



Irving

# GUIDING

JUNE 1995 £1.15

**BROWNIE  
KIT LIST**

**ROYAL  
VISIT**

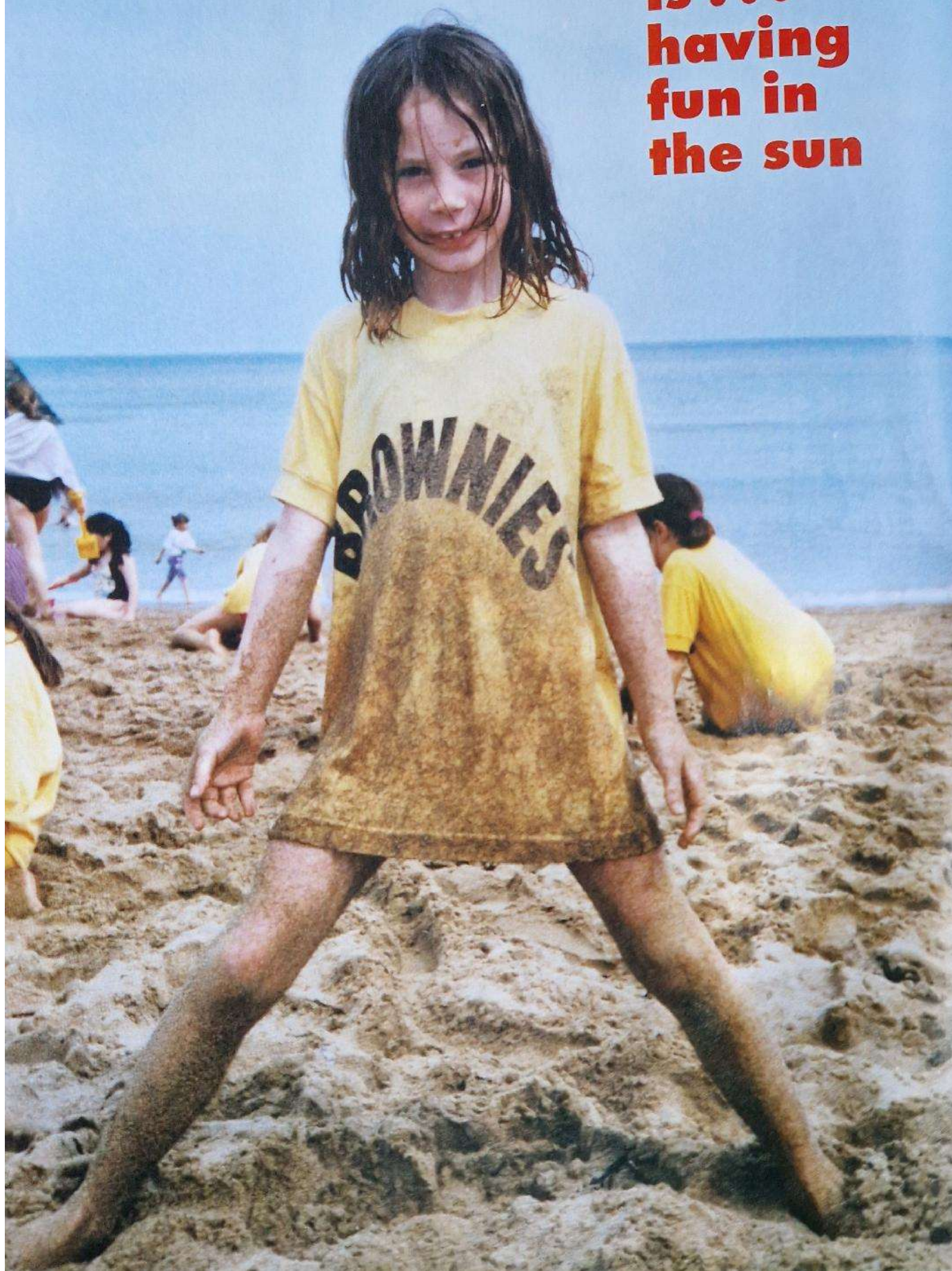
**CAMP  
COOKING:  
YOUR  
ESSENTIAL  
GUIDE**



**SCOUT AND GUIDE  
GET-TOGETHER**



**Guiding  
is . . .  
having  
fun in  
the sun**





# front PAGE

I am delighted to announce that Margaret Wright became The Chief Commissioner on May 25. She was Chief Commissioner for Midlands Region for five years until May 20, 1995, so many of you will already know her.

Margaret first became a Guider in 1959 and, over the past 36 years, has given great service to the Association as a Guide Guider, District Commissioner, Division Commissioner, County Treasurer, County Commissioner, Chairman of the Region Finance Committee and Region Chief Commissioner.

She has also served the Association as a member of The Council and as a member of the Guide Friendship Fund Committee. In 1993, Margaret was a member of The Guide Association's delegation to the 28th World Conference held in Denmark.

Margaret, a keen golfer of 18 years

## COMMENT



standing, has been ladies captain of both clubs of which she has been a member, as well as the treasurer for the ladies section. She is at present company secretary for an engineering company of which her husband, Clive, is the managing director. He is a Group Scout Leader and, for the past 12 years, Margaret has been treasurer of his local Scout Group.

Margaret Wright will lead The Guide Association forward into the next century. In her capable hands Guiding will help all our members — young and adult alike — with the challenges posed by our rapidly-changing society. I wish her the very best of luck for the future.

I know you will all support her well as you have supported me during the past five years.

**JANE GARSIDE**

Retiring Chief Commissioner

# GUIDING

VOLUME 84 NUMBER 6  
JUNE 1995 £1.15

## REGULARS

- 2 GUIDING IS...
- 3 COMMENT
- 5 ROUND UP
- 8 GUIDING IN ACTION
- 12 LIVE ISSUES  
Who makes your clothes?
- 16 NETWORK
- 19 A MAN'S EYE VIEW
- 23 MY GIRL'S A GUIDE
- 24 NOTICES
- 29 A PERSONAL VIEW  
Using a two-letter word
- 31 OPEN DOOR/NEWS  
FOCUS/COMING NEXT
- 49 ONE WORLD  
A change of plan
- 53 YOUR LETTERS
- 56 PEOPLE AND PLACES
- 63 LIFESTYLE  
Nursing in Newcastle

## FEATURES

- 7 AS GOOD AS GOLD  
The Thailand Aid Project
- 10 ALL TOGETHER NOW!  
Guides and Scouts confer

## CONTENTS

- 15 IT'S OFFICIAL  
New activity site opens
- 20 FENREACH  
CID report
- 25 A DAY TO REMEMBER  
Dropping in at the Palace
- 26 RETURN TO GUIDING  
Russian Girl Scouts
- 30 FRIENDSHIP FUND  
GFF presentation
- 32 OLGA'S DREAM  
A moving Guiding story



## FRONT COVER

Having your face painted is fun — as this smiling Brownie proves! She was snapped by our photographer while having a great time at Greater London Kent's Silver Day, held to celebrate the County's 25th anniversary.

- 52 ROYAL OCCASION  
Opening a new HQ
- 55 RACHEL'S WEDDING  
The bride who's a Guide!
- 58 SHIP'S LOG  
An epic voyage
- 60 CHANGING TERRITORY  
Ruth Hollands retires

## PROGRAMME

- 34 RAINBOW GUIDERS
- 34 TRY THIS...  
A special quiz
- 36 THEME EVENING  
*Swallows and Amazons*
- 38 BROWNIE GUIDERS
- 39 GUIDE GUIDERS
- 40 GETTING OUT  
An industrial museum
- 42 THE GOOD FOOD GUIDE  
Healthy meals at camp
- 44 RANGER GUIDERS/  
YOUNG LEADERS  
Advice on awards
- 46 THE PROMISE  
Exploring and explaining
- 47 TRAINING DIARY



**REDUCED ADMISSION ON SATURDAY & SUNDAY 23RD & 24TH SEPTEMBER 1995**

# TAKE YOUR PARTY FOR A WILD DAY OUT!



**Great Value.** On the days listed above, your group of 15 or more – as long as you are all in uniform – will be welcomed at Chester Zoo for the special price of £3.25 each. This big saving applies to young members of all the recognised youth groups, and to their adult leaders.

**Great Fun.** Ride high – on the Zoo-fari Overhead Railway, for a bird's eye view of the zoo. Take a trip on the water-bus. Make a souvenir in the "Let's Make Centre." Take your own brass rubbing picture of an endangered animal.

**Great Animals.** Asian elephants, Siberian tigers, lions, penguins, chimpanzees, orang-utans, black rhinos, tropical house, aquarium, children's farm; there are 500 different species to see!

**Just Great!** With 110 acres, it's the biggest zoo in the country. There's a full range of group catering facilities, plenty of picnic tables, and under-cover picnic area for wet days. There are always special rates for youth groups – details in our ZYPOES pack, but on Jamboree Weekend Saturday & Sunday 23rd & 24th September 1995, you pay ONLY £3.25 per person – adults and youngsters. Just don't forget you must be in uniform.

For further details telephone the Party Bookings Office on 01244 380280 Ext 209.



**CHESTER ZOO**  
CONSERVATION CANNOT WAIT



Open all year from 10am. Just off the A41. Free parking.  
Chester Zoo is a registered charity.

## GUIDING

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

### Patrons

HM The Queen  
HM Queen Elizabeth,  
The Queen Mother

### President

HRH The Princess Margaret,  
Countess of Snowdon

**World Chief Guide, 1930-1977**

Olave, Lady Baden-Powell GBE

**Chief Commissioner**

Mrs Margaret Wright

### Publishing Services Adviser

Carol Horne

### Publishing Services Manager

Sara Swan

### Editorial Manager and Editor

Nora Warner

### Assistant Editor

Nicola Whatmore

### Sub-Editor

Eric MacRae

### Writer

Kirstie Gray

### Studio Manager

Anne Moffat

### Deputy Studio Manager

Gillian Webb

### Studio

David Jones

### Production Manager

Stuart Bannerman

### Deputy Production Manager

Richard Dickerson-Watts

### Published by

The Guide Association  
17-19 Buckingham Palace Road  
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

Julia Powers

55 Greek Street

London W1V 5LR

Tel: 0171 306 0300

Fax: 0171 306 0301

### 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 (including postage):  
British Isles and BFPO £13.80; Overseas £23.40. Orders should 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.

*GUIDING* is sold subject to the following conditions, namely that it shall not, without written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the cover and that it shall not be lent, resold, hired out or otherwise disposed of in mutilated cover or in any unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. The Guide Association takes no responsibility for statements made in any advertisement or from any matter arising whatsoever.

Readers should be aware that neither *GUIDING* magazine nor The Guide Association is in a position to endorse either the goods or services advertised in the magazine. The inclusion of any advertisement should not be taken as an indication that the goods or services concerned have been investigated or approved. Responsibility for the failure of any advertiser to fulfil his or her obligations to customers gained from an advertisement or insert in *GUIDING* cannot and will not be accepted by The Guide Association or *GUIDING*.

The views expressed in *GUIDING* magazine are not necessarily endorsed by The Guide Association.

**Attention  
all  
Fund  
Raisers..!**

**Have you considered  
the Granny Pascoe  
Fund Raising  
Scheme..?**

Many people have... and found it to be a simple and quick way to improve their funds.

All you have to do is telephone us - Munro Promotions - and we will supply you with a range of beautifully presented quality biscuits that can be sold to friends, relatives and work colleagues at very competitive prices!

### Benefits to you include...

- ▷ The product is supplied on a sale-or-return basis ◁
- ▷ There is no initial financial outlay ◁
- ▷ 30 days credit from delivery ◁
- ▷ The product can be labelled with your charity name and message ◁
- ▷ 7-day or evening delivery to your door - FREE! ◁

**CALL MUNRO PROMOTIONS - NOW - ON 0141-634 0275... YOU CAN'T LOSE!**



# Round Up

## ATLANTIC LINK

◀ A group of 14 Senior Girl Scouts and 12 adults from Reading, Pennsylvania, met up with nine Rangers and Young Leaders and four Guiders, when they visited their hometown's English namesake in Berkshire.

They spent a fun afternoon exploring the area together and exchanging ideas. At the end of the day they met the Mayor and Mayoress of Reading at the Civic Centre.

## FAMILY SERVICE

▼ A mass of pink and purple ribbons and brightly coloured posters heralded the first church parade for the 5th Watling Rainbow Guides from Kent.

Guider, Lyn Goddard, said: 'Having told them that they were part of the world-wide family of Guiding, we wanted to show them that they are a special part of our parish family too.'

READING CHRONICLE





# Round UP

## SUCCESS STORY

► Nottinghamshire's Duke of Edinburgh Adviser, Jeanne Usher, is proud of the latest batch of Senior Section members to achieve their Bronze D of E Awards.

One of the candidates is blind, another is partially sighted and one is a wheelchair user.

The girls from four Ranger Units, aged between 17 and 21, were presented with their badges by the Mayor of Nottingham.

JEANNE USHER



## HOTLINE

◀ Two Guiders, Sue Mannion and Paulette Dallas, (pictured) were deluged with telephone calls when they answered phones at Telecom Tower for the Blue Peter Well Water Appeal.

The Guiders from St Pancras North District were part of a team who were kept busy all evening as more than 10,000 callers rang in and offered to help.

## FULL HOUSE

▼ Pitlochry District Guides celebrated their 75th Anniversary with a special concert held for parents, friends and former Guides.

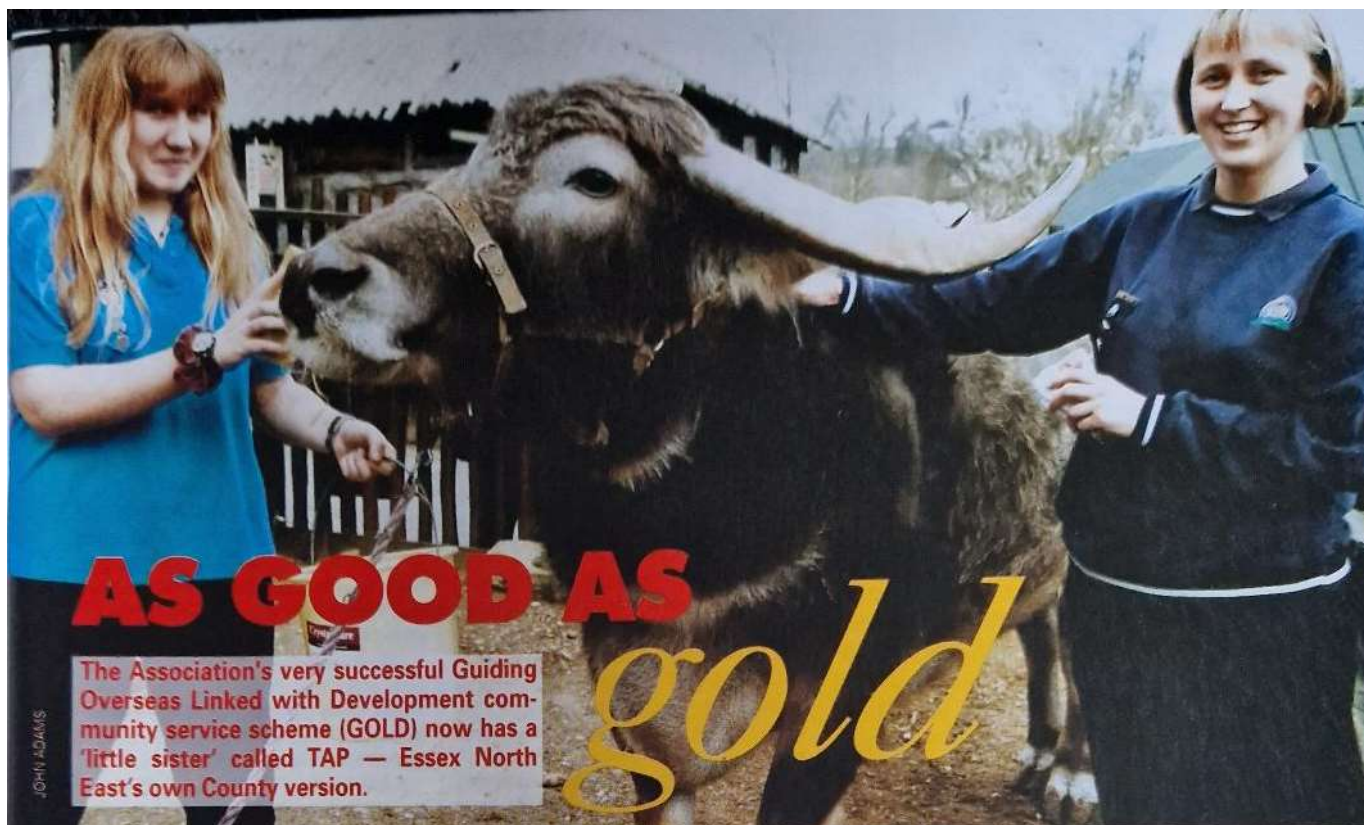
After their Thinking Day service, the girls performed traditional songs and dances in Pitlochry Town Hall.

District Commissioner Beryl Pointer explained: 'The celebration was coupled with the 75th Anniversary of the charity Save the Children which received the £130 we raised through a collection.'

WATERAID







## AS GOOD AS

The Association's very successful Guiding Overseas Linked with Development community service scheme (GOLD) now has a 'little sister' called TAP — Essex North East's own County version.

# gold

The Thailand Aid Project (TAP) is being organised along GOLD lines and will take place in Thailand.

The aim of TAP is to help provide villagers with a clean water supply and a water tap forms part of the logo.

But why, when GOLD has already undertaken four village schemes in Thailand and has two more following this year, is Essex North East planning a similar venture?

Sue Young, the County's International Adviser, explains:

'It's very simple — GOLD is a marvellous scheme, as anyone who has ever been on a GOLD trip will confirm. Indeed, Lynnie Hutchison from Sussex, who has taken part in two GOLD projects in Thailand, has not only helped to inspire us but has given us enormous support in getting TAP started.

But GOLD is the Association's on-going national scheme, attracting applicants from all over the UK. We wanted our own scheme, open only to Essex North East, that would be available to somewhat older leaders and would enable successful applicants to go on at least one exciting expedition with those from their own County.

In addition, the friendship links made on such a trip would be links that could be developed by us as a County.

Thailand was chosen because it is a fascinating country with a very different culture and seemed to offer scope for another UK project of this kind, which would be more than welcome.

The place — the actual village or area where we hope to carry out a water-based project — has yet to be decided.

So, too, have the details of the project.

We still have a lot of organising and fund raising to do before the team departs in December. The team of eight will include young Guiders, Young Leaders and Ranger Guides, and will have three leaders.

Last October we held a selection weekend at Skreens Park, near Chelmsford, which was attended by 13 Senior Section members — all keen to take part in TAP. The selection was organised by the team leaders: Nikki Bird, County Young Leader Adviser; Ann Bailey, County Ranger Adviser; and myself.

As with a GOLD project it was run on the lines of an INTOPS weekend and Lynnie Hutchison was there to help make it a thoroughly enjoyable experience. All weekend we ate Thai food, expertly cooked by Nikki — believe it or not her peanut curry was a popular choice for breakfast!

Lynnie gave us an eye-opening introduction to Thailand, with a fascinating talk and slide show.

Then, at 6am on Saturday morning everyone was woken up for a trip to the lake in Skreens Park to collect the day's "water rations". Then we all had a communal wash in the cold and dirty lake water, wearing only sarongs!

It was, of course, all part of the selection process. Any candidate who shrank from this — or from eating Thai food — would obviously not be suitable for TAP.

During a problem-solving/team-building session we staged a debate in an imaginary Thai village, with those taking part acting out the roles of village elders, monks, women and children.

Ranger and Young Leader Susie Owers of the 1st Wickham Bishops Guides (left) and Assistant Guider Sally Morris of the 2nd Harwich Guides give Sharon, the Indian water buffalo, a wash at Colchester Zoo, to boost support for TAP, their County's one-off Thailand Aid Project.

Other activities included: a spell of meditation; a Thai banquet, which was as authentic as we could make it; and raft building — something which it seemed wise to practise.

We leaders were very impressed by the standard of the candidates. Choosing the eight was difficult but we felt we had found a well-balanced team.

With the team selected, the fund raising had to begin in earnest. Each participant has a personal challenge to raise £500. The rest of the money needed — at least £1,000 a head — will, we hope, be raised as a group.

We have the support of the entire County, from the youngest Rainbow to the oldest Trefoil Guild member. A quiz about water brought in £600 — so you can see, we are awash with ideas!

Essex North East is determined that, when it comes to doing something really worthwhile for Thailand, its TAP team will be as good as GOLD.

SUE YOUNG

● Jean Smith, the 64-year-old Essex North East Guider who was the subject of a Lifestyle profile in May's *GUIDING*, went on a sponsored lone cycle-ride in aid of TAP last month, taking her part of the way round the coast of Britain.

Next month other Guides will take part in a sponsored 'scrub-out' of the buffaloes' quarters at the zoo in aid of TAP



# Guiding in a

**Guide Guider Julie Clements was busily ironing while half-watching day-time television, when an interview with a mother, who was describing her daughter's rare illness, caught her attention. At that moment, Julie realised that the mother was describing the same condition from which her own four-year-old daughter, Sarah-Jane had been suffering.**

Before that day, Julie had never heard of the mystery illness, Reflex Anoxic Seizure (RAS), an alarming condition which causes sufferers to experience 'mini deaths'.

Julie telephoned the mother, Trudie Lobban, that evening and was invited to join the RAS Support Group. Trudie, the support group's National Co-ordinator, had been appearing on the BBC1 television programme *Good Morning with Anne and Nick*. Julie had heard her describing the heart-stopping attacks which her six-year-old daughter Francesca gets after an unexpected fall or knock.

Tuning into Trudie's appearance on television has made a big difference to Julie's life. She now understands the illness which was casting a dark shadow over her family's life.

Julie explained: 'By nine o'clock that evening I was speaking to Trudie on the 'phone and suddenly, after months of uncertainty, I knew all about the condition Sarah-Jane had, and the name of the top RAS expert.'

Within weeks, the diagnosis was confirmed and Julie, eager to learn more about this recently recognised condition, joined the support group. Naturally, she offered to lend a hand whenever she could, and she soon had her Guides, the 5th Bromsgrove Company, addressing hundreds of envelopes in which to send out newsletters. Now her Guides have been taught how to look after children with RAS.

Sarah-Jane joins the unit for meetings and camp, so Julie had to tell her  
8 Guides about the illness. 'The girls are

all aware that my own daughter has RAS. We're always practising first aid procedures, especially the recovery position,' Julie told *GUIDING*.

So when Trudie was on the lookout for volunteers to help look after over 90 children — half of whom have RAS — at the first RAS support group national conference in Worcestershire, Julie knew she could safely enlist the help of her Guides.

'Some of the older girls were working for their Child Care badges anyway,' Julie explained. 'With the conference being held in a Bromsgrove hotel, it seemed the ideal solution.'

Trudie was relieved that she had found appropriate help at last and she went along to the next unit meeting to update the Guides on the latest medical research into RAS.

The 12 girls who were working for their Child Care badges decided to work with the pre-school age group. They planned play activities and, started collecting simple toys such as building bricks and dolls.

'We thought the older children might find it difficult to be looked after by Guides,

and the girls were only too willing to get down on their hands and knees and play with the little ones. That was exactly what was needed to keep them busy and safe while their parents concentrated on the lectures,' Julie explained.

'Obviously they weren't expected to look after the children on their own. There were paramedics at the conference, and Guiders and Young Leaders looked after the older girls.'

Juliet Hering, Guider with the 2nd Catshill Guides, helped the girls prepare for the conference and kept an eye on them during the day. 'There was a carefully worked-out scheme of identifying the children with RAS,' she explained. 'They

were given colour-coded badges.

Only the volunteers and Guides knew what the colours

meant, not even the parents knew. 'But the

**Julie Clements with her daughter Sarah-Jane**





# ction

children themselves were very quick to work it out. The brothers and sisters were especially keen to make it clear that they didn't have "it".

The Guides, however, were determined to treat everyone the same. They organised a few games and soon everyone was mixing happily.

Guide Katie Hunt said: 'When any of the children wanted to go to the loo, two of us had to go with them. We also had to watch them at meal times.



**Trudie Lobban and her daughter Francesca with Julie and Sarah-Jane**

'Although no-one in our group had an attack, we knew what to do if it had happened. It's important to talk to anyone who is unconscious with RAS. Experts say the person can hear you, and it helps her not to be scared when she wakes up.'

Another Guide, 12-year-old Sarah Carson, wants to become a doctor specialising in paediatrics. She made the most of the opportunity to learn more about RAS: 'The children seemed shy at first but, by the end of the day, they didn't want to go home,' Sarah said.

'I was really cautious. But it's difficult because children with RAS are extremely healthy in other ways and can often behave as if they are hyper-active. They just kept running about.'

Juliet Hering looked after the older children at the conference, along with Young Leader and Queen's Guide candidate Sarah Hollands.



Between them they dealt with several attacks. 'One 14-year-old suddenly had a seizure and fell off her chair,' recalled Juliet. 'I've no idea what provoked it, but she felt very embarrassed when she came round.'

By five o'clock the Guides were exhausted, but they had enjoyed the challenge and felt a sense of satisfaction from having given service.

After witnessing some of the difficulties and stigma surrounding RAS, they have become even more sympathetic to those with this rare condition.

'Parents at the conference were very impressed with the Guides,' Julie explained. 'In a world where today's youth has such a bad name I was proud to hear the praise the girls received.'

After presenting the Guides with their badges and specially-designed certificates signed by RAS expert Dr JBP Stephenson, Trudie asked the girls to help at the next conference.

'I hope that they will tell their families

and friends so more people will hear about RAS. At the moment so few people have heard of it or understand how to cope with it.'

Julie knows that some Guiders are reluctant to take children with RAS into their units, and that the youngsters are often excluded from camping. She believes, however, that children with RAS miss out on so much fun while growing up, and that Guiding can provide a social activity in which they can participate fully, knowing that their safety needs will be met.

'I have every confidence that my Guides will be able to take care of someone who has an attack. As their Guider I want them to know how proud I am of them,' Julie said. 'And, as a mother of a child with RAS, I would like to say a big thank you on behalf of all the parents. Without the Guides' help the conference would not have been possible at all.'

**KIRSTIE GRAY**

**Guides helped to entertain the children with games**

Reflex Anoxic Seizure is a rare condition in which the sufferer's heart stops temporarily, followed by a period of unconsciousness. This reaction is triggered by unexpected pain from a fall or knock, which causes the Vagus nerve to swell. The supply of oxygenated blood to the brain is then cut off.

A child suffering an attack collapses and turns deathly pale, her eyes 'roll upwards' and her limbs go rigid.

Her heart will start beating again within a minute, but the child may remain unconscious for over an hour. After an attack, a child may sleep deeply for several hours.

RAS was identified in 1979 by Dr JBP Stephenson. However, it is not widely recognised and the support group estimates that 90 per cent of GPs, nurses and health visitors have never heard of it. It is often misdiagnosed as breath holding or epilepsy.

A child may go for months without having a seizure, or may experience several attacks in one day.

Trudie Lobban founded the RAS Support Group in March 1993, after her daughter, Francesca's, condition was identified. There are over 500 children in the country who suffer from RAS.

A great deal of research still needs to be carried out into the condition. For instance, it is not known whether these children grow out of RAS, or whether they can be given a general anaesthetic.

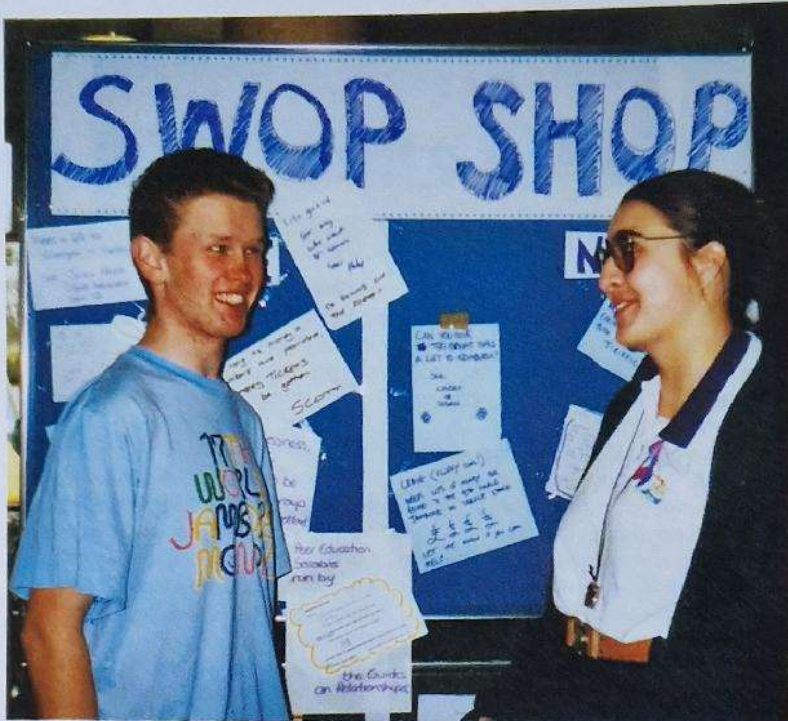
Current research is focusing on adults who may have the condition, but who have been misdiagnosed in the past. At the moment RAS cannot be controlled through medication.

For further information about the Reflex Anoxic Seizure group contact Trudie Lobban on 01789 450564.



# ALL TOGETHER NOW!

Craig Turpie and Cheryl Picken displayed requests for volunteers on the swap shop notice-board



*'You are showing the rest of us up,' admitted Dorothy Kinloch, Commissioner for the Scout Association in Scotland. She was addressing 60 Venture Scouts, Rangers, Young Leaders and Young Guiders who were enjoying a hectic weekend of fun and fellowship at the Scottish Police College.*

'I greatly commend the initiative and congratulate everyone for seeing it through and for participating. It has been a marvellous success,' Dorothy declared enthusiastically.

Months of hard work had gone into organising Forging Links, a conference on co-operation between the Senior Sections in both The Scout and The Guide Associations.

Planned entirely by Senior Section members, the comprehensive pro-

gramme included workshops, talks, activities, and a parting challenge to organise small regional events that would nurture the friendships made over the weekend.

'The idea for the conference came about in a pub,' explained Dawn Riddell, a member of the Scottish Forum, who represented The Guide Association at a Venture Scout Council in Edinburgh in 1993. It was there that she met Venture Scout Craig Turpie, with whom she hatched the plan to get young people from all over Scotland working together.

'As we sat having a drink we decided the two Associations should mix more,' Dawn said.

Within weeks an organising party was formed. Dawn and Craig were joined by Lyndsey Taylor and Susan Thornton from The Guide Association; and Melanie Oldfield from The Scout Association. Karen Fulton, Programming and Training Commissioner for The Scout Association provided them with the professional support they needed.

'There was a lot of convincing to do and we had to change a lot of attitudes. It's been an uphill struggle,' Dawn said.

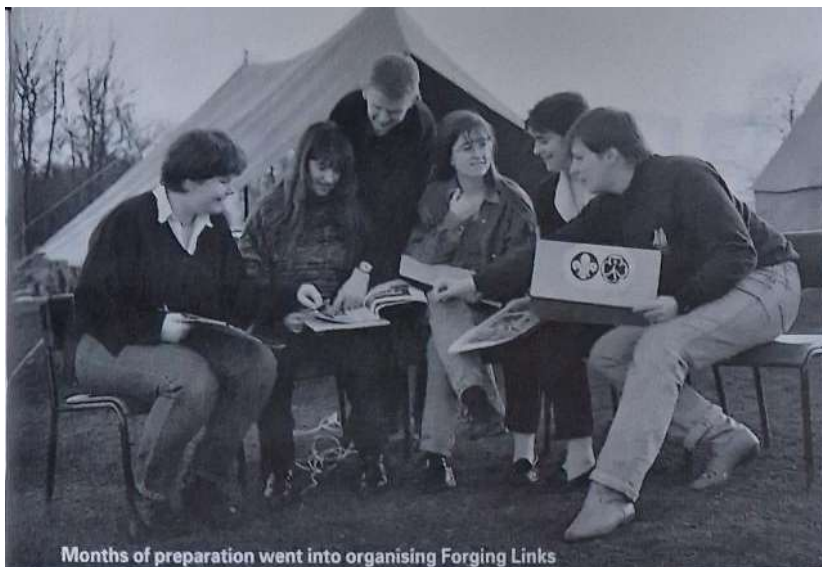
After consulting both Associations, the team managed to organise an impressive list of speakers, including: Gillian Robertson, Scottish Chief Commissioner; Stuart Littel, National Scout Commissioner; Barbara O'Donnell, Ranger Adviser for The Guide Association; and Jim Murdoch, Scottish Commissioner for Venture Scouts.

Finally, after 18 months of preparation, 60 Senior Section members, all in

The Forging Links committee got together to plan the weekend







Months of preparation went into organising Forging Links

ANDREW WHITELAW

uniform, congregated in the assembly hall at the Scottish Police College in Kin-cardine-on-Forth, Fife.

Meanwhile, backstage, Dawn and Craig were 'swopping' Associations, and recreating themselves as Skip the Venture and Fluffy Owl, respectively.

The delegates roared with laughter as they performed a comic role-play designed to get everyone thinking about stereotypes and prejudices.

Fluffy Owl announced that her hobbies were crochet, sewing, knitting and macrame, while Skip listed his pastimes as 'smoking, booze and babes'!

Later, Dawn admitted that they'd taken a risk, but added: 'No one was offended. It opened up a bit of banter and got everyone talking about Scouts and Guides. It just goes to show that we really aren't that different.'

Then everyone took part in ice-breaking games, including an around-the-room team version of Trivial Pursuit.

As she laughed at the contestants who were performing a karaoke song-and-dance version of the Village People's disco hit YMCA, Dawn said: 'Look around this room. Before tonight, no one knew one another, and now they're all getting on. If we hadn't planned this weekend they would never have met each other.'

The organisers had arranged seven workshops for Saturday morning, on topics that they believed would be useful to both Guides and Scouts.

Experts from within the Movement and the wider community throughout Scotland were approached to lead 45-minute seminars on topics such as youth issues, committee workshops, public speaking, parallel training schemes, Scottish country dancing and working with 'wrinklies'.

Saturday afternoon was set aside for the two sections to deal with all the business matters.

After all the hard work, the young people were able to relax and enjoy a social evening. It was regarded by most

as the highlight of the weekend and many danced the entire night away.

'It was fantastic,' enthused one Venture Scout. 'Everyone got on as if they'd been lifelong friends.'

'A night to remember,' was the verdict of a young Guider who teaches in a remote part of northern Scotland. She admitted having difficulty finding Guiders of her own age. She said: 'I love my Guides but, sometimes, I want to let my hair down and have fun with Guides and Scouts in my peer group.'

The tired but happy smiles on the faces of the 60 bleary-eyed delegates who crept into the breakfast room the following morning showed what a success the evening had been.

In preparation for the final challenge of the weekend, the delegates divided into geographical groups and were asked to organise a fantasy joint venture with an unlimited budget.

'It's the final getting-to-know-each-other stage,' explained Lyndsey Taylor. 'They can bounce ideas off each other and work together, but, as it's not real, it doesn't matter.'

They were given 45 minutes to construct a plan and then five minutes to give a presentation to the other delegates, which meant that the members of each group were forced to draw on a variety of skills.

Their ideas included: world tours; navigating the Amazon from its source to the sea; catching and riding armadillos; and spreading Scottish culture throughout the world.

'We want you to go away with a plan to get in touch and to involve your own units at home,' announced Karen Fulton as she challenged the new friends to make some concrete plans for co-operation between the two Associations.

Barbecues, joint camps and weekend events were planned, and each team was asked to produce an action plan stating how they were going to organise their venture.

With the weekend's aim accomplished, the dormitories cleared out, and the cars loaded for home, everyone gathered in the assembly hall one last time to hear closing speeches from Dorothy Kinloch and Gillian Robertson.

Finally, the Church of Scotland Scout Chaplain led a moving closing session using music and slides, which provoked an emotional reaction from the people who had organised the weekend.

A tearful but happy Dawn Riddell sniffled, 'I can't believe it's all over' as she hugged her friends.

'It's been a great success, and the closing thoughts brought it home to us all just how important this weekend has been,' Lyndsey Taylor confirmed.

'It's been a great weekend, but it's not supposed to happen every year,' added Craig Turpie. 'It was special and I think people will remember it, as well as the importance of Forging Links.'

KIRSTIE GRAY



Dawn Riddell and Craig Turpie as 'Skip the Venture' and 'Fluffy Owl'



This month Live Issues investigates the ethical and environmental aspects of clothing and asks if clothes labels really tell us all we need to know.

# CLOTHES

Check out the clothes you're wearing. What do the labels say? 100 per cent wool, hand wash, made in Britain; 65 per cent polyester, 35 per cent cotton, machine wash warm, made in Hong Kong; or 52 per cent linen, 48 per cent rayon, dry clean only, made in USA of imported fabric...

All you could possibly need to know — or is it? What are the stories behind these labels?

Clothing plays an important part in all our everyday lives, but especially women's.

Not only are we more susceptible to fashion trends, but often it is our responsibility to buy, maintain and launder clothes for other members of the family — children, elderly relatives, even harassed husbands. So that must mean we know all about clothing... or does it?

How much thought do we give to the 'what' and the 'who' in a label? The ethical and environmental issues connected with clothing are complex and numerous. Here, Live Issues outlines some of them to get you and your unit thinking about what's behind that cool-cotton-for-summer skirt, chunky knit sweater or all-weather nylon jacket.

## WHAT'S IN A LABEL

Fibres used in clothing are either natural — such as cotton, wool or linen — or man-made such as rayon, nylon or polyester, or a combination of the two.

By far the most popular fibre, accounting for half the world's clothes, is cotton. But the transformation of cotton boll into T-shirts has its problems.

Cotton production is a major source of income for many 'third world' countries — with potentially hazardous side-effects. As a crop, cotton is greedy and thirsty. It occupies vast acreages — currently around five per cent of all cultivated land. It exhausts the soil and requires extensive irrigation.

Cotton is also prone to disease which results in heavy use of pesticides — often over 40 sprayings a year.

Estimates indicate that one third of all the pesticides produced worldwide are destined for cotton. In developing countries such pesticides may contain highly toxic chemicals — ones that are banned

in industrialised nations — and consequently health risks are increased for everyone.

Cotton pesticides — principally through spray drift and contaminated water — are thought to cause one million cases of acute poisoning as well as some 20,000 deaths each year.

One environment-friendly answer to the problem of pesticides is organic cotton — grown without the use of pesticides or artificial fertilizers. But yields are so much lower that it is doubtful if production could ever meet demand. The present world output would only satisfy a large textile company's requirements for about one minute!

The fibres are spun into yarn which is then woven or knitted into fabric. Pre-treatment involves sizing if the yarn is to be woven or oiling if it is to be knitted. At this point a fungicide may be added to protect the cloth from mildew. One fungicide still used in some producing countries, PCP, contains dioxins — toxic substances which, via the food chain, can cause cancer, affect reproduction and damage the immune system.

Ultimately, all these additives and other impurities have to be removed. The washing or scouring process has a high potential for pollution since the waste water discharges into sewers and then rivers. The dangers posed by this waste water depend first on the various chemicals used on the yarn and second on how efficiently

the resulting effluent is treated.

Although its intensive production relies heavily on chemicals, cotton scores environmentally as a natural, biodegradable fibre, which is both renewable and recyclable.

The other leading natural fibre — wool — has similar advantages and requires fewer chemicals. The pesticides used to keep sheep healthy end up in the waste water during scouring, and must be treated accordingly.

One environmental concern specific to wool production is the effect of sheep farming on ecosystems. In some parts of the world, it contributes to soil erosion and deforestation.

Perhaps the most environment-friendly natural fibre is flax (linen), a traditional fabric which is now making a comeback. Flax cultivation requires little or no chemical input and the fibres are so strong that they do not need sizing.

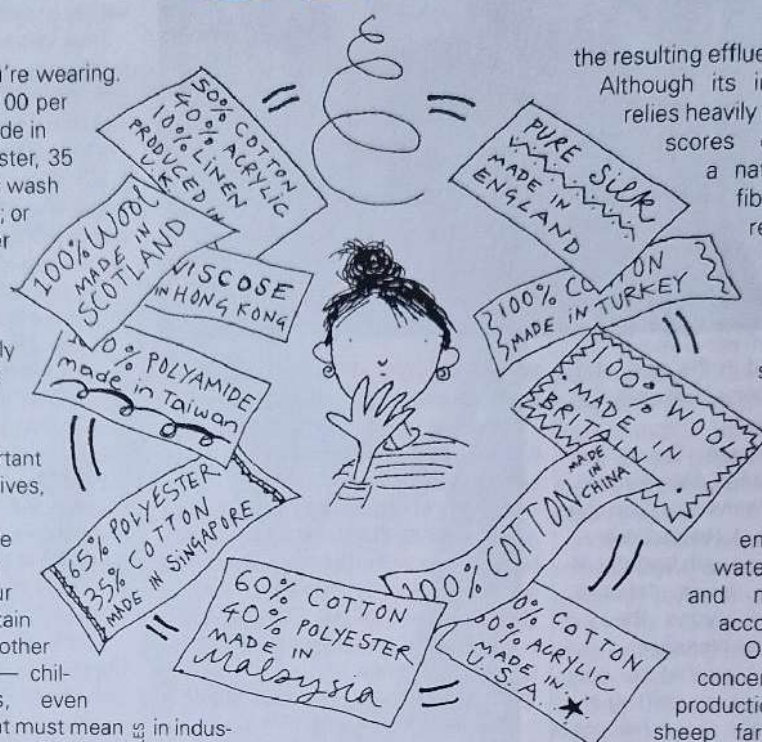
As an added bonus in the UK, flax can be grown locally on land no longer required for food production. Furthermore, the whole plant is used: long fibres for textiles; shorter ones for paper; and the seeds for oil.

The other category of fibres, man-made ones, includes synthetic and artificial fibres. Synthetics, like acrylic and Lycra, are produced from petrochemicals, and account for five per cent of the world's consumption of oil — a non-renewable resource. Their manufacture requires a high energy input and they are not biodegradable.

Artificial fibres, such as viscose and rayon, are based on wood-pulp — a renewable resource — but the production process consumes high levels of energy, involving chemicals that are potentially polluting.

Also, one of the woods commonly used for fibre manufacture is eucalyptus: plantations of this thirsty, fast-growing tree can destroy ecosystems and deprive local communities of precious water supplies.

Although natural fibres are essentially





# CONSCIOUS

'greener' — especially as processing technology improves — they cannot meet demand on their own. In one day, for example, a modern factory produces over 150 tonnes of acrylic. To produce the same amount of wool takes one year, 12 million sheep and a pasture area almost the size of Ireland.

## FINISHING TOUCHES

Although there is some demand for natural-colour garments, such as unbleached cotton shirts and sweaters in the original shade of the sheep's wool, most clothing is either white or coloured. To achieve either effect the fabric is first bleached — a process which used to involve chlorine, which is seriously harmful to health as well as the environment.

Over the last few years, however, chlorine has been replaced in industrial nations by less harmful bleaching agents; increasingly, this is happening in 'third world' countries too.

The synthetic dye-stuffs used for most fabrics are non-toxic, although the dyeing process is energy intensive and requires large quantities of water. In some cases, up to 40 per cent of the dye is not absorbed by the fabric. Most of this surplus is removed at the sewage plant, but some does escape into waterways creating brightly-coloured rivers.

There are some other problem areas. For example, the dyes that work most effectively on wool are chromium based. Residual chrome in waste water does not degrade and is potentially harmful to the environment. However, with the recent introduction of new low-chrome technologies, the levels of chrome in effluent have been dramatically reduced.

After dyeing, there are various finishing processes which are used to make fabrics easy-care, moth-proof, shrink-resistant, flame-retardant... These processes use energy, water and a range of chemicals but, with ever stricter controls, there is little contamination of the environment.

One problem area again concerned wool, where the shrink-proof process previously involved chlorine, which caused unacceptable levels of pollutants called AOX. In response to this problem, chlorine-free treatments are being introduced.

With some finishing processes the advantages may outweigh — or at least

balance — the disadvantages; an easy-care, non-iron fabric saves on energy; while flame-retardant clothes could save a child's life.

## WHO'S IN A LABEL

The UK imports over one third of its clothing, mostly from rich countries such as the US and Italy and from newly-industrialised ones such as Hong Kong. The rest comes from poorer countries such as Bangladesh, Thailand and the Philippines, where the urgent need to establish manufacturing industry, coupled with cheap labour and lax employment legislation, create an ideal scenario for exploitation.

At the top end of the supply chain are the high street retailers and their suppliers. Then come the manufacturers and sub-contractors, and, finally, people working for a pittance in small factories, workshops and at home. The appalling conditions endured by many of these 'third world' garment workers include:

- Low wages — even in countries where there is a legal minimum wage this is often ignored and wages are often paid late.
- Long hours — 12-hour shifts are common, and overtime is frequently obligatory and unpaid.
- No contracts — workers can be laid off at will and dismissed for no reason.
- Poor health and safety standards leading to injury and illness — sick pay and compensation are rare. Problems include lung disease from cotton dust; eye defects due to poor lighting; varicose veins brought on by standing all day; and, where wages are too low to live on, malnutrition.
- No union rights — for the most part unions are either banned or limited to 'official' organisations which are dominated by the employers.
- Age discrimination — factories frequently take on teenage workers (they are more 'docile' and can be paid less) and then sack them in their early 20s.

Child labour is common. Women, accounting for up to 90 per cent of the workforce, may lose their jobs if they get married or have children.

The following true story of a

Bangladeshi widow with three children illustrates many of the difficulties faced by garment workers (from *For People, For Profit* published by Traidcraft):

'When her youngest child was two years old she left her children at home and went to work in a garment factory for \$8.33 a month. She went elsewhere to work and now earns \$22.85 a month. She has kept changing her place of work for several reasons: she was often forced to work overtime without pay; she never received her wages on time; and she did not get any holidays, not even one day a month.

In the factory in which she last worked she had to work from 8am to 10pm, though the official closing hour of the factory was 5pm. The workers could not leave then because the main gate was locked. Once, when she was



sick for four days, she lost half a month's salary.

This factory employed 200 workers, 60 of whom were children under 12 years of age.'

Another aspect of getting clothes made as cheaply as possible is that items are often the product of more than one country. A blouse label — attached in the UK — may say 'made in the Philippines'. But it fails to mention that the fabric comes from China, and that the blouse was designed in England, cut out in Hong Kong and only sewn together in Manila. This system



makes the responsible monitoring of employment conditions more difficult.

Poor conditions and low wages are not limited to developing countries. In the UK, some 300,000 women are employed in the garment industry. And an increasing number of them work either at home or in small workshops on unfavourable terms.

Ethnic minorities form a major part of this workforce. Their isolation, as well as a constant fear of racial harassment, makes them particularly vulnerable to exploitation.

Home workers, responsible for costs like heating, lighting and rent, have no financial security as their workload fluctuates from week to week. They are paid by piece — so much per dozen labels sewn on or garments bagged — and the rates are notoriously low, often less than £2 per hour.

## AFTERCARE

There is yet another aspect to the clothing debate. How do we look after our clothes and later dispose of them?

The care label gives information about washing, drying, ironing... or dry cleaning. All these processes consume energy. Frequent washing also uses water and, along with dry cleaning, chemicals as well.

In the UK we use around 850,000 tonnes of detergent a year — a massive dose of chemicals that ends up in our sewers. A conventional detergent contains: surfactants, the main cleaning agents; builders, which help the surfactants work more effectively; stain removers, such as enzymes and bleaches; optional brighteners; and perfumes, to give washed clothes a fresh look and pleasant smell.

Other ingredients include colourings, preservatives and anti-foaming agents. Inevitably, many of these substances have an impact on the environment and on health. To give just a few examples:

- Surfactants are either petroleum-based or vegetable-based. The latter biodegrade quickly, within a week; petroleum-based ones can take up to a month or even longer, causing a threat to aquatic plant and animal life.

- The most common builder is phosphate, the accumulation of which in waterways promotes the growth of toxic blue-green algae, which are harmful to animals and people.

- Enzymes, optical brighteners and perfumes are all believed to cause certain allergies.

So-called 'green' detergents should contain only essential ingredients in the lowest possible amounts.

They do not, for instance,

include optical brighteners, which is why people — conditioned to 'whiter than white' — sometimes complain that green detergents don't get clothes really clean.

For its part the dry-cleaning process uses chemicals which produce toxic waste and can affect workers' health. In

some countries, however, there are moves to phase out the most dangerous solvents and also to develop safer, alternative cleaning methods.

When it comes to getting rid of clothes, whether because they no longer fit, you're tired of them or they're worn out, there are various ways you can recycle them.

If they are still wearable donate them to charity shops, jumble sales, crisis collections for victims of disasters, or put them in a clothes bank — located in many recycling areas alongside the bottle bank and newspaper skip.

If clothes have come to the end of their useful life, perhaps you can find a further use for the material at home — as a rag rug or patchwork cushion cover, for instance. Or there may be a rag bank near you. Natural fibres can be respun into new textiles, and synthetic fibres cut up and used for other purposes such as industrial wiping cloths.

## OPTIONS

The environmental and ethical aspects of the clothing industry are so complex and far-flung that we might wonder what we as individuals can do. But as consumers we are part of that industry — the very reason for its existence — and we do have a voice.

Where do you normally do your clothes shopping? What is the store's policy regarding the workers who manufacture those clothes? How environment-friendly are the fabrics

used? If you don't know the answers to these questions, write and ask.

In the past few years, several major retailers, including Littlewoods, C & A and Marks & Spencer, have adopted codes of practice for their suppliers covering matters such as employment conditions, minimum wages and workers' rights.

At a more immediate level, a greater awareness of the issues involved should help us to think about our attitude to clothes — and maybe prompt us to make a few changes. Here are some ideas for action:

- In the UK we spend around £15 billion a year on clothes and yet our wardrobes and drawers contain an estimated £30 billion worth of unused clothing. Susceptible to the twin pressures of advertising and fashion we are clearly buying more than we need or want. How about buying fewer clothes?

- Wash clothes less frequently, when they're dirty rather than whenever they're crumpled. This will prolong the life of your clothes and also use less energy, less water and less detergent. Save even more energy by drying clothes outside.

- Develop the 'stitch in time saves nine' attitude. Look after your clothes and they will last longer.

- 'Dry clean only' doesn't always mean what it says. With care some garments can safely be washed by hand.

- Support organisations that promote 'clothes with a conscience'. Friends of the Earth, for example, sell a range of clothing in unbleached cotton, naturally-coloured wool and recycled wool. Traidcraft works in partnership with 'third world' producers and markets their merchandise, including clothes, at a mutually agreed fair price.

- What else can you or the girls think of to tackle this important issue?

## FIND OUT MORE

The Women's Environmental Network (WEN) publishes factsheets, *Clean Clothes and the Environment* and *Women, Clothing and the Environment*, which are available free from WEN, Aberdeen Studios, 22 Highbury Grove, London N5 2EA. Send a large sae.

For a copy of Traidcraft's current catalogue of fairly-traded products contact Traidcraft plc, Kingsway, Gateshead, Tyne and Wear NE11 0NE. Tel: 0191 491 1001. A list of educational materials is also available.

CATHERINE DELL

**GUIDING** gratefully acknowledges the assistance of WEN, Traidcraft, Friends of the Earth, International Wool Secretariat, Irish Linen Guild and the Textile Finishers' Association in the preparation of this article



JANE ECCLES



# IT'S *Official!*

*After years of fundraising, West Yorkshire North's magnificent new Pack Holiday and Activity Centre is now officially open.*

The centre has been appropriately named Wynches, which stands for West Yorkshire North's Camp, Holiday and Expedition site.

Officially opened by The Chief Commissioner, Jane Garside, in April, the building is now completed and in use, after years of frenzied fundraising.

Apart from Pack Holidays, weekend trainings and other events, Wynches has already been used for District and Division celebrations and an 80th birthday party for two Trefoil Guild members, who were born on the same day.

The centre has been built in stone to blend in with the surrounding buildings at Burley Woodhead.

As with the fundraising, there was a sense of urgency as the opening date drew nearer. The contractors had barely finished when the decorating squad — consisting of Guiders, Rangers, Young Leaders, partners and friends — stormed in to paint, varnish, fix tiles, lay floor coverings, box-in exposed plumbing, put up shelves, make cupboards and hang curtains.

A vital part of Wynches, designed for the use of the Outdoor team, is the

Jane Garside with just some of the Brownies who were present at the official opening of Wynches



basement. This, too, was finished off by a lively crew, led by two characters called Dodgit and Bodgit, who made many of the fittings themselves. Thanks largely to a 'retired' Scouter — the husband of one of the County's leaders — tents and all the other bulky outdoor equipment can now be neatly racked so it is easily accessible.

County Commissioner Margaret Smith said: 'The crew leaders could not have been more inaptly named — they were terrific. Never has a basement been so "plush", even down to a silk flower arrangement over the toilet!'

The decision to build Wynches was made more than ten years ago, following the death of one of the County's stalwarts, Dorothy Clough.

Margaret explained: 'Miss Clough's death in 1981 meant the end of an era. As well as losing a valued supporter, we'd also lost the use of her home, Steeton Hall, for trainings and the use of her land for camping.'

'We had to find a new site, and it was decided that the memorial fund set up for Miss Clough would go towards the cost of buying the site — when we'd found one.'

'Many places were visited but there was always something wrong — we did not like the location of the site, or the shape of it, or we couldn't hope to get planning permission and so on.'

It was not until October, 1988, that a sharp-eyed Camp Adviser spotted an advertisement in the local newspaper, the *Yorkshire Post*, offering a 7.71-acre grazing field for sale.

A visit by the County Commissioner and, on the same afternoon, by the

camping team, left them with the feeling that they'd found what they were looking for.

'Towards the end of the auction there was only one other bidder and we got it for £30,000, our ceiling figure, beyond which we dared not go. By December we'd received "change of use" planning consent,' Margaret recalled.

Work on the site began in 1989 and, in the spring of 1993, the contractors were able to start building the centre. By December, that year, the shell was complete and could be locked up. Last year work started to finish the interior.

Margaret explained: 'Fund raising began on a modest scale after Miss Clough's death, but was stepped up dramatically when we found the site. We quickly got into all kinds of things, including Wynches novelties such as keyrings, mugs and a Wynches plate, with a picture of the site in the middle, with landmarks from the County's eight Divisions around the edge.'

Among the scores of other money-spinners were sponsored walks, swimathons, a John o'Groats to Land's End cycle ride, a cross-Scotland walk, an Antiques Road Show event, safari suppers and silent auctions.

Margaret added: 'Incredibly, the money-raising has kept pace with the need to make stage payments and settle other bills as the development progressed. The cost of buying the site, developing it and building Wynches has been about £260,000.'

'We still owe about £30,000 to those who made us interest-free loans, but I think we can now say proudly that we own our house.'



# Network

## MUPPET TIME

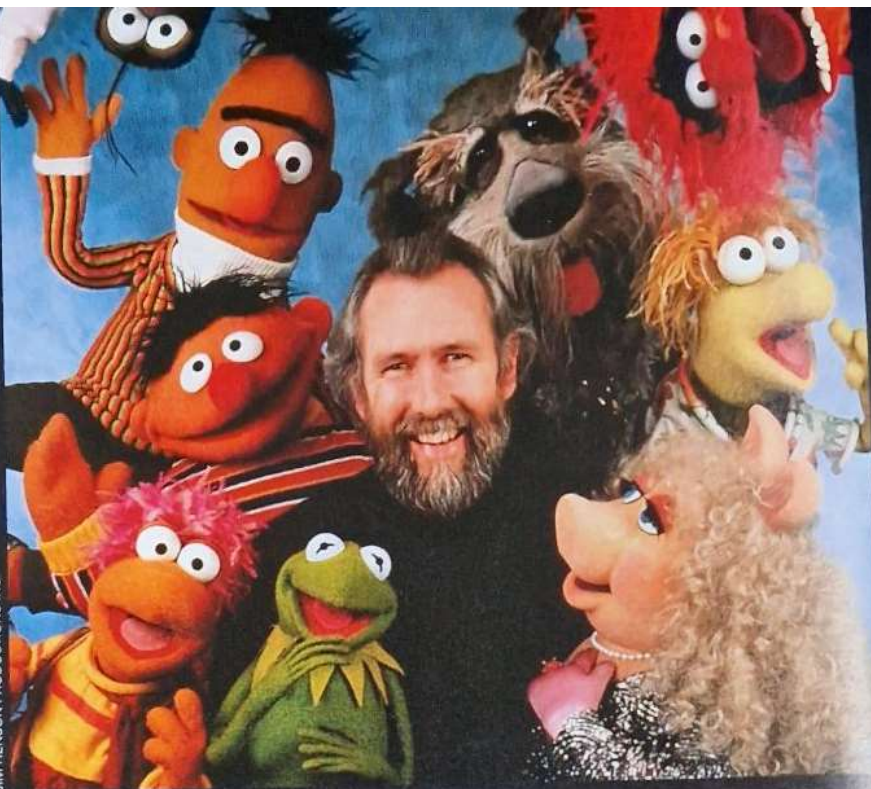
► Kermit the Frog, Fozzie Bear and Miss Piggy are some of the world-famous figures starring in a special exhibition at London's Museum of the Moving Image (MOMI).

*Muppets, Monsters and Magic* goes behind the scenes of children's TV favourites *The Muppet Show*, *Sesame Street* and *Fraggle Rock*.

A touch-wall, covered in fabrics, wheels and buttons, encourages visitors to explore how the puppets are made. Classic video footage is shown throughout.

The show runs until September 3. Admission to the museum costs £5.50 for adults and £4 for children. For special group rates call 0171 815 1350.

JIM HENSON PRODUCTIONS INC.



## PRAYER BOOKS

▼ Sister Wendy Beckett converted the nation's couch potatoes into art lovers with her BBC television series: *Sister Wendy's Odyssey* and *Sister Wendy's Grand Tour*.

Now, she has written a book to encourage children to 'listen' to God by looking at paintings. We've got eight copies of *A Child's*

*Book of Prayer in Art* to give away. Published by Dorling Kindersley, the book costs £7.99.

To be in with a chance of winning a free copy send a postcard with your name and address to GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT.

## GREAT GIVEAWAY

▼ Keen campers will be eager to take part in this all-weather camp giveaway.

a dual outlet post; a low pressure regulator; a low pressure hose; a Chunky propane cylinder; and a two



Chunky from Primus works with a full range of appliances

## SISTER WENDY BECKETT A CHILD'S BOOK OF PRAYER in ART



The book's jacket shows a detail from Ghirlandaio's *Portrait of an Old Man and a Young Boy*

Primus of Sweden has launched Chunky, a two-kilogram refillable cylinder filled with propane. This liquid converts to gas at temperatures as low as -40°C, making it ideal for all-year-round camping. Chunky is small, portable, durable and versatile. In conjunction with Primus, GUIDING is offering the chance to win a complete stove and lantern set worth £170.

The package includes: a 200W manual lantern;

burner stove with lid.

To be in with a chance to win just answer the following question:

What is the lowest temperature at which propane converts to gas?

To enter, send your answer on a postcard with your name and address to GUIDING/Primus, 17-19 Buckingham Palace Road, London SW1W 0PT.

For a catalogue showing the range, write to Primus, Stephenson Way, Formby, Mersyside L37 8EQ.



## FIRST AID FACTS

► TCP has produced a card called *Facts for the First Aid Box*. Designed with a water-proof cover, it includes essential advice on cuts, grazes, bleeding and burns.

GUIDING has 1,000 copies to give away. For a chance to win one, send a sae to GUIDING/TCP First Aid, Dept DR, Charwell Health Care, Charwell House, Wilson Road, Alton, Hants GU34 2TJ.

## CONSERVATION COMPETITION

● There is still time to send in your entries for this year's Blake Shield Award organised by the British Naturalists' Association.

Open to groups aged between 8 and 16 who have adult team leaders, the teams are asked to undertake a natural history or conservation project.

This could involve investigating a place of natural beauty, or observing plants and wildlife.

The association's secretary, June Pearson, said: 'The judges are very good when considering entries from Guides and Brownies. They take into account that they only meet once a week.'

For an application form send a sae to Blake Shield Competition, BNA, 48 Russell Way, Higham Ferrers, Northants NN10 8EJ.

## TCP FACTS FOR THE FIRST AID BOX

### BLEEDING

#### Minor Bleeding

Wash the wound with clean water. Then apply TCP Liquid Antiseptic directly to the wound.

• Apply TCP Liquid Antiseptic directly to the wound.

• Apply a clean dressing.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.

• If the wound has to be dressed, use a clean dressing. Use only one layer.



CAMERON, CHOAT & PARTNERS

## WIN AIRSHOW TICKETS

▼ As the nation commemorates the 50th anniversary of the end of the Second World War, the RAF is to join forces with the RAF Benevolent Fund's International Air Tattoo 95 (IAT 95) to present a *Victory Airshow*.

The show will be held at RAF Fairford in Gloucestershire on July 22 and 23, and will feature the RAF's official victory salute.

It will honour those who did not return from battle, as the RAF joins with air forces from nations on both sides of the conflict, highlighting past losses and present-day friendships.

IAT 95 will also look back to the early days of the pioneering Royal Air Force Pageant at Hendon, 75 years ago, in Hendon Heritage.

Nearly all of the great aircraft in aviation history will be represented in the two-mile stretch of planes parked on the airfield for visitors to look at.

Visitors will also be able to enjoy an eight-hour flying display featuring, among others, the world-famous Red Arrows.

On the ground the special displays in the arena will include: the Royal Signals' White Helmets Motorcycle Team; dog obedience demonstrations; marching

bands; and a hostage 'rescue' reconstruction.

A British Aerospace Eurofighter simulator dome will offer a virtual-reality experience for all aspiring fighter pilots. For the less adventurous there will be a large craft and toy fair.

Tickets usually cost £15 per adult and are available from branches of the Alliance and Leicester Building Society, or by ringing 0891 122997.

But GUIDING has 15 pairs of adult tickets to give away. Heidi Standfast, the RAF Benevolent Fund's Marketing Manager, said: 'All children accompanied by adults will get in free, so a Guider and her assistant can bring along their unit for nothing.'

If you would like to win a pair of adult tickets worth £30 just complete the word-search (below) and sent it to GUIDING/Airshow, 17-19 Buckingham Palace Road, London SW1W 0PT.



AEROBATICS AIRSHOW ARENA AVIATOR CONCORDE FLY FUN DISPLAY  
HURRICANE IAT LANCASTER REDARROWS RUNWAY SAGA SPITFIRE VICTORY





# ADVERTISING

# FEATURE

**For many young people, a summer camp is not just a holiday – it's a memory for life. With 11 different European destinations to choose from and 35 years experience in providing group holidays for young people, Jeka Holidays can help you create a unique team adventure. But don't just take our word for it – Val Snowden, leader of the 5th Mitcham Guides, explains:**

"We've been in Austria, France, Italy and the Czech Republic with Jeka and this year we're going back to Austria – the girls have been on countdown since March! After reading about Jeka in *GUIDING* in 1991, I booked us a ten-day trip to Austria, as it was the shortest coach journey time. The girls loved it – plenty of scenic walks and loads of activities such as dry tobogganing and white-water rafting. Since then we've visited spectacular caves in France, explored a silver mine in Prague and hiked around Lake Garda in Italy. There's no shortage of things to do on these holidays – horse-riding, canoeing, para-gliding, cycling,

or just taking it easy sightseeing and checking out the local shops! Jeka do their homework on the different activities available in each resort but it's up to you how much you do. Included in the tour price is 300 miles excursion use of the coach, which also takes you to and from your chosen resort. But in Prague we decided to abandon the coach occasionally because public transport is so incredibly cheap. A return train journey for 14 people was just £4 – even the coach drivers came with us! Things do go wrong occasionally, of course – on our way to Italy, the coach broke down two hours away from the site. We called the Jeka representative from a payphone at the roadside and she sent two single decker buses out to get us! It was 1 am by the time we arrived but everyone was still remarkably cheerful and enjoying the adventure! Jeka do come up trumps when you need them. Their local representative drops by every evening to check that things are running smoothly and if you need them any other time, you give them a call or leave a note. In France

we had a problem with the shower not draining away properly. I left a note as we went out for the day and, by the time we got back, it had already been sorted.

The accommodation is dormitory-based and roomy; last time our group house was a converted school. The food quantities are plentiful (it's delivered fresh daily) and you just fill in a form for what you want. After a day out, the girls come back and dive on the larder – to see what's been delivered – it's like an Aladdin's cave really! It's one of the things the girls love most trying out different breads and cheeses and such. But in Prague the provisions form was all in Czech so we had to guess at what we were ordering! You prepare the food yourselves and the girls enjoy that. I always work on the assumption that it's everyone's holiday and we all muck in together. The girls love the adventure, the novelty of it all and the freedom.

I can honestly say we've never been disappointed with a Jeka holiday – I think it's a pretty good package. Jeka constantly tries to fine-tune things but I reckon they've got it right. The long coach journey to and from the resort (we've travelled for up to 20 hours) can seem a problem but not for the girls! They natter, play cards, watch videos or curl up and sleep. Adult leaders might feel reluctant about it but I would say have they been on a modern coach lately? They're a lot better these days! It's one of the ways Jeka has of keeping costs to a minimum, and that's what Guide groups like, isn't it? I would definitely recommend Jeka to other leaders and, in fact, I have done, many times. Go for it!

## a european EXPERIENCE!



*Jeka Holidays Ltd is a fully bonded member of ABTA and a wholly owned subsidiary of Jeka Belgium, a non-profit making association. For further information and a brochure, contact: Jeka Holidays Ltd, Freepost (BM6614) Halesowen, West Midlands B62 9BR  
Tel: 0121 559 0991/  
0141 248 3665/0181 688 1155 or  
Fax: (0121 559 0977)*

**JEKA**  
Group Holidays





**My brother-in-law, Mark, runs a Cub Pack and, from time to time, Rosemary and I help him out at his camps, along with some of Rosemary's Guides who are doing their Service Flashes.**

I must admit, I am not a great fan of small boys and their unpleasant habits, despite having once been one myself. So the Guides' energy and enthusiasm when dealing with the Cubs never ceases to amaze me. Often the Guides are still going strong when the adults have retired to the fire with their cocoa.

Waterfights are a regular feature at Mark's Cub camps and Rosemary was concerned that one of her Patrol Leaders, a rather studious Guide who took her service role very seriously, would not enjoy this 'fun' activity.

To allay Rosemary's fears I had a bet with her which involved me buying Rosemary dinner in the unlikely event of Joanne ever joining in.

I must admit, though, I didn't think there was much chance that I'd have to cough up. I was shortly to learn that you should never underestimate Guides, even the serious types.

The waterfight was in full swing and, naturally, the leaders were the main targets. As expected, there was no sign of

Joanne. I began looking forward to tucking into a meal at the local Indian restaurant at my wife's expense. Then, to my horror, I saw a figure emerging from behind the mess tent, holding a water-gun that looked suspiciously like a Super-Soaker 3000 — the very latest in waterfight technology.

Doing her best Clint Eastwood impression, Joanne smiled and declared: 'Go ahead, make my day', before hitting me with a jet of water which, as far as I was concerned, had all the force of a police water cannon.

Later, at camp, the Guides volunteered to adjudicate over the doughnut-eating competition. From the participant's point of view this competition involves eating a doughnut without licking your lips. From the organiser's viewpoint, it is one of the most revolting experiences known to mankind. Watching a small boy eat is never a pleasant activity, watching a small boy eat a doughnut as he becomes increasingly covered in sugar and jam, makes my stomach churn.

But, clearly, the Guides don't share my dislike of these spectacles. They sit there quite happily, dutifully coating doughnuts with extra sugar and jam and carefully counting the number of times each boy licks his lips, before finally declaring a winner.

## A MAN'S EYE VIEW

At this camp, however, the Guides decided that the leaders should join in and that, to ensure we didn't cheat (as if we would!), they would feed us.

I'd spent weeks looking like George Michael (or so I like to think), and had recently finished growing what I thought was a respectable beard. Rosemary, however, hated it.

Debbie 'fed' me for ten minutes with a doughnut coated in extra jam and sugar. And I discovered, three vigorous washes later, that the only way to get rid of the stuff was to apply the razor, much to Rosemary's delight.

I chastised myself for thinking that she had planted the idea in the Guides' heads. Well, Rosemary wouldn't do a thing like that... would she?



# REACHING OUT

**A study group is working on developing ways of taking Guiding and Scouting to young people in remote rural areas.**

**Lincolnshire South County Commissioner Sue Shooter brings us a progress report.**

Many girls in the UK don't get the opportunity to benefit from Guiding and all it has to offer.

That's why we need to reach out to parts of the community that Guiding has not yet reached.

► Fenreach members help prepare a meal during a special activity weekend

I was approached by Lincolnshire Scouts to join their Feasibility Study Group which was looking into using a mobile facility to bring Scouting — and possibly Guiding — to remote rural areas in Lincolnshire.

I was enthusiastic and felt this could have a worthwhile outcome.

After some research, we identified an area in the South Lincolnshire fenlands where there were no Scout or Guide units operating and called the project Fenreach. We decided on a joint approach, enabling us to bring more resources — particularly personnel — to what could be fairly small numbers of young people.

The County's Poacher International Camps have a history of good working relationships, and we saw no reason why another joint project should not be as successful as these had been.

Scouting and Guiding have, of course, evolved as separate organisations, but we have common aims and objectives. Also, both organisations are finding that young people tend to drop out after they reach the age of 12.

Neither The Scout Association nor the The Guide Association have found a real solution to this problem, so we thought a joint approach might be more successful. Any information gained in this area could benefit both Associations.

We applied to the Rural Development Commission for funding. We needed to pay for some kind of mobile facility and to employ a project worker for about 16 hours a week.

Theoretically, he or she would be more effective in our remote rural area

than a volunteer operating in the traditional 'spare time' way.

We looked at different types of 'mobiles' including an ex-library van, a double decker bus, a caravan, a minibus and a transit van.

The Fens have many small villages which are linked by flat agricultural land, dykes and narrow roads. Routes are not always straight forward due to the location of the dykes and roads. But some of the villages have halls or schools so finding a regular meeting place would not be a problem.

What we needed to address was how to ensure that young people could get to these meeting places.

The solution we came up with was to use a minibus to collect youngsters from remote cottages. If the minibus also had a trailer, equipment could be used in more than one location, enabling Fenreach to operate at more than one venue on different evenings. Also, having a minibus and trailer meant there would be more opportunity to organise adventurous programmes.

The ultimate aim of Fenreach was to set up a Joint Unit or Units and offer stimulating Scouting and Guiding activities to young people in the area, regardless of whether they were keen to take on formal membership at first. We wanted to help them deal with the difficulties of living in an isolated rural area by bringing together youngsters who were interested in what Guiding and Scouting had to offer, but had no means of getting to meetings.

We knew we needed to get local adults interested because this 'pump priming' exercise could only operate for the limited period during which the project worker was funded.

The idea was that the local adults, once trained, would run the unit(s) and, ideally, form a Family Scout/Guide Group, with its own local adult support, which would integrate into the existing Scout and Guide Districts.

Thus young people would have twice the number of opportunities, since these would come through both The Scout and The Guide Associations.



We had no difficulty convincing our Scouting colleagues of the value of The Guide Association's Five Essentials and the Eight Point Programme. It was agreed that these should be incorporated into the project.

The Rural Development Commission agreed a grant which covered the cost of the minibus and trailer. We'd made an excellent start.

However, the precise area of the Fens that we had identified as our number one target was just outside the Commission's area, which meant we had to start in another cluster of villages. These were not quite as suitable, as there were already two Brownie Packs and one Rainbow Unit established not too far away.

At this point, we realised that some parents are willing to transport their children quite considerable distances to meetings of existing units.

The Scout Foundation agreed to fund a project worker, for a limited period, from money it had raised through its recent Promise Appeal.

However, there were conditions attached. One of these was that girls should have the opportunity to be Scouts as well as Guides.

This had not been the intention of the local Project Groups. They believed this would confuse the local youngsters and adults, who would know nothing of the politics behind this option.

The project worker position was advertised, the applicants were short-listed and interviewed. Only one



woman applied but she withdrew before the interview, because she had found and accepted another job.

It would have been unrealistic to appoint someone who lived far outside the project area — we needed someone who lived locally.

We wanted someone who understood young people's needs and the pressures they face in today's society, but we did not feel that a Scouting or Guiding background was essential.

Once employed, the project worker would have to familiarise him or herself with the aims and objectives of the project, and of Scouting and Guiding. He or she would also be required to carry out in-depth research of the target area where the project would start.

The project worker would have to find out what else was available to young people in the area and then, when, where and for what age group it operated. Also, the numbers and ages of young people needed to be identified and the schools they attended.

We wanted local adults to become involved as well, and so it was necessary to identify what leisure pursuits were available to them, and also, when and where. It was necessary to identify local key personnel such as councillors, area youth workers and employers.

In short, the project worker would have to build up a comprehensive profile of the area. Then an appropriate strategy could be adopted that would best engage the interest of the young people, and the enthusiasm of local adults for the project. This, we hoped, would lead to their involvement in it.

Research is time-consuming, so we needed a project worker who could undertake this work in the daytime or evening, as appropriate.

Finally, a male project worker was employed. He was with us for a year, but he has now left.

## WORK IN PROGRESS

We did not extend the project worker's employment beyond the first 12 months as we were not convinced the project was developing as we had hoped it would.

Many youngsters were leaving the group and we were not attracting local adult volunteers either in a leadership or in a support role.

In the meantime, with local Scout and Guide help, the project has continued, and we now have a local volunteer who is prepared to work with the seven to ten age group, and informal local training and support are being arranged.

Our Action Plan for Area 2 (still in the Fens) is almost negotiated with our Scouting partners. We hope to employ another part-time project worker with different and clearly defined targets.

This person will liaise with the community and build a network of support for the project before we begin contacting the young people. There needs to be a lot of community involvement before development can take place.

## LESSONS LEARNED

We feel we have learned a lot about development work through our involvement in this project. It has been a great learning exercise.

Thus, there is a need to record all the information clearly and effectively, so that it can be shared with all those involved with the project. Its joint nature makes this group larger than a single Scout or Guide project.

Effective communication is vital. In any project, more problems are caused by breakdown in communication than any other factor.

The need to share information between the appropriate members of both organisations and reach decisions jointly has proved an unwieldy exercise and is often more time-consuming than

the project can afford.

Local commitment is also an essential element. The project has to draw its support and information from the existing local structure, and it needs to be welcome as part of that structure.

A joint project needs to be welcomed into the two District 'families' from inception. There needs to be real support, not lip service, to make it succeed.

There also needs to be sensitivity between the two Associations, and their local networks, to the fact that Guide and Scout requirements and methods of working differ. It would help joint projects if the two Associations could agree common activity/camping rules and requirements.

Young people must be given as much opportunity as possible to produce the sort of group which will meet their needs, not the sort of group that we, the adults, think they ought to enjoy.

Meanwhile, managing a project like Fenreach poses more questions than it answers. Here are just a few questions which, as yet, remain unanswered:

- Young people ought to be able to choose whether they wear the uniform or make the Promise. If the girls do not make the Promise, they cannot gain the Trefoil badges, so do they spend their time taking only Interest badges?

- Can the girls work for the Scout Interest badges? If so, do they wear Guide uniform — if they've chosen to wear a uniform at all?

- Can the boys take the Guide Interest badges? Can they wear them on Scout uniform — if, in fact, they choose to wear uniform?

- Is the answer for everyone to wear a sash and put all their badges on it?

Many youngsters are enthusiastic about badge work so these questions should be answered.

Furthermore, we might find a female warranted leader who could take boys to camp (Scout Leaders don't need a camp licence); but not girls, without first having gained a Guide camping qualification or needing to take a licensed Guider with her.

Perhaps we hit on an answer recently at yet another meeting: We need an agreed joint leader training programme for anyone who is considering working on a joint project. It should be informal, user-friendly and have the minimum modules with no mention of British Standards or NVQs. After all, according to our Founder, Guiding and Scouting is all supposed to be a game!

**SUE SHOOTER**  
COUNTY COMMISSIONER,  
LINCOLNSHIRE SOUTH

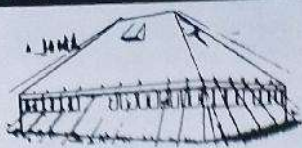
- This article was written with the assistance of Hilary Van Smirren, Joint Fenreach Project Manager.

The aim was to offer stimulating Guiding and Scouting activities to young people





# DISCOUNT CAMPING!



Ex-Army Reissued but in excellent GRADE 1 condition with some sections unused.  
 18ft x 18ft approx. £275  
 20ft x 20ft approx. £350  
 20ft x 20ft approx. £425  
 30ft x 20ft approx. £525  
 (Caters preferred to inspect and collect) or plus 10% carr.

No guarantee is given with Army tentage.

## MARQUEE SPARES ALWAYS AVAILABLE

Marquee Ends £125 — Centre Sections £50 — Walls 27ft £50 — Upright poles 12ft £19.50 — Ridge poles 9ft £27.50 — Side wall poles 5'6" £3 — Quad weather line £30 — Double weather line £15 — 30" wooden posts £2 each — Ground-sheets 18' x 20' £60

## 144 RIDGE TENT

ARMY 160 Pounder  
 Only £125.00  
 (carr. £7.50)

- ★ ORIGINAL FLYSHEET for this tent £50.00 (plus £5 carr)
- ★ Also: Heavy duty GROUND SHEET £27.50 (plus £3 carr)

This superb tent is made from ex. Govt. tentage and is guaranteed stormproof. It's so roomy! 14ft long, 14ft wide, 7ft high and 27 inch walls. Dutch facing doorway each end can be rolled up. Supplied with accessories: pegs, poles, mallet and valise.

### ... SPECIAL OFFER ...

The famous Polywarm Sleeping Bag  
 This well known 38 oz. Sleeping Bag with all round zip at the special offer price of £12.50 + a FREE washable inner liner and FREE pillow. Open zip to make a delightful designed bed quilt. Easy to wash. (Slight seconds).  
 Available at this price while stocks last.

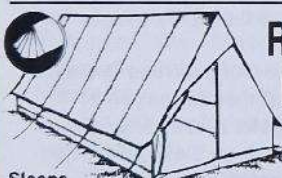
## SUPERB BELL TENT

BRAND NEW in 12oz. white proofed cotton duck. Aluminium self locking pole. Complete with pegs, guys and valise.  
 Height 9ft 9ins with 28 inch walls.  
 Groundsheet for Bell Tent £37.50.



Also available complete range of Relum Frame Tents, all sizes.

£210.00  
 (Carr. £21)



RELUM GIANT PEARL RIDGE TENT  
 only £125  
 (plus £7.50 carr.)

Sleeps 4/6 persons

FLY SHEET WITH BELL END FOR THIS TENT £42.50

TREMENDOUS VALUE! ONE OF OUR BEST OFFERS!

- GIANT in size! SUPERB in quality! MADE in 9oz blue 'TERKA' canvas. It will stand up to most weather conditions • Built-in ground sheet • All-round zip doors • Hooded porch • Ample storage space in bell-end • British galvanised steel ridge • Guy ropes are nylon with rubber tension • Approx weight 35lbs.  
 Size 13½ ft. long, 10ft. long ridge, 6½ ft wide, 6ft high and 18in. walls.

BRIGGS SPECIAL OFFER TOILET TENT  
 Size 3½ ft. square by 6 ft. high £27.50  
 PANCÔ TOILET (Swedish design) £22.50

### RIDGE TENTS

2 Man, 3 Man, 4 Man, with Built-in Ground Sheet plus Flysheet.  
 Starting from £29.50. 3 Man Dome Tent from £49.50

Tilley Standard D/Burner & Grill	£29.50	Tilley Pressure Lantern	£29.50
907 Camping Gas bottles	£20.00	U.S. Army Shovel	£10.50
Toilet Tent 3½ ft. square	£27.50	Sleeping bags 39oz all cotton	£10.50
Lanyard, white, new, 2m long	£2.00	44oz all round zip	£15.00
Tilley Talisman D/Burner/Grill	£42.50	King size	£17.50

Genuine Army Sleeping Bags, Feather and Down filled, water-proof base £27.50

Special Offer: Waterproof all purpose covers, eyeletted with fastening ropes 21 ft x 18 ft £72.50

Please add 10% carriage on all items where not shown.  
 Phone us last for the best offers!

100s MORE ITEMS IN STOCK PHONE FOR DETAILS AND SAVE £££s  
 ALL CAMPING GAZ APPLIANCES 25%-40% DISCOUNT

BRIGGS Ltd 88 Forest Road, Walthamstow London E17 6JH Tel: 0181-520 2705

# EXHIBITION CAMPING, BACKPACKING AND FOLDING CARAVANS

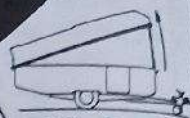
LARGEST IN THE U.K.  
 OVER 250 UNITS ON SHOW



Frame Tents from £125 — £795



Trailer Tents & Campers from £1495-£6750



Folding Caravans from £7325

Lichfield

RACLET

Ridge & Backpacking Tents from £25-£495

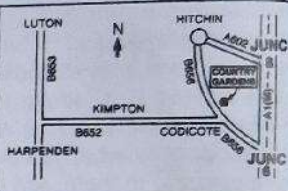
esterel

STARTS SATURDAY 10th JUNE until SUNDAY 2nd JULY  
 Open every day from 10am to 8pm

On Show, in Stock, Not Knowingly Undersold!

PENNE MARECHAL Coleman RELUM

- ★ Accessory Marquees.
- ★ Direct Imports.
- ★ Commission sales
- ★ Refreshments.
- ★ Free Entry/Parking.
- ★ RAC Signposted.



COUNTRY GARDENS GARDEN CENTRE, HIGH ST. (B656).  
 NORTH OF CODICOTE, HERTS (01438) 821544.

Promoted by: Camping Centre (London) Ltd.,  
 44 Birchington Rd., London NW6 4LJ. 0171-328 2166

## DONT GO FUNDRAISING WITHOUT IT!!

YOUR NEW 1995 PEEKS FUNDRAISERS YEAR BOOK IS OUT NOW

NEW FUNDRAISING GAMES

NEW ARTS & CRAFTS

NEW SIDESHOW GAMES

NEW IDEAS & PRODUCTS

NEW NOVELTIES TO SELL FOR PROFIT

CALL 01202 417777 NOW FOR YOUR FREE COPY

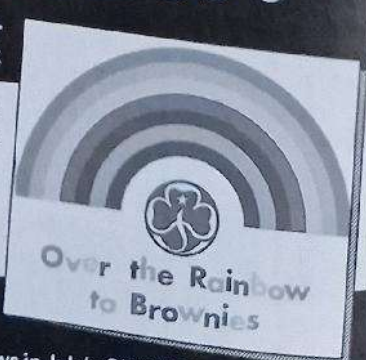
or write to FREEPOST Peeks of Bournemouth Ltd Tuckton, Bournemouth Dorset BH6 3BR

# IT'S NEW!

a fun colour-and-find-out book

for every Rainbow going on to Brownies

in your depot or shop on June 5th! 50p (inc VAT) 64287



Look out for more details about this and other new titles for Rainbows in July's GUIDING.



**I never expected to hear Emma admit how useful it can be, having a tame Guider for a mother.**

When she decided to take the Guide Camp Permit, she asked me: 'Where on earth do I start?'

Try making a list of everything you'll need,' I answered, determined not to offer any more guidance than that.

But Emma's list got as far as Food, tent... before grinding to a halt. So I relented and showed her my Company's camp equipment list which runs to five pages and includes my sitter and my camp bed.

'You won't need all that,' I admitted. 'Just choose the essentials.'

All went well until Emma got down as far as firefighters. 'Don't you use *punk*?' she asked with a shocked tone. 'Mrs Forbes *always* does.'

Next on my list came newspaper. Emma pointed at it, apparently speechless with disbelief.

'I wonder why that's on the list?' I muttered. 'I can't remember what I've used it for.'

Emma, however, was in no doubt. 'For lighting fires, obviously,' she said. 'That sounds just like *your* Company.'

I attempted an explanation: 'Well, if the wood was very wet...'

But Emma wasn't impressed: 'Mrs Forbes could light a fire in the middle of a lake,' she declared.

'Well, get *her* to help you then,' I retorted, and, with that, I left Emma to get on with it herself.

So, Mrs Forbes helped the Kingfishers organise a mountain of camp equipment. I'd agreed to collect it by car, store it all in my front room for a fortnight, and persuade the other parents to help ferry it all to the test venue.

'We'll never get all *that* home in one journey,' I wailed.

'Nonsense!' declared Mrs Forbes. 'Just fold the back seat down.'

I didn't like to tell her I'd always left that task to my husband. So I wrestled with the seat until it gave in and folded.

Packing the food was the usual last minute nightmare. Two bags of frozen mince and two ice packs rattled around in the bottom of our enormous coolbox.

'Mrs Forbes says you should fill the space with newspaper — to insulate it,' Emma said. So that was why I'd put newspaper on the list!

Finally, I delivered Emma, only five minutes late, to the camp site, and

could relax until it was time to pick her up the following Sunday.

I reckoned without the freak thunderstorm which shook the county that very night. I couldn't sleep a wink with worry over whether the tents would stand up in the torrential rain.

At seven the next morning the phone rang. It was Mrs Forbes. 'Just been up to the camp site,' she said. 'They're all fine. One of the Guiders' tents collapsed! I've phoned Becky's mother... otherwise she'd have been up there fetching Becky home, and ruining the entire weekend.'

Dear Mrs Forbes. How could I ever have felt so tetchy towards her? Now all I wanted to do was give her a hug.

When I arrived on Sunday afternoon, Emma rushed up to tell me that she'd passed. She was on cloud nine.

'Thanks, Mum,' she beamed. 'I'd never have done it without your help.'

Naturally. I was generous in victory: 'Or Mrs Forbes's help,' I added.

ANDREA JAMES





# Notices

## WORLD CENTRES

Members who wish to support the work being carried out at all the World Centres can join the Friends of the Four World Centres.

It costs only £5 for individuals or units to become Friends and membership also entitles them to copies of the group's newsletter.

Both the June and January newsletters contain details of the Centres' programmes.

Anyone who wishes to join should write to Mrs J Webb at: 17 Church Lane, Sproughton, Ipswich, Suffolk IP8 3BA, enclosing a cheque payable to the Friends of the Four World Centres and a sae if a receipt is required.

The annual meeting of the Friends will take place at Pax Lodge on November 4.

## PLAY IT SAFE

'Be a little safer each day' is the message the Child Accident Prevention Trust is trying to get across during Child Safety Week. The week runs from July 3 to 9 and its aim is to raise safety awareness among the public. See April's *GUIDING* for programme ideas on a safety theme.

## ASSOCIATION AWARDS

### GOOD SERVICE LAUREL

**Miss Nancy Taylor**

Rainbow Guide Guider, 2nd Armadale Unit; Commissioner for West Division, West Lothian

### MERITORIOUS CONDUCT STAR OF MERIT

**Rebecca Mitchell**

Guide, 1st Glenfield Company, Leicestershire

**Miss Joanne Sanderson**

Young Leader, 1st New Longton Rainbow Unit, Lancashire North West

## FUN DAY OUT

Middlesex North West invites all Rainbows, Brownies, Guides, Rangers, Young Leaders and Guiders to visit their marquee at the Middlesex County Show on Saturday and Sunday, June 24 and 25 from 9.30am to 6pm.

Come as a unit or a group in uniform, free of charge,

and take part in 'The Guiding Wide Game'. It is guaranteed to reach parts of the show no other games can.

The show attractions include the Guide Camp Cooking Competition, farm animals, horse jumping, a dog show, a police stand, a fun fair, clowns, craft stands and lots more.

## SHORT TERM INVESTMENT SERVICE

The monthly interest rate after deduction of management commission was:

**January 4.800 per cent**

**February 5.375 per cent**

**March 4.844 per cent**

An additional 0.5 per cent per year is paid for deposits of £5,000 and above.

## TRUST FUND

On March 31 the value of a share in the Scout and Guide Trust Fund was:

**For selling purposes 313.72**

**For buying purposes 329.56**

**Income yield 3.49 per cent**

The income yield is based on the previous two dividends paid and the price on the date stated.

## GOLDEN OLDIES

The search is on for golden-hearted over-65-year-olds who may be eligible to take part in the Help The Aged Tunstall Golden Awards.

The Awards were set up to acknowledge the vital contribution that older people make to society.

They could be individuals who spend time helping others in the community; or who are involved in sport, the arts, or working with young people.

Or they might have shown that it's never too late to learn by undertaking an amazing feat or adventure after retirement.

There are six categories in this year's Golden Awards:

- Service in the community
- Creative contribution to society
- Contribution to sport
- Contribution to the arts
- Working with youth
- Outstanding achievement

All the winners will be invited to London in November

MIYOSHI ITAMI



where, as VIPs for the day, they will receive their awards at a ceremony at London's Hilton Hotel.

Details and nomination forms can be obtained from Help The Aged on 01 712 532 926 or by writing to Katharine Richards at Help The Aged, St James's Walk, London EC1R 0BE.

All those nominated must be over the age of 65 and making their contribution in a voluntary capacity. But hurry, the closing date for nominations is July 7.

## TIME FOR TEA

Long, sunny summer days spent drinking cups of tea in the garden — what could be more typically British?

Mencap is capitalising on the British tradition of enjoying a nice cuppa by holding Britain's biggest tea party on Friday, June 23.

The society wants supporters to hold tea parties 'anywhere and everywhere'. The scheme is backed by tea company Brooke Bond D who will supply the tea and promotional materials.

All you have to do is invite some guests and keep the kettle filled.

The money you raise will help people who have a mental disability.

If you want to help, contact Mencap on 01 714 540 454 or write to Britain's Biggest 'D' Party, Mencap National Centre, 123 Golden Lane, London EC1Y 0RT.

## HOLIDAY AFFAIR

While on holiday in Switzerland last year, a party of Japanese Girl Scouts met up with a group of our British members.

After chatting, they posed for photos perched on an observation platform high up in the mountains.

Now one of the Japanese

party, Miyoshi Itami, has sent some gifts for her English friends but she only knows they come from Nottingham.

If anyone recognises themselves — or their friends — in this photo, contact Gillian Kendall, Nottingham's International Adviser, through *GUIDING*.

## GET SNAPPING

Brownie Guiders, we need your help.

The Guide Association's photo library is short of good quality, colour photographs of Brownies taking part in outdoor activities.

So, if you're going on Pack Holiday this summer, take your camera and send us copies of photographs capturing all those magic moments and memories.

The photographs should be of Brownies in current uniform. The Brownies should be taking part in an activity rather than posing for a photo. Any type of activity will do, including craft, sport, nature trails and anything else the Brownies get up to!

Any photographs from Pack Holiday under canvas showing tents will be particularly prized.

Send your photographs to Wendy Reynolds, Brownie Photo Collection, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

## 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 more exciting news!



Every Queen's Guide candidate eagerly awaits the day when she is presented with her Queen's Guide brooch.

Clare Cartwright recalls how she conquered an attack of nerves when she received hers to enjoy an occasion she'll never forget.

'There were 30 of us gathered altogether at Commonwealth Headquarters in London. We chatted nervously while awaiting instructions, before boarding the coach that would take us to Kensington Palace to receive our silver Queen's Guide brooches from our President, Princess Margaret.

The Chief Commissioner, Jane Gar-side, entered and raised her right hand before speaking. We were told to perform a discreet "bobbing" curtsy, shake right hands and address Her Royal Highness as Ma'am (which is pronounced like jam).

Then Elizabeth Anderson, the Committees Executive, called our names. We lined up in alphabetical order. This was when I really started to get nervous and my palms began to sweat.

When we reached Kensington Palace we were greeted by a butler, who nodded politely as we filed across the hallway into the library.

We were now inside Princess Margaret's private living quarters. As we waited nervously for her to arrive, we looked around a little. The room was full to bursting with all kinds of reading material, including Peter Ustinov's autobiography, *Dear Me*.

Princess Margaret's lady-in-waiting, Lady Julia Townsend, who is President of the Trefoil Guild, made sure we were in alphabetical order and chatted away to help us relax. Then came the really nerve-racking part, the initial meeting with Princess Margaret.

One by one our names were called. As my surname comes near the beginning of the alphabet, I was the fourth to be summoned. I stepped out of the library, across the hallway, "bobbed", shook hands and murmured my thanks as the official photographer snapped away. As I walked into the drawing room I became the first of many to stumble and nearly fly straight over the sofa on to a small coffee table.

Lady Julia directed us into the dining room where the butler served us all with a cup of china tea.

We each took a plate and helped ourselves to cake before moving back into the drawing room.

Then Lady Julia marshalled us into small groups near tables so that we would be able to chat and put our cups

# A DAY *to remember*



down — before we dropped them.

As we waited for our President to reach our group, we had the first chance of the evening to relax a little, and have a good nose around.

There were no chandeliers but the room was well lit by nine lamps positioned around the room. The piano was laden with pictures of family members — some of whom I recognised!

After chatting with The Chief Commissioner for a few minutes, we talked among ourselves until Princess Margaret joined our little group. At once I found myself adopting a stupid, fixed grin that you wouldn't have been able to move with dynamite.

We all seemed to have the exact same "dumb" expression on our faces as Princess Margaret began to make conversation with us.

She asked about our Queen's Guide Awards and what new opportunities had been opened up for us. She also asked about our respective careers, spending about five to ten minutes with us before moving on to the next group.

After she had spent time with all six groups, the President said goodbye and

waved as she set off for another engagement. It was 5.50pm — we had been at Kensington Palace for nearly two hours. We took our last chance to look around before heading back to CHQ. Someone noticed a video tape on top of the television with *Lovejoy* written on it. Obviously, someone shares my taste in TV programmes.

There were also loads of little ornaments, presents from officials and admirers alike, scattered in an organised way around the room.

Then The Chief Commissioner and Association staff signalled that it was time to go. As the butler politely nodded us out, we thanked him before boarding the coach back.

My thanks go to everyone who helped me gain my Award; to The Chief Commissioner and Association staff who escorted us; the Kensington Palace staff; Lady Julia Townsend; and, most of all, Princess Margaret for a wonderful evening. I am sure none of us will ever forget it.'

**CLARE CARTWRIGHT**

● Clare is a Brownie Guider with the 4th Canvey Island Pack in Essex.

Clare Cartwright will never forget her meeting with Princess Margaret



# RUSSIA'S RE TO GU

LINDSAY GILBERT



The GOLD team in Red Square

**With the founding of the new Russian Association of Girl Scouts (RADS), international leaders believe that Guiding now has a greatly improved chance of being able to forge ahead and flourish in Russia as never before.**

Unfettered by the pattern of the old mixed-sex Pioneer movement on which the Federation of Scouts of Russia had to be built, RADS will be better placed to offer Russian girls authentic Guiding, with increased international support and the prospect of eventually being able to join WAGGGS.

The legacy of 74 years of Communism — including the 'hang-over' left by Pioneering — was seen all too clearly by the GOLD team who attended the 1st Russian Jamboree, last year.

In terms of the brave struggle to re-establish the Movement in Russia it was a milestone event, attended by about 2,500 Russians — mostly members of the Federation of Scouts — and 500 'internationals'.

But the GOLD team, although full of praise for the warm welcome and hospitality they received, were shocked by the poor organisation, the unco-ordinated leadership and 'Russian mañana', as this joint report from Lindsay Gilbert, Jane Hunter and Nicola Vale reveals:

"Our task was to help run the sub-camp and provide activities throughout the camp. So we expected to be taken straight to the site on our arrival in St Petersburg, and to help set up ready for the start five days later.

But forward planning, we were told, was "not the Russian way", and we were surprised to discover that hardly

anyone was there before the start.

Instead, for most of the five days we were kept in St Petersburg, while the Russian Scouts proudly showed us around their city. It is a beautiful city, but very different to the areas where the Scouts themselves live.

The flat where two of the group stayed consisted of two rooms, a kitchen and toilet, which would normally have been occupied by a family of five. They lacked what we would regard as basic needs, such as beds.

Our two slept on the floor on mat-

and matters concerning our role in the camp, were sorted out.

Altogether, there were about 250 Girl Scouts in the sub-camp. Some of the older Russian girls helped us with our daily duties, which included distributing the food to the sub-camp — a task which could take up to two hours.

Every morning it was the big Jamboree game, when campers rotated around the various activity stations. We offered one on three mornings but the participants turned up on only one occasion. Afternoons consisted of sub-camp



CATH SHELLARD

tresses infested by fleas and bedbugs. In a few days both girls each had about 200 bites! However, this family — and the others with whom we stayed — made every effort to be hospitable.

The camp was about 50 miles out of the city, on the banks of Lake Ladoga. Our first task, before we could pitch our tents, was to trample down grass which was tall enough to lose a small Girl Scout in. We found that rolling on the ground in a bivvy bag was effective.

We were camping with 13 Girl Scouts from the Ural mountains but found that, for a frustrating day and a half, we had to "babysit" these girls as, inexplicably, their leader was camped elsewhere. Eventually, after much negotiation, this

activities. Wide games, it seemed, were a new concept to the Russians and they just loved them.

"British Day" was sprung on us the day before it was required to happen. The service team for the main camp were British Scouters so, together, we created a British Fair. There was always a queue waiting to be served at GOLD's Ye Olde Tea Shoppe, but the Russians are very patient in queues.

We kept the Ural girls busy, teaching them songs, games and other camping treats such as toasting marshmallows.

It is difficult to say what we achieved but, perhaps, the 2nd Russian Jamboree will reveal that this one had been a learning experience for the Russians



# TURN DING

who attended, as well as us.

So for any UK Guider wishing to set up camp Russian style, here are a few useful hints:

- There is no need to make any decisions until a few hours before an event is to happen. Midnight is a good time to hold leaders' meetings. There may be a structure to the day, such as meal times and activity times but it doesn't have to be adhered to.
- Don't bother with a Patrol system — someone may eventually fetch some wood or water. Remember that hygiene and safety come low on the agenda, so don't worry about it.
- If you're short on resources, just rely on your international guests for things such as matches, bin liners and water carriers. Forget chemical loos — you need only a lat pit, big enough for eight, back-to-back. And, however much it rains, don't bother with a roof.
- The leaders can camp separately from the girls and be provided with a bar. The girls, with their canvas shoes, can be crammed into leaky old tents and given a sheet of plastic, which they can use to keep themselves or their rucksacks dry — whichever they prefer.
- A previously radioactive lake will provide washing facilities and will kill off the flea bites. For a Promise Ceremony how about tying a piece of rope to the wrist of a blindfolded 11-year-old and dragging her through a wood at 3am? You can leave her to find her own way back to camp.
- If you can't actually enjoy the disarray, remember that there is a sure way of acquiring the right "laidback" attitude — just get stuck into the vodka!

Yes, that's what it was like at Lake Ladoga but, on the other hand, let us make it clear that it was also the most welcoming, hospitable camp we'd ever experienced. It was a camp run by people grateful and appreciative of international advice, equipped with little but the motivation to rebuild from nothing a Movement that was banned for more than 70 years.

We came home craving for beds, baths and, strangely enough, beans on toast. Yet we made a huge number of friends, and you can be sure that all

seven of us will be over the moon if we get a chance to return for the 2nd Russian International Jamboree.

**Lindsay Gilbert is Assistant Guider of the 283rd Liverpool Guides and Jane Hunter, a Guide Guider at Douglas, Isle of Man. Nicola Vale is Guide Guider of the 1st Thornton Hough, Wirral, Guides and a member of North West England's Junior Forum. Others in the GOLD team were: Cath Shellard and Jo Bidder, both Ranger Guides at Mumbles, South Wales, and Becky Chew, team leader, who has a degree in Russian.**

A score of 'twinings' are already being planned between the UK Countries and Regions and the 'Regions' — not yet officially formed — of the Russian Association of Girl Scouts.

By providing support, as well as an interchange of ideas and culture, the links will, it is believed, help to ease the 'growing pains' members of RADS — who have minimal resources — may suffer in the long, hard struggle to become firmly established all over their vast land.

The Guide Friendship Fund's summer

links have accrued over the years and form the Guiding links through them.

Since London and Moscow, for example, have been twinned for a long time, the Association's London and South East Region will twin with RADS' Moscow Region.

And, because St Petersburg is twinned with Manchester, North West England will link with RADS in and around Russia's most beautiful city.

The great port of Rostov on the Don, in the south, is twinned with Glasgow, so Guiding's Scotland will form a similar link with RADS of the Rostov area. Carol Horne, Co-ordinator for Scotland, visited Rostov in April and trained Girl Scout leaders there.

Anglia Region will build on the existing link between the universities of Oxford and Perm, but Anglia's Guiding link will embrace not only RADS members in this central Russian city but those of the entire Urals area.

Midlands Region will exploit the long-standing link that exists between Coventry and Volgograd, two cities that took an exceptionally hard battering during the Second World War. Volgograd, then called Stalingrad, was besieged by Hitler's armies.



The 'typically British' waitresses who served up teas in Ye Olde Tea Shoppe

appeal, launched in May's *GUIDING*, will be used to provide RADS with a first consignment of 2,000 Promise Badges, made to their own design, plus computer equipment to give them an efficient means of communication.

Because a number of twinings already exist between towns and cities in the UK and Russia it has been decided to take advantage of the contacts and know-how that these various

North East England already has a Guide twinning with Omsk, in western Siberia, while Wales may form a link with RADS in and around the Siberian oil town of Nefteyugansk.

Like Wales, Ulster has not been able to fasten on an established link but is proposing to twin with Ekaterinburg, where the Czar and his family were shot. Under Communism the city was known as Sverdlovsk.



**Scouts and Guides:  
in the spotlight**

**7.00 pm**

doors open 6.15

**Saturday**

**7 October 1995**

**Royal Albert Hall**

Tickets on sale from  
12 June 1995

at £15, £12.50, £10, £8, £6

The Ticket Shop  
Royal Albert Hall  
London SW7 2AP

Telephone 0171 589 8212

from 9 am to 9pm

**in the  
spotlight**



ROYAL ALBERT HALL



THE GUIDE ASSOCIATION  
TRADING SERVICE

When you buy from the Movement, we all benefit. This is the Guide Association Trading Service motto. The Trading Service operates for the benefit of every member of the Association. Any money made by the Trading Service is ploughed back into the Association, so it makes sense to buy all your Guiding needs from us.



**Look for our Label -  
Your Guarantee of Satisfaction**

The Guide Association Trading Service operates from its main base in Cheshire. Its address is:  
Atlantic Street, Broadheath, Altrincham, Cheshire  
WA14 5EQ

Our telephone number is: 0161 941 2237

Fax: 0161 941 6326

**When you buy  
from the Movement,  
we all benefit.**



**OUR SHOPS**

London C.H.Q.	0171 834 6242	Edinburgh	0131 225 3483
Palmers Green	0181 886 8481	Glasgow	0141 248 4200
Birmingham	0121 236 6289	Dundee	01382 322262
Liverpool	0151 709 4232	Aberdeen	01224 642646
Manchester	0161 236 3191	Belfast	01232 326023

Full details of these, and all our other outlets are available from The Trading Service



# a personal VIEW

On several occasions recently, I have used a new word. Actually, it is not a new word, I have known it for a long time. But it's not a word you often hear Guiders use. The first time I used it, I felt very guilty. Should I have said that? What would people think? Judging by their reaction, several people were surprised to hear me say it.

The second time I used this word was during a telephone conversation, which was easier as I couldn't see the person to whom I was speaking. But I still felt guilty, although I don't know why.

You'll be relieved to hear that I haven't been breaking the tenth, or even the third, Guide Law. I've just been making more use of a small word which everyone knows. Although it's not always an easy word to say, there are times when all of us have to say it, even though we may need to repeat it, as people don't always hear it the first time.

The word, as you may have guessed, is 'No'. It doesn't have to sound rude, especially when it is accompanied by placatory phrases like 'I'm awfully sorry' and 'Not this time, I'm afraid.'

For some people, saying 'No' takes a lot of courage but, maybe, Guiding would benefit if more members refused requests from time to time.

The old adage that claims 'If you want a job done, give it to a busy person', is often applied in Guiding. But at what cost? Those asking for help can be very persuasive and, as most Guiders hate to say 'No', the task always gets done.

Everyone likes to feel needed, but there is a real danger that willing souls will get things out of proportion. It is very flattering to be asked to do a particular job. It demonstrates other people's faith and trust in our abilities, and we don't like to let them down.



GILLIAN ELLIS

But are we sure the right people always get asked? For example, how often, when looking for someone to do a job, have you heard 'She's too young... too old... has too many commitments... works full time... probably won't want to do it anyway'? All too often, I suspect. We make assumptions about a person's willingness, or otherwise, to accept a task, without giving her the opportunity to make her own — informed! — decision.

We can also be too inward looking. It is often easy to 'recycle' Guiders, Commissioners and Advisers who have already 'proved themselves'. But, if we are not careful, their energies can become exhausted, and without new people and ideas, the Association would stagnate and decline.

There is a risk that groups of Advisers can be perceived as being an exclusive 'club', making others reluctant to offer their skills and enthusiasm.

We need to look wider when there

are jobs to be tackled. For instance, there may be a Rainbow Guider who would love to be the Walking Adviser; or a Guider or Adviser normally associated with a particular section or specialist area, who would really enjoy the challenge of dealing with something completely different.

Similarly, as Guiders, we often complain about the amount of work we are doing, juggling jobs, homes, families and Guiding. Even if we actually enjoy the buzz, we may be giving out a message to those outside Guiding, that to be part of the Movement you have to be Superwoman. To someone who has limited time, but is willing to help, that can be very off-putting.

By trying to do everything, we are not being fair to ourselves — or to Guiding. Perhaps, if some of us were to be brave enough to say 'No' once in a while, more people would be able to say 'Yes'.

What do other readers think?

**Name and Address supplied**

**Guiders work extremely hard — but should also remember to say 'No' sometimes**



# FUNDS FOR OUR GUIDING FRIENDS

*Some of the Guides and Brownies who helped raise money for the Guide Friendship Fund (GFF) Christmas Appeal were guests at CHQ for the official winding down ceremony.*

They witnessed a symbolic cheque for the £11,000 raised being presented to Ray Wilkinson, representing the United Nations High Commissioner for Refugees (UNHCR), who accepted the money on behalf of children in Africa.

The money will be distributed to Guide Associations in Tanzania, Namibia, Zimbabwe, Rwanda and South Africa, where Guides are working to improve the living conditions for families who have been forced to flee their war-torn homelands.

Many units were already making Peace Packs for the WAGGGS initiative when the Christmas Appeal was launched, and were eager to do more to help relieve the plight of refugees.

Brownies from the 1st Gullsborough and the 4th Sherborne Packs and Guides from the 1st Sandringham and 12th Wimbledon Guide Companies went along to CHQ to talk about their particular fundraising activities.

Catherine Lane, a Patrol Second in the 1st Sandringham Guide Company, explained: 'We held a coffee evening with stalls, raffles and a bring and buy. Our parents came and bought things.'

A sponsored disco-dance was the chosen good turn by the 1st Gullsborough Brownies from Northampton, who raised £149.95 for the appeal. 'The

1st Gullsborough and 4th Sherborne Brownies with a cheque representing the £11,000 raised



1st Sandringham and 12th Wimbledon Guides with (from left) Shirley Strong, Ray Wilkinson and Celia Griver

## APPEAL FUNDS

The £11,000 raised by UK Guides will be divided between Guide associations in five African countries.

Guides in Tanzania are working in refugee camps for Rwandans. They have organised a community work programme with the help of British nun Sister Mary Stella, whose air ticket was paid for out of the fund.

As the civil war in Angola continues, increasing numbers of refugees seek safety in Namibia. Many have been hideously injured by exploding land mines in their war-torn country. Namibian Guides are helping to provide support and comfort.

Refugees from Mozambique who moved to Zimbabwe during the civil war in their country, have no homes or families to return to. Zimbabwean Guides are providing essential items for them.

Rwandan Guides continue to function not only in their own country, but also in exile in Zaire. The GFF will give them financial help with their valuable work in rebuilding community life.

Guides in Soweto, South Africa, are hoping to start Guiding in a nearby squatters' camp. They are also helping refugees from Mozambique and people returning to Soweto who have been refugees themselves.

most important thing,' she said.

Finally, Shirley Strong, GFF Committee Chairman, reminded everyone that the GFF is an ongoing project and launched the summer appeal.

KIRSTIE GRAY



## SPoonFEEDING

When I went to visit Joyce's unit, the girls were engrossed in an activity from the *Action Plus!* book. Seated in pairs, one set of girls were attempting to feed the others with jelly.

It seemed simple enough to me. As a mum, I'd fed numerous children and could well remember a time when life had seemed to consist of little else besides shoving sticky puree into a gaping gullet. The *Action Plus* group found it extremely difficult.

Alison sat expectantly, mouth open, waiting in vain,

while Karen tentatively poked the spoon in the direction of her face. She was so nervous, and took so long, that Alison got bored and didn't want to co-operate.

However, when they changed places, Alison was so eager for her friend to enjoy the jelly, that heaped-spoonful followed rapidly upon spoonful. Karen's mouth was soon so full that she couldn't swallow or digest in comfort, or even appreciate the jelly's flavour.

'It's all a question of consideration,' Joyce declared later, when the last traces of jelly had been removed from the floor and the girls sat licking out the bowl.

'You have to be very aware of the needs of the person you are feeding and do it at her pace, not yours.'

Of course, she is quite right, but how many of us fail to take account of Joyce's theory when planning our meetings? Sometimes we are like Karen. We offer new experiences and ideas so infrequently, and in such small quantities, that the girls are left unfulfilled and frustrated. We give them little idea of what Guiding should really taste like.

At other times we are like Alison. We try to cram so many activities into our programme that it is quite impossible for them all to be

savoured and enjoyed to their full advantage.

But it's when we come to talk about the first part of the Promise that Joyce's logic really comes into its own. There may be a world of difference between jelly and spiritual nourishment, but they share the same rules of application. We need to learn to talk to our girls about God at their pace, on their level and in a way that they can understand.

We need to be able to offer the next spoonful when they are ready for it, to give sufficient to maintain interest and to sustain growth, but not enough to stifle or sicken.

EB

## CARROT COMPOSITION

Somerset Guide Guider Pat Briggs scored quite a 'hit' when she was asked to sing at a concert in aid of the *Soldiers', Sailors' and Airmen's Families Association (SSAFA)*.

The song she sang was in the style of old music hall star Harry Champion, famous at the turn-of-the-century for his comic rendering of the song *Boiled Beef and Carrots*.

But Pat's song was strictly vegetarian and, without the boiled beef, it was called *Carrots, Carrots, Carrots*.

Which was most appropriate because the theme of the concert was the Second World War when meat, among many other things,



DEREK BRIGGS

was rationed and the Government encouraged civilians to 'Dig For Victory' and grow their own food.

So Pat, who is a member of the Deane Singers, an all-ladies' choir, at Deane, near Taunton, needed an authentic wartime song.

She recalled that when she was a child during the war her father, Alfred Stacey, used to organise amateur concerts. He'd even composed a song that extolled the value of carrots as part of a healthy diet, suggesting them as a substitute for

toffee and chocolate.

One of the verses went:

Nasty Old Hitler we've got to beat,

We don't care if we haven't a sweet,

Carrots are grand and take the place,

Of things that stick around the face.

Pat managed to find the music for *Carrots, Carrots, Carrots* and all the words. She wrote them on the back of a cardboard cut-out of a carrot, which she held while singing the song. The Deane Singers joined in with the chorus after each verse.

Pat recalled: 'It all went down very well. Some of the ladies in the choir held up real carrots on sticks while they sang. The concert raised £500 for SSAFA.'

Pat is a Guide Guider with the 1st North Petherton Company in Somerset.

## News FOCUS

◀ Wartime memories: Pat Briggs poses with her carrot props

## IN JULY'S GUIDING

Meet The New Chief Commissioner

At home with Margaret Wright

The Next Chapter

Guiding goes on at Drum-chapel

Winning Ways

TV prizewinners' adventures

Perfect Planning

Help for all hard-pressed Guiders

Reaching Out

New recruits sign up

Growing Pains

Brownies dig for victory

## IN JUNE'S BROWNIE

The theme in *BROWNIE* this month is neighbours and the neighbourhood.

## Street life

How your street got its name

Bible story

The Good Samaritan

Star competition!

Win your own star

Crafty idea

Make a spinning roundabout

Fun food

Delicious ice lollies

Brownies round the world

Focus on Surinam

## AND IN RAINBOW GUIDE EXTRA

Super story

Neighbourhood Watch

Simply scrumptious!

Make traffic light biscuits

Do you know?

The Green Cross Code

Spot the dangers

In the street

Rainbow Rabbit

Join up the dots

## Coming NEXT



# the dream th

War and heart-breaking loss could not kill the dreams  
Olga Malkowska cherished



**The first Girl Guide unit ever to be formed outside Great Britain was founded in Poland by a woman who became the country's Chief Guide. Here is the story of her amazing life.**

In 1911, in the city of Lwów, a dark-eyed music student, Olga Drahonowska, organised a group of girls into a troop. It was similar to one which had been set up the year before by her fiancé, Andrzej Malkowski, after he had translated an exciting new book called *Scouting for Boys*.

It was a time full of hope. Although Poland had lost its independence 150

years earlier, change was in the air. Andrzej, Olga and their friends were idealists and patriots, and their vision of a better future soon spread. Scout and Guide troops sprang up all over Poland.

When Andrzej and Olga were married in 1913, they settled in Zakopane, a spa town in the Polish Tatra mountains. Scouting and Guiding soon thrived there, and that year a delegation of Polish Scouts led by Andrzej went to B-P's Jamboree in Birmingham.

A year later the world was at war.

In the chaos that followed there was plenty for efficient Guides to do in Poland. Olga organised the entire relief system in Zakopane. The Guides - riding bicycles - took over deliveries from the

crippled postal service, brought in the harvests, and organised childcare and soup kitchens for refugees.

They also helped the underground movement prepare an armed bid for national freedom. It succeeded but, by then, Olga and Andrzej had left Poland. Warned that they were wanted by the enemy, they had escaped by night through the mountains to Switzerland. Later they made their way to the United States and settled in Chicago. Olga was expecting their first child.

Andrzej joined the Canadian army and was sent to the Western Front. Olga had no intention of sitting out the war in America. Ignoring the dangers, she took her baby and sailed for Europe. In France, she met some distinguished fellow artists. Paderewski, the international concert pianist who later became President of Poland, invited her to found a school for Polish refugee children in London with the British painter Laurence Alma Tadema.

The school was a success, but Olga fell ill and left London to work as an art curator in South Devon.

When the war ended, the future seemed bright to Olga as she waited for Andrzej to join her in England. Poland was free and, as the Founders of Polish Scouting and Guiding, they would be able to live for the Movement.

But, just a few months later, while Andrzej was on a diplomatic mission to Odessa, he was killed when his ship hit a stray mine.

Olga was devastated. The war had left many other young widows in England but she was also far from home. Her poems from that time are despairing, yet proud. To the end of her life, Olga would dedicate every January 15, the anniversary of Andrzej's death, to his memory. She never married again.

It was to be two years before she could go back to the Tatra mountains with her little son. In the intervening period, she worked with Guides in Devon, was a delegate to the first International Guides' Conference in Oxford and kept up a wide correspondence with Guide friends everywhere.

Known to admirers as Madame Malkowska, she contributed to *The Council Fire*, *The Guider* and Arthur Mee's *Children's Magazine*.

And she remained true to her dreams. She and Andrzej had a vision of a school



# at came true

dedicated to Scout and Guide living, where people could grow healthy and wise. Olga was still sure it could be done, although she didn't know how.

The answer came at an international Guides conference at Cambridge in 1922, where she met Violet Mason, a Guider from Oxfordshire. Inspired by Olga's vision, Violet offered her own money to found a Guiding school, the first of its kind in Europe. Their close friendship was to last 50 years.

A gifted speaker as well as a writer, Olga gave a lecture tour in America which raised another 5,000 dollars, and Yew Tree House ('Dworek Cisowy') was built, not far from the Tatra mountains. The foundation of school life was based on the Guide Promise and Law. Attending the school was an exciting

Guides from other countries frequently came to visit or teach.

In 1924, Olga took a group of Polish Guides to Foxlease, the UK Association's Training and Activity Centre in the New Forest, where she was a delegate to the third international Guides Conference. She was elected to the Committee of the World Association of Girl Guides and Girl Scouts on its foundation in 1928, travelling to conferences all over Europe. In 1932, Olga welcomed the WAGGGS Committee to a World Conference in Poland, followed by a Polish World Jamboree in 1935.

Four years later, Yew Tree House was evacuated as war clouds gathered over Poland once more. Olga had to flee from the advancing Nazis.

Travelling again through the chaos, danger, and tragedy of a Europe at war, she eventually reached England via Yugoslavia, Italy and France.

A Guide at the London headquarters recalls her arrival: 'The Chief Guide of Poland arrived, not to ask for help, but to offer it. She was full of hope and unwavering in her belief: "Guiding must go on... We have to work for the future," she said.'

Queen Elizabeth the Queen Mother, awarded Olga the Bronze Cross that year, and told her: 'I give you this Cross for the Guides of Poland, but no one has deserved it more than you'.

The Guides of Poland were soon to earn their Cross. Thousands died fighting in the Second World War or while helping war casualties. In Britain, Olga created an orphanage for Polish children in Castlemaine, the Scottish seat of Lord Home.

Olga helped organise the Guide Inter-

national Service, which was to bring relief to refugees all over Europe, and she travelled throughout Britain, lecturing and giving broadcasts.

Olga never gave up hope but, when the war ended and Communism prevailed in Poland, she couldn't go home. So she stayed in England and, closing Castlemaine, bought a large house near Dartmoor in Devon to use as a Polish children's home.

For the next 14 years, with the help of Guide friends, Olga created what she called 'a little piece of Poland' until, gradually, there were fewer children. In 1961, when she was 73, Olga left her son and his family in England and returned to Zakopane, which had been her first home as a bride.

It wasn't a comfortable choice. She was no longer young and she knew she would be cut off from her family in the West. Life was hard in Communist Poland but Olga knew where her heart lay. 'I want to live — and die — here,' she wrote.

Until she was 91, Olga received visitors young and old, and continued to correspond with Guiding friends in many countries. She died on the night of January 15, 1979, exactly 60 years after her husband's death.

A lovely granite stone stands on Olga's grave. The inscription reads: 'For the creators of Polish Scouting.'

**CHRISTINA MALKOWSKA ZABA**

The author is Olga's granddaughter. She is a part-time tutor and lecturer in medieval English at Bristol University, and also works as an editor for Oxford University Press.

Poland's  
Tatra  
mountains  
where  
Olga made  
her home



Olga pictured with Violet Mason who shared her vision of a Guiding school

and demanding experience, even 60 years later pupils remember it as a wonderful place.

Conferences were held there and



# RAINBOW GUIDERS

Here are some fun activities you may like to try based on this month's theme: neighbours and the neighbourhood.

### MEET YOUR NEIGHBOUR

Play this game at the start of the meeting. The girls should stand in a circle. Ask each girl to turn to the girl on her left (her neighbour), say 'hello' and tell her some news. The

This exercise requires good co-ordination. You will need to start slowly until the pattern works and then speed it up. You can also play by shaking your right hand with the first girl and Guides' left hand with the next — thus forming a 'chain' movement around the ring.

### DID YOU NOTICE?

Ask the girls to look around the neighbourhood where you hold meetings and think

lights in the neighbourhood?

Have a quick question session like this at each meeting, asking the girls to point out any new things they have noticed.

### NATURE WALK

Take the Rainbows for a walk around the local area, looking for signs of nature at work.

Even in a city, there can be a lot to see. Look for different coloured flowers and leaves. Do the girls know the

### KEEP WATCH

Ask the police to talk to the girls about the local Neighbourhood Watch scheme.

Explain to the girls that the aim of this scheme is not just to catch criminals, but to prevent crime and to encourage people to care for each other's security.

If there is no scheme in your area, ask the neighbourhood police officer to talk to the girls about how police work in the community.

### A SONG FOR ALL

Mrs Magdalene Chadwick, Leader of the St Andrew's Rainbow Guides in Sunderland, has sent us a verse that can be used by all Rainbows.

It is sung to the tune of *The Ovaltinies* which some Guiders may remember! We are the St Andrew's Rainbows.

We are here to stay,  
We are here to learn with one another  
In our work and in our play.  
Friday night is when we meet  
Our Rainbow friends and share,  
And keep our promise to love God  
And children everywhere.

This is a good closing song for the end of meetings.

### QUIET TIME

In the quiet time at the end of the meeting, talk to the Rainbows about people who live near one another and can help each other out.

Ask the girls to think of all the kind deeds that neighbours can do for each other. Ask them for examples of helpful acts that they have witnessed in their own neighbourhoods.

### NEXT MONTH

The theme next month is signs and sign language. I'll be suggesting lots of enjoyable activities on this theme for the girls to try.

DEBORAH MANLEY



greeting should be brief — just a few minutes to stop and speak to each other before activities begin.

### HELLO!

Here's another greeting game, again played in a circle. Number the girls from 1 upwards around the circle. Ask all the odd numbers (1,3,5 and so on) to turn to the right. Then ask all the even numbers (2,4,6 and so on) to turn to the left.

They walk around the circle in the direction they are facing, shaking hands and saying 'hello' to each girl they meet, until they return to their original positions.

about what they see there. Ask them to come to the next meeting ready to talk about what they've seen. Make your own observations so you can join in.

Things they might notice could include: the sort of shops in the area, the types of houses and homes people have, whether the roads are busy or quiet and what types of trees grow there.

Ask the girls about the people they saw. Were there any children in the neighbourhood? Did they see any old people?

Also, ask them if they can tell you anything about the zebra crossings and traffic

difference between flowers and weeds? What is the difference between a wild flower and one grown in someone's garden.

Do they know the names of the birds they see? Are you lucky enough to see any wild animals, such as squirrels in your area?

### LOOK AROUND

The girls could paint pictures of what they see in the area near their meeting place and hold a small 'art exhibition' of their work. These pictures could be inspired by their observations of the built environment or from their neighbourhood nature walk.



## TRY THIS...

The Guide Association's declared aim is to promote the all-round development of girls and young women.

In order to do this, the Association has devised five key principles which have become known as Guiding's Five Essentials. They are what makes Guiding different from other youth organisations.

But are those vital building blocks getting lost in the fun activities which keep the girls happy and coming back for more? How does a Guider know if she is getting it right?

Jacqui Dixon, Chair of the Training Review Committee, has devised this fascinating quiz to help you find out if the Five Essentials are being used at **your** unit meetings.

Answer the questions first and then check your rating.

### 1 Do you use small groups/Sixes/Patrols:

- a) To collect subs?
- b) For games?
- c) At every opportunity?

### 2 How often do you attend District meetings?

- a) Never.
- b) As little as possible.
- c) The unit is always represented.

### 3 Are you careful to keep records of your unit programme?

- a) I think I've got some notes somewhere.
- b) I want to be sure not to repeat activities too often.
- c) Yes, as a way of ensuring that all Eight Points are covered properly.

### 4 Who chooses the challenges for Journeys/Trefoils/Octants?

- a) The Guiders.
- b) The girls decide together.

- c) Each girl decides individually.

### 5 When picking the unit programme, who chooses what to do?

- a) The Unit Guider.
- b) All the Guides together.
- c) Depending on the age group involved, the girls decide.

### 6 How do you plan the unit programme?

- a) I work it out at the last minute.
- b) The Unit Guider does it and she tells the rest of the team.
- c) It's a team effort.

### 7 What is most important in running your unit?

- a) Plenty of trips and visits.
- b) Gaining lots of Interest badges.
- c) Working together at a purposeful activity.

### 8 Do the girls in your unit:

- a) Only get your attention when they have done something wrong?
- b) Have time in the programme to tell everyone their news?
- c) Feel you always have time to listen and talk to them as individuals?

### 9 Is the Promise:

- a) Something you only think about when a girl makes her Promise?
- b) Something you think about when we have reflections or prayers?
- c) Something you do your best to keep all the time?

### 10 If someone was assessing your Guides, how would you like your unit to be described?

- a) It's a good unit because there is a long waiting list.
- b) They go to lots of different places and do lots of exciting activities.
- c) The unit is an example of what Guiding really is about.

So, how did you get on?



THE GUIDE ASSOCIATION

#### Mainly As

Your programme may be fun but is it Guiding? Take a look at *The Guider Handbook* to remind yourself of the Five Essentials and how they can be used.

#### Mainly Bs

You are trying, but there is room for improvement. Take a look at *The Guider Handbook*. It includes information and ideas on how to use the Guiding method in everything you do.

#### Mainly Cs

Well done! Guiding is alive and well in your unit. Your girls are obviously experiencing Guiding in its true sense. Obviously you've read *The Guider Handbook*!

What makes Guiding different is the method it uses. This method is known as the Five Essentials which are as follows:

**G** is for Groups. Guides work together in small groups.

**U** is for Unity. Guides share a commitment to a common standard.

**I** is for Individual. Guides care about the individual.

**D** is for Decisions. Guides are encouraged to govern themselves and make their own decisions

**E** is for Eight Points. Guides have a balanced and varied programme.

**How do you view the Promise? Is it something you only think about when a girl is enrolled?**



## THEME EVENING

# STORIES AND GAMES

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

### SWALLOWS AND AMAZONS

By Arthur Ransome

The story of *Swallows and Amazons* is about the sailing, fishing, swimming, camping and 'pirate' activities carried out in the Lake District by a family of children called John, Susan, Titty and Roger.

Because the two older children were experienced sailors, the four were allowed to sail across the lake and camp out on an uninhabited island. But, before they set out, they had to collect together everything they would need on the island.

### ESSENTIAL KIT

Each Patrol divides a piece of paper into four, headed Food, Drink, Clothes and Equipment. A letter is chosen and the girls write down as many items they can think of from the four different headings, starting with the chosen letter. Any item chosen by more than one Patrol should be crossed out.

The girls are then told that the items they have left (often a very strange mixture!) are to be taken with them on a week's camp. You could ask them to choose three of the remaining items that they consider to be absolutely essential.

**Titty made a three-cornered flag with a swallow on it, as their boat was called the Swallow. They hoisted this on the mast and then set off for the island.**

### HOIST THE SAIL

Each Patrol is given ten minutes to make a flag (from whatever materials they have available) with their

own Patrol Emblem on it, which they then have to 'fly' from the highest point they can in the meeting room.

**Once they had reached the island, they explored until they found a good place to camp and a safe harbour for their boat. Each day, one of**

**who had reached their camp site without being spotted.**

### REACH THE SITE

This can be played indoors or outdoors. If it is light, the leader should be blindfolded. And if the game is played in the dark, the leader should

Nancy, the older of the two girls, showed John how to bring a boat into a rocky harbour using lined-up markers. The children tried this out at night, using two lights. They also hung a lantern on a tall tree to act as a lighthouse.

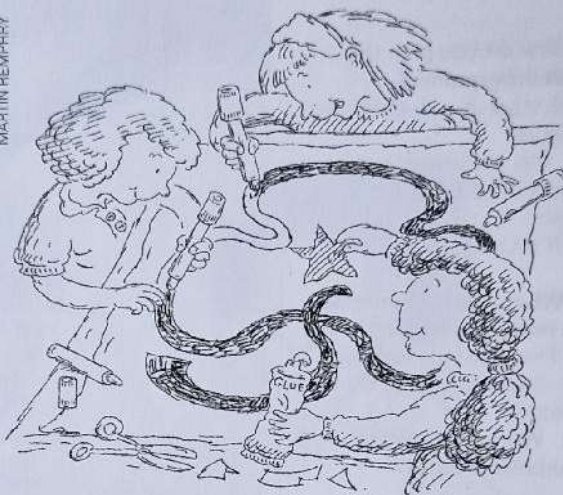
### LIGHTHOUSES

One girl is the 'boat'. She is blindfolded and stands at one end of the room. At the other end is the 'lighthouse' (a fellow Patrol member). The rest of the Patrol are the 'rocks' and they spread themselves out between the boat and the lighthouse.

On a given signal, each boat tries to reach her own lighthouse without touching any of the rocks. The rocks may say 'splash-splash' quietly as she approaches. Each lighthouse has a different call, which she gives every minute to guide her boat.

The first to reach her lighthouse gets a point for her Patrol, then two others become the

MARTIN REMPHRY



**them sailed to the mainland to collect milk and fresh food. They spent the next two days sailing on the lake, swimming, fishing and cooking all their own food.**

### WIND DIRECTION

People who sail depend on the wind and have to know what direction it is blowing in. Put eight cards around the room, one marked 'north' and the others left blank, but placed at the other seven compass directions.

The leader is the 'wind'. She calls out a direction and everyone has to run to the compass point opposite that direction. If she calls out 'variable', everyone stands and sways backwards and forwards. If she calls out 'tempest', everyone spins round three times. Anyone who responds incorrectly to a call, loses a point.

**On the third day, two girls, who called themselves the Amazons, landed on the island. The four children went to look for the girls**

have a torch.

The leader stands in the middle with a box or tin near her feet containing tokens such as dried peas or buttons. Patrols wait in each corner of the room until they are given a signal.

The aim is for each member of the Patrol, in turn, to make her way to the box, collect a token and return to her Patrol without being heard by the leader. If the leader hears a noise, she points (or shines the torch) in the direction from which it came, and the identified person has to start again.

See which Patrol has the most tokens at the end of a specified time.

boat and lighthouse, until all have had a go.

**The Amazons were given permission to come and camp on the island. Before they arrived, the children spent a day drawing a plan**





# THEME EVENING



MARTIN REMPHRY

of their island and the lake with all the names they had given to different features.

## TREASURE ISLAND

Each Patrol draws a large plan of an imaginary island, with various features drawn on it such as a harbour on the south side; a wide bay with a beach on the east; an area of rocky coastline on the north-west; a hilly area; a forest; a small lake; an area of swampland; a stream from the hills flowing down to the bay; a lighthouse; and their camp site.

They should give their island a name, and give names to all the different features — the more unusual the better.

Give points for the accuracy of geographical features, the best drawing, the best names and so on.

The children became involved in a real-life adventure when burglars broke into the houseboat owned by the Amazons' uncle, stole a cabin trunk and buried it on a nearby island. They all hunted among the rocks and eventually found the trunk.

## TREASURE HUNT

Using their island plans, the Patrols should decide where their 'treasure' is hidden. They should not mark this, but should provide a rhyming

clue. For example:

*'West from where the sands are white  
Past the trees and then turn right*

*Go past the water then stop  
and think  
Take care that your feet don't sink.'*

The Patrols then exchange their maps and rhymes, and try to find out where the treasure is by solving each others' clues.

On the children's last day they had a mock battle with the Amazons' uncle, ending with him 'walking the plank'.

## WALK THE PLANK

Draw two lines down the length of the room to mark the length of the 'plank'.

At the start of the game, everyone's toes should be level with the first line. Then the leader calls out statements, such as: 'Anyone

who has been on a boat on a lake — two steps'; 'Anyone who has slept in a tent — three steps'; 'Anyone who has been to the Lake District — one step'. Girls take heel-to-toe steps — and see who is the first to 'fall off' the end of the plank.

They ended the day with a feast of sandwiches, cakes and ice-cream and then, accompanied by their uncle on the accordion, sang all the sea songs they knew and danced the hornpipe.

## CLOSING

Conclude your evening with sea shanties from the Guide song books, for example, *Barges*, *Donkey-Riding*, *Keep a' rowing*, and the *Breton Fishermen's Song*. Your closing prayers could remember those who work at sea: sailors, fishermen, oil rig workers, lighthouse keepers and lifeboat teams.

PAULINE WAINWRIGHT

● *Swallows and Amazons* by Arthur Ransome is available as a Red Fox paperback, priced £3.99.

Conclude your evening with some sea songs chosen from Guide Association song books





# BROWNIE GUIDERS



ILLUSTRATIONS BY KATE WELLS

Last month I gave you some suggestions for a basic supply of Pack equipment to stock.

Here are some more useful and inexpensive items to add to the list.

## PACK TROPHY

Do you run a Six competition in your unit? It's not vital to have one, but many Brownies enjoy the challenge as long as the competition isn't too complicated.

Sixes feel a sense of achievement when they win a Pack trophy and the competition can encourage each Six 'family' to work together.

You can award points in a variety of ways, but be careful not to place too much emphasis on succeeding at games. Sixes may be unequally matched physically or mentally and, if we're to be realistic, we must admit that even Brownies cheat occasionally.

It's also not a good idea to dole out points for punctuality or good behaviour.

Punctuality is often up to the parents. With regard to good behaviour, many a genuinely kind act will be missed, and you're sure to find some youngsters constantly at your side offering assistance with what is obvi-

ously an ulterior motive!

Points can be recorded on home-made charts in a variety of ways. One simple and effective method of distributing points is to use coloured adhesive dots: try giving each Six a sturdy coloured ring binder containing a card for each Brownie, perhaps cut into the shape of a Trefoil, toadstool, owl or other suitable symbol.

As each Brownie receives her dot, she sticks it on her card. At the end of each term, the dots are counted and the Six with the highest number collectively, receives a Pack trophy to hold for the following term. Avoid presenting individual 'Best Brownie' awards. What criteria could ever be applied to choose such a person?

Certainly not, it is hoped, a sashful of badges!

## SCRAP-BOOK

A Pack scrap-book is fun to make. You can make one cheaply from an out-of-date card catalogue. A supplier may let you have one for free, or for just a few pence.

The more plush the exterior of the catalogue is, and the less writing there is on the inside, the better.

To make the scrap-book, ease the sample cards from their moorings and put them aside for handicraft activities.

Cover the embossed lettering on the cover with the Pack name and a photograph or card Brownie badge.

Paste sheets of lined paper

on to the first few pages where each Brownie can sign her name as she makes her Promise, providing a fascinating record.

Fill the rest of the book with mementoes such as letters, photographs, drawings, cards, theatre programmes and invitations. These will remind Brownies of past fun and be a real store of nostalgia.

Bring out the book only on special occasions such as a Promise Ceremony. Parents of new Brownies can browse through the scrap-book after the event.

## GAMES KIT

Build up your games equipment gradually. This needn't be expensive. The Brownies could make some games equipment themselves, perhaps as part of a Journey challenge or a badge.

It's useful to have soft balls, plastic balls, tennis balls, a large ball, skipping ropes, long ropes, bean bags and plastic bats.

## BOX CLEVER

The amount of Pack equipment you can keep depends on how much storage space you have. It's useful to have a stack of boxes containing:

- Dressing-up clothes and junk jewellery collected from jumble sales and clear-outs.
- Activity equipment, such as home-made games, flags, maps, compasses and pieces of string.
- Craft materials, such as



paper, modelling clay, ribbon, plaster of Paris, glitter, fir cones, tissue paper, crepe paper and wrapping paper.

● Scrap paper and card, pieces of felt and fabric, and old greetings cards.

● Home-made musical instruments.

● A Pack library of story books and back copies of *BROWNIE* magazine which the girls may borrow.

Many of these items can be acquired at little or no cost. For the others, it's a good idea for Packs to join forces within the District to buy at bulk prices.

## READ ABOUT IT

There are also plenty of books which will help Brownie Guiders run a Pack.

If possible, Guiders should have a copy of *The Guider Handbook* and the *Guiding Manual 1994*. There are dozens of other helpful publications, including songbooks and tapes. A browse through the Guide Association Trading Service catalogue will give you ideas.

## FIRST AID

Finally, one item you must have is a first aid box. It need not be huge, but it should contain equipment to help you deal with minor accidents such as cuts, grazes and bruises.

The first aid kit must not contain remedies to be taken internally, such as aspirin.

It should be brought out of its storage place and kept unlocked and ready for use during meetings.

GILLIAN ELLIS





# GUIDE GUIDERS

Here are some crafts and activities which will keep the girls entertained at camp and during holidays.

## CAMP SOUVENIRS

Souvenirs of camp can easily be made out of twigs and rocks. An interestingly shaped twig or stone can take on a personality of its own simply by adding small, 'woggly' eyes. Mount these 'pets' on to a piece of modelling clay. They can be baked hard in an oven, either at camp, if there is one available, or when you get home.

## SUPER SPOONS

A decorated wooden spoon is an attractive wall hanging, and makes a super present. Glue a selection of pasta shapes, kidney beans or broad beans on to the bowl of the spoon.

When the glue is set, varnish the decoration. Add the finishing touches by writing a name or the camp venue on to the spoon handle with a felt-tipped pen.

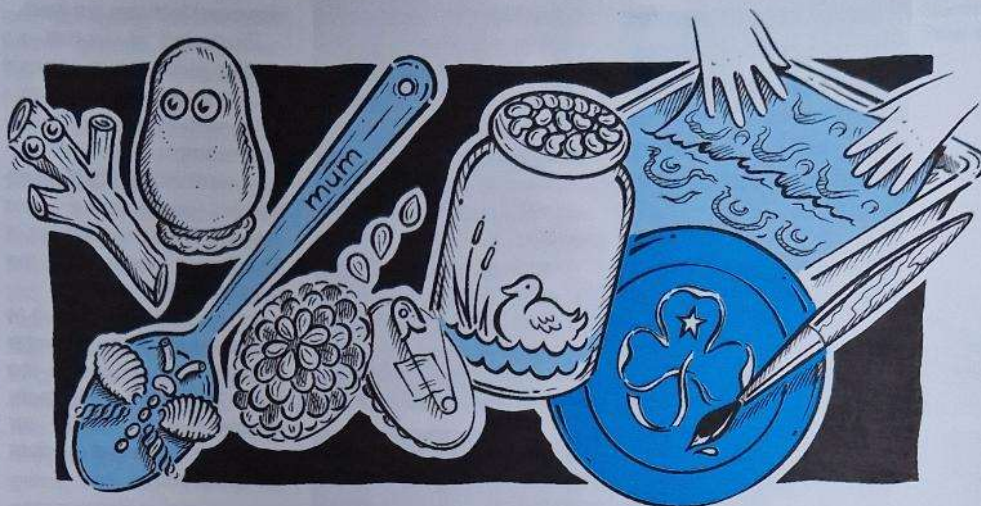
## PIN BROOCHES

Use washed and dyed melon seeds to make attractive pin brooches. Dye the seeds with food colouring and, when they have completely dried out, glue them on to blank card badges which you can buy in stationery shops.

To create a more textured effect, glue the seeds on to the outer edge of the badge and work towards the centre with rows of seeds slightly overlapping. Leave the glue to harden overnight and then varnish the brooch with clear nail varnish.

## JAZZY JARS

Clean glass jars can be transformed into useful storage containers by painting them with suitable glass paints. Draw an outline picture on to the glass using a fine-tipped permanent marker. Then fill



MICHELLE DRAYCOTT

in the design using an appropriate paint to create a stained glass effect.

Decorate the lid of the jar with the same sort of materials described for the wooden spoons. Or, for a really colourful trinket jar, use jelly beans. But remember to varnish them first in order to preserve them.

## PAINTED PLATES

Design a commemorative camp plate using a plain ceramic plate and special china paint. If you shop around, you can buy china paint which can be fired in a conventional oven.

## PRETTY PAPER

Paper marbling is a messy, but satisfying craft. You can buy inks for paper marbling in art and craft shops. They will turn ordinary white paper and card into wonderful, exotic swirls of colour.

The finished paper can be used as a wrapping for small gifts or to cover plain notebooks. Use the card to make gift boxes or bookmarks.

## ACTIVITY IDEAS

These activity ideas help to encourage teamwork and will entertain the troops during wet weather.

The Guides work in pairs and have to hold hands during each activity. Each pair begins at a different activity

and rotates through the circuit of tasks. They are given a set time of one or two minutes to try out each activity and they keep score as they work their way around the following range of ideas:

- Move dried peas from one saucer to another by sucking them up with drinking straws. The saucers are placed about 0.5 metres apart. You score one point for each pea you move.

- Lift Smarties from one saucer to another using chopsticks. You score a point for each Smartie you move. When you've finished you can eat all the Smarties you've moved.

- Using clean paper cups, see who can build the tallest tower within the time allowed. You score a point for the numbers of cups in your tower — but only if the tower remains standing.

- See how many matches you can balance across the top of a milk bottle. You can score a point for each one.

- Use knitting needles and wool to cast on as many stitches as possible. The catch is that each partner has control of only one needle! Score a point for each stitch you manage.

- Tie clove hitches, using short lengths of string and matches, and score a point for each one.

- Write down as many com-

mon pairs of objects you can think of — for example, buttons and bows, and bread and butter — and score a point for each.

- Use old pairs of scissors as tongs to pierce plain pins into a piece of plasticine. Score a point for each pin you get in.

- Thread buttons or beads on to lace or wool. You get a point for each one you manage in the time limit allowed.

- Link paper clips together to form a chain. Score a point for each paper clip you linked during the time allowed.

All of these activities are quite simple when they are done by individuals, but they require a lot of concentration and patience when performed by pairs who can only use one hand each.

## KEEP A LOG

Producing a camp log book for each Patrol is an interesting, on-going camp activity.

Every Patrol member should contribute. You could offer a prize for the best contribution made.

As a starting point, the Guides could be given some specific activities for their log. These could include composing a poem or song about their camp, drawing cartoons, completing a limerick or writing prayers to be read during the camp.



## GETTING OUT

# HERITAGE MUSEUM

**History comes alive for anyone visiting Worcestershire's award-winning Avoncroft Museum of Buildings. It features more than 20 buildings spanning six centuries.**

There are enough hands-on activities to bring alive the life and times of our ancestors for parties of Brownies and Guides, helping them to understand the social condi-

Cathedral for entertaining the Prior's guests.

The hall gradually fell into disrepair but the magnificent roof survived. In 1865 it was dismantled and used to roof the new Holy Trinity Church, which was then being built in the city.

However, the church too was earmarked for demolition and, in 1969, the museum stepped in to save the roof. It now shelters a hall, where concerts, exhibi-

tions and lectures are held.

To the left of the hall is a small building which amuses all young visitors. Complete with sash windows, it is a rare example of an 18th-century earth closet. This three-seater convenience was rescued from the gardens of Townsend House, on the outskirts of Leominster.

Today we find it difficult to believe that, although water closets were around in the early 1700s and were quite inexpensive to install, our ancestors preferred outdoor earth closets.

### FARM BUILDINGS

Nearby is the 16th-century barn, a splendid example of a cruck-framed, thatched-roof building. At harvest time waggon-loads of corn were brought from the fields, unloaded through the extra-tall doors and stored until the autumn or winter threshings.

The red-brick granary was built in the 18th century on a farm just a few miles from Avoncroft. The upper storey provided a grain store which was dry and free from rats,

while the space below was used to shelter vehicles and implements. Built into the foot of the steps are two dog kennels, used by animals standing guard against vermin and human intruders.

The black wooden windmill, a 19th-century post mill from Tanworth-in-Arden in Warwickshire, has been at Avoncroft since 1969 and has been used to mill flour since 1976. It is one of the few working windmills left in the British Isles.

The whole process — from the hoisting of sacks of wheat to the top of the mill, to the filling of sacks with fine flour — is powered by the wind.

Visitors are fascinated to see and hear the great sails turning in the wind and the huge millstones slowly grinding the grain. Smelling the sweet new flour and watching the miller at work is an experience not to be missed.

Wind and, sometimes, water power were used to mill the corn, but there would have been no harvest to grind without horse power. The 18th-century stable from north Worcestershire shelters three horses.

Present day horse power at Avoncroft is provided by Barney, a huge shire gelding. Barney is a great favourite with everyone and, on certain days, he gives rides in the 19th-century covered miller's waggon. When not at work Barney and the waggon can be seen in a special exhibition building nearby.

For centuries pigeons were kept as an extra source of meat during the winter months, and many large houses and farms had their own dovecotes. The one at Avoncroft came from Haselour Hall in Staffordshire. It is believed to be almost 400 years old. Originally built of wood, it was encased in brick in the 18th century.

Inside are rows of wooden nesting boxes and a revol-



**There is always a log fire burning in the hall of the 15th-century Merchant's House**

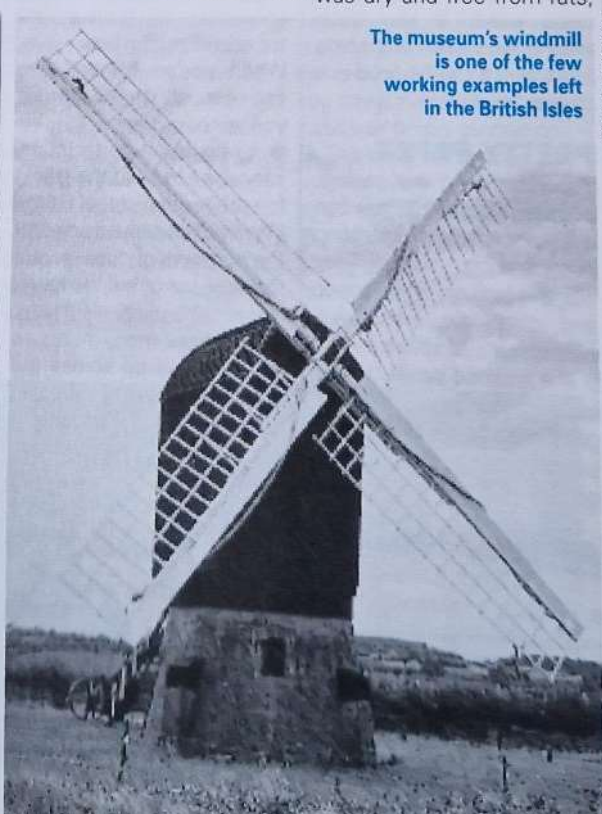
tions and economic hardship faced by their forefathers.

A good starting point is the pink-plaster and wooden-beamed inn called the String of Horses. Originally built as two large private houses in Shrewsbury in 1576, the building was converted into an inn known as the Royal Oak in 1786. It changed its name twice but continued to sell ale until 1906.

Six years later fire damaged the ground floor and, when it was repaired, part of the premises was used as a shop by Shrewsbury Co-operative Society.

The shop front has been restored, and here you can buy guide-books, pick up leaflets and check over the souvenirs on sale.

Nearby is the New Guesten Hall, whose roof dates back to 1320 — it came from a hall built next to Worcester



**The museum's windmill is one of the few working examples left in the British Isles**



ing ladder which was used to collect eggs and squabs (young birds for the table).

Almost opposite you will see a building called the cockpit, which was built to house cock fighting competitions. Just how popular the practice was among both rich and poor is evident in the size and construction of the building. The brick walls, each 40 feet long, support a splendid 18th-century roof.

Inside, tiers of seats surround a 20ft circular 'pit', where the specially-trained birds fought to the death.

## WEALTHY HOMES

Next to the dovecote is the Merchant's House, the first building to be rescued and erected at Avoncroft. This beautiful black and white building was built in the 15th century for a prosperous wool merchant.

This house always has a log fire burning in the hall and youngsters love to climb the rough steps to peer out of the shuttered windows.

Wattle and daub workshops are organised at the museum, and Brownies and Guides will enjoy working with the muddy mixture as they discover how the ancient craftsmen built houses in Tudor times.

It's worth visiting the Ice House. Here you'll discover the lengths rich people went to in the 18th century so they could enjoy cool drinks and 'freezer'-made desserts.

This ice house was rescued from Tong Castle in Shropshire. It is a 21-foot-deep, brick-lined shaft sunk into the ground and covered

with an insulating dome.

It was the duty of the head gardener to collect ice from the nearby lakes in the winter and pack it carefully into the ice house. Because it was so tightly packed and below ground, the ice remained frozen, ensuring a supply throughout the year for the cook and the butler.

## INDUSTRY

From the elaborate pleasures of the wealthy move on to examples of the sweat and toil which faced many industrial workers in the Black Country, who toiled long hours for low pay in a chain shop or nail shop. Look into each building, and try to imagine the noise, heat and grime endured in order to earn a weekly wage.

Here again, there is an opportunity for visitors to see at first hand just what life was like, as the museum's official chain maker pumps up the pedal operating the hammer and causes the temperature to soar.

The most modern building on show is a 'Prefab' from Birmingham. Prefabricated homes were erected to combat the serious housing shortage after the Second World War.

They made comfortable homes, with built-in cupboards, hot water and a refrigerator. Some families are still living in prefabs and wouldn't swap them for more conventional houses.

Don't forget to inspect the animals. There are various breeds of domestic fowl, goats, sheep, geese and a new addition to the mena-

RICHARD BROWN



Visitors can see the official chain maker at work in the Black Country chain shop

gerie, a charming Shetland pony called Benny.

## AWARD WINNER

Avoncroft was set up in 1967 by a group of volunteers concerned at the loss of traditional agricultural, industrial and domestic buildings. Director Michael Thomas says the museum preserves the UK's industrial heritage, and breathes life into the past for young visitors.

Particularly popular with seven to ten-year-olds, Avoncroft gained the Gulbenkian Museum and Gallery Award in 1990 for the 'best provision for young children' and the Sandford Award for Heritage Education for the way it conveys a sense of the past to young people.

Education/activity packs, containing puzzles, suggestions and information leaflets, are available to groups making pre-arranged trips.

Michael Thomas wants the museum to be fun as well as educational: 'It's not like the days when teachers or a youth leader just took a party out on a summer trip. An outing has to have a purpose, and we have to respond to the requirements of teachers and youth groups.'

'The wattle and daub exercise is fun, especially for

younger groups. If it is raining they can do it in the house so they can relate to the actual finished structure.'

Avoncroft runs special themed exhibitions, as well as weekly displays of bread baking and chain making.

'The original intention was to save buildings,' Michael Thomas explains. 'But, while we still save them, the emphasis has changed and we now make the best possible use of the buildings.'

**RICHARD BROWN/  
GAVIN CLARKE**

## FACT FILE

**Open:** March to November.

**Getting there:** Avoncroft Museum of Buildings is two miles south of Bromsgrove, off the A38 Bromsgrove bypass. It is three miles north of the M5 (Junction 5) and 3.5 miles south of the M42 (Junction 1).

**Admission charges:** children £1.75; adults £3.50; OAPs £2.80. Pre-arranged groups: children £1.25; adults £2.80; OAPs £1.75.

To check opening times and make advance bookings write to: Avoncroft Museum of Buildings, Stoke Heath, Bromsgrove, Worcestershire. Tel: 01527 831886/ 831363.

This 18th-century granary was guarded by two dogs kept in kennels built into the steps

RICHARD BROWN





# THE GOOD FOOD GUIDE

It's hard to provide nutritious meals when you are at camp, particularly when there are special diets to cater for.

So, **GUIDING** asked nutrition expert Fiona Wilcock for advice on camp catering. Here's the first instalment of her two-part series.

Planning meals for a group of young people can be hard, especially if they are fussy.

These days, many youngsters are vegetarians or vegans. Others have to stick to a special diet due to a medical condition such as diabetes or because of religious beliefs.

This is the first of two articles to help you provide delicious, nutritious meals to suit all diets and tastes. The second article will appear in July's **GUIDING**.

This month we look at the basic principles to follow in order to provide the girls with a healthy diet.

Next month's article looks in detail at vegetarian diets, gluten-free diets, diabetic

diets and diet rules for different religions.

## HEALTHY EATING

We are all constantly being encouraged to eat a healthier diet containing less fat and sugar and more fruit, vegetables and starch.

Often, we know what we should be eating, but prefer to have something less 'healthy' anyway.

Camp offers a tremendous opportunity to show young people that a healthy diet can taste good. It doesn't have to be difficult or expensive to provide interesting camp food which the Guides will devour. Just stick to these basic principles:

**1 Variety.** We can obtain the nutrients we need by eating a wide range of different foods. People who restrict their diet, such as vegans or those who have to eat gluten-free foods, may miss out on valuable nutrients. So take extra care when planning meals for these groups.

Table one shows some sources of nutrients which you should use as a guide when planning camp meals.

**2 Energy.** Guides use up lots of energy at camp. Therefore, they should eat plenty of foods rich in carbohydrates such as bread, pasta, rice and potatoes. The campers will probably need to eat snacks between meals, but should be encouraged to try nutritious snacks such as sandwiches, fresh fruit, cheese and crackers rather than sugary snacks such as Mars bars.

**3 Protein.** Vegans, who restrict their diet to include only foods of plant origin, must make sure they eat enough protein. You can do this by making sure you eat certain foods together. Thus, pulses (peas, beans and lentils) should be eaten with cereals (wheat, rice, oats, millet and so on), seeds (such as pumpkin, sesame and sunflower) and potatoes.

Grains should be eaten with pulses. Try, for example, beans on toast and lentils with rice.

**4 Fibre.** To avoid the embarrassment and discomfort of constipation at camp, include plenty of fibre-rich foods.

Ensure you include some

fibre-rich foods every day such as: muesli, oats, whole-meal breakfast cereals and pasta, baked beans, peas, sweetcorn, brown whole-meal bread, brown rice, potatoes and fresh fruit.

**5 Fat.** Fat makes food more palatable, carries vitamins A, D, E and K and provides a concentrated source of energy. However, eating too much fat can lead to obesity and heart disease. Use low-fat margarine, milk, yoghurts and cheeses and semi-skimmed milk.

It is hard to cook low-fat meals at camp because so much is fried on a camp fire. It may be possible for you to grill some foods rather than fry them. But, it has to be said, camp wouldn't be camp without burnt sausages and crispy bacon!

Compromise by using low fat sausages and cutting off bacon rind before cooking.

**6 Vitamins.** Several vitamins such as, thiamin, riboflavin, folate, vitamin C are destroyed by heat, light and exposure to the air. So, be careful when storing, preparing and cooking food.

## FOOD TABLE

Main sources of some major nutrients.

<b>Carbohydrates</b>	<b>Starches:</b> Pasta; cereals (cous cous, oats, flour); potatoes; breakfast cereals; breads. <b>Sugars:</b> Table sugar; fruits; fruit juices; soft drinks; biscuits; cakes; confectionery. <b>Fibre:</b> Wholegrain cereals and bread; vegetables; beans, peas and lentils; potatoes; fruits (bananas, berries, dried fruits).
<b>Protein</b>	Meat; poultry; fish; egg; cheese; milk; pulses (beans, peas, lentils); nuts; meat substitutes (quorn, soya-based products).
<b>Fat</b>	<b>Visible:</b> Margarine; butter; ghee; reduced fat spreads; oils; fat on meat. <b>Non-visible:</b> Cheese; meat products (sausages, pork pie, pate); chocolate; cream; fried foods; cakes and sweet and savoury pastries.
<b>Vitamin A</b>	Liver; milk; margarine; butter; eggs; carrots; dark green leafy vegetables.
<b>B group</b>	<b>Thiamin</b> Breads; cereals; potatoes; meat; milk and milk products (cheese, yoghurt); <b>Riboflavin:</b> fortified cereals; eggs. <b>Niacin:</b> Meat; meat products; bread; fortified cereals. <b>B12:</b> Liver; meat; milk; cheese; fish; eggs.
<b>Vitamin C</b>	Potatoes; fresh fruit (citrus, pineapple, kiwi, strawberries or blackcurrants); vegetables (cabbage, broccoli, peas).
<b>Vitamin D</b>	Sunshine; fortified margarine; oily fish; eggs.
<b>Calcium</b>	Milk; cheese; yoghurt; canned fish; bread; green vegetables.
<b>Iron</b>	Red meat (beef, lamb, pork); liver; kidney; flour; bread; potatoes; baked beans; fortified breakfast cereals.



# CAMP COOKING



Brownies now can go on Pack Holiday under canvas and so need to know the basic principles of outdoor cooking

To minimise vitamin loss, foods, particularly vegetables, should be prepared just before cooking, cooked quickly, and served at once.

Where possible, fresh vegetables should be bought on the day required and stored in a cool place. Milk is an excellent source of riboflavin but this is destroyed in sunlight, so it should always be stored carefully and preferably refrigerated.

Sources of vitamin D are not common in food. You produce Vitamin D when the sun shines on your skin.

Many Asian girls cover their skin for cultural and religious reasons and therefore may be low in vitamin D.

Some may also eat a vegan diet as well as a lot of ghee (a form of butter) which, unlike margarine, is not fortified with vitamins.

Asian Guides may need to take vitamins to supplement their camp diet.

**7 Iron.** Low iron intake over a period of time and/or during heavy menstrual losses can lead to iron deficiency anaemia. Vegetarians risk iron deficiency because red meat (beef, ham and pork) and offal (liver and kidney) are the best sources of iron. Iron from animal foods is easily absorbed by the body; iron from plant foods is less well absorbed.

As many teenage girls are deficient in iron, it's wise to include some iron-rich meals in your camp meal plan.

## BALANCED MEALS

When planning meals to have at camp, you will, of course, involve the girls in drawing up your menus.

Don't forget to ask them if they have any special dietary requirements.

Here are some suggestions for healthy foods you could serve up at camp:

### Breakfast:

- Porridge, cornflakes, bran-flakes, unsweetened muesli or Weetabix.

- Grapefruit segments in fruit juice, stewed apples, bananas and dried fruits.

- Beef and/or pork sausages (low-fat preferred), bacon.

- Boiled or scrambled eggs.

- Semi-skimmed milk, tea, coffee and unsweetened fruit juice.

- Bread or rice cakes for those on a gluten-free diet.

### Main Meal:

- Minced beef stew with rice, courgettes and carrots.

- Vegetables in cheese sauce with pasta.

- Lentil curry with home-made chapatis (see recipe).

- Pitta bread filled with peanut butter and beansprouts.

- Kiwi fruit and peach salad with plain yoghurt.

- Fruit kebabs made from pieces of pineapple, apples, oranges and any other fruits you can find.

- Peanut butter or a savoury yeast extract spread on

- Digestive biscuit served with a hot drink.

- Piece of fruit.

- Nuts and raisins.

- Peanut butter or a savoury yeast extract spread on

chunks of brown bread.

## RECIPE

These delicious chapatis are fun to make and super to serve up with lentil curry as a main meal.

## CHAPATIS

(makes about 15)

You will need:

9oz (250g) sieved wheat-meal flour

6fl oz (175ml) water

1 Put the flour into a bowl and slowly add the water until you have a soft dough. The amount of water you use will depend on the type of flour and the air humidity, so use your own judgement.

2 Knead the dough for about eight minutes until it is smooth.

3 Leave the dough in a bowl, covered with a damp cloth, for about half an hour.

4 Put your frying pan on the camp fire embers to heat it.

5 Knead the dough again, then divide it into 15 parts. Roll out each part, dusting frequently with flour, as it will be quite sticky.

6 When the dough is rolled out, it should be about 5 1/2ins (14cm) in diameter.

7 Now here's the fun part! Slap the dough from one hand to the other a few times.

8 Finally, put the chapati dough in the hot pan and cook it on a low heat for about a minute each side. It should develop white spots on the underside when it is properly cooked.

9 In India, the last stage is to put the chapati directly on to hot charcoal.

This recipe, and lots of others suitable for camp, is in the Patrol Ideas Pack *Hike Cooking*, priced £1.15. Available from The Guide Association Trading Service and some Guide shops.

FIONA J WILCOCK

● Fiona Wilcock is a freelance nutrition consultant. She is married and has a daughter who is nearly two.



*Hike Cooking* (64824), one of the Patrol Ideas Packs (PIP), is full of good ideas for outdoor eating. Priced £1.15, it is available from Guide shops and through Trading Services.



## RANGER GUIDERS

# LOOK WIDER



The work you do for Look Wider can also help you achieve a D of E Award

**The Look Wider programme gives us the opportunity to bring about change, not just within Guiding, but also in our own lives.**

In January's and February's *GUIDING*, the Practical Pages for Rangers and Young Leaders showed you how to set about working on the Look Wider programme.

Now I want to explain how you can work your chosen route in the programme into a much wider net.

In my role as the Duke of Edinburgh's Award Co-ordinator for The Guide Association, I look at what Guiding is offering young people and see which parts of the Programme can be used to help girls work for their Bronze, Silver or Gold Awards.

This has not always been easy as, in the last few years, our Guiding programme had become very indistinct. It

used to be hard for Guiders to find new opportunities. But now we have the *Look Wider File*, which is packed full of ideas.

### GETTING STARTED

From the first time you open up your new *Look Wider File*, think positively about how this programme can help you in lots of ways.

Consider what you want from Guiding. What can Guiding give you? Through this new programme, you will be helping people from within and outside Guiding. So how do you start?

If you want to work on a D of E Award while you are working on your Guiding programme, make sure you apply for an *Award Record Book* through your County D of E Adviser at the same time that you apply for your *Look Wider Record Book*.

You can start at bronze level from the age of 14, at silver level from the age of

15 and gold level from age 16 upwards. Or you may choose to do all three stages of the award, even though you are already 16. You have until your 25th birthday to complete the scheme.

### WORKING IT OUT

So, how can the programme and the award scheme work successfully for you?

If you are aged 14 you should start at the beginning — the Discovery Phase. By following some of the ideas detailed in the Adventure section, you can also be starting your training for an expedition or even fulfilling the requirements.

Say, for example, you go for a hike of 15 miles or a cycle ride of 70 miles and camp out overnight, cooking at least one meal. With the training you'll have to do to come up to Guiding standards, you will have achieved your bronze expedition.

You must check that you

are fulfilling the Guiding and D of E Award requirements of each section at all times. From the Wider World, Community and Creativity themes, a lot of work for the D of E Award will overlap with work for Look Wider. For example, circus skills used for the Creativity octant, could also be your award's skills programme.

From Wider World choose a charity which provides overseas aid and find out about its work. This can be used as a Group One Service in any of the three awards and, by doing fundraising for the charity, it would give you your complete programme.

When you move on to the Community theme, you have an opportunity to learn self-defence on a martial arts course. Once you've done this, you have completed the Physical Recreation section of the D of E Award.

You may need to look closely at what you want to



do, to find out how you can 'cross-match'. But it is not hard to run the two programmes side by side.

When you start out on the three phases of Look Wider you may feel you only want to pursue two or three octants. This should not stop you gaining the award. Look carefully at your chosen route through Look Wider.

As it is stated in the file, whatever you do, safety must be your first consideration. You will only succeed if you make sure you are properly equipped for all aspects of your programme.

## OPPORTUNITIES

Once you have started on the schemes, opportunities quite often turn up in the most unexpected places.

I heard of one girl who was visiting a housebound, elderly woman to fulfil her Service in the Community octant. After doing the usual weekly jobs, the girl noticed there was always a lot of knitting around the house.

She mentioned the knitted garments she'd seen in the house and commented that they'd been made to a very high standard.

The girl could not knit, so the woman agreed to teach her some basic stitches. She soon learned how to make simple garments.

The woman had been a needlework teacher during her working life and, before the end of the girl's time for Community Service had been reached, she had started on her Skills project with the elderly woman acting as teacher and assessor.

This brought fulfilment to both people. It was only the woman's legs which were out of action, not her ability to share skills with others.

The girl, who was also a Brownie Young Leader, took her knitting to a Pack meeting and taught those who wanted to learn, how to knit. They made dishcloths to sell for unit funds.

Quite a few parts of the award and the Look Wider programme were worked on through this one starter: D of E Award Group One

Service — Elderly People.

Also, a friendship had developed between two people who would normally never have met.

## STAGED BADGES

As a member of the Senior Section of Guiding, you could be looking at more than the two opportunities which I have outlined.

There are the staged badges. Although there is no Senior Section badge book, there is nothing to stop anyone looking through the *Guide Badge Book* and finding a new interest. Each time a badge book is printed, more interests are included.

The staged badges give you the opportunity to come in at the level you have reached in a skill. You may be a beginner. Or you may have started to do something when you were a Brownie or Guide and never taken the skill further than basic knowledge. Reading about the interest again can generate fresh enthusiasm.

At all stages in the Look Wider octants, you can pick the starting point which is most relevant to you and progress to a higher standard. This is the same with the D of E Award.

## QUEEN'S GUIDE

Don't forget the Queen's Guide Award. If you like a challenge and are aged between 16 and 22, then this award is for you. You have to aim high and be dedicated to Guiding, but with a little enthusiasm, the backing of your Guider and your Group, you can do it.

This programme also connects with the other programmes I've mentioned.

Contact your Commissioner for a *Queen's Guide Record Book* before you start on the programme.

It is important that you plan your programme of work from the start. Any delay could mean that a section has to be re-done or an additional activity has to be completed. Avoid this happening by speaking to your Guider, peer group, Commissioners and Advisers.

Contacting all these people at the beginning may take a week or two but it could save you time in the long run.

Many opportunities are available for you within Guiding. It is up to you to find the door that you want to open. You will get a great sense of achievement from the programmes, meet a lot of interesting people along the way and, by the time you reach your 25th birthday, I am sure you will realise that the name given to our Senior Section programme — Look Wider — is very apt.

**MAUREEN SMELT**

Duke of Edinburgh's Award Co-ordinator

## ACTIVITY IDEA

Here is an activity which you can do on your own or take to a unit meeting:

Find five ways which each of the following activities and interests can be used to link the schemes, awards and programmes named in this article. Here's one example:

### FIRST AID

- Group 3 Service for D of E.
- Adult Leaders Certificate.
- First Aid for Expedition in Queen's Guide, D of E and Look Wider.
- First Aid Badge in any of the sections.
- Making it Count — First Aid and Safety.

Now try these:

**MAPWORK**  
**A COLLECTION**  
**SWIMMING**  
**GARDENING**  
**COMMUNICATION**



BRENDA BICKERTON

The training you have to do to meet Guiding standards, can help you achieve other awards



# THE PROMISE

**By the time they reach the age of fourteen, girls who wish to continue in Guiding should have a good idea what the Promise means.**

Guiders who have girls in their unit who are new to the Movement, should discuss with them what it means to make a promise.

Allow plenty of time for discussion and be prepared to listen to the girls, instead of trying to impose your own viewpoint on to them.

Here are some activities to help older Guides, and girls who are new to the Movement, explore the meaning of a promise.

## TRAFFIC LIGHTS

This activity is for Guides to try before they renew their Promise. The aim is for them to find out if there are parts of the Promise which they find difficult.

Ask them to think of ways they have progressed since they joined the Association.

Divide the girls into groups of three or four. Give each group some green, orange and red coloured paper.

On the green paper they must write down aspects of the Promise which they find easy; on the orange paper areas they find problematical; and on the red paper things about the Promise which they have real difficulties with.

This will help them chart their progress so far

and also identify parts of the Promise which they need to work on.

## LIFE STORIES

Hold a brainstorming session using the key statement: 'Life is like...?', written up on a board or flip chart.

Get each girl to choose two of the examples given: one which they like and one which they don't.

Ask them to draw these images and share their thoughts with a partner.

Then ask the girls to draw a lifeline from their birth to the present day, marking major events in their lives along the line. They should then compare the original pictures with the lifeline.

Next, discuss:

- How easy or difficult was it to draw a picture describing your life?

- How easy or difficult was it to draw a lifeline?

- How easy or difficult was it to discuss your lifeline.

This exercise helps a girl discover if there is a definite pattern emerging in her life. She may discover that her life has no direction. If this is the case, a lack of commitment may be the problem. The next exercise could help.

## COMMITMENT

The previous exercise demonstrated that to make progress in life, a girl needs to be committed. The same could be said of the Promise. Discuss with the girls the idea that it requires commitment to keep any promise.

Here is a game based on those little plastic puzzles where you have to move squares around to make up a picture or put numbers

in the right order.

Use masking tape to mark out a 3 x 3 squared grid. Give each of eight participants a numbered card with the figures 1-8 on them. Each person stands in one of the squares, while one square is left empty.

The aim is for the girls to arrange themselves in consecutive order. Each girl may only move when a square next to her is empty and may not move diagonally.

Before you start the game, ask the girls to promise not to get frustrated and to remain on civil terms with each other.

It requires great patience and commitment to finish this exercise. If you watch closely, you may see some girls displaying leadership qualities during the game.

## OPEN TO GOD

Girls in their mid-teens can experience stress as they grow into adults. They may suffer from exam pressures or relationship problems. Learning to relax is a good cure for stress.

Invite an expert skilled in relaxation techniques, such as yoga, to speak at one of two of your meetings and perhaps give the girls a demonstration. Also, explain to the girls that, no matter how busy they are, they should allow time for relaxation. After all, individuals who are suffering from stress are often unable to open their hearts to God.

**MARGARET HIRST**



KATE TAYLOR



## FOCUS ON LORNE

**Lorne House on Belfast Lough — the only Guide Training Centre which has views of the sea — provides an idyllic retreat from everyday life.**

We, in Ulster, are fortunate to own this lovely Guide House in its delightful setting and will be happy to share it with those of you making the journey to Northern Ireland.

Throughout the recent 'Troubles' in Northern Ireland, those who have visited, holidayed or trained here have felt

### GUIDERS

(all sections)

Have you considered training in a different environment? County and Division Weekends usually provide training for all sections (see the calendar for Lorne).

You will be most welcome at any of these weekend trainings. Perhaps you could combine business with pleasure by extending your visit. You could stay in our self-catering accommodation and enjoy the surrounding countryside and places of interest close by.

almost guilty that they have escaped, if only for a short time, from the reality of everyday life — such is the ambience and beauty of Lorne.

Now that Ulster is enjoying peace after 25 years of strife, we hope many visitors will come to Northern Ireland and find an opportunity to visit Lorne.

Northern Ireland is renowned for its scenic beauty and you can enjoy Ulster's heritage while based at Lorne.

You can visit the Giant's Causeway, reached by a delightful drive along the Antrim coast, or experience the sound of silence at the Silent Valley Reservoir set in the heart of Mourne country.

Lorne's self-catering accommodation — whether for Brownies (in the Brownie House or the Big House), the Senior Section, Guides, Guiders, Trefoil Guild or family groups (in the Ranger Cottage), or two to four adults (in the self-contained flat) — provides complete flexibility for planning the type of holiday which best suits your group.

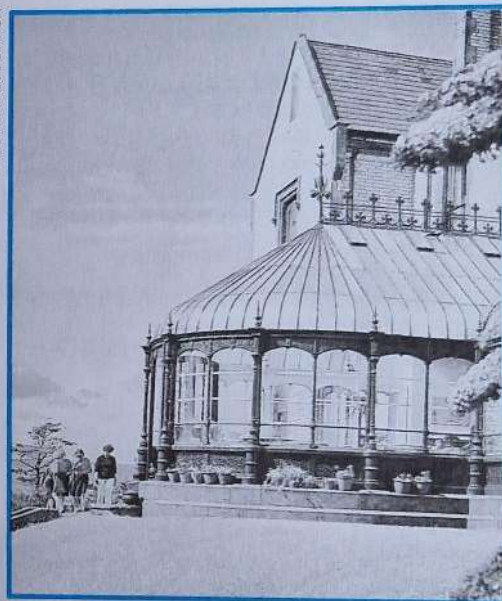
Last, but by no means least, you may prefer to camp in our excellent camp sites — all are fully equipped with many mod cons.

Days can be spent busily and enjoyably using the many on-site activities or by travelling a short distance to the

numerous places of interest and off-site activities available close by. And the days can be rounded off with a pleasant stroll at sunset to the shores of the lough to watch for seals bobbing in the waves or to collect shells for the next day's craft session.

Henry Campbell, who built Lorne in 1875, showed his concern for the youth of the day by leaving money to build a school. He would surely be as proud of the present day use of his home, and of the young people using it, as we are.

THE GUIDE ASSOCIATION



Lorne's 21 acres of open countryside, woods and river make it ideal for camping and a large variety of outdoor activities

THE GUIDE ASSOCIATION

Lorne House was styled on a Scottish baronial castle and built for Henry Campbell in 1875





## NEW GUIDERS/ COMMISSIONERS

### WADDOW

June 30-July 2

**New Guiders** — If you've never visited Waddow before, here is your opportunity to explore the Guide Leadership Scheme in superb surroundings.

**Commissioners** — Spend a weekend looking at your role and investigating strategies to support Guiders following the leadership scheme.

## MAKE AND TAKE

(Ideas for Brownie and Guide Guiders)

### FOXLEASE

September 1-3

Make and take away items to add to your resources, games equipment, international ideas, outdoor activities, posters and visual aids.

## ACTIVITY TRAINING

### BLACKLAND FARM

September 11-15

Grand National Archery Society Leader Award

September 29-October 1

Abseiling Supervisor Training

September 8-11

Life-saving Certificate (RLSS)

## RANGERS WITH THEIR GUIDERS

### BRONEIRION

September 8-10

Would you like some expert help to get the new Look Wider programme established in your unit? Bring three or four of your Rangers to Broneirion and learn together — then when you get home they can plan the programme.

## WALKING BREAK

### NETHERURD

July 14-19

This short break will appeal to anyone who is interested in walking. The programme will be flexible to include walking for pleasure or for a qualification.

## MAKING THE MOST OF YOUR DISTRICT

(with outdoor bias)

### WADDOW

July 14-16

District Commissioners — bring your group. You will all benefit from working

together and have time to discover and explore ideas for cross-sectional events, links between sections and the use of local resources.

## LOOK WIDER

### FOXLEASE

September 15-17

Look around Look Wider — for all those Commissioners, Guiders and Advisers with an enquiring mind.

## LIFE-SAVING COURSE

### FOXLEASE

September 15-17

This course offers training in land and water-based rescue techniques. You will learn pool safety, first aid, CPR and how to deal with unconscious casualties. This course leads to a basic pool life-saving award.

## PROGRAMME IDEAS

(for Rainbow Guiders)

### WADDOW

July 21-23

A weekend packed full of programme ideas for use with your unit. A creche might be available if there is sufficient demand — ring now.

## MAKE AND PLAY DAYS

### HAUTBOIS

July 15-16

Join us for a treasure trove of skills and programme ideas. Topics are very varied and appropriate to Guiders and Young Leaders in all sections, and will include aspects of crafts, games, banner making, and international, camping, music and general programme ideas.

A leaflet giving details is available.

## MUSIC'S FUN FOR EVERYONE

### FOXLEASE

September 15-17

This weekend demonstrates how easy it is to share lighthearted music, even if you aren't musical.

## EXPERIENCED BROWNIE GUIDERS

### WADDOW

July 21-23

Looking for new ideas, inspiration and enthusiasm? If you are, then this training is for you!

## COMMISSIONERS

### NETHERURD

September 1-3

A weekend in which to build on your experiences, solve any problems and enjoy your achievements.

## KNOWING ME KNOWING YOU

### WADDOW

September 1-3

Do you want to get to know yourself better and understand others more? If so, then this weekend is for you. Come along and explore questions such as: Why do we think and believe the way we do? Where do our values and attitudes come from?

## IS YOUR DISTRICT A TEAM?

### NETHERURD

September 8-10

An opportunity for your team to get away from it all — to plan for the future and learn together. So, District Commissioners, why not persuade four to eight of your Guiders to come along to Netherurd for the weekend?

## COME AND CAMP

### HAUTBOIS

August 24-28

A training opportunity for Young Leaders and Guiders to gain experience of leadership in a traditional Guide camp. You can bring, or send, your own Guides to take part in the camp and outdoor activities. A leaflet is available.

## RECRUITMENT AND MARKETING

### FOXLEASE

September 22-24

What is PR and how can I do it myself? How can I publicise Guiding? How can I recruit more leaders? Where do I look for new members? This course offers some answers.

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.

### FOXLEASE

Lyndhurst, Hampshire  
SO43 7DE

Tel: 01703 282638,

Fax: 01703 282561,

### WADDOW

Clitheroe, Lancashire  
BB7 3LD

Tel: 01200 23186,

Fax: 01200 27460.

### LORNE

Station Road, Craigavad,  
Holywood, County Down,  
Northern Ireland BT18 0BP  
Tel: 01232 423180.

### HAUTBOIS

Great Hautbois Road,  
Coltishall, Norwich, Norfolk  
NR12 7JN

Tel: 01603 737357.

### NETHERURD

Blyth Bridge, West Linton  
Peeblesshire EH46 7AQ

Tel: 01968 682208,

Fax: 01968 682371.

### BRONEIRION

Llandinam, Powys,

Wales SY17 5DE

Tel: 01686 688204,

Fax: 01686 688098.

### BLACKLAND FARM

Grinstead Lane,  
East Grinstead, West Sussex  
RH19 4HP

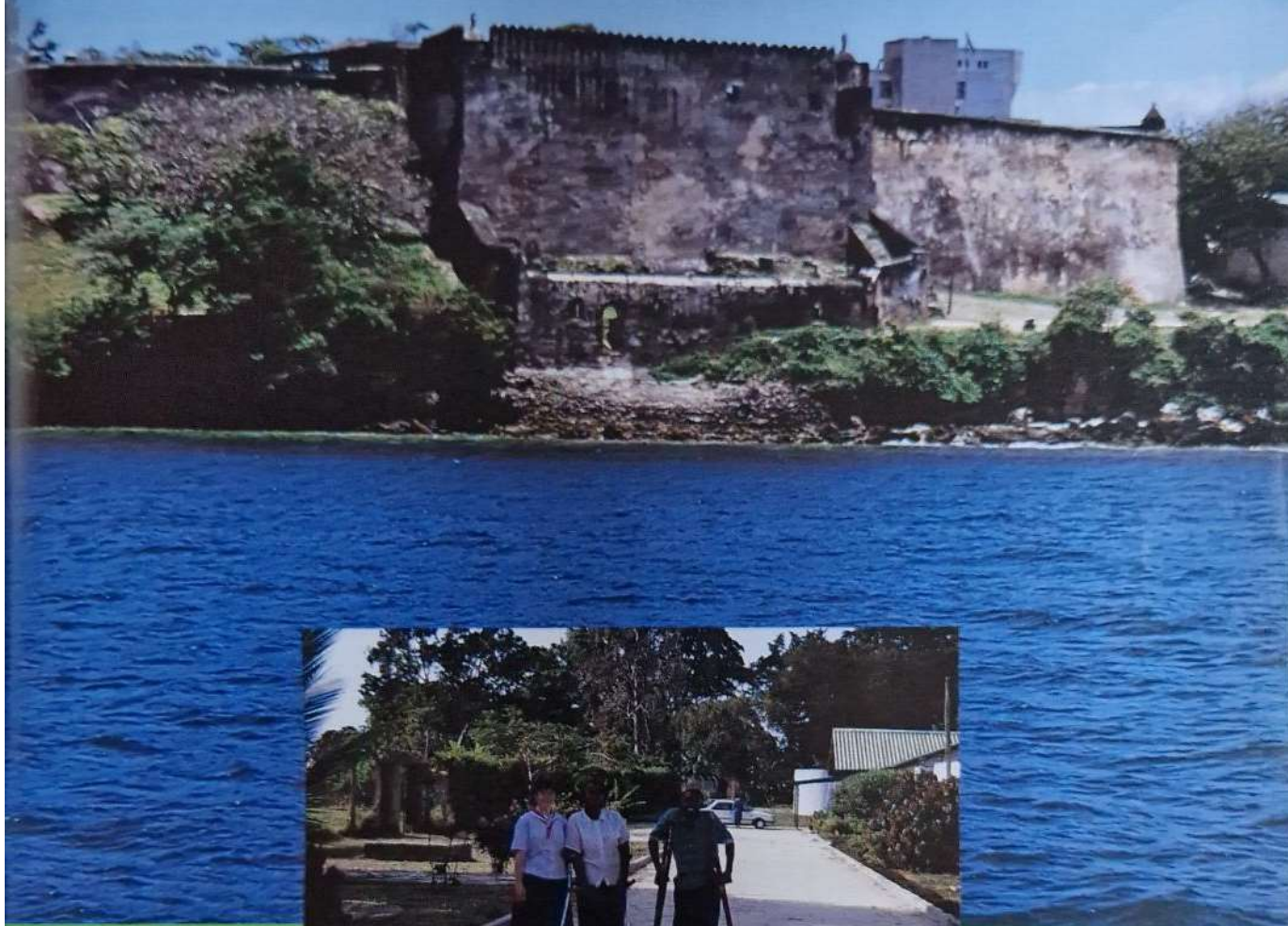
Tel: 01342 810493 or

01860 393026.

Fax: 01342 811206.



Fort Jesus,  
Mombasa



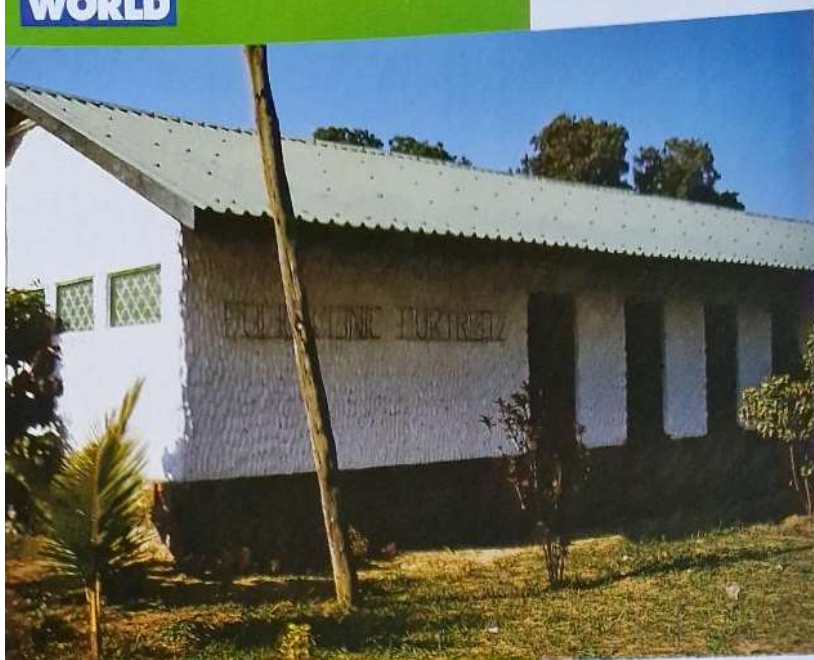
◀ Gabby Evans  
with Lillian  
and  
Mwanahamisi  
from Port Reitz  
polio clinic

# A CHANGE OF PLAN

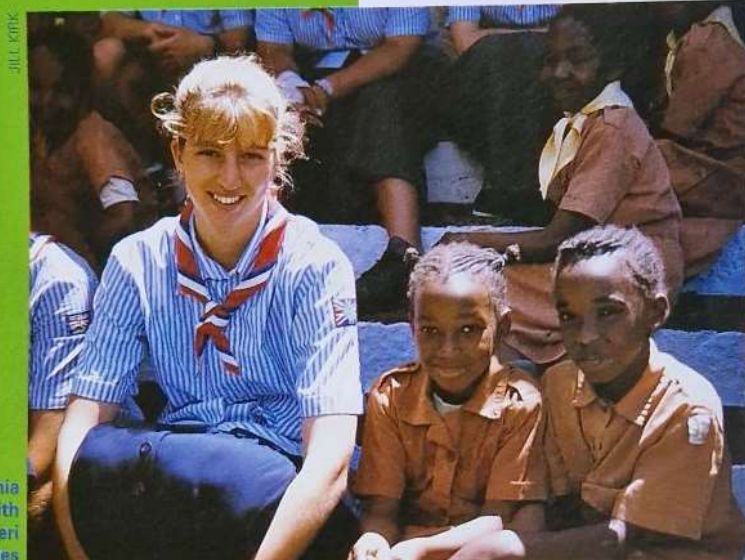
The GOLD team visiting Kenya had to change their plans when they discovered that their original scheme was no longer needed.



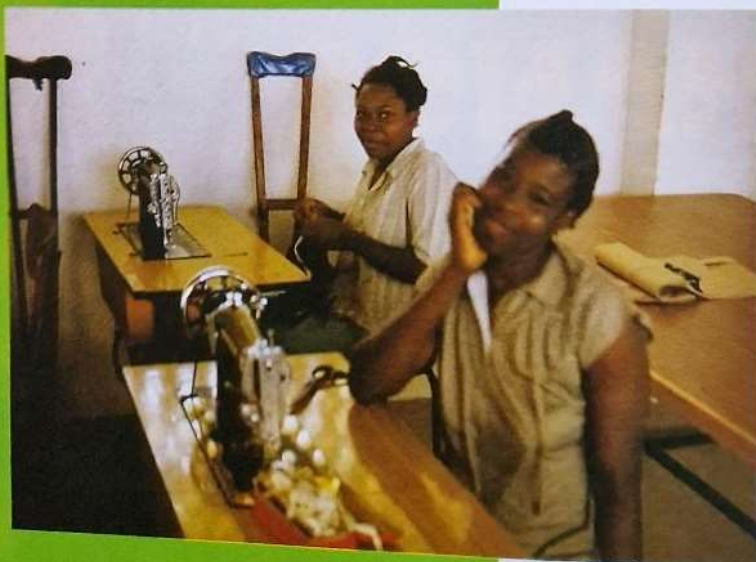
JILL KIRK



▲Port Reitz polio clinic



►Sophia Cox with the Nyeri Guides



◀The Shanzu workshop where the girls are producing goods for the tourist trade

VALENTINE & CO

When Jill Kirk and Lisa Harman, joint leaders of the '94 GOLD trip to Kenya, went on a reconnaissance in 1992 they found, according to Jill, that Kenya's Guiding was 'in the doldrums', and short of Guiders and funding.

In Mombasa, the 'target area' for GOLD, there was no shortage of ideas for schemes which the UK team could tackle in partnership with their hosts and a packed programme was planned.

But, in a frenzy of activity by Kenya GGA leaders, aided by Voluntary Service Overseas (VSO) and volunteers among the local community, so much progress was made during the two years before the start of the expedition that the schedule had to be modified.

Some of it, in fact, had to be swiftly re-jigged on site when the team arrived, as Jill explains:

"Our destination was Shanzu, the Kenya Girl Guides' permanent camp site, on the coast, about 15km north of Mombasa, where a transitional training centre had been set up for Guides who have a disability.

As with all GOLD projects, we had a number of objectives, one of the main ones being to further a long-term partnership between the UK and Kenyan Associations, and to share skills to our mutual benefit.

Another aim, however, was to promote Guiding among young women with disabilities and, to this end, we intended to do several things to improve the Shanzu training centre.

The girls at the centre are selected for training by the Kenya Guides and come from the Port Reitz polio clinic, near Mombasa island. Most of them have severe disabilities but can get about with the help of crutches and other aids.

To help them gain greater independence, we hoped to provide them with a means of producing Interest Badges, which could then be sold to generate income. We also hoped to set up a poultry farm — the girls could run it and sell the eggs which it produced.

In addition, we had in mind the possibility of providing a piped water supply to the Shanzu complex, by pumping water from a nearby borehole using either wind or solar power. After assessing the further need for primary health care, a physiotherapy service could be set up.

Apart from all this, we hoped for a rewarding cultural exchange at Guiding level. This did happen and was helped, we felt, by the Brownie and Guide "activity days" in our programme.

During the two years' planning for Kenya GOLD '94, we prepared for the tasks ahead with woodwork instruction and by practising to make Interest Badges at "briefing weekends".



However, when plans were well advanced, we learned from Kenya that the local water was too saline for hens, so the poultry scheme had to be scrapped. Hen-houses were out, so no woodwork was required.

Our tentative plan for a piped water supply became superfluous, when we learned that a pump, pipeline and storage tank had already been installed.

The need for further changes to the programme became obvious when we arrived at Shanzu. But, first, we had to meet people in the capital and do a lot of handshaking. We flew to Nairobi and took the slow train to Mombasa, completing our journey by road.

Our Brownie "activity day" at Shanzu was part of the cultural exchange requested by headquarters in Nairobi but, to the Brownies, the country dancing introduced by Lisa Harman and Annie Littler was more like a cultural nightmare! The concept of a boy-girl partnership was so alien that the dances tended to degenerate into single-sex-style dust-raising exercises.

The Brownie story was acted out using a "wise bird" instead of a Brown Owl, because, in Kenya, owls are used to practise voodoo.

It was during the Brownie day that we learned that there are far more Guides than Brownies in Kenya — a fact confirmed on Guide "activity day". We waited in the yard of the Star of the Sea primary school in Mombasa for the Guides to arrive. They came first in a trickle, then a stream and, finally, a flood — more than 200 Guides of all religions and backgrounds.

Trying to play fairly a game which involves taking only tiny steps is incredibly difficult when your group includes Guides in splints from thigh to ankle. And yet the Port Reitz girls were so eager to take part.

Seeing all the girls at the activities showed how Guiding has gained strength in Kenya's Coast Province and demonstrated the commitment of the leaders, especially Coast Province Commissioner Mrs Danu Shah.

The Shanzu transitional workshop was her idea. Lisa and I could see the improvements that had been made since our visit in 1992. It was here that we had our biggest surprise.

Before, the girls had pushed themselves along with their hands, their hips terribly contracted and they had been so shy that it was almost impossible to communicate with them. But now they all had crutches, calipers and boots, and had blossomed into mature young women, who were more self-assured.

Their sewing skills were more advanced, too. They were now producing commercially acceptable goods for

the tourist trade, such as beach shorts, shirts and caps, and financial stability already appeared to be achievable.

It was great to see, although it meant that our badge-making scheme was now redundant. And so was our idea of teaching the *fundi* (the local craftsmen) to make crutches for the girls — they no longer needed them.

Fortunately, Camilla Eames, a VSO worker who had designed a drawstring purse for the girls to produce, was helpful in directing our thoughts towards what else we could do now that our original plans had been scuppered.

At her suggestion, we set to work with paint and brushes to give the girls' toilets and showers a facelift. We then extended the job to smartening up doors and the outside walls of other camp-site buildings.

The GOLD team also taught the Guides first aid and cardio-pulmonary resuscitation (CPR), Domini Barrett and Sophia Cox having worked hard in the UK to produce the *First Aid for Kenyan Guides* booklets. It was Domini's idea to do this and to give them UK badges if they passed, and it was a great success. We trained and tested 70 Guides, 60 of whom passed. For some it was the first badge they had ever received.

Gabby Evans, our group's physio,

advised us at Shanzu not to "go in too deep" with our physiotherapy plan. So we contented ourselves with buying wood, foam and vinyl to make a physio couch, to be used by the visiting physiotherapist from the Port Reitz clinic.

On our last night in camp, as part of the cultural exchange, some of the team cooked a typically British meal of bangers, beans and mash, followed by steamed pudding with custard.

Kenya GOLD '94 could have been a disaster but, with a flexible approach and revising our programme on the hoof when necessary, it was a success.

In '92 Lisa Harman and I had found Kenya GGA in the doldrums but it is now making real headway. Future GOLD trips will enhance this progress and strengthen the links we have forged with this beautiful country.

#### JILL KIRK

● Jill Kirk, a dental surgeon from Wallasey, in Merseyside, is a Guide Guider, Ranger Guider and County International Adviser. Lisa Harman, a Brownie Guider, is a computer analyst from Brighton. Others in the Kenya GOLD team were: Domini Barrett, Karen Cribb, Vivienne Labiche, Annie Littler and Wendy Tupper (all from London and South East); Gabrielle (Gabby) Evans (Anglia); and Sophia Cox (Midlands).

'Stop at a Kenyan duka — a roadside store — for a soda in your Guider's uniform, and the world will stop by with you,' writes Jill Kirk. 'Wherever we went another stranger would smile and become our friend.'

'Small children, wearing forest green school skirts and pristine white blouses waved to us as we went by.'

'The massive loco hauling our train from Nairobi to Mombasa frequently had to sound its siren to warn people off the tracks. For centuries their tribes have been walking the route — to them, the railway is a mere inconvenience put there by the British.'

'To the casual observer, life appears cheap. Driving in Mombasa is a death-defying stunt and walking, virtual suicide. Men dig up the roads, using drills and huge equipment, wearing only flip-flops on their feet. There are no safety-at-work regulations here.'

Kenya's population growth, at 4.2 per cent, is the world's second highest, and soon the country may be unable to feed itself. The culture demands that women have many babies, but it is the women who must also look after the home, tend the vegetable garden and work on the farm, as well as cook, feed, clothe and care for the family.



'If money is short, boys are sent to school while the girls are kept at home to work. As a result about 51 per cent of girls are illiterate compared with 27 per cent of boys.'

'In this social climate it is perhaps surprising that the Kenya GGA has done as well as it has. Most schools have some form of Guiding as a lunchtime or afternoon club. And, although the Association's official membership is around 53,000, there are probably almost as many unofficial members.'

'Almost every woman in any position of importance is or has been a member or a patron of the Kenya Guides.'

▲ Most schools in Kenya have some form of Guiding



# royal OCCASION

Despite the rain, Princess Margaret was happy to meet everyone during a walkabout

*Guiders in Wiltshire South were thrilled when Princess Margaret agreed to open their new headquarters at Berwick St James.*

The girls were thrilled to see Princess Margaret

The wet weather didn't dampen the spirits of the busloads of Rainbows, Brownies, Guides and Rangers from Wiltshire South who gathered to see the President open their new headquarters.

The girls waved and cheered when the red helicopter with Princess Margaret on board came into view.

Having landed safely, Princess Margaret went walkabout, starting by meeting the Rangers and Young Leaders in their pioneering camp.

Next, she inspected the gadgets on show at the Guide camp which was run by 50 girls drawn from throughout the County.

Later, inside the new HQ, she met Rainbows working with paint and paper, and watched Brownies practise home-making skills learned during Pack Holidays.

After unveiling a plaque and signing the visitors' book, the President took tea with some of the youngsters and members of the Trefoil Guild.

County PR Elizabeth Young told Guiding: 'It was a lovely day and the girls thoroughly enjoyed themselves. It was a fairytale ending to Berwick's story.'

The building was once the local first school. In 1992 the school was closed but, within 18 months, the County had raised £100,000 to buy the property.

'It was in super condition as the parents and villagers had looked after it so well. The villagers are pleased that the site is put to good use by The Guide Association,' Elizabeth explained.

The property came with two acres of

sheltered ground, an outdoor swimming pool and a study centre. 'The swimming pool was a bonus. It is open to villagers in the summer. The grounds make a natural camp site,' she added.

Now Wiltshire South has received planning permission to build a new kitchen and toilets for people with disabilities. Berwick will be used as a Pack Holiday centre and is available for hire



# YOUR LETTERS

## LAW REVIEW

As a 16-year-old Young Leader/pre-warrant Guider with a Brownie Pack, I am utterly disappointed with the suggested new laws.

As a Guide I willingly took time to heed the laws and they still stand for me now. I feel we would be doing an injustice by shortening them to such an extent.

What happened to obedience, respect and politeness? Loyalty no longer features and consideration, helpfulness and courage have been lost.

Guides range from age 10 upwards and are perfectly capable of understanding the present laws. The worst loss of all would be the tenth law: 'A Guide is self-controlled in all she thinks, says and does'.

I appreciate what the Law Review Group is trying to achieve, but the proposed laws are too short, too condensed and their meaning and importance has been lost.

I may be only 16 but I have already been in the Movement for nine years. I believe in the old principles but can understand the need to move with the times.

However, surely a compromise can be reached. I am sure that Robert Baden-Powell would be as disgusted by the proposed laws as I am.

I hope that I am not alone.

**AMY STEWART**

1st West Bergholt  
Brownies  
Pre-warrant Guider  
Essex

## FUTURE BECKONS

The following letter has been received from May McKinnie, Drumchapel District Commissioner.

Dear Friends,

We would like to thank everyone for all their support since the tragic bus accident on September 18, 1994. The

cards, flowers, donations and prayers have been a tremendous help showing us that so many people care.

We had a marvellous turnout for the Memorial Service on January 29, and we would like to thank everyone who organised it.

Our Guides have been on many outings since September and we have more planned, including several summer camps.

As Guiders we are all very nervous when we are on outings but our Guides are anxious to be 'ordinary' Guides again, and that's what keeps us going.

The girls are all doing well and most of them have been given the all clear by the hospital. One Guide, however, has several skin graft operations ahead of her when she is older.

We must look to the future just as our friends would have wanted.

**MAY MCKINNIE**

Drumchapel District  
Commissioner  
Glasgow

## TV BOOST

Can anyone explain why it is that, when the Guide and Scout Associations are such massive youth organisations they do not have a regular TV programme?

I'm sorry to say that, despite the jazzed-up new uniform, the 'politically correct' new Promise, and the various other 'updates' that we have undergone in the past couple of years, general opinion of our Association among non-members does not appear to have changed. We are still viewed as 'sissy'.

Although I think that many of the changes have been a step in the right direction, it will take more than trendy baseball caps to make people realise that we are a progressive organisation, and get rid of the traditional

idea that we only have knot-tying and homecraft skills.

If TV companies can broadcast programmes about art and craft, BMX biking, snowboarding, Frisbees and football skills, surely they could be persuaded to make a series about Guiding and Scouting?

Such a programme could show units of all sections in action, report on foreign trips, the work done by GOLD schemes and so on, as well as giving tips for badges and Patrol activities.

This sort of coverage could really change our image, as well as inspiring more children and adults to give us a try. It would also be an ideal opportunity for Guiders to take inspiration from ideas used by other Companies to provide a more stimulating and challenging programme.

I would be interested to hear views on this matter, and want to know whether anything is being done to persuade the TV companies that such a programme would be popular among our vast membership.

**ADRIENNE SHIPSEY**

Assistant County Arts  
Adviser  
Dorset

## COSTLY

When our Rainbow Unit opened in January 1988, our tabards were made locally and loaned to the Rainbows.

Through prolonged use many were past their best, so we decided to replace them with the 'official' tabards, and bought six in early March.

We were delighted to be able to buy the new Rainbow flash, but horrified that its cost, plus that of the Rainbow Promise Badge and small Rainbow leaving badge, was about £2.

Imagine our further horror, when buying more tabards at the end of March, to

discover that the tabard now comes complete with a Trefoil badge transfer below the pocket.

The lady at my local depot told me she was not warned about the change in tabard — had she been, we would have waited and purchased the new 'style'.

But Guiders, don't worry, for you can now purchase these extra Trefoil badges to sew on — at a price, of course. However, because of their green edging they don't resemble the transfer, and so we will not be buying them. The Rainbow could have been transferred on to the new tabards.

Are we to expect further changes to the uniform without notice, and, if so, at what cost? For a section of Guiding, whose members are the smallest in size and spend least time in their uniform, the cost is quite unnecessary, especially when we are all trying to keep to a budget.

Therefore, as we 'lend out' our tabards, we have machine-stitched the new Rainbow flash in place, thus limiting the cost to £15, until the day when the tabards need replacing. Or will the flash wear out before the tabard I wonder?

**CARMEL STOCKMAN**

Rainbow Guider  
12th Kenton Rainbows  
Middlesex East

## ARE REGIONS NECESSARY?

Guiders of Stonehouse District have expressed concern at the increasing cost of the Census levy, much of which is spent on administration and the maintenance of buildings, including, now, the need to support Division and District funds which receive no grant at all.

Our Division Commissioner is very sparing with her expenses



and we are fortunate that we have support from Friends of Guiding at District level. Others, I suspect, are not as lucky as we are.

We believe the Movement should, in common with many national charitable and commercial companies, recognise the financial and logistical benefits of restructuring.

For example, the lease on premises currently occupied by South West Region runs out this year, and the cost of alternative accommodation could be considerable.

We suggest the opportunity should be taken to abolish Regions throughout the country and thus save a lot of money. The functions of Regions could be divided between national and county committees, with additional staff where applicable.

A further advantage would be that by reducing the number of links in the communication chain, expensive committee meetings would be cut down. And, just as importantly, information between units and headquarters would travel more rapidly, keeping HQ 'closer' to the Unit Guiders.

We do not seek in any way to devalue the dedication and output of regional staff. But we would, nevertheless, welcome a debate concerning the cost and administrative structure of The Guide Association, which relies mainly on unit members (a large percentage of whom are from families who have their own financial difficulties) to fund it.

We would be interested to hear other Guiders' views.

**SHEILA G HARTLEY**  
District Commissioner  
Stonehouse District  
Gloucestershire

## WARM WELCOME

It was nice to read the article about Glenbrook in April's *GUIDING*. For a number of years I have used Glenbrook as a base for our D of E Group and Joint

Venture/Ranger Unit when carrying out hill walking training in the Peak District.

It has become a second home to us, being only two-and-a-half hours drive away.

The warden, Mrs Allys Allardyce, deserves all the praise she gets, as nothing is too much trouble. Our telephone calls for information are always returned promptly.

Usually we arrive after dark to find Allys waiting for us, no doubt at some inconvenience to her own family life. When we have used accommodation there, she has left all the requested hired equipment laid out with the fridge switched on ready.

It seems that nothing is too much trouble and she is always ready with a warm welcome and smile for all her 'guests'.

Long may Glenbrook continue to be successful.

**MICHAEL PICKERING**  
Venture Scout Leader  
Award Co-ordinator  
Fitzwilliam District  
Cambridgeshire Scouts

## REUNION

The 1985 Ranger Group who went on a EIL trip to Mexico is planning a 'Ten Years Later' Reunion. But we have not been able to trace Joanne Davies, South Wales; Kate Beauchamp, Kingstanding, Birmingham; or Diane Chambers, Woodstock Oxon.

Would anyone who can help, call Jane Iddon on 0176 877 7666, as we are hoping to all meet up in July.

**JANE IDDON**  
Keswick Ranger Guider  
Cumbria North

## TIMING WRONG

As an active Guider for 20 years, I have seen many changes within Guiding, and I think it a good thing for Guiding to change and to keep looking forward.

However, it would seem that some of the recent changes, such as the new Guide Laws mean that our handbooks are almost immediately out of date.

It would be considerate of

the committees who organise these changes to think of the Guiders out in the field who have to encourage girls and their parents to buy these publications, only to find that the publications are soon out of date.

Guiding is, or should be, for everyone, no matter their race, religion or social background. I feel that, unfortunately, it is becoming more and more only for those who can afford it.

**CATHERINE MOORE**  
Unit Guider 45th Paisley  
Guide Company  
Anchor District  
Commissioner

## HELP!

I am a Young Guider and am moving to Aylesbury in Buckinghamshire where I need to find somewhere to live. Are there any young Guiders in the Aylesbury area who need a flatmate or housemate? If you can help, please get in touch.

**SU HASSALL**  
● Anyone who can help should contact Su via *GUIDING*.

**Two members have expressed their concern about the time it is taking to produce new badges.**

## TIMING TROUBLES

Please could there be better organisation between distribution of new syllabi for badges and the availability of the badges through the The Guide Association Trading Service and Guide shops.

Details of a whole batch of new badges was circulated to Guiders in December. One of my Brownies began the Brownie Sportswoman badge in January, and completed it successfully six weeks later.

However, the badge is not available, nor are several other new badges. The Trading Service and Manchester Guide shop have both been extremely helpful but to no avail.

On ringing CHQ, I was

informed the badge design was still being worked upon.

From an eight-year-old Brownie's point of view, her achievement and hard work will not be recognised for at least two to three months, which is not encouraging!

Could I request that syllabi are not circulated until badges are available or, alternatively, it is made absolutely explicit on circulation that there will be a delay in badge issue.

It will save Guiders' time and ensure a Brownie or Guide's hard work is rewarded by timely presentation of her badge.

**K JAMES**  
Brownie Guider  
Warrington

## KEPT WAITING

Well, it has happened. The Association is making Brownie Guiders work in the dark. The reason, in one word, is *badges*.

My Pack is dead keen on badges and each one has a badge book. So, as they pass their tests, I ring my badge lady, who is helpful and efficient but who is also having to work in the dark.

The reason is: you can only get badges that are in the new badge book. Quite a few badges have gone to two stages, some to four stages. But can we have a new book? No, we are told, the new badge book won't be on sale until December.

Come on now, how are we expected to work for the badges? Do we tell our Brownies not to work for any more badges until the new badge book comes out in December?

Get your act together Association.

**A very disgruntled  
Brownie Guider**  
Huntingdon  
Cambridgeshire

**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.**



When Rachel Coxon married Andrew Wydrzinski, one of her bridesmaids was Helen Bestwick, who had enrolled Rachel as a Guide and who, later, became her best friend.

The other bridesmaid was Rachel's sister, Elizabeth, who now runs the very Guide Company that Helen started at Nettleham in Lincolnshire back in 1975. Like Rachel, Elizabeth too has enjoyed her time in the unit.

Rachel, one of the first Guides to be recruited by Helen, remained with the 2nd Nettleham Guide Company as a Guide and then a Young Leader, until leaving to go to Hull University.

Helen left the area to work in Northamptonshire, where she took charge of the 1st Bugbrooke Guide company. By now, Elizabeth — still living at home with her parents in Reepham, near Nettleham — was working towards becoming a Young Leader.

After her graduation Rachel needed a job. There was one going in Northamptonshire, so she went to live near Helen, and for the past seven years has been Helen's Assistant Guider. Meanwhile, Elizabeth had taken on the leadership of the 2nd Nettleham Guides.

Every year, Helen, Rachel and Eliza-

beth help each other at both units' camps and residential weekends. And they made no exception for a camp held by the Bugbrooke Guides just before Rachel's wedding.

The camp's theme was 'Farming Fun'. Since, however, the bride-to-be and her two bridesmaids were there, it became known as 'The Hen Party'.

The prospective bridegroom also turned up and was roped in to play gui-

tar at the camp fire. Andrew, like Rachel, is a teacher in Northampton, which is where they first met.

One of the many activities at the camp was to make garlanded hoops for the Guide guard of honour at the wedding in Bugbrooke. But, when the great day arrived and Rachel walked up the aisle followed by Helen and Elizabeth, the only blue being worn by the bridal party was the bride's garter.

# here COMES THE GUIDE

JOHN ROAN



And the Guides came too... on parade at Rachel and Andrew's wedding



# PEOPLE *and* PLACES

## WORM FRIENDS

► *Nobody Loves Me...* the familiar camp-fire classic goes. But this West Moor Guide from Dorset discovered that she does have a friend after all — someone who can feed worms to her!



BETTY FORD



MARIAN MARSH

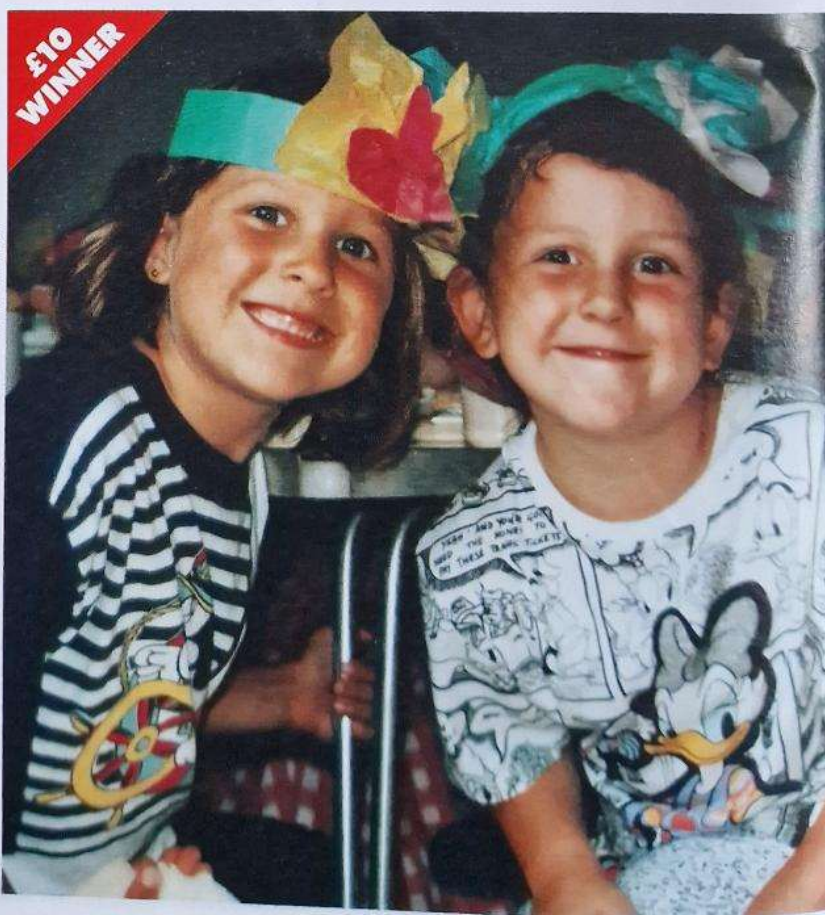
## THREE CHEERS

▲ Who does a Barn Owl share her birthday cake with? Her Brownies, of course, especially when the cake is made in the shape of an owl.

It was a triple celebration for Kath Bailey, Unit Helper with the 17th Doncaster (Sprotbrough) Brownie Pack in South Yorkshire. Her granddaughter, Christina Bailey (front row, centre), had completed a Brownie Go! challenge and her daughter, Linda (back row, centre), had qualified as an adult leader.

## BONNY BONNETS

► Model girls Gemma and Jessica of the 3rd Little Thurrock Rainbow Unit in Essex wore their own colourful creations with great pride, while celebrating the Unit's first birthday.

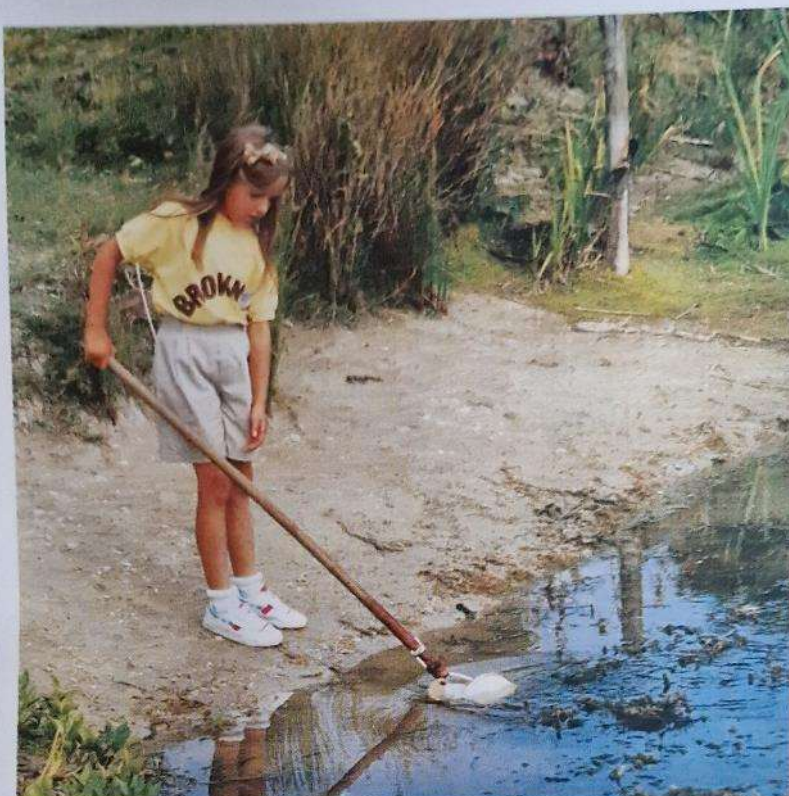


SARAH BIRD





SUE TYRELL



### POND CLEARING

▲ Twist me and turn me... before looking in the pool, this little lass is helping to clean up the Wiltshire countryside. She was taking part in a conservation project, along with fellow members of the 6th North Dorcan Brownie Pack.

ELIZABETH APPLEBY

### WHAT'S COOKING?

▼ Guider and 'superchef' Annette Mills was put through her paces by the hungry 1st Wedmore Guides at their summer camp at Horner Woods, near Porlock in Somerset. Her culinary creations were crowned with success when she passed the QM test.

### HOOKED

► Fancy a seafood supper? Sadie Whybrow of the Layer de la Haye Guide Company from Essex caught this frisky fellow while crabbing at Mersea Marina near Colchester.



Don't forget to keep sending in your photos of Guiding life. The best picture each month wins £10.



BETTY MORGAN



# ship



All hands on deck!

*When Daphne Puttock was asked by the County Commissioner for Cornwall to visit a ship moored at Plymouth, it turned out to be the start of an epic voyage.*

Daphne, Water Safety Adviser for the South West Region and Cornwall, discovered that the *Queen Galadriel* was owned by the Cirdan Trust, an educational charity that offers youth groups a chance to experience life on board a sailing vessel.

After checking out the cost — around £25 a day per person — Daphne set out to muster a crew. She advertised for volunteers throughout Cornwall. 'It was a first for everyone and so a total learning experience,' Daphne recalled. 'Now we're planning another voyage.'

The group joined the 98ft gaff ketch, a former Baltic Trader, which can carry 17 passengers and has a permanent crew of four, at Southampton. On their 315-mile voyage the Cornish mariners learned a great deal about sailing, navigation and the sheer thrill of being on the open sea.

But the trip wasn't all plain sailing as Daphne's log reveals:



Beth Prosser takes her turn at the wheel

## QUEEN GALADRIEL SHIP'S LOG

### Saturday

After nearly 12 months of planning, paperwork — and wondering if we were all absolutely mad — the day of the voyage finally dawned. Two Guides, one Ranger, six Young Leaders and eight Guiders came from all over the Country to board the *Queen Galadriel*.

Sheila Rogers, our QM, had been wrestling with the problem of how to plan suitable menus which would cater for the dietary needs of the crew.

It was the first time most of the crew had seen the boat. Bunks arranged round the sides of the main cabin were chosen and the galley was organised as

we all settled into what would be our 'home' for the week ahead.

Then it was up on deck, kitted out in our heavy-duty oilskins, life jackets and harnesses to go through safety and emergency drills. While we were still preparing to sail, most of the crew climbed the rigging. It was really quite scary taking steps up the ever-narrowing ratlines. And, having reached the top, clambering around the mast and down the other side.

Everyone was excited and eager to go. As soon as we hit the Channel the weather conditions worsened. Even though we were wearing anti-sickness sea-bands all but four of us were ill. The four who weren't sick kept everyone else's spirits up by singing.

We sailed 85 miles that night in quite rough conditions, and so Mark, our skipper, decided that we would make for the port of St Vaast Hougue in France, much to our relief.

### Sunday

We spent a leisurely afternoon wandering around the port — a small village with an enormous marina.

After supper we held our Guides Own on the deck, surrounded by yachts which bathed in the light of the setting sun. The service was based on the eight points of the ship's wheel! We felt very privileged to have the opportunity to renew our Promise as Kathryn White, the only Ranger aboard, had chosen to make her Promise on the trip.

### Monday

We were ready to sail again at 1pm. On arriving and leaving port there was always so much anticipation and excitement. Clad in oilskins and harnesses we set sail on choppy seas for the next leg of our journey to Cherbourg.

The mainsail and jib were set and the crew on watch worked hard at changing the sails when we had to tack. The sea seemed to change amazingly quickly. We were almost becalmed as we sailed towards the setting sun with the sunshine glistening on the water.

The mizzen mast and another jib were hoisted and, after seven hours' sailing, we arrived in Cherbourg.

The harbour lights twinkled as we tried to get an early night, for we knew all hands were needed on deck at 3am



# h's LOG

when we were due to set sail for the Channel Islands.

## Tuesday

Even at that hour of the morning, the port was awake. An enormous cross-Channel ferry was arriving as we were leaving, which made for some interesting manoeuvring.

Once we had left port, one watch went below, while the other continued on duty through the night.

The day dawned with flat, calm seas. The sun was so hot as I took my turn at the wheel, that we drank lemon squash and sunbathed after we had completed the log. This was more my idea of sailing! The Channel Islands were strung all around as we headed for Jersey.

By midday, the wind had completely died away, so we switched on the engine and motored in to St Helier. Once we had moored, the girls were eager to leave the ship and explore the port. We left the boat by tender and made straight for a street cafe.

When we returned to the *Queen Galadriel*, a boat from the Ocean Yacht Club had moored alongside, and so had a boat crewed by a group of French students who were blind. It was not long before a full international singsong was in full swing, with dancing or 'stomps' taking place on the decks.

## Wednesday

Another fine day. An interviewer from Jersey Radio, who came to talk us, was keen to find out why we were doing such a crazy thing!

Ship's chores kept us busy while a party went ashore to replenish our supplies before we set sail for Guernsey.

As soon as we had left port, it was time to scrub the decks. Naturally, this turned into a terrific water fight.

Later, Mark put a loudspeaker on the aft deck and soon the girls were enjoying dancing to music. After lunch, the islands of Herm and Guernsey appeared on the horizon and once again everyone was on deck to help lower and stow the sails before entering a crowded harbour.

The berth assigned to us at St Peter's Port was so unsuitable that we sailed out again to rest at anchor in the bay.

## Thursday

Two crew members kept anchor watch throughout the night in one-hour shifts. Every 15 minutes we had to take three bearings: depth of water on the echo sounder, the wind speed; and to check the anchor chains.

Then, on every hour, a barometer reading was taken. It felt quite magical to see the stars above and listen to the sound of the sea in the middle of the night. The dawn chorus was wonderful, but then there was a shower of rain. The weather was about to change.

We hoisted the mainsail and the mizzen, hauled in the halyards, raised the anchor... and were homeward bound for Southampton.

The weather became progressively worse throughout the day. Hatches were battened down while, below,

edges were put around the table to prevent the plates from sliding off.

## Friday

The wind was blowing a gale so we kept our harnesses fastened and maintained a sharp look-out for the lights of other vessels. The Channel was quiet, we only saw two tankers — everyone else had sensibly stayed in port.

I stood and watched the bow rise up and appear to balance for a second, before ploughing down into the trough.

Near the Needles off the Isle of Wight it became quite rough and the coastguards corrected an earlier weather report to give a gale force 8 warning for Wight and Dover — that meant us.

We passed the Needles, glimpsing the stark, white cliffs of chalk and heard the eerie sound of the tolling marker buoys. Once inside the Solent, the sea became much calmer.

The gale was in full force when we reached Town Quay. The adults huddled around the wheel having a tippie of whisky. No other drink at 5am ever tasted so good. We had done it!

The boat was cleaned, gifts were given, presentations were made, fond farewells were said and we left the jetty just as the first of the round-the-world yachts arrived home.

**DAPHNE PUTTOCK**

● For further details on sailing holidays contact The Cirdan Trust at Fulbridge Wharf, Maldon, Essex CM9 7LE.

All aboard the *Queen Galadriel*! The motley Cornish crew

## GLOSSARY

**Ratlines** — rigging forming a sort of rope-ladder from the side to the top of the mast.

**Jib** — triangular stay sail.

**Mizzen** — lowest level sail usually at the back of ship.

**Aft deck** — deck towards the stern of boat.

**Halyard** — rope for raising and lowering sail.

Sailing on the *Queen Galadriel* with Daphne were Tamzin Puttock, Hannah Woolley, Becca Haggart, Tori Baine, Sara Hunt, Kathryn White, Kirsty Smeeth, Helen Lockwood, Beth Prosser, Vicky Flinders, Ann Miller, Jackie Adams, Ros Adams, Lynn Anderson, Sheila Rogers and Jill Jeffs.





# changing territory

*When Ruth Hollands  
retired as Salvation*

*Army Territorial Guide Co-ordinator, she paid tribute to the  
two great loves of her life — Guiding and the Salvation Army.*

She said: 'I've been a life-long Salvationist and Guider. I've been so privileged to spend the last eight years of my working life combining them both. It has not been like a job at all.'

Ruth, who is 64, has been a warranted Guider since 1959, when the Life-Saving Guard Movement affiliated with the Girl Guide Association.

A General in the Salvation Army, Ruth was originally appointed to a voluntary position because of her Guiding background. Two years later her important role became salaried.

Her remit was to promote Guiding as part of the Salvation Army's youth project. She was also responsible for co-ordinating Salvation Army Area Directors for Guiding and working with Guide Association County and District Commissioners.

Ruth, from Margate in Kent, achieved her ambition to provide training and events for Guiders in Salvation Army units — the first scheme she instituted was an annual training weekend at Sunbury Court in Middlesex.

One of her most successful ideas — Brownie Fun Weeks — resulted in 25 Brownie Guiders gaining their Pack Holiday licences. These training weeks are now held every two years. Guide Guiders have also been offered opportunities to work for their Camper's Licences.

Now, an international camp is held for Salvation Army Scouts and Guides every four years. The last camp was held in Scotland, where 11 nations were represented, with half the campers coming from overseas.

Ruth praised her colleagues for the help she has received during her time in office: 'They are a super crowd and, like all Guiders, their sense of commitment is overwhelming. I think the most rewarding aspect of my job has been to witness the enthusiasm of the Area Directors, and their willingness to start a new unit where there has been a need for one.'



Ruth Hollands

Tributes to Ruth's hard work and many successes were paid at a ceremony during the 1994 training weekend. Ruth confided: 'It was a treasured moment, very moving. They gave me a standing ovation.'

Now acting as an assistant to her daughter Frances West, who runs the 12th Margate Brownies, Ruth is happy to be just part of the back-up brigade. 'I've seen so many changes, I can't cope with any more,' she said.

Ruth is delighted that her daughter is a Guider and that both her granddaughters are members of the Association,

because she believes in continuity. 'Leadership succession — that's my favourite theme,' she explained. And she had this advice for Guiders: 'You have to look after the youngsters as they are the leaders of tomorrow. Keep in touch with girls when they leave or go to university.'

'Write to them and let them know you still think of them — that way they'll come back and continue as leaders,' she advised.

● Mrs Denise Gilmour has taken over Ruth's role as Territorial Guide Officer.



# CLASSIFIEDS

## DISCLAIMER REMINDER

Inclusion of advertisements in this section should not be taken to mean that the Association has checked out and approves the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

## CAMP SITES AND ACTIVITY CENTRES

## SWITZERLAND

**SELF CATERING CHALET AND FULL BOARD ACCOMMODATION IN ADELBODEN, KANDERSTEG, GRUNDELWALD, LENK, MEIRINGEN AND INTERLAKEN**

## HOLLAND

**9-DAY RIVER CRUISE • 3-DAY MINI TOURS 7-DAY TRIPS BASED AT URK**



**Still A FEW SPACES FOR SUMMER '95**

**START PLANNING NOW FOR SUMMER '96**

To discuss the possibilities and to receive the full colour brochure call

**01483 273027**

**Venture Abroad**

Arranging "Summer Camps" for Guiders for 25 years

Freeport, Cranleigh, Surrey GU6 8BR

**WEST HAM CAMP SITE**, Chigwell Row, Essex. Ideal for visiting London. Also ancient forest and walks. Fully equipped site, flush toilets, showers. Details from 0181-548 0442.

## Kingsdown

## International Camp site

A SITE FOR SHORE EYES!

First class indoor accommodation and camping in White Cliffs Country, overlooking the English Channel.

WOULD YOU LIKE TO...  
...canoe on the crest of a wave...  
...go sledging in midsummer...  
...climb with the clouds...  
...be a marksman of the week...  
...or have a leisurely day out in France?

Kingsdown offers all this and more.

Phone or write for details:  
Charlie Leadbetter,  
Kingsdown International Scout Camp Site,  
The Avenue, Kingsdown,  
Deal, Kent CT14 8DU  
Tel: 01304 373713

## JEKA YOUTH GROUP SUMMER CAMPS 1996

AUSTRIA • FRANCE • ITALY • NORWAY  
IRELAND • HUNGARY • CZECH REPUBLIC

### 10 DAY FULLY-INCLUSIVE TOURS

- Local pick ups anywhere in mainland UK
- Travel by luxury coach and ferry
- Your own exclusive accommodation centre
- All food provided during your stay
- Free excursion use of coach
- Local representative service
- Established 1960 - ABTA registered

For full colour brochure contact:  
0121 559 0991 • 0141 248 3665 • 0181 688 1155  
Jeka Holidays Ltd FREEPOST (B14 6914) Halesowen  
West Midlands B62 9ER

## DOWNE CAMP SITE

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

Details from: **The Warden,**  
Downe Scout Camp,  
Bird House, Downe,  
Nr. Orpington, Kent  
BR6 7LJ  
Telephone: 01959 572121  
SAE please.

Use our columns to advertise your Coming Events

## CANAL ADVENTURE JOURNEYS

There is so much to do and see on a week's cruise starting from Braunton, the waterways centre of England. We have self-steer or skippered boats ranging from the simple to the luxurious, please phone RUGBY 890784 for our latest colour brochure or write to UNION CANAL CARRIERS, Botton Lock, Braunton, Daventry, Northants.



## Hawkstir Adventure Camp

Full details from  
The Manager, Hawkstir, Kielder Water,  
Nr. Hexham, NE48 1OZ.

**BUDGET PRICED!** Barnabas Trust activity and camping holidays. Five marvellous locations in the South, Lake District and Scottish Borders. Instructed activities available at two centres. Free colour brochure Gill Griggs, Barnabas Trust, Freepost, Tonbridge TN11 9BR (no stamp required) 01732 354690

Advertise your Fund Raising in these columns

## ACTIVITY CAMPS

Wales • France • Spain  
Fully-equipped camps  
Areas of outstanding beauty  
Groups of any size  
Over 20 exciting activities  
Qualified, resident instructors  
Established 1982, ABTA 12328  
For a colour brochure, contact

## ACORN VENTURE

Worcester Rd, Hagley, Stourbridge  
DY9 0NW Tel 01562 882151 (24 hrs)

**Baden-Powell House Hostel**  
International Scout Centre  
Queen's Gate, London SW7 5JS  
Tel 0171-584 7031

Comfortable group or private family accommodation for up to 112 residents in single, twin and multi-bedded rooms. Self-service restaurant for residents and non-residents. Also meeting and seminar rooms for conferences, work shops and social functions. Location is ideal as a base for exploring London, educational visits, West End shopping, theatre going etc.

Enquiries to RECEPTION



## A WARM SCOTTISH WELCOME AWAITS YOU!

- \* Auchengillan is a 65-acre international Scout Centre in central Scotland with excellent camping facilities and with panoramic views of the surrounding hills and Loch Lomond.
- \* There are three indoor heated centres for up to 60 people to choose from available all year.
- \* Many on-site activities are available including archery, abseiling, rifle shooting, orienteering, cycle hire and grass sledging on the U.K.'s longest Cresta Run, Brownie Adventure Fort, quad motorbikes as a supplement to traditional Guide skills.
- \* There is a swimming pool, shop and laundry on site.
- \* The Centre is an ideal base for touring and is next to the West Highland Way.

For information please contact Andy Wilson, Centre Warden, Auchengillan, Blanefield, Stirlingshire G63 9AU. Tel: (01360) 770256. Fax: (01360) 771197

## HOLIDAYS & ACCOMMODATION

## GIRL GUIDES GO PLACES

*Tours for Guiders with Guides*

Come along with us and visit our world centres... See Canada, stopping at the World Conference in Nova Scotia and so much more.

For further information contact:  
Girl Guides Go Places  
c/o Nancy Walsh, 9 Market Place,  
Stratford, Ontario, Canada, N5R 1R4  
Fax: 1-519-393 5884



## HOLIDAYS IN SWITZERLAND

Self-catering accommodation in 6 Swiss chalets for groups from 20-70 persons, and 2 nice holiday flats for 5-7 persons. A nice camping ground for groups with kitchen, wash-room and WC. All camp facilities, splendid mountain scenery. Modest terms.

Family Mathaus Harl, Bodenstr. 57,  
CH-3715 Adelboden, Switzerland  
Tel: 0104133 73 10 49

## YORKSHIRE DALES

New Scandinavian log cabin bunkhouse for 48 in 10 bedrooms at Ingelton. Central heating, drying room, sauna, separate lounge, colour televisions.  
Contact Robin Hainsworth, Pinecroft, Ingelton, Camforth, Lancs.

Phone/Fax: 015242 41462

## CANAL ADVENTURE CRUISES

Aboard our fleet of 12-berth skippered Narrow Boats. All boats are fully equipped with fridge freezers, flush toilets, central heating, showers, etc. You just need a sleeping bag and food — or we will provide these too if you wish. Friendly, helpful staff and reasonable prices.

Warwickshire Fly Boats Co.  
Shop Lock Cottage, STOCKTON,  
Nr Rugby, CV23 8LD. 01926 812093

## FOR SALE

**NEW CATALOGUE** of screen-printed badges, pennants, car stickers, also embroidered badges. Phone or write — Scout-screen of Ruislip, 15 Orchard Close, Ruislip HA4 7LR. Tel: 01895 632516.

## ATTENTION FUND RAISERS COMMITTEE AND SOCIAL CLUB MEMBERS

## Jolly Friar

**SPECIALIST CATERERS TO CLUBS AND ASSOCIATIONS**

Charity Events, Dinners, Banquets, Race Nights, Bingo, Quiz Nights, Coach Trips, Parties, Sports Events.  
The Jolly Friar has been catering individually packed hot meals for Clubs and Associations for 20 years. Our structured low-priced menu of Chicken, Sausage, Jacket Potatoes, Beans, and selection of Sweets, etc. will help make the event a great success and enable your Club to benefit. Our catering areas are: South, North, East London, parts of Hertfordshire, Essex, Kent, Sussex, Surrey.

**DETAILS AND MENU PRICES**  
Tel: 0181 853 0749. Fax: 0181 858 1190.









**JILL PHELAN FROM WALKER,  
NEWCASTLE UPON TYNE**

**Jill is an Assistant Guide Guider, Ranger Guider and  
International Adviser for Newcastle County**

'I'm a nurse at the Royal Victoria Infirmary in Newcastle upon Tyne, working on the regional bone marrow transplant unit. It can be pretty harrowing at times.

I've worked there for nearly five years now. When I qualified, I did surgery for about four and a half years but then they began to close surgical beds down, so I looked around for another area of nursing that would interest me. That was when I asked if I could go on to the haematology side at the RVI.

In fact, I've never nursed anywhere else because I did my training there, too. I'm 30 now, with nearly ten years' nursing experience, but everyone tells me I look much younger.

My present job gives me an opportunity to build up a real relationship with my patients. We don't deal with young children — our patients can be any age from 15 upwards.

We could really do with an adolescent unit. Teenagers require different treatment to older patients, because they have all the problems of growing up to cope with as well as their illness.

The stress the patients experience is different for each age group, for exam-

ple: whether they're young teenagers going through adolescence; 18-year-olds coping with their first jobs or being away from home; or people in their 20s who are newly married and have a young family.

People don't always realise that cancer can affect young people just beginning their lives as well as older people.

It can be quite upsetting for the older patients — those in the 35-plus age group — when they look at the teenagers and young people we have on the unit. You hear them saying 'At least we had some of our lives'.

The unit has 15 beds and we work very much on the named-nurse system now, so that every patient has someone responsible for their care.

Patients who have leukaemia are usually given bone marrow transplants. It isn't always necessary to find a suitable donor, as patients can have a transplant using their own bone marrow.

There are two different kinds of transplant technique, depending on what is wrong with the patient and how he or she responds to treatment.

For the moment I am happy to stay

# LIFE style

with the unit. I have a junior sister's post now and the next step is to have a ward of my own.

Guiding, for me, is something quite different from work and is a way of letting off steam.

I missed out on being a Brownie and came into the Movement as a Guide in Newcastle. I've never been a Ranger or a Young Leader as there wasn't a Ranger Unit near where I lived.

I gained my Queen's Guide Award and just stayed on to help the unit I'd been with until I was old enough to become an adult leader.

Originally, I was a member of the 1st Newcastle Guides — but they didn't do enough camping for me to obtain my Queen's Guide, so I changed to the 47th Newcastle Guides where I'm now the Assistant Guide Guider.

I live at home with my parents. My brother and sister live away from home but are still in Newcastle. My brother is an assistant leader with a Sea Scout unit. Apart from my Guide unit, I am a Guider with East Division Rangers.

Camping still gives me a lot of pleasure. My first international camp was when I went as North East England's representative to a leaders' camp in Denmark. That's where my international interest began. At that time, the County didn't have an International Adviser and asked if I'd like the post — that was about seven years ago.

I also enjoy going to the theatre and prefer drama to comedy.

I've just begun a degree course and I've got exams coming up, but I'm looking forward to going to Kenya for three weeks at the end of the year.

I love travelling. We went to India last year, but not to Sangam. Our Chalet is the only World Centre I've visited so far. Although it's not a good time to leave the NHS, I'd like to keep on travelling until I've been right round the world. ' 63



# Happy Camping

Alfie Irvine  
Dulmarham Co. A.  
& Carriehouses  
by Douglas  
Honor R.  
M.A.M. O.R.A.  
Tel 01555 854453



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.

## GUIDING POST-FREE SUBSCRIPTION OFFER

Valid for the UK and BFPO only

To: Magazine Subscriptions, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT, United Kingdom. Tel: 0171 834 6242.

**GUIDING** costs £1.15 per month. For a one-year subscription please enclose a cheque or postal order for £13.80 made payable to The Guide Association.

Please send ..... cop(y)ies of **GUIDING** for ..... months commencing .....

I enclose a cheque/postal order/money order for ..... made payable to The Guide Association.

INVOICE ADDRESS

MAILING ADDRESS

All subscriptions are for a maximum of one year. Shorter subscriptions can be taken out pro rata.