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APPEAL**

**RAISE
FUNDS FOR
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**MINIBUS
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THEME PARK TICKETS**



Jumping for joy: Jennifer just loves her smart new curtains and duvet cover



Sweet DREAMS!

Ten-year-old Jennifer Hill is jumping with joy after winning a bedroom make-over contest run by *GUIDING* and leading fashion fabric design house Solway Fabrics.

Jennifer joined her 12-year-old sister Suzanne in Barton-under-Needwood's 2nd Guide Company last September, after transferring from the Staffordshire village's 4th Brownie Pack, where her



Jennifer's bedroom had been redecorated but it still lacked that co-ordinated look

That's more like it... Jennifer shows off her new look bedroom



mother Liz is Brown Owl.

That was about the time Jennifer's bedroom was redecorated, although the family had no idea she was about to win the chance to work with Solway Fabrics to create a new look using co-ordinated curtains and bed linen.

A Jason Donovan fan, Jennifer based her winning multi-coloured bedroom design on the role he played in a stage version of *Joseph and his Amazing Technicolour Dream Coat*.

'I am very grateful to Solway Fabrics for putting the fantastic finishing touches to my bedroom,' said Jennifer.

The 11 runners-up also received DIY duvet and pillowcase make-over kits, complete with full sewing instructions. Copies of Solway Fabrics' *Plain English Simple Guide To Sewing* were sent to the first 200 entrants.

front PAGE

Throughout the world the United Nations Commissioner for Refugees — UNHCR — is responsible for the welfare of 20 million refugees — 11 million of whom are children — and is working to provide some security for those who have been forced to flee their homes and find refuge elsewhere.

The WAGGGS Peace Initiative is a bid to increase international understanding and tolerance among members and The Guide Association has been asked to make up Peace Packs for refugee children in Africa.

Those packs for which you have been collecting school and personal hygiene items, are to be distributed in three African countries — Mauritania, Guinea and the Côte d' Ivoire (the Ivory Coast).

Part of the purpose of this initiative is to help young people understand the

COMMENT



Guides from Ipswich East Division with the Peace Packs they sent to The Body Shop

tremendous problems faced by refugees, and of those working to make

the lives of refugees easier.

Your response to the request for Peace Packs throughout the Association has been tremendous! I would like to thank you all most sincerely. Please, pass on my thanks to the thousands of Rainbows, Brownies, Guides, Rangers and Young Leaders who provided items for these packs and, by doing so, have helped make life a little more normal for the thousands of refugee children in those three African countries.

The Association's grateful thanks must also go to the 250 branches of The Body Shop, who are taking delivery of these packs and arranging for their transportation to Felixstowe, from where the UNHCR will forward them to be shipped overseas.

JANE GARSIDE

The Chief Commissioner

GUIDING

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MAY 1995 £1.15

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FRONT COVER

Our adventurous cover girls were caught on camera during an exhilarating afternoon of rock climbing at Blackland Farm, The Guide Association's activity centre.

WE ARE GRATEFUL TO
WEBB IVORY FOR
SPONSORING THIS
MONTH'S FRONT COVER

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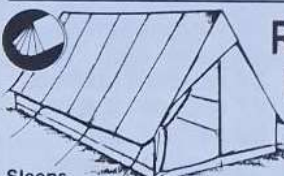
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GUIDING

Official Magazine of The Guide Association
(Incorporated by Royal Charter)
Published on the last Thursday of each month
ISSN 0265-2706

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The Queen Mother

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Published by

The Guide Association
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London SW1W 0PT
Tel 0171 834 6242
Fax 0171 828 8317

All editorial communications to:
The Editor, GUIDING, at the above address

Advertisement Agency

Mongoose Communications Ltd

Sales Executive

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55 Greek Street
London W1V 5LR
Tel 0171 306 0300
Fax 0171 306 0301

Typesetting by

JJ Typographics Limited

Photographic Repro by

Argent Colour, in association with
Godfrey Lang Ltd

Printed by

St Ives PLC

Distributors

Seymour
Windsor House

1270 London Road
Norbury, London SW16 4DH

Subscriptions

(Annual 12 issues) post free, British Isles and BFPO £13.80. Overseas (including postage) £23.40 are to be addressed to: Subscriptions, Financial Services Division, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Cheques/POs payable to The Guide Association.

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PRICKLY PATIENTS

◀ Who's your friend? Members of the 2nd Heighington Brownies admire a prickly customer after donating £75 to Hedgehog Care, a special hedgehog hospital.

The hospital, near Louth in Lincolnshire, cares for over 150 sick or injured creatures and had come to the rescue when one of the Brownies found a sick hedgehog.

ACTION STATIONS

▼ Members of the 28th Bolton (Horwich Parish Church) Guide Company got dressed up and ready for action during a visit to their local fire station.

The girls were about to tackle their Fire Fighter badges and wanted some hot tips from the fire brigade.



Round UP

RIDING HIGH

▼ Heads turned when Emily Atkin, of the 1st Farcet Guide Company, rode into the winners' enclosure at Huntingdon Racecourse on the winner of the 1989 Grand National - Little Polvier.

Then racegoers applauded as Emily was presented with her Baden-Powell Award, while she was still sitting proudly in the saddle.

She is now a Young Leader with the 1st Farcet Brownies, helping her mum who is the unit's Brown Owl.



BOB ATKIN

SEEING STARS

▲ You'd better believe it! That is Richard Wilson, grumpy Victor in BBC1's *One*

Foot In The Grave, with his arm round a Guide.

The odd couple met at the launch of this year's Comic



COMIC RELIEF

Relief Red Nose Day. Then 12-year-old Charlotte Mann, of the 1st Uxbridge Guide Company, said she did not believe her luck in meeting the talented actor.

BRIDGING TIME

▼ Brownie Rebecca Fewler holds a slice of history in her hands. Her unit, the 28th York (St Chad's) Brownies, was invited to fill a time capsule with 100 items that they believed would thrill anyone finding it.

Staff at the Treasurer's House, one of the oldest buildings in York, buried the time capsule in the garden, before cutting a centenary cake to mark the 100th birthday of the National Trust.

SOUTHPORT VISITOR



SISTER ACT

◀ After investing four new members of the 14th Southport (St James) Ranger Unit, Assistant Guider Shiromi Peiris said: 'This was a very calm ceremony. We simply read the Laws, invested the girls and said a prayer together.'

'In the past, girls have been invested in all sorts of places. I was invested by my sister Shanthi, who is the Ranger Guider, at our District carol service. I was the first Ranger she invested.'

'Now I've just invested my first Ranger, directly after completing a challenging assault course.'

While The Chief Commissioner, Jane Garside, was at Buckingham Palace to meet the Queen, the staff at CHQ were adding the finishing touches to a surprise party for her.

The Chief Commissioner, who was made a Commander of the British Empire in the New Year's Honours List, was attending the investiture accompanied by her husband, Adrian; eldest son, Simon; and cousin Stephen Taylor.



Grandson Liam shares in The Chief Commissioner's big day

She had no idea that back at CHQ the staff were hanging decorations and supervising over 60 Brownies, Guides and Rangers, as well as putting the finishing touches to a buffet lunch.

It had been difficult to keep the plans secret, from The Chief Commissioner. So her husband, who was sworn to secrecy, was let in on the plot.

Mrs Garside thought that only her daughter-in-law, Beatrice, and five-year-old grandson, Liam, would be waiting to meet her after the ceremony. In fact, an advance party of 12 girls were there to greet Mrs Garside.

They had been shepherded on their march to the Palace by PC Bob Smith. Under his watchful eye, the girls formed a guard of honour, causing quite a sensation among tourists and celebrity spotters. The Chief Commissioner spotted their uniforms at once as she left the Palace. 'Oh my goodness, what a surprise and how lovely of you to come and see me,' she said.

After shaking hands with each girl, Mrs Garside rushed to cuddle Liam. Meanwhile, back at CHQ, the other

surprise ON A special DAY

Brownies and Guides lined the staircase leading to the Council Chamber where members of staff were waiting.

Excited to be meeting The Chief Commissioner, the Brownies chorused a special celebration song which had been adapted from a 1947 original by Archivist Margaret Courtney.

The Chief Executive, Hilary Williams, then invited Mrs Garside to share her special day by enrolling nine Brownies from the 4th Nunhead Brownie Pack, and two Guides from the 7th Earlsfield Guide Company.

Aided by Liam, she led the Promise Ceremony and presented Baden-Powell Awards to Joanna Lim and Tatayana D'Souza from the 7th Plumstead (St Patrick's) Guide Company.

Staff, girls and Guiders then shared a delicious lunch. But there was another surprise in store for The Chief Commissioner - her younger son, Jonathan, phoned to congratulate her all the way from Russia.

Before asking Mrs Garside to cut an enormous cake the Chief Executive said: 'Until now we have allowed Jane to perpetuate the myth that the award was for Guiding. Everyone in this room, with one notable exception, does not accept this to be true.'

'This award has not been awarded to The Guide Association, nor has it been awarded to The Chief Commissioner, but to Jane Garside. It has been awarded for the person she is, and for the tremendous amount of work she has done for Guiding over the years.'

When she could be heard over the cheers, Mrs Garside admitted: 'I don't know what to say, I'm speechless. Thank you all for coming. You've made my day really special.'

'The award is not for me, but for all of you. If only we could divide it into 750,000 pieces and give a piece to everyone. It's for all of you, for the work all of you do and for the work your Guiders do. Because without them, you wouldn't be here.'

As with all the best parties, the girls were reluctant to leave. One Young Leader spoke for everyone when she gazed at The Chief Commissioner and said: 'What an inspiration!'

KIRSTIE GRAY



A proud day for Jane and Adrian Garside

MARGARET WHITTAKER



The 1st Caernarfon Rangers love to relax and chat over tea and biscuits at their County headquarters

GERALT LLEWELYN



After they had renewed their Promise, the girls were invested by Arfon Division Commissioner Jill Stott

What do you do if you're ready to move on from Guides but there isn't a Ranger Unit for you to join? The answer's simple: start your own. **GUIDING** went to North Wales to meet five firm friends who have done just that.

'This is a very special evening for us,' Guider Caroline Hodgkinson declared. 'Not only are we going to make our Promise together, we are also going to feature in **GUIDING**. Fame at last!

'My journey through Guiding has taken me 42 years. I started as a Brownie at eight years of age and am only now becoming a Ranger,' Caroline said. 'It just goes to show that anything can happen in Guiding.'

Caroline lives up to her nickname 'Sunshine'. She positively beamed as her girls changed into their newly-delivered Ranger uniforms and prepared to make their Promise as the first members of the Caernarfon Ranger Unit.

The girls - Charlotte Battersby, Catrin Jones, Ceri Hodgkinson, Andrea Barry and Sarah Allen - had all joined the 1st Caernarfon Guide Company five years earlier. Since then they have shared countless happy times, many of them at Felin Bach, the Caernarfonshire HQ, camp site and Pack Holiday Centre. So, naturally, they wanted to have their Ranger investiture there.

While working together for their 8 Baden-Powell Awards, the girls became

Guiding

the best of friends and decided they wanted to carry on in Guiding. The problem was that no Ranger Unit existed in their Division. Their solution was to start one. So they approached their Guider Caroline Hodgkinson and her assistant Maggi Barry, the mothers of Ceri and Andrea, for help.

'I was thrilled when they asked me to be their Ranger Guider. I thought I was too old and arthritic to do the things they wanted me to,' Caroline admitted.

'I'm hoping that Guiding will always be part of their lives,' she added. 'They've come through the difficult years. Most girls leave at around 13 when it becomes difficult with their peer group at school. I don't think Rangers has the same image, because it's less formal and they run it themselves.'

Caroline continued: 'One girl being invested tonight has never been a Guide or a Brownie. Elen Salisbury has joined us because the girls have been spreading the word at school. We've called ourselves simply Caernarfon

Rangers so that young women know it's open to everyone.'

Although they have been very successful so far, the girls admit staying in Guiding hasn't always been easy. But being close friends helped them stick it out when the going got tough.

Increased homework, exams and teasing at school contributed to the pressure pushing the girls to give up. Ceri, Caroline's daughter, confessed: 'I was going to leave two years ago, but we were camping in Switzerland and I saw two Guides presented with the Baden-Powell Award - then I knew I wanted to see it through.'

Charlotte added: 'I used to be embarrassed but it doesn't bother me any more. I've been in Guiding for so long now and I'm really glad I've stuck at it. I've got so much out of it.'

The girls have proved they can work together, as Catrin explained: 'We always figure out our differences and, if we have a disagreement, by the end of the evening we're laughing.'



GERALD LLEWELYN



Guider Maggi Barry instructs her daughter Andrea on the correct way to get into a canoe ready for the outdoor sessions they plan to hold

in action

Ceri chipped in: 'We've got a proper committee, with our own jobs, so it seems very grown up.'

They do seem to have everything worked out, as Catrin explained: 'We make our own decisions. We've got our agenda worked out for our GCSEs so that nobody has a meeting the night before an exam.'

And as proof of their legendary teamwork, they already have plenty of plans worked out for the year. Outdoor activities in the pipeline include canoeing and abseiling, and they've decided to enter an assault course competition run by a charity - as a team, of course. The girls also hope to do work experience with the police and are planning community service projects.

The night *GUIDING* visited, a letter written by the girls appeared in the local newspaper requesting help in compiling a history of Guiding in Caernarfon.

The 1st Caernarfon Guide Company has had a chequered history, and actually closed down once. 'We don't even

know if there were any earlier B-P Guides in our Guide Company during its first run,' Caroline said. 'The girls have made it their project to find out.'

The independence the Senior Section offers is prized by the Caernarfon Rangers and, in return, they consider it their responsibility to set an example. Attending County events and supporting Guiders training for new licences and certificates has suddenly become part of their agenda.

They value the special relationship they have with their own Guiders. 'The Guiders are super,' enthused Andrea. 'You can talk to them about anything and go to them with problems. They are more like friends than anything else.'

Charlotte agreed: 'They are always so supportive. They give us plenty of attention. I really feel like an adult here.'

Catrin boasted: 'Now we're Rangers we can even sit down with the Commissioners, to share a cup of tea, and have a good jangle.'

The adults make a point of promoting

discussion on smoking, drugs, exams, careers and other issues that concern young women.

The two Guiders are clearly immensely proud of their daughters and their friends and now find that they too are facing new challenges in their new roles as Ranger Leaders. Maggi confided: 'It is different being a Ranger Guider. We've got to learn to stand back and let them get on with it - watch them grow that last bit into independent adults.'

As County Duke of Edinburgh's Award Scheme Adviser, Maggi is helping the girls work towards their Silver award. 'Guiding offers opportunities that they wouldn't have had otherwise. I hope they continue in Guiding or, if not, at least do something in the community,' she said.

Service is definitely on the girls' programme agenda. New recruit Elen Salisbury explained why she became a Ranger: 'I wanted to do something to help other people. We're raising money for the local children's hospital. At the end of the year I'll be able to look back and think that I've helped.'

Before making her Promise and pledging to serve the community, Caroline said: 'The nicest thing about tonight is that we shall be invested together. Ranger and Guider are just titles. We are friends and, as friends for the last five years, we have travelled through Guides together and enjoyed every minute of it - nearly!'

KIRSTIE GRAY 9

wacky water



Bubbly West
Kirby Brownies
help raise funds
for WaterAid

*You'll need lots of
way-out ideas, the
wackier the better, to
be in the swim for
WOW '95.*

Enthusiasm bubbled over last year as Rainbow, Brownie and Guide units throughout the UK took part in WOW '94, the third annual wonderful week of water, as well as joining in the Blue Peter Well Water Appeal for WaterAid, which together have raised more than £1.2 million.

Across the length and breadth of the country Guiders indulged in a deluge of watery events to raise funds for drinking water projects in southern India.

Guides and Brownies from Fallings Park, Wolverhampton, got well and truly saturated as they set about washing cars parked at their local supermarket. Using a water bowser borrowed from Severn Trent Water and, with a little help from White Watch at the local fire station, the girls soon had shoppers' cars gleaming. In return the satisfied customers dipped into their pockets and filled the girls' collecting tins.

In Berkshire, more than 100 Rainbows, Brownies, Guides and Rangers

from Bracknell North District took the plunge at their local swimming pool in a festival of water sports. And, in Liverpool, clouds of bubbles blown by West Kirby Brownies in a festival of watery fun soon had the sponsorship money flooding in.

Cath Lightfoot, WOW Co-ordinator at WaterAid, said: 'Once again Guiders have surpassed our greatest expectations. Not only did they organise hundreds of WOW events around the country, but they also found the time to take part in television's Blue Peter Well Water Appeal, too.'

'The money raised by WOW events, coupled with the funds raised for the Well Water Appeal, has helped raise over £1 million, an amount beyond our wildest dreams.'

That money will be used to improve the lives of people throughout southern India. Girls like 12-year-old Chithrea and 10-year-old Devi from Arasampatti village in Tamil Nadu are the lucky ones. Money from WaterAid has enabled people in their village to build a tube well to serve their community.

Chithrea gets up at 6am every day and collects four pots of water for use at home. Before the hand pump arrived, much of her time was spent walking to and from the old water source. The journey to the hand pump takes only a few minutes. She spends the time saved

taking the family's buffalo and goats to graze and helping her mother cook and keep the house clean.

Devi, who is in the fifth standard at school, fetches four or five pots of water after school every day. She said: 'I am very grateful for the new water pump. I think that other villages in this area should have the same facilities.'

Unfortunately, there are still hundreds of thousands of children who aren't as lucky as Chithrea and Devi. Many have to walk long distances to get water which is often so impure it can make them ill. Every day 25,000 children world-wide die from water-related illnesses and half the world's hospital beds are filled by people taken ill after drinking unsafe water.

However, there is something your girls can do to help, and possibly win a prize at the same time. Cath Lightfoot explains: 'WOW '95 will have a brand new ingredient. For the first time prizes will be awarded to the units raising the most money and those organising the Wackiest Wash for WaterAid'.

The Wacky Wash for WaterAid will take place from September 16 to 24. For more details look out for the special insert in the centre of this month's GUIDING. It's packed with ideas and information about the Wacky Wash for WaterAid, and tells you how to enter and win the fabulous prizes on offer.

THE *great* GUIDING *exhibition*

The Guide Association is to have its own dynamic centre dedicated to honouring Guiding's past, celebrating the present and looking to the future.

The Membership Centre at Commonwealth Headquarters in London will allow visitors to try out the latest in interactive exhibits on their journey of discovery and adventure.

Work has already begun on transforming the basement and part of the ground floor, and the CHQ Project Working Group is confident the Centre will be ready to welcome its first visitors early in 1996.

The plans were given final approval by the Executive Committee in October, 1994. The Group was ever conscious that the building belongs to all the Association's members.

It was opened in 1931 after members fund raised to 'buy a brick'. Since then its running costs have been met from members' subscriptions.

Jane Knight, Group Chairman, explained: 'We wanted to make Commonwealth Headquarters open to the membership again.'

'When visiting the capital, it is vital that the girls have a "home" which is "theirs", where there is warmth, welcome, security and facilities. A place where members can feel they belong to a World Movement.'

'We feel the Membership Centre is the answer and we want our members' visits to CHQ to be memorable and, above all, fun.'

The Centre will be open to all members of the Movement — old and young — and their families, whether they live in the UK or are here on a visit.

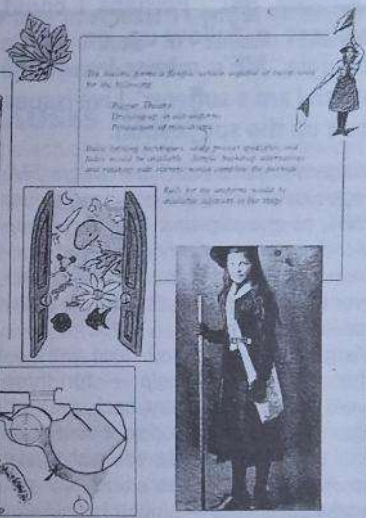
From next year, units planning a day out in London, girls and their families on holiday, and Guiders on a day trip, will have an exciting new attraction to visit.

Of course, just as at other major, non-commercial exhibitions, visitors will pay to explore the Centre as running costs have to be covered.

The picnic area has been cleverly positioned so that visitors — who wish to — can leave their belongings in secure dump bins before journeying through the Centre.

Once inside, visitors' first steps on their journey through the history of Guiding will lead them to three life-sized

THEATRE



An artist's impression of how the theatre could look

figures of the three visionaries who gave us Guiding: Robert Baden-Powell; his sister, Agnes; and his wife, Olave — known to generations of girls as the World Chief Guide.

Visitors will be able to stroll through a 1920s camp site to meet Molly, their electronic guide, who will tell the story of the Movement in a way that even the youngest Rainbow can enjoy.

Quiz trails tailored to fit each section's age range will steer the girls through the display area, while taxing their powers of observation and lateral thinking.

Rainbows and Brownies will love the Hidden Grotto entered by crawling along a short tunnel. Close by is the Secret Forest, where each tree trunk has concealed openings sheltering feelie boxes, mystery pictures, simple experiments and other fascinating interactive devices.

Computer games play a major role in the Skills for Living section, while in the Fun Out-of-Doors area girls can practise traditional skills and clamber into a tent.

The latest technology will be used on the Guides and Senior Section trail, including a special touchscreen computer programme full of 'What's next for me?' ideas.

Guiding's international sisterhood will

be emphasised in the Guiding in the Wider World displays. Here the activities and achievements of Guides in other countries will be celebrated.

Other highlights of the tour will include video shows in the quiet seating area at the heart of the Secret Forest, and a theatre complete with costumes and props for the girls to use.

Members with disabilities will be able to enjoy the Guiding journey alongside the other members of their units.

Vending machines dispensing drinks and sweets are to be installed. Hot food and sandwiches will not be provided, but units can bring food with them and eat it in the picnic area. Adequate toilet facilities for both sexes will be available.

If you want to be among the first visitors to the Centre look out for full details of opening hours and how to book a group visit in October's *GUIDING*.

Readers — the CHQ Project Working Group want your help. They are seeking a name for the Centre and want your ideas. Write your suggestions on a postcard and send them to Miss J Disley, Membership Centre Project, 17-19 Buckingham Palace Road, London SW1W 0PT by May 24.

Margaret's battle

Recently GUIDING received a letter from Brownie Guider Margaret Scott from Harrogate in North Yorkshire. It began: 'I read with interest your article on ME (October '94)... Perhaps I could suggest a follow-up on fibromyalgia, ME's mirror image, of which I am a sufferer'. Live Issues took up the suggestion.

Margaret's battle with fibromyalgia (FM) began over ten years ago, in October 1984, as she explains: 'I woke up one Monday morning feeling stiff and wondered if I'd done too much in the garden over the weekend. But by the Thursday I could hardly move.'

Margaret stayed away from work — she was a home help — for three weeks. Then she went back, was off again, went back... and so it continued until the following July, when she gave up her job altogether. She has not worked since.

From the very beginning her GP was sympathetic and supportive, but neither he nor any of the hospital consultants involved knew what was wrong. Meanwhile, Margaret's symptoms became more numerous and severe.

Along with constant pain from head to toe she was frequently overwhelmed by fatigue and, although she seemed to be sleeping at night, she nearly always woke up feeling tired.

Margaret also suffered from irritable bowel syndrome, developed various

allergies, kept dropping things and had one chest infection after another.

Later she became asthmatic and also had to endure Sjögrens syndrome. 'That's dry eyes and mouth,' she explained. 'I have to use artificial tears and saliva tablets.'

About two years ago, Margaret was glancing through a magazine when she came across an article on fibromyalgia. As she read she found herself identifying with every word — this had to be the explanation.

She contacted what is now known as the Fibromyalgia Association, which provided background information for her doctor. Like many medical men and women, he had never heard of FM. Subsequently, FM was officially diagnosed. At last Margaret — and her GP — could put a name to her misery.

Margaret says that finding out what the illness was made a difference, even though coping with it remained as much of a struggle as ever. However, now that her doctors knew what the illness was they could prescribe more appropriate treatment.

Since the diagnosis she has constantly been given painkillers and she admits: 'I couldn't live without them.' Recently she has also been given mild anti-depressants. By relaxing the body the pills encourage restful sleep and, in some cases, they can raise the pain threshold as well.

With the help of such drugs, and other medication to relieve specific symptoms, Margaret gets on with her



By the end of each Brownie meeting, Margaret is devastated by tiredness

life, which includes running the 5th Harrogate Brownie Pack and acting as Brownie Adviser for North Yorkshire.

Margaret's involvement with the Brownies began in the early 1980s, when she became a Unit Helper with the 5th Harrogate — her daughters' Pack. Within six months she found herself taking over as Brown Owl.

She remembers the circumstances well: 'It was spring 1982. I'd just had a hysterectomy and was still recovering from the operation when the Brown Owl phoned. She was leaving. Would I take over? If not the Pack would close. I said yes — just as soon as I was back on my feet.'

She has been running the Pack ever since, in spite of FM. The illness does create problems, of course, but Margaret has found ways around them. To begin with, she always rests, lying down, on a Wednesday afternoon, to build up her strength for Brownies in the evening. She explained: 'For me, going to Brownies is like running a marathon. By the end of the meeting, the tiredness is devastating.'

'At the meeting I do all the sit-down jobs. I can't join in running-about games or walks, although I do go swimming with the girls. Swimming is the one thing I can do. I'm able to prepare a lot of the activities at home while lying down. My husband helps — especially with cutting out. Holding scissors can be quite difficult.'

'I have two Unit Helpers and the Brownies themselves are brilliant. They're always ready to carry boxes in when I arrive and to carry them out again at the end of the meeting. I am able to drive, but I need a stick to walk.'

Margaret doesn't miss out on Pack Holidays, thanks to her folding bed, spe-

Margaret finds a way round all the problems and continues to run Brownies



TO BEAT 'FM'

cial chair and lots of practical support. Before the event, parents assist with packing and other preparations. Two Guider friends, now living in different parts of the country, go with the Unit to help run the holiday. Margaret is shattered afterwards and sleeps right around the clock — but she has no intention of giving up.

For just over a year Margaret has also been County Brownie Adviser, a job she describes as 'being available at the end of the phone, ready to answer queries and give the Brownie point of view'. It

be felt all over the body, affecting the sufferer from head to toe. It is generally worst in those parts of the body that are used most often.

FM's other prominent symptom is profound fatigue — in some cases a constant, overall tiredness, in others waves of utter exhaustion. Either way, everyday tasks like shopping, housework or even climbing stairs become difficult if not impossible.

FM is called a syndrome because it is a collection of symptoms rather than a specific disease. In addition to pain and

opened and this is now widely practised. It depends on two main findings:

● **widespread pain — that is, pain experienced above and below the waist and on both sides of the body — lasting for more than three months**

● **pain in at least 11 out of 18 tender points located in specific places throughout the body.**

CAUSES OF FM

The actual cause of the illness has yet to be established. Current research into FM includes: studying blood flow in the brain; the body's use of oxygen; viral activity; and the immune system.

One important discovery is that people with FM, because of abnormal brain wave patterns, lose deep restorative sleep. This lack of deep sleep can make many of the symptoms worse, which, in turn, causes even greater sleep disturbance — thereby setting up a vicious cycle of pain and sleeplessness.

The syndrome often develops after some kind of trauma — such as an accident, infection or operation — which seems to act as a trigger. Yet, in some cases, the illness occurs without any obvious reason. For women, the trigger is frequently the kind of hormonal change that takes place after a hysterectomy or childbirth.

TREATING FM

At present, fibromyalgia cannot be cured but its symptoms can be controlled, enabling the sufferer to lead as normal a life as possible. In most cases, treatment focuses primarily on reducing pain and improving sleep. This is done with medication, and also through rest, relaxation and exercise, which together help combat muscle tension and stress.

CATHERINE DELL



IAN SCOTT

◀The Brownies help Margaret carry boxes at the beginning and the end of meetings

also involves arranging special events, such as a recent Brownie outing to Doncaster Dome. This is something she loves doing and which, conveniently, can also be done over the phone — lying down, if necessary.

Margaret may spend much of the day with her feet up, or even on her back, but in no way has she taken FM lying down. She has learned to manage her illness, so that although it remains a part of her day-to-day existence, it isn't allowed to ruin her life.

WHAT IS FM?

The fibromyalgia syndrome is a rheumatic illness which affects the muscles and ligaments, but not the joints. As the name indicates, widespread pain is the dominant symptom: *fibro* covers fibrous tissues like tendons and ligaments; *my* takes in muscles; and *algia* means pain. The pain tends to

fatigue — its chief characteristics — FM's symptoms can include: unrefreshing sleep, headaches, irritable bowels, numbness or tingling in the hands and feet, itchy skin, muscle spasms, poor concentration, memory lapses, clumsiness and an irritable bladder.

It is a common illness and can affect anyone, including children, although adult women seem to be the most at risk. If symptoms are mild sufferers can, with treatment, lead normal lives; but in severe cases, the illness becomes totally disruptive.

DIAGNOSING FM

Until quite recently, FM was difficult to diagnose. It cannot be detected by X-rays, blood tests and other laboratory procedures, and many of its signs and symptoms are also associated with other illnesses. In the 1970s, however, a method of diagnosing FM was devel-

FURTHER INFORMATION

● For a leaflet on fibromyalgia and details of local support groups, send a sae to the Fibromyalgia Association (UK), 8 Rochester Grove, Hazel Grove, Stockport, Cheshire SK7 4JD. Helpline telephone number (12 noon-3.30pm, Mon-Fri): 0161 224 4811.

● A booklet on fibromyalgia is available free from ARC Publications, PO Box 31, Newark, Notts NG24 2BS. Send a 6in by 9in sae with a 29p stamp.

Notices

FAMILY CAMPING

Here's a chance for you and your family to camp in the heart of the New Forest during the school holidays.

A Family Camp is being held at Foxlease, the Association's Activity and Training Centre, from August 5 to 25.

Bring your own tent/trailer tent and chemical toilet (there are some flush toilets available).

It costs £5 per family tent per night but, for a small additional sum per head, you can use the covered heated swimming pool each day and take part in other organised activities such as canoeing, archery and mountain biking.

For more information contact the Manager, Foxlease, Lyndhurst, Hampshire SO43 7DE. Tel: 01703 282638.

FAMILY FUN DAY

Waddow's Family Fun Day is on Monday, May 29.

It is open to all members and their families. Visitors can enjoy grass sledging, crafts, displays, backwoods cooking, rafting, a bouncy castle and lots more.

The new toilet/shower block will be officially opened at 2.30pm.

For details send an A5 sae to: The Secretary, Waddow Hall, Clitheroe, Lancashire BB7 3LD.

MOUNTAIN WALKING

In an article about Mountain Walking in February's *GUIDING* we stated that rock climbing is part of the Mountainwalking Leader (Summer) Award.

This is incorrect. The MLT Scheme offers the opportunity to gain technical competence in leading walkers in the hills. It does not provide a climbing qualification.

PEACE PACKS

The collection and distribution of Peace Packs via The Body Shop and its foundation is getting underway.

Members are reminded that the Peace Packs can only be handed in to their local Body Shops on specific days as the shops have only minimal storage facilities.

Details of which dates have been set aside for your area are held by Countries and Regions (except Ulster, which is not covered by the scheme).

Units located on borders between Countries and Regions may find it easier to deliver their packages to shops geographically nearest to them, rather than stick to Guide Country or Region boundaries. But they must check dates and times first as they vary.

Remember that all the packs must be in boxes the same size as those used to hold five reams of A4 photocopier paper.

They should be labelled showing the sex and age of the children for whom the goods are intended. Odd items not correctly boxed cannot be accepted.

REACH OUT CONFERENCE

The first national Guide Reach Out Conference is on Wednesday, June 21 at the Scripture Union Conference Centre in Nottingham.

Backed by a donation from Barclays Bank, the Conference will provide an opportunity to evaluate the progress of the various Reach Out projects in the UK.

The conference will bring together many Country and Region Chief Commissioners; County Commissioners who have a project in their area; key local volunteers; and the Reach Out team.

Anyone who is interested in any aspect of Reach Out can attend. For details contact Mrs Jane McCutchan, Guiding Activities, 17-19 Buckingham Palace Road, London SW1W 0PT.

HANDBOOK

Please note that on page 173 of the first printing of the new *Brownie Guide Handbook* there is an incorrect paragraph. It is now **not** first-aid policy to roll someone whose clothes are on fire on the ground, as this can cause burning to spread to undamaged parts of the body. The paragraph will be omitted from the second printing.

CHQ CLOSURE

Due to the construction of the new CHQ Membership Centre and picnic area, the current display and picnic area will be closed from June 1 until February 17, 1996.

Any inconvenience caused is very much regretted.

Details of how to book the new centre will be included in the October edition of *GUIDING*. Look out for further exciting news!

AWARD SCHEME

The Duke of Edinburgh's Award Co-ordinator has been informed by the Award Office in Windsor of some confusion over the rules. It has been suggested that once a girl has made her Promise as a Guide, the saying 'Once a Guide, always a Guide' applies.

This has led to the conclusion that a girl who made her Promise as a Guide, should be able to work with a Rainbow or Brownie unit for Community Service after she has left Guiding.

However, the position is quite straightforward. Only members of The Guide Association can work with a Guiding unit to gain their D of E Award at any level. A member of the Association is defined as a person who is included on the census and whose membership is paid in full.

THE LAWS

A decision by The Council on the Law Review Group's proposed new wording for the Guide Laws is expected to be announced at the Association's AGM on May 24. *GUIDING* will carry details of any changes in a special edition of Hotline as soon after the meeting as possible.

SHOP WORK

Shop helpers are required during 1995 for Blackland Farm, which is a busy Guide Activity Centre.

Candidates should be over 16, enthusiastic and enjoy working with young people. They should also be numerate and members of The Guide Association.

Accommodation is provided, together with a contribution towards food costs.

Travel expenses will be paid.

Cover is needed for: July 1 to July 22 — two helpers required (or for part of this period); July 22 to August 5 — four helpers required; August 5 to August 19 — four helpers required; August 19 to September 2 — two helpers required.

Blackland Farm also wants to hear from local people who are able to volunteer at other times of the year.

Contact: Blackland Farm, Grinstead Lane, East Grinstead, West Sussex RH19 4HP. Tel: 01342 810493. Fax: 01342 811206.

ASSOCIATION AWARDS

GOOD SERVICE

LAUREL

Mrs Veronica Johnson
County Commissioner,
Leicestershire

MERITORIOUS CONDUCT STAR OF MERIT

Emma Stodart

Young Leader/Adult Leader,
the 4th Sleaford (High School) Guide Company, Lincolnshire South

GALLANTRY SILVER CROSS

Miss Andrena Dougall

Guide Guider, the 313th Glasgow Company, City of Glasgow

BROOCHES

The Youth Activities Section at CHQ has been able to buy some old style Queen's Guide brooches from County badge secretaries.

If you are a Guider who achieved the award before 1984, but have lost your badge and want a replacement, send a photocopy of your certificate with a cheque for £2 (which includes 50p for postage and packing) made payable to The Guide Association.

Only a limited stock are available but staff believe there are enough brooches to satisfy demand. Apply to: Youth Activities Section, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

STAR RANGERS

Former *Home and Away* celebrity Ross Newton was delighted when three members of the 2nd March Ranger Unit in Cambridgeshire asked him to present their Ranger Challenge certificates.

Hayley Mann, Clare Wheatley and Sarah High tackled a variety of new challenges, including dry-slope skiing and Sunday School teaching, and have overcome personal fears such as being scared of spiders.

Ross, who played Greg in the popular Australian soap, took time out to meet the excited girls and make the presentation when he was appearing in a show in Cambridge.

Home and Away former star Ross Newton congratulates the three March Rangers



CAMBRIDGE EVENING NEWS

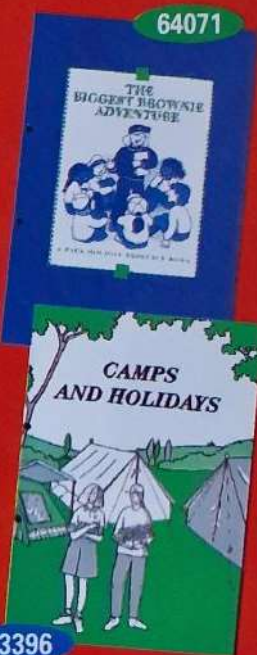
SUPER SUMMER READING...

Sensible Guiders are getting prepared for summer by buying *The Biggest Brownie Adventure and Camps And Holidays*.

The Biggest Brownie Adventure is packed full of essential advice for units going on Pack Holidays or taking a Pack Holiday under canvas. It's great value at £3.25.

If you want to know how to give an event girl appeal *Camps And Holidays* is the book for you, and it will only cost you £3.95.

Both books are available from Trading Service or through Guide shops.



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GO ZOLO

▼If you're searching for something different to encourage creative activity take a close look at a new structural toy called Zolo.

Zolo comes in different shapes, sizes and textures which can be pieced together to make all kinds of complex structures.

We've got six Zolo starter kits, worth £11.99 each, to

Stretch your imagination with Zolo



give away. To enter, just send your name and address on a postcard to GUIDING/Zolo, 17-19 Buckingham Palace Road, London SW1W 0PT before May 31. The winners will be the senders of the first postcards drawn after the closing date.

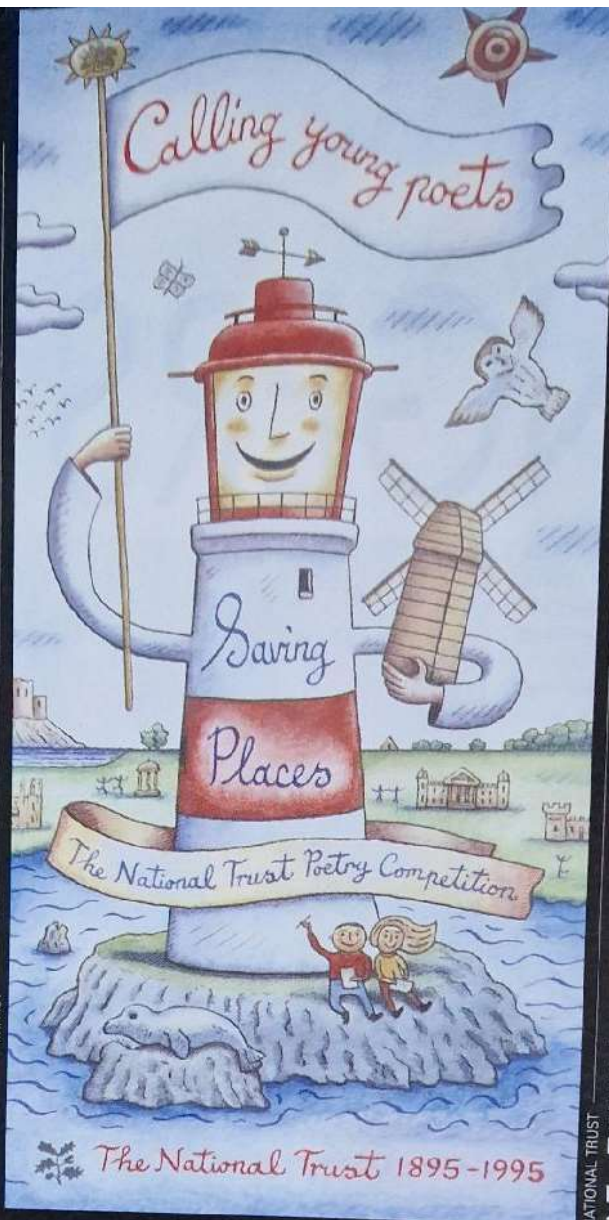
GOLDEN OLDIES

●Help the Aged is launching a nationwide search for people over 65 who are making an outstanding contribution to the community.

The award was set up seven years ago to highlight the valuable contribution elderly people make to society, and underline the positive aspects of retirement.

Winners will be invited to London in November where they will receive their awards at a special lunch. Gloria Hunniford will be presenting her BBC Radio 2 programme live from the event.

If you know a Trefoil Guild member without whom your unit would not function, or a retired colleague whose efforts deserve



recognition, put her name forward. Nominees must be over the age of 65 and contributing in a voluntary capacity.

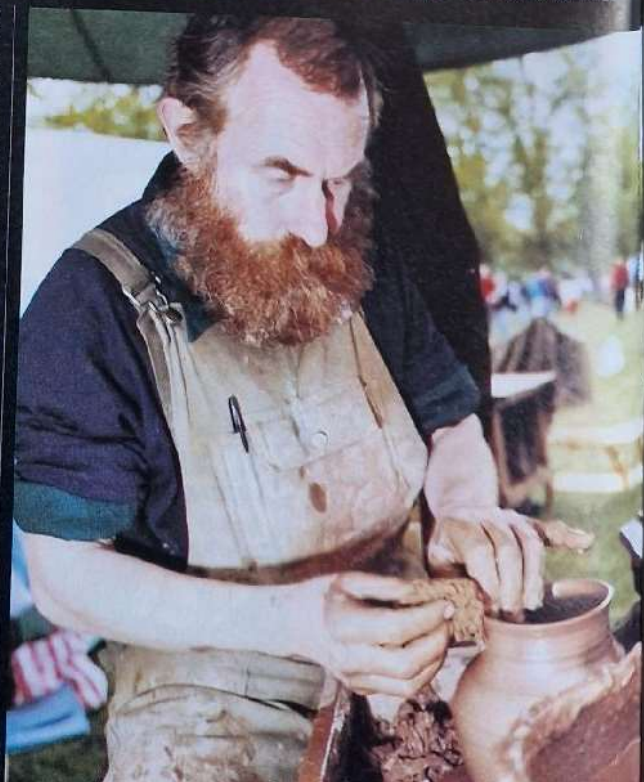
For an application form ring 0171 253 2926 or write to Katy Richards, Help the Aged, St James's Walk, London EC1R 0BE.

LIVING CRAFTS

►Keen craftspeople who are short on inspiration or just like looking at fine examples of craft work should visit the Living Crafts Fair at Hatfield House, Hertfordshire from May 11 to May 14.

The 21st annual fair will feature up to 250 different types of crafts from the ancient and traditional to those using more modern techniques.

A potter displaying his traditional skills at last year's Living Crafts Fair



The line-up includes Second World War aircraft being repaired by the RAF, pewter spinning, ceramic sculpture and furniture making.

Admission is £5.50 for adults and £2.50 for children, and the fair is open from 10am to 6pm each day.

For further information ring 01707 262823.

YOUNG POETS

◀The National Trust has launched 'Saving Places', a poetry competition for budding bards aged up to 16, in honour of the charity's centenary celebrations.

Poems submitted should be up to 32 lines long and based on the theme of protecting the built or natural environment. Possible subjects include the coastline, countryside, animal habitats, country houses or great landowners' estates.

There are three age categories: 8 and under; 9 to 12; and 13 to 16. First, second and third prizes, plus 20 runners-up awards, are offered in each category. And there is a special category for poems written in Welsh.

Judges include the well-known poet Roger McGough and Tony Robinson, better

known as Baldrick in TV's *Blackadder*. The closing date for entries is September 12.

For more information send a sae to Saving Places, Membership Department, PO Box 39, Bromley, Kent BR1 3XL.

KNOT KNOW HOW

▼Essential Knots Information is a small, lightweight, waterproof guide to nine knots: figure of eight on the bight; double fisherman's; bowline on the bight; reef; double sheet bend; timber hitch; quick release; sheepshank; and prusik.

There are step-by-step diagrams on how to fashion the knots and their main uses



are also listed. Produced by Gwlad Publications, the guide is part of a series of memory aids for outdoor activities that cost between £1.99 and £2.49.

We have 30 copies to give away. To be in with a chance of winning one, send a postcard with your name and address on it to: GUIDING/Essential Information, PO Box 222, Abingdon, Oxfordshire OX14 5DP.

SPECIAL OFFER

●Shropshire youth hostels are offering units a special rate throughout August.

Wilderhope Manor, Ironbridge Gorge, Shrewsbury and Ludlow hostels will provide visitors with dinner, bed and breakfast from only £10 per night.

For details and to make a booking contact: The Shropshire Booking Service, Paradise, Coalbrookdale, Telford, Shropshire TF8 7NR. Tel: 01952 433281.

SEEING STARS

▼Fight for Sight celebrated its 30th anniversary by inviting actress Patricia Hodge to a terribly refined tea party at London's Waldorf Hotel. Now they are asking you to join in the fun by staging a party of your own and donating the proceeds to help save sight.

Research suggests that in this country alone, 40 people a day lose their sight due to accident, injury or disease.

Fight for Sight supports research into a variety of eye conditions including glaucoma, cataract, river blindness, retinitis pigmentosa and macular degeneration.

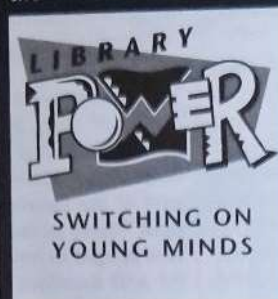
If you fancy staging a tea party, send off for an information pack full of original ideas to help you. Contact: Fight for Sight, Institute of Ophthalmology, Bath Street, London EC1V 9EL. Tel: 0171 490 8644.

There's always time for tea: Patricia Hodge enjoys a cuppa for Fight for Sight

BUY LIBRARY FUN

▼The Library Association is campaigning to promote library services for children.

One highlight of the Library Power Campaign is the focus week from May 15



to 21, when special events are taking place all over the country.

These include storytelling, competitions, reading games, author visits, writing workshops, exhibitions and,

in some places, activities for specific groups such as Guides and Scouts.

For details of what's happening in your area, contact your local library.

BUY RIGHT

●Before buying any new picnic rugs, hampers or garden furniture, take a look at the new Oxfam catalogue. It includes a selection of products from the charity's craft-worker partners overseas, sales of which will support Oxfam's development and emergency relief work.

The Indian Palm Leaf hamper, for instance, costs £29.95 and is full of food from faraway places, including Peruvian pecan nuts and Tanzanian tea bags.

Unusual and beautiful clothes, gifts, toys and soft furnishings are also featured, most of which are made by hand. Call 01869 245011 for a catalogue.



FIGHT FOR SIGHT

EXECUTIVE NEWS

The Association is to have its own Affinity Card. The scheme, which is being run through the Bank of Scotland and Master Card, will be available to all adult members and other supporters, including the girls' parents. Members of the Executive Committee learned at their January meeting that the card will generate income for the Association in two ways: three small stage payments will be made by the card suppliers over the first two years a card is in use, and a modest percentage commission is also paid on each transaction.

Withdrawal of funding by the Foreign and Commonwealth Office has meant that the British Youth Council will hold only one council meeting a year with a members' conference held each April. This has led to the Association's delegation to the BYC having to revise its guidance notes. These were approved and will be effective immediately.

A Branch Associations Gathering is to be held next year just before the Com-

monwealth Conference in Canada, as some Associations are reported to be feeling very isolated. The last Gathering was held in 1990 following the Commonwealth Conference, when it was decided that the money needed to fund such a meeting would be better spent in future on training for the nine remaining Branch Associations.

The Association is to have a presence at the three main political party conferences again this year. The Executive Committee agreed once more to be part of the Fawcett Society's Consortium Stand, as last year's involvement was judged to have been very successful and excellent value for money in terms of networking and Public Relations opportunities.

Members learned that Edith Webb, from South West England, was due to join the Guide Friendship Fund Committee in March.

In future a small certificate is to be produced which will accompany a Thanks Badge.

Heather Thomas, a member of the Junior Council and Women's Safety Officer at Coventry University, was one of the speakers at the Suzy Lamplugh Conference on Personal Safety in January - just one of the public relations ini-

tiatives the Association has supported in recent months.

On August 19 and 20 the Trefoil Guild is to take part in Tribute and Promise, an act of thanksgiving for the end of the Second World War. It is being organised by the Royal British Legion and the Soldiers', Sailors' and Airmen's Families Association as a tribute to the sacrifices made by all those caught up in the conflict. The Trefoil Guild hopes to have a float in the parade through London highlighting the contribution made by Guides, and particularly members of the Guide International Service.

Jenny Leach, Chief Commissioner for North East England, has joined the Forward Policy Group. Other recent appointments include: Chairman of the Guiding Manual Review Group, Phyllis Thompson; Chairman of the Jewish Guide Advisory Council, Danielle Simonson; Chairman Membership Committee, Hilary Cooper; Chairman Religious Advisory Committee, Margaret Hirst; Assistant Outdoor Activities Adviser - Walking, Tricia Dundas; Assistant Outdoor Activity Adviser - Water Safety, Daphne Puttock.

This month Anne Faulk takes over as Chief Commissioner for Wales and Jill Walker becomes Chairman of the Olave Baden-Powell Fund Committee.

UPDATING INFORMATION

Stocks of two Association publications have reached the level at which reprints are being considered. The QM Handbook and Health and Hygiene are important publications but many policies have changed since they were last checked and revised several years ago.

For example: Brownies now go on Pack Holiday under Canvas; people use far more convenience foods; dietary diversity has increased and first-aid practices have changed.

These developments all need to be introduced into the appropriate books and this takes time.

18 Usually the existing edition is

reprinted so that The Guide Association Trading Service, shops and depots have copies until the new edition is ready.

With this in mind, costs were calculated for *The QM Handbook*. The current price is £3.55 but if a limited number were reprinted the cost would almost double because of the colour content and paper quality.

After discussion, it was felt that potential buyers would not pay such a large price increase, especially if they knew that an up-dated version was being prepared. So the Outdoor Team and Publishing Services have decided not to reprint.

This will mean people will be unable to get hold of a copy until the new edition is printed.

A similar decision has been taken in relation to *Health and Hygiene*, but the reasons are a little different. First aid techniques have changed over the years. The *1st Response Course Book* which covers the aspects of this subject which all Guiders need to know, emphasises 'tender loving care' and seeking help from professionals. The recommended content of first aid

boxes listed also needs major revision.

For us to go on selling a book containing outdated information would suggest to the buyer that it's all right to do what it says, and that contradicts the message promoted through training. So the book is no longer available.

So what is the Association doing about the situation?

● The outdoor team is already at work on the new editions. By 1996 we should be announcing plans for fully-revised books, providing help for everyone at camp and on holiday from Brownie Pack Holidays to Ranger and Young Leader lightweight expeditions.

● Meanwhile, we know that within every County there are people who own the books - your local outdoor team can help you find someone from whom copies can be borrowed. But, remember, especially in *Health and Hygiene* some information is inaccurate. Check with the appropriate local Adviser and attend trainings so you're kept up-to-date.

You should carry on doing so even when you have new editions.

CAROL HORNE



JANE ECCLES

When they opened the new Pack Holiday Centre at the local camp site, someone volunteered to provide activities for all the Guides in the County. This is a pretty admirable thing to do and that someone deserves praise for initiative. Unless, of course, that someone is your wife and the two months leading up to the opening gradually see your life, house and credit card taken over by the 'Event'.

The Pack Holiday Centre in question bears an uncanny resemblance to a Tesco superstore, which made the 'Special Bank Holiday Opening' particularly appropriate.

The problem with Bank Holidays is that most people who know Rosemary are aware of her tendency to involve them in her 'projects', and so try to go on holiday at such times of the year.

This mass exodus means that the potential number of volunteers available to help in the organisation of a large event is somewhat restricted, in fact, severely restricted – leaving only the organiser, her spouse and a few valiant Guides.

The day before the grand opening we toiled away, putting up monkey bridges, volleyball courts, assault courses and skills bases, while the weather underwent a dress rehearsal for the usual Bank Holiday deluge.

A MAN'S EYE VIEW

Surprisingly, the big day turned out to be warm and sunny, and it was very well supported. Unfortunately, these occasions tend to bring together Guiders who have not seen each other since the last 'Big Event', and there is a lot of reminiscing to be done over cups of tea, this time leaving nearly 200 Guides abandoned to Rosemary's care.

I had the job of manning the monkey bridge, which was fine until the arrival of an officious lady who condemned my bridge as unsafe. She was not impressed by my argument that 120 people had already survived making the crossing, which was, after all, only 3ft from the ground.

I was rescued from the ensuing debate by the sounds of activity from around the Ranger's Water Activity base, which had degenerated into a water fight. Cowboys apparently have a saying that everybody has a bullet with his or her name written on it. I think the same must be true of Guider's hus-

bands and brimming buckets of water.

Fortunately, the one thrown by Margo was not bearing my name and, by doing a side-step worthy of Fred Astaire, I was able to watch my tormentor disappear angrily off into the sunset in search of dry clothes.

As the Guides wandered off to hear the opening speeches and witness the plaque unveiling, I dismantled the bridge and laid the pioneering spars neatly side by side.

I was sitting on my pile of spars when Rosemary's District Commissioner found me. 'Thank you so much for your help,' she said, not offering any excuses for sneaking away from the speeches. 'I missed what you built today,' she confessed. Then, seeing my spars, she added quickly: 'I see now you've built a raft.'

A raft, I ask you! Still it had been a good day, and I didn't have the heart to point out that the nearest water was over six miles away.

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of the Game

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RUSSIA'S

GFF

An 'October Revolution' of a different kind took place in Russia last year – one that can only bring lots of joy!

joyful revolution

Thirty-four women from all over the Russian Federation met at a workers' rest home near Perm in the Urals region, to found the new Russian Association of Girl Scouts (or RADS for short). 'Rad' is the stem of the Russian word that means 'joy'.

So, after 78 years, Russian girls can again join a single sex organisation dedicated to their needs, and which they believe will bring them into the fold of world Guiding by joining WAGGGS.

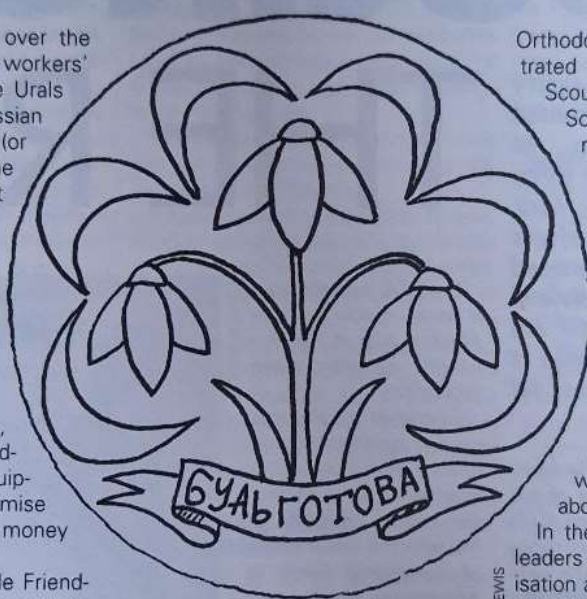
But, in starting from scratch, RADS members have no buildings of their own and no equipment – not even any Promise Badges – nor have they the money to buy them.

And that's where the Guide Friendship Fund (GFF) is going to step in and add to the joy of the new Russian Girl Scouts. Part of the proceeds of the 1995 Summer Appeal will be used to pay for about 2,000 Promise Badges, made to the Russians' own design.

The original Russian badge, in use when the Czar was still on the throne, depicted a snowdrop with three petals, which symbolised the Promise. Significantly, the new badge depicts a World Trefoil outline with three snowdrops in the centre.

In addition to the badges, however, the GFF will also help to provide RADS with some much-needed computer equipment, so that the word of Guiding can be spread around that vast country to build up their membership – currently only about 600.

As in Britain, first Scouting and then Guiding began in Russia early this century, with two separate organisations. However, after the 1917 revolution, both were officially banned. Leaders were liable to be banished to Siberia for years, if they dared to persist.



The original Russian badge depicting a snowdrop with three petals

Scouting and Girl Scouting re-emerged in 1990 with the formation of the Federation of Scouts of Russia which, like the now defunct youth association the Pioneers, is a mixed organisation. Many of those who joined at the outset were former Pioneers, as were their leaders.

The Federation is a long way from being countrywide but it has units in Moscow; St Petersburg; the Urals region, including Perm; Saratov and Volgograd on the Volga; and parts of Siberia. It is expected that it will ultimately affiliate to WOSM.

Several other organisations have sprung up within the past five years, including: the Scouts and Guides of St Vladimir, started by some students in Moscow; ORYUR, another small, mixed association, based mainly in Moscow and St Petersburg; the Scouts of the

Orthodox Church, which is concentrated in the Moscow area; and the Scouts and Guides of the Crimea.

Some of the women leaders – mainly in the Federation – had felt that a separate organisation was needed for girls, if they were to enjoy authentic Guiding or Girl Scouting. So, when these leaders met at the first Russian Jamboree last August, they finally decided to take the plunge.

The Jamboree, a huge event attended by about 2,500 Russian Scouts and Girl Scouts and 500 internationals, was held beside Lake Ladoga, about 50 miles from St Petersburg.

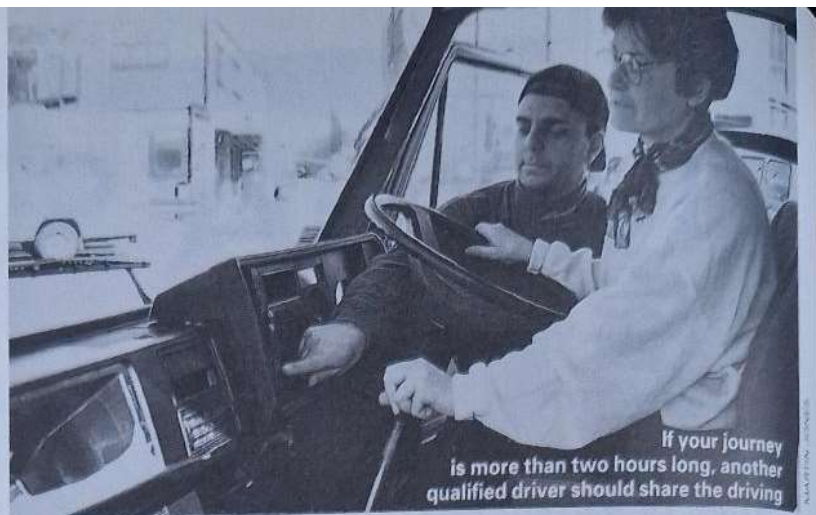
In the girls' sub-camp the women leaders in favour of a breakaway organisation agreed to hold a founding conference that autumn. A centre near Perm was chosen as the city is nearer to the centre of Russia than Moscow. Some of the women travelled for two days by train, while others flew for ten hours by air to get there.

The conference, at the end of October, was attended by Gunilla Engval from Sweden, who was representing the World Committee; Laura Walsh-Kuroyedova from Canada, who is WAGGGS' Development Executive in Moscow; and Judy Ellis from the UK, who is the Association's link with the Russian Federation. They were invited as observers and advisers.

Now, you can help the new association get off the ground by sending a donation to the GFF. Cheques should be made payable to The Guide Association (GFF) and sent to Rosemary Mills, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

● Fact sheets are also available from the above address. Please enclose a large sae.

JAN LEWIS



REDUCING THE RISK

Minibuses have a good safety record. It has been estimated that people travelling in minibuses are more than twice as safe as those using cars. However, several tragic accidents during 1993 and 1994 focused attention on minibus safety, particularly when children are being transported, and there is always room to improve any set of safety standards.

It is for this reason that The Guide Association welcomed the initiative of the Community Transport Association (CTA) in writing a Code of Practice for all those using minibuses to reinforce the policies and practice the Association has advocated over many years. The CTA is the leading organisation in the UK representing the travel needs of voluntary organisations throughout the country.

A copy of the CTA Code of Practice is available in every County and at each Country and Region headquarters.

THE VEHICLE

The Code of Practice applies to all minibuses operated under a Section 19 (or 22) permit. A minibus is officially defined as 'a motor vehicle which is constructed or adapted to carry more than eight but not more than 16 seated passengers in addition to the driver'.

All operators of minibuses first used on or after April 1, 1988 must comply with Regulations 41-44 and Schedule 6 of the Construction and Use Regulations 1986 (S1 1986 No 1078). Those first used before this date can comply with either the 1986 regulations or, alternatively, the Minibus (Conditions of Fitness of Equipment and Use Regulations 1977 (as amended)).

The CTA has produced a legal guide - *Your Minibus - is it legal?* - which covers these regulations.

Operators of minibuses have a responsibility to ensure that a vehicle is maintained in a fit and serviceable condition in line with the Department of Transport's *Guide to Maintaining Roadworthiness*, which is available from your local Traffic Area Office or the CTA. Every driver is responsible for ensuring that the vehicle is roadworthy

before he or she takes it on the road by making the same checks as with any vehicle - oil, water, fuel, lights, windscreen wipers, tyre pressure and so on.

OPERATING LEGALLY

A minibus can be operated outside the public service vehicle (PSV) licensing regime, which governs public transport operators, if it is operated under what is known as a 'Section 19 Permit', often referred to as a 'Small Bus Permit'.

This means that you do not have to have a vocational licence, for instance a PSV or a PCV licence, to drive a minibus, and that you do not have to have a special qualification to operate it.

However, you must have the correct tax, insurance and MoT certificates for your vehicle. A valid permit disc should



be displayed in the windscreen at all times during the journey, and it must apply to the group using the vehicle on which it is displayed.

A separate permit is required for each vehicle if two or more are being used at once. Every minibus requires an annual MoT from its first 'birthday', unlike a car which only needs to be tested after three years.

THE PERMIT

A Small Bus Permit is normally issued to a specific group such as an individual Guide unit or District. It enables the group to charge on a non-profit making basis, for providing transport for its own members and others taking part in any recognised activity. In this sense 'charging' would include meeting transport

costs from unit funds contributed by members of the group. Anyone who wishes to obtain a Small Bus Permit should apply to their Country or Region headquarters.

DRIVERS

Legally anyone who holds a full driving licence – not a provisional one – for a car and is 21 or over can drive a minibus containing up to 16 passenger seats operated under the permit scheme. In all cases, driver training is *strongly recommended*, both for safety reasons and for the peace of mind of the girls' parents, since it is estimated that 90 per cent of road accidents are due to human error.

It is a driver's responsibility to ensure the safety and welfare of any passengers and every driver is responsible for ensuring that his or her vehicle is road-worthy before taking it out on the road.

Although permit minibuses driven by volunteer drivers on domestic journeys are not subject to the legislation governing drivers' hours, it is important that drivers should not drive when they feel tired or unwell, or while under the influence of medication, drugs or alcohol.

If a permit minibus is driven by an employee driver or if you are taking your minibus abroad, all such drivers *will* be subject to driver's hours limits.

The Guide Association recommends that for any journey in excess of two hours, another well-qualified driver shares the driving. Every driver should always obey the Highway Code and consider the needs of both passengers and other road users.

PASSENGERS

Passengers too have a role to play in minibus safety. It is important not to overload the vehicle with either passengers or luggage. This is dangerous and uncomfortable. All passengers should have their own seats. Ideally, there should be a second adult, preferably a Guider, in the vehicle to supervise the children and prevent them from distracting the driver. It is preferable that a supervisor should be someone who the children know, particularly if the passengers are young children. Care should be taken to ensure that suitable staff and/or adults are used as escorts.

Under the Carrying Capacity Regulations (S1 1984/1406) three children up to 14 years of age can occupy a double seat on a public service vehicle. In July 1994 the Secretary of State for Transport stated that the Government intends curtailing this concessionary ruling. The Guide Association recommends that, for safety reasons, every child should have her own seat. Furthermore, if your minibus has seat belts

fitted, children under 14 must use them at all times.

SEATING AND SEAT BELTS

It is an offence for children under 14 years to travel unrestrained in a domestic minibus when a seat belt is available. And a driver permitting them to do so runs the risk of being fined. Children should use seat belts and/or car seats which are appropriate to their size. Seat belts should be checked frequently for wear and damage.

Children should avoid sitting at the back and in the front seats alongside the driver, wherever possible. The Guide Association recommends that forward- or rear-facing high-back seats should be used in preference to side-facing seats. By December 31, 1998, or earlier if required by law, all minibuses used for transporting members of The Guide Association *must* have forward- or rear-facing seats.

The Government announced in July last year that there is impending legislation on seat-belt fitment.

If appropriate, it is preferable for passengers using wheelchairs to transfer to a bus seat. However, many passengers who use wheelchairs will travel in a minibus in their own chair. Both the passenger and the wheelchair should be independently restrained. Passengers with a disability should be asked how they prefer to travel. Wheelchairs should never be secured in a sideways-facing direction.

LUGGAGE AND EQUIPMENT

If luggage is to be accommodated inside the vehicle it must not block the gangway or exits. It must be secured so that no one can trip over it, and so that it will not become dislodged, if the driver has to brake sharply, or is involved in a crash.

Alternatively, luggage can be carried in a roof rack or trailer. If a roof rack is used, drivers should be aware that this raises the centre of gravity of the vehicle and will change the way it handles. Drivers need to remember that the speed limits for minibuses are different from those for cars and are lower on a motorway when towing a trailer (see table below).

Minibuses towing trailers are banned from using the right hand lane on motorways with three or more lanes.

Using a trailer restricts rear door access in an emergency, and is also incompatible with a rear-fitted passenger lift. It is a legal requirement that no fitted lift or ramp must be allowed to block the opening of the doors.

EMERGENCIES

It is essential when transporting children and disabled passengers that drivers and escorts know what to do in an emergency. However, it is also essential that parents and others know where you are going, and at what time you are expected back, so that they do not worry unnecessarily.

Every permit minibus is required to carry a fire extinguisher – two if wheelchair passengers are being carried – and a first aid kit. Drivers and escorts should know where they are and how to use them. They should be checked regularly to ensure that when they are needed nothing is missing.

MINIBUS HIRE

Anyone wishing to hire a minibus should be clear about what sort of vehicle is required and should specify the number of seats wanted rather than giving details of the number of children who will be travelling, as operators can, of course, legally load three children under 14 on to a double seat. Don't forget to ask about safety features, such as seat belts and provision for luggage.

Observing these guidelines (requirements) will go a long way to ensuring safe journeys for drivers and their passengers.

FURTHER INFORMATION

The Community Transport Association has a free advice line from which further information or assistance may be obtained. The number is 0161 367 8780.

Copies of *Your Minibus - is it legal?* costing £2.50 each can be obtained from the CTA at Highbank, Halton Street, Hyde, Cheshire SK14 2NY. Cheques should be made payable to the Community Transport Association.

It is permissible to photocopy the appendices to the CTA's Code of Good Practice.

MINIBUS SPEED LIMITS			
	Single Carriageway	Dual Carriageway	Motorway
WITHOUT Trailer	50mph	60mph	70mph
WITH Trailer	50mph	60mph	60mph

GERMAN *reuni*



It was strange to find myself back at the Rangers or, to be more precise, Rovers, as they call their senior section. This was the German equivalent of a Ranger/Venture Joint Unit.

The leader, as with all the other sections, was male, although there was a female District Commissioner. In this area, at least, the individual sections were organised in what is known as a *Stamm* – a trunk. This meant that all the sections met on the same day, in the same place and, to an extent, their meeting times overlapped.

First, the *Woelfling* (the Cubs) met in the early afternoon. German youngsters don't go to school in the afternoon until



▲All the sections of the Movement in the area meet on the same day

What is it like to be a Guide in Germany, where, since the Movement's relaunch after the war, Guiding and Scouting have become so closely integrated as to have become almost merged?

In some areas the Guides are more dominant, in others, it's the Scouts who, like their British counterparts, admit girls. This was how, three years after she had left the Rangers to go to university, Sarah Walkley, from Hornchurch, Essex, became a Rover.

Now back in Bristol completing her degree course, Sarah reflects on her experience as a 'Girl Scout', while a member of the *Pfadfinderschaft St Georg*, the German Catholic Scout Association:

24 'As part of my modern languages course, I was spending five months working as a translator for BASF in Ludwigshafen in the Rhineland. This seemed to be an excellent opportunity to discover how Guiding in Germany differed from Guiding at home. I'd be able

to meet German people and practise the language.

I soon discovered that, despite having been a Brownie Guider for three years, I could not be a leader in the *Pfadfinderschaft St Georg* (PSG) because I wasn't 21. I later found out that all the age groups accepted both boys and girls.

In the *Ring Deutscher Pfadfinderinnenverbände* (the Union of German Girl Guide Associations) are the *Bund der Pfadfinderinnen und Pfadfinder* (Association of Girl Guides and Boy Scouts); the *Verband Christlicher Pfadfinderinnen und Pfadfinder* (Christian Girl Guide and Boy Scout Association); and the *Pfadfinderinnenschaft St Georg* (Girl Guide Association of St George). Sarah Walkley joined the *Pfadfinderschaft St Georg*, its Scouting counterpart. Owing to the disruption under Nazi rule, when Guiding and GGS until 1954. In the case of the constituent associations that are now merged, the girls are members of WAGGGS and the boys are members of the World Organisation of the Scout Movement (WOSM)

►Sarah Walkley spent five months as a Rover in the German Catholic Scout Association

fication

they reach sixth-form age. They were followed by the *Jung Pfadfinder*, the *Pfadfinder* and finally the Rovers.

The system, I learned, was designed to encourage a smooth progression through the sections.

However, it put an outsider, like me, at a disadvantage because the members of the Rover section had all been together constantly from an early age, both at school and in the PSG. I found it difficult, initially, to integrate myself into this tightly-knit group.

While each section had its own programme and leaders, the *Stamm* was organised so that there was one leader who did nothing but co-ordinate the activities of the four different age groups and plan joint events for all members, regardless of age.

The most important of these was the *Pfingstlager*, or Whitsun camp, which took a great deal of preparation because of the numbers involved. All but the youngest members made their own way to the camp site on bicycles.

However, these were the only differences I found between their camp and those I enjoyed as a Guide or Ranger.

In the weeks leading up to the camp all the sections were busy designing and printing T-shirts for the event, so that everyone in the *Stamm* looked similar. In my experience, at least, uniforms were very rarely worn. The *Stammvorsitzender* – the co-ordinator of the *Stamm* – told me that he only had a shirt that approximated to the colour of the official uniform, and that he did not see the point of buying an official one.

He believed, he said, that there was no need to show outwardly that one was a Guide or Scout in order to embody the aims and ideals of the Movement, and that, in any case a uniform could be worn by someone who did not share those beliefs.

True, I suppose, but then the Germans that I met did not seem to approve of uniforms in any context, especially worn at school.

I also found that the basic programme and handbook were neglected as much as the official uniform. The reason, I was told, was that many units felt it was

out-of-date and, while they waited for it to be revised, had devised their own programme around a series of themes and favourite activities.

In addition, a lot of those in the senior section were unable to attend meetings regularly because of their *Abitur* – high school diploma – exams. However, they were determined to carry out one of the most important parts of the whole programme: the *Jahresaktion*, or annual campaign.

Last year the theme was *Fremdfeindlichkeit* (hostility to foreigners), and the unit decided to undertake a 200-mile sponsored cycle ride from Ludwigshafen to Strasbourg and back, and

to lobby the European Parliament on the issue while in Strasbourg.

On their return to Ludwigshafen there was to be a presentation in the town's main square of the results of the lobbying, and also their findings on a poll they had taken of public reaction to the film *Schindler's List*.

But, apart from the annual campaign and the *Pfingstlager*, most of their activities were similar to our own, with songs and camp fires playing a significant part, just as they do in the UK. In fact, when I helped to compile some song books, I was surprised to see how many English songs were included.

The unit also tried to form volleyball and football teams to compete in the local Guide/Scout league, which was made up of teams of girls and boys from the various Guide and Scout units in the area. This, unfortunately, did not get off the ground because many members of the unit could not spare the time off from their school work.

By the time they were free of exams and were starting to organise more events, my stay in Germany was coming to an end and it was time for me to return home. But not before there had been much swapping of addresses and



One of the most important joint events, is the *Pfingstlager* or Whitsun camp

Sarah Walkley, now 21, was a Brownie and a Guide in Hornchurch, Essex, where she became a Pack Leader with a local Brownie Pack and gained her B-P Trefoil.

She went on to Rangers in 1988, making her Promise in a lifeboat at Southend-on-Sea Lifeboat Station.

On starting at Bristol University in September, 1991, Sarah became assistant adult leader of the 20th Bristol (St Matthew's) Brownie Pack and gained her Queen's Guide Award the following year. During the summer of 1992 she worked as a house assistant at Waddow.

From September, 1993 to February 1994, Sarah was a Brownie Guider in Pau, France, where she was working at the time.

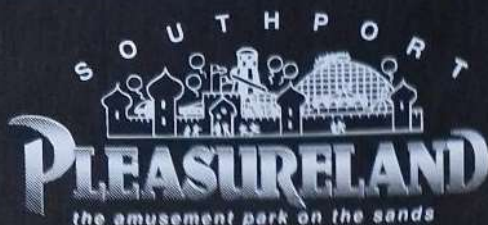
I had been given a variety of badges which now decorate my camp blanket.

The badges are a permanent reminder of five extremely interesting months, during which I gained a real insight into the country and its Guiding and Scouting, while honing my language skills. And – most valuable of all – I made a lot of new friends.

I will, without a doubt, be keeping in touch with them and will probably visit them when I have finished at university. If all goes well, I will be working in Strasbourg for the Franco-German television channel Arte.

That will be my chance to make still more contacts and to delve even deeper into German Guiding, and the way it intertwines and blends with Scouting. I can hardly wait to resume what has become a fascinating study.

SARAH WALKLEY 25



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The church secretary peered at me over her spectacles. 'I'm afraid the Scouts are running games and competitions,' she insisted. 'And the Sunday school has spoken for home-made cakes.' Clearly, plans for our church's May Fayre were well under way.

Julia, our Unit Helper, had advised volunteering for the home-made cakes stall because we'd done it before. I'd suggested games and competitions for the same reason.

One of our Patrol Leaders had, unlike us, shown some originality. 'What about face painting?' she'd asked.

'What about it?' Julia queried. 'Have you ever done it?'

The Patrol Leader hadn't, so we'd settled for tried and tested ideas... like everyone else.

So there I was, asking anxiously: 'What hasn't been bagged?'

The church secretary consulted her notebook. 'Nobody's doing face painting. Wouldn't the Guides like to do that?' she suggested.

Before I'd time to say more than 'I'm sure they'd love to do it', she declared: 'That's settled, then', snapped her notebook shut and rushed off to see Brown Owl about the lucky dip.

What on earth is Julia going to say? I wondered anxiously.

Back home I asked Emma and Kevin if I could practise on them but received only shrieks of horror at the very idea.

Our May Fayre was scheduled for

Spring Bank Holiday Monday, which, of course, falls at the end of the month. Emma had brought a leaflet home advertising St Oswald's Fayre, which was to be held on May Day. One of the attractions listed was face painting.

'I'll go and watch and see how it's done,' I announced.

'That's pirating!' Emma said, sounding shocked.

'Rubbish!' I replied. 'I'll support the other stalls... and be observant while I'm there.'

Emma wasn't convinced. 'I won't have anything to do with you,' she declared. I wasn't too distraught. I knew Emma was taking part in a Guides versus Scouts tent-pitching competition and she probably would have just ignored me anyway.

'You'd like your face painted, wouldn't you?' I asked Kevin, handing him £1 to pay for it. He agreed, until he saw that the average age of the children in the queue was about four and a half, at which point he departed hastily to buy a hot dog while he still had the cash.

I hovered and observed for a while, before wandering off to look at the other stalls. Later I returned to the face painting for a bit more hovering.

At around 4pm everyone began pack-

ing up and Emma actually came looking for me. She was in a good mood because the Guides had knocked spots off the Scouts. She was followed by Kevin, who was covered in tomato sauce and grinning from ear to ear.

Meanwhile, Mrs Face Painter was struggling with a recalcitrant folding table and a squalling baby. Kevin and Emma helped to pacify both. On hearing my predicament the grateful mum told me exactly what to buy, where to buy it and which book to borrow from the public library.

'We'll hold a face-painting competition at Guides this Friday,' I told Julia. 'It will be a way of discovering anyone with a talent for it.'

It wasn't a bad idea... except that most of the Guides claimed to be allergic to face paint. Still, one person turned out to have real talent — Julia.

The big day arrived and so did the church secretary. 'Are you really charging 50p a time?' she demanded.

'Not a penny less,' I said firmly. 'It's half what they charged at St Oswald's.'

We did a roaring trade and I'm all for charging 75p this year.

And if the church secretary won't buy that, we could do her first for free.

ANDREA JAMES 27

My Girl's

A GUIDE

READER REPLIES

What wonderfully loyal and patient readers you are. Around 3,000 of you spared time from your busy lives to answer the surveys we ran in the autumn. Some of you also took the trouble to write letters listing what you like about *GUIDING* and suggesting aspects of Guiding life you'd like to see covered.

It has taken time to analyse both surveys but now the results are being used both in our new advertising agency's marketing push and in planning future issues of *GUIDING*.

Our first survey in last October's *GUIDING* asked lots of questions about the content of the magazine. In November our second survey concentrated more on your role as volunteers and as women – and men – of today, because staff at Mongoose, our new advertising agency, need to get to know the people they are representing.

Your replies made fascinating reading. We discovered that:

- Most of you are Unit Guiders
- 65 per cent fall into the 30 to 50 age band
- 60 per cent have two or more children
- 66 per cent are in some form of paid employment
- 37 per cent are involved in other types of voluntary work.

These are just the sort of facts the agency needs to build a profile of the typical *GUIDING* reader so they can per-

suade companies to buy space in the magazine in order to reach you, their potential customers. For, just like other magazines and newspapers, *GUIDING* needs income from advertisements to help cover the costs involved in producing a 64-page magazine each month.

The industry currently faces massive increases in the price of paper – some experts predict it will shoot up a further 35 per cent by the end of the year – so we need to attract new advertisers to limit any price rises we have to pass on to our readers.

Thanks to you, Mongoose can now confidently claim that *GUIDING* offers 'an opportunity to reach an audience of committed Unit Guiders who use the magazine as a source of inspiration and information when organising the activities of their individual units'.

The survey revealed:

- An amazing 95 per cent of our readers spend at least an hour reading the magazine each month.
- Just under 80 per cent pass it on to two or more other people.
- Over 95 per cent keep the magazine so they can refer back to it.
- A massive 93.8 per cent actually do look back through their copies of *GUIDING* for ideas and information.

Many of you admit to hanging on to years' supplies of back issues and that set us wondering just where you keep them. There's a year's free subscription waiting for the reader who has the best story to tell about where she keeps her copies of *GUIDING* and how she

uses them, so don't delay, get writing.

We've always said it – and this survey proved it – you are all Superwomen. Not only do the vast majority of you go out to work, cope with home responsibilities, help other charities and turn up at unit meetings every week, but you also take the girls on outings, to camp and on Pack Holiday and encourage them to try out adventurous activities.

Our findings show that:

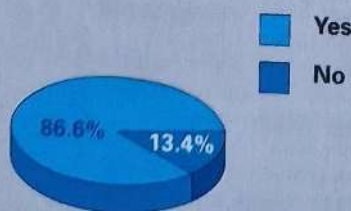
- Over 80 per cent had taken their units on at least one day trip in the preceding 12 months.
- Among the Guide Guiders who replied, 76 per cent had taken their units to camp, while 58.3 per cent of our Brownie Guider readers had been on Pack Holiday.
- Out of the adventurous activities we listed, 26.9 per cent of Guides had been canoeing and 25.8 per cent had been abseiling.

In these recession-hit days Guiders find themselves having to raise more money for their units so they can continue to give all their girls a taste of what Guiding has to offer. But this doesn't stop you raising funds for other causes.

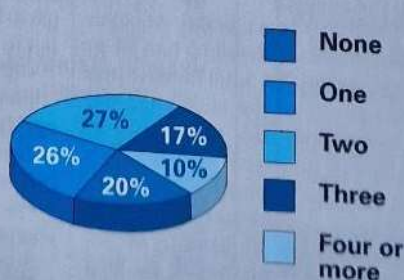
We discovered that 76.4 per cent of Guide Companies and 76.5 per cent of Brownie Packs had raised on average just under £100 for other causes in the preceding 12 months.

Our first survey concentrated on the magazine and its aim was to find out how we can help you to juggle your commitments and get the best out of your Guiding.

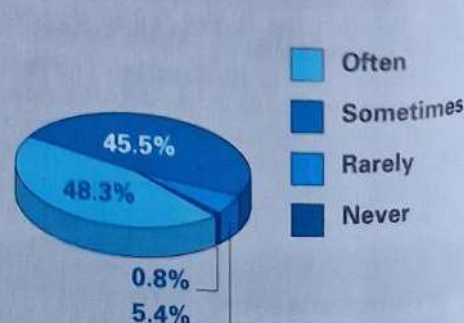
Has your unit been involved in fund raising in the last 12 months?



How many day trips has your unit organised in the last 12 months?



How often do you refer to back issues of *GUIDING*?



The whole spectrum of Guiding roles from Young Leader to Commissioner was represented in the replies we received. And it didn't matter whether you worked with Rainbows or Rangers, you all asked for more programme ideas to use with your units. So we are looking at ways of satisfying this very real need.

Most of those readers who replied – about six per cent – were happy with the balance of the magazine; 67 per cent felt the number of features we carry each month was 'about right'. And none of our regular items are universally disliked.

Your survey forms and letters were packed with wonderful ideas but cost and space limitations mean that we won't be able to follow up on all of them – at least not all at once.

We already have to make some hard decisions when planning each issue, choosing what must be included and what reluctantly has to be left out. That's why we are unable, as some people would like us to do, to publish details of all the marvellous folk who win awards or whose deaths leave local Guiding communities grieving.

The few whose achievements or obituaries are published in *GUIDING* are those who have been involved in Guiding nationally as well as locally.

Our Letters Pages remain your favourite read with 80 per cent rating them as 'essential reading'. Also featuring in the readers' top five were Notices, A Man's Eye View, A Personal View and My Girl's A Guide.

But, just to prove you can't please all the people all the time, My Girl's A Guide and Executive News were among the top scorers in the 'Never Read' list. But they only scored 11 per cent and 10 per cent respectively.

You have very firm ideas on what type of programme material you want us to

supply. As busy women you prefer articles that can be photocopied and which give complete instructions. Only 41 per cent of readers were happy to be given ideas only and be left to work out the method themselves. And, of course, you want to be able to cut out and keep the games, activity ideas and craft instructions we provide.

So what happens now that all the statistics have been gathered? The process is already underway.

The Association Executive Committee has confirmed what role they see *GUIDING* as playing, which was originally defined in the Eighties. The Executive Committee sees it as a:

● **Channel through which the official policies and views of the Association are communicated.**

● **Place for members to express their opinions.**

● **Way of providing programme ideas and training help.**

● **Means of spreading news of what others are doing in Guiding.**

● **Chance for members to laugh at themselves and their quirks!**

And they have entrusted to a Magazine Review Group the task of making sure that *GUIDING* continues to play this important role in the life of the Association as we move towards the 21st Century.

The Group held its first meeting in February, and sitting alongside representatives from some of the Association's committees were three readers chosen from among the thousands who filled in those survey forms.

Among the ideas discussed were:

● **Simple design changes to make material easier to read and to photocopy, so that it is easier to use.**

● **The establishment of a bank of new ideas for games and activities.**

● **Including more information about the Association's policy and practice, as**

soon as possible after any vital decisions are taken.

Now we're looking at ways of making the changes suggested, while keeping the price and size of the magazine the same. Other improvements, such as introducing supplements of activity ideas, annual indexes and ways of monitoring readers' reactions, need careful investigation. However, these improvements would add to overall costs.

One issue raised by many readers was whether the magazine should be circulated free to all adult members and paid for through the annual subscription. Wendy Graham, from Formby, put the case for the scheme when she wrote: 'I wonder if you have ever considered sending the magazine free to all adults. It seems to me that the Association is sending mixed messages in telling the members that it is essential reading, and then asking each individual to purchase it, if, however and whenever they see fit.'

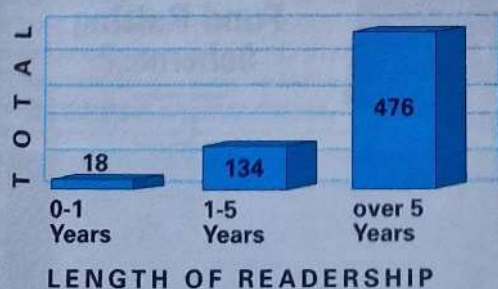
The case against was summed up by Linda Bell, from Margate, who feels that sending the magazine to all members would be expensive and unworkable because of administration involved in keeping up with house moves.

The Association is already considering this suggestion and, before any decisions are made by the Executive Committee, all the implications will be looked at in depth.

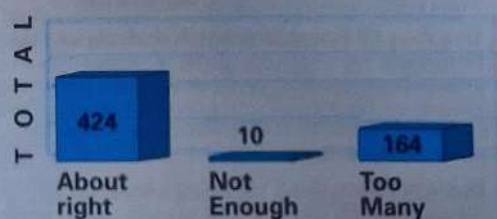
Carol Horne, the Publishing Services Adviser, who chairs the Magazine Review Group said: 'The tasks of responding to the survey results and increasing the numbers of those who purchase and read *GUIDING* every month are in hand. Thank you all for your contribution to those tasks.'

**NORA WARNER
EDITORIAL MANAGER
AND EDITOR**

How long have you been reading *GUIDING*?



On the whole how do you feel about the number of features in *GUIDING*?



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What is EF Foundation?

EF Foundation is a non-profit making organisation dedicated to the promotion of world peace through international exchange. Since 1979, over 60,000 and host families have participated in our exchange programmes, sharing in our efforts for increased international awareness and appreciation.

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Your family will gain a new and enthusiastic member - a young student from a different culture - for a full academic year. You will play a vital role in introducing your student to a whole new life and add a completely new dimension to your own!

Who enjoys hosting?

All our EF Foundation families are very special families who want more out of hosting than a three-week holiday student can give. Whether you are a couple with or without children, or a single parent, you are welcome to experience the fun of hosting an exchange student and join our international team.

How does EF Foundation match students and families?

EF Foundation has a nationwide network of volunteers called International Exchange Coordinators (IECs). Your IEC will spend a lot of time with you, matching your family with a student suited to your personalities and interests. Throughout the year your IEC will be there to support you and your student and to ensure that you'll get the most from your year.

How can I learn about becoming a host family?

Call now on 0171-938 2360 for your free information pack, or write to us at this address: EF Foundation, Kensington Cloisters, 5 Kensington Gardens, London W8 4LD

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LEGACY OF COURAGE

A calendar note indicating May 30 as Joan of Arc's feast day took me back to when I was part of a parish team preparing youngsters for confirmation.

One evening the session theme was 'saints', so I started off by asking my group – five girls in their early teens – to name some. There was no response. I tried prompting. What about the patron saint of England... or Ireland? Who had a fire-work named after her? Which nature-loving saint preached to birds and animals? Nothing.

I was just about to give in

and make a suggestion or two when Tessa, obviously suddenly inspired, blurted out: 'Joan of Arc'.

Panic set in! What did I remember about Jeanne d'Arc? More urgently, how could I make a 15th-century shepherd girl who heard 'voices' seem relevant in the 1990s? At that moment, however, the priest came in to plan the following Sunday's service and Jeanne slipped off our agenda.

But even though, as a group, we never gave Jeanne another thought, I did. I even read a biography of the semi-literate peasant girl who, almost overnight, captured France's imagination and became a national

heroine. Then, a victim of political expediency, she was burnt at the stake for witchcraft and heresy.

And I realised that Jeanne – however one chooses to explain her voices and visions – remains as powerful a figure now as she was then and continues to challenge us.

What stands out most is her phenomenal determination, complemented by a superhuman courage. Not the arrogant 'I know best' attitude that ignores the opinion and concern of others, but a tenacious single-mindedness born of integrity, a persistence rooted in conviction.

In the course of carrying

out her mission Jeanne encountered hostility, hardship, suspicion, jealousy and intrigue, as well as immense practical difficulties, but nothing deflected her from being true to herself and her vocation.

Jeanne's situation was unique. We are unlikely to hear voices or be called upon to lead a military campaign but we can still learn from her example.

How ready are we to act on our beliefs... to stand up and be counted? Do we stick with our aspirations? Are we true to ourselves? Or, when the going gets tough, is it easier to compromise, fudge the issues, give in or opt out?

CD

Open
door

WILLING WORKERS

When a group of British Gas workers wanted to raise funds for Children in Need, Jean Broad, former Staffordshire County Commissioner, suggested they do a sponsored redecoration of the Brownie Pack Holiday Cottage in Maer.

A local firm, Dixons, generously donated paint and brushes. After signing up sponsors, a group of about 20 volunteers from British Gas in Newcastle-under-Lyme donned old clothes and overalls and painted the house from top to bottom.

'It's a big place but we managed to cover it all, at least once,' explained Jean. 'It looks a lot better for it.'

'One of my colleagues,



Putting the finishing touches to the magnificent mural. Staffordshire's former County Commissioner, Jean Broad, is pictured on the left

Sam, drew a beautiful mural in the Brownie activity room. She is very artistic, and the girls love it.'

By the end of the day the cottage was transformed and over £300 had been raised for the charity appeal Children in Need. The painting squad then went home for a well-earned soak in a hot bath.

County Public Relations Adviser Anne Rogers said: 'Staffordshire is very grateful to the Gas workers for their kind-hearted endeavours and Brownies will get much pleasure in the summer because of their kindness.'

The Brownies have invited the artistic British Gas workers to a tea party at the cottage to thank them for all their hard work.

News
focus

IN JUNE'S GUIDING

Pack equipment

We'll help you choose

Guiding principles

A lighthearted quiz

Beastly bath time

Taking TAP to Thailand

It's good to talk

Scottish Scouts and Guides share views

The Polish connection

A granddaughter remembers

Using the two-letter word

A personal view

IN MAY'S BROWNIE

The theme in this month's BROWNIE is gardening.

Crafty ideas

Make a herby hanger

Find your way around

Four famous mazes

Cracking competition!

Win a Sony Walkman

Good and tasty

Apple pie with custard



It's easy!

Grow a garden

AND IN RAINBOW GUIDE EXTRA

Get singing

The Planting Song

Rainbow Rabbit

Name the garden flowers

Perfect poppies

Made from crêpe paper

Time for a story

Gayle's garden

Coming
next

THE SOUND OF



▲Some of the choir on the mountain peak Schwandfeldspitz

From busking on the streets of Interlaken to raising their voices 10,000ft up on the Schilthorn, the Norfolk County Guide Choir sang wherever they went when they visited Switzerland.

This unique choir, a group of 30 Guides and leaders from all over Norfolk, went on tour to celebrate their tenth birthday.

Pam Shaw, 4th Gorleston Guide Guider and Assistant County Arts Adviser (Music), and Jenny Armes, 9th Norwich Guide Guider and Norfolk County Arts Adviser, are two of the founding members. They told *GUIDING* about the choir's history, their memorable trip and the friendship and fun that singing has brought them.

It all started when Pam's choir won the County heat of Encore '84, a national challenge. She received a telephone call from the UK Music Consultant asking her to put together a 50-strong choir for the Spectacular being planned to celebrate 75 years of

Guiding at the Royal Albert Hall.

Pam was honoured and asked the other two top County choirs to join her singers. Jenny Armes, then the County Camp Fire Song Leader, took over the position as conductor.

Everyone had a wonderful time and, when Jenny and Pam asked the choir whether they wanted to continue, they chorused a resounding yes.

Since then they have performed at countless charity concerts and Guide

►The choir today, outside Our Chalet in Switzerland



This year The Guide Association's Week of Water - WOW - will be the wackiest one ever held. To date thousands of Guides have taken part in WOW events to raise more than £30,000 for safe water projects in Ethiopia and India.

From 16 - 23 September we're calling on you to join in the Wacky Wash for WaterAid to raise money for safe water projects in Africa and Asia and enter our competition to WIN a fabulous day out at Alton Towers.



Win a trip to alton towers

join in the

Wacky wash WaterAid

wow95

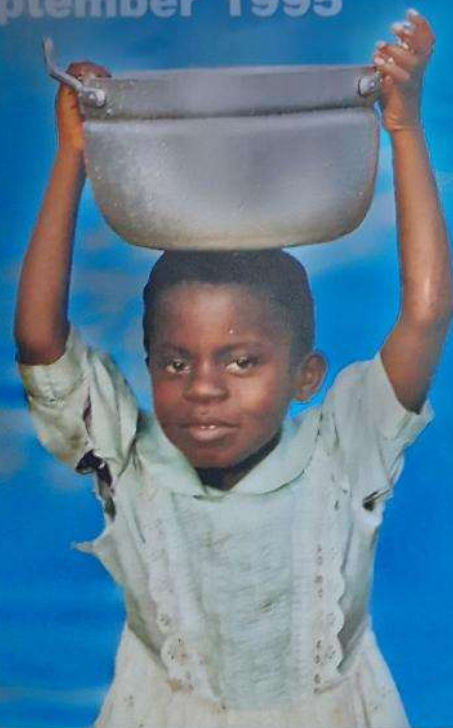
16 - 23 September 1995

a simple solution

You can be part of the safe water solution. Your Wacky Washes can help hundreds of people throughout Africa and Asia to build safe supplies of water close to their homes. That means they won't have to walk long distances fetching and carrying heavy loads of water and they'll have as much water as they need to give them a healthier future.



THE GUIDE
ASSOCIATION

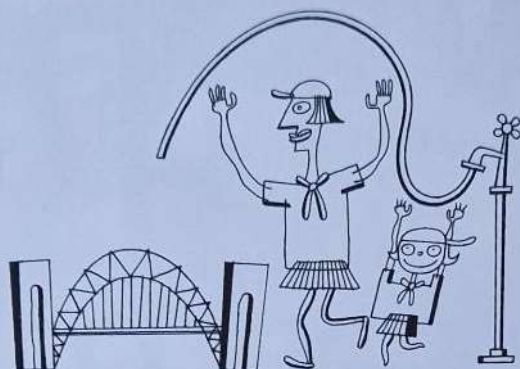




Jane Garside

The Chief Commissioner of The Guide Association

welcome to the **Wacky wash WaterAid**



here are our top ten tips to make your washes wackier than most!

1 perfect planning

Get your unit together to think up a Wacky Wash idea and how it will raise money. You could charge people to take part or to watch or you could be sponsored to wash something (or someone!) unusual.

2 organise for success

Choose a good organiser. She can help find out about suitable venues, parking facilities and coordinate the day's events. You could hold your Wacky Wash in a community centre, in a car park, a playground or a village hall.

3 safety first

Make your Wacky Wash as safe as possible for participants and spectators. Tell the local police and fire brigade about it. Make sure you have safety equipment available like fire extinguishers and first-aid kits.

4 helping hands

Get as much help as you can. Make sure there are lots of adults around to help and involve your family and friends. If they don't take part don't forget to get them to sponsor you!

5 make a splash!

Get wise and advertise. The more publicity your Wacky Wash gets the more sponsors you're likely to get.

Make posters to publicise your event. Include the date, time and place of your Wacky Wash. Don't forget to include the slogan 'Guiding's Wacky Wash for WaterAid' and WaterAid's charity registration number 288701. Put the posters where they'll be seen eg at the place where you're holding the Wash, in the local library, shop windows or at your supermarket.

WOW has proved to be a truly terrific event. It has shown just how confident and caring Guides are and it is a marvellous demonstration of the contribution you can make to your community and the wider world.

Thousands of Rainbows, Brownies, Guides and Rangers have set a wonderful example by demonstrating just how resourceful The Guide Association can be in raising funds to help meet the need for safe water world wide.

Thank you for your efforts to date and good luck with your 'Wacky Washes' in 1995.

P. Garside



6 press for publicity

Tell your local newspaper and radio station about your event and write your advert the way you'd like the DJ to read it out on air!

Always say what the Wacky Wash is for: it's to help provide clean, safe water for people in Africa and Asia through the charity WaterAid.

Let your local Guide PR Adviser know about the event and find out the details of the BIG Wacky Wash organised by your Country & Region PR Adviser.



Here are a few Wacky Wash ideas to get you started! How about

washing a local monument or landmark

washing a local celebrity like a newspaper editor or a radio DJ

doing the washing up at a big hotel

washing the windows of a big building or a church

washing barges on a canal or boats in the harbour

washing a bridge

washing the hair of someone famous

washing pets like an English sheepdog

washing the kit of your local sports team

washing your toys

washing cars or fire engines

washing your socks!

7 wash day details

If you're providing refreshments on the day don't forget the ingredients, utensils and washing-up materials.

You'll need a float of small change and a cash box to put money in (which must be supervised at all times).

Don't forget to bring along bin-liners or boxes, and something to sweep up with.

8 hot shots

Make sure everyone knows just how Wacky your Wash has been.

Ask someone to take a photograph of your Wacky Wash and send it with event details and a daytime contact to your local newspaper.

If you know a local celebrity invite them along to launch your event - don't forget to tell your local newspaper if they agree to take part!

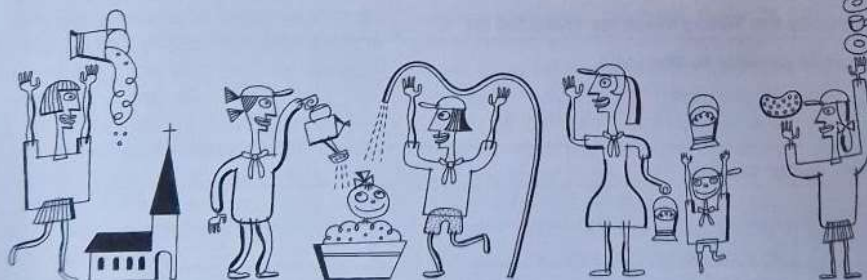
9 fantastic fun

We want everyone to have a great time. Do your best to make it a fun-filled event for visitors, spectators and participants alike.

10 thank you!

Don't forget to say a very big thank you to everyone who took part, lent a hand or made a donation!

Write a letter to your local newspaper asking them to thank everyone who helped to make your event the wildest, Wackiest Wash ever!



abeba's story

Abeba Alemu has to walk long distances from her home to Lake Tana in North Gondar, Ethiopia, to wash her clothes. With money from your Wacky Wash WaterAid can help villagers bring safe water for drinking and washing close to home.





Alton Towers is Britain's biggest and best theme park with more than 125 rides and attractions! It promises to be a great day out for everyone - whether you like the big thrills of rides like Nemesis or the new Energizer; or prefer a walk around Old MacDonald's Farm with its thatched farmyard filled with baby animals including two miniature Vietnamese pot bellied pigs! And if your unit leader is looking for a quieter time - a stroll around Alton Towers' exquisite 200 acres of period gardens will be just the thing!

And what's more - when you get to Alton Towers you can take part in one of the Wackiest washes yet!

Your unit can win a free day out at Alton Towers adventure park in Staffordshire.

There are six prizes available for:

- The most money raised by a Rainbow, Brownie and Guide/Senior Section unit
- The Wackiest Wash held by a Rainbow, Brownie and Guide/Senior Section unit

All you need to do is fill in your unit's details on the form below and send it in to be received no later than Friday 29th December 1995. Entries will be judged by representatives from The Guide Association and WaterAid. Winning entries will be notified in writing by 1 February 1996. Prize includes entry ticket (for date specified by Alton Towers in spring 1996) and return transport. Competition rules available on request from Cath Lightfoot, WaterAid, 1 Queen Anne's Gate, London SW1H 9BT.

your chance to win a **Wacky** day out at alton towers!



wacky wash donation and competition entry form

Please find enclosed our unit's donation to the Wacky Wash for WaterAid for £
cheque/postal order (please delete) made payable to WaterAid

unit leader (please print)

unit name (rainbow / brownie / guide / senior section)

address

postcode

telephone number (home)

(work)

Please give a brief description (in 100 words or less) of your Wacky Wash for WaterAid and enclose a photograph (non-returnable) if possible.

.....

.....

.....

.....

thank you for your support

Please return this coupon to: WaterAid, 1 Queen Anne's Gate, London SW1H 9BT. Charity registered number 288701

music

events. Pam commented: 'Fund raising in aid of church towers seems to be a frequent request here in Norfolk.' Other highlights include singing on local television and making tapes.

To celebrate their tenth birthday they decided to go to Switzerland. 'The new girls had missed out on the fabulous Albert Hall experience,' Jenny explained, 'and we wanted to give them some special memories, too.'

'As for the organisation,' Jenny said, 'as usual we told Pam what we wanted to do and she just made it happen. She's marvellous!'

Pam obviously believes that all the hard work is worthwhile: 'I remember a special moment from the first night in Switzerland. We went out for a walk and there in the valley, as dusk fell and lights began to twinkle, the girls burst into the *Our Chalet Song*.'

The first planned concert was in a church at Interlaken. 'It was a very warm evening,' Pam recalled. 'We sang in the cloisters and people seemed to drift in from the street and listen. Soon we were singing to a full church – the audience was just super.'

Hitting the high notes at 10,000 feet on top of the Schilthorn is another special memory. Pam said: 'We just had to sing something at that altitude. Coming from Norfolk, which is as flat as a pancake, we knew we'd never reach those heights again.' Back down to earth in Interlaken, the girls enjoyed busking outside a street cafe.

The choir did their fair share of singing in the rain, too! When the Adelboden Tourist Board invited the choir to take part in a folklore evening, they were delighted to be given an opportunity to mix with the locals.

'This was totally different to all our other concerts. We performed in the car park of a small hotel. The entertainment bill included a troop of male yodellers in national dress. It had to be seen to be believed!' Pam recalled.

It started to rain during the performance and, because it was dark, the girls had to perform without music. But the choir had enchanted the audience. 'What a reception,' Jenny said. 'After all we were strangers singing in a foreign language and in the rain, but they were even shinning up trees to see us.'

Providing the evening programme at Our Chalet was rated as a real privilege by the choir, and they were over-

whelmed by the friendly welcome.

'After the concert everyone in the room started to mingle and chat and swap badges,' Pam explained. 'Compliments were flying – what an atmos-

As for what the next ten years will bring, Pam prefers to take things one year at a time. 'We are totally booked up for 1995,' she explained. 'People get very cross when I tell them. Then they book us so far in advance that I wonder whether there will still be a choir when they do want us to sing!'

As long as they continue to enjoy top note fun and friendship, the Norfolk County Guide Choir will keep on making music.

KIRSTIE GRAY

▼The girls enjoyed busking outside a cafe in Interlaken



phere! Of course, the Guiders knew what it was going to be like, but the girls didn't. I think it really opened their eyes to the international friendship that Guiding offers.

Jenny confided: 'I'd been there 25 years before and I never imagined I would come back to conduct a choir. It was like a dream come true. And, of course, all the other nationalities are much less reserved than the English. It was lump in the throat stuff.'

Friendship has always been a very important part of the choir's life, although they only rehearse once a month. Jenny joked: 'We could be quite good if we practised more, but it's supposed to be fun not pressure'.

Pam believes that one of the reasons why the group is so close is the annual, three-day rehearsal they hold just after Christmas at Patteson Lodge, Norfolk.

The choir members work very hard. With over 100 items in their repertoire, they can sing anything from Mauri love songs to top-40 hits.

Jenny said: 'The current favourite is *Magic*. No one knows who it was written by, but it's about the things you see as magic as you progress through life. It's really a celebration of love. Our current tape is called *Norfolk Magic*.'

On top of the world! Choir members: Rebecca Morris, Joanne Gayton, Samantha Thackray and Janine Willis



●The *Norfolk Magic* tape costs £4.50 and is available from Pam Shaw, 10 Yallop Avenue, Gorleston, Great Yarmouth, Norfolk NR31 6HA.

THEME EVENING

STORIES AND GAMES

This month's theme evening is based on the children's classic *Heidi*. Leaders should read out the sections in bold and the girls take part in the activity ideas.

HEIDI

by Johanna Spyri

When Heidi's parents died she was sent to her grandfather who lived in a little wooden cottage in Switzerland on a mountain called the Alm.

SWISS JIGSAWS

Find similar-sized pictures of the Swiss Alps from travel brochures and make jigsaws for each Patrol. Give the Patrol one piece of their jigsaw and mix all the other pieces together in the middle of the room. Prepare a set of true and false statements about Switzerland and read them out. For example: Zurich is the capital city (it's false). If a Patrol thinks the statement is true, they stand up, otherwise they remain seated. Patrols who give the correct answer send one person to find another piece of their jigsaw. The first Patrol to complete their jigsaw wins.

Heidi's grandfather lived very simply: everything was cooked on an open fire and Heidi had to sleep in the loft on a bed made from hay. He owned two goats and Heidi soon learned to love goat's milk, butter and cheese.

FONDUE RELAY

Make a simple Swiss fondue. Melt 275g of grated Swiss cheese into a fondue or a pan. You could add half a

teaspoon of lemon juice and 6fl oz of grape juice/non-alcoholic wine for a more authentic flavour. Give the girls small pieces of bread to dip in to the pan or fondue.

Each girl holds her piece of bread on a fork and in turn

Every day, Heidi went up the mountain with a young goatherd called Peter. She loved playing with the goats and picking the wild Alpine flowers, and she was thrilled to see the colourful sunsets in the mountains.

hang of this, try shouting 'Change' after one of the lines of the song. Everyone immediately changes to holding out right palms and doing all the actions in reverse with their left hand. This is guaranteed to cause complete chaos!

They could not go up the mountain in winter because of the snow. So Heidi used to visit Peter's house. There Heidi met Peter's blind grandmother.

AWARENESS ACTIVITIES

The girls could try some awareness activities to find out what it's like to be blind. For example, while blindfolded:

- try to identify different coins by touch
- make a model out of Lego
- find the way round an obstacle course using a wooden cane
- fill a plastic mug with water from a jug.

FIND YOUR PATROL

One girl is blindfolded and the others stand in a circle. The blindfolded girl has to find the other

members of her Patrol by touch alone. When she finds someone she thinks is in her Patrol she asks the girl to sit down. When she has chosen the correct number she removes the blindfold to see how successful she has been. (During this game the others must not give the game away by speaking.)

During Heidi's second winter with her grandfather, her Aunt Dete came to visit. Aunt Dete took Heidi back to



EDELWEISS

Try singing this famous song from the film *The Sound of Music* with the actions.

Everyone sits in a circle and holds out their left hand, palm upwards. The actions, on each beat of the song, are performed with the right hand as follows: clap your own left hand, left knee, right knee, then three claps on the left hand of the person on your right; then start again.

When you have got the

Frankfurt to be a playmate for Clara, the invalid daughter of the people for whom she worked. Heidi soon made friends with Clara, but she missed the mountains. One day, she went off into the town to find the highest tower from which she would be able to see them.

TOWER BUILDING

Put a pile of paper plates and plastic cups at one end of the room. Patrols, in relay style, take turns to run up and balance a plate on a cup. See which Patrol can build the highest tower in a specified time. If a tower collapses during the game, the Patrol responsible must start again.

An old man at the church with the highest tower gave Heidi a kitten and the next day a messenger arrived with a basket containing all the stray kittens from the church. Heidi and Clara were delighted with the kittens but Fräulein Rottenmeier, the housekeeper, was terrified when they all started running everywhere.

FIND THE KITTENS

Cut out simple kitten shapes from card (a small circle on top of a large one with two pointed ears). Put numbers on some of them and hide them around your meeting place. Give the girls about three minutes to hunt for the kittens. See which Patrol has the most and give a bonus for those who find the kittens with numbers on them.

You could also adapt an old favourite: Cat and Mouse (from the Guide Guider's Practical Activity Cards, Company Games No 5 [PAC 2]). In this case, the 'cat' becomes a kitten, and the 'mouse' a very frightened Fräulein Rottenmeier!

Although Heidi seemed happy in Frankfurt, she became more and more homesick for the mountains. Eventually a doctor told Clara's father that Heidi ought to be allowed to go back home. She was taken to her grandfather's house on the Alm and everyone

there was delighted that she had returned. She had learned to read while in Frankfurt and so was able to read to Peter's grandmother from an old hymn book. She also taught Peter to read.

ALPHABET GAMES

● Alphabet Braille: This links up with the earlier awareness games. Provide each Patrol with the Braille alphabet, and challenge them first to write their own names in Braille and then to write messages to another Patrol.

● Alphabet Books: Give each Patrol five minutes to make a list of books and/or authors starting with each letter of the alphabet. Award points for each correct item and bonus points for items that no one else has.

● Reverse Alphabet: See who is best at reciting the

alphabet backwards, which is not as easy as it sounds!

When spring came, Clara came to visit. She was in a wheelchair, which meant it was difficult for her to get up the mountain.

WHEELCHAIR SURVEY

Give each Patrol five minutes to go round your meeting place and list any adaptations that have been made (or could be made) to help people in wheelchairs.

Peter was jealous and pushed Clara's wheelchair down the mountain where it smashed to pieces. He thought that this would stop Clara from coming out with Heidi, but instead Clara slowly learned to stand up and walk. Later Peter admit-

ted what he had done. His grandmother explained to him that this showed how God can turn evil into good for the one who was meant to be harmed.

CLOSING

Ask each Patrol to think up a modern day parable based on the good from evil theme — either a true life event which they have heard of or experienced, or one which they make up and read out to the others. Each Patrol could make up a short play based on the parable.

PAULINE WAINWRIGHT

● *Heidi* by Johanna Spyri is available as a Puffin paperback for £2.50. It is also available as a Collins audio double cassette for £5.99.



RAINBOW GUIDERS

As all the bedding plants are being settled into our gardens and the flower beds are bright with colour, the Rainbows will be aware of the pleasure of gardens — our theme this month.

ORANGES AND LEMONS

Last month you may have introduced the girls to this traditional game. Now see if some of them can succeed in growing their own little orange trees.

Soak orange and lemon pips in slightly warm water for two weeks. Keep the water warm by setting the dish on a radiator. Replenish the water as it evaporates. When the seed cases swell and split plant them.

Put up to a dozen seeds in a flowerpot full of good,

one fruit tree for each Rainbow to take home and tend.

The plants will grow best outside in the summer, but must be brought inside when there is frost. In a year or so the plants should flower and later bear miniature fruit.

You might play Oranges and Lemons occasionally when you are working with the little trees.

BIRDS IN THE GARDEN

With a bird book, help the girls to recognise the birds that visit gardens and parks. Listen to what the birds say: can the Rainbows hear the wood pigeon's 'Does it do — Does it do', the chaffinch's 'pink-pink-pink-pink' or the blackbird's 'Rain all day, Rain all day'? What other sounds

stand the processes through which butterflies pass to emerge as the beautiful creatures we see. With the help of a butterfly book they can learn to identify lots of different butterflies.

A GRASS AND FLOWER HUNT

If you live near the countryside, take the girls out into a field or on to a safe grass verge and see how many different grasses or kinds of wild flower they can find.

Identify the flowers and grasses with the help of a plant book. You should be able to find suitable books in the local library.

A WATER GARDEN

All the Rainbows can join in the preparation of this garden. First you need a strong

everyone's are nearly ready ask them to bring them in for the next meeting. Have a big bowl ready — a washing up bowl will do.

Cover the bottom of the bowl with a layer of charcoal. Add a deep layer of pebbles. Plant the cuttings in among the pebbles. Water them often and every month give your garden a little plant food. Your water garden will be a cheerful corner in your meeting area.

If you take extra cuttings, the girls can keep some with which to make their own water gardens at home.

LOOK INSIDE

Bring various fruits and vegetables to the meeting and let the girls look inside to find their seeds. Do big plants have big seeds and small plants have little seeds? Why do some plants have so many seeds? The Rainbows could make a seed collection, sticking seeds on to a card with sticky tape and labelling them.

A cucumber has lots of seeds and so does a tomato. An apple and a grape have far fewer. Some grapes and some oranges don't have any seeds at all — how do they make new plants?

QUIET TIME

Think about all the beautiful gardens and parks we know and the lovely plants that grow in those gardens. Think about window-boxes and indoor plants as well. Think about the birds and butterflies we see in our gardens and parks, and about the trees which give us shade. Say thank you for all these lovely things.

NEXT MONTH

The neighbourhood in which we live is going to be the theme of this column next month. This will provide an opportunity to take the Rainbows out together to look at the area in which they live.

DEBORAH MANLEY



warm soil. Discuss with the girls what plants need to help them grow: moisture, light and warmth. Keep the soil moist by standing the pot in a saucer of water, and keep it warm by putting glass or cling film over it.

Watch for the little plants. When they have grown two pairs of leaves, transplant them into separate pots —

would the girls hear the birds making?

Don't feed the birds now. Baby birds can't eat the sort of food we put out for adult birds in winter.

WATCH OUT FOR BUTTERFLIES

Butterflies are seen more frequently now than they were. Help the girls to under-

stand the processes through which butterflies pass to emerge as the beautiful creatures we see. With the help of a butterfly book they can learn to identify lots of different butterflies.

Each girl can then take a cutting home and keep it in a jar of water until the roots grow. Ask them to report each week on how their plants are doing. When

BROWNIE GUIDERS

A well-stocked Brownie cupboard can make a Guider's life much easier. Equipment should ideally be stored in a cupboard at the meeting place but, if not, in the Guider's home.

This helps a Guider to plan, secure in the knowledge that the equipment needed is always at hand.

STOCKING UP

If your Pack is well established, you may have a cupboard full of activity material which has been collected over the years. Even if your unit is relatively new, you probably already have some paints, pens and colouring pencils available.

Here are some suggestions for items to stock.

The essential tool of the trade, above all others, is the *Brownie Guide Handbook*. The handbook is excellent value for money and will last a girl during her entire time as a Brownie. Any amendments can be inserted as they arise.

The handbook, which contains all a girl needs to know about Brownie traditions, Journey challenges and helpful hints on how to achieve them, guides her through her three years in the Pack. Brownies love 'fill-ins' where they can record their own achievements, and there are plenty of these in the handbook, making it a really personal possession.

When money is short, equipping a Brownie with a copy of the handbook should be considered a priority. The Pack could subsidise the cost from funds, run a special fundraising event or approach the District, Division or County for help.

An important supplement to the handbook is *The Brownie Guide Badge Book*. It's helpful, although not essential, if each child has her own copy. One copy per Six will suffice if funds are low. Some Packs present the

Badge Book to each Brownie at her Promise Ceremony.

BASIC TOOLS

In the early days, Brownies and Guides were expected to arrive at meetings equipped with 'pencil, paper and string'. These items, together with a clean hankie for binding wounds and a pocket knife with a tool for getting stones out of horses'

tissues or a handkerchief, a wrapped plaster, a ten pence coin for the telephone and a safety pin.

To foster the Six family identity, many Packs provide Six Boxes, containing everyday needs such as pencils, crayons, felt-tipped pens, erasers, pencil sharpeners, glue, scissors and other small items. Six registers and copies of *BROWNIE*

Each Six could take it in turns to set out and put away these items or it could be a privilege reserved for Sixers.

Brownies also love to have a Pack mat and they are quite easy to make. Cut a large circle out of brown felt and decorate the mat with shapes cut from coloured felt. The decorations could include owls, Badges, Six emblems, your Pack name or anything



JAN LEWIS

hooves, were kept in the pockets of their uniforms, which distorted their shape and wore holes in the fabric.

Today's Brownie uniform isn't designed for storing this sort of equipment either. Nowadays, many Brownies keep their individual gear in a Brownie bag and it's a good policy to encourage the girls to provide their own basic tools. Some Packs lend their girls simple fabric shoulder bags or drawstring bags which can be washed and handed on to newcomers. Others supply clear plastic pockets, though these are never fit to hand on after three years!

Whatever you provide, it must be big enough to contain the handbook, as well as small items which you and the Pack consider useful. The list might include a pencil (not a pen, which always leaks!), a note pad, an eraser,

magazine to show to new recruits can also be kept in the boxes, for which the Brownies may like to make decorative labels.

However, because Journey work is done in different groups, it's also a good idea to have a separate supply of items such as colouring materials, glue and scissors for general use.

PACK TREASURES

Brownies love to have special Pack treasures, which they often hold in great esteem. Most Packs have a central object for brief ceremonies such as the start and finish of meetings, badge awards, and Promise Ceremonies. This may be the traditional toadstool, owl or pool from the Brownie Story, a Brownie doll, the Pack flag on a stand or, maybe, a globe to emphasise the worldwide nature of the Movement.

else you can think of. The decorations should be stuck on with strong glue.

Some Packs divide the circle into segments for each Six and set the mat on the floor so that each segment is facing its correct Six corner. You can do this by gluing on coloured strips of felt. If the subscriptions are paid weekly, these can be placed on the segments alongside each Six register.

If you don't have storage space at your meeting, you'll need something to carry your equipment in each week. If you live within walking distance, a stout shopping trolley or an old pushchair is ideal. If you have a car, small suitcases are useful and can be stored in the boot.

Next month there'll be some more ideas for Pack equipment to keep handy.

GILLIAN ELLIS 37

GETTING OUT

SOUTHERN IRELAND

The Republic of Ireland offers the best of both worlds for holiday-makers — there's the flavour of a foreign country to add interest but there's much that's familiar too, including the language, which simplifies matters when travelling, shopping and eating out. You don't even need a passport if you're a UK-born British citizen travelling from Britain.

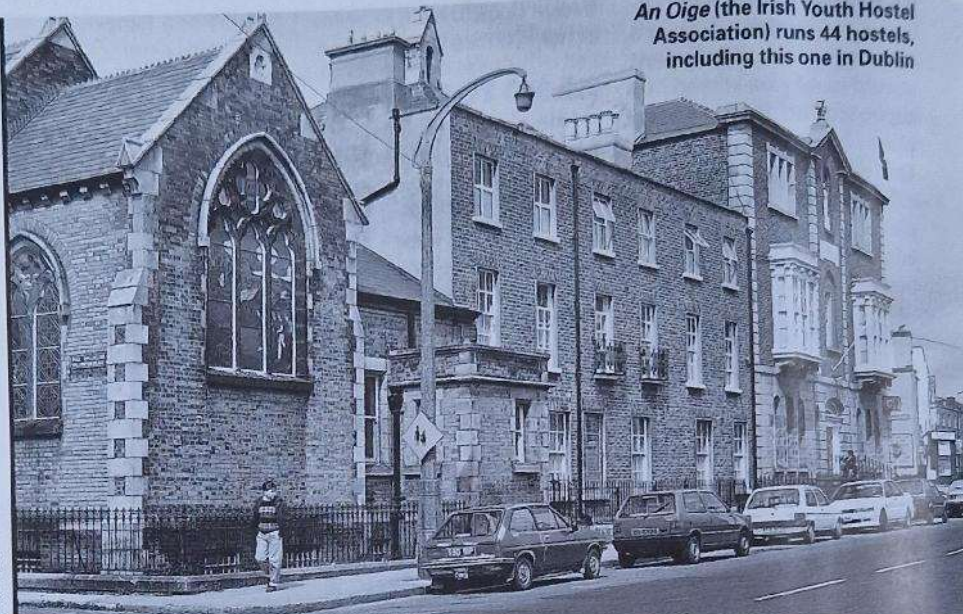
Well served by plane and ferry from mainland Britain, and, of course, easily accessible from Northern Ireland, the Republic is a great place to take a budget holiday, although there's no shortage of luxurious accommodation for those who can afford it. It doesn't take long to get there and fares are quite reasonably priced.

Ferry prices for foot passengers start at around £50, with cycles usually being transported free. If you're a long way from the nearest port, then flying from a nearby airport should be quicker and not too expensive (prices start at around £85-£90). Discounts are available for youth hostellers and students who are carrying identity cards.

Ireland has a population of around 3.5 million, with one million in Dublin and the rest spread thinly around the country's 27,000 square miles — the whole island is slightly larger than Scotland.

So there's plenty of space — especially for those looking to the outdoors for their entertainment. You'll find miles of quiet lanes for cycling, long-distance routes for walking, plenty of wildlife and peaceful camp sites.

This doesn't mean that the place is dead in the evenings, however — the villages and towns can be lively places, although most enter-



An Oige (the Irish Youth Hostel Association) runs 44 hostels, including this one in Dublin

tainment is to be found at the local bar, where live music is often on offer.

The bar in a village may also be the supplier of bread, milk and other essentials. It's quite a surprise at first to find one side of a pub well stocked with groceries, but you soon get used to this relaxed form of shopping.

Another surprise, but a less welcome one, is that a place name on a map isn't necessarily a guarantee that there will be anything there, not even a farmhouse.

Use large-scale Ordnance Survey (OS) maps instead of motorists' maps for detailed planning — these should indicate to you the size of a settlement and the likelihood of a shop. The OS has recently published the first few maps in a new 1:50,000 Discovery series.

WHERE TO STAY

There are numerous camp sites scattered around the coast, but not so many inland. These sites are detailed in a booklet produced by the Caravan and Camping Council and available from the Irish Tourist Board. We didn't find the lack of sites in some areas to be much of a problem

though — farmers were very willing to let us camp in their fields and provide us with water from their kitchens.

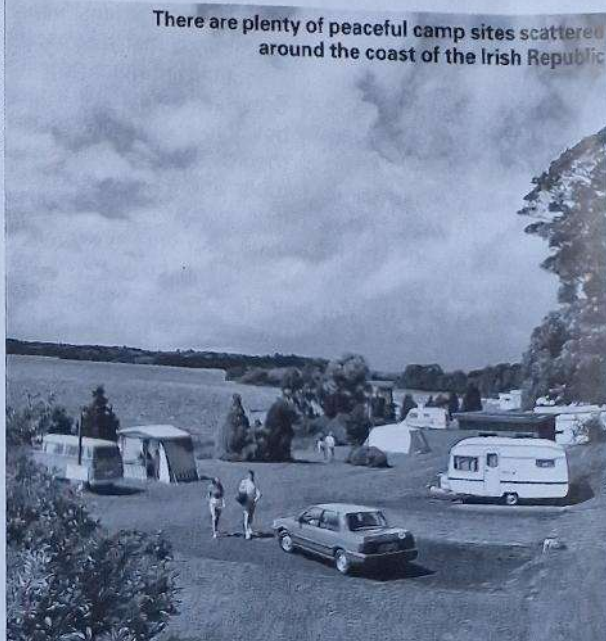
Fortunately some of the youth hostels and independent hostels in Ireland are found inland, although most are concentrated along the coastline. Some of the independents allow camping plus the use of hostel facilities.

An Oige (the Irish Youth Hostel Association) has 44 hostels open to members and non-members, while the

Independent Holiday Hostels are a co-operative of 112 hostels. Prices vary according to age, grade of hostel, size of dormitory and the time of year.

Staying at an An Oige hostel costs between IR£3 and IR£6 per night (up to IR£9.50 per night in Dublin and Galway, however). There's an additional charge of IR£1.25 for non-members but membership only costs IR£4 (IR£7.50 for over-18s). Those staying as part of a group

There are plenty of peaceful camp sites scattered around the coast of the Irish Republic



GETTING OUT

needn't be members, if their leader obtains a special card first — this also entitles the leader to stay free of charge.

Staying at an independent hostel costs between IRE5 and IRE11.

We've heard a few tales about partying late into the night at hostels, so if you're a light sleeper then it's a good idea to take ear plugs.

If you intend to stay in one area, an economical and, perhaps, quieter alternative is to rent a self-catering cottage or caravan for the holiday. There are some very good deals on offer which include ferry or air fares, and off-season bargains such as two weeks' accommodation for the price of one.

Alternatively, both types of hostel are available for group bookings when they are closed to individuals during the winter months.

depends on your time-scale, budget and interests.

Bus and train routes abound, so you should have no trouble reaching the area of your choice. It's not that expensive to travel around — for example, the return fare between Dublin and Cork is only IRE15 by bus and IRE31.50 by train.

Discounts are available for students who purchase an £8 Travelsave Stamp — you can get details from Campus Travel in London. There are also bus and rail Rambler tickets available which offer excellent value.

If walking is your aim, then ask the tourist board for *Cospor's* (the National Sports Council) booklet containing brief descriptions of all the way-marked walking routes in Ireland. There are 20 of these so far, many with bed and breakfast, hostel or

ers in Ireland — that of a law which renders landowners liable for injuries sustained by those on their land. Not surprisingly, landowners are worried by this and are reluctant to allow walkers on to their land.

Cyclists have none of these problems — the deserted back roads are a delight, with the only likely cause of delay being puzzlement over road signs. We came across a number of brain teasers at junctions, where the finger posts indicated that several roads led to the same place. So keep your wits about you and a large-scale map handy.

There's no need to bring your own bicycle because cycle hire is widely available. The tourist board has details of hire companies, some of them allow you to return the bicycle to a different depot. It's also possible to hire a bicycle through *An Oige*. For about IRE20, you can add the transport of a bicycle on to your rail/bus Rambler tickets.

If you plan to hire a bicycle for touring, make sure it's fitted with a carrier and that panniers are available.

Whatever you choose to do, you are guaranteed a friendly welcome from the Irish and a laid-back atmosphere which is perfect for holidays. Even the weather can be kind — we've experienced heat waves on both our recent visits.

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USEFUL ADDRESSES

For general information, plus specific booklets on accommodation (including both-camping and independent hostelling), cycling, way-marked walks and so on:

Irish Tourist Board (London), 150 New Bond Street, London W1Y 0AQ. Tel: 0171 493 3201.

Student fares:

Campus Travel, 52 Grosvenor Gardens, London SW1 0AG. Tel: 0171 730 3402.

STA Travel Ltd, 74 Old Brompton Road, London SW7. Tel: 0171 937 9921.

For competitive fares, accommodation and activity holiday packages:

Enjoy Ireland Holidays, Ainsworth Street, Blackburn, Lancashire BB1 6AZ. Tel: 01254 692899.

Leisure Breaks, 33 Dovedale Road, Liverpool L18 5EP. Tel: 0151 734 5200.

For walking tours for groups:

Martin Joyce, Sports Travel International, 109 Old County Road, Crumlin, Dublin 12, Ireland. Tel: 00 353 1 454 5135.

Train and bus information:

CIE, Vistec House, 185 London Road, Croydon, Surrey CR0 2RJ. Tel: 0181 686 0994.

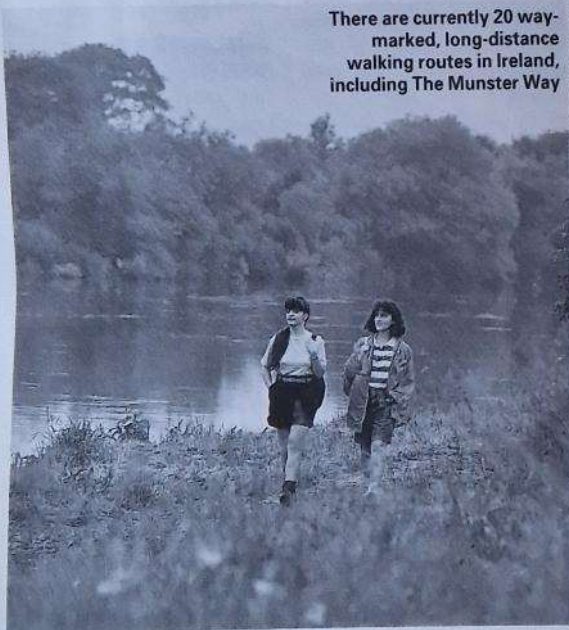
Hostel information:

An Oige, 61 Mountjoy Street, Dublin 7, Ireland. Tel: 00 353 1 830 4555.

Independent Holiday Hostels, UCD Village, Belfield, Dublin, Ireland. Tel: 00 353 1 260 1634.

For the flavour of the Irish walking scene (plus lots of adverts for accommodation and activity holidays) read the quarterly magazine *Walking World Ireland*, available from: 288 Harolds Cross Road, Dublin 6W, Ireland. Tel: 00 353 1 492 3030.

There are currently 20 way-marked, long-distance walking routes in Ireland, including The Munster Way



WHERE TO GO

The most difficult decision to make is to decide on your destination. Do you pick the central lakelands, with wildlife and water-based activities as an extra; the drier and sunnier southeast; the west coast with its wild landscapes, spectacular cliff scenery and the Burren's precious limestone habitats; or the southwest with its Ring of Kerry and rugged mountains to climb? It all

camp site accommodation en route. An accompanying leaflet is produced annually with updated accommodation information.

Local community groups and councils also publish details of short walks — ask for these at the relevant tourist information offices (addresses are available from the Irish Tourist Board).

These local and long-distance routes solve a recent problem that has beset walk-



Puzzling road signs on back roads mean that cyclists must keep a map handy

GUIDE GUIDERS

The pictures of the first British astronaut to walk in space brought back to me memories of a wide game with a space theme suitable for Patrols to play during a camp or outdoor evening.

SPACE TRAVEL

Each Patrol will need:

- marshmallows
- drinks
- matches
- string or rope
- groundsheet
- pencil and paper

The Patrols are given an information pack containing this equipment plus a scene setter for the game and a code-breaker card.

useful aid for your Guides is to think of high mountains for dashes and low mountains for dots.

You could provide photocopies of the following scenario:

Your Patrol has been selected as the first Guide mission into space.

Unfortunately, your spacecraft has gone out of control and crash landed on a strange planet.

This planet, although earth-like, is inhabited by alien beings. The aliens, who are friendly and peace-loving creatures, have intercepted messages from your mission control. However, being



MICHELLE DRAYCOTT

The coded challenges hidden in the 'balloon-cocoons' can be as straightforward or as complicated as you feel your Guides can manage. For instance:

- **Make a shelter which will house all of your crew.**
- **Light a fire to keep warm and cook some space snacks.**
- **Dress one of your crew as an alien being in order to communicate with the space creatures on this planet.**
- **As you wait to be rescued, entertain yourselves by composing a song or poem about your adventure in space.**

The time allocated to the game will vary from group to group. Guiders can judge from the level of interest and enthusiasm when to bring the challenges to a conclusion. At which point they can assess each Patrol's efforts, award points and, possibly, present small prizes.

GAMES IDEAS

Shorter outdoor activities can include ideas such as:

Odd Man Out Scavenger Hunt

Assemble a collection of objects not associated with the outdoors, such as kitchen utensils, items of stationery and small toys, which should be hidden in an area of undergrowth, hedgerow or woodland. The Guides use their observational skills to make a list of the 'odd men out' they spot and their locations.

Forty Shades of Green

Another observation activity can be prepared using a

number of different shades of green paper, or the little colour samples of green shades given on paint charts. The Guides are challenged to find a piece of natural greenery to match the shades they have been given.

This type of activity does not need points to be awarded, but it can generate discussion about tree and plant identification.

Nature Quiz

This quiz is based on touch. The Guides are asked to find objects which fit tactile descriptions, for example, items that are fuzzy, sharp, smooth, rough, soft, squashy, hard, spiky...

THE GREAT GUIDING GAME

The next game has been invented by Louise l'Anson an 11 year-old Guide with the 5th Ripon Moorside.

To play this game you need:

- two teams of eight, lined up one behind the other
- a referee
- a marked distance to run over.

Before the game begins the referee writes down in a star a word associated with Guides, such as camp. When the referee says 'Go', the person at the front of each team shouts out a word to do with Guides such as badges, and then runs over the marked distance returning to the back of her team. The other team members then take their turns.

The referee writes down the words as they are called out. If a word is repeated by anyone, regardless of which team they are in, then that team has to start again. This rule also applies to anyone who calls out the 'star word'. The first team to finish wins.

Many thanks to Louise for sharing her game with us.

CAROL SMYTH



MICHELLE DRAYCOTT

The coded challenge instructions are recorded on small pieces of paper, which, in turn, are tightly rolled up and placed into balloons that have been colour-coded for each Patrol. The balloons are then blown up to form alien cocoons and tied on to trees and bushes over a wide area. Ideally this part of the game needs to be prepared while the Guides are off the site.

The code used is based on Morse, with high peaks to represent dashes and low peaks representing dots. A

extremely shy, they have hidden the messages in cocoons laid in the foliage of their planet.

Your survival depends upon your crew finding the alien cocoons. You may discover that the aliens have recorded your vital information in their own intergalactic script.

If so, you must use your space decoder to translate your survival message from earth, and then carry out all received instructions.

Good luck Space Guides!

QUIZ NIGHT

If you are stuck for an idea to raise money for unit funds, or you just want a fun way to fill a slot in your programme, try cashing in on the nation's passion for quiz nights.

The first step is to decide who is going to take part: is it to be just your girls; members of other local units; or teams from Scout troops in the area? Mixed-age teams or parent-and-child teams can also work, as long as the questions are pitched at the right level.

If you are planning a really

to relatives, friends and neighbours.

EQUIPMENT

You will need:

- tables — one for each team, and one for the question-master, score-keeper and time-keeper
- a score board — one where the numbers can be turned over as the score mounts, thereby adding to the excitement. Your local cricket club might be able to help out
- a stopwatch
- a supply of questions.

should have a loud, clear voice and a friendly manner.

Depending on the size of the hall, you may need to hire a public address system, so that people sitting at the back can hear properly.

RAISING FUNDS

Teams could be charged a modest fee to enter but you will make most of your money from the admission charge. Approach local firms for prizes: if you do well, you can probably hold a raffle in the interval to boost your funds even further.

being awarded to whichever team answers correctly.

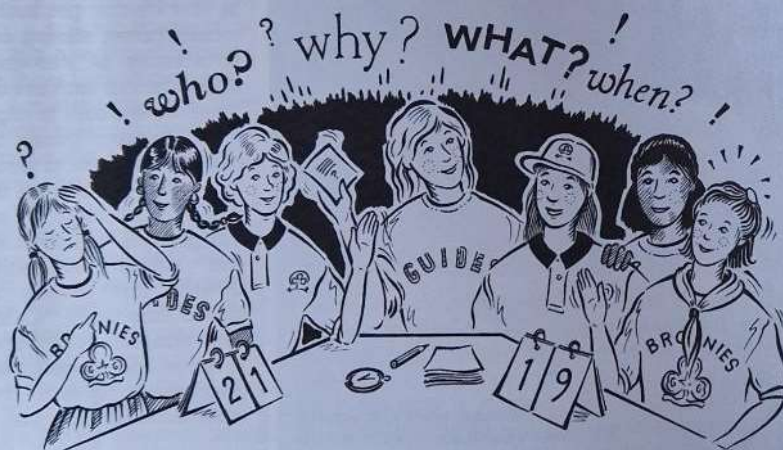
Appoint one person as a co-ordinator to deal with any problems that might arise. Provide tumblers and a jug of water for those taking part.

Make sure you have plenty of change — you are bound to need it. And end the night in style by presenting a prize to the winning team.

If your first quiz night is a success you could consider making it a regular event, perhaps concentrating on specific topics such as television, music and sport.

One last tip: buy or borrow a copy of Dave Cornish's book *How To Run A Quiz* published by Right Way Books. It contains lots of information on running different types of quizzes.

SARA EDLINGTON



MICHELLE DRAYCOTT

big event, it may be necessary to organise elimination rounds leading up to the grand finale. But spectators will find it more exciting if all the competing teams perform on the same night. You will have to adjust the number of questions asked in each round according to the number of teams taking part and the time available.

Calculate how big your audience is likely to be and work out if your usual meeting place is big enough to accommodate everyone comfortably. It may be wiser to book a larger hall, as long as the rent doesn't eat up all your profits.

The girls will enjoy producing attractive posters and flyers to advertise the event, and tickets to sell in advance

Try to sit the question-master so that she is facing the audience, with the time-keeper and score-keeper beside her. The teams' tables should be grouped on either side of this central table.

Obviously, this is easiest to arrange if an even number of teams are taking part.

Keep the rules simple and make sure the teams understand how long they have to answer each question and whether they can confer. If you plan to include a 'first with the answer wins the point' session, you'll need a bell or buzzer system to establish who should answer. Calling out — by either the teams or the audience — should be banned.

Take time to choose the right question-master — she

If you want to serve refreshments stick to tea and coffee, cold drinks and some biscuits — they don't cost much to provide, and are quick to prepare and easy to serve.

It is usual to allow about 30 seconds to answer a question, and the time-keeper can build up the tension with warnings of how much time is left. You can buy books of questions but it's cheaper and a lot more fun to draft them yourself.

There are several ways to score: you can award two points for a correct answer, with the opposition having a chance to earn a point by providing the right answer if the first team gets it wrong; or points can be deducted for mistakes, with bonus points

QUESTION TIME

Here are some sample questions to get you started:

- 1 What is the giant panda's favourite food?
- 2 Who wrote *Sense and Sensibility*?
- 3 What is the symbol on the Observer badge?
- 4 Who is the president of The Guide Association?
- 5 What was the name of the first manned spaceship?
- 6 Who was Henry VIII's third wife?
- 7 Which country will host the 1998 Winter Olympics?
- 8 Who won an Oscar for Best Actor in the film *Rain Man*?
- 9 The killer whale has another name. What is it?
- 10 What does the computer term DOS stand for?

ANSWERS:
1 bamboo
2 Jane Austen
3 an eagle's head
4 Princess Margaret
5 Vostok 1
6 Jane Seymour
7 Japan
8 Dustin Hoffman
9 Orca
10 Disk Operating System

RANGER GUIDERS

QUEEN'S GUIDE AWARD

The development of Look Wider has made the Queen's Guide Award an integral part of the programme for the Senior Section. Now that the highest award which a young woman is able to work towards is no longer 'tacked on' to the programme, it is important to understand how the Award and the Look Wider programme fit together.

HIGHEST AWARD

Since young Guiders may take the Award, just as they may also be members of the Senior Section, the latest syllabus and notes have been adjusted to accommodate this alteration. However, there are no other changes to the syllabus or to the standards set by the Award.

The Award requires that each candidate be recommended by her Unit or Group, and that the minimum standards for the successful completion of each clause are set by the County Queen's Guide Assessment Panel, chaired by the County Commissioner.

Unlike the rest of the Look Wider programme, the individual is not working solely towards achieving the best that she can do. Instead, her goal is achieving the standard required by the assessors, who will be responsible to the County panel. Then, she will be aiming to do the best she can, over and above the minimum standard.

It is a bit like jumping over a hurdle: you may crash and fall flat, then pick yourself up and have another go. Or you may just clear the hurdle, take a deep breath and go on to the next one. You may even clear it easily, with or without a great deal of effort.

It would be unusual if a candidate found every section of every clause to be easy, but there will be those who do find that one clause does not offer as much of a challenge as another.



Young women who achieve the Queen's Guide Award have proved themselves to be exceptional

The purpose of this group is not to pass or fail a candidate, nor is it intended to take the place of the Assessor. It is meant to help the candidate to plan a progress pattern through the Award. Three years may seem a long time when beginning the Award, but even exceptional people have been known to procrastinate!

Failure to examine carefully the required time scale for individual clauses, or plan activities with due regard to the time of year and possible prevailing conditions, can be just as devastating as having to fit in life changes such as moving home, starting work or a series of interviews. Known factors such as exam times are less easy to forget.

The support group can help the candidate to ensure that she takes all such factors into consideration and that she sets herself achievable targets and works towards them within an agreed time scale. Candidates must also build in time to review and evaluate their progression towards the achievement of each goal.

RECOMMENDING

The request for recommendation should be made to the Unit's or Group's Look Wider team. Successful recommendations then proceed as set out in the Award notes.

By involving her own support group in the pre-recommendation planning, a candidate will be able to discuss with people who know her well any issues which may be specific to her and that she might not, at this stage, be prepared to discuss with others.

Part of the caring role of the support group might involve them in preparing her to do so, so that, for example, a young woman with a physical disability can then go on to discuss any likely issues with her County Adviser for Members with

The Award is not easy to achieve, nor is it designed to be. Young women who have achieved it — many overcoming personal problems to do so — have proved themselves to be exceptional, if not at the beginning of their efforts then certainly by the end of them.

GROUP SUPPORT

It is suggested that before a candidate seeks recommendation from her Unit/Group, she plans out how she is going to fit the work for the Award into her life map during the next three years.

Within the pattern of support of Look Wider, the potential candidate can now work this through with her own support group, and this

will ensure that, for example, her parents, Unit Guider or husband, and members of the Look Wider group, legitimately can make suggestions, if they are part of her personal support team.

While making her own initial plans, the potential candidate should review who she would like to include in her support group. If an individual is working in a fairly isolated situation, then she may find that it helps to maintain a fairly constant group.

If, however, there are a lot of people able to fit into this role, then the candidate might choose a nucleus of two or three people, and then bring different people in as she approaches different aspects of the Award.

YOUNG LEADERS

Disabilities, before she starts on the Award.

Any concerns can then be discussed by the County panel when the candidate is recommended and before a problem arises and needs immediate resolution.

USING OCTANTS

Activities undertaken for the Award can also count within the octants of Look Wider. This means that a candidate who decides she no longer wishes to continue with the Award might find that she has completed quite a considerable amount of octant-oriented activity.

However, a candidate must state in advance that she is going to undertake a specific action for her Queen's Guide Award. If she then chooses to also use this for a specific phase of an octant, she should discuss it with her Look Wider team.

Activities that are completed prior to recommendation for the Award cannot be used retrospectively.

While each of the clauses of the Queen's Guide Award are clearly labelled 'Service to ...', it does not, necessarily, follow that the individual sections of each clause have to be accredited to an octant of the same or similar title, nor that they will fall within the same phase of an octant for every candidate.

The requirements of the Enterprise clause, for example, could help complete phases in several octants:

- Outdoor
- Leadership
- International
- Personal Values

Within this same clause, while an experienced camper might see the requirement to spend time lightweight camping as a Phase 1 outdoor activity, someone with no experience might find that this would fit into Phase 2 of the same octant for her.

The first girl might regard getting the gear together and looking after herself as an extension of camping activities she had completed previously. Yet the second candidate's Phase 1 activities

might have included learning to pitch a tent, light a stove, and select and pack equipment. So that putting it all into practice and developing the skill to survive even a training situation qualifies as a Phase 2 activity.

Similarly, while one candidate might find that the actual expedition is for her a

- Independent Living
- Sport and Fit for Life
- Service
- Leadership

Look Wider summed up in one clause, in fact.

Try undertaking the same exercise with each of the Queen's Guide clauses.

It is only when a candidate starts to look at the individual

bility of the County Commissioner, and she, through her Division Commissioners, appoints suitable assessors.

How she does so is up to her, but she could — if she wished — ask the Look Wider team to be responsible for the assessment of a particular clause, or section of a clause. Some clauses



Potential candidates can work with their own support group when planning to do the Award

Phase 3 outdoor activity, another candidate might find that the need to temper her own ambitions to those of the group she is to lead, should be counted as having completed Phase 3 of the Leadership octant, or, perhaps, Phase 3 of the Personal Values octant.

In the same way someone undertaking the Service Overseas clause might use it to complete the Overseas octant, while another candidate might choose to use the experience to complete phases within the Personal Values and Service and Creativity octants.

Service to Guiding probably gives the individual the greatest opportunity to link with a variety of octants. A glance at this section reveals that there are sub-clauses within it which could also fit in to the following octants:

- Outdoor
- International
- Creativity
- Personal Values

sections of each clause of the Award and, particularly, when she starts to relate it to specific phases and octants of the Look Wider programme, that an underlying fact becomes apparent.

Although we are looking for the achievement of a common high standard, nevertheless, for every candidate, each section of each clause will present a different level of personal challenge and achievement. It is important not to belittle the clause that is easily achieved, for there will be others that require a greater personal commitment.

ASSESSMENT

The Look Wider team of each Unit or Group continues to be responsible for recommending a candidate and for the ongoing discussion with her about her understanding of, and commitment to, the Promise.

Assessment of the clauses of the Award is the responsi-

lend themselves more easily to this than others.

For example, the Service in the Home clause is one that often includes a whole variety of people in its assessment: family members, unit colleagues, County Assistant Advisers, the engineer at the local garage...

Clause 1 of the Award is completed in the way which has already been established by the Look Wider team in the Unit or Group.

If the Look Wider team feels that they could contribute to the Assessment of individual parts of a clause, then they should negotiate with the Division Commissioner. She can then liaise with the County panel and make sure that the required standard is met.

It is unlikely that a candidate's peer group would permit her to underachieve, but they may well push her way beyond the minimum acceptable standard!

WENDY GOODHIND 43

DECOUPAGE

The art of decoupage can be adapted to suit the talents of girls of all ages.

Once a favourite pastime of aristocratic French ladies, decoupage has become a favourite method of adding a personal touch to everyday items since it was revived in the USA during the 1960s.

The craft can be traced back to the 18th Century when some Italian craftsmen wanted to imitate the painted furniture being imported from the Far East.

Since they couldn't paint, they cut out prints and engravings produced by more gifted artists, and combined them with their own designs. These were then covered with many layers of varnish to give the popular hand-painted look.

This method of simulating painting works on wood, metal, stone or glass.

It was later adopted as a hobby by fashionable French women, who used it to decorate fans, boxes and trays.

This craft has seen a revival in the past 30 years.

CRAFTY CARDS

This simple version of decoupage is popular with children as it is easy to do.

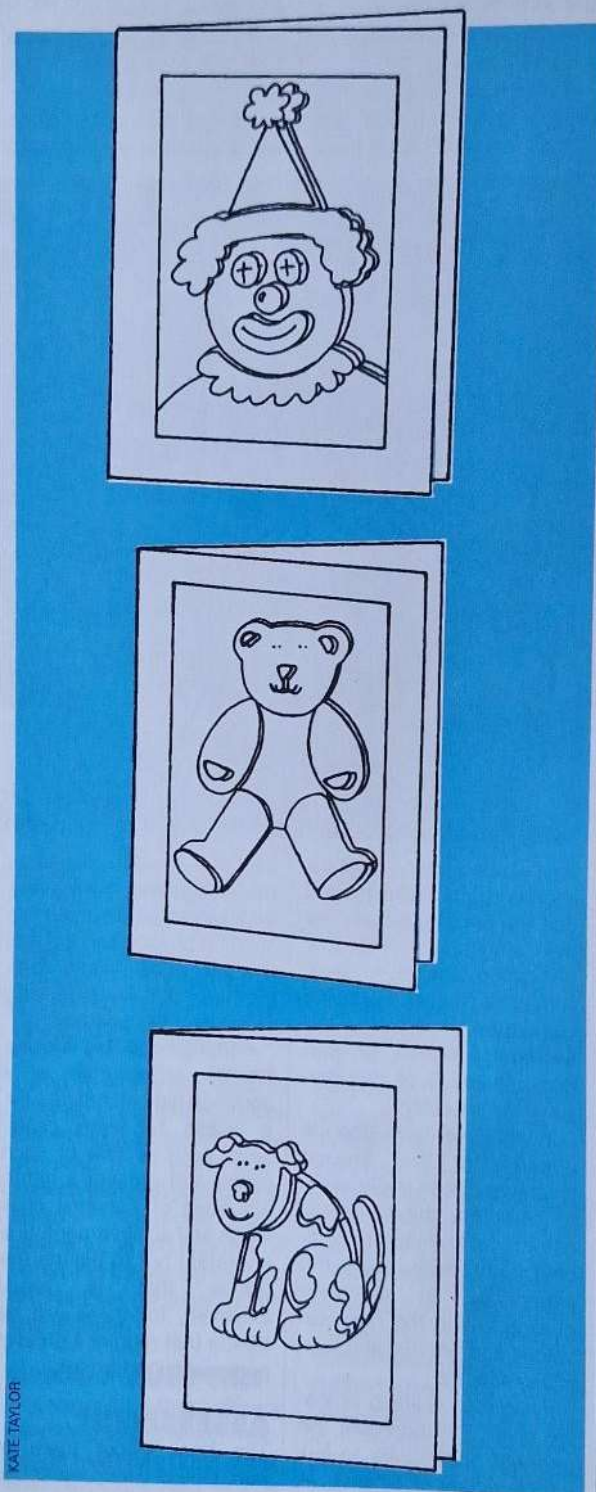
You can use it to make lovely 3-D greetings cards. Use the cards illustrated on the right to inspire you. Or the girls may come up with some ideas of their own.

You will need:

- Sharp scissors
- Paste or glue
- Three identical pictures (wrapping paper is the cheapest source but stick the cut-out pictures on to thin card first)
- Small pads with adhesive on both sides
- Card to act as background
- A window card mount, available from stationers

Method

To make a greetings card you can either use coloured card as a background or



KATE TAYLOR

colour in some plain card.

Cut out an oblong of card, slightly larger than the window in the mount. Glue it round the edge and stick it in position behind the window.

Each girl should then cut out three identical pictures.

The first one is stuck on to the background in the middle of the window.

The second is cut up into large sections. If you are using an animal picture, for example, cut out the arms, legs, feet and so on.

The third picture should be cut into smaller pieces to show, for example the ears, nose and whiskers.

Place a sticky pad on the back of one of the larger sections, such as the head, and stick it on top of the original, but slightly to one side, to increase the 3-D effect.

Attach the other large pieces in the same way.

Then attach the smaller pieces, trimming the pad if necessary, and remember to stick them just off centre.

Press the layers firmly together and you have a stunning 3D greetings card.

SPECIAL GIFTS

Girls can also use decoupage to decorate gifts or enhance items for sale at summer fairs or Christmas fetes.

These could include biscuit tins, gift boxes, trays and lots of other items.

You will need:

- Scissors
- Paste or glue
- Clear varnish
- A paint brush

Illustrations to use as decoration can be cut out of wrapping paper, postcards, posters, magazines and newspapers, or you could cut up shapes from brightly coloured paper.

Method

Make sure that the surface you are using is clean. If you are using wood you may have to lightly smooth it off using sandpaper, which you can buy from any DIY shop. If you want to decorate a metal, glass or plastic surface, wipe it over with a damp cloth first.

Next, cut out and arrange your chosen illustrations, then stick them down. When the glue is dry, varnish the surface and wait for it to dry.

Keep on applying additional coats of varnish until you can no longer feel the edge of the illustration.

You may need to rub it over lightly with sandpaper.

PAM HASWELL

FOCUS ON NETHERURD

Netherurd is celebrating 50 years as the Scottish Guide Training Centre this year.

The 1945 Scottish annual report put into words just what this centre means to Guiding when it stated: 'Netherurd, set as it is in the most beautiful country, with an atmosphere which has the spirit of Guiding at its roots, may long be an inspiration not only to Scottish Guiders, but also from over the Border and beyond'.

Netherurd is accessible from Edinburgh (25 miles) and Glasgow (42 miles). The centre lies amid the Border hills of Peeblesshire and is set in its own grounds. The main house is a beautiful Georgian mansion. The large training rooms have open log fires which produce a warm and relaxed atmosphere.

The house can accommodate 39 people, and the bedrooms vary in size from single and twin rooms to shared rooms of up to five beds. There is a lift giving people with disabilities access to the first floor.

Netherurd can help organise transport from Edinburgh if notice is given in advance.

The range of trainings at Netherurd is wider than ever. Here is a selection:

July 14-19

Spend a week walking in the picturesque Border countryside. Walking for Pleasure or Towards a Qualification is a programme for everyone. Training

sessions are put into practice in the countryside.

September 8-10

Is your District a Team? If your answer to this question is 'No', then come along to this weekend training when Trainers will be on hand to give advice, guidance and encouragement. If the answer is 'Yes', then come along, share your successes and learn from others.

November 10-12

International isn't just for Thinking Day — let's look at the world now.

This weekend will give you lots of information about international Guiding — providing ideas to use with the girls in your unit, helping them to look beyond their own doorsteps and sparking an interest in the wider aspects of Guiding.

Training fees:

£39.00 Shared or twin rooms

£49.00 Single room

Prices are per person, per weekend.

To celebrate its 50th anniversary, Netherurd is holding two special golden events:

THE GREAT NETHERURD GOLD RUSH

June 3

Based in the beautiful surroundings of Netherurd House, there will be a fun-fair extravaganza with entertainment galore including golden games competition, face painting, stalls and lots of activities.

NETHERURD AT THE QUEEN'S HALL — A MUSICAL CELEBRATION

November 11

Share an enjoyable melodic evening in this distinctive city centre venue. Tickets are available from Mrs Sally McMath, 25 Thompson Drive, Currie, Edinburgh, EH14 5EY.

THE GUIDE ASSOCIATION



Netherurd is a beautiful Georgian mansion surrounded by the Peeblesshire hills

The large training rooms have open log fires producing a warm, relaxed atmosphere

THE GUIDE ASSOCIATION



TRAINING DIARY

INTERMEDIATE WALKING SAFELY TRAINING

FOXLEASE

June 2-4 and
September 8-10

Accommodated in the Coach House, this course will cover most of the Walking Safely Scheme at intermediate level. The weekend will include walking and theory.

DISTRICT COMMISSIONERS MANAGING THE LEADERSHIP SCHEME

BRONEIRION

June 2-4

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. This training will help her find her way through the scheme and show her how best to help Guiders find the training and help they need.

NEW GUIDERS LEADERSHIP SCHEME PART 1

BRONEIRION

June 2-4

Using practical activities, Guiders will cover the basic principles and methods of Guiding, explore the development of girls, and consider the Promise and its meaning for young people. There will be an introduction to many useful publications and plenty of new ideas to take back to the unit.

Commissioners and Guiders may come independently to either weekend.

HOLIDAY BREAK

LORNE

June 17-27

Come and enjoy the peace and tranquility of Lorne. Recharge your batteries with a few days away from the pressures of life. Indulge yourself — you deserve it! You can book for all or part of the Holiday Break.

COME AND CAMP

HAUTOIS

August 24-28

A training opportunity for Young Leaders and Guiders who would like to gain

practical experience of leadership in a traditional Guide camp. You can bring or send some of your own Guides to take part in the camp and in a choice of outdoor activity sessions. A leaflet is available and, nearer the time, details of the preparation assignments will be sent to those who are accepted.

FAMILY WALKING INCLUDING WALKING SAFELY TRAINING

WADDOW

May 26-June 2

Come on your own, with a friend or with the family. Walking Safely Training will form part of the course. Your family can join the course, take part in the walks or do their own thing. Stay for part or for the whole period.

EXPERIENCED GUIDE GUIDERS 10 YEARS+

FOXLEASE

June 9-11

Put a little inspiration back into your Guiding without having to cover the 'basics' with new Guiders. With such a wealth of experience present there will be much to air and share, and you will return to your unit revitalised.

HOLIDAY PERIOD

WADDOW

May 26-June 2

Trefoil Guild members and families, and Guiders with Guides/Rangers are welcome to use Waddow as a holiday base to do their own programme and explore the area. Stay for part of or for the whole period.

HOLIDAY PERIOD

FOXLEASE

July 23-August 6

During this period you are invited to use Foxlease as your holiday base from which to explore the area, within which there is plenty to do for all ages and interest. Send for details of costs.

MADE TO MEASURE

HAUTOIS

June 30-July 2

This training weekend for Guiders of all sections will offer each person the opportunity to do three options chosen from: pioneering, Brownie Go! Chal-

lenge, photography, staged badges, planning big events, words and movements, and (hopefully) rowing. The aim is that each trainee will have a 'made-to-measure' weekend course that fits her current needs. A leaflet and application form are available. Just contact Hautbois at the address below.

CHEAP AND CHEERFUL IDEAS FOR GUIDE AND SENIOR SECTION GUIDERS

WADDOW

June 2-4

You are invited to spend a weekend discovering imaginative and inexpensive ideas for your units, all within a balanced and varied programme. It's fun and well within everyone's budget.

FORTY WALKS

FOXLEASE

August 24-29

Four walks of approximately ten miles each visiting heathland, forest, the coast and downland, and other places of interest. Ice cream and tea shops will not be forgotten. The pace will be moderate — these are holiday explorations not route marches! Bring family and friends or come on your own. Children who are experienced walkers are always welcome.

For full details of future trainings, send a sae to the Manager of the appropriate centre. Applications to attend any of the trainings mentioned should be sent to the Manager at Foxlease or Waddow, enclosing a £15 deposit and sae. Cheques should be made payable to The Guide Association.

STOP PRESS

All the Training Centres offer leader training throughout the year and are open to new and experienced Guiders from all sections as well as Commissioners, Advisers, Unit Helpers and Young Leaders.

There is no limit to the number of trainings you can attend.

FOXLEASE

Lyndhurst, Hampshire
SO43 7DE
Tel: 0703 282638
Fax: 0703 282561

WADDOW

Clitheroe, Lancashire
BB7 3LD
Tel: 0200 23186
Fax: 0200 27460

LORNE

Station Road, Craigavad,
Holywood, County Down,
Northern Ireland BT18 0BP
Tel: 0232 423180

HAUTOIS

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

NETHERURD

Blyth Bridge, West Linton
Peeblesshire EH46 7AQ
Tel: 0968 682208
Fax: 0968 682371

BRONEIRION

Llandinam, Powys,
Wales SY17 5DE
Tel: 0686 688204
Fax: 0686 688098

BLACKLAND FARM

Grinstead Lane,
East Grinstead, West Sussex
RH19 4HP
Tel: 0342 810493 or
0860 393026
Fax: 0342 811206

COMMISSIONERS

Finance, money, budgeting... do these words strike fear in your heart? Would you rather hide your head under the bedclothes and forget all about it? Don't panic. Managing money is not as hard as you think.

Let's think of the worst possible scenario: your District finances are nil, you are starting from scratch and you do not have a treasurer. Your first task is to find one. Ask your friends and acquaintances - you'll be surprised at the amount of hidden talent available. She need not be a current member of the Association, or have any experience of Guiding.

A knowledge of simple bookkeeping and the ability to keep an eye on the bank statements is all you need to do the job.

Having found your treasurer, or if you decide to go ahead anyway, the next task is to open an account at a convenient bank, Girobank or building society branch. It is worth shopping around, enquiring about charges and trying to get free banking. A Treasurer's Account usually gives you a small amount of interest on a current account. All accounts, whether they are District or

unit, must have at least two unrelated signatures (*Guiding Manual* 30.13).

Budgeting simply means thinking of the future and estimating your needs. You may not get it right first time but have a go. Take a piece of paper, fold it in two lengthways and head the left-hand side Income (or Receipts) and the right-hand side Expenditure (or Payments).

Add up the two sides. More income than expenditure equals happiness. But if your expenditure exceeds your income, consult your treasurer and District, and draw up an action plan. After all, a problem shared is a problem halved.

The greatest advantage of this exercise is that everyone will know what to expect. The units can incorporate any District contribution into their own budgets. With proper planning you can ease your own and your Guiders' busy lives.

Your District accounts will need to be audited or checked annually by a suitable person, and then should be circulated to your Guiders with a copy sent on to the Division Commissioner.

Your second responsibility, financially speaking, is to your units. Encourage them to budget and bank as outlined. The temptation to

keep the unit's money in an old purse in a drawer must be resisted, even if it seems the easiest thing to do.

If expenditure exceeds income, ask your units to look at the level of subscriptions - always a thorny subject - and seriously consider raising them. Market research has proved that parents are willing to pay more than Guiders realise.

These days, few Guiders, parents or members of the public have time to organise jumble sales and bazaars. We get little credit by under-selling Guiding and making it so cheap that we are always struggling for funds.

Units should charge a realistic subscription, based on needs, which can then be explained if a Guider is challenged. This means that all the parents of the girls in the unit share the cost, rather than the burden falling on a few. Also everyone benefits, as there is enough money for activities and no shortage of books or materials.

As Commissioner you can always offer to write a letter of support and explanation to the parents in a Guider's unit.



SARAH LENTON

At unit level, the annual subscription must be taken into consideration. It is due on February 22 each year, and there should be at least six months notice of the amount to be paid given from 'above'.

Be realistic - it is never going to go down and is most likely to increase by a small amount each year. Your Guiders need to choose whether they collect this money from the parents as an extra sum annually, or whether they include it in the unit subscription so that it is spread out over the year. Either way, it needs to be faced and thought about to avoid a crisis on February 21.

Unit accounts must be gone over annually by an independent examiner and a copy given to you. You have to see this is done. Guiders who have no book-keeping experience should use the Association's *Unit Accounts Pack* as a minimum standard of record keeping. They must keep all vouchers, till receipts and so on to prove expenditure. The pack's accompanying pages give excellent advice and help and they are recommended.

VIVIEN PLEYDELL-BOUVERIE

● The *Unit Accounts Pack* (63750) costs £3.10 and is available from Guide shops and through the Trading Service. £1 should be added to cheques and postal orders for less than £12 to cover postage and packing.

INCOME

- Share of annual subscriptions
- Profit from a District Trading Service depot
- District fundraising event
- Agreed annual contribution from the units in the District
- District Friends of Guiding Group
- Other ideas of your own

EXPENDITURE

- Your own expenses, such as telephone, postage, photocopying, mileage, magazines... (You must claim - to show the true cost of running the District and thereby enabling your successor to feel that she can claim in her turn).
- Expenses for District Meetings (hire of hall, coffee, photocopying...)
 - District events
 - Sundries, like presents to Guiders, cards, publicity material
 - Agreed District expenses, such as start-up grants to new units, and help with uniforms, books and so on for new Guiders.

These examples are basic ideas; circumstances vary and you will need to write your own list.

HOW TO DO

MAKE A MAGIC BAG

Guides and Brownies will enjoy making this simple magic bag. And, with a little practice, they'll soon be able to perform an amazing magic trick.

YOU WILL NEED:

- Three squares of dark felt
- Scraps of coloured felt
- Scissors
- A ruler
- A pen
- Sticky tape
- Strong glue
- Three 60cm lengths of different coloured rope

MAKING THE BAG

1 Glue together two squares of dark felt, along two sides and the bottom edge. Glue the third square on top along the same three edges.

This makes a bag with a front pocket and a secret back pocket, both of which open at the top edge.

2 Draw some shapes on the back of pieces of coloured fabric. You will need to use a felt pen or a ballpoint pen.

3 When you have drawn lots of shapes, cut them out. Turn the shapes over so that you can't see the pen marks on the fabric.

4 Arrange your shapes on the front of the bag. When you are happy with your design, glue the shapes to the bag.

PREPARING THE ROPES

Cut each rope into two 30cm lengths and tape around the ends. Knot three different coloured ropes together to make a chain.

MAGIC TRICK

Now that you've made the props, you're ready to perform a sensational piece of magic.

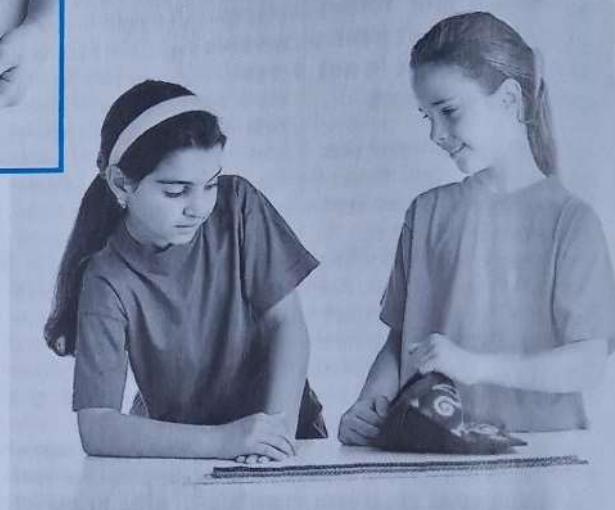
Remember that the secret pocket is at the back (the undecorated side) of the bag. You will have to practise folding over the edges of the bag smoothly until you can do it without looking.



PREPARATION

▲ Open the secret pocket at the back of the bag and put the linked ropes inside. Try to make the ropes lie as flat as possible.

► **1** Put your thumbs into the front pocket of the bag and fold over the top edge so that only the front pocket is open. Ask your assistant to check that the bag is empty.



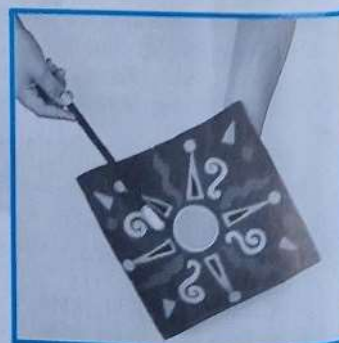
▲ Lay out the three lengths of rope



▼ The top edge of the bag must point away from your assistant and the audience.

▲ **2** Ask your assistant to put the lengths of rope into the bag, one at a time.

▼ Make sure that your assistant can't see the edges of the secret pocket.



▲ **3.** Unfold the edges of the bag and lay it flat on your hand. Then tap the bag with your hand and say some magic words.

▲ **4.** Now, put your thumbs smoothly into the secret back pocket of the bag and fold over the edges. The three lengths of rope are then hidden from view.



HOW TO DO

THE FINISHED BAG AND ROPES

► Colourful felt cut-outs

◀ The open edges should be at the top of the bag

◀ The chain of linked ropes appears out of the bag at the end of the trick

► Three lengths of coloured rope

▲ Make sure the knots are pulled tight



Your assistant doesn't know that the lengths of rope are still in the bag.

◀5. Ask your assistant to reach into the bag and pull out the ropes. She will be amazed that the ropes are linked into a chain.



● Adapted from *Amazing Magic Tricks* by Dave Brown and Paul Reeve (published by Dorling Kindersley). Price £7.99.

A GOLDEN opportunity

LOUISE WOOLLARD



▲ The English-teaching camp was held near the Slovak town of Trenčín

Guides in Eastern Europe are anxious to learn English in order to become more involved in world Guiding. So a British team operating under the GOLD scheme travelled to Slovakia to camp with local Guides.

We tend to be smug about it, but it's a basic fact of life – English is the language of international communication, the most widely used in diplomacy, commerce, aviation and science.

And the same goes for world Guiding, of course, which is why Guides and Girl Scouts in Eastern Europe, anxious to

widen their contacts and emerge from isolation, are keen to speak English.

In response to invitations, British Guiding has already sent English teaching teams under the GOLD scheme to special language-learning camps in both the Czech and Slovak republics. More are likely to follow in these countries and elsewhere.

Julie Troupe, leader of the team to Slovakia, describes what was for her a challenging experience with a satisfying sense of purpose:

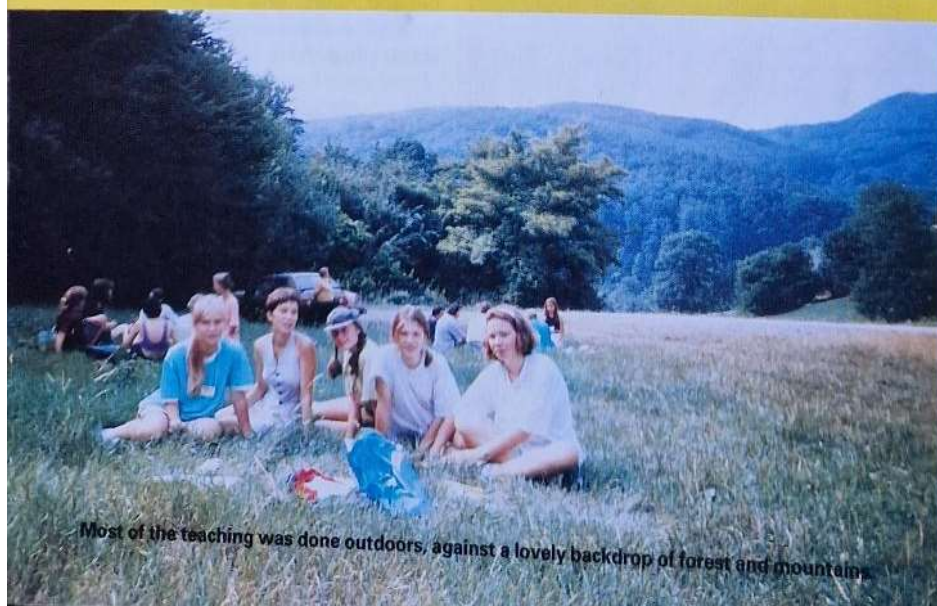
“We received a warm welcome from Jana Jablonska and her husband, Ivan, when we arrived in the capital, Bratislava, at the start of our project.

They were to be our hosts for the first



The camp's Clothes Show saw the girls dressing up in old sheets and bin bags

LOUISE WOOLLARD



Most of the teaching was done outdoors, against a lovely backdrop of forest and mountains

LOUISE WOOLLARD

week and Jana, the former Chief Commissioner of the Slovak Guides, was running the camp.

Jana was the main instigator of our trip. Having met the GOLD team who had gone to the Czech Republic to teach English to Czech Guides, Jana had been very keen for a similar project to take place in Slovakia.

Currently the Slovak Guides' Chief Trainer, Jana had organised the camp for leaders and girls from all over Slovakia. She saw learning English as a way of enabling members to become more involved in world Guiding by enhancing communications with many of the other Associations.

Jana is also leader of her Association's 'Wood School', which is a leaders' training scheme.

Accommodating the six of us in the

Jablonskas' small, two-bedroomed flat in Trencin was a feat in itself. We and our luggage filled most of the space.

The Slovaks left us in no doubt that they considered us to be very important guests. In Trencin we were given a civic reception by the mayor and then taken up the tower of the town hall – where many citizens have never been – to enjoy a magnificent view over the town.

During this first week we had a gentle initiation into teaching English by correcting Jana's and Ivan's conversation, as well as an introduction to Slovak food. Everything seemed to be seasoned with caraway seeds, vegetables were rare and puddings even rarer. We soon had a slogan for the trip: "Every meal should include a pudding!"

The camp was near a village called Chochná, surrounded by forests and mountains, about 15 minutes' drive from Trencin. On the site was a cottage, built in similar style to Our Chalet in Switzerland, but on a smaller scale. On the day camp was due to start, Ivan was up at 4am to get the typical Slovak wooden-based tents ready.

We slept in the cottage, in two rooms with bunk beds. It was quite luxurious, with flush loos and showers that worked. On another floor was a modern kitchen with a large gas cooker, where all the camp food was prepared by a cook who came in each day.

When the Slovak Guides began to arrive, we found them all very friendly and keen to try out their English, which we were soon to find was better than we had expected.

There were 30 in all – about 20 girls and the rest either Guiders or young, trainee Guiders. Jana, I gathered, felt it was important that the leaders, as well as the girls, learned English. She was hoping that, with improved English, some of them eventually might become International Commissioners.

Our pupils' ages ranged from 14 to 38 and we were a little daunted at having to teach people nearly twice our age.

None of our team are trained teachers, although one of us, Su Hassall, is studying to become one. However, the teaching went well from the start. Most of it was done outdoors, against the backdrop of forest and mountains.

Our approach was direct and simple. We would take a topic such as food and drink, travel or the human body. If, for example, it was the body, we would indicate the various main parts such as the arm, elbow, leg, knee, ankle, foot and so on, while saying the words, putting them into simple sentences to supply the basic grammar, and getting our pupils to repeat them and respond in English to questions.

Our presentation of the topic would

then be followed by discussion in Patrols, with our pupils learning how to use the newly-acquired words in the right context.

They were so eager to learn that we soon found we could extend the topic to include more words and more complex phrases. With the body, for example, we quickly progressed to eyebrows, eyelashes, teeth, ears, and even the invisible parts such as arteries and veins.

Each morning there was a different theme. In the afternoons our pupils increased their grasp of English through "fun and games", which were based on the morning themes and which were similar to camp activities in the UK such



as making gadgets.

We had a *Clothes Show* involving dressing up in old sheets, bin bags or whatever else could be found to fit the theme. Many new English words and phrases were learned as the Guides made up commentaries in English to accompany their "models" down the catwalk. Dolphin Patrol, for example, told us that theirs was "the latest collection from Dolphin House Fashions".

Craft sessions provided another chance to introduce yet more English, while T-shirt tie dyeing was so popular that even the cook's daughter – who was helping in the kitchen – had to come and join in.

We were amazed at the enthusiasm and ingenuity displayed by our pupils in all our craft sessions and the amount of time they were prepared to devote to them. They made everything a work of art and the 3D cards were still being made three days after one of our team, Eunice Marland, had introduced them.

All our afternoon activities were fitted in around the Slovak Wood School programme, when the girls sat quietly and



Slovak Guides learn the English words for the different parts of the body outside the camp cottage

listened to lectures on topics as varied as AIDS and camp fires. One debate that intrigued us was: "The problems of puberty and the history of Guiding" – the two subjects being discussed together!

The Wood School also provided an opportunity for two girls to gain the highest award in Slovak Guiding: the Three Eagle Feathers badge.

In contrast to the three years it takes to become a Queen's Guide, the Three Eagle Feathers takes only three days. But, in some ways, I think it is even harder. The girls had to go without food for 24 hours and then not make a sound for 24 hours – the latter being particularly difficult for them as they were so keen to join in with the English lessons.

The last part involved spending 24 hours hidden in a wood, watching the camp but unable to be seen. They were given minimal equipment – no tents and just two slices of bread.

Between our programme and the Wood School programme we still managed to find time for singing and, to our surprise, top of the Slovak charts came *Singing in the Rain* and *Edelweiss*.

The girls tried to teach us some Slovak songs. I'm glad we had a lot more success in teaching them English.

Yes, as in the Czech Republic, the camp had really worked. We all felt we'd achieved something and, amid tearful farewells, the Slovak Guides made it clear they would like another teach-in. It would be a pleasure, girls!

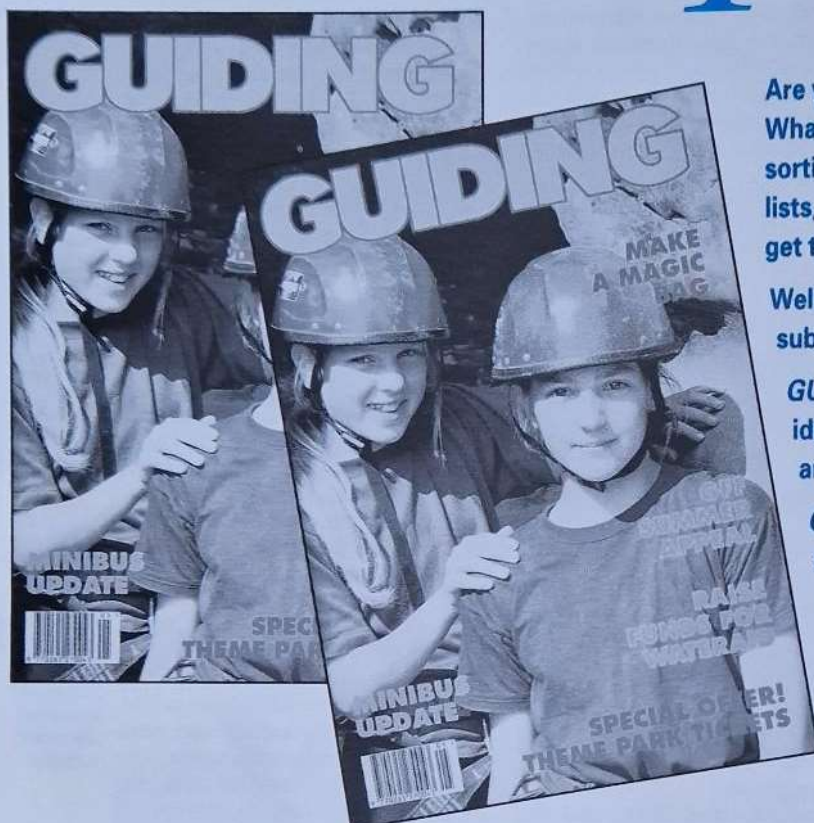
JULIE TROUPE

◀T-shirt tie dyeing proved to be so popular that even the cook's daughter came and joined in

Julie Troupe was well qualified to lead the GOLD team to Slovakia, having been earlier involved in the Czech Guides' teach-in. A Brownie Guider in Bristol, she is a fourth-year dental student at Bristol University.

The others in her team were: Su Hassall, from Studley, near Stratford-upon-Avon, who is at Cambridge studying to be a teacher; Eunice Marland, from Frome, Somerset, a sixth-form A-level student; Claire Mitchell, from Trowbridge, Wiltshire, who works for a publishing company; Elizabeth Watts, from London, a third-year medical student; and Louise Woollard, from Bristol, a statistician.

Happy Camping



Are you knee-deep in preparations for camp? What with checking all the equipment, sorting out travel plans and making endless lists, sometimes it seems as if you'll never get there!

Well, how about making life easier with a subscription to *GUIDING*?

GUIDING includes camping tips, activity ideas, places to visit and news of camps around the country.

GUIDING still only costs £1.15 per month, and when you subscribe we pay the postage.

Fill in the subscription form below and *GUIDING* will soon be popping through your letter box every month.

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INVOICE ADDRESS

MAILING ADDRESS

All subscriptions are for a maximum of one year. Shorter subscriptions can be taken out pro rata.

YOUR LETTERS

Letters are still coming in praising the new version of the *Brownie Guide Handbook*. One reader admits she was upset at the thought of yet another change until she went to a training at Foxlease, saw a copy and was converted:

BRILLIANT

We were sad to leave the working group, all of whom were named under acknowledgments in the handbook, and who were marvellous. Their enthusiasm and skills had definitely rubbed off them and on to us.

We were like blotting paper to ink, drinking in every idea, thought and suggestion. A new *Brownie Guide Handbook*? Of course we needed one.

One that is modern, up-to-date, bright, colourful, easy-to-read and jam-packed full of brilliant ideas and crafts for the active young Brownie Guider of today.

No progressive Brownie unit would dare to be without one. After all, we do belong to a Movement... on the move at all times.

Every Brownie in our unit has one and I have taken my copy with me to each Guiding meeting I have attended since the training.

So thank you team for giving us the opportunity to meet you and for the hard work you have put into the new handbook to ensure we all keep on the move with our new generation of Brownies.

MRS J HARRISON

Brownie Guider
1st Faringdon Brownies
Oxfordshire

WELL DONE

We would like to take this opportunity to say well done to the people who compiled the new *Brownie Guide Handbook*. It's great — full of ideas, colourful, appeal-

ing, interesting... What more can we say but many thanks for a superb new book?

All 20 Brownie Guiders

Lees District
Lancashire South East

BADGE BRIDGE

It was with great pleasure that I read about the introduction of the Rainbow Badge. The Rainbows love it! Also, we now know that with enough voices things can be changed.

Now it is time to give a 'Rainbow' to the Guiders who help at Rainbows in the same way that Guide Pack Leaders have their stripes.

It really seems that they are being discriminated against when Pack Leaders get tangible recognition for the same commitment.

The new Rainbow Badge is almost a copy of the Brownie Girl Scout's Bridge to Junior Girl Scouts. A Rainbow Unit Guide could have a badge similar to the Bridge from Juniors to Cadette Girl Scouts.

In our unit there was a vote taken over whether to use this badge for the Guide helping at Rainbows.

Now the Rainbows are very possessive of — and easily recognise — 'their' Guide and she has recognition for the very welcome help she gives.

SUSAN CHYLEK

Guide Guider and District
Commissioner
Jakarta
Indonesia

As ever, when a reader comments on the uniform letters start flowing in. Here's some extracts from our latest post-bag:

LONG LEGS

I am a participant in the World Jamboree and we can only wear trousers or culottes. I am 5ft 9in and uniform trousers are way above my ankles!

What hope do we have of looking smart and comfortable if different leg lengths are not available? Perhaps the trousers could be provided with an unfinished hem?

DI GOUGH

Assistant Leader
Cubington Rangers
Warwickshire

GRIPING

I have a gripe about the sweatshirt for Guiders, as I am 6ft and long waisted.

The sweatshirt is fine width-wise but by no means long enough. If we could have a longer one, then I would feel comfortable wearing it.

BARBARA COOPER

Guider
1st Langho St Leonards
Langho
Lancashire

MAKE OUR OWN

I am 5ft 2in tall, weigh 100lb and am drowned by the smallest size of Guider's skirt and blouse.

If we could buy the uniform material and make it up following an official pattern issued by the Association, it would be easier for in-between sizes to get a better fit.

In addition, perhaps a knee-length, straight, navy skirt could be added to the uniform choice, as the current design of the skirt is unsuitable for the smaller frame.

The option of shorts and polo shirt is excellent for weekly meetings, but too casual for official occasions.

LAURA POLLOCK

Unit Guider
1st Singapore (Wessex)
Guides
BGIFC
Singapore

ACTIVE

Would it not be more serviceable if Rainbows could wear a track or jogging

suit? I don't think tabards are a good idea when children are climbing around, as they could get fastened or caught up somewhere in the loops, especially when worn by active children.

They could wear shorts in the summer and a PE shirt with their caps.

MAGDALENE CHADWICK

St Andrew's Rainbow
Guides
Sunderland
Tyne and Wear

Thinking Day is always a moving occasion. Here, three readers share some of the feelings inspired by this year's celebrations:

WEEK LONG

This was my first Thinking Day as a Division Commissioner and I want to tell everyone about the wonderful Thinking Day week I had.

At the first celebration, with Winchester City District, a very moving service was dominated by Rainbow Rabbit sitting bang in the middle of the altar surrounded by Brownie and Guide flags, the Union Jack and Division Standard.

Winchester East District decided to have a party, with Rainbows and Brownies arriving first to make masks and learn a dance from Yugoslavia, then to do the Brownie trot.

The Guides arrived at this point and insisted on having a go at the trot. The Rainbows, not to be outdone, had their turn too. Next came a short Thinking Day service with candles, then everyone enjoyed tasting foods from all over the world.

The following Saturday saw me arriving at a local camp site at 7.30am to judge Winchester City West's Guides' breakfast cooking competition. The

hardest job was judging them, of course. The Brownies joined us for their breakfast... then they went on to lots of noisy games to get rid of their energy. We all joined together for a lovely service, before sending everyone on their way.

The church service held the next day by Winchester Downs District was the last celebration and was organised by two Young Leaders.

At the end of the week, the message from Winchester Division was loud and clear — each District celebrated in their own special way, reaffirming their faith in Guiding here and the world over.

HELEN RILEY

Division Commissioner
Winchester
Hampshire

EUPHORIA

I commend all the organisers of such a beautiful Thinking Day Service on February 18 in Westminster Abbey. The atmosphere was superb due to the common bond we all share. I particularly enjoyed *The Rainbow People* story... the music rounded off the delightful tale with flare.

The Brownies and Guides involved should be proud of such a high-class performance — definitely eligible for their Jester and Entertainer badges.

I have never been to the service before and was uplifted by the great euphoria created.

C L POULTER (16)

2nd West Wickham
Rangers and 8th West
Wickham Brownies
Kent

A VISION

As we sang *Peace is spreading all over the world*, the Young Leader taking the service suddenly asked everyone to hold the hand of their neighbour, so that the whole church was joined together.

Gazing down from the front of the church at this symbol of friendship I suddenly had a vision: we

are rapidly approaching the new century. How about welcoming February 22 2000 by holding hands across the world?

Starting in New Zealand, this would cross seas and airways by sending handshakes via passengers, or even cut-out paper hands to be placed into a Guide or Scout hand on touch down.

Yes, I know it will take a lot of organising, but nothing is impossible. Remember B-P's story of the frogs in the churn?

What a wonderful way of passing peace right round the world.

SHEILA COLLINS

Guider
Catshill Rangers
Bromsgrove
Worcestershire

But for one reader the day ended in disappointment:

BLIP

I and other Guiders from Tendring Division enjoyed the Thinking Day Service at Central Hall very much.

After the service we all decided to go to the cafe in Central Hall. I placed my handbag by my feet, as did we all. But, on leaving the cafe, I found my bag had been stolen.

I informed the staff and they called the police. I want to warn other Guiders that we must be on our guard everywhere.

What really amused us was that none of us saw anything — it put a blip in an otherwise perfect day.

CHERYL MCINTOSH

Tendring Division
Commissioner
Walton-on-the-Naze
Essex

ALWAYS THERE

I was saddened to read the comments of a young Guider who felt she was being pushed out by older Guiders in February's *GUIDING*.

I too am a young Guider (21), who has been Guiding all my life. Two of the Companies I've worked with have had an older Guider in charge, and I enjoyed it as

much as when I was with another young Guider.

My present District — a range of ages — is extremely supportive, friendly and always open to my ideas.

Maybe the young Guider in question has been unlucky but, perhaps, if she thinks about returning, she should consider the District/Division too.

I'm lucky to be Guiding in Leicestershire where we have a Youth Forum for young Guiders, and I work at County HQ where the older Guiders are very friendly.

I would suggest the Guider looks out in the local paper for District events to see how Districts in her area co-operate. Don't give up — let people know you are willing and able to put yourself out for Guiding, and you will get no end of encouragement and opportunities, as I have.

I shall be very sad to leave my District after my finals at university, but I know that wherever I go, Guiding will be there for me.

NICOLA EVANS

Assistant Guider
1st Loughborough Guides
Loughborough
Leicestershire

TRUE FRIENDS

Through *GUIDING* I'd like to say thank you to Hilary Chittock and her staff at Foxlease for their kindness when our car broke down after a Rainbow training. They allowed us to stay an extra night.

Nothing was too much trouble, theirs was true Guiding friendship.

ROSEMARY AND GRACE

The left-over Guiders
(Rainbow training
March 10-13)
Tunbridge Wells
Kent

DON'T DESPAIR

At a Look Wider training we discussed the letter from a 'Busy Young Leader' in March's *GUIDING* and composed a reply:

Please don't despair and don't give up. We would love to invite you into our Districts to help with the

very frustrating situation you find yourself in.

We are running the Look Wider Scheme in our areas and, at 19, would welcome you to the scheme and also invite you to join our District teams as a Stage 1 Guider.

We congratulate you in being successful in gaining a place at university, and we look forward to continuing to support you in working on Look Wider through the District team, Student Scouting and Guide clubs, LINK and, of course, the units in the area where you will live.

We would like to encourage you to work towards the GALS so that you can utilise your experiences fully. Perhaps, you would like to talk to a District Commissioner about this idea.

However, should you decide that this is too large a commitment at this stage in your career, we know many units who would welcome you along as a Unit Helper.

We hope you will feel able to take us up on our offer.

Look Wider trainees at Bromeirion

from Cheshire Forest,
Staffordshire, Clwyd,
Pembrokeshire,
Avon and Cardiff

UNLUCKY

The year began badly. I broke my ankle while feeding the ducks. But it didn't prevent me from going to Brownies.

After I explained that they must be careful not to tread on my bad foot, one of the Brownies pulled up her sleeve to reveal a plaster cast — her arm was broken.

Three weeks later one of my assistant Guiders fell and broke her wrist!

SHEILA NUNN

Brownie Guider
Upper Belvedere
Kent

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.

COME *adventuring*

Granada Theme Parks and Hotels Limited has got together with *GUIDING* to offer readers a really super deal.

For two weekends – June 24-25 and September 23-24 – Granada is offering *GUIDING* readers and their families cut-price admission to The American Adventure Theme Park in Derbyshire.

Using our special voucher, up to four people only pay £5.50 each to enter the Ilkeston theme park and enjoy unlimited rides.

New this year is a fantastic white-knuckle ride – Iron Wolf. On this double-looping roller coaster thrill seekers are propelled down a huge track and loop the loop with stomach-churning speed!

Then there's *Aliens*, the very latest film from America to be produced for a motion simulator. It is a composite of the three *Alien* movies and viewers are strapped into seats that move in six different directions in synchronisation with the on-screen action.

Apart from these new attractions, there are popular favourites such as Nightmare Niagara, the world's highest triple-drop log flume, the Indy Karting circuit, and heaps of other rides and live shows for everyone to enjoy.

Built around a huge lake, the setting is idyllic for a full day out for all age groups.

And there's even better news for Guiders who take their units along. We've negotiated a rate of £4.99 per person for groups of 12 or more. But you must pre-book by contacting the Group Sales Manager, Phil Reed, on 0161 828 5242.

Please note that photocopies of the voucher cannot be accepted.



And that's not all. We've got two sets of free family passes for an exciting day out at American Adventure to give away to readers who can answer these two questions:

1 Which star of the popular *Gladiators* TV series has a roller coaster named after him?

2 This Hollywood leading lady starred in all three of the *Alien* movies and *Gorillas in the Mist*. What's her name?

Answers on a postcard please to:

***GUIDING* American Adventure Competition,
The Guide Association, 17-19 Buckingham Palace Road,
London SW1W 0PT.**

The winners will be the senders of the first two correct postcards drawn after the closing date, May 20.

The winners will be able to take up to three other adults (or any combination adults and children) to enjoy a great day out at American Adventure.

Be sure to hold on tight while braving the Rocky Mountain Rapids



Swish through twists and turns at 2.5Gs on the Missile - and then do it all again backwards ...

VOUCHER

Present this voucher to gain admission and unlimited rides for up to four people to **THE AMERICAN ADVENTURE THEME PARK**

At **£5.50** per person (a maximum saving of £3.48)

Valid only on June 24 and 25, and September 23 and 24, 1995

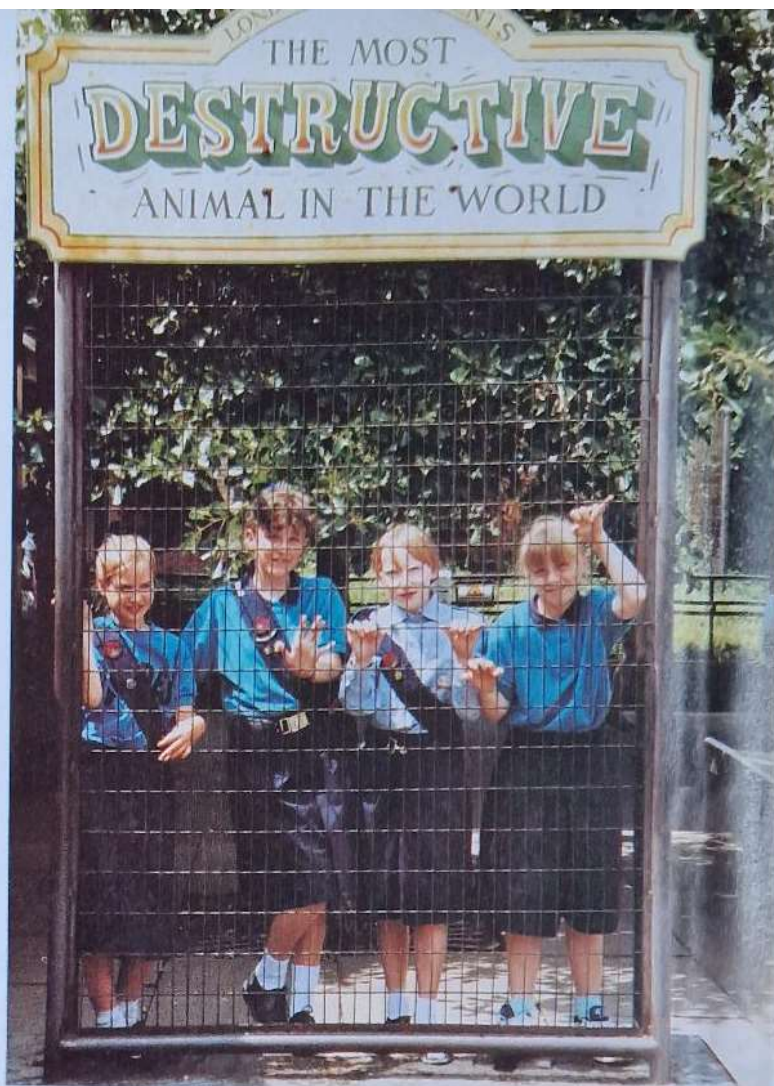
A special rate of £4.99 applies to groups of 12 or more who book in advance

This voucher cannot be used in conjunction with any other offer

PEOPLE *and* PLACES

BEHIND BARS

► And they look such nice girls... who'd have thought four members of the 11th Battersea Guides would end up in a cage? Pictured from left to right are Sarah Cooke, Anne-Marie Joyce, Natalie Timms and Karen Fitch. They became the star exhibits during a visit to London Zoo.



KAREN FITCH

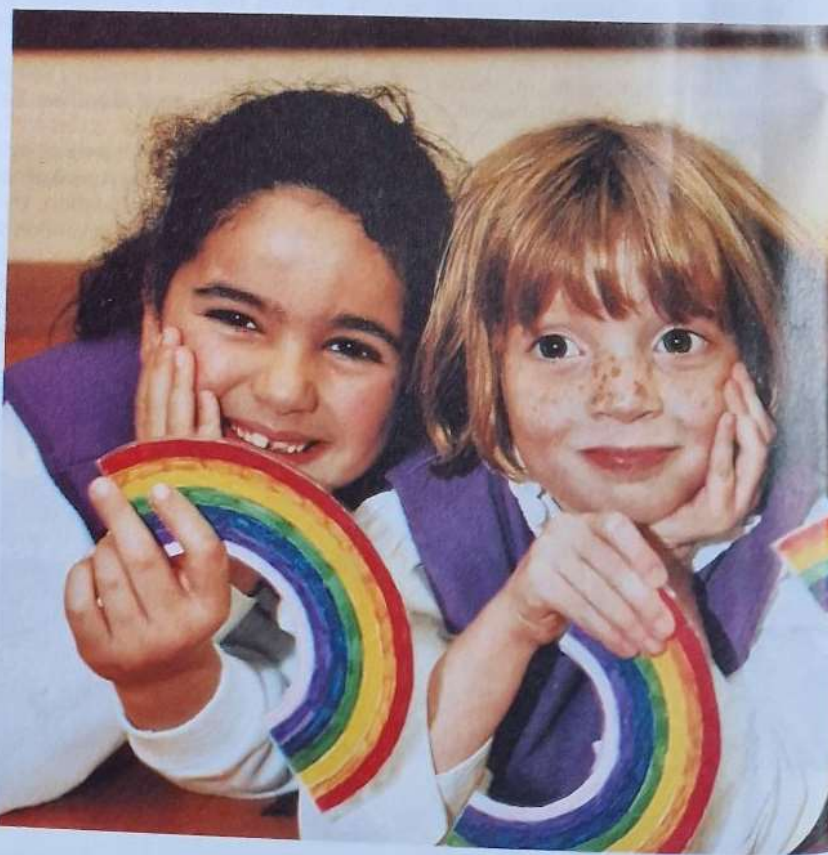


YORKSHIRE EVENING PRESS

WIZARD PRANG

▲ No wonder the 64th York Dunnington Rainbows aren't scared of the wizard peeping over their shoulders. They know it's really Chris Bulmer, then North Yorkshire South County Commissioner, disguised in flowing whiskers and pointed cap. She was making a flying visit to the annual County Rainbow Day, which took as its theme Dorothy's adventures in the land of Oz.

KENT MESSENGER GROUP





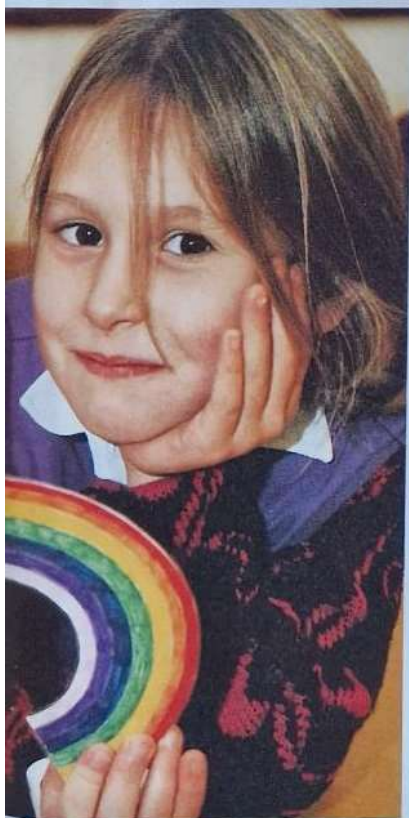
ELIZABETH ROTHWELL
EASTERN DAILY PRESS

TRIPLE HELPING

▼ These three moppets were among the first to join a new Rainbow Unit in Kent East. And Canterbury Division Commissioner Maggie Field says that Fiona Raffla, Megan Jones and Katie Hogben from the 1st Sturry Rainbows are just 'as mischievous as they look'.

MAY QUEENS

▲ Sweet-toothed sisters Rachel and Hannah Ainslie enjoy some candy floss at Westhead Carnival in Lancashire. Earlier the girls, along with other members of the 5th Aughton (St Michael's) Brownie Pack, had danced round a maypole.



GEORGINA CHURCHLOW

BARE NECESSITIES

▲ It's amazing what enterprising Guides can whip up from wood and string. Here Mary Coote of the 3rd Merrow Guide Company washes her hair in a shower rigged up at Guildford Town East District camp. The contraption depended on a very efficient tin can and incorporated a soap dish and towel rail.

ANN WRIGHT

GOING UP

▼ It's easy when you know how! Emma Howard of Sprowston Rangers tries out the new 30ft climbing wall at Great Hautbois House, Anglia's Training and Activity Centre. The £6,000 purpose-built wall is made of powdered rock and resin on a steel framework.



BUSH BROWNIES

▼ Hot on the trail of the beastly Bunyip are some Surrey West Brownies. The girls were all set to pelt the mythical creature with bean bags, when they located not one but half a dozen. Their quest was one of the challenges on the County's annual Brownies' activity walk. Described as a Hopalong, all the en route activities on the latest 2.5-mile walk had an Aussie flavour.



CID

success story

One of the most exciting developments in Guiding is being carried out under the Community Involvement and Development umbrella. Yet some members still seem to believe that the letters CID only refer to plain clothes police. A member of the CID Group puts the record straight.

So what is Community Involvement and Development? You could say it is a very long title for something that has existed for a long time! CID has at its heart the fact that Guiding gives its members countless opportunities to share, develop and gain skills and confidence. Such assets are of tremendous benefit to us and could also benefit the girls, young people and adults who do not have the opportunity to share in the Guiding programme, enabling them to develop their own skills and confidence.

CID seeks to make this possible. There could be many reasons why a girl – or an adult – feels that she cannot join the Association. Maybe there isn't a unit open near her home, or, perhaps, she feels her family does not have sufficient income for her to be able to take part fully. There may be other things which prevent someone feeling that her culture and/or religion are compatible with our Programme, or from believing that her abilities or needs will be accepted and valued.

By becoming involved in your local community, and taking a closer look at the diversity that exists within it, it is possible to come up with a few more reasons that prevent people from seeing The Guide Association as having something to offer them.

CID recognises that such barriers can exist. And Community Involvement and Development Advisers are not only responsible for becoming involved in

communities in order to change this perception, but also to look at the way Guiding can adapt to meet the needs of young people and women in their own communities.

The work is always diverse but challenging. For example, in a few square miles a County CID Adviser might have an isolated rural area, where there are lots of young people whose homes are scattered but who wish to come together to take part in Guiding, and a housing estate on the edge of town, which has the potential to fill two Guide units but that has no community facilities for them to meet in, and no leaders to run regular meetings. The CID Adviser would have to work out how best to offer Guiding to meet the needs of these different communities.

CID is the community development work members of the Association carry out overseas. Guiding Overseas Linked to Development, better known as GOLD, has proved to be a huge success, whether measured by the numbers of people who want to take part, or the quality of the development work being undertaken. GOLD's success has led to the CID Group being asked to extend the age limit, which currently has a cut-off point at 30.

Instead it was decided that a new age range deserved a new project. And so BRIDGES - Building Real International Development through Guiding Experience was born. Its first FLYOVER weekend will be held from May 19 to 21.

Both GOLD and BRIDGES are built on the belief that community development



Meet the CID Group (back row left to right) Margaret Lester, Denise Yates, Shelly Newstead, Liz Joy; (front row, left to right) Linda Crichton, Nicky Parker and Liz Harrison

However different the work, anybody involved in CID work, whether she is called a CID Adviser or a District Commissioner, will always be good at doing two things - problem solving and thinking laterally!

At a national level the CID Group, which meets three times a year, exists to help and support them. The seven volunteers that make up the group have between them the expertise to write resources, put on trainings and to run projects, enabling all members of every type of community to benefit from the opportunities which Guiding offers.

Another vast area of work covered by

leads to sustainable futures for the people involved. It is the basis for CID's work overseas and is also a method used in UK projects.

There will be more in *GUIDING* about these projects and many other aspects of work in which CID is involved over the next few months. The Group's aim is to provide a clear picture of the wide range of work that is taking place within the broad remit of CID.

Every Country and Region has a CID Adviser who will be able to give further information or to help any reader to become involved.

SHELLY NEWSTEAD.

There is one age group in Guiding that, as yet, has not been utilised to its full potential — the under-26s. Now that the new Senior Section programme has been launched, it is an ideal time to 'look wider' and discover these young and untapped resources in your area.

The young women who fall into this category have plenty to offer Guiding. To begin with, they have much in common with the Association's younger members. Many have been involved in Guiding from an early age, beginning as Brownies and moving on to Guides and Rangers. In fact, some members of the Senior Section can claim to have been members for nearly 20 years.

They, perhaps, find it easier to empathize with younger members when considering the problems young people face growing up in the '90s, including education cuts, racism, sexism and the threat of AIDS.

Many of us who are under 26 are fortunate enough to be able to offer knowledge and share experiences gained both inside the Association and in the world outside. More opportunities exist for those under 26 to go on international visits and exchanges, as leaders as well as representatives of the Association. We are, therefore, a valuable source of information on customs, cultures and religions in other lands.

A large number of women in this age group are currently in employment. They are managing both resources and people on a daily basis. Many are experienced at chairing meetings, creating budgets and producing reports, and are flexible and adaptable.

As The Guide Association moves into the 21st Century, complete with corporate image and mission statement, its members will need to understand these business-based issues.

There are a number of ways in which the under-26s can be used. One way, recently suggested, is that we establish a local database to collate information on the experiences, qualifications, skills and interests that Unit Helpers, Young Leaders and adult leaders possess. This would help, in the selection process when attempting to choose new Commissioners, Trainers and Advisers.

In the past, most Commissioners were selected from the older members of the Association, but this is now changing. Perhaps more Districts and Divisions should consider appointing a younger Commissioner who has the organisational and people skills needed by all Commissioners, but who also has the more forward-looking and go-get-

ting attitude that tends to come with being young.

Many may not be able to commit themselves to weekly meetings because of work or family responsibilities. However, this is a great opportunity to use them as Advisers or Young

to. In this way, they will be able to appreciate the opportunities that can be theirs in a relatively short space of time.

There are many sections within the Association which Guiders can tap into to draw upon the assistance of the under-26s. These include the Junior



Leader Guiders, rather than adding to the workload of Unit Guiders.

International events are also an excellent way of involving the under-26s. At many of these camps the leaders attending from abroad are in their 20s. The UK should follow this example and encourage younger leaders to come forward for selection. Doing this will make use of their greater travelling experiences — both inside and outside Guiding — and of their language skills.

In order to persuade girls to remain in the Movement, it is important that they are given young role models to look up

Council, at County, Region and Association level; Ranger/Young Leader Councils; LINK; SSAGOs and, of course, their local units.

I am not advocating the replacement of the experienced and reliable teams that already work well. However, I am suggesting that we increasingly make use of the under-26s to bring about a more effective and efficient Association — from the smallest Rainbow unit to the Executive Committee.

ALEX JONES

Anglia Representative on the Association Junior Council

Guides can often talk more easily to younger leaders

a personal VIEW

Clare
Smith and
daughter
Claudia



In April's *GUIDING* we described how Hazel Weston, a BGIFC Guide in Paris, earned the gratitude of a British ex-pat Scout Group based there, by making them a magnificent flag.

Hazel is a 'Euro-Guide' — one of an increasing number of children with at least one British parent, growing up, going to school and becoming bi-lingual in a foreign country within the ever expanding EU.

With multi-national companies now expecting their employees to go anywhere they are required, there may soon be many more BGIFC units on the Continent, particularly in France and Germany, catering for the new generation of EU Guides.

But what is life like for them and their leaders, in between Guiding and school, as they struggle to adjust to a different culture and relate to their foreign peers?

In this month's *Personal View*, Hazel's Guider, Clare Smith, whose unit is based in the Paris suburb of Maisons-Laffitte where Hazel lives with her two English parents, provides an insight into life as an ex-pat pupil.

60 The Guides of the 1st Maisons-Laffitte Company are nearly all bi-lingual and some speak French better than they speak English.

Many of them have one French parent and one British parent. Some have two British parents but were born in France and have lived here all their lives. Others have moved to France from Britain or elsewhere.

Most go to French schools and some are at the prestigious international Lycée of St Germain en Laye, where they are taught in French and English.

Some of my Guides who are taught only in French, actually have some difficulty in reading and writing English.

In that respect they are very different from the 1st Croissy Guides at the British School in Croissy, who speak French as a foreign language and read and write English fluently.

The cultural difference which British children encounter at French schools expresses itself in many ways. School life is tough in France. It's important to do well and teachers are very critical.

There is a lot of homework. Children are expected to succeed on their own but they do not see much wrong with cheating, as long as they are not caught.

As a result, children have less respect for authority and little experience of working co-operatively with adults. Out of school they are often boisterous and not very well disciplined. This is the world in which the Guides live, though they are, of course, subject to British influences, too.

Most of the Guides have had experience of travel and some have lived in other countries before coming to France. Many have parents with responsible, well-paid jobs, and have a very stimulating home environment.

They may well take part in cultural and sporting activities, apart from Guiding. These have to be done out of school, so the girls tend to have little free time.

The girls live in a number of different towns, widely scattered around Paris and only about one-third live in Maisons-Laffitte. I live at Guerville, about 60km from the centre of Paris and a long way from my Assistant Guider, Rachel Bos.

As a consequence, we can very rarely arrange events other than our weekly meetings, although we do manage to hold a summer camp.

This year, the Anglican church at Maisons-Laffitte, where we meet, celebrates its 75th anniversary but several of the girls are Catholics and attend French churches.

These girls could belong to French Guide units but membership of BGIFC offers them an English-speaking environment, while enabling girls who move to France from Britain to continue their British Guiding.

Above all, BGIFC helps all girls — including those of mixed parentage who perhaps were born in France, to maintain cultural links with Britain. The BGIFC camps, such as the one at Foxlease this year, give the girls a chance to meet other British Guiders and, for some, offer a rare chance to experience a little of life in the UK.

My unit was started by Sandra Arnold in the early 1970s as the 2nd Versailles Guides. It met at the British School at Croissy, 15km west of Paris. Pauline Cecchin took it over in 1979. In 1984 she moved it to Maisons-Laffitte, where it then changed its name to the 1st Maisons-Laffitte.

When I took over in 1989 the unit had been effectively closed for a year and I re-opened with four Guides. It has grown steadily since then and there are now 20 Guides. It is one of three BGIFC Guide Companies in France at present.

CLARE SMITH

CLASSIFIEDS

DISCLAIMER REMINDER

Inclusion of advertisements in this section should not be taken to mean that the Association has checked out and approves the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

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LIFE style



**JEAN SMITH
FROM ST OSYTH, ESSEX**

Jean is a 64-year-old Guide Guider who plays hockey and, among other activities, takes part in long-distance cycle rides for charity.

"Although I have been in Guiding since I became a Brownie in 1938, I am not a "career" Guide - so dedicated that I think about Guiding in every spare moment. There are too many other dimensions in my life for that.

I have enjoyed every one of my 57 Guiding years and am very proud of my long service. How many other Guiders can there be who have run the same unit continuously for 36 years?

I took over the 1st St Osyth Guide Company in 1959. My two daughters, Juliet and Penny, were both Guides under my leadership, as have been my two granddaughters, Louise and Catherine. Catherine is still a member of the unit. In March I completed 36 years unbroken warranted service.

I come from farming stock and have lived all my life in the Tendring Hundreds - that part of Essex which lies between the estuaries of the Colne and Stour rivers. I went to school in Frinton-on-Sea, where I joined the school Brownie Pack when I was seven.

In 1940 I went to a boarding school which had been evacuated to Somerset because of the war. Perhaps I could

have joined a local Guide unit but everything was in turmoil, so I became an Essex Lone Guide and did my Guiding through correspondence.

It was 1944 before I attended my first camp - a County camp at Danbury Park, near Chelmsford. We were sleeping 12 to a tent in camouflaged army bell tents, when a horrendous storm flooded the site. We had to retreat to a barn with our bed-rolls, where we spent the rest of the night. Very exciting!

In 1948 I took over a Guide Company in Tendring, near Clacton-on-Sea. I was too young to be warranted but, for about a year, I ran the unit under the watchful eye of my aunt, who was then the County Commissioner.

I left to attend an agriculture college in Northampton before returning to work on a farm near Colchester. There I "filled in" as a temporary, unwarranted Guider with a Guide unit at Kirby, near Frinton-on-Sea.

Meanwhile, I'd joined the Young Farmers. This organisation is widely used by young farmers as a matrimonial agency, and by 1953 I was married. I joined Andrew on his family farm in St

Osyth, in Essex where I milked the cows, mucked out and helped bring in the harvest.

Philip was born in 1956 and Guy in 1959, the year I took over as Guider of the 1st St Osyth Guide Company. I helped blaze a trail for Essex Guiding mums, by being the first to hang nappies on a line at camp. This I did at Riffhams, the County camp site, where I took my Camper's Licence in 1961.

I became District Assistant for Clacton West in 1968 and District Commissioner in 1972, a post I held until the end of 1975. I also served as a County Trainer, specialising in the "out of doors" and camping. When the whole of Essex was one Guiding County.

Both my sons are now married with families but, with the exception of my daughter Juliet, we are all still "down on the farm", although I now just "do the wages". My other daughter, Penny, runs the farm's nine-hole golf course. Well, we farmers have to do all sorts of things these days!

Apart from Guiding, my spare-time interests include bell-ringing, Meals on Wheels, the parochial church council, being a university governor and hockey. After 53 years I still play hockey regularly, although I dread the bruises.

In 1991 I started pedalling round Britain for charity. With seven rides, totalling about 5,500 miles, I have raised about £4,500 for various causes; and will be riding in aid of TAP, Essex North East's Thailand Aid Project.

With an official start at Foxlease, my route will take me round the coast from Southampton to Lands End, on to Gloucester and then across country back to St Osyth.

That should make me quite saddle sore, but if it helps get TAP off the ground, it will be a pleasure. '✓

**Guiding
is...
a passport
to the
world**

