one of you — motivate your own unit to devote the proceeds of one fundraising event to the Olave Baden-Powell Bursary Fund? It needn't be a big or elaborate event, as every little helps. If all of you send a little, it will give a big boost to the Fund and will be invested so that we have more income each year to give out as bursaries.

Here's your chance to help more girls like you 'make a dream come true'. Then, when you do meet someone who has been awarded a bursary, you can feel proud that you helped them by giving an extra boost to the Olave Baden-Powell Bursary Fund.

BETTY CLAY

# IN OLAVE'S MEMORY



Olave Baden-Powell  
as a young woman

● Cheques should be made payable to The Guide Association and sent, in an envelope marked Olave Baden-Powell Bursary Fund, to The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.





# EMERGENCY *helper*

**Bolton Brownie Leanda Mack has been rewarded for her calm manner and quick thinking when her mother, Karen Mack, collapsed and fell downstairs.**

A member of the 60th Bolton (St Thomas Chequerbent) Pack, nine-year-old Leanda had been taught what to do in an emergency by her mother. And she remembered every word. Leanda, who was only eight at the time, dialled 999 immediately after the accident and gave the ambulance service clear, concise details.

While she waited for the ambulance to arrive, Leanda packed a suitcase, carefully selecting the things Karen would need in hospital.

Finally, Leanda made sure the burglar alarm was set and the house safely

Cool-headed Leanda was presented with her certificate by Lancashire Border County Commissioner Karen Booth, while her mum, Karen, looked on proudly

locked up before getting in the ambulance to accompany her mother to hospital.

The ambulance crew was very impressed by Leanda and congratulated her on behaving correctly.

Her Guider, Carol Fitton, explained: 'Although Leanda's mum had been unwell for a while, this was the first time Leanda had been confronted with an emergency. It's not so much what she did, but the way she did everything so efficiently. We are all very proud of her.'

At the Brownie meeting following her mother's collapse Leanda told her story and everyone agreed that she'd behaved superbly.

Carol decided to try and get her Brownie's achievement officially recognised. Leanda, she says, was 'over the moon' when she was awarded the Region Chief Commissioner's Award at a surprise presentation by Lancashire Border County Commissioner Karen Booth.



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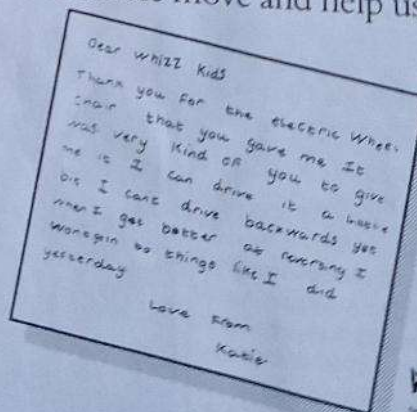


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# older BROWNIES

Do you have Brownies in your unit who are nine or nearly ten and who want to complete the Highway Journey? If you do, encourage them to complete it before they are ready to go on to Guides, so that they are able to wear their Highway badges proudly as members of the Brownie section.

After all, if a girl has chosen wisely, she will have worked hard to have earned this badge and should have the opportunity to show it off.

Although a Brownie may not yet have a personal copy of the updated *Brownie Handbook*, she can still choose challenges from it, or from the previous edition she has been using.

Of course, some older Brownies will not want to do the Highway challenges, or will have completed all three Journeys already. They will be ready for more excitement and therefore need extended opportunities.

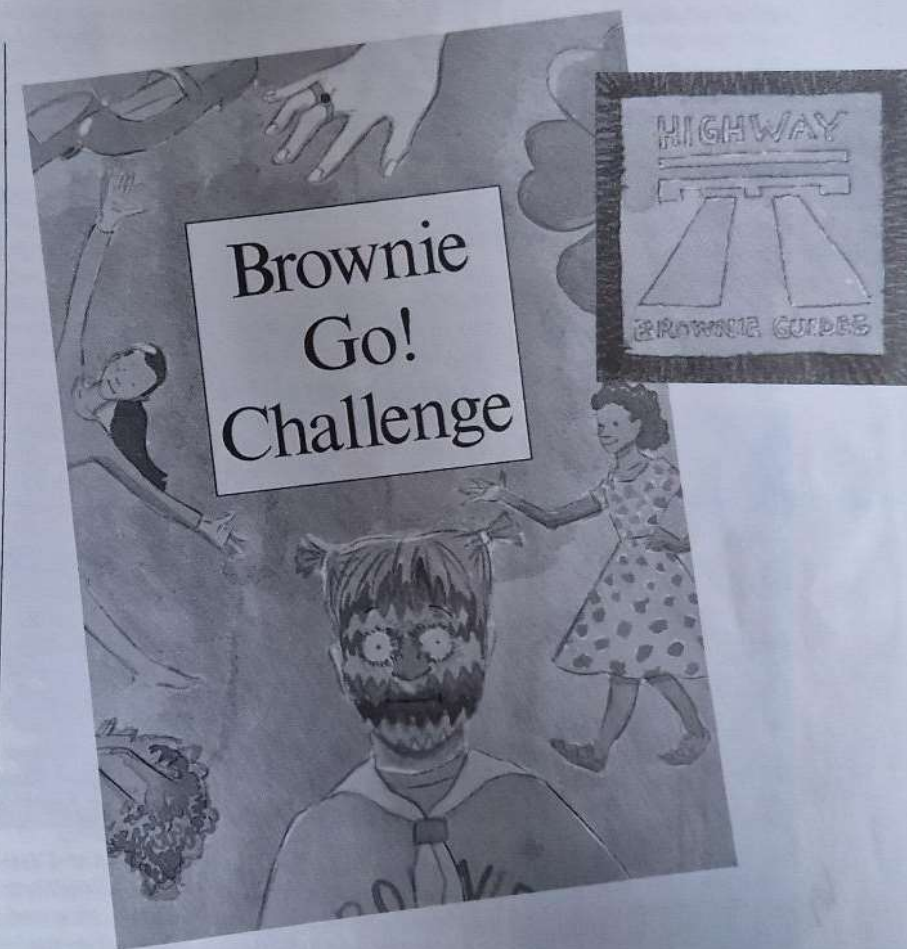
One answer is to introduce them to the *Brownie Go! Challenge*. This resource was written with just such Brownies in mind. It is a selection of challenges from which a Brownie can choose the ones that appeal to her, and is an extension of the Brownie programme.

The *Brownie Go! Challenge* is not suitable for every Brownie but it appeals to those willing and able to tackle new experiences.

It offers a Brownie the chance to:

- Work independently.
- Stretch herself as a Brownie — maybe she can't go on to Guides.
- Show her skills and sense of responsibility if she is ready and able to do so but too young to move up to Guides.
- Share her adventures — her ideas will enrich Pack life.
- Look for something different, providing her with a new and challenging route.

Brownie Guiders have a role to play in helping older Brownies complete challenges. Naturally, you will always be



ready to give encouragement, but you may also be able to help with:

- Resources — books, leaflets...
- Ideas and starting points.
- Safety aspects.
- Finding the 'expert' — you don't have to be able to do everything yourself!
- Time — a Brownie may have to present what she has done to her Six, or to the whole Pack, or she may need to work with them.

The scheme offers an opportunity for a Brownie to involve her parents, or any other members of her family, in making sure that she successfully completes the challenge and so gets to wear the prized *Go! Challenge* badge.

Both Highway Challenges and the *Go! Challenge* could be developed by an individual Brownie into Brownie Interest badges, or the appropriate level of certain staged badges. Some challenges may develop into Ventures. At another time, a Pack activity might lend itself to becoming a Journey Challenge.

Don't forget that while they are busy doing all these activities, the Brownies will have lots of opportunities to fulfil the three-fold aspects of the Promise.

Variety and challenge will ensure that older Brownies have a full and exciting time, as long as they remain unit members.



# Notices

## HONOURED

The Chief Commissioner, Mrs Jane Garside, was made a Commander of the British Empire (CBE) in the Prime Minister's New Year Honours List for her services to Guiding.

Mrs Garside, whose term as Chief Commissioner ends in May, said: 'I regard the award as an honour for Guiding. In accepting it I am mindful of the inestimable contribution made to the lives of countless girls and young women by the voluntary efforts of nearly 80,000 adult leaders in the Movement.'

The Guide Association is delighted that The Chief Commissioner's great commitment to and continuing work for the Movement has been acknowledged in this way.

The award also gives recognition to the very significant changes through which Mrs Garside has led the Association



The Chief Commissioner, Jane Garside, shares in the Ulster Hooley '94 celebrations

to prepare it for the future needs of current and potential members — especially young members.

## FOXLEASE STAFF OPPORTUNITIES

Do you enjoy camping and the out-of-doors? Are you looking for a job for six to eight weeks during the summer holidays? Then why not join the team at Foxlease as Camp Secretary?

The Association's Training and Activity Centre is also looking for seasonal instructors to assist with canoeing, archery, life saving... during the summer. If you enjoy helping young people learn a skill and have qualifications in any of the above, Foxlease would like to hear from you.

In addition, the Centre has vacancies throughout the school summer holiday period for individuals, or two friends, to stay as volunteers/helpers in return for bed and board. The jobs on offer include serving in the shop, helping with camp equipment and, if qualified, life saving and other activities.

## WINNING WAYS

The winner of the first prize in our November questionnaire contest was Angela Hammond of Oakley, near Basingstoke. She wins a weekend for two at a London hotel.

## SPEAKER CHANGE

Please note that due to unforeseen circumstances the guest speaker at the Association's Annual General Meeting on May 24 will now not be the Hon. Mrs Legge-Bourke, President of Save the Children, Wales. Instead the speaker will be Pearl McCabe, a management consultant specialising in women's issues.

## PEACE PACKS

The Body Shop and its Foundation has stepped in to help The Guide Association complete its Peace Packs project.

During the spring, members will be able to take their Peace Packs to all mainland branches of the Body Shop in England, Scotland and Wales.

Each Country and Region will be allocated a period when the packs can be handed over in either March, April or May.

The exact dates for your area will be available through the usual Guiding channels.

Please don't approach your local Body Shop until you have obtained details of the time-band allocated to your Country and Region.

The packs will be taken by Body Shop lorries to the company's headquarters at Littlehampton in West Sussex and then freighted to Felixstowe to be transported to Guinea, Mauritania and the Ivory Coast.

## GLOBAL ISSUES

An excellent pack on global issues which can be used with youngsters of Guide age and above has been produced jointly by the National Youth Agency and UNICEF. *One World: a Race and Culture Activity Pack for Youth Workers* consists of a book and various activity cards for adult-led activities with Patrols or larger groups. No specialist equipment is required.

The pack encourages active participation but is mainly discussion based, featuring issues such as poverty, the Third World, women's issues, diverse cultures, and the use of language and stereotypes.

The eight activities feature role play, discussion, ice-breakers, definitions and quizzes, and are suitable for use in an evening's programme.

At £9.99 it's a bit pricey for just eight activities, but it is well produced, attractive and provides eight instant programme ideas. Most of the activities have been adapted from other, well-used sources in the field of development education.

It also would be useful to the CID Group and CIDs as it is a good starter pack on development education. NP

## YOUTH PACK

If you want more ideas to entertain your Brownies and Guides, then the *Youth Pack*, developed by Pedigree Petfoods Education Centre (PPEC), will provide lots of pet-related activities to keep them busy.

Developed in co-operation with The Guide Association, the Scout Association and St John Ambulance, the *Youth Pack* is a resource aimed at helping those taking part to complete various Interest badges.

The pack is divided into sections, the first of which can be used by all youth groups. This section includes activities such as quizzes and cross-words, as well as badge-related activities. The other sections contain a selection of activities and badges provided by the three voluntary bodies.

The *Youth Pack* can be obtained free of charge from: Pedigree Petfoods Education Centre, PO Box 77, FREEPOST, Swadincote, Derbyshire DE11 7BR



## REFLECTIONS

One afternoon while at camp with my Guides, I heard singing coming from the woodland obstacle course next to our site. Venturing in, I found four Guides, one sitting in each corner of the scramble net, singing *The Lord is my Shepherd I'll follow Him always, their young voices blending perfectly.*

I stood listening until they broke off, and I told them how lovely it had sounded

through the trees. Then one Guide had to leave, and immediately they asked me to sing in her place — an experience I found quite humbling.

After exchanging names — they were camping in the next field to us — they thanked me for joining in and then they were gone, off to the next activity.

I wandered back to our camp site in reflective mood. These were the Guides whose youthful high spirits

had kept us awake on the first night and who, on another evening, were the rather noisy element at a joint camp fire. Yet they had included me so spontaneously in their singing, even though, being on the wrong side of 50, I am hardly a young Guider.

Was this simply an example of there being two sides to a coin, or was there a deeper truth here? Does camping — living so basically with each other in natural

surroundings — bring out our great capacity for fun on the one hand, and an awareness of our own spirituality on the other? Thus enabling us to act in a natural way not often possible in our busy, everyday lives ruled by social pressures.

I believe that at camp we are all free to be ourselves — so important for our maturing young people. At camp we learn to know ourselves, before we can truly know others. **AP**

## GUIDES BACK A SHIRE-HORSE

An unwanted shire-horse has been 'adopted' by a Guide unit in Devon.

When the mature shire-horse was donated to the National Shire-horse Centre in Yealmpton, its parentage, history and age were unknown. The mare was named Rosie and the Centre began looking for a sponsor.

Nichola Barron, Guider with the 9th Plympton Guide Unit, Plymouth, takes up the story. 'The girls took pity when they heard about Rosie and decided to adopt her. We held a sponsored aerobics to raise the £25 for the one-year adoption fee.'

Now Rosie is living happily at the Centre and has a plaque with the unit's name on it on her door. The Guides can go and visit her whenever they want, free of charge.

'We went on an organised Guide trip recently to visit her and we spent a day at



NICHOLA BARRON

News  
Focus

the Centre,' Nichola explained. 'The Centre also has a falconry, a museum, an adventure playground and a shop. It's a super facility.'

'There are plenty of fields

surrounding the area and the horses are let out to roam free. When we went for a walk, they followed us.'

The 9th Plympton company is the only Guide unit

Rosie stands patiently while her new 'parents' get to know her to have adopted a horse at the Centre. Now the girls are busy thinking up ways to raise money for next year's fees.

## IN APRIL'S GUIDING

### Strictly Scientific

Experimental Guiding

### Irish Air

Getting Out visits Northern Ireland

### Water Babies

Converting landlubbers

### Come and Join Us...

The Junior Council needs you

### Extending Horizons

## Riding the Dark Horse To the Rescue

Reclaiming a neglected churchyard

## IN MARCH'S BROWNIE

### Keep it Clean

A step-by-step guide to cleaning a room

### Staying Safe

A safety-in-the-home quiz

## Stitch in Style

Learn embroidery stitches

## Mum's the Word

Spoil your mum on

Mother's Day

## Classic Extract

Discover *Little House on the Prairie*

## Safe Savings

Make a moneybox

## What do you think?

A BROWNIE survey to answer

## AND IN RAINBOW GUIDE EXTRA

Rainbow Rabbit has friends to tea

Find the missing crockery

## Great Games

A chance to let off steam

## Box Clever

Making a bedroom in a box

## Table Manners

How to lay a table

## Puzzle Corner

Keeping you guessing

Coming  
Next



# GUIDING *yo off*

*It's a little disconcerting to find yourself in the company of a Guide Guider who doesn't mind admitting she's 'done a bit of porridge' in her time! But, as Pam Cottle explains here, this was when she was on the staff of an approved school for girls in Gloucestershire, where she started a Guide Company for the inmates*

“The offenders, aged 14 to 19, had each been through the courts, on average, three times. Having already been to an assessment centre, they had been committed to three years' detention.

If all went well, only two years were spent at the approved school and the third on probation, when any misdemeanour would bring them straight back to the school without further preliminaries. This provided a realistic time in which to kick bad habits like thieving, vandalism and prostitution. Today's drug problem had not become rampant then.

The school was a lovely country house, set in beautiful countryside but the girls didn't appreciate it.

It was an “open” school which meant the outside doors were unlocked during the day. Windows were “blocked”, which meant they would open only a certain distance, but there were no window bars.

Discipline was strict and privileges easily lost. I suppose it could be described as a “negative” system because, instead of the girls being able to earn pocket money for good behaviour, they were given a weekly allowance, part of which they would forfeit for bad behaviour, such as rudeness to staff, poor work and swearing.

Deciding how much to deduct for swearing was difficult. How could you put a price on swear words without

knowing precisely what they all meant? As part of my work, therefore, it was necessary for me to study the subject and become an expert!

Girls were allowed home leave at Christmas and in the summer but, if a girl had absconded, the number of days spent “on the run” were deducted from the leave and some girls never qualified for any.

They devised various means of escape and a lot of them were surprisingly strong — quite capable of “unblocking” windows and shinning down drainpipes. They were also adept at arranging pillows and clothing in their beds so that staff making routine checks would be convinced that an absconder — probably miles away by then — was still asleep.

Reaching any part of the country was no problem to them, either. They seemed to know most of the long-distance lorry routes by heart.

Naturally, they paid for their trips in a certain way. Few of them became pregnant as a result, although they weren't able to get hold of any contraceptives, but some contracted VD.

Our lovely, old country house had lots of surfaces for the girls to polish and there were other energy-sapping tasks. It was also suitable for training girls in homecraft which, for many of them, didn't come naturally. Some even trained as maids and waitresses.

The buildings and surroundings were certainly appreciated by the staff, and a newcomer could be forgiven for thinking that the magnificent oak-panelled main hall would have a mellowing effect on the girls. It didn't! Even in a hall as lovely as this, a riot could look just as ugly and be just as frightening as in any prison yard.

My “stretch” was from 1954 to 1957 but, although I was then still young, I felt, as I do now, that Guiding had a lot to offer all girls, especially those with problems.

I was already a Guide Guider, in charge of the 1st Sharpness (St Andrew's) Company, near my home, 20 miles away. With the agreement of the governors and staff I started a Guide Company within the approved school, although not all of them were



Within these walls: The approved school was a country house, set in beautiful countryside



The way they were: Pam with Assistant Guider Marie Brooks (now Marie Dolman)





**J**unior Council - The voice  
of today's youth

**U**nder 26s

**N**obody cares what I  
think!.... We do

**I**deas

**O**pinions

**R**esults/  
Recommendations

**C**ollective  
discussion

**O**pen-minded,  
enthusiastic young  
women

**U**ninformed? A thing  
of the past

**N**eeded  
encouragement  
to others

**C**ountrywide  
representation

**I**nternational/UK Seminars

**L**asting fulfilment and  
friendship





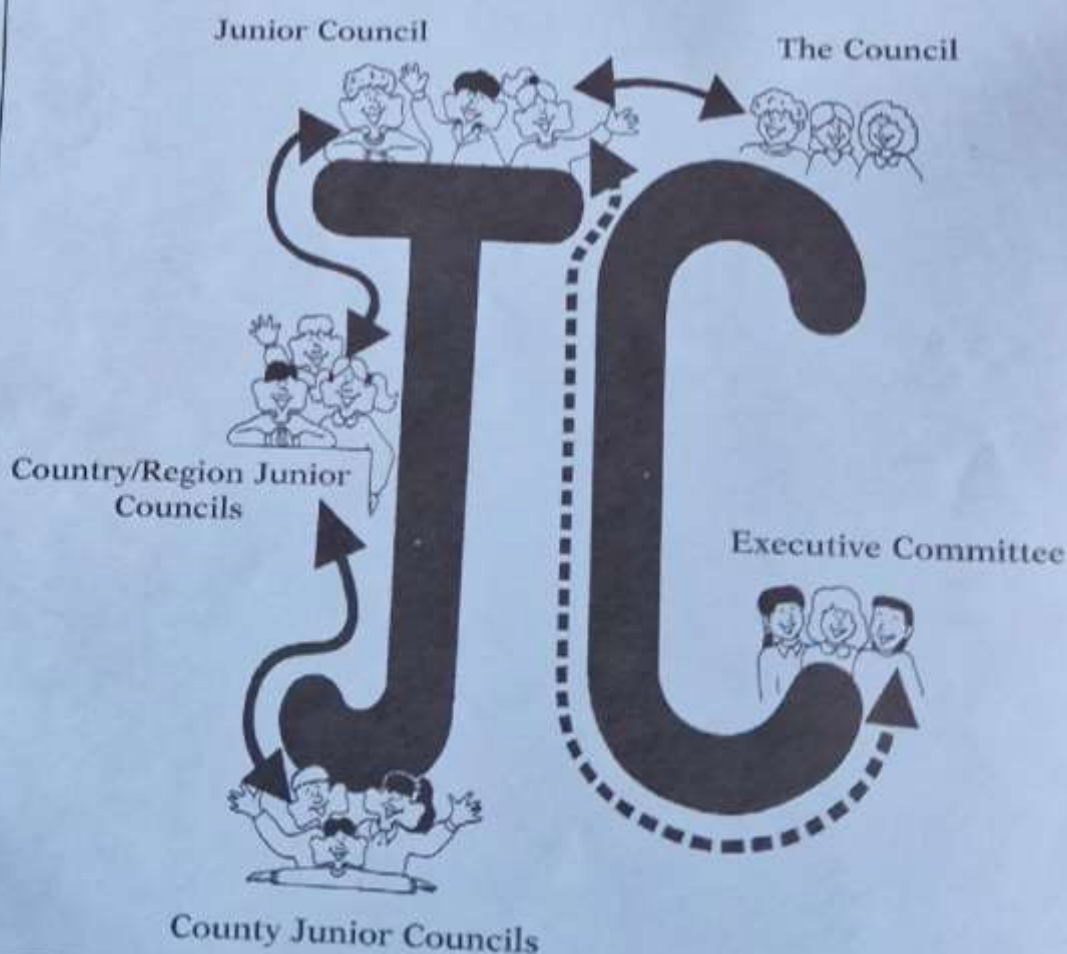
## Our Aim

The Aim of the Association Junior Council is 'to be a channel to promote the views of young women within the present structure of The Guide Association at all levels'.

## About the Junior Council

The Junior Council is the voice of young people in The Guide Association. It discusses issues relevant to Association members and girls and women in general. It makes recommendations to the Association and acts as a youth link to The Council. There are three members from each of the Countries and Regions as well as two members each from British Guides in Foreign Countries (BGIFC) and the Branch Associations.

## Where we fit in





# What the Junior Council has already achieved

The Junior Council was formed in 1980 following a suggestion from a Ranger Gathering in South West England. Over the years the Junior Council has discussed many important topics either from an idea raised by one of its members or at the request of the Association's Executive Committee.  
Topics have included:

<b>HOMELESSNESS</b>	<b>ADVANCEMENT OF WOMEN AND GIRLS</b>
<b>CHILDREN'S RIGHTS</b>	<b>FAITH</b>
<b>COMPUTERS IN GUIDING</b>	<b>THINKING DAY FUND</b>
<b>AGE GROUPING WITHIN THE ASSOCIATION</b>	<b>PARTICIPATION</b>
<b>THE PROMISE</b>	<b>PUBLIC RELATIONS</b>
<b>UNEMPLOYMENT</b>	<b>IMAGE/NEW UNIFORM</b>

## What we expect from you...

You:

should be an enthusiastic member of the Association  
are expected to attend two meetings a year usually in the spring and the autumn

should prepare yourself for active participation in meetings by reading the Agenda Papers and Reports beforehand

are expected to express your own views, opinions and ideas whilst being aware of those of your fellow members and age group

should be open minded

should be prepared, if invited, to serve as a member of Association and/or Junior Council ad hoc committees or working parties. This may involve you in additional meetings



**You:**

may be asked to represent the Association at seminars and so on in the United Kingdom, Europe and overseas organised by WAGGGS or outside bodies. (Members of the Junior Council are regularly considered for such seminars)

may be asked to become involved in the administration of your Country/Region Junior Council on an ex-officio, non-voting basis. (The extent of such involvement will depend upon the circumstances in your area)

## **Warning!**

**You may be replaced on the Junior Council  
if you miss two consecutive meetings  
without good reason.**

## **What we can do for you...**

### **Selection**

Each of the three Country/Region members serves for three years from January 1 until December 31 three years later and one member retires each year.

The advertisement for new members will appear in the April edition of *GUIDING*. If you are between 16 and 25 and would like to be considered for (s)election by your Country/Region, please complete and return the reply slip.

The Country/Region (s)elections will take place during the summer/autumn of each year.

As British Guides in Foreign Countries and the Branch Associations have only two members their (s)elections happen less often, but this should not deter you from applying.

## **Need more Information?**

Perhaps you would like a Junior Council member to talk to your Ranger Unit, Young Leaders, District Meeting or County AGM? Please get in contact as we're waiting to hear from you!

If you have any queries or questions about the Junior Council we haven't already covered please do not hesitate to contact Elizabeth Anderson, Secretary to the Junior Council, at Commonwealth Headquarters between 08.30 and 16.00, Monday to Friday:

Miss Elizabeth Anderson  
Committees Executive, The Guide Association  
17/19 Buckingham Palace Road, London SW1W 0PT  
Telephone: 0171-834 6242  
FAX: 0171-828 8317



# ng nders

convinced it would work. Or, in some cases, if it was even proper to try.

At that time girls could be Guides until their 17th birthday, so we decided on a Guide unit rather than Rangers. These girls, we felt, needed the basics of Guiding and the experience of working in Patrols with elected leaders to foster healthy competition, ideally without fights. To this day I am certain it was the right decision.

So Guides became an official school activity but, although it was voluntary, once a girl had decided to join the Guides, loyalty and regular attendance was expected. To everyone's astonishment, this was forthcoming in almost all cases.

It was certainly a great relief to me to discover how keen the girls were. I was surprised by the in-depth discussions we had, especially when we were setting up the Company.

As for the Law and Promise, these took on an added dimension. On the insistence of the girls we had 12 Guide Laws. It was most irregular but, given the circumstances, I am sure B-P would have approved.

The two added by the girls were: No. 11 — "If any Guide absconds from school, she will not be allowed back to Guides for one month". And No. 12 — "If any Guide absconds while wearing Guide uniform she will never again be allowed to join any Guide activity at the school".

These two special Guide Laws may not have had the full authority of the Association behind them, but the girls took them seriously and were quite prepared to see them enforced.

Guide activities carried out by the school unit were much the same as those of any other Company, including my own at Sharpness. I often used the "ordinary" Guides as guinea pigs to try out ideas before suggesting new activities to the school Guides. This was interesting, as I often found the reactions and results to be very similar.

Having been enrolled, the girls were expected to wear their Guide uniforms to all Guide functions. However, they enjoyed wearing them, anyway, because it was a welcome chance to get out of their green "issue" uniforms, which

they had to wear at all other times.

The Guide uniforms, when not literally on the girls' backs, were kept under lock and key to prevent them falling into the wrong hands.

I was amazed by their enthusiasm for the unit's first parade. We even spent a Saturday afternoon on "spit and polish". But by Sunday morning the mood had changed. All the keenness had vanished and the girls were morose. They no longer wanted to go.

Why? With some patient questioning, I discovered the reason: they were afraid the other Guides at the parade and the local folk would not accept them as Guides and — even worse — that there would be catcalls.

Because of the green regulation uniforms they normally wore, the local children called the girls "greengages", and how they hated that.

Once I'd managed to persuade them to go on parade, however, they realised they need not have worried. They were the stars of the show. All big, tall girls, immaculately turned out.

of these girls — rather like getting away from the staff and eluding the police — but they enjoyed doing these activities legally. They were pleased to accept invitations from other units or, sometimes, to entertain them at the school or in the grounds.

One Guide, who qualified for home leave for the first time, found her parents would not have her at home, so she camped with my other Company at their summer camp, and thoroughly enjoyed it. On the strength of this, her parents had her home for Christmas.

Absconding was contagious and often went in spates. One of these hit the school about six months after the Guide Company had been started and, for a short time, the only girls left in the school were those in the Guides.

Then the first Guide went "over the wall". When she was brought back she could not face me. Absconders were usually quite proud of their exploits, but not this one. For days she cleverly managed not to meet me face to face and then avoided all eye contact.



Today's Guides: Pam helps out at a recent Scout and Guide Jamboree in the Cotswolds

their marching was good and their behaviour impeccable. I was proud of them and so was our District Commissioner, whose anxiety had been rather obvious when we assembled.

Stalking, tracking, hiking and fending for themselves came naturally to many

Our Guide Law No. 11 came into operation and I believe it was an effective deterrent, as it was not used often. Guide Law No. 12, I am pleased to say, was never invoked.

I am convinced that this rather special Guide Company was of great value to the girls. It gave them the confidence they lacked and, perhaps for the first time, a measure of self-respect.

It also gave them dignity, teaching them how to discuss, debate, reach conclusions and agreements and to co-operate, without falling back on shouting and fighting.

Some of the girls, I trust, still remember the things we enjoyed doing together nearly 40 years ago and are proud of having been Guides. Perhaps, too, they can feel grateful to Guiding for helping them become good citizens. I certainly hope so. ♪

**Pam Cottle, a former Sea Ranger, became Assistant Guide Guider of the 1st Sharpness (St Andrew's) Company in 1950. She became Guide Guider two years later. Apart from a short spell when she reverted to Assistant, she remained as the unit's leader until recently.**

**She has also been a Brown Owl and, for many years, a Ranger Guider at Sharpness.**

**Her other appointments have included: County Camp Adviser, County Camp Trainer for Guide Guiders and Ranger Guiders, District and Division Commissioner.**



# CANDLE MAKING

The girls will enjoy making these deliciously scented candles in all shapes and sizes — and they'll sell like hot cakes at any fundraising event. Just follow our easy, step-by-step instructions. You'll find the equipment you need in most good craft shops.

Most candles are made in moulds, a wide variety of which can be obtained from craft shops and specialist suppliers. They come in a range of materials — glass, rigid plastic, flexible PVC. . . . However, it is possible to improvise using it in cans, yoghurt pots, tooth-paste 'pumps' and so on. Whatever you use should be able to hold boiling water without collapsing.

There is a range of waxes available, and you can also buy specially prepared wax dyes and perfumes.

Wicks are generally made of braided cotton and have been chemically treated to improve their burning characteristics. The size you will need is governed by the diameter of the finished candle.

As this can be rather messy, girls should wear old clothes or cover up!

If wax is heated above 100°C (212°F) it starts to vaporize and can catch fire so care must be taken.

## WHAT YOU NEED

- wax
- wick
- wax dye
- a mould
- stearin, to release the finished wax candle from the mould and make the candle burn longer
- mould seal, to plug up any gaps in the seal
- a cocktail stick
- a tin can, in which to melt the wax (but it should be placed in a water-filled saucepan for safety)
- oven gloves to handle the hot tin
- cardboard or hardboard to act as a base
- wax perfume
- thermometer

## WHAT TO DO

**1** Prepare the mould by making a hole in the base. Thread the wick through it and seal the hole with mould seal. Pull the wick taut and tie it to a cocktail stick placed across the top of the mould. Run sealant around the base if it is not part of the mould.

**2** Melt the wax in the tin can adding 10 per cent stearin and dye according to the instructions. Melting point is 175-180°F — you can check it with a thermometer used in jam-making.

**3** Pour the wax into the mould and add some drops of perfume a few minutes later, stirring gently. As the wax cools it will sink around the wick, so top it up with extra wax. Leave the candle to cool.

**4** When cold remove the candle from the mould and trim the wick to about half a centimetre (1/4ins) in length.

**5** Polish your candle using old tights or stockings.

## DIPPING CANDLES

Instead of moulds which produce symmetrical candles, try candle dipping to create a longer, rippled candle. By using a bucket of cold water and a deeper melting-can, some magical effects can be produced.

## WHAT TO DO

**1** Fill the tin melting-can with water to about five centimetres below the rim. Remember the length of the candle will depend on the depth of the melting-can, so try to find a deep one — tall luncheon meat cans are ideal.

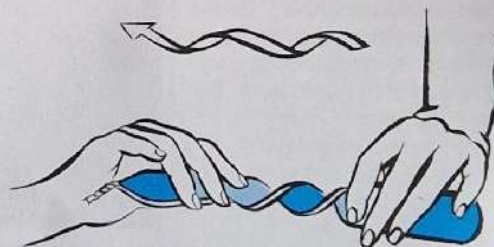
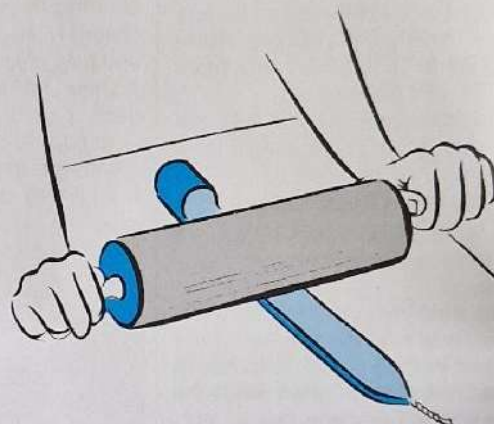
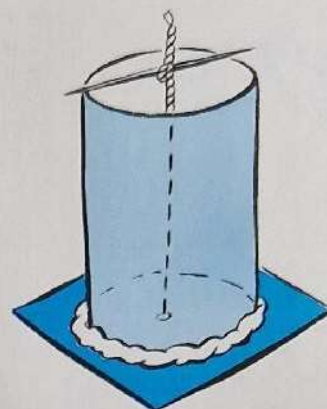
**2** Add the wax, stearin and wax dye which will float on the surface of the water.

**3** Place the can in a saucepan of water and heat it until the wax melts.

**4** Cut a length of wick to the size of the candle you want and, holding one end, dip the rest into the melted wax.

**5** Straighten it out as the wax sets and, keeping hold

JULIE CARPENTER



of the same end, dip the wick into the container and pull it straight out again.

**6** Let it drip, then dip it into the cold water and take it out again. Carefully rub your fingers down the wick to rub off any water bubbles.

**7** Continue dipping it into the wax and then the cold water until the candle reaches the thickness you want. Don't hold the candle in the wax, or the wax will melt off again, just keep dipping it in and out.

If you want to make a thick candle, it is best to cool off half-way through the process as the centre of the candle becomes so hot that the whole candle may simply slip off the wick.

**8** Shine the finished candle by dipping it into the cold water three times. Then cut off the bottom so it can stand straight.

## TWISTED CANDLES

To make your finished candle twist, lay it down on a smooth surface while it is still warm. Roll it flat gently from just below the wick to about three centimetres (1in) from its base.

Pick up the candle and, with your thumb and forefinger, give the wax a few twists, creating a corkscrew shape.

Then give it a final dip in wax and pop it into the cold water for a short time so it will set.

PAM HASWELL



## RAINBOW GUIDERS

Here are some activity ideas based on this month's theme: home-making.

### HOME MAKERS

#### Where Does It Go?

This is an activity for pairs or small groups. Each pair or group will need a large sheet of plain paper divided into four sections, representing rooms in a house — living-room, kitchen, bedroom and bathroom.

Cut out pictures of furniture and household items from catalogues or magazines. You can cut them out in advance, or the girls could do the cutting. You need a pot of glue for each group.

The girls decide together which items they want in each 'room' in their 'house'. They then glue them on to the paper.

#### Lay the Table

Bring a collection of spoons, knives and forks — either plastic or metal, some paper plates and paper napkins to the meeting.

Show the girls how to lay a table. Then give them each a place-setting and let them lay their own place at table, perhaps providing something for them to eat. Then ask them to clear the table and put everything away in an orderly manner.

These days some children seldom sit down around a table with their families and very much appreciate this experience, and the conversation that goes with sharing a meal together.

#### Jazzy Biscuits

This is a quick and easy cookery activity. You need a digestive or other plain biscuit for each girl. Mix some icing sugar and water together to make a smooth, but not runny, mixture.

Let the girls ice their biscuits using a teaspoon. The icing needs to be quite thickly spread if you want to also decorate it with chopped cherries, Smarties or cake decorations, such as

hundreds and thousands. Leave the biscuits to harden and eat them at the end of the meeting.

#### Button Up

Can all the girls undo their buttons and do them up again? Can they untie or unbuckle their shoes and redo them? If not, give them a chance to practise by helping one another.

#### Mime Time

Collect together a boxful of kitchen and household implements. Hold them up one at a time, asking 'What's this for?' Ask each girl who guesses correctly to mime how the object is used.

Your box might contain, for example, a sieve, a cheese cutter, a tea-caddy spoon, a small rolling pin, a spaghetti measure, a chopstick, a fish slice, a butter knife, a corn-cob skewer, a garlic press, nutcrackers...

#### Bath the Baby

Bring a baby doll to the meeting and show the girls how a baby is bathed. Let them bath the baby too. Perhaps, when the weather is warmer, one of the mothers could bring a real baby and give it a bath.

#### We Went Shopping

This is a round game which tests the memory but also sets a problem to be solved.

The first player says: 'We went shopping and we

bought...' (she gives her own choice of item, for instance, bananas). The next girl says: 'We went shopping and we bought some bananas and some...' The game continues around the circle until each girl has named something in the shopping bag. They should try to repeat the objects in the correct order.

Now they take the shopping home and decide what to do or make with it. So the game might now develop as 'With the bananas I'll make banana fritters'... 'I'll make scrambled eggs with the eggs' and so on.

#### Pat-a-Cake

Do you remember this old rhyme? The girls stand opposite each other in pairs and say:

Pat-a-Cake  
Pat-a-Cake  
Baker's man  
Bake me a cake  
As fast as you can.  
Prick it and pat it  
And mark it for tea  
And put it in the oven  
For (partner's name) and me.

While they chant, the girls pat hands with each other and clap their own hands in this pattern:

First line — Pat both hands together with partner.

2nd — Clap own hands.  
3rd — Pat right hands together. Clap own hands.  
4th — Pat left hands together. Clap own hands.  
5th — Pat both hands together with partner. Clap own hands.  
6th — Pat right hands together. Clap own hands.  
7th — Pat left hands together. Clap own hands.  
8th — Pat both hands together with partner.  
9th — Repeat.

Once the girls have got the rhythm, see how fast they can keep it up.

### QUIET TIME

Think of all the people who make us comfy at home. Say thank you to parents who feed, clothe and create homes for us. Say thank you for grans and grandads who provide treats.

Say thank you for the milkman and the people who sweep the streets and who take away the rubbish. Think of all the things in our homes that make us cosy and warm: beds, duvets, warm water, fluffy towels, good food...

### NEXT MONTH

In April, the month of the Easter holidays and the coming of spring, the theme we will be looking at is Traditions.

DEBORAH MANLEY





## THEME EVENING

# STORIES AND GAMES

Here's an idea for a theme evening based on the novel *Carrie's War*. Leaders should read out the sections in bold and the girls take part in the activity ideas which follow.

### CARRIE'S WAR

by Nina Bawden

Carrie and her brother Nick were evacuated to a small town in a Welsh mining valley during the Second World War. At the beginning of the war, the Government organised a scheme to evacuate children from large towns which were in danger of being bombed. The children were taken in by families living in areas thought to be safer.

### GRAB AN EVACUEE

Girls sit in groups of three and the middle girl in each threesome is the 'evacuee'. One of the groups has only two people and, on a signal, these two link arms, run to one of the groups, collect an 'evacuee' and run back to their own places. The pair without an evacuee try to grab one from another couple. When the whistle blows, the pair without an evacuee is out.

Carrie and Nick went to stay with Miss Evans and her brother. Miss Evans, whom they called Auntie Lou, was kind to them, but very frightened of her brother who was strict and mean. He even made his sister cover the carpet with rough cloth so it would not get trodden on.

### COVER THE CARPET

Each Patrol has two sheets of newspaper. The first girl stands on one piece, moves to the second, brings the first to the front and so on. When she reaches the finishing line, she picks up both pieces and runs back to her Patrol. Then the second girl does the same, and so on in relay style.

They were not allowed to go upstairs during the day, and

instead had to use an outside lavatory at the end of the backyard. Nick was terrified of it because of all the spiders.

### SPIDER'S WEB

Give each Patrol a ball of wool and challenge the girls to make a spider's web on the four legs of an upturned chair.

Mr Evans owned the village grocery store and the children were sometimes allowed to help him out.

### GROCERY GAMES

**Grocery List:** Prepare a list of about 20 grocery items. One girl from each Patrol runs to the leader who tells her the name of one of the items. She then goes back to her Patrol and draws the item. The first girl to guess goes to the leader for the next item.

**The Size is Right:** Give each Patrol a list of items and ask them to draw the shape of the given objects as near to actual size as they can. See which Patrol's drawings are nearest to the exact size of, for example, a milk bottle, a cheese triangle, a teabag, a cream cracker, an egg and so on.

**Name an Object:** Choose a letter and ask each Patrol to write down grocery items beginning with the letter that also fit a specific description. For example, something round, something square, something with a hole in it, something green, something red, something weighing 1lb and so on. Give points for all correct objects and bonus points for any item not listed by any other Patrol.

Just before Christmas, Carrie and Nick were sent to collect a goose from Mr Evans' invalid sister who lived outside the town, at a place called Druid's Bottom. They had to walk through the woods and were terrified when they thought something was chasing them.

### TREE CHASE

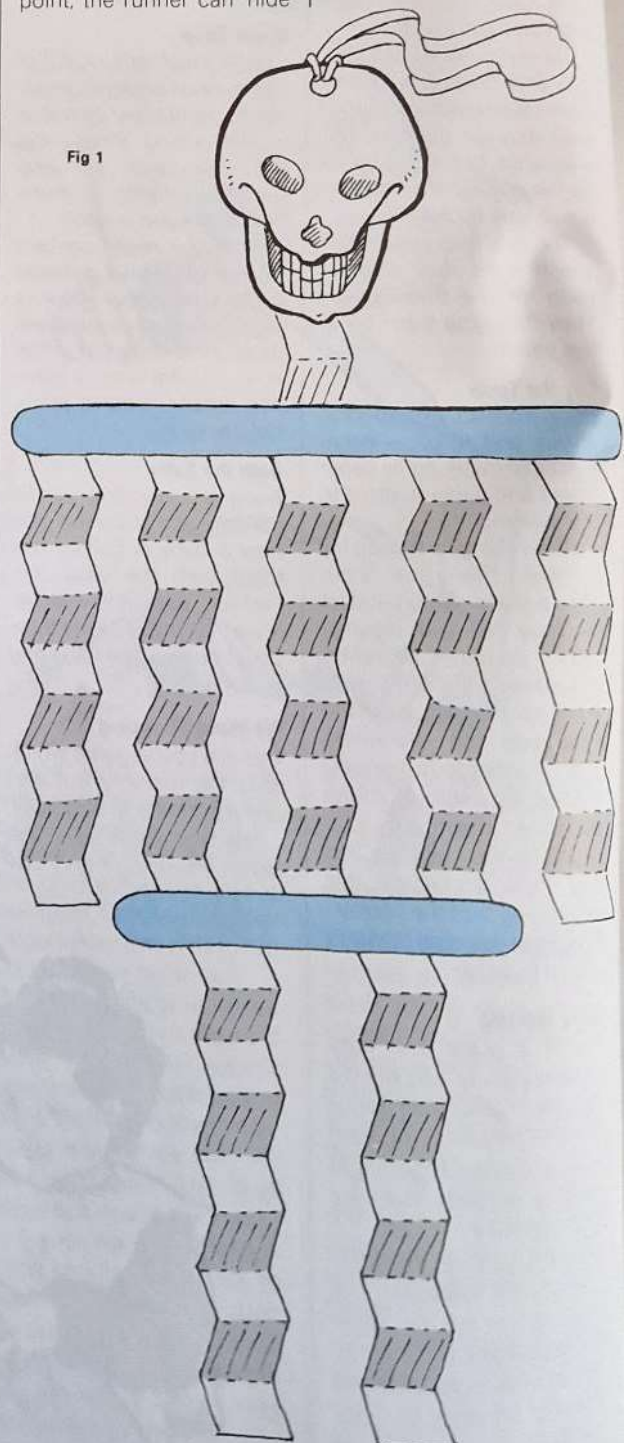
Girls form a double circle. Each person in the outer circle stands behind a girl in the inner circle. These girls are the 'trees'. Two girls, the catcher and the runner, stand outside the circle at opposite sides.

At a signal, the catcher starts to chase the runner in and out of the trees. At any point, the runner can 'hide

behind a tree', for instance, stand behind a pair in the circle. The front player of that pair then becomes the new runner and is immediately chased by the catcher. If the catcher catches the runner, they change places.

At Druid's Bottom, Carrie and Nick met Hepzibah the housekeeper and Mr Johnny,

Fig 1





a distant cousin, who couldn't speak, and also Albert, another evacuee. Albert showed Carrie a 'screaming skull', supposedly from an African boy slave who had put a curse on the house.



Fig 2

## DANCING SKELETONS

Each girl will need:

- 1 sheet of A4 paper
- 2 lolly sticks
- a short length of shirring elastic
- a small piece of card
- some glue.

Cut a sheet of A4 paper lengthwise into eight equal strips and concertina each of the strips. Stick the ends of five of the strips to a lolly stick so that they hang down.

Shorten the second lolly stick and glue it across the ends of the three middle strips, then attach two more strips to the other side of the second lolly stick (see fig 1).

Draw a skull shape on paper with eyes, nose and mouth (see fig 2). Make a small hole in the top and thread the elastic through. Use a small part of the remaining strip to attach the head to the rest of the body. The effect is even better if you use fluorescent paper or paint.

Carrie and Nick continued to visit Druid's Bottom. One day Carrie was taken to meet an invalid called Mrs Gotobed, who was very old, and was wearing in turn all the lovely ball gowns and jewellery that her husband had bought for her, one for every year of their marriage.

## FIND THE DRESS

Cut out pictures of evening/party dresses from mail order catalogues and prepare a

series of descriptions of the dresses, for example, a dress with white spots, a dress with a silver belt, a dress with lace sleeves and so on.

Place the pictures round the room. Each girl in every Patrol is numbered from one to six. Then the leader calls out a description and a number. Girls with that number race round the room to find the correct picture. The first girl to take the picture to the leader gets a Patrol point.

Mrs Gotobed died in the summer. She had told Albert that she was going to make a will allowing Hepzibah and Mr Johnny to stay on at Druid's Bottom for as long as they wanted, but no one could find the will. Carrie was so upset that the house would

go to Mr Evans, and Hepzibah and Mr Johnny would have to leave Druid's Bottom, that she threw the skull from the window into the pond.

## KEEP IT OUT!

Draw the features of a skull's head on to a white balloon. You also need a couple of spare balloons in case one bursts. Divide the unit into four groups, each of which has a corner of the room to defend. The balloon is thrown into the middle and each group has to try and keep it out of their 'quarter'.

Every 20 seconds a whistle is blown and the group which has the 'skull' in its quarter loses a point. You could also deduct three points if anyone bursts the balloon!

The next day Carrie and Nick left the valley to return to their mother. But the last thing they saw before their train went into the tunnel was Druid's Bottom on fire. It was not until many years later, when Carrie returned to the valley with her own children, that she found out what had happened to everyone there.

## CLOSING

Ask each Patrol to write a prayer for carers who look after children, old people and people with a disability, just as Aunt Lou looked after Carrie and Nick, and Hepzibah cared for Mrs Gotobed and Mr Johnny.

PAULINE WAINWRIGHT

- *Carrie's War* by Nina Bawden is available as a Puffin paperback, £3.99.



# BROWNIE GUIDERS

Here's the story of St Patrick which the Brownies could turn into a play, providing their own dialogue. There are plenty of characters, so give each Six a group of scenes to work on, allowing four people to take turns in the leading role. Crowd scenes can be played by the whole Pack.

Provide a dressing up box, if you can, so the Brownies' imagination will be well and truly fired. Working out the dialogue and choosing the costumes will take up one meeting, and rehearsals will fill a large part of another. They should be ready to perform the play by the third meeting.

The best way to break up the 18 scenes for the Sixes is by giving one Six scenes 1 to 5, the next 6 to 9, the third 10 to 13 and the fourth 14 to 18. The play deals with the life of Ireland's patron saint, St Patrick. You could use it to celebrate St Patrick's day which is on March 17.

## Scene 1:

Patrick lives in a Roman village in Britain with his Christian parents, who bring him up to love God.

## Scene 2:

At 16, Patrick is captured by Irish raiders, taken to Ireland and sold as a slave to Milchu, a pagan chief. He works as a herdsman for six years. On the cold lonely, hillside, Patrick prays daily to God and is comforted.

## Scene 3:

At 22, he hears a voice saying: 'You have done well. Soon you will be in your own country. See, your ship is ready.' With no idea where to find the ship, Patrick walks 200 miles to the coast, praying all the way, and finds a ship about to sail.

## Scene 4:

The captain, suspecting Patrick is an escaped slave, refuses to take him. Patrick prays aloud that the captain will change his mind. Before



the prayer is over, he does. Patrick is put in charge of the dogs on board ship.

## Scene 5:

The ship lands in France where the crew can find no food and are soon starving. The captain challenges Patrick to pray to his Christian god for food. This he does, and immediately a large herd of pigs appears. The crew catch and cook the pigs, and they are so grateful to Patrick's god that they are converted to Christianity!

## Scene 6:

Patrick returns to his home in Britain. His family is overjoyed to see him, as they thought he was dead. Patrick settles down to study, hoping to find a good job near his home.

## Scene 7:

One night Patrick has a dream. An Irishman appears bringing many letters. As Patrick reads, he hears a voice saying: 'We beg you, holy youth, come and walk among us once more'. Patrick, worried about this idea, prays. He hears Christ telling him to go back to Ireland to lead the Irish out of slavery, and to convert them to Christianity.

## Scene 8:

First Patrick travels to France and Italy to study with Christian teachers, Amator and Germanus, to become a priest.

## Scene 9:

He is ordained a bishop and sent to Ireland. He lands at Wicklow, watched by Chief Dichu, who recognises him as a former slave. Dichu gives him a barn, which becomes known as Patrick's Barn, and some land. Dichu becomes a Christian.

## Scene 10:

Patrick travels around locally making many converts. Then God reminds him as he prays that his mission is to convert all Ireland, and that he must travel further.

## Scene 11:

One Easter Patrick travels to Tara, the home of Leary, King of Ireland. Leary's people are preparing for the pagan spring festival. On the Saturday (which is also Easter Saturday this year), all fires have to be put out so that King Leary can be the first to light the new spring fires to the goddess.

## Scene 12:

Daringly, Patrick lights a huge fire on Slane Hill to proclaim Christ's Easter resur-

rection. King Leary is furious and sends soldiers to arrest Patrick. But God protects him and the soldiers can't touch him or use their swords.

## Scene 13:

King Leary hears of the failure of his soldiers so invites Patrick to come to Tara, arranging for men to kill him on the way. Fergus and Brian, the assassins, watch all night. Yet they see no men, just seven deer and a fawn. King Leary is amazed when Patrick arrives safely, with six men and a young boy. He questions his men who are convinced that the animals they saw were Patrick and his companions under God's protection.

## Scene 14:

Duffa, chief poet of Ireland, comes forward to ask Patrick's blessing, calling him 'holy man'. Others are angry and shout for Patrick to be banished from Tara. After what he's seen, Leary respects Patrick and gives him permission to preach, though he refuses to become a Christian.

## Scene 15:

Patrick makes many converts, including Ethne and Fidelma, King Leary's daughters. Patrick is so busy making converts all over Ireland that three bishops are sent to help him.

## Scene 16:

On his travels, Patrick is captured and imprisoned many times. God always frees him, unharmed, to carry on his work.

## Scene 17:

One Ash Wednesday, longing for the solitude he once hated so much, he starts a 40-day fast at a place now called Patrick's Mountain.

## Scene 18:

After 30 years converting the Irish, Patrick returns to Patrick's Barn, where he dies on March 17, 461.

GILLIAN ELLIS



## GUIDE GUIDERS

These simple activity ideas are ideal for bright spring evenings.

### EASTER PARADE

Here's a fun activity which can also be used as a fund-raising event — an 'Easter parade' created from hard-boiled eggs. Paint faces and details on the eggs, or draw them on with felt-tipped pens. Use strong glue to stick on wool, felt or fabric. Of course, once decorated, the eggs are no longer edible. When the Guides have created their egg-head characters, you can hold an 'eggshibition' of egg people.

Raise funds by inviting people, including Brownies and Rainbows, to see the parade and make a small entry charge. When you have assembled all the entries, judging can begin. This can be done by a guest, or you can get everyone to vote for their favourite creation by placing a 5p coin beside their choice. This also boosts the money raised for your chosen charity or cause. Remember to provide a small prize for the successful egghead designer.

Some Easter traditions can be explored quite easily in a theme evening, during a weekend camp or holiday at this time of the year. An Easter Bonnet Parade could provide a Patrol-time activity. You can use materials as simple, or as elaborate, as you like.

Make a cheap and easy-to-make bonnet from paper using glue, sticky tape or a stapler to join materials together. If you want to be more ambitious, use fabrics and felt scraps, feathers, ribbons, sequins and any other bits and bobs you come across. For the basic hat shape try cartons, small boxes or cannibalize old hats.

Ask the Guides to find some of these items themselves. One idea is to suggest that the Patrols work on a

theme, such as an environmentally-friendly bonnet, or a bonnet of the future.

### EGG DYEING

Egg dyeing is a popular Easter tradition. In the past, scraps of cloth were wrapped around white eggs, which were then boiled so the dye would colour the eggshell. Nowadays fabrics are usually fast dyed, but you can get the same effect by wrapping coloured crêpe paper around an egg.

Wrap a small leaf around the egg, with the veined side towards the shell, and then boil it. A strip cut from old tights and tied securely will hold the leaf in place. Fern and grass leaves make good patterns, and wrapping eggs in onion skins produces a marbled design.

Place the eggs in cold

water, bring them to the boil and cook gently for about ten minutes. Let the eggs cool and then lightly polish them with vegetable oil.

Once you have dyed your eggs, head for the nearest hill and try some traditional egg rolling. Have a race to see whose egg reaches the bottom of the hill first.

### SWEET TREATS

These no-bake Easter chicks are fun to make.

You will need a packet of desiccated coconut, a packet of lemon jelly crystals and enough condensed milk to bind these ingredients into a stiff mixture. Dust your hands with icing sugar and mould two blobs: a large one for the body and a smaller one for the head. Push the blobs together and decorate the chick with liquorice for eyes and a jelly

diamond cake decoration for a beak.

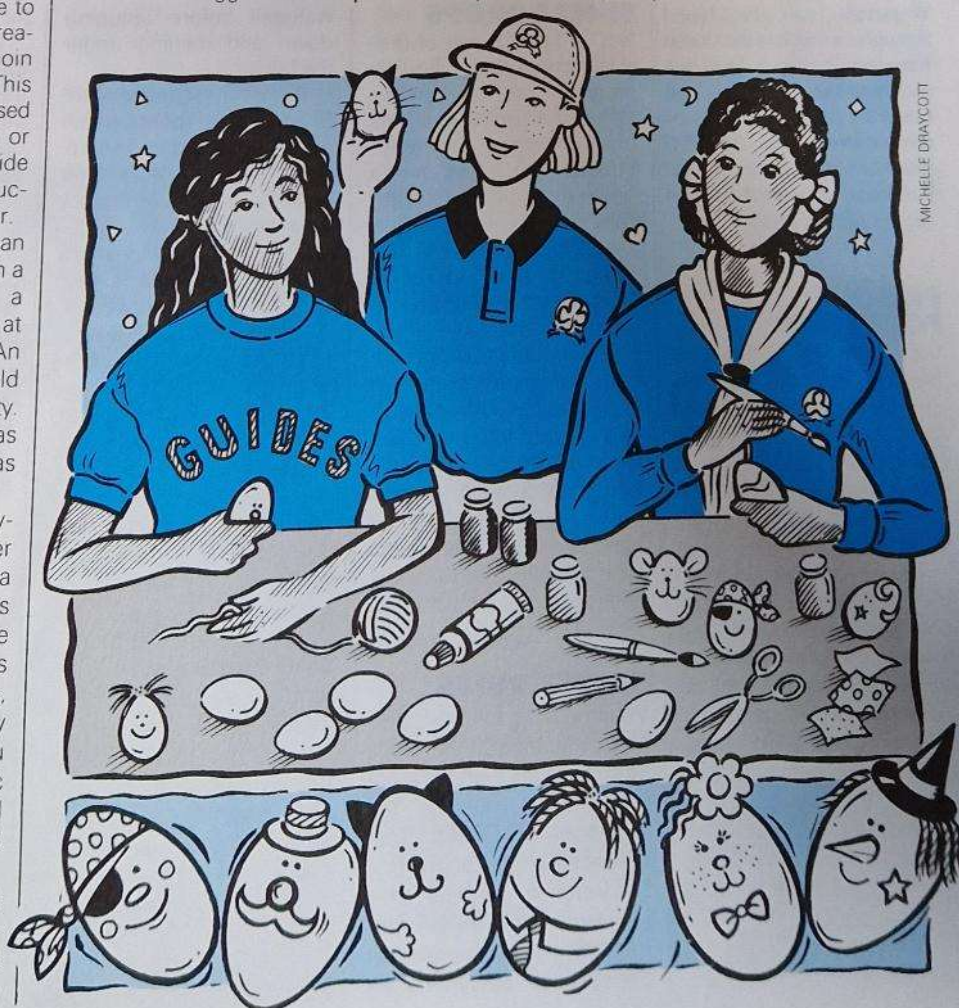
Leave it to set for at least 30 minutes. Don't worry if some of the chicks look more like ugly ducklings, they'll taste just as good.

Use marzipan to make mini chicks, which can be popped into chocolate nests made from a mixture of melted chocolate and crumbled Shredded Wheat cereal.

Ask the Patrols to design and make their own chocolate selections. For this they will need some melted chocolate and a range of ingredients such as nuts, marzipan, cherries, dried fruit, plain toffee and candies.

The final creations can be arranged in *petit four* cases and displayed in home-made boxes or decorated margarine containers.

CAROL SMYTH



MICHELLE DRAYCOTT



## GETTING OUT

# WONDERFUL WATERFALLS



The Aysgarth Falls, a set of three low, wide falls in the Yorkshire Dales

Waterfalls can be found throughout much of the United Kingdom, particularly in the mountainous regions, and many are surrounded by stunning scenery. Here *GUIDING* describes just a few of the hundreds of waterfalls that can be safely visited.

### FAMOUS FOOTSTEPS

Visiting waterfalls has long been a popular pastime, and some falls have attracted famous visitors. Hardraw Force in the Yorkshire Dales was visited by the painter Joseph Turner and the poet William Wordsworth.

Today you can follow in their footsteps — for a small charge. The falls are 1.5 miles (2.5 kilometres) north of Hawes and can be reached via the Green Dragon Inn.

Aira Force on the northern shore of Ullswater in Cumbria was another source of inspiration for Wordsworth. It can be reached by a footpath which begins at the National Trust car park on the A592 2.5 miles (four kilometres) from Glenridding.

### SINGLE DROPS

Not all falls consist of dramatic single drops. Equally attractive are the smaller falls found in rocky stretches of river, where the water bubbles and froths over a series of boulders. Cenarth Falls on the River Teifi in west Wales come into this category. They are easily reached by road, with parking available close by.

The waterfall at Tresaith beach near Aberaeron in Wales is unusual because it falls straight into the sea at high tide. The beach is at the bottom of a steep hill with parking at the top. Limited parking is available at the foot of the hill to allow access for people with disabilities.

### SAFETY RULES

Walking to a fall and, perhaps, climbing to the top is strenuous enough for most people, but not for the members of Cardiff Self-defence School. On the first Saturday in January they jog two miles (three kilometres) across the Brecon Beacons to Scwyd-Yr-Eira

waterfall before stripping down and training under the fall itself.

This is not recommended! Slippery wet rocks, which are often jagged and sharp, make it important to move with care when visiting any waterfall.

The mist around many waterfalls ensures that a large area becomes wet and hazardous. Sensible footwear is a must and girls should be encouraged not to venture too close to the edge, or to move too fast.

Deep pools form at the foot of falls and the water will probably be cold, making an unwanted dip dangerous even for experienced swimmers.

### South West England

Some really dramatic falls are located on Dartmoor in Devon. Four miles (six kilometres) south of Moreton-hamstead lie Becky Falls, surrounded by many paths and nature trails.

Also on Dartmoor, about eight miles (13 kilometres) north of Tavistock, is Lydford Gorge, which is owned by

the National Trust.

The full walk, taking in the White Lady waterfall and the Devil's Cauldron, is difficult in places and is only open from April to October between 10am and 5.30pm.

Outside these dates there is access to the waterfall only between 10am and 3pm. The admission charge is reduced for pre-booked parties.

### Midlands

The grounds of Chatsworth House in Derbyshire are graced by a magnificent artificial cascade.

For more natural falls, including Kinder Downfall, visit the rugged countryside around Edale in the Peak District. During the grouse shooting season — August 12 to December 10 — check access restrictions at the information centre in Edale itself.

### Northern England

There are many waterfalls in the Pennines, where grit and shale alternate. High Force, at the northern tip of the Pennines on the west Durham moors, can be



reached on foot through the surrounding woodland.

A signposted footpath begins on the B6277 opposite the High Force Hotel. Once at the falls, you may choose to take the steep footpath to the top to enjoy the scenery.

Only four miles (six kilometres) to the west is Cauldron Snout. At 200 feet (61 metres) this is one of England's highest waterfalls above ground.

It lies about a mile from the road that branches off the B6277 at Langdon Beck. A footpath to the falls begins at the picnic site at Cow Green Reservoir.

Waterfalls are also common in the Yorkshire Dales. The Ingleton Waterfalls Trail is a moderately-easy, circular walk along marked footpaths and is about five miles (eight kilometres) in length.

It starts at the Waterfalls car park, where a small charge is made, and takes in Snow Falls, Beezley Falls, Thornton Force and Pecca Falls.

A leaflet detailing the route can be bought from Yorkshire Dales National Park Centres.

Another National Park leaflet gives details of Malham

Landscape Trail. As well as passing the famous limestone pavement, it also takes in the waterfalls of Janet's Foss and Goredale Scar.

Follow the well-signposted footpath in Askrigg to Mill Gill Force and Whitfield Gill.

A few miles away lie the Aysgarth Falls, a set of three low, wide falls on the River Ure.

Parking is available at the Dales National Park Centre, which offers a reasonable all-day price. A small charge is levied at the upper fall unless, of course, you cross the river and view it free from the road.

Show caves abound in this area and many of these, such as White Scar, have underground waterfalls. Watch out for entrance prices which are often high.

## Scotland

Achray Forest, part of the Queen Elizabeth Forest in central Scotland, has a variety of trails, including a waterfall trail. This starts from the David Marshall Lodge car park, off the A821, one mile north of Aberfoyle.

The Falls of Clyde near New Lanark in Strathclyde comprise Bonnington Linn, Corra Linn, Dundaff Linn

and Stonebyres Linn. They are situated in a reserve run by the Scottish Wildlife Trust, where more information may be found in the visitors' centre.

The Falls of Meseach are 12 miles (19 kilometres) south of Ullapool in the North-west Highlands. They lie on the River Droma in the Corrieshalloch Gorge. Vehicles may be parked by the A835, where a path leads to a suspension bridge giving spectacular views.

## Wales

Swallow Falls, two miles (three kilometres) west of Betwys-y-coed in North Wales, are claimed to be one of the most-visited beauty spots in Wales.

Located in Gwydyr Forest, which is managed by the Forestry Commission, there are many way-marked paths around the falls.

Also in North Wales is the Aber Waterfall, south east of Bangor. Vehicles can be taken about a mile down the side road off the A55 at Aber, but you must complete the journey on foot.

South Wales can boast some fine falls, too. Lying on the River Llech north west of Glyn-Neath are Henryhd Falls, on a site owned by the National Trust. Admission is free but the walk to the falls is very steep.

Aberdulais Falls, three miles (five kilometres) north of Neath, are also owned by the National Trust, but here an admission charge is made.

Power for the old industrial site is provided by the falls themselves. Access is excellent for anyone with a disability and there's a lift to the top of the turbine house, giving breathtaking views of the falls.

## Northern Ireland

Several waterfalls are to be found in Glenariff Forest Park, off the A43 Ballymena to Waterfoot road in County Antrim. The woodlands beside the Glenariff river are a nature reserve and area of scientific interest.

## TAKE A TIP

● Always wear strong, waterproof footwear giving a good

grip. Walking boots or shoes are best.

● Take a waterproof coat, even on a sunny day, to protect you from spray.

● Waterfalls are at their most dramatic after heavy rain, but also at their most dangerous.

● Be careful not to damage the falls. Many are being eroded by people walking and scrambling over them.

● Local tourist information centres or National Parks centres will be able to provide more information on access, charges, routes and so on.

CLAIRE WILLIAMS

## WATERY WONDERS

Finally, here's a quiz to test the girls' knowledge of waterfalls. Ask the girls to look up the answers and bring them along to the next meeting.

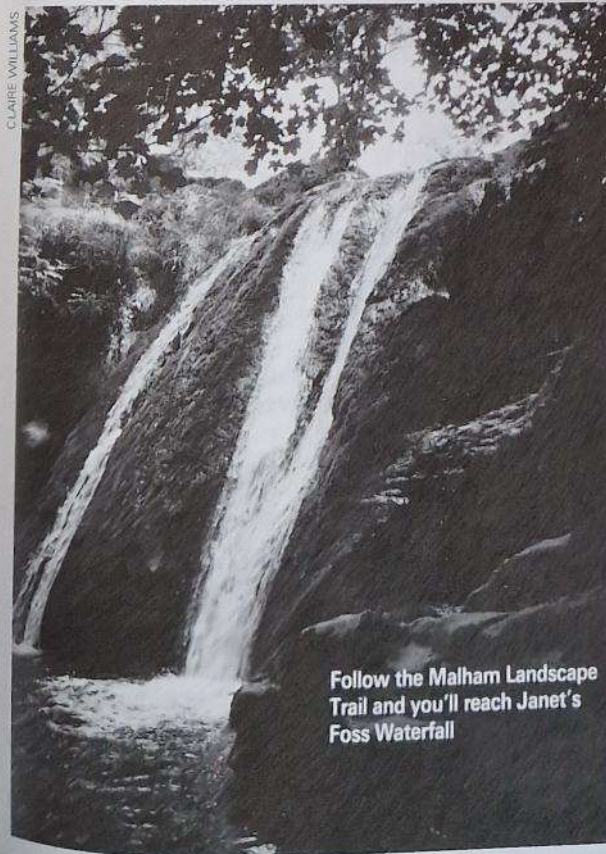
- 1) What do force, foss, cataract, cascade and pistyll all have in common?
- 2) Name the world's highest waterfall.
- 3) How high is it?
- 4) Which waterfall has the greatest volume of water flowing over it?
- 5) Where would you find the widest waterfall in the world?

## Answers

- 1) They are all alternative names for waterfalls.
- 2) Salto Angel (Angel Falls) in Venezuela.
- 3) 3,212 feet (979 metres).
- 4) Boyoma (formerly Stanley) Falls in Zaire with a flow of 17,000 cubic metres per second.
- 5) Laos — the Khône Falls are 6.7 miles (10.8 kilometres) wide.

Waterfalls are formed where rivers flow from hard rock on to softer rock. As time passes, the softer rock is worn away by the flowing water, which must then fall from the hard rock down to the softer. With the hard rock unsupported, it will break away, leaving a gorge.

Waterfalls are common in most regions except the South East and East Anglia. But even there you will find artificial waterfalls in gardens, such as Virginia Water in Windsor Great Park.



Follow the Malham Landscape Trail and you'll reach Janet's Foss Waterfall



# RANGER GUIDERS

We are concentrating this month on the International and Independent Living octants in the new *Look Wider* file.

For many of us the international aspect of Guiding is focused around Thinking Day, international camps and trips to other lands. But once the Rangers dip into the International octant of *Look Wider*, they will discover a whole new dimension to the meaning of international. The Rangers can, in fact, look wide without travelling many miles.

The introduction to the International octant suggests that the Rangers should break down the activities included in the octant into four categories:

- Gathering information about countries, people and problems.
- Making contact — with people in other countries by letter, phone or in person, and with people who have lived abroad.
- Providing help, which could be anything from fund raising to supporting a GOLD (Guiding Overseas Linked with Development) project.
- Visiting another country as an individual or as part of a group.

Each of the phases contains lots of ideas which cover the four categories and suit the needs of individual Rangers who wish to

take the octant.

Phase 1 begins with a basic suggestion about finding out more about the United Kingdom. Why not tackle this by arranging a weekend trip to one of the four countries comprising the UK, which your unit has not visited before? Or examine traditional crafts or cultures with someone within your own community? For instance, a Ranger could research what traditional crafts originated in her area, or that have died out in her locality.

Extending the Rangers' interests leads to the activities contained in Phase 2 of *Look Wider*. Investigate the complex aspects of the Rich World/Poor World relationship find out what aid is being given and how it is being used in the developing countries. A practical way of helping Third World countries is to organise a world crafts party for friends or the Guide District. Contact Oxfam, Traidcraft or Tearcraft who will be willing to help you with this project.

There are agencies which offer opportunities to help in overseas countries, and working in one of these countries could enable Rangers to complete Phase 3 of the International octant.

## AGENCIES

Voluntary Service Overseas (VSO) send roughly 600

volunteers abroad each year and the projects they undertake are wide ranging. There are many other agencies which offer this type of work, and our own Association offers GOLD projects. A list of useful names and addresses are given on page ten of the International octant.

Phase 3, of course, can be completed without going overseas. Rangers can work on projects which involve assisting groups within their own communities or in the country. As in all the octants within *Look Wider* the activities and ideas given are only suggestions, the Rangers themselves, and the Unit in Council, can develop their own thoughts and ideas for each of the phases.

Developing independence means different things to different people. Every Ranger grows and develops at a different rate and the Independent Living octant, above all, is about developing as an individual.

## CHALLENGING

It is up to the Ranger and her *Look Wider* group (Ranger Unit) to decide what is challenging and appropriate. An expedition to the other side of the world, or leaving home to embark on a college course, or a new job, all require new skills, and the Ranger will discover that change can be exciting

and, sometimes, frightening. All the phases of this octant are designed to expand the young person's understanding of life. Perhaps the Rangers are considering what careers are available. If so, invite people who do the jobs the Rangers are interested in to a Unit meeting to talk about these careers.

There are a whole range of topics which could be discussed, such as whether it is better to buy or rent a flat, what owning property really entails, what hidden extras need to be budgeted for, looking after oneself, cooking and personal safety. These can be approached in different ways. For instance, organise a survey to discover the costs involved in renting and owning property, or invite an estate agent along to share his knowledge of buying property.

## CAR CARE

Subjects such as learning to drive and how to maintain a car, or looking after a bike, belong in Independent Living. Also, don't overlook learning to look after your possessions, or those of your family and friends. What's important is that you are learning. You don't become independent overnight.

It is a slow process which, sometimes, can result in the most extraordinary experiences. It is how the Rangers handle these experiences, and what use they make of them in the future, that is important. Rangers will value being able to share these experiences and discuss them within the security of the Ranger Unit.

The whole ethos of the *Look Wider* programme is about the individual Ranger: her growth, her development, her whole being, and the Independent Living octant attempts to address some of these issues.

**BARBARA O'DONNELL**  
Ranger Adviser



LIZ PICHON



## YOUNG LEADERS

If someone asks what you do in your leisure time, do you tell them that you are a Young Leader, explaining that you help with a Rainbow, Brownie or Guide unit? Or don't you mention it, because you think they wouldn't understand?

### ACHIEVING

Many of you will be familiar with National Records of Achievement, and you may have made a note in yours that you are a Young Leader, but have you really thought about what this means? What does this convey to someone who reads it?

Would a teacher, tutor or future employer understand the skills you have gained while helping out with the Rainbows/Brownies/Guides as a Young Leader? Only if you're lucky!

What you need to do is 'sell' the skills that you have learned. For example, one important aspect of being a Young Leader is that you can work with young people; another is that you can work with adults in a variety of situations. It may seem obvious to you, but the ability to work with people of different ages is a very valuable skill.

Being a Young Leader also means that you are acquiring organisational skills. When you help to plan something for the unit — whether it is a trip to the ice rink, an activity for next week's meeting, or the menu for camp — you are demonstrating that you can make plans, both on your own and with others.

### CHECKING

You may be responsible for checking that all the necessary equipment for an activity is available, making arrangements for a visit, or delegating a task to someone else. These are all skills that can be translated into other situations.

As part of the unit team, you also have a responsibility to ensure that decisions

made by the girls in Rainbow Chat, Brownie Pow Wow or Patrol Leaders' Council are carried through.

Evaluating or reviewing an activity is important, too. You need to establish what went well, and what you think should be changed, so that future activities can be more effective.

The Basic Leadership Scheme and the Guide Association Leadership Scheme help you to focus on particular leadership skills, many of which are relevant to activities outside Guiding.

*Making It Count* provides ideas for activities and challenges, so that you can show you have these skills. In fact, on the reverse of the Basic Leadership Certificate are printed four very important statements, which will tell anyone reading them what you have achieved.

### IDENTIFYING

The first of these is 'Achieve self-selected personal development targets'. Working on *Making It Count* and, in particular, the section called 'Me' will help you to identify the things you are good at, and those where improvement is possible.

The second is that you

can 'Communicate effectively with individuals and groups for a variety of purposes'. Getting your 'message' across is vital. You only have to look at what happens in a game of Chinese Whispers to realise what can occur if your message gets distorted.

When you are explaining a game or activity, your instructions must be clear and easily understood. The success of an activity often depends on those initial instructions.

Teaching the girls a skill; motivating them in a project; helping a Patrol or Six to work together; joining in the discussion at a Young Leader or Ranger meeting; helping to make decisions in your unit and District these all offer an opportunity to demonstrate and improve your communication skills.

Take an appropriate leadership role in a group' may seem really obvious but, as you work as a Young leader, you will realise that there is more to leadership than simply being in charge.

How you take the lead will depend on circumstances. Sometimes it is appropriate to lead from the front, while at other times you may need to take a step back. Whatever the situation, the safety of the group must be of prime importance. Opportunities to demonstrate these skills,

together with managing the finances, can be found in the section 'Me as a Leader'.

### HELPING

The final statement, 'Support the personal development of others', is by no means the least important. Helping the Rainbows, Brownies and Guides in your unit to select, plan and carry out their chosen activities will help each girl to achieve her best, and that's one of the most important aspects of Guiding. Watching and helping a girl grow in confidence and ability is, perhaps, one of the best things about being a Guider.

As you progress to the Guide Association Leadership Scheme you will build on these skills. When you complete Part 1 and gain your warrant, don't forget to include it in your Record of Achievement.

The skills you learn in Guiding really can be skills for life, but you have a part to play in promoting them. If you need more help, pages 20 and 21 in *Making It Count* will help to identify such skills. Have fun, be proud of what you do, and don't forget that you are not just a Young Leader — you are a trainee youth leader in a voluntary organisation!

**SHEENA BOOTH**

Young Leader Adviser

As a Young Leader, you will acquire many valuable skills



TREVOR BURROWS



# COPING WITH

# STRESS

The most common causes of stress today are emotional problems, unemployment, loneliness, business and family worries, overwork and reaction to change.

So what exactly is stress? Stress can be defined as an inbuilt reaction to the body's instinctive danger defence system. When confronted by danger, the body produces more adrenalin, the heart action and nervous system speed up and blood pressure rises. Glucose is released into the blood to give us the extra energy needed for action.

We may choose to stay and fight or cut and run. Either decision needs extra energy, that's why our bodies' natural responses kick in to help us deal with whatever we find threatening.

The response to a stressful situation will not necessarily always be the same. Sometimes it is right to stay and fight, and sometimes the only sensible course is to get away, which gives time to think about the situation. Whatever response is appropriate the feelings that are created are what is referred

Many busy Guiders juggle their home and family commitments alongside running a unit

The best cure for stress is simply to enjoy your life!

to as stress.

## SLOW BUILD UP

Not all stressful situations are sudden and dangerous. Most problems build up more slowly and insidiously, causing stress over a prolonged period. Responses

will vary according to our personalities.

Some people approach problems positively, disposing of them before they become overwhelming. Others dwell on worries, allowing them to assume gigantic proportions in their minds, unable to take action to overcome them. A few may even pretend that problems don't exist. When we let our worries get out of hand we start to feel stressed.

A stressful situation is a very personal thing. What one person sees as stressful, another may take in her stride. Many people thrive on a life in which there is never a second to spare. Others simply couldn't cope with such a hectic pace.

A mother of three may run a job, a home, a Guide unit, jog every morning, play squash, belong to a formation dance team, do her husband's accounts, keep the garden in order, teach in Sunday school, and still exhibit no sign of stress.

Her next-door neighbour may find her work commit-

ments so exhausting that she has no energy left for voluntary activity. And the woman across the road may feel that the responsibilities of motherhood are stressful enough without any further worries. Different people have differing reactions.

## SYMPTOMS

Symptoms of stress vary, too. Drinkers and smokers tend to drink or smoke more than usual when stressed. Other stressed-out people may over or under eat, fidget or bite their nails. Sufferers may be irritable, hyper-active or experience indigestion.

Stress is not only a bodily response and/or a frame of mind, it can be a contributory factor to high blood pressure — hypertension — which increases the risk of stroke and heart disease.

Blood pressure changes with our moods and activity levels. If we are upset, angry, frightened or exercising energetically, our blood pressure rises. When we are calm, relaxed or sleeping, it goes down.





Blood pressure is termed 'high' if it fails to go down when we are resting. Hypertension can be caused by smoking, drinking, hardening of the arteries, too much blood cholesterol ... and stress.

There are ways to cope if we feel stressed. So, it's important to recognise signs of stress in ourselves and to identify the method of dealing with the condition that works for us.

Experts advise sufferers to choose from a vast range of methods to deal with stressful situations. Here we concentrate on four ways of coping: relaxation, exercise, diet and mental attitudes.

But, whichever ideas you adopt, remember that it's all too easy to forget the new, good habits we advocate and fall into the old worry situations. Plan a daily routine and do your best to stick with it.

## RELAXATION

Give yourself a short breathing space every day, no matter how busy you are. Switch off your mind from pressures of work and go for a quiet walk, read a favourite book, listen to soothing music or take a luxurious bath.

In a potentially stressful situation such as sitting in a traffic jam; being late for a hospital appointment; waiting for a delayed train; missing an important telephone call ... make a determined effort to relax your muscles and calm your mind. Avoid tensing up and concentrate on something pleasant.

If possible, visit a trained masseur. Massage and/or aromatherapy can bring real relief from tension, as well as from other aches and pains.

## EXERCISE

Take a brisk walk, go swimming or running, or exercise to an aerobics video.

## DIET

If you follow a balanced, nutritious diet plan, your body will cope better with stress. Diets vary according to weight or medical condi-

tions, but the general rule is to include foods from each of four main food groups every day.

A balanced meal should be based on starchy foods with dairy produce, protein, vegetables and fruit. Starchy foods, especially the whole grain variety, are filling, not too calorific and a good source of fibre, vitamins and minerals. Contrary to popular belief, pasta and potatoes, for instance, are not especially fattening — unless of course, you pile on saturated fat when cooking or serving.

## MENTAL ATTITUDE

Try not to worry. Of course this is easier said than done for those of us who are natural worriers, but here are a few tips:

- Don't dwell on the past. What's done is done and can't be changed. If something you have done or said continues to trouble you and you can set it right, do so. You'll be surprised at the relief you feel. However, if nothing can be done, try to put the incident out of your mind completely.

- If you're concerned by something which is likely to happen in the future, prepare yourself to meet the problem as best you can, then put it to the back of your mind. After all, what you fear may never happen!

Most Guiders have experienced the day, week or



month which just doesn't have enough hours in it! Many of us run units while coping with full-time jobs, home and family commitments, church or similar responsibilities. And, if we can squeeze them in, we also enjoy various hobbies.

There always seems to be someone on the phone or at the door. We never quite catch up with the clock, and we come away from the Division Meeting with a pile of papers that contain several 'Action Points', which have been allocated to us. No matter how much we enjoy our Guiding, it can be stressful.

It does help if you make a plan. Planning your month, week or even your day can save much hurtling around, a common symptom of stress.

Decide when you are going to devote time to a

particular task, and try not to be deflected from your purpose. The sense of achievement you'll feel when Day One's plan has been successfully accomplished helps to diminish feelings of stress, even if the rest of the week looms ahead like a major military campaign.

It is claimed that the best cure for stress is to enjoy life. That may seem odd advice to someone with pressing worries but it is based on common sense.

If you cultivate an optimistic approach to problems, seeing the larder as half-full rather than half-empty, you will be well on the way to reducing your stress levels.

GILLIAN ELLIS

The CHQ Training Team will run an 'Antidote to Stress' training in your area. Ring the team on 0171-834 6242 extension 207.

Regular exercise can help



Careful planning will help you avoid stress



# COMMISSIONERS

Continuing our bi-monthly series giving information and tips for Commissioners, Jill Hancock looks at ways a Commissioner can cover her patch. No matter how large her patch, a Commissioner's job is generally made up of three interwoven parts:

- People, leadership and management
- Administration
- Guiding knowledge.

Begin by arranging social occasions so your team gets to know each other in relaxed surroundings. The better they know you — and each other — the more they will be confident in helping one another.

Look out for opportunities to give people new experiences. Avoid the pitfall of announcing: 'As last year's Thinking Day celebration was great, I suggest the same team runs it again.' This would mean that fresh ideas from new folk lie dormant for another year.

If you're short on volunteers, flattery will often give a shrinking violet the confidence to shine.

If you think someone will do a job well, ask her yourself. People appreciate their abilities being acknowledged and will usually respond with enthusiasm. And remember to say an

enthusiastic thank you for all their efforts.

Young Leaders are often bursting to have a go, but may be reluctant to volunteer. Ignore mutterings about lack of experience and show your confidence in them by offering opportunities. You won't be disappointed.

One of the best Guides' Own I've enjoyed at a big camp was created by four Young Leaders, who used everyone's talents and thought carefully about all their suggestions. The result was well received and very moving. They also managed to involve youngsters, who responded warmly to requests from their own age group, but who might have been wary of approaches from an older person.

When you ask people to do a job, remember to make sure they know exactly what is needed, who they are working with, their final deadline and when they must report back. Then trust them to do the job.

Running a good meeting is vital know-how for all Commissioners — so take some training if being a chairwoman is a new experience. Everyone will be more receptive and contribute better at a happy, well-run meeting (Chapter 12 of the

*Commissioner File* explains it all).

Caring for Guiders or Commissioners is a primary part of your job. All prospective Guiders must meet their Commissioner, just as prospective Commissioners meet the County Commissioner, before any commitment is made. This meeting cannot be delegated. It gives the new Guider, or Commissioner, a broad view of Guiding, including her need for commitment to the Promise and what her job will be.

It also gives you the opportunity to explore a recruit's skills and talents, and to point out what she will gain from Guiding in return. Be honest about the time that Guiding demands. Only then, if you are both happy, should you give her a pre-warrant appointment card.

Should you feel she is not suitable for some reason, find out more about her, very discreetly. If you are still anxious and have discussed the matter with another Commissioner, talk to her again. Explain why she would find it difficult to fulfil Guiding's requirements and try to offer an alternative job. It is much more difficult to withdraw a warrant, so be brave at the outset.

Training is vital. New Guiders are a very precious commodity and must be nurtured and cared for. It can be daunting to go to trainings alone, so try to ensure that new Guiders have a companion — or take them yourself.

All new Guiders need your help with the Leadership Scheme but good training will ensure you have happy, confident Guiders at the finish. Stage 1 is the same for all Guiders and gives them a wide look at Guiding. At the completion of Stage 1, which need never be repeated, the Guider receives her warrant. You should present it at a suitable event — don't just post it.

Stage 2, which explores all aspects of working with a unit, can be tackled simultaneously, but the sectional endorsement cannot precede the warrant.

A Commissioner is supported through her first months in a similar way, not left to struggle on her own.

Stage 3 is just as important but it is often skimmed, or even ignored altogether. During her five years, a Guider is expected to take an active part in District life and attend a minimum of 15 hours training. She also must gain a further qualification, extend an existing skill or interest, or learn a new one.

This includes anything that will help to widen her ability to run a good unit, as well as broadening her horizons... life saving, public speaking, lace making or mountain biking — the scope is endless.

You will, of course, keep records of your Guider's achievements and review her progress regularly. At the end of the five years, endorse her warrant, thank her again for all she has done and talk about what she would like to do in the future.

Perhaps a change of section would be a fresh challenge or, maybe, she is interested in becoming a Trainer.

Warrants are renewed every five years, provided the Guider takes training to keep up to date and continues to contribute to District activities.

The same broad guidelines for caring apply to Commissioners at all levels. Caring for your patch will be far easier if you have worked hard to create a good team, who are happy and confident to enjoy their successes and weather their disasters together, knowing that their efforts will be appreciated.



SARAH LENTON



# FOCUS ON BRONEIRION

**A warm welcome awaits you at Broneirion, the beautiful Training Centre now owned by Guides Cymru, nestling in the hills of mid-Wales. Trainings are an important part of our Guiding lives and offer a chance to extend our knowledge, learn new skills and develop personally. Just as important is the opportunity to share experiences, have fun and make new friends.**

The end of March sees a weekend dedicated to Making it Count, the new leadership scheme for 14-16 year-olds. The weekend is open to Young Leader Guiders, District Commissioners and Unit Guiders who want to find out how they can help Young Leaders to develop their skills. Join us at Broneirion in making it work.

Commissioners have a vital role to play within Guiding and often need a chance to share their experiences with others and renew their enthusiasm. Broneirion's training programme includes a number of trainings open to Commissioners at all levels.

March 31-April 2 is an action-packed weekend for Commissioners. The main aim is to develop their personal effectiveness in the role, and topics will cover taking decisions, setting priorities, listening skills and handling problem areas.

Appointing and supervising the training of new Guiders is one of the most

important parts of a District Commissioner's job. The future quality of Guiding in her District depends on it. A training on the first weekend in June will help District Commissioners find their way through the Leadership Scheme and show how best to help Guiders seek the training and help they need.

And why not bring your new Guiders with you for a special training for them on the Leadership Scheme Part 1? During this weekend, using practical activities, Guiders will cover the basic principles and methods of Guiding. There will be a chance to explore the development of girls, and to consider the Promise and its meaning for young people, as well as the chance to work with many of the Association's publications which can help.

In September the focus will be on County Commissioners' training. The County Commissioner's job is not like that of any other Commissioner. It can seem daunting, but is very rewarding. Problems may come thick and fast, but triumphs and successes can be anticipated and planned for.

We will help you inspire your County to great things, give you fresh enthusiasm — and suggest ways to keep on top of the paperwork.

Training for Brownie and Rainbow Guiders with crèche facilities will be available from May 12-14. If you have young children and no-one to leave them with, here is your chance to experience the fun, friendship and stimulation of a residential training. The programme will be adapted to allow time for you to be with your children and, during training sessions, they will have a great time supervised by child-care experts.

To really appreciate the magnificent setting and splendours of Broneirion, May 5-7 sees two trainings linked to the surroundings. Environmentally Yours invites you to discover the wonders of the world around you and to find out ways to preserve, improve and enjoy it. There will be plenty of ideas and activities for you to take back to your unit.

And for Guiders who want to learn more about Pack Holiday under Canvas, there is a whole weekend to learn new skills, find out about assessment and discover the fun of Brownie Residential Events.

Join us at Broneirion for these or any other trainings. We promise you a warm welcome, a worthwhile weekend and a super atmosphere. See you there!





# TRAINING DIARY

## 1995 WEEKEND VACANCIES

**WADDOW**  
April 28-30  
October 6-8  
December 1-3

Any group, any number, all welcome. Contact Margaret Firth urgently for details.

## PROGRAMME IDEAS FOR RAINBOW, BROWNIE AND GUIDE GUIDERS

**FOXLEASE**  
April 21-23

Practical ideas for putting the Programme into action in your units.

## EXPERIENCED GUIDE GUIDERS 10 YEARS+

**FOXLEASE**  
June 9-11

Put a little inspiration back into your Guiding without having to cover the 'basics'. With such a wealth of experience present, there will be much to air and share, and you will return to your unit revitalised.

## ART IS CRAFT AND MUCH MUCH MORE

**NETHERURD**  
May 5-7

Fancy trying your hand at some art work? Then come along to this weekend?

## MUSICAL MADNESS

**LORNE**  
May 12-14

A weekend of musical fun for everyone.

## WALKING AT NETHERURD

**NETHERURD**  
July 14-19

Netherurd is surrounded by great walking country, including the Pentlands and the Southern Uplands Way. Join for all or part of the time for Walking Safely Training on the topics you want, at the stage you want, or just come for the walks and the great hospitality. Guiders from all sections, Guiders accompanying three or four (older) Guides, Rangers and Young Leaders. Everyone is welcome. Cost: £97.50 for a shared or twin room; with a £25.00 supplement for a single.

## ENVIRONMENTALLY YOURS

**BRONEIRION**  
May 5-7

Discover the wonders of the world around you — find out ways to preserve, improve and enjoy it. Plenty of ideas for activities for all sections.

## USING THE BROWNIE HANDBOOK

**WADDOW**  
March 10-12

An extra opportunity, due to demand, to explore the new *Brownie Handbook*.

## NEW GUIDERS

**FOXLEASE**  
May 5-7

A training just for you. Explore the Leadership Scheme, and discover more about Guiding and your place in it.

## LEARNING TO LEAD IN THE OUT OF DOORS

**HAUTOBOIS**  
May 12-14

This training enables adults to act as instructors for novices in archery, abseiling/climbing or orienteering.

## PACK HOLIDAY UNDER CANVAS

**BRONEIRION**  
May 5-7

For Guiders who want to gain new skills for taking Brownies on Pack Holiday under Canvas: gain assessment under Part 3 of the Pack Holiday/Camp Training Scheme; learn the new guidelines for other Brownie Residential Events.

Topics will include: setting up a camp site, cooking, health and hygiene, programmes, equipment and forms.

## COMMISSIONERS

**FOXLEASE**  
May 5-7

Supporting your Guiders through the Leadership Scheme is one of the major keys to successful Guiding in the District. Come and find out ways of putting the Leadership Scheme into practice in your District.

## EASTER EGGSTRAVAGANZA

**WADDOW**  
April 13-17

A fun weekend for Guides using accommodation in the main hall, with a programme of exciting activities, for example — archery, dry skiing, craft, wide games, mountain bikes, music and dance.

## 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, and my future in Guiding.

## TAKE A BREAK

**LORNE**  
June 17-27

Holiday time for all corners. Take a short break for a minimum of four nights or stay longer. Take this opportunity to visit Ulster's green and pleasant land, where a warm welcome awaits.

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!

### HELP GUIDES TO THRIVE IN '95

at Hautbois, April 21 - 23 1995  
In response to concern over declining numbers in the Guide Section, this weekend will include topics such as; opportunities for the older girl, programming and popular activities which are easy to put into practice.

**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.

**HAUTOBOIS**  
Great Hautbois 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.



Sally watched this sky-diver make a death-defying leap from the cliffs in Acapulco which are just a three-hour drive from Cuernavaca



**Sally Robinson left her job, family, friends and home to take on the post as Guider-in-Charge of Our Cabaña in Mexico. It was a decision that changed her life.**

No regrets: Sally Robinson is glad she took the plunge and became Guider-in-Charge of Our Cabaña

At 27, Sally Robinson already had what millions aspire to: a well-paid, challenging job, a house of her own in a pleasant Liverpool suburb and a decent car.

Life was great and Guiding made it even better. Yet, 'something nagged' — she needed more.

Finally, Sally made a decision. Astonishing her friends and colleagues, she left the job, packed her bags and set off for Mexico — to become Guider-in-Charge of Our Cabaña.

Today Sally has no regrets and believes it all started with an INTOPS weekend.

It was January, 1991, and there were about 30 of us young Guiders at Waddow, talking about UK Guiding for our generation, what we wanted from life and what we could give. I began to wonder about the post-university path I was following.

I had joined one of the 'big five' accountancy firms in the City, believing I was on my way to fortune and fulfilment as a chartered accountant

# TAKING THE PLUNGE



# ONE WORLD

Let's party!  
Sally (centre)  
celebrates Our  
Cabaña's 37th  
birthday with  
international  
Cabaña staff



But the career that was opening up to me was also slowly stifling me.

At the end of that INTOPS weekend I came away knowing that, for me, life offered more than accountancy.

I quit accountancy to join the NHS, working for Wirral Family Health Services Agency. By October, 1993 — when I went off to Mexico — I had a great job, running the quality department. I worked with 180 GPs and their staff to improve patient care and had a nice house with a snazzy red car parked outside.

Guiding had opened up for me, too. I had represented the UK at a European weekend for International Commis-

sioners in Paris. I had also been a member of the UK delegation to the '92 European Scout and Guide Conference in Sweden, as well as being involved later in writing the new syllabi for the international badges.

I was really happy and yet... something nagged. Some part of me had long wanted to work abroad for a part of my life. But I didn't know if I had it in me to seize the moment, if it arrived.

When I left accountancy I had written to Our Cabaña to enquire about vacancies and, in March 1991, met Harriet Edmond, the then Guider-in-Charge.

I had cautiously applied to be the

Centre's Programme Director but, when I wasn't selected, got on with my life and forgot about Our Cabaña.

So it came as a shock when, on a cold Sunday evening in November, 1992, Harriet 'phoned from Cuernavaca to ask if I was still interested in working in Mexico. Well, yes, in principle, I was, but on Our Cabaña salary scales it would have been impossible to pay my mortgage. I decided I could only go if I sold my house.

I started reading about Mexico. The more I read, the more I wanted to go there. But then I thought that, perhaps, if I went on a brief visit to the country, I

Our Cabaña  
in Mexico



Guides Karen from Jamaica and Claudia from Guatemala enjoy a stay at Our Cabaña



wouldn't like it and could get the idea out of my head. The following June I attended a "friendship session" at Our Cabaña.

By this time I'd been offered the job of Programme Director, which had become vacant again, to start in December, 1993. I tried to evaluate the advantages and disadvantages of living there. However, while I was in Cuernavaca, Harriet suggested that I also applied for her job.

I came home really confused. Here was a great opportunity, but how could I go? How could I leave my family, my friends, my job, my house, my car and pack my life in a suitcase? Furthermore, how could I apply for the Guider-in-Charge post at the age of 27? But, if I didn't, would I kick myself for the rest of my life?

For a month I dithered. The house was already on the market anyway, but it wouldn't sell. Then a friend, whom I'd known since I was eight, made up my addled mind for me. "Sally," she said, "you're using your house as an excuse not to make a decision. You should make your decision and then sort the house out."

So I did. In July, 1993, I shocked everyone by handing in my notice which gave me three months to organise my departure. By October I knew that I had been shortlisted for the Guider-in-Charge job and I left for Mexico that month, with the house unsold.

Until February, last year, I was able to observe Harriet at work and "learn the trade". Now I'm in the hot seat, dealing with things that, back in Liverpool and the Wirral I'd never imagined.

It's a job that entails PR, communications, administration, maintenance of facilities and catering and, above all, meeting people from all over the world, often helping them with their problems. I've learned a lot.

Day-to-day operations at Our Cabaña have to be managed in Spanish, of course, and my A-level Spanish was

very rusty when I arrived. It has greatly improved since then and I am now quite fluent.

In my first summer season I greeted guests from the UK, USA, Canada, Ecuador, Guatemala, the Dominican Republic, Trinidad and Tobago, Jamaica, Brazil, Argentina, Venezuela, Portugal, Japan, Australia and, of course, Mexico.

Our Cabaña can accommodate 82 people and runs programmes for both adults and girls. Each session is

**If you want to go to Our Cabaña for one of this year's adult sessions, hurry! You might just be lucky. This year, for the first time, there is a July session for adults who cannot travel in the school year.**

**But all the very popular sessions for girls aged 13-16 are fully booked and girls are now advised to book as soon as possible for any of the girls' sessions in 1996.**

planned by our international programme staff — currently from Mexico, UK, Canada, Norway and Denmark — and includes team-building activities, Patrol events, thought-provoking games and evaluations, trips to local places of interest and some kind of service project, such as working with children or building houses.

But there is also plenty of time for our visitors to relax, to swim, to try Mexican crafts and to take part in the end-of-session fiesta. Now that air fares have fallen in price, it's possible to get some bargain transatlantic flights.

We have planned a summer session for this year and 1996 which will be exclusively for over-18s. Many adults tell us it's the only time of the year they can travel, so this has been arranged in response to requests.

In February we took a session on an overnight trip to a butterfly sanctuary to see some of the millions of monarch butterflies that make the annual migration from Canada and the USA. The sight of myriads of these spectacular giants hanging from the trees is amazing.

We also offer special programmes to coincide with Mexican festivals. Next October, for example, visitors to the World Centre will join in the celebrations for the unforgettable "Day of the Dead". On one special day in Mexico, people celebrate the life of someone who has died during the year. Parties are held and visitors invited to homes, where there is music and dancing.

We also host programmes of international festivals and fiestas, as well as offering international craft and programme training sessions.



**Operación Lamina:** hard at work on Our Cabaña's house building project



LISE HOLM

As the current staff build on the legacy left by former members, we are increasingly aware of the need for closer communication and increased networking. We need to build international teams and ensure that when our visitors leave they have gained not only confidence in themselves but an even greater pride in their own Associations and in their Guiding.

I am still learning about this job, of course, but I am striving hard to develop the work and operations of Our Cabaña, while enjoying every minute of being in Mexico.

My Spanish is gradually becoming more Mexican but with my height — 5ft 10ins — I fear I will never totally blend into the local population. However, having been a Guide for 21 years, I shall do my best!

I have no idea where my role will take me. All I know is that I have a three-year renewable contract and that, in 1955, Maria Laura Avila became Guider-in-Charge here at the age of 28. She stayed 28 years!

So, to any Guide who is more of a stay-at-home type, my advice would be to approach an INTOPS weekend with great care. You never know where you might end up, perhaps for a very long time!

**SALLY ROBINSON** 51

**No wonder Liverpoolians like Sally Robinson are proud of their city! Apart from the Beatles, where else could there be so many 'three-digit' Guiding units? Sally became a Brownie in 1974 by joining the 432nd Liverpool Brownie Pack. As a Guide and, in 1981, a Queen's Guide, she was in the 193rd Liverpool Guide Company before becoming a Ranger with the 48th Liverpool Ranger Unit. After a spell as a Young Leader with the 193rd Liverpool Brownie Pack, she later served as the Pack's Assistant Guider from 1990, when she gained her warrant, until 1993.**

**Enjoying a Mexican fiesta with Sally are:** UK Assistant Programme Director Carolyn Moy (left) and Mexican Programme Director Queta Elizondo (centre)



# DON'T MISS *Out!*

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# YOUR LETTERS

## WINNING WORDS

The following letter was sent in by Hannah C Bonser, aged 9½, who is an avid **BROWNIE** reader. Hannah's mum won a prize in November's magazine survey and she wanted to say thank you.

Because my mum is a secret closet Brownie, we have two copies of your magazine every month. It saves us fighting over who reads it first.

Just for a laugh she entered the competition you did for adults where they had to fill up a questionnaire. She said she hoped she got second prize, because, being disabled and housebound, the first prize would be no good to her.

My mum never wins anything but, out of the blue, the letter arrived saying she had won second prize of £100 worth of goods.

We had a great deal of fun choosing the books and charts, many of which she has donated to our Brownie Pack. Then they arrived and we had a great time unpacking them.

Winning second prize meant a great deal to my mum who is often in a lot of pain. My mum never got to be a Brownie but she tries hard to follow the Brownie Law and keep cheerful. She is always knitting and making things to raise funds.

As well as my mum, I have a fantastic Brown Owl, who is always thinking up games and things for us to do, a Snowy Owl who is a brilliant cook and makes us laugh and a Tawny Owl, who is a true friend.

Brownies is great and I'm looking forward to Guides. My mum says that Guiding is a 'great game' that I never have to leave,

even as a grown-up.

In 1994, two days before Pack Holiday, I got chickenpox. Mum made me a camp in the front room and the Owls sent me puzzles, games and presents.

When I think of my Brownie sisters in places like Bosnia I am so grateful I have such good people to love me and work to help me become a better person and that I live in a free country.

I recently won a competition run by the Action Asthma people. My prize was a T-shirt with Desmond Dragon on it. My Pack has been doing Peace Packs and, although I have already done my box and given it to Brown Owl, I will be glad to give my prize to go in another Peace Pack.

I wish I, my brother Ben, and all the children who are safe and happy, could give a great big piece of safety and laughter to all those poor children, instead of just a toothbrush and a T-shirt.

I wish 1995 to be the year I say thank you. Firstly to God for all He gives me, then to my mum, to tell her just how very much I love her. Also to the Owls in my Pack for being so great and, finally, to you for my mum's prize — it made her laugh and forget her pain — and for a fabulous magazine, and also for Guiding.

**HANNAH C BONSER**

33rd Doncaster  
(Scawthorpe Methodist)  
Brownie Pack  
South Yorkshire

## STOP NOW

I have been a Brownie Guider since 1965 and have also had periods of office as District Commissioner and County Chairman of Programme and Training. I have always

tried to be positive and to accept the need for movement and change in this Movement.

Now, however, I have to join those who complain. We seem to be having changes for change's sake, particularly in the Brownie section.

The new uniform started it — suddenly the girls were dressed in yellow, with a Young Leader's badge emblazoned on their chest. Then the badge turned yellow.

We've seen lots of letters from Rainbow Guiders about the loss of the rainbow on their badge, but what about the Brownie man? We've had him for 80 years in various forms and suddenly he is dumped. The new badge is lovely, but bears no relation to the Brownie story or our history.

I will continue working with my Brownie Pack, because I like being with the girls.

We will no doubt adapt to the changes, but please STOP changing things now, and let us get used to what we've got.

I look forward to many more years of fun and friendship in Guiding to follow those I have already enjoyed.

**VALERIE LAUD**

53rd York Brownies

## SIZE SIGNS

I write in praise of, but in desperation with, the uniform.

The flexibility of the uniform now is brilliant and allows freedom of choice and expression.

However, I find the availability of sizing and cut very frustrating. I don't fit the tailored blouses, why not have straight styles. These days youngsters — and adults — like to have fairly baggy, non-constricting attire.

My daughter, a Guide, is 12. She is also a ladies size 12 but currently prefers to wear a 40ins sweatshirt. What am I to do when she outgrows this one, which is the second in a year?

Am I to tell her that she'll have to leave Guides before the end of next year as she's outgrown the uniform?

As a Guider I also have a gripe — the sweatshirts are fine width ways but lengthwise they leave a lot to be desired and I'm only 5ft 2ins.

We come in all sorts of shapes and sizes. Can the flexibility be applied to that as well!

Desperate Parent  
**KAREN R CULLINANE**  
1st Stapehill Brownies  
Dorset

## STAYING FRESH

I feel a dire need to vent my frustrations via your pages in the hope that I will regain the desire to go on.

I am a young Guider of 23 and have been involved in Guides since I was seven. I had a break at 19 until I returned to run a Guide unit a year ago. I gained so much from Guiding. I realised I had to give something back.

I have been running the unit with another young Guider but I find I am hitting a brick wall when it comes to my District.

At our monthly District Meetings my District Commissioners — we have two — and several of the leaders seem to resist any type of change.

I firmly believe that you must consider all options before forming an opinion. Change is necessary to move on. I don't necessarily agree with all the changes within the Movement but to resist everything is foolish. So



when I hear comments like 'Oh they change things just for the sake of it' I get really mad.

Come on girls, we need to keep this Movement alive and kicking. We need to move with the times and keep in touch with the ever-changing young people.

We need to try things before we condemn them, challenge our girls, praise them, and know when a girl has done her best, to know what standards they can achieve and accept their limitations.

As Guiders we need support from our Commissioners and each other. We don't need 'don'ts' and 'can'ts' but we do need 'maybes' ... 'probables' and 'definites'.

I enjoy Guiding. We need the experience of the older Guiders but the old need the freshness of the young and the children need a fine balance.

**Frustrated Guider**

### REAL NEEDS

I am 19 and have been a Young Leader for four years. As well as helping at Brownies I have a number of other hobbies, so I don't get much spare time.

Although I consider myself an active member of the Movement, I admit to not having finished my Young Leader Scheme.

When I heard about the new Leadership Scheme and Look Wider programme I decided it was not worth me starting either, as I plan to go to university in September.

After reading the information my Young Leader Guider sent me I discovered that the sections only cover girls aged up to 18. Partly because of this I did not attend a meeting about the new scheme.

Shortly afterwards I received a general letter from my Young Leader Guider stating that if Young Leaders do not attend their meetings, there is no point in them being Young Leaders.

I'm sure the Guiders I work with would not agree!

The question is, do the Guiders higher up in the ranks consider the real needs of Young Leaders? We are at an age when we have numerous important school exams, many of us have weekend jobs, and there are just not enough hours in the day for completing schemes.

Isn't it more important that we spend the little time we do have organising activities for the girls? In my opinion it is them that come first and, if it means not completing schemes, then so be it.

We are gaining the

experience we will need in our weekly work, if we do decide to become adult leaders.

I do feel strongly about this, and I am sure that there are many other Young Leaders who enjoy helping out once a week, but simply don't have time for all the trimmings.

I have enjoyed my time as a Young Leader and I know that the Guiders I work with appreciate me, and that means a lot. It is a shame that other Guiders cannot be more understanding.

**Busy Young Leader**

### SENSE OF HUMOUR

In January, Patricia Strang retired from her position as District Commissioner for Castle District in Stafford. Both the Guider and Assistant Guider of 7th Stafford Guides have always found Pat willing to help. We always said 'Ring Pat' if there were any problems and she was there with her advice.

Pat has a terrific sense of humour. Get into a conversation with her and we guarantee you will end up close to hysterics.

On the telephone her cheery Scottish accent was always close to laughter. We frequently laughed before anything could be said, being well-known for

our difficult questions!

We wish her all the best in her move up to the Trefoil Guild. No doubt, we will be asking her back.

**SUSAN WRIGHT**

Guide Captain

**CELIA SANDELLS**

Assistant Guider

7th Stafford Guides

Castle District

Stafford

### CASH SAVER

I have just been reading *The Right Balance* in October's *GUIDING*. I would like to point out that with the Barclays Bank Community Account it is possible to make ten free withdrawals each month. And it's not just the first ten withdrawals that are free.

We have just opened an account and feel that for most Packs ten withdrawals per month is more than enough.

**MISS L WRAGG**

Tawny Owl

38th Portsmouth, St Faiths

Brownies

**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.**

## FANCY *a* CHALLENGE?

**Patricia Mackey, from Co Down, Northern Ireland, gives an account in this month's *GUIDING* (page 21) of a trip she made to the wilds of Montana, USA, with the British Schools Exploring Society.**

This UK-based charity was founded in 1932 by the late Surgeon Commander G Murray Levick, a member of Scott's Antarctic Expedition of 1910.

In recent times it has been overshadowed by Raleigh International and The Duke of Edinburgh's Award Scheme but, for more than 60 years,

the BSES has offered exciting adventures to young people and continues to do so.

The Society's expeditions aim to help in the development of young people through the challenge of living and working under testing conditions in remote areas of the world, often contributing to valuable scientific work by co-operating with research organisations, especially in Iceland, Greenland, Norway, Spitzbergen, Canada and Alaska.

Anyone who will be between the ages of 16 and 20 at the time of an expedition, and who is either in or

between full-time education, is eligible to apply.

The qualities looked for in applicants are the same as the Association looks for in Rangers, Young Leaders and young Guiders working for their warrants — enthusiasm, determination, common sense, the ability to work as a member of a team, a sense of humour ...

As with Guiding, fund raising for the trip is part of the challenge, but any member interested should think in terms of 1996, not this year. Therefore there is still plenty of time to raise the cash, although applications should not be delayed unduly.

For an information pack, send an A4 sae to: The British Schools Exploring Society at the Royal Geographical Society, 1 Kensington Gore, London SW7 2AR.





# SUPER STREET OFFER

Granada Studios Tour, Europe's only major television theme park, and GUIDING are getting together to offer readers a great deal.

On two weekends in May — the 13th-14th and the 20th-21st — Granada is offering GUIDING readers and their families special cut-price admission.

Families will pay £9.99 for adults and £7.49 for under-12s (a saving of £2 and £1.50 on the usual rates).

Guiders who take along their units can take advantage of an extra-special rate for groups of 20 or more — a flat rate of £6.50. But groups planning to make use of this super offer must book in advance by contacting Phil Reed, the Group Sales Manager, on 0161 828 5242.

There are some great new experiences on offer to all visitors taking the tour this year. They will be able to:

- Peer into the Duckworths' front room — just one of five Coronation Street sets now open to fans.
- Join RoboCop chasing villains through the streets of Delta City on the new Motionmaster Movie Ride. Your seat moves in synch with the movie, propelling you into the action.
- Dodge ghosts and ghouls with an American family holidaying in a haunted house — a great, new, 3-D action film preceded by a 3-D laser display.

But don't forget to leave time to listen to the comic debate in the 'House of Commons'; visit Sherlock Holmes' Baker Street, catch the Sooty Show and take the guided backstage tour. Plus, of course, a visit to Coronation Street itself. There is a Coronation Street star at Granada Studios Tour every day.

To qualify for the special GUIDING rates you must use the voucher provided. Photocopies are not acceptable.

To reach Granada Studios Tour in Water Street, Manchester follow the brown and white tourist signs from the motorway network.

Watch out for our super Camelot and American Adventure offer in next month's GUIDING.



Walk down the famous Coronation Street — and take a peep into the Duckworths' front room

Visit the set where the Sherlock Holmes TV series was made

D	E	N	C	U	S	R	Y	B	E	T	W	I	A
O	I	M	A	R	T	I	N	E	M	A	N	V	N
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M	I	N	L	D	H	T	L	T	A	I	B	I	F
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RAQUEL  
JACK  
CHARLIE  
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ALMA  
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BET  
VERA  
TANYA  
GAIL  
MARTIN  
RITA  
MAVIS  
MIKE  
ALF

And there's more. If you are a keen Coronation Street fan you could win one of two free family days out at the Granada Studios Tour by tackling our special Street Wordsearch.

The winners can take up to three other adults (or any combination of adults and children) on the tour.

Study the Wordsearch to find 18 names of Coronation Street characters. They're hidden either horizontally, vertically or diagonally.

Just circle the names and send your entries to GUIDING Wordsearch, The Guide Association, 17/19 Buckingham Palace Road, London SW1W 0PT by March 31. The winners will be the senders of the first two correct entries drawn after that date.



## GUIDING

Present this voucher and gain admission to  
**GRANADA STUDIOS TOUR**  
for the special  
Guiding Discount Rates below

Valid only on May 13, 14, 20 and 21, 1995.

It cannot be used in conjunction  
with any other offer

Adults ~~£11.95~~ now **£9.99**

Children (12 and under) ~~£8.95~~ now **£7.49**

There is a special rate of **£6.50** each for groups  
of 20 or more booked in advance



# PEOPLE *and* PLACES

## HALLO DUCKY

▼ Hooked on fund raising, this trio of Cambridge Brownies happily fished for ducks at the Warboys Community Fair. Scouts and Guides also joined in the fun and frivolity at the village school.

BETTY JOHNSON



## WHAT A HOOT!

▲ No one's feathers were ruffled when Brown Owl Doreen Wickens and Snowy Owl Jo Hodges met a real barn owl. The introductions were made when the 4th New Malden Brownies visited Bird World at Farnham in Surrey.

CAMBRIDGE NEWSPAPERS LTD

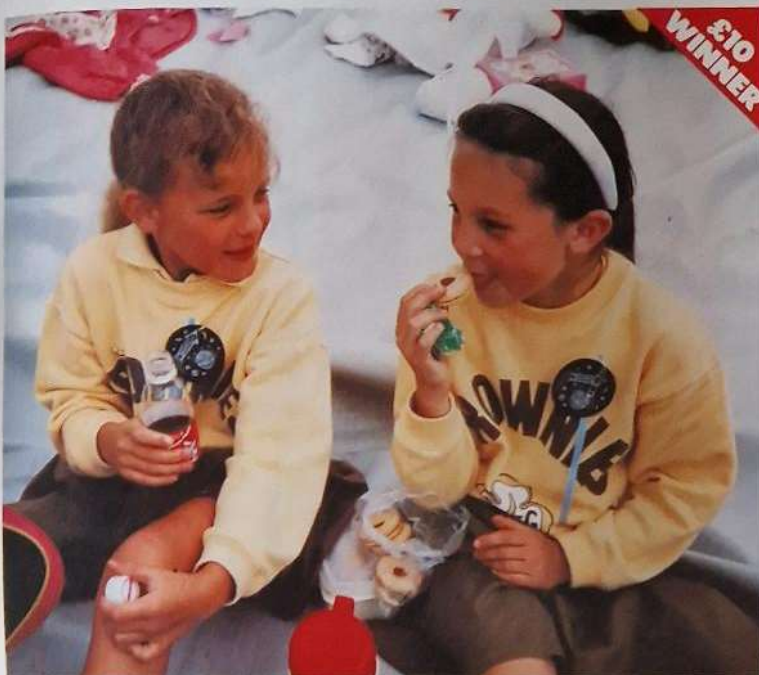
## RAPID TRAVEL

▼ A group that met at Foxlease and has kept in touch ever since spent a wonderful week white-water rafting in France.

Pictured are: Michelle Jackson, Brownie Guider, Bedfordshire; Dawn Neary, Guide Guider, Lancashire East; Zoe Wright, Young Leader, Leicestershire; Sarah Chittoch, Ranger, Hampshire East; and their instructor.







### BISCUIT BREAK

▲ Time for a chat and some refreshment — after all Brownie trips can be hungry work. These two peckish members of 1st Chaldon Pack, Surrey, were visiting Blackland Farm, the Association's activity centre near East Grinstead.

BRENDA LAMBOURNE

### MUSIC MAKERS

► Making sure the beat goes on are Lucy Hopkins and Sarah Bender, both aged 14. They are members of 1st Oatlands Guide Company in Surrey and play percussion in the 25-strong Guide orchestra.



THE CROYDON ADVERTISER LTD

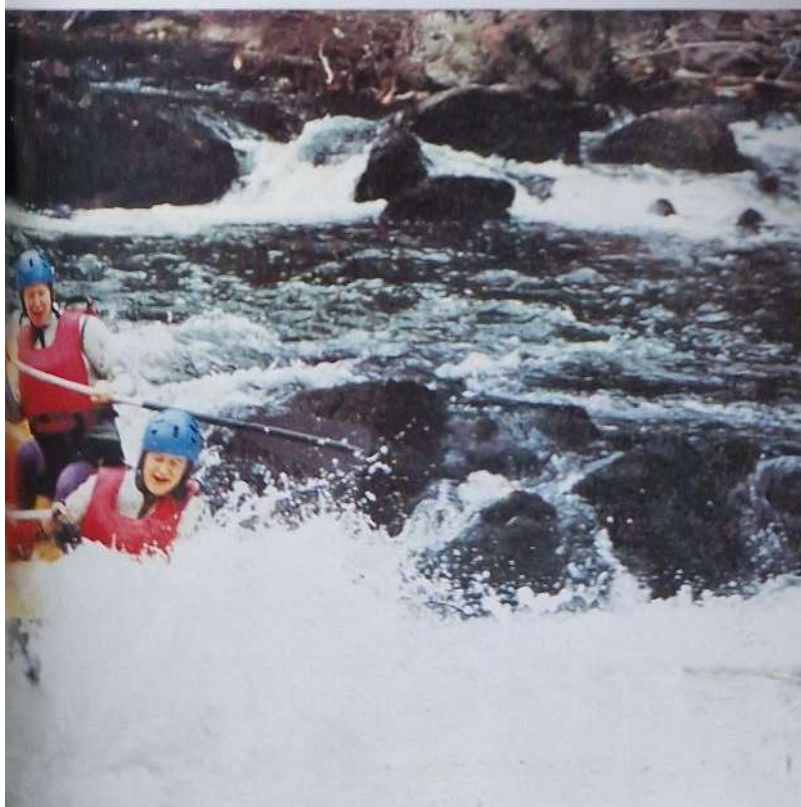


### PRICKLY PALS

▲ Hedgehogs are very close to Lizzy Newman's heart. Here the Purley Brownie cuddles a new friend at a hedgehog fun morning. The 10th and 17th Purley Packs have been raising cash for a Yorkshire Hedgehog Welfare Centre, and some of the prickly patients travelled down to Surrey for the successful fundraising event.

### OLD MAIDS

▼ Below stairs members of the 3rd Hale Barns Brownie Pack found out about life as Victorian kitchen maids when they visited Dunham Massey Hall in Cheshire. The girls donned long aprons and mob-caps and were 'transported back' to 1894 at the National Trust property.







MOOSE AZIM

# FUN *day out*

Most of the girls were determined to try the scariest rides

*There were thrills and spills in store for Brownies and Guides from Barnet Division who enjoyed an exciting trip to Chessington World of Adventures.*

'My tummy tickles' and 'I feel sick' were two of the comments we overheard as 35 slightly green girls wobbled off the Magic Carpet, one of the exciting rides on offer at the Surrey theme park.

The 7th and 10th Barnet Brownie Packs and the 10th Barnet Guide Company had been invited to sample the delights of Chessington by the management. *GUIDING* went along to record their verdict on the day.

We soon discovered that Chessington isn't just a collection of rides. Like the big American theme parks, Chessington has been devised around a concept, aiming to transport visitors into another 'world'.

Once an old-fashioned zoo, in 1987 £18 million was spent transforming the park into a leading tourist attraction. There are still some rare and endangered animals at Chessington, but they are housed sensitively and play an important part in international breeding programmes.

The Barnet Guides and Brownies were more interested in rushing off to squeeze in as many turns as possible on the most gruelling and stomach-churning rides. There are also animal and bird enclosures for children who are more interested in nature.

It is easy to pick and choose what you want to do in the 'lands' that make

Fantastic journey: a trip around a fantasy pop factory was a hit with the girls

MOOSE AZIM







Guider Lisa Wigglesworth helps the girls find their way around Chessington

up the world of Chessington. You just follow the large picture maps posted throughout the park. There are also pocket-sized maps available, which can be used on the day and kept as souvenirs.

Visitors can choose from Transylvania, the Mystic East, Calamity Canyon, English Market Square, Smuggler's Cove, Toytown, Animal Lands and Circus World.

Dracula's deadly Transylvania was the top destination for the Barnet Guides and Brownies. It boasts the only suspended roller coaster in the country, billed as the blood-curdling Vampire Ride.

A more sedate ride is Professor Burp's Bubbleworks. Here you sit in a gently revolving barrel boat and travel through the fantastic workings of a bubbly pop factory. Original, fun and very colourful, this was one of the most popular attractions for everyone, from leaders to Brownies.

There was a lot of shrieking and splashing on the Dragon River Water Ride, which includes a watery descent down a cliff face. The moment of fear before the plunge down the flume is captured for ever thanks to a hidden camera. You can buy the photo later on, if you wish.

Other major rides in the different lands include the Runaway Train, the Magic Carpet, the Smuggler's Galleon

and the Terrortomb, a state-of-the-art special effects ride, which is more like the adventures in *Raiders of the Lost Ark* than an old-style horror movie.

The distinguishing feature of all these rides is the work that has gone into the imaginative settings. Among Chessington's talented creative advisers is John Wardley who has worked on James Bond movies.

The non-stop live entertainment includes bands, circus performers and jugglers. The girls watched transfixed as the jugglers casually tossed burning torches above their heads.

The Barnet Guiders agreed that the ride attendants do a good job. Dressed in costume and never failing to act the part, they are always alert and attentive.

When we were at Chessington, members of staff were always on hand to help Brownies and Guides clamber in and out of the rides, making sure they were securely fastened in and helping them out afterwards, if they were feeling dizzy or over-excited. Of course, the Guides and Brownies loved all the personal attention.

There are plenty of snack bars and diners throughout the park and picnicks are made welcome, as seats and eating areas are provided. There is also a grass play-park, where children can relax and play on swings and a helter-skelter.

Once you have paid to go in, all the rides are free. You just have to be tall enough — about 4ft — and willing to join the long, snaking, hidden queues where you can wait up to 40 minutes for your turn.

The shorter and more impatient Barnet girls found plenty of other fun things to do, such as visiting the animals or tackling the attractions in Toytown, including the Adventure House.

Most of the girls, however, were



determined to try the most exciting and frightening rides, which they handled like veterans. One intrepid explorer commented after the Terrortomb: 'It wasn't scary at all, but Lisa nearly squeezed my hands off!'

Guide Guider and Barnet District Commissioner Lisa Wigglesworth was delighted that the girls enjoyed themselves. She threw herself wholeheartedly into the spirit of the day and went on all the rides.

'I was terrified on the Vampire ride and the girls were screaming. We've had a brilliant day — lots of fun. And now I'm exhausted,' she admitted.

KIRSTIE GRAY

**Thrills!**  
The girls shrieked with excitement as they plunged down a cliff face

#### Time for a break after all the thrills and excitement



#### FACT FILE

Chessington is open from April 1 to October 29 10am-5pm

Late night opening on summer nights July 1-September 3.

Fright Nights: To celebrate Halloween, encounter Chessington in darkness, October 28 and 29.

1995 group prices — 15 or more: adult £10.75, child £8.75, OAP £6.25.

Special Guiding days: Saturday July 1 and Saturday September 16. Scout and Guide Day: Saturday August 19. Prices then are: adult £9.50, child £7.50; one adult free with every ten children. For further details contact the group bookings office on 0372 729560.

All information was correct at time of going to press.



# 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.

## CAMP SITES AND ACTIVITY CENTRES

### - Fordell Firs - Activity Centre of the North

A delightful 30-acre site situated in the Kingdom of Fife, but just 15 miles from the centre of Edinburgh. Easy access by train or bus - Inverkeithing is a mainline station on London-Aberdeen line.

The centre is open all year. A modern, fully centrally heated accommodation chalet sleeps 36, or our smaller chalet sleeps 18.

Ample camp site spaces for small or large groups. Camping equipment may be hired.

Activities include archery, shooting, abseiling, assault course, pioneering, field studies. Contact Warden for full details:

National Scout Activity Centre,  
Fordell Firs, Hillend, Dunfermline,  
Fife KY 11 5HA Tel: 013863-412704  
Fax: 01383-414892

### Kingsdown International Camp site

A SITE FOR SHORE EYES!

First class indoor accommodation and camping in White Cliffs Country, overlooking the English Channel.

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Canoe on the crest of a wave.....  
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or have a leisurely day out in France?

Kingsdown offers all this and more.

Phone or write for details:  
Charlie Leadbetter,  
Kingsdown International Scout Camp site,  
The Avenue, Kingsdown,  
Deal, Kent. CT14 8DU.  
Tel: 01304 373713

### ADVENTURE EXCITEMENT FUN CHALLENGES

YOULBURY is three miles SW of Oxford. 40 acres of woodland sites and buildings are open 50 weeks for: camping, climbing, air rifles, archery, boules, orienteering, trails, hikes.

SUMMERTIME — canoeing, swimming, pool basketball, quizzes and much more.

All enquiries to:  
The Warden (ref SM95/G)  
Youlbury International Scout Camp,  
Boars Hill,  
Oxford, OX1 5HD.

Please enclose a SAE.  
Tel: 01865 326264  
Fax: 01865 326070

### WOODHOUSE PARK AVON SCOUTS COUNTY SITE

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

For further details: David Jackson  
Woodhouse Park, Fernhill,  
Almondsbury, Bristol BS12 4LX  
Telephone 01454 613259  
(Out of hours, answerphone)

### NORTH YORKSHIRE NORTH EAST — COUNTY CAMP SITES

Enjoy the beauty of "Herriot Country" and the Yorkshire Dales from Barneybeck, REDMIRE, LEYBURN. Apply telephone 0969 650333.

Explore the Yorkshire Moors and "Heart Beat Country" from Holme House, ESK VALLEY, GROSOMONT. Apply telephone 01845 522567.

Equipment available at both sites.

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Fully-equipped camps  
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### ACORN VENTURE

Worcester Rd, Hagley, Stourbridge  
DY9 0NW Tel 01562 882151 (24 hrs)

SUFFOLK. Small hostel and camp site. Special rate for The Guide Association. Hostel 19 beds plus annex 7 beds. sole use £25 per night. £150 per week. Guides camping 50p per person nightly, £3 weekly. Leaflet available. Telephone 01284 828297. Mr Copsey, Mincks' Croft, Alpheton, Sudbury, Suffolk CO10 9BP.

### BEAUDESERT GUIDE CAMP

128 acres of parkland and woodland adjoining the 26 square miles of Cannock Chase Forest, in the heart of the Staffordshire countryside. Fully equipped indoor centres for Pack Holidays. Flush toilets and free hot showers.

Pioneering, orienteering, abseiling and assault course available. Swimming pool and leisure centres, canoeing and sailing within easy reach from the site. Alton Towers, Drayton Manor Park, Ironbridge Museum and Warwick Castle within easy reach and trips can be arranged.

Details: The Warden, Beaudesert Camp Site, Cannock Wood, Nr Rugeley, Staffs WS15 4RD.  
Tel & Fax 01543 682278.

### CRICKET CAMP SITE Bursledon, Hampshire

A beautiful camp site set in 400 acres of Country Park close to the M27 with good facilities for full Troop or Patrol camps.

Situated 10 minutes walk from the River Hamble.

Activities available are Canoeing, Abseiling, Archery, Rifle Shooting, Caving, and soon, Climbing, Flush Toilets, Showers, Hot Water, Pack Holiday Centre (open to schools).

Write for brochure to:  
Mrs Joan Veal (ADC Camp Site)  
ITCHEN SOUTH DISTRICT  
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BUDGET PRICED! Barnabas Trust activity and camping holidays. Five marvelous locations in the South, Lake District and Scottish Borders. Instructed activities available at two centres. Free colour brochure: Gill Griggs, Barnabas Trust, Freepost, Tonbridge TN11 9BR (no stamp required). 01732 3354690.

### BARNWOOD SCOUT CAMP

\* Barnwood is on the edge of the Peak Park between Macclesfield and Leek.

\* In 70 acres of woodland overlooking Rudyard Lake.

\* An informal site with good covered accommodation.

\* 25 secluded camping areas.

\* It has good toilet facilities and free showers.

\* Ideal for all Scouting and Guiding activities.

\* Within easy reach of Rudyard Lake for canoeing, the Roches for climbing, the Peak for hiking and Alton Towers.

For details ring 01625 423921

### DOWNE CAMP SITE

\* An 86-acre site on the North Downs — only 20km from London

\* Secluded woodland sites for Patrol camps or large open sites

\* Three large and one small, fully equipped modern buildings for indoor accommodation

\* Modern toilets, hot water and showers

\* Large outdoor heated pool

\* Provide for soft drinks, sweets, souvenirs etc. Daily orders taken for milk and bread

\* Activities include: Archery, Assault Course, Climbing Tower, Forestry, Orienteering, Pioneering, Rifle Range, Swimming.

Details from: The Warden,  
Downe Scout Camp,  
Bird House, Downe,  
Nr. Orpington, Kent  
BR6 7LJ  
Telephone: 01959 572121  
SAE please.

Join the increasing number of Guides who camp at  
**BROADSTONE WARREN**  
East Sussex County Scout Site,  
400 acres in the beautiful Ashdown Forest

Indoor accom. and big choice of camp sites.

Modern toilet blocks with H&C. Free showers. Drying facilities.

Wide range of on-site activities (incl. swimming) (Qualified instruction where required.)

Full programme of site run events/entertainment.

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For details:-

The Warden  
Broadstone Warren Scout Site  
Forest Row, East Sussex RH18 5JS  
01342 822573



### Hawkthirst Adventure Camp

Full details from  
The Manager, Hawkthirst, Kielder Water,  
Nr. Hexham, NE48 1QZ.

### LONGRIDGE

#### Scout Boating Centre

Are running the following courses

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BCU 1,2 & 3 Star

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INSTRUCTOR ASSESSMENT

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### A WARM SCOTTISH WELCOME AWAITS YOU!

\* Auchengillan is a 65-acre international Scout Centre in central Scotland with excellent camping

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\* There are three indoor heated centres for up to 60 people to choose from available all year.

\* Many on-site activities are available including archery, abseiling, rifle shooting, orienteering, cycle hire and grass sledging on the U.K.'s longest Cresta Run, Brownie Adventure Fort, quad motorbikes as a supplement to traditional Guide skills.

\* There is a swimming pool, shop and laundry on site.

\* The Centre is an ideal base for touring and is next to the West Highland Way.

For information please contact Andy Wilson, Centre Warden, Auchengillan, Blanefield,

Stirlingshire G63 9AU. Tel: (01360) 770256. Fax: (01360) 771197.



### WARREN FARM, BEAULIEU, HAMPSHIRE:

Peaceful rural camp sites with access to private beach on the Solent, July and August. Improved facilities for 1995 include solid shelters with trestle tables, on-site fireplaces, access to telephone, water and firewood. Some sites have flush toilets and wash cubicles. Canoeing, archery and sailing available.

SAE to Mrs. June Mead, 13 Kingsway Gardens, Chandlers Ford, Hampshire, SO53 1FF.

KENT: Marshhill Guide Centre building fully equipped, 24, all year and disabled facilities. Two campsites, dry shelter, equipment. SAE: Mrs Willis, 98 Bell Road, Sittingbourne, Kent ME10 4HE.

### OXFORDSHIRE GUIDES

Fully equipped camp site adjacent to Jubilee House 5 miles N/W Oxford. Permanent Assault Course. Pioneering equipment. Instructors available. Camp Fire Circle. Open Air Chapel. Contact Mrs Gill Raworth 0865 375430 (01865).

### BLACKLAND FARM CAMP SITE

Offers fully equipped and unequipped camp sites, some with flush toilets and showers.

#### Activities available are:

Canoeing, climbing, abseiling, archery (all with instructor), swimming, orienteering, nature trail, assault course, grass-sledges, rifle range and earth ball.

Further details from: Blackland Farm, Grinstead Lane, EAST GRINSTEAD, Sussex RH19 4HP. Telephone 01342 810493 or 01860 393026 or FAX 01342 811206.

### WALESBY FOREST SCOUT CAMP



Camping, indoor accommodation, activities etc.

Full details from resident Warden David Liddle, Walsby Forest Scout Camp, Brake Rd, Walsby, Newark, Notts. NG22 9NG. Tel: 01623 860202 Fax 01623 836576.

### Baden-Powell House Hostel

Queen's Gate, London SW7 5JS

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Comfortable group or private family accommodation for up to 112 residents in single, twin and multi-bedded rooms. Self-service restaurant for residents and non-residents. Also meeting and seminar rooms for conferences, work shops and social functions.

Location is ideal as a base for exploring London, educational visits, West End shopping, theatre going etc.

Enquiries to RECEPTION

### BUCKMORE PARK SCOUT CENTRE

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Brochure available (large SAE) from: The Warden. Tel: 01634-861295/8. Fax: 01634-844553.

### Spring Bank '95

Spring Alive in '95. Our Camp'll Make You Jump and Jive.

Drum Hill is the Place to be. Why Don't You Come Along and See?

With Loads and Loads for all to do.

This Fun Weekend's a Must for You.

For a Bank Holiday Weekend Camp Where Activities Offered include:-

Go-Karts Archery Rifle Shooting Abseiling Water Slide Volley Ball Treasure Hunt Crate Stacking Judo Junior Crossbow Assault Course Competitions Disco Barbecue Evening Entertainment.

All this and more from Friday 26th May to Monday 29th May 1995,

for only £10 per person at Drum Hill County Camp Site, Little Saton, Derby. (Book early to avoid disappointment.)

For further details ring our Bookings Secretary on 01332 831233 or SAE to Drumhill Scout Camp, PO Box 153, Derby DE23 8YB.

"SANDY ACRES". Lovely Countryside few miles from Winchester, Portsmouth. Southampton Pack Holiday House with shower several Camp Sites and Solid shelter. Miss Smart, 9 Apsley Road, Southsea PO4 8RH "Camp Site".

### Belchamps



30 acres of pasture and woodland. Indoor accommodation centres for 48, 24 and smaller groups, open all year. Archery, shooting ranges, assault course.

Pioneering, climbing, badminton, hot showers. Site adjoins 360 acres of public woodland. Swimming pools, sports complex minutes away. Excellent site shop and woodpile.

SAE for Brochure: The Warden, Holyoak Lane, Hawkwell, Hockley, Essex. Tel: 0702 205081.

### BLACKWELL COURT INTERNATIONAL SCOUT CENTRE

Set amidst 50 acres of beautiful Worcestershire countryside, in the Heart of England Blackwell Court offers excellent camping facilities for all Scouts and Guides.

The large range of on-site activities include: archery, pioneering, abseiling, shooting range, rafting, grass sledging and heated swimming pool. Instruction available for most activities. Canoeing is available at our Water Activity Centre at Pikes Pool.

The Campsite offers excellent toilet, shower and wet weather facilities including a well stocked Provender. Also available indoor accommodation, the ideal Centre for Pack Holidays.

Within easy access to all the major motorways and railways, Blackwell Court is ideally situated for visits to the many nearby popular places of interest including Alton Towers, Cadbury World, Stratford-upon-Avon, Worcester and Warwick Castle and is only 2 hours travelling time from the centre of London.

Near to Blackwell Court is Pikes Pool set in 50 acres providing ideal camping facilities for the more experienced camper.

So are you interested in using Blackwell Court for your Brownie Pack/ Guide Camp in 1995? Please don't delay in contacting us for further information from Blackwell Court International Scout Centre, Agmore Road, Blackwell, Nr Bromsgrove, Worcestershire B60 1PX or telephone on 0121-445 1285. Or please visit us at Map Ref: Sheet 139 (Metric) 995716.

**BORED** with doing the same old things — then come to Pegasus Adventure. Exciting Activities: Caving, Abseiling, Canoeing & many more. Camp sites & indoor accommodation available or own sites services on request. Programmes suitable for all ages inc Brownies. Contact Mick Fenton, Pegasus Adventure, 29 Brecon Road, Ystradgynlais, Swansea SA9 1HF or ring 01639 845535.

### ADAMSWELL SCOUT CAMP SITE

near Tunbridge Wells, Kent

Peaceful rural setting two miles from Tunbridge Wells. 15-acre camp site with water and firewood throughout.

Also fully-equipped building with meeting rooms, kitchen, showers and toilets. Suitable for Pack Holidays, events or training courses.

CONTACT: Geoff Robson, 49 Sandown Park, Tunbridge Wells, Kent TN2 4RH. (01892) 822390.

### CITY OF EDINBURGH GUIDE CAMP SITES.

Why not combine an activity camp with an exploration of Scotland's capital city? The camp sites are fully equipped with flush toilets, solid shelter tree climbing, abseiling, orienteering archery on site. Visit the Castle, Palace, Zoo, dry ski centre in Edinburgh. SAE for details to Ciona Rudkin, 9 Highlea Grove, Balerno EH14 7HQ. Tel. 0131 449 2465.

### CANAL ADVENTURE JOURNEYS

There is so much to do and see on a week's cruise starting from Braunston, the waterways centre of England. We have self-steer or skippered boats ranging from the simple to the luxurious, please phone: RUGBY 890784 for our latest colour brochure or write to UNION CANAL CARRIERS, Botton Lock, Braunston, Daventry, Northants.

OXFORDSHIRE GUIDES. Fully equipped camp site, adjacent to Jubilee House, 5 miles N/W Oxford. Permanent assault course, pioneering equipment, instructors available, camp fire circle, open air chapel. Contact Mrs Gill Raworth 01865 375430 (01865).

NORTH YORKSHIRE, north east county camp sites. Enjoy the beauty of "Herriot Country" and the Yorkshire Dales from Barneybeck, Redmire, Leyburn. Apply telephone 01969 650333 or explore the Yorkshire Moors and "Heartbeat country" from Holme House, Esk valley, Grosmont. Apply telephone 01845 522567. Equipment available at both sites.

WEST SUSSEX, 2.5 acre basic camp site, excellent biking area, close to Chichester and beach Weekend camps also welcome (0243) 512652.

CHEERFUL VILLAGE HALL, new kitchen, D.G. large green, close all facilities, available August. A Eveleigh, 29 Maple Drive, Denmead, Hants PO7 6QQ. Tel. 01705 252766.

SOUTH GLOS Scout and Guide Camping Centre. Close to J14/M5, superb, secluded rural site (shops 1½km) with large flat field and woodlands (Cotswold Way 200m). Flush toilets, kitchen, rooms, water, gas and electricity and activity equipment. Available March to November. Many activities within easy reach. For further details please ring 01453-845072/843081/843735.

### HOLIDAYS & ACCOMMODATION

SUFFOLK, Boxford Spinney camp site; seven acres of woodland & meadow in centre of small village. HQ building available. Ideal for all sections. SAE please; P.M. Israel, 13, Brook Hall Road, Boxford, SUDBURY, Suffolk CO10 5HS.



### HOLIDAYS IN SWITZERLAND

Self-catering accommodation in 6 Swiss chalets for groups from 20-70 persons, and 2 nice holiday flats for 5-7 persons. A nice camping ground for groups with kitchen, wash-room and WC. All camp facilities, splendid mountain scenery. Modest terms.

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Warwickshire Fly Boats Co., Shop Lock Cottage, STOCKTON, Nr Rugby, CV23 8LO. 01926 812093

DORSET. Modern purpose-built youth complex for groups of up to 36 in quiet village locations. Economically priced facilities include two large halls, kitchen and toilets, ideally situated for exploring beautiful Purbeck area. For details phone Val Brown 01929 462152.

### KETTERING

Woodcroft Scout Centre for Pack Holidays and Training Weekends. Centre of country on good road network. Ideal — beautiful countryside. Modern building offering dormitory accommodation for up to 45 people. Completely self-contained and fully equipped. Close to well known Wicksteed Park and many other local amenities and leisure facilities. For details write to: The Warden, Woodcroft Scout Centre, London Road, KETTERING, Northants NN15 6NQ. SAE please.

EQUIPPED CENTRE near Southport, sleeps 24, suit all sections; disabled and mixed groups. SAE Footscap to Mrs Stubblings, 96 Dunbar Road, Birkdale, Southport PR8 4RL.

### SWITZERLAND

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**PAULINE BROWN  
FROM KIRK NEWTON,  
NORTHUMBERLAND**

Pauline is an Assistant Guide Guider

“I suppose you could say I joined the Movement by mistake. It was at the beginning of the 1960s when I was working at the Air Ministry in York. A friend asked me if I enjoyed pantomimes. What she didn't mention was that we'd be going with 56 girls!

After that I helped out at various Guiding occasions until I finally took my warrant in 1965.

At different times since then I've been an Assistant Guide Guider, a Guide Guider and a Ranger Guider. I am also a Trainer and I've been County Walking Adviser and Arts Adviser. I was also Assistant Arts Adviser for North East Region.

We left York and moved further north in 1973, when my husband, Ted, was transferred to the area.

For a time I worked with people who were then known as “the mentally handicapped”, before moving into youth training work. I am now Training Manager for Alnwick District Council, working with 16 to 25-year-olds.

But I also run a bed and breakfast business with my husband in our renovated vicarage.

When we first moved to Northumberland we lived in Rothbury. But, in 1983, we discovered this old vicarage and decided we simply had to buy it, even though it needed a lot of work done on it.

We'd just made our decision when my husband, who was employed by the Public Services Agency, was told he was being posted to London.

As we wanted to stay in the north, Ted chose to quit his job and set up on his own as a surveyor.

We run the bed and breakfast business between us — he looks after the breakfasts and I cook the evening meals.

The house dates back to 1840 and we've done most of the renovation work ourselves, keeping it in character. We only let three rooms, so it isn't too much for us. I pack the freezer full of food if I go away with the Guides and

# LIFE style

leave instructions for Ted on what he has to do with the frozen meals. It works well.

These days I am Assistant Guider with the 2nd Alnwick Guide Company. We haven't any children — I'm 52 now — so our pets are our family. We have a sheepdog and three cats.

Both of us love the countryside — walking and bird watching — and we live in a glorious part of the world.

Of course, I also enjoy all kinds of craft work, particularly embroidery. It was lovely to see boys with needles in their hands doing sewing at Northumbria 94, the Scout and Guide international camp where I was in charge of the craft section.

Two of my helpers were called Pauline too — Pauline Whiteside and Pauline Groves — so, if anyone called “Pauline”, all three of us came running. In fact, there were so many Paulines on the site I thought we should have run a competition with a prize for whoever found out how many Paulines there were at camp.

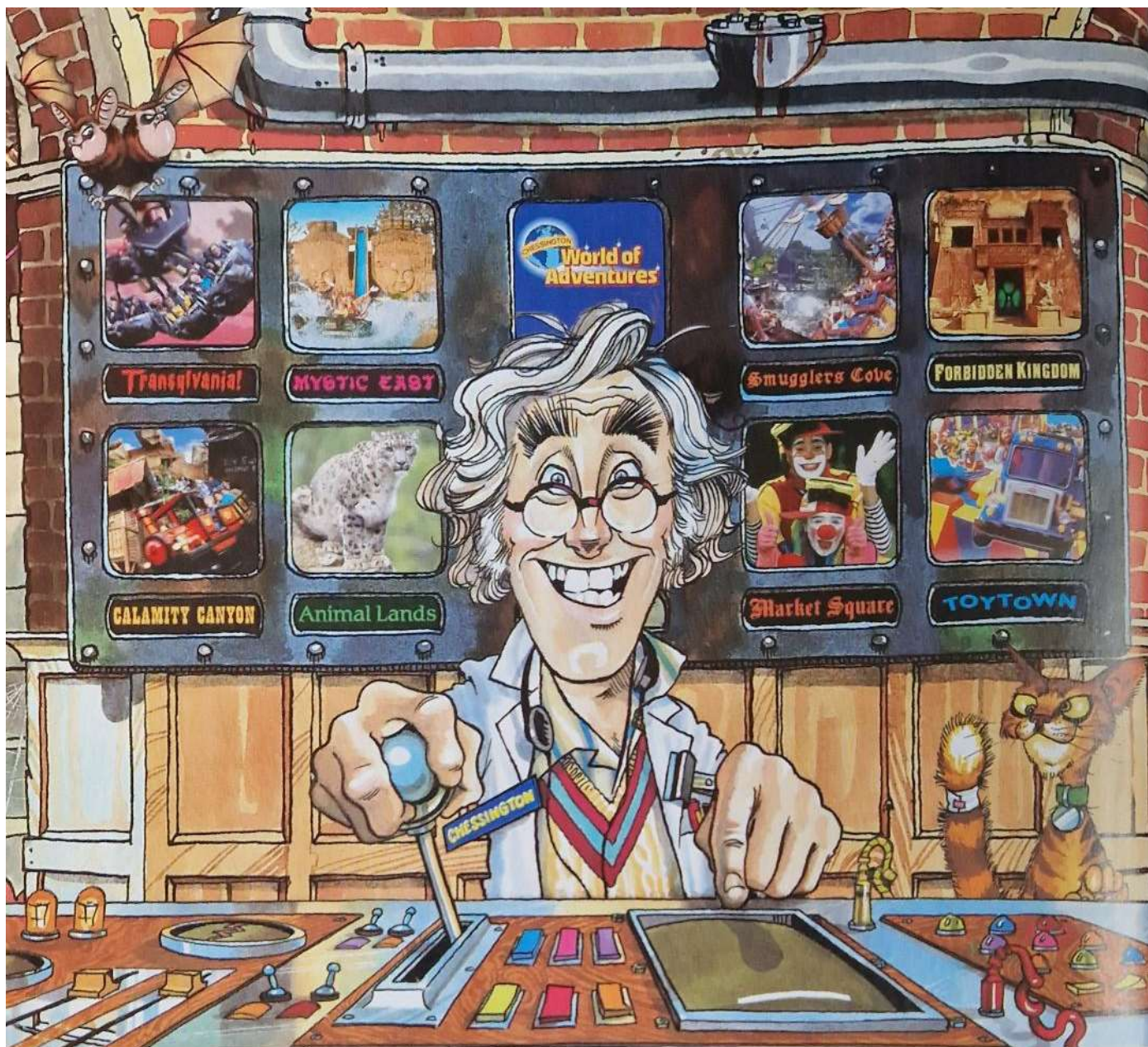
I ran the crafts side at the first big international camp we held at Beanley Northside near Powburn in 1990 and, initially, said “No” when asked if I'd do it again.

But, of course, I changed my mind. After all, craft work is one of my main interests. I'm keen on painting — water colours — as well as embroidery, but, at some time, I've tried everything else we had on offer last year — 36 different crafts in all.

I'm not sure about getting involved in the organisation if there is a Northumbria 98 but I'll provide lots of notes on what went well this time to carry forward.

Whatever happens, I'll have my own souvenir of Northumbria 94: a cross-stitch version of all five sub-camp badges.





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