

GUIDING

FEBRUARY 1996 £1.15

HOT NEWS

Introducing the Guide
Association Credit Card

GET COOKING

Three tasty recipes to try
during unit meetings

THE GREAT OUTDOORS

Easy instructions on how
to sew a rucsac cover and
sleeping-bag liner

BUBBLY FUN

Games and crafts with
bubbles and balloons

FANCY FLOWERS

Make a bouquet of
colourful carnations

focus on
**Thinking
Day**



guiding
is...
lighting
up the
world

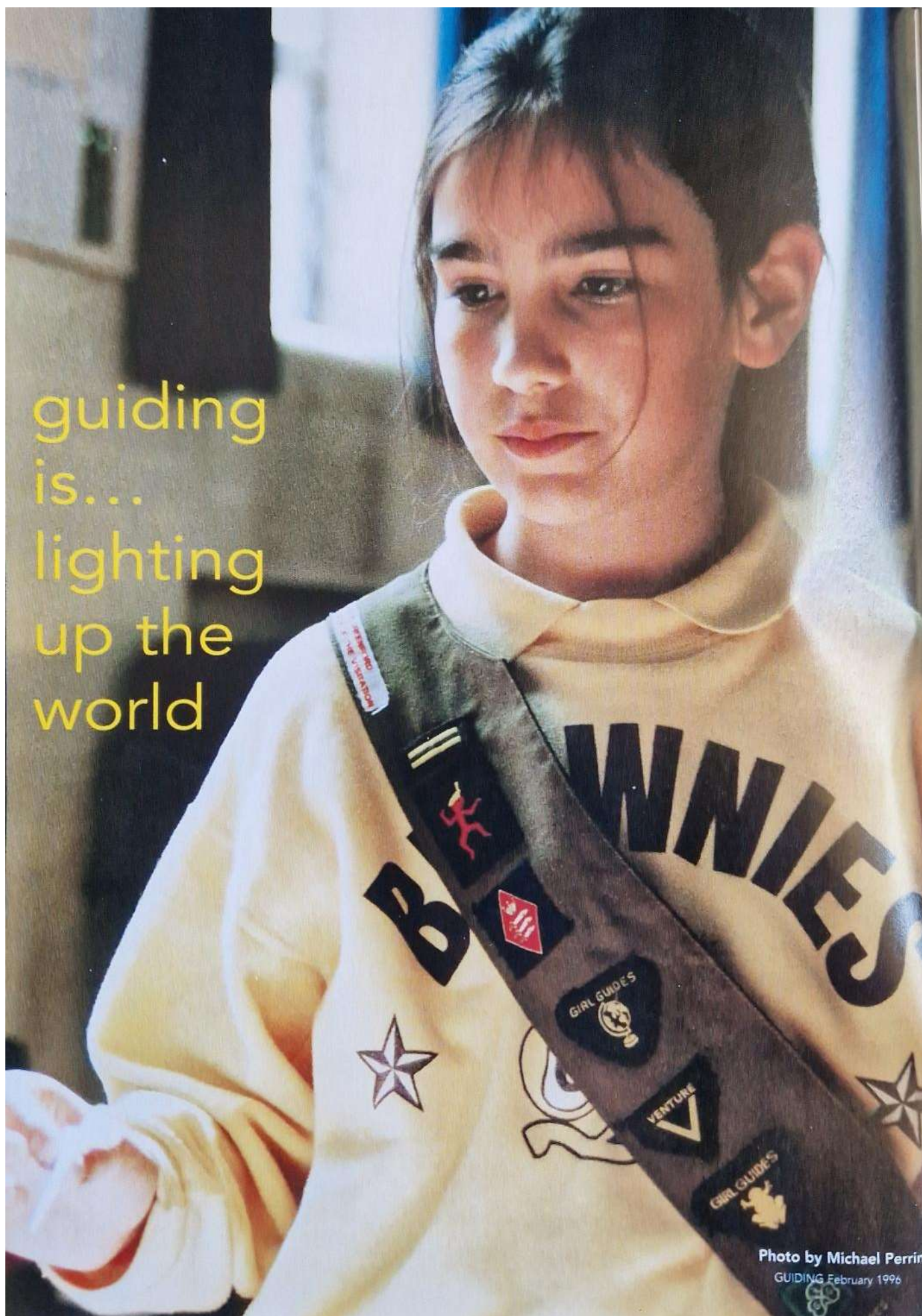


Photo by Michael Perrin
GUIDING February 1996

comment

KIM TONELLI



'Hey, hey, hey, it's Thinking Day!' is one of the cheery songs we will sing at our Thinking Day events on or near February 22. Wasn't it good luck that Robert and Olave happened to have

the same birthday, giving us a good reason to choose this day to rejoice in the Guide Movement they founded? So we think very thankfully of the inspiration of those two people who, for me, were Dad and Mum.

So, for a moment, let's do some thinking. First, think of the different sorts of people in Guiding:

Think of those who only recently discovered it for the first time and only now have the chance to join.

Think of those in countries where it was forbidden for many years and has only recently been revived.

Think of those Guider friends of yours that you haven't seen lately, and those new friends you have made this year.

Mum said: 'Reach out to them in your mind and, in this unseen, spiritual way, you can give them your uplifting sympathy and friendship'.

With our thinking comes our contribution to the Thinking Day Fund. How valuable it is! Our gifts provide for the needs of countries where Guiding is difficult.

So let's think of those who put it to such good use. For instance, the Trainers who travel round – sometimes in difficult and dangerous conditions – recruiting, training, inspiring leaders and girls; participants at great events; members of the World Committee, who visit and encourage new member countries; those who write, translate, and publish essential books...

This valuable help must continue. So let's make sure that our contribution is as generous as our love for our sister Guides overseas.

It is at Thinking Day time that we feel in my father's own words: 'Thankfulness for the privilege we have of helping, each in our small way, to develop that love which will mean the reign of God upon the earth'.

Betty Clay,
The Founder's
daughter

Betty Clay

this month...

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front cover

VOLUME 85 NUMBER 2 FEBRUARY 1996 £1.15

The cheeky Brownie on our front cover was enjoying herself at Blackland Farm, when she was snapped by our roving photographer.





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Please enclose S.A.E.

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Set in 70 acres of natural woodland, ideal for Scout camping, backwoods cooking, shelters and wide games. Altar fires provided, plenty of natural firewood provided. Modern toilet facilities, hot showers available for extra charge. Pay phone, tuck and souvenir shop open week-ends Easter to September.

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The centre is situated in the heart of the Peak Park, an ideal base for most outdoor activities and the many places of historic interest nearby.

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Tel: 0114 269 2755.

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Located 3 miles north of Ashbourne on the A515. Converted village school. Sleeps 24, mixed accommodation possible, separate leaders room. Kitchen, washrooms and shower. Enclosed playground.

Brochure from: P. Mosley, 248 Abbeydale Road South, Sheffield S17 3LL.
Tel: 0114 236 1024 or 0114 236 6106.





Combined effort

A camp 'open weekend' with an international flavour at Huish Woods, near West Hatch, brought together Scouts, Guides, Beavers and Venture Scouts from the Taunton area. The aim was to show members of the public a glimpse of camp life.

Many of the participants dressed up in national costumes, like Ruth Millard, Joanne Buck and Victoria Collins (pictured) who performed a Japanese tea ceremony for guests.

Dash for cash

Members of Bedlington and Stakeford Districts, Northumberland lent a helping hand at the Trolley Dash held at Asda Superstore in Blyth. The dash raised £340 for the County HQ building fund.



ANN MCDOUGALL

Chefs in the making

These winning cooks from the newly-formed 1st Bedwas Guide Unit, in Gwent, have good reason to be proud, says Guider (and inspirational chef) Mary Howell.

They prepared an outdoor meal for a competition and put the older competitors in the shade. Although the girls had never been to camp and had never even lit a fire, they cooked up a winning combination of Baden-Powell lamb burgers with Olive salsa sauce and jacket potatoes.

Lisa, Jadie, Lois, Suzanne, Clare, Lauren and Rebecca from the Snowdrop Patrol — came first in the divisional finals and 2nd in the County.



PAUL MELLOR

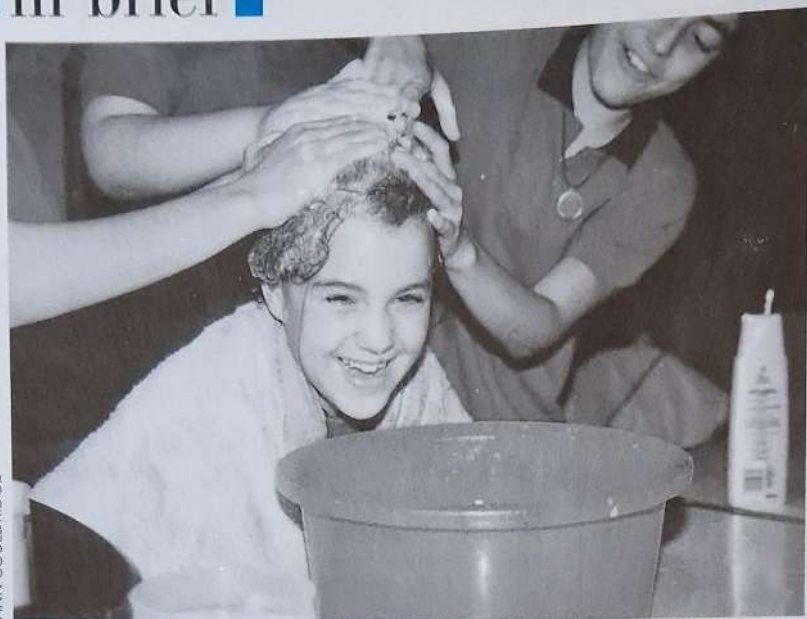


A special award for Guiding

As a founder member of the Tidy Britain Group 40 years ago, The Guide Association received a national Commendation Award at the Queen Mother's Birthday Award lunch, proudly displayed here by Anne Allery, Deputy Chief Commissioner for Midlands Region. The Trophy for Youth Groups was given to the Monkhouse Lane Scouts and Guides from Spalding for their environmental work in the area.

in brief

ANN COULDRIDGE



Founding Captain found

When Guides of the 8th Leigh Company from Essex held a Wacky Wash, their shampoo-and-set efforts to raise cash for WaterAid got into the local paper.

That was when Guider Ann Couldridge received a very special letter and a donation that took the total raised to over £200.

'The letter was from the founding Captain of our unit, who is now 90. She started the Company in 1946,' Ann explained. 'We had no idea that Evelyn Parker was still around and had been following the activities of our unit — what a discovery, and so near to our 50th anniversary, too.'

Our photo shows Guide Polly Heath smiling through her hair wash.

GILLIAN PRIESTLEY



Young musicians

An annual event that began in a small way in the 1970s has mushroomed into a concert that this year involved 105 Guides, Rangers, Young Leaders and Guiders from North East England as well as two conductors.

With only two days together to practise, the young musicians were split into a junior and senior orchestra and several ensembles. The result, says North East England PR Adviser Gillian Priestley, was a concert of a very high standard.

Congratulations from Cliff

Only a month before he was made Sir Cliff Richard, the evergreen pop star took time out from his busy tour promoting *Heathcliff* to present five senior Guides in the 3rd Crediton Company with their Baden-Powell Awards.

Pictured receiving congratulations from Cliff are (from left) Claire Halsey, Katharine Hamblin, Judith Allnutt, Emma James and Claire Harris, with Assistant Guider Liz Allnutt and Guider Pam Long.



snippets

TEDDY KNITTING The 1st Broomfield Guides have received a certificate for their teddy-knitting efforts. Their 13 teddies were sent to sick children in hospitals overseas by the charity Teddies for Tragedies. **CAR WASH** In just three-quarters of an hour, 1st Woodbridge Brownies, Suffolk, raised £190 for WaterAid through their sponsored car-washing efforts. **DAFFODILS** Oakham District Guides raised £174 for Marie Curie Cancer Care and helped beautify a site at Rutland Water by planting lots of daffodil bulbs. **PAST AND PRESENT** Six County

Commissioners spanning the years from 1957 to the present attended a recent Leicestershire meeting: Marjorie Edge, Betty Teire, Mary Toll, Margaret Lawson, Teresa Jenkins and Paula Wainwright. **NINETY MOUTHS TO FEED!** After volunteering to be QM for 40 at the Bucks International Camp, Cosmos, Brownie Guider Pam Marshall quailed as the number soared to 90. But 'the girls arrived, the sun shone, the cooks and can-openers worked and it all went like clockwork!'

showing our face

The
introduction
of a Guide
Association
Credit Card is
good news for
Guiding

Margaret Wright
Chief Commissioner



Looking back over the years, it gives me great satisfaction to see how The Guide Association has developed and kept up to date. Perhaps even more rewarding is knowing that the Association is continuing to offer girls and young women a friendly and supportive community in which to channel their energy to develop their personalities.

One of the secret ingredients of our success is the positive spirit we generate amongst Guides. Our activities encourage them to test their mental and physical confidence and this can help them to contribute to society as adults in years to come.

Every time someone sees a

Guide uniform, we are showing our face in public and promoting who we are. This helps us to gain new friends and recruits, and I am very pleased to say that there is now another important way we can encourage interest and support, as well as gain some valuable extra funds.

We have decided to take advantage of a new MasterCard® Card programme intended for everyone who supports Guiding. Issued by Bank of Scotland, the Card can be used in most shops and outlets, but the good news is that it also benefits The Guide Association in two very significant ways.

First, our name and identity will be interestingly presented on the design of the Card itself. So, every time it is handed over for payment, our Association enjoys free publicity. Second, we receive royalty payments on the Card, including a

small amount whenever it is used.

If lots of our supporters have The Guide Association Credit Card, we will receive pay-

ments on a regular basis automatically. It is like having a secret benefactor sending funds which we can put to extremely good use, thus helping our Association to flourish.

We will be writing to all Guiders and Commissioners very soon to explain how the Card works and how you can help to make our programme a success. It is a genuine opportunity for us to increase public awareness and receive welcome additional funds, which will be used for the development of Guiding in your Country or Region. ■

Full details and a written Consumer Credit quotation are available from Bank of Scotland Card Services, Pitreavie Business Park, Dunfermline, Fife KY99 4BS. You must be over 18 and resident in the UK to apply for a Credit Card. All details were correct at time of printing – January 1996.

the Grimsby go-getters

Christmas camp is just one of the activities that have welded 1st Grimsby East 1 Ranger Unit into a fun-loving and caring group.

By Gillian Ellis
Photos by Gillian Ellis
and Jackie Adams

Christmas comes but once a year for most of us. Yet for the Rangers of 1st Grimsby East 1 District, it makes an exception by coming twice. The beginning of each December finds them at Christmas camp, a unit tradition, when the girls settle in cosily at Whitely Woods, Sheffield's Outdoor Activity Centre, to prepare for the big day and a big meal.

On the Saturday – 'Christmas Eve' – the Rangers go shopping with festive food as a high priority. In a passable imitation of TV's *Supermarket Sweep*, teams whizz round a local store clutching shopping lists,

vying to be first at the check-out. And the Unit's wheelchair user, Emma Rodwell, hangs on for dear life to her suitably seasonally decorated vehicle.

Carols are sung in a room festooned with decorations made especially for the occasion, including a newly-created fireplace and a realistic-looking log fire. After all, one must have somewhere to hang one's stocking or, in this case, a mammoth pillowcase in which the Rangers hope to find each gift they have specially requested from Father Christmas.

Letters to the genial old chap will already have been written, and every request is honoured, no matter how extravagant. However, his interpretation of the requests is rather on the lines of the lad who asked for a cigarette lighter and received a match!

The Rangers are in bed by midnight on Christmas Eve, so they don't see Father Christmas. But one year, he came early.

The girls got such a shock that one 21-year-old ran for her teddy-bear, several screamed and another burst into tears.

Christmas camp is just one of the annual highlights for the members of this very active Ranger Unit.



Two-year-old Scott Patter loves to go to Rangers with his mum, Georgina, especially when there are some sparklers

Other popular events are the spring tiddleywinks championship; July barbecue; September overnight hike and sleep-out; town treasure hunt; Christmas fancy dress party; dinner at a posh restaurant; and carol singing.

For the past three years, the girls have organised a sponsored fun run for all ages in aid of Unit funds.

Last year's programme also included 'Guess the baby picture' games; making bead jewellery; taking part in the County inter-unit quiz; a 24-hour, sponsored stay-awake to raise funds for three members going abroad; a fireworks and bonfire party and a visit from a blind friend accompanied by his guide dog.

Rangers helped at the Local Association fair, went ten-pin bowling and dry-slope skiing, and visited Humberside airport's fire station. Eleven Rangers spent a superb weekend in a YWCA converted cottage in Kendal, Cumbria, using it as a base to explore Hallin Fell and Ullswater, and also to visit Lake District gems such as Tarn



Sizzling sausages are always a winner. Here Kathryn Broadburn takes charge of the frying pan at a bonfire supper

Hows, Windermere and Grasmere.

Sometimes the Rangers descend on London, staying at either Pax Lodge or Baden-Powell House, to enjoy sightseeing and theatre visits.

In the autumn, they had a weekend at Waddow's Ranger cottage and, next month, several Rangers will attend Jorvik '96, the Senior Section event in York.

In April, following her experiences on the Faramir Trust sailing weekend reported in November's *GUIDING*, Assistant Guider Jackie

Harrop went on an exchange visit to Canada, the Unit was suspended for a year. Peggy is known as PG because they're her initials but also she loves a cuppa. She has been Unit Guider since 1971, when it reopened with half-a-dozen Rangers.

Now 36 strong, the Unit recently treated PG to a surprise 50th birthday party and presented her with an engraved glass goblet.

A very special honorary member is often present at meetings. Two-year-old Scott loves going to



The Unit can borrow a minibus from the local youth services when they fancy an outing

Adams will lead a sailing weekend. Then, of course, in August there's *Poacher '96* — an international camp which the Unit wouldn't miss.

Jackie, an adventurous outdoor person, works well with her colleagues Peggy Gregory and Hilary Fletcher, making a well-balanced team. Peggy, who is in overall charge, provides the listening ear, while Hilary gives advice on science and arts projects.

The Unit was originally registered in 1967. Later, when Guider Sheila

Rangers with his mum, Georgina Patter, and basks in the attention of all those adoring aunties.

Georgina, clearly a supermum, leaves number two son, Robert, at home with his dad. Robert obligingly considered the Movement's needs when he put in his appearance last July. He arrived shortly after one Ranger meeting and so made sure that Georgina didn't miss either it or the next meeting.

Three Unit members represented The Guide Association abroad last

Getting away from it all was easy for some of the Unit on a recent visit to the Lake District



year: Ailsa Young went to Russia; Caroline Cook to Mexico; and Jackie Adams to Alaska.

Other claims to fame include former Unit Chairman Joanne English, being Chairman of North East England Region Junior Council; Christi Cummings, representing the UK at the Helen Storrow seminar at Our Chalet; and Emma Young winning three art awards. Emma's designs have been chosen for Lincolnshire North and Humberside South County's *Look Wider* badge, and also for the Region's *Look Wider '95* and *Poacher '96* camp logos.

Visitors to the Unit are impressed by the feeling of unity and fellowship they find there. The Unit is remarkable not only for its large numbers but also in other ways. The wide age range — from 14 year-olds to young women of 25 — does not appear to polarise members, and several girls with either physical limitations or learning difficulties have been assimilated into the group.

These Rangers have really mastered the art of self-government and know how to create and run an exciting programme of activities, which brings potential members flocking to their doors.

The Unit is a tightly-knit, friendly, caring bunch and, as a result, a very happy one. ■

Self-programming — Rachel Pearce, Chairman of the Unit Executive, is quite used to leading meetings

Knights to re

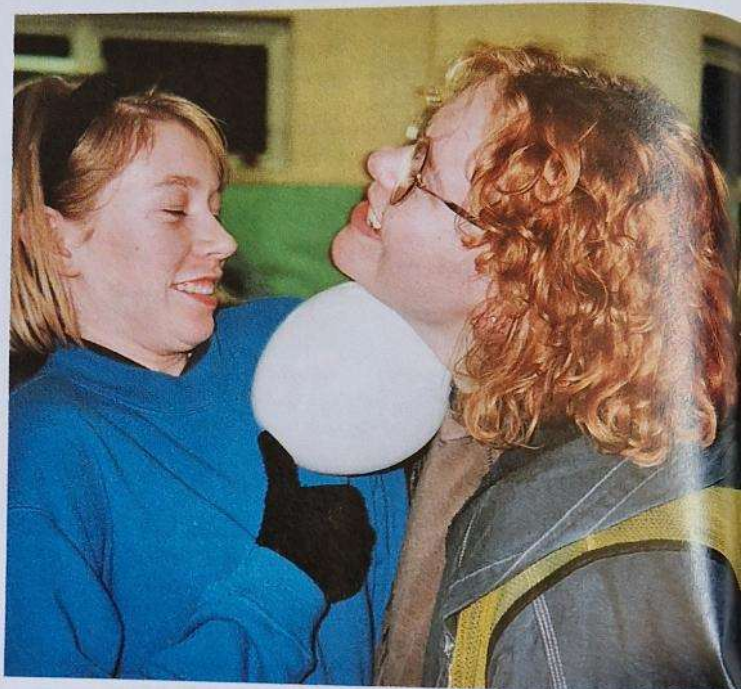
Words and photos
by Gillian Ellis

**The night
was dark
as knights
gathered
to face
daunting
challenges
on a camp
site dubbed
Camelot.**

Arthur, King of England, had thrown down the gauntlet and challenged aspiring 'knights' aged between 14 and 26, from Sefton and Merseyside Counties, to a night of doing and daring. So, on a warm autumn evening, intrepid Senior Section members converged on their Cheshire 'Camelot' — Scarisbrick camp site, near Southport.

The King, whose word processor was evidently equipped with suitable medieval script, was offering places at his famous Round Table for stout citizens who completed eight diverse tasks between the hours of 10pm and 3.15am.

Five teams of contestants battled nobly to acquire the necessary trophies — one from each of eight trusted knights — as proof of their skills. Camelot being a magical place where anything can happen,



Game for a laugh. It's time for fun and frolics at the Counties' birthday knees-up

Earning their spurs — the presentation ceremony after the night's challenges were overcome

remember

the bright bubble-light bore more of a resemblance to an invention of the future than a relic of the past.

King Arthur's challenges were scattered throughout Camelot. Sir Lancelot required contestants to walk on a set of bearings searching for three constituents of a flag. Later they had to fashion their armorial bearings on it.

Assembled flags were hoisted on home-made flagpoles, under the watchful eyes of Sir Ethelred and Sir Pilkington. These noblemen were forced to report that certain cleats had found their way into rather odd positions. That led to one flag rather alarmingly denoting the demise of a local knight, though the body was never discovered!

Sir Clarence, obviously a knight with a well-developed sense of humour, sent teams off along a string trail in the inky darkness.

Ditches, mud and nettles notwithstanding, all groups emerged victorious to tackle a backwoods cooking challenge. After all, even a knight needs to eat. Dampers may not normally be served at aristocratic dining tables, but Sir Eustace insisted on the dough being cooked right through.

'It's too dark to see whether it's black enough yet,' commented one *cordón noir* cook, as she gave her damper a tentative lick.

Sir Cuthbert instructed the contestants in a 'modern communication method' allowing messages to be conveyed across a field in a series of short and long flashes of light.

'This could come in useful for shipping,' was the consensus of opinion. Whether history will credit Sir Cuthbert with this notion remains to be seen. But watch out for the Cuthbert Code, which could rank alongside semaphore one day.

Cries of 'Ugh' and 'Yuck' could

be heard from Sir Siegfried's stronghold, where teams were testing their senses of smell and taste.

Sir Ponsonby ensured that maximum brain power was summoned up in an attempt to rescue a pitiful gorilla in distress.

The key to the castle in which the hairy damsel was imprisoned was down a deep well – reminiscent of a kitchen roll tube – surrounded by alligator-infested swamps. How to reach the key without becoming a reptile's dinner? A testing challenge indeed.

Not all participants were seasoned campers and damper-makers.

Karen Watkinson of the 3rd Hesketh Bank and Tarleton Guides, brought along her Unit Helper, Barbara Rowe, for moral support.

'I've never done anything like this before,' said Barbara. 'I'm really enjoying myself. At first, I helped the Guiders, but now I'm joining in the challenges because I want to find out what it's all about. It's my first time under canvas.' What a way to start!

Wendy Graham, Sefton Young Leader Adviser, Wendy Archer, Merseyside Ranger Adviser and Nan Cox, Sefton Outdoor Activities Adviser, planned the camp, and Ann Wood and Mo Payne were the QMs.

Aspiring knights were invited into the King's royal chambers for a midnight feast to mark the 21st birthday of Sefton and Merseyside Counties. Sharon Owen, of South East St Helens Rangers, was the camper with the next 21st birthday coming up, so she was awarded the

honour of cutting the cake.

After party games and songs, it was back to work outside until breakfast was served at 3.30am. Then at 4am, their trials completed, the applicants for knighthood crawled sleepily into their tents for a well-earned rest.

Camelot was probably the quietest Guide camp site in history the following morning. Campers emerged slowly in twos and threes, prompted only by hunger, and eventually drifted into the hut where a service project was under way. Fabric, patterns and sewing machines were available for anyone willing to make simple children's clothes for Oxfam.

This most successful 'Topsy Turvy' camp was the Senior Section's event to celebrate the formation of the two Counties from one large County in 1974.



It's been a hard day's night for these aspiring knights

In spite of the parting of the ways, Sefton and Merseyside still enjoy many joint activities. In fact, after the presentation of impressive certificates of knighthood, one Guider was heard to remark: 'You know, we do so much together, why don't we join the Counties up?' ■

switching off the win

By Catherine Dell
Illustrations by Martina Farrow

For almost
two million
people,
winter is an
illness.
GUIDING
reports on its
effects.

Winter, with its short days and grey gloom, often has a depressant effect, making us feel fed-up and lifeless. Most people can shake off this negative mood — but not everybody. For up to three per cent of the population, winter is synonymous with SAD (Seasonal Affective Disorder) — an illness which can be seriously disabling. A further 20 per cent suffer from a milder version called sub-syndromal SAD or 'winter blues'.

What is SAD?

SAD is a seasonal depressive illness which affects sufferers between October and April, in particular during December, January and February. At its heart is light deprivation — the harsh reality of winter's long nights, short days and sun-starved grey skies.

Light plays a crucial part in our ability to lead a normal life. When light enters the eye, it stimulates nerve impulses to travel along a nerve pathway to the hypothalamus. That is the part of the brain

which controls the body's main functions: appetite, sleep, sex drive, mood and temperature.

If there is not enough light passing through the eye to stimulate the nerve impulses, then this will affect the hypothalamus and the functions it controls. For SAD sufferers there isn't enough light and, as a result, they are unable to function normally in winter.

Why remains a mystery. Researchers don't yet know what causes SAD, although they do have various theories. Maybe it's a faulty mechanism in the nerve pathway, which slows or prevents the impulses getting through. Perhaps it's a biochemical imbalance in the hypothalamus. Another theory is it's an excess of melatonin — the hormone which makes us sleepy and which is produced during the hours of darkness. Others believe that, maybe, the neurotransmitter serotonin isn't working properly; or there's an abnormality in sufferers' body clock controls.

Spot the symptoms

A person is diagnosed as suffering from SAD when she has displayed a number of the following unpleasant symptoms for three or more consecutive winters.

- Sleep problems — oversleeping, drowsiness during the day, waking up feeling tired. Or, sometimes, disturbed nights and waking early.
- Lethargy — lack of energy, fatigue, inability to carry out everyday routines.
- Overeating — craving for sweet foods, especially biscuits and chocolate, which often leads to weight problems.
- Depression — experiencing a range of negative feelings such as misery, despair, guilt, worthlessness, self-doubt and apathy.
- Social problems — becoming morose, irritable, self-centred and withdrawn or refusing to socialise.
- Anxiety — tense and insecure, unable to cope with pressure or make decisions.
- Loss of libido — reduced interest in sex and physical contact.
- Mood changes — some people experience swings of mood at the beginning and end of their illness.

In addition, SAD sufferers often have low immune systems, so they are particularly vulnerable to winter colds and other infections. Some sufferers are so unwell that they have to give up working in winter.

They cope at home with difficulty — and cannot cope with a houseful of relatives at Christmas. Relationships are under strain and many break down. Not surprisingly, a number of SAD sufferers have ended up committing suicide.

Anyone can get SAD — although it is rare within 30 degrees of the Equator, where daylight hours are long and bright. Most

Lethargy,
depression and
overeating are
all symptoms of
SAD



ter glums

commonly, the illness develops between the ages of 18 and 30 and is twice as likely to affect women as it is to hit men.

Don't abandon hope

Anti-depressant drugs can help alleviate symptoms, but the most effective treatment is light therapy, which has been used successfully in 85 per cent of diagnosed cases.

This involves spending up to four hours a day (on average, between one and two) in front of a very bright light — at least ten times the intensity of normal domestic lighting.

Because ordinary bulbs and fittings are not strong enough, a special light box must be used. Typically, this is not much bigger than a large briefcase and can be stood anywhere in the home — on a table, shelf or worktop. The user sits in front of it and gets on with her reading, letter-writing, sewing... but glances at the light from time to time. There is no danger of eye damage or skin cancer as the UV is screened out.

Light therapy begins to work within three or four days and goes on being effective provided it is used every day. Light boxes are not available on the NHS, but they start at under £100 and are VAT-free. Many companies operate a home trial system. The SAD Association issues a list of manufacturers.

Other light therapy equipment includes a battery-powered visor, which is worn on the head allowing the user to walk around, and a dawn simulator alarm clock. This wakes the sleeper by gradually filling the bedroom with light.

Learning to help yourself

Alongside light treatment, there are

certain things sufferers can do to lessen SAD's impact. Things like:

- Accepting that summer is the time for action, whether it's decorating the kitchen, changing jobs, taking a short course in computing or buying a new outfit. It's also the time for being social — for entertaining friends and visiting far-flung family. Organise your year so that winter is as stress-free as possible, which could mean buying Christmas presents in August.
- Making the most of what winter light there is. Try going for a walk outside around midday and get into the habit of sitting near windows.
- Making your living environment as light as possible. Decorate rooms in pale colours and, maybe, add an extra lamp or two.
- Taking a holiday in January. A dose of Mediterranean sunshine or dazzling snow on the ski slopes can be very beneficial.
- Cutting down on chocolate, biscuits and other sweet foodstuffs.

Although the initial rush of sugar produces an energy high, that feeling of well-being doesn't last. And you often end up more dispirited than before — and with a load of surplus calories.

If someone you know has SAD, the most valuable support you can give is to take her seriously. When she says that she feels too tired to take part in the unit's New Year outing, or doesn't feel up to chairing January's training meeting, accept that she isn't — for some reason or other — being awkward, she really does feel ill.

Being alongside someone who is suffering from a depressive illness is always difficult. When that illness is SAD, it's even more of a challenge. During the summer months the 'sufferer' is lively, energetic and full

of good humour. But as autumn draws into winter, it's as though a personality change takes place.

Responding to this schizophrenic situation is never easy. Much of our understanding of SAD is the result of research carried out within the last decade. But although SAD has only recently come on to



the medical agenda, as it were, it is by no means a 'modern' illness. Over 2,000 years ago the famous Greek physician, Hippocrates observed: 'it is chiefly the changes of seasons which produce diseases'.

Most SAD sufferers benefit from light therapy

Further information

● SAD Association provides information and supports sufferers. For details send an sae to SADA, PO Box 989, London, SW7 2PZ

● MIND publishes a booklet called *Understanding Seasonal Affective Disorder*. To obtain a copy send £1 (cheque payable to MIND Publications) and an A5 sae (29p stamp) to MIND Publications, Granta House, 15-19 Broadway, Stratford, London, E15 4BQ

training matters

By Kathryn Benson-Evans

Guiding has a new training resource just out. Here, a former Trainer looks back at how training has developed within the Association.

As B-P said in 1910: 'half the value of our training is to be got by putting responsibility on young shoulders'. Wales, where I come from, has certainly stuck to this over the years, giving opportunities to young adults to become Trainers, Advisers and committee members.

The challenge was quite exhilarating at times, giving us a sense of personal achievement and the realisation that one could help other Guiders to enjoy running their units.

The Founder also believed that: 'the secret of sound education is to get each individual to learn for themselves instead of instructing them by driving knowledge into them on a stereotyped system.'

We were taught that anyone aiming to train should understand why and how people learn; know who they are training; help them to understand context; explain any job in small chunks, so that each could be appreciated before proceeding to the next; keep language simple and direct; give everyone plenty of

lines, or the training methods, have changed. A step forward was the realisation that Advisers need training in order to do their job properly.

Obviously, audio-visual aids have changed over years, but the art of taking meaningful notes seems to be getting lost.

The Guide Association's Working Party in 1964-66 found that much of the past training had concentrated on skills, and established there was a need for more help with understanding human relationships.

We also recommended that support was needed for Trainers and this was developed with theory more related to practice. Some full-time Trainers were appointed and CHQ fitted out a training van, which we staffed on a rota.

In the 1970s-80s, more time was given to trainings on group dynamics and social group work methods. We were taught to distinguish between, and use, the directive approach: the leader decides what is best and what should be done; and the non-directive approach: the leader helps people decide for themselves. This, of course, echoed B-P's ideas of learning for oneself.

B-P was also keen on 'refresher' courses and pointed out that it is easy to get stuck in a groove of one's own thinking. Trainers have always been encouraged to attend special weekends at the Association's Training Centres and to join in courses with other youth organisations.

Initially, there were two 'stages' for Trainers: certificated Trainers and Diploma'd Trainers. In many ways the 'Dip test' was more stressful than anything you experienced in your professional life, as there was always the possibility of being dropped if

you were not quite up to the mark.

I have found that there is a real danger of becoming too academic and unrealistic about, for example, the timing of information; the changing ability of the girls and young women; and their thinking, if one doesn't have regular contact with a unit.

The single level of Training Licence with tutorial help has made the whole process more educationally sound and acceptable.

The way we advertise trainings has changed over the years. Straight-forward notices were replaced by supposedly more enticing titles and illustrated flyers. But continuous and progressive in-service training for Guiders is still difficult to achieve. Now, marketing experts are saying: 'Don't use catch-phrases, they are outdated.' So, maybe, we'll be back to straight titles again!

The Movement has adapted to new methods and approaches for its programmes, and produced new resources with accompanying trainings to explain their implications.

But what matters most is the spirit behind it. For, as B-P said: 'Scouting/Guiding is not a thing that can be taught...its successful application depends entirely on the grasp of the Scout/Guide spirit by both Trainer and trainee. What this spirit is can only be understood by outsiders when they see it ruling the thoughts and actions of each member of the Movement!'

● After many years experience as a Trainer, Kathryn Benson-Evans is now a vice president of Guides Cymru.

● **Training**, the Association's new resource published in January, is a loose-leaf binder plus VHS video priced £19.95. When ordering from Trading Services please quote order numbers 63248 and 63255. ■

THE GUIDE ASSOCIATION



Anyone aiming to train should understand why and how people learn

practice-time; avoid jargon, technical terms and put-downs; remember to congratulate; and only stand when giving a formal lecture otherwise sit with the trainees, as this helps everyone to relax and feel more secure.

I don't think these basic guide-

LEND BISTO A HAND TO HELP OTHERS!



Melissa Murphy of the 3rd Chertsey (St. Anne's) Brownie Pack is one of this year's BISTO Kids Of The Year.

Melissa's helpfulness to others is one of the main reasons she has been selected to be a Bisto Kid. Please help her on our behalf to make a donation to the special Bisto Helping Hands Appeal for NCH Action For Children.

NCH Action For Children was set up in 1869 to help homeless boys and girls. Today it helps thousands of children and their families, in 100s of family centres around the country. Many come to the centres' play schemes because they have nowhere to play and there are projects for children with disabilities who need special help and equipment.

Our Bisto Helping Hands Appeal is already contributing to these projects.

HERE'S HOW YOU CAN HELP

We're asking both Guides and Brownies to give a little extra help either at home, or to friends and relatives to raise a donation of £3 each for our Appeal. The money they raise will go towards helping thousands of less privileged children involved in NCH Action For Children projects right across the UK.

. AND THERE'S A REWARD FOR ALL PARTICIPATING UNITS!

Everyone who raises £3 will receive a special enamel badge to thank them for their efforts on behalf of the Bisto Helping Hands Appeal, in the knowledge that they have helped many children.



HOW TO APPLY FOR THE BADGES

A minimum of eight girls will need to participate in the fund raising to apply for these special badges. Simply complete the application form below and send it with a cheque or postal order for the full value of the donation, to the address shown. The badges will then be sent within 28 days, so that each girl participating in the Bisto Helping Hands Appeal will receive one.

THANK YOU FOR YOUR SUPPORT



BADGE APPLICATION FORM

I enclose a cheque/P.O. for £..... payable to : Bisto Helping Hands Appeal.
Please send me badges (A donation of £3 is needed for each badge and a minimum order for eight badges is required. A contribution of 15p will be deducted from the £3 donation to cover the cost of each badge.)

Name:

Guide/Brownie Unit:

Address:

Post Code:

Please send your donations by registered post to "Bisto Helping Hands Appeal", Granby Marketing, PO Box 100, Blackburn, Lancashire BB1 3GR. Closing date for donations: 30/8/96. Bisto Foods cannot take responsibility for donations lost in the post. Participating Guides and Brownies should get parental or guardian permission before taking part. Promoter: Bisto Foods Limited, Middlewich, Cheshire, CW10 0HD.

on line

Woodland action

If you go down to the woods between February 17 and 25, you're in for some fun! The third annual Woodland Action Week has been organised by the British Trust for Conservation Volunteers. Activities range from treasure hunts and woodland walks, to hedge planting and laying, and coppicing for wildlife.

You don't need experience (although you will need wellies!), and — even if you live in a city — there are activities planned to introduce young and old to the friendly world of trees and woods.

For details, ring the hotline number: 01491 839766.



Laying a hedge becomes family fun

BRITISH TRUST FOR CONSERVATION VOLUNTEERS



MUSÉE NATIONAL D'ART MODERNE, PARIS

Russian magic

The dazzling world of Serge Diaghilev (1872-1929) — the legendary Russian impresario — is now on show at London's Barbican Art Gallery. A special exhibition charts his life-long involvement in music, art, opera and ballet.

Diaghilev founded the Ballets Russes, which brought together some of Europe's greatest dancers, composers and designers — talents such as Nijinsky and Karsavina; Stravinsky and Debussy; and Picasso and Matisse.

Many of the exhibits, such as this costume design by Léon Bakst for *Narcisse* (1911), relate to the Ballets Russes.

The exhibition, open daily, continues until April 14. For information call 0171 382 7105.



Free needlecraft fair tickets

The spring and autumn needlecraft fairs in London have been attracting thousands of enthusiasts for five years. This year, for the first time, the spring fair is also being held in Harrogate, North Yorkshire. The London fair runs from April 11-14 at Kensington (Olympia), and Harrogate's from May 16-19 at the Great Yorkshire Showground.

Visitors can attend workshops, listen to lectures and watch demonstrations by designers, as well as see exciting displays of needlecraft.

GUIDING has ten pairs of tickets for each show to give away. To enter the draw, just mark your envelopes London or Harrogate, and send your name and address to GUIDING Reader Offer / Needlecraft Fair, Future Publishing, 29 Monmouth Street, Bath BA1 2DL, to arrive not later than February 29.

Special offer at Tower Hill Pageant

Guides, Brownies and Rainbows are welcome next month at Tower Hill Pageant, one of London's most fascinating attractions. They and their accompanying adults will qualify for a reduced admission price of £2.95. Tickets usually costs £5.95 for adults and £3.95 for children.

The Pageant's Dark Ride takes visitors back through 2,000 years of the City of London's vivid and colourful history, including Roman and Viking invasions, the Black Plague and the Great Fire, before coming right up to modern times.

Tickets must be pre-booked (call 0171 709 0081) and you pay on the day you visit.

Saxon London, around 700AD — from Tower Hill Pageant's Dark Ride



TOWER HILL PAGEANT



Give your bike a spring clean

Clean the winter salt and mud off your bike the easy way with Bike Brite, a spray-on, de-greasing foam that makes paintwork and chrome sparkle.

Available from Halfords and most bike shops, Bike Brite costs £3.99, but 12 GUIDING readers can try it out for free. To take part in the

prize draw, send a postcard to: 'Bike Brite/GUIDING Offer', Byword Communications, Units 1 and 2, The Wharf, Pewsey, Wiltshire SN9 5NT. The closing date is February 29.

Fuming mad over traffic

The environmental pressure group Friends of the Earth is asking young people to help reduce air pollution from cars, which has been linked to health problems ranging from asthma to cancer.

Youngsters are particularly vulnerable to pollution because they are still growing, says FoE.

And their bodies are quicker to absorb toxic substances and slower to eliminate them.

FoE's year-long 'Fuming Mad Campaign' aims to encourage young people to take positive steps towards changing their families' habits. For a free campaign pack, write to: Car Campaign Pack, FoE, 26-28 Underwood Street, London N1 7JQ.



MICHAEL MEEHAN/FRIENDS OF THE EARTH

All choked up! Anna Friel, star of Brookside, is supporting FoE's 'Fuming Mad Campaign'

Flash and be seen!

The Cacora BeSeen amber warning light is small enough to clip onto your hat, your belt or even your dog's collar. Its super-bright pulsing flashes make the wearer visible for up to 400 yards, and it weighs only 18g including the battery. The BeSeen is available in orange or purple and costs £4.99 (inc p&p and the first battery) direct from Cacora, on 01626 335543.

GUIDING has five BeSeen personal hazard-warning lamps to give away. To take part in the prize draw, send a postcard with your name and address on it to: BeSeen Offer, GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT, by February 29.



Paintings to mark 100 years

The National Trust celebrated its 100th birthday last year, but you can still catch its centenary exhibition of paintings from NT houses at the National Gallery.

The National Trust looks after some of the finest collections of pictures in Britain, and this is the first time a selection of them has been brought together. Over 90 works are on show by a galaxy of artists ranging from Titian to Turner.

For under-12s, there's a quiz competition written in comic verse.

'In Trust for the Nation' continues until March 10. Details of times and prices are available on 0171 747 2885.

Jane Elizabeth Hughes painted by GF Watts



WIGHTWICK MANOR, THE NATIONAL TRUST

This book could save a life

St John Ambulance has produced a new first-aid book called *Emergency Aid in Schools*, and GUIDING has ten copies to give away.

It is written for everyone working with children and outlines the most important first-aid techniques.

Emergency Aid in Schools costs £4.50 (plus £1.95 p&p) and is available from: St John Supplies, PO Box 707B, Friend Street, London EC1V 7NE. Tel: 0171 278 7888.

To take part in the prize draw, send your name and address on a postcard to: First Aid, GUIDING, 17-19 Buckingham Palace Road, London SW1W 0PT. The closing date for entries is February 29.



Make a video for Comic Relief

Here is a chance for anyone aged between 11 and 17 to make a short, funny video on a Comic Relief theme. Winners in each of the three age groups will receive video-making equipment and have their films shown on the Live and Kicking Red Nose Awards programme in May.

For a pack containing details of the projects supported by Comic Relief, the rules and a free instruction booklet on video-making, send a 38p sae to: Video Relief, PO Box 8181, London W12 6LA. The deadline for completed videos is April 1.

notices

Young Friends fun day

The Young Friends of Waddow Committee are holding a Fun Day for Rainbows, Brownies, Guides and the Senior Section on Sunday, September 22. The fun will start at 11am and last until 4pm. Activities available will include archery, backwoods cooking, earthball and mountain biking.

The cost for the day will be £1.50 for members and £2.50 for non-members. The event will be held in the grounds of Waddow Hall, Clitheroe, Lancs. For details send a sae to: Miss C Simpson, 16 Lawrence Crescent, Leeds LS8 3HX.

Jobs on offer

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

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

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

Price rise

In November's *GUIDING* we gave the price of a copy of *The Derbyshire Childhood of Lady Baden-Powell* as £2. The price has since been increased to £2.99.

Take action

Action First is a camp for Action-Plus and 13-14 year-old Guides. It will be held at Foxlease, the Association's Training and Activities Centre in Hampshire, from June 21-23.

Participants are welcome to come alone or, preferably, with a group of two or three others.

The camp will be action-packed with a visit to a leisure centre, wide game, optional night walk in the forest, sweet-making and aerobics.

The cost, including the leisure centre visit, plus most food and activities, will be £16 if you bring your own equipment; and £18 if you use Foxlease's equipment.

For further details and an application form write to Miss C Davies, Foxlease, Lyndhurst, Hampshire SO43 7DE.

On song

By special request, the London Guiders' Singing Group has made another cassette. This time the group has chosen songs from the *Chalet Song Book II* (blue version). It is now available for £4.50 plus 50p postage and packing. Send your orders to Miss M Davison, 92 Coulsdon Road, Coulsdon, Surrey CR3 2LB.

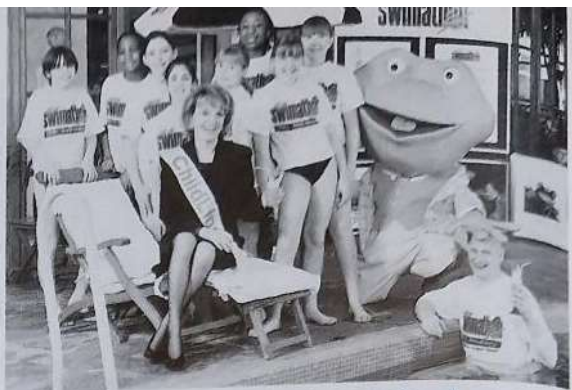
The singing group meets regularly in London and still welcomes active members of the Movement. Details from Miss O Bishop at 38 St John's Avenue, Burgess Hill, West Sussex, RH15 8HH.

Song and dance

South Africa is the theme of the Thinking Day activities organised at the Commonwealth Institute for Association members.

The special programme runs from 11am to 3.30pm on Saturday, February 24. Highlights planned include performances of South African songs and dances, beadwork demonstrations and an address by a representative from the South Africa High Commission.

For further information, or to make a booking, ring 0171 603 4535 ext 239 between 2 and 5pm from Monday to Friday. You must indicate whether you want the first performance starting at 11.30am or the second at 1.30pm. The price per person is £3.50.



Esther Rantzen, Duncan Goodhew and friends get set to raise funds through BT's Swimathon

Take the plunge

BT's Swimathon is donating the proceeds of its annual fundraising swim marathon to ChildLine and four charities working for people with disabilities: British Blind Sport, the British Sports Association for the Disabled, the British Paralympic Association, and the UK Sports Association for People with Learning Disability.

The event organisers hope to raise £1.5 million from sponsored swimmers between March 18-24. For details call the Lo-call Swimmers Hotline: 0345 881199.

A weekend away

If you missed last year's annual general meeting of the Friends of Blackland Farm, make a note of this year's dates: October 4-6.

In 1995 the group tried out a new format — they held the meeting during a weekend spent at Blackland Farm, which was very successful. And they plan to repeat the winning format again this year.

Although most members stayed at Wagtail Lodge, at least one camped. The business was quickly dealt with on the Saturday morning, and after lunch, members relived memories of Guiding's early days during a talk by Janet Wood.

Further information from Miss Doris King, Secretary, Friends of Blackland Farm, Haywards Heath, West Sussex RH16 1QT

official



Getting away on an exotic holiday sounded just the ticket — a rare chance for Tawny and I to completely forget about the 23rds for a week or two. Well, that was the theory. In practice, even the wild, open plains of Kenya were not remote enough!

Not that I minded a bit of Brownie spotting in Nairobi. It's always uplifting to be reminded about what a truly worldwide phenomenon the Movement is. But once we were on safari in the Masai Mara Game Park, I really felt we had left everything behind... and I don't just mean my sun-glasses, which were in a hotel room several hundred miles away.

Visiting a Masai village for a glimpse of tribal life was truly fascinating, and that's where the fun really started. The Masai womenfolk are heavily into craft work, rather like our Women's Institute, I suppose. Apparently colourful beaded bracelets and necklaces are their tribal speciality.

Naturally, they offered their wares for sale and 'Big T' began to show a

strong interest. She was also displaying an expression which I know only too well, I call it her 'this could be an idea for Brownies' look. Nothing so simple as buying a souvenir or two, oh no! 'The Brownies could make these... we could use fuse wire, so all I need is to buy the beads from them loose,' she announced. Yours truly was hustled forward as negotiator-in-chief.

Quite clearly, none of the village girls spoke English, but the commotion soon attracted the head man, who obviously hadn't got where he is today without knowing his Bobby Charlton from his Princess Di.

A pair of Adidas shorts worn with a pinstripe jacket and flip-flops certainly singled him out as a figure of some distinction. In fact, he wouldn't have been out of place on *The Clothes Show*.

His English seemed just good enough to grasp that we wanted raw materials for the girls back home. With a huge grin, he turned to the gathered throng and said something in Swahili, which had the

whole village in instant hysterics. We must have looked bemused, but we were soon enlightened: 'I tell them you have 17 girls... they say you must be strong as lions and hope that number 18 will be a son.'

It being useless to protest, we smiled weakly and thanked our lucky stars that we only had the 23rds for two hours a week. I pressed on gamely and completed the transaction. Tawny triumphantly held aloft four bags of coloured beads, while we posed for Polaroid photos with our grinning hosts.

Back home, the Brownies worked their magic and produced some really stunning adornments. I like to think that, even now, as the fiery sun sets slowly over the beautiful Masai plains, the village elders gather to pass down folk tales to future generations.

They'll recall that 'once there was a strange English couple who came to buy our beads for their 17 daughters...' Fame at last for the 23rds. ■

a man's eye view

american dream

By Kirstie Gray

A young
Guider
enjoyed the
'summer of
her life' after
following
up an
advertisement
in *GUIDING*.



Julie (far right) and friends get all dressed up for the 'barbarian night'

Julie Bodley, Assistant Guider with the 4th Nunthorpe Brownies, saw a request in the magazine for camp counsellors willing to work in summer camps in America.

Julie, who is studying Human Resource management at the University of Teeside, felt that ten weeks working with American children would be a good way to spend her long vacation.

'Because of my Guiding experience,' explained Julie, who has just gained her warrant, 'Camp America placed me at a Girl Scout camp called Camp May Flather, in Virginia. It was a picturesque site, with the North river flowing right through it.'

There were six camps on the site plus a craft room, weaving looms, a dining hall, a swimming pool and beautiful scenery to explore.

'My first impression of the camp was how basic it was — the living areas especially. There were platform tents and wooden cabins with beds that rattled every time you moved on them,' Julie said.

She spent the first week training with the other staff and admits that at the end of it she just wanted to come home. 'I was homesick, but I'm glad I stuck it out,' she admitted.

For the next couple of months, six groups of 24 Girl Scouts, between the ages of seven and 14, arrived each week to study subjects ranging from 'theatre in the woods', to 'sleuth' and 'daring adventures'.

'Everyone was from a different unit. Unlike big British camps, girls did not arrive in Patrols,' Julie said.

'As a camp counsellor I got to join in most of the activities, and it

was a great way to try out lots of new ideas.'

Julie agrees that her responsibilities weighed heavily upon her: 'It was hard work and you had to keep an eye on the girls 24 hours a day.'

'Once I found myself having to dispose of a black snake that had got into one of the tents,' said Julie, quickly adding that the snake was not dangerous and 'It was useful for killing mice.'

She continued: 'The whole experience taught me to cope with any situation that might arise. And I learned to work as part of a team.'

'It is very hard work, but very rewarding. It is a great way to spend your summer. Seeing the advert in *GUIDING* changed my whole year and now I have lots of new friends across the globe.'

cause for celebration

Years of fund raising are nearly over for two Leicestershire Districts

Thinking Day, always special to the Guides of Market Harborough and Bowden Districts, Leicestershire, where Guiding started on February 22, 1922, will be extra special this year, when they celebrate at their new headquarters.

At last, they can begin to ease off after four frantic years of fund raising, happy in the knowledge that they are now on the home straight.

Getting notice to quit from their previous HQ in 1991 had fired them up as never before.

They had barely settled in at the Settling Rooms, an old building in the middle of Market Harborough's cattle market, when their three-year lease for use of the first floor expired and the council told them it could not be renewed.

The ancient market was to be redeveloped. Meat on the hoof would, in future, all be sold chilled or frozen — at the new Sainsbury's!

There was, however, something on 'special offer': a plot of land near Market Harborough's new leisure centre, on which the Guides could build a new HQ. The council was prepared to grant a 28-year renewable lease. District President Eileen Watts takes up the story:

'We agonised for a long time. Building costs were roughly estimated at £90,000. Could we really raise that kind of money? Finally, it was decided to take up the offer. So, on Thinking Day, 1992, we officially launched our building fund.

Every unit in the District became involved. We hired halls and held spring and autumn fayres, barn dances, discos and coffee mornings. In addition, we had stalls at every local non-Guiding event where this was appropriate, includ-

ing the town carnival, late night Christmas shopping, charity fairs and festivals.

The mother of a Brownie held a hugely successful ladies night, which included a fashion show plus cosmetics, hairpieces, manicure, pedicure and beauty therapy to help "treat" our financial problem.

A ten-year-old Guide made about £200 with a garage sale, and some Brownies raised a considerable amount by doing the same thing. Several mums held coffee mornings and bring-and-buy sales at their homes, while one baked cakes and ran a cake stall in the town centre.

Many local people and groups helped with our fund raising. A sponsored silence was held by the Scouts. The husband of one of our Guiders was sponsored to run in the London Marathon, and the National Farmers' Union ladies held a wine and cheese evening.

Meanwhile, the redevelopment of the cattle market had begun and we were homeless. Back in the past most units had met in school halls, but such arrangements had come to an end when we set up our HQ at the Settling Rooms.

The manager of the local day centre for the disabled came to our rescue, accommodating as many Guide and Brownie meetings as possible at the centre.

Although the money was rolling in, the target seemed frighteningly far away, but then we found the building slump to be very much in our favour. A local firm sympathetic to our cause quoted us £65,000 'approximately' for the basic building works. That meant about £25,000 we didn't have to find,

which did wonders for our morale.

I'm afraid I was overcome by tears when, in November, 1992, I was taken by surprise and dragged away from work to lay the foundation stone.

We took possession of our new HQ on May 1, the following year. It had actually cost £64,000. All the furniture and equipment was donated by the Lions, the Rotarians, the Round Table and other supporters. Mums "ran up" the curtains.

In 1994 our fund got a boost from an unusual event — a sponsored 'grow in' for the biggest sunflower, which raised about £150. Scores of relatives and friends grew the flowers in their gardens. Sutton Seeds donated the sunflower seeds.

Understandably, we're all suffering from fundraising fatigue but, as we approach our 75th anniversary, all we now owe is a few thousand pounds.

Our dream has come true and we can still hardly believe it.' ■



ANDREW CARPENTER

A warm welcome to the new hall from District President Eileen Watts pictured with (from left) Rainbow Ashleigh Robinson, Brownie Rachel Williams and Guide Charlotte Sutton

VISIT THE SCOTTISH GUIDE SHOPS

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no words to describe the
pain she suffers from
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...so she drew it.**



Unfortunately, arthritis is not just an old person's disease. Rebecca Hollick is one of over 12,000 children in Britain who suffer from Juvenile Chronic Arthritis today.

As a charity we rely entirely on voluntary donations to fund our research into this painful and crippling disease. You can help children like Rebecca in Tea Week (March 12-19). ARC offers any Guide unit taking part a 50-50 split of funds raised. For full details ring Helen, your Guide pack contact, on 01246 558033.



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YOUNG OR OLD - THE PAIN'S THE SAME

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dear Hazel

Thanks for the letter. You sound very busy. What made you think that being a Guider would take up just one hour a week? Didn't anyone tell you that Guiding occupies several evenings of your time, all your energy and turns you grey?

Glad to hear that you had a word with your vicar about church parades, and that he's agreed to let the Brownies do a play and that the Guides are going to sing. Maybe their parents will come too! What are the Cubs and Scouts going to do? I hadn't realised that Jehoshaphat is the vicar's cat... though with a name like that I should have guessed!

I said in my last letter that I'd tell you about theme evenings. Well, you take a theme — such as zoos or a story — and then have games, handiwork, songs, a story and activities to fit in. You could even have a video.

Some Guiders would let the Brownies share in the planning of a theme evening at Pow-wow. I didn't. I planned it with my helpers, so that we would cover several challenges, and yet it would be a fun evening.

We once had a 'Cowboys and Indians' evening. Each Six made a 'tent' by throwing curtains over chairs and tables. Then they moved around doing different activities. In one group, they cooked beans on toast. In another, they learned to tie up 'horses' with the right knots. Everyone made a head-dress.

Then we sat and sang songs around a totem pole made with cardboard tubes, loads of tissue paper and sticky tape. It looked like a gaudy Egyptian mummy, but the girls loved it! We also played some games. The arrangements took a long while to prepare and I had to find a helper for each group.

I was really pleased with the evening and we covered several challenges. But I forgot to 'turn them back' into Brownies — and the whole street heard their war cries as they 'galloped' home. Disturbing the neighbours with blood-curdling

yells is just not done, of course.

The new *Brownie Guide Handbook* is full of good advice, such as 'talk to your Guider about it'. You must find it really hard to fit everything in — and still have time to listen to individuals. It all comes down to programme planning. I used to prepare a whole year in outline, and then worked on each month in detail as it approached.

I left space for items that cropped up, and for bright ideas that occurred to me at the last minute. I aimed for a balanced, interesting programme, allowing the least possible opportunity for chaos.

What are you doing for Thinking Day? 'Thinking just one day a year must be wonderful,' a friend said to me once. We always had a District Thinking Day ceremony and, maybe, a church service. I also did an activity at our meeting. We would colour in pictures of Brownies overseas, dress up, try out foreign food and sing songs.

You learned some useful things about Pam, your helper, when you were programme planning. I'm not sure about water-skiing and hang-gliding, but cooking and gardening are useful for Brownies.

So your oldest Brownies are going up to Guides soon. How nice of Paula to say that she thinks you can manage without her! Maybe you could take them to visit a Guide meeting? Have you thought any more about Pack Holiday?

Bye for now

Barbara



get the new Brownie pack!

Have you
decided what
to do for
Thinking Day
yet? Why not
try something
different?

By Susan Jones
Brownie Adviser

Have you seen *A Global Journey*? This is a resource produced by the United Nations Children's Fund (UNICEF) in consultation with The Guide Association.

The pack contains eight photographs, each related to one of the Eight Points, with questions/ideas/activities on the back. These are designed to be used by the Brownies themselves, working as a Six.

First, there are questions to help them look closely at the picture and think about what is happening in it. Then, there are suggestions for activities that they could do as a Six.

There are a corresponding eight sheets for the Brownie Guider to

use, which serve as background information and suggest how ideas, which the Brownies may have explored as a Six, can become whole Pack activities.

The ideas are based on the Eight Points, to enable the ideas/activities to be used as Journey Challenges, Interest Badge clauses and/or Go! Challenges, as and when needed by the Brownies.

In order to get a copy, you need to send a cheque for £2.50 (including p&p) to your nearest UNICEF regional office (listed right).

I hope you enjoy this opportunity to broaden your Pack's horizons with *A Global Journey*!

UNICEF Regional Offices

- 249 Lisburn Road, Belfast BT9 7EN
- Welsh Centre for International Affairs, Temple of Peace, Cathays Park, Cardiff CF1 3AP
- 10 Oxford Road, Altrincham, Cheshire WA14 2DY
- 1/3 Broomfield Road, Chelmsford, Essex CM1 1SZ
- Baltic Chambers, 50 Wellington Street, Glasgow G2 6HJ
- 37 Jewry Street, Winchester, Hampshire SO23 8RY
- 25 Churchgate, Leicester LE1 3AL

charity accounts

Changes are
coming for
charity
accounting

A new accounting framework for charities has recently been announced by the Charity Commissioners for England and Wales. The impact of the regulations will depend on the size and complexity of operations, but will mostly affect the reporting requirement to the Charity Commission and the form and content of annual accounts.

Charities whose accounts are made up for the calendar year will be affected from 1997, as the requirements are effective for financial years commencing after March 1, 1996.

Charities which are excepted from registration – the vast majority of The Guide Association's units or groups – will not be expected to submit annual reports or annual accounts to the Charity Commission. But they will be expected

to follow any requirements on the form or/and content of accounts which are appropriate to registered charities.

Registered charities with an income of over £10,000 per year will have to submit both an annual return and their annual accounts. However, smaller registered charities will be required to submit a simplified annual return only.

Charities whose income falls between £1,000 and £100,000 per year will be required to supplement their accounts with a simple statement of assets and liabilities and a short annual report, containing certain standard information. Charities whose income exceeds £100,000 will be affected with significant changes having to be made to the form and content of their annual accounts.

So far only the detailed accounting requirements for large charities (those whose income exceeds £100,000) have been published. A set of leaflets is to be published shortly by the Commission, which will contain guidance for charities at each level of income for whom different regulations apply. Suggested accounts' formats and more detailed requirements for small charities will also be available.

Once this extra information is published, *GUIDING* will bring it to you. If you would like to be sure of receiving more information directly, send an A4 sae to the Finance Department at CHQ, indicating the level of income of your unit or group.

● This information was accurate when the article was written. ■

Thinking Day Fund

Your help is needed so others can enjoy Guiding

By Denise King

Eight Million and Me is a song written by a Brownie in Tasmania and it sums up the feeling of belonging that we all share as members of the worldwide family of Guiding.

From Australia to Zimbabwe, from Argentina to Zambia, there are girls and young women meeting together as Guides or Girl Scouts to try out new skills, savour new experiences and provide valuable service to their communities.

You can think of a country for any letter of the alphabet: Austria, Bangladesh, Canada, Columbia, Dominica, Estonia, Fiji, Gambia... In all of them there is Guiding going on. And every year, on February 22, Guides from all these different lands celebrate the existence of this international movement on the special day we call Thinking Day.

However, in many countries, the opportunities for girls and young women are restricted. Guiding can offer a unique opportunity for these young people to develop skills and try new experiences in a friendly and supportive atmosphere. The World Association of Girl Guides and Girl Scouts (WAGGGS) exists to extend the horizons of girls and young women through Guiding.

For example, in 1995, this involved staging camps and training activities in Belarus, the Congo, Ecuador, Vanuatu... These were run by skilled and experienced Trainers who were able to help the organisations develop in all aspects from activity planning to administration, so that they can offer a balanced, dynamic and attractive programme to the girls and young women with whom they work.

But, in order for WAGGGS to help countries to develop their Guiding, human material and financial resources are needed. A special fund – the Thinking Day Fund – was created to support this work.

Guides from all over the world are encouraged to make a donation



Children with nowhere to call home are being housed in a village of peace in Croatia

at least once a year as an expression of solidarity, and to offer support to girls and young women who want to have the same opportunities to benefit from Guiding as they do.

The Thinking Day Fund should not be confused with the Guide Friendship Fund. The Thinking Day Fund is a vital part of the World Association's income and is spent on projects such as the development of Guiding in new countries. The Guide Friendship Fund is a UK initiative running specific appeals each year for projects that the Association wishes to support overseas.

Remember that Brownie song – *Eight Million and Me*? The wording in the song applies to each and every one of us.

For instance, if we each donated the equivalent of one week's subscription to the Thinking Day Fund, the sum raised would give girls and young women in countries such as Bulgaria, Cambodia, and Rwanda, the chance to have a taste of the experience that we all know can be so rewarding, not only for the indi-

vidual but also for everyone in the community.

If you would like to make a donation then please address your cheque to The Guide Association, mark the envelope 'The Thinking Day Fund' and send it to: Head of Finance, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. All the money collected by The Guide Association is then handed on to the World Headquarters. ■



Working for a better world: WAGGGS needs your support.

leading lights

When it comes to recruiting leaders, it's often best to keep it in the family

Like gardeners at a flower show, the older Guiders of Ashgate, Chesterfield West, Derbyshire, are proud to display the fine crop of vigorous home-grown leaders they have

raised for their District.

Almost all the mums, including two who could not be present for this line-up, have at least one daughter who is already a Guider.

Lorraine Clayton, Guide Guider and the District Assistant said: 'This is Guiding at its best. With all these links we are like one big, close-knit, happy family'.



TEMPEST PHOTOGRAPHY

Seated, from left, with daughters standing behind them are: Jan Palmer, Unit Helper; Lorraine Clayton, Guide Guider; Sue Riley, Brownie Guider; Freda Pain, Guide Guider; Pauline Barker, Brownie Guider; Kate Gillibrand, Assistant Brownie Guider; Chris Williams, Guide Guider; Margaret Lord, Guide Guider. Back Row: Gemma Palmer, Guide; Emma and Rebecca Clayton, both Young Leaders; Nicole Riley, Brownie Guider; Samantha Pain, Brownie Guider; Helen Barker, Young Leader; Zara Gillibrand, Rainbow Guider; Claire Williams, Young Leader; Deborah Lord, Brownie Guider; and her young sister, Linda, a Guide in the unit run by her mum, Margaret.

International Canoe Exhibition

Canoeing 96

National Exhibition
Centre, Birmingham

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February 1996

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THE GUIDE
ASSOCIATION

LONDON & SOUTH EAST ENGLAND

REGISTRATION SECRETARY (20 Hours per Week)
(£6,000 - £7,000)

The Registration Secretary will be Primarily responsible for the computer registration of all new Guiders and units in the London and South East England Region, which has a membership of over 100,000.

The ability to accurately input data onto a computer together with good communication and administrative skills are essential. You must also be able to organise your own workload, use your initiative and to work as a member of a team.

Keyboard skills and a knowledge of The Guide Association would be an advantage

Closing date: March 1 1996.

For a Job Information Pack or informal discussion please contact

The Guide Association,
3 Jaggard Way London SW12 8SG.
Telephone: 0181 675 7572 (24-hour answerphone).

training news

Something old, new, borrowed and blue (three can come for the price of two!)

Hautbois April 12-14

We are repeating this training by popular request. It is aimed at experienced Brownie and Guide Guiders, together with new Guiders of any section

Division and District Commissioners

Broneirion March 29-31

Division Commissioners, why not bring one or two of your team? Learn about your role as the leader of a team; effective communication and delegation; managing the Leadership Scheme; running effective meetings; and dispelling the mysteries of forms. A great chance to meet other Commissioners, discuss problems and share ideas.

'A pick-me-up' for Guiders of 5+ years (all sections)

Foxlease March 29-31

Whether you're a Rainbow, Brownie, Guide or Senior Section Guider, are you looking for a pick-me-up to revitalise your Guiding? This training will have guaranteed PICK ME UP (Practical Ideas with Chris and Kate — we will try to Motivate and Enthuse U in a Pleasure-packed weekend).

Easter eggstravaganza

Broneirion April 4-8

An eggstremely eggciting eggstravaganza for Guides. An opportunity to celebrate Easter as you never have before. Come and take part in the fun with games, crafts, cooking and legends all on the theme of Easter.

Training in the Rainbow Guide section

Foxlease March 29-31

An opportunity to meet, try out and share ideas and experiences with others involved in training adults in the Rainbow Guide section. We shall look at the six-year-old girl and her particular needs.

For full details of the trainings listed or any future trainings, send a sae to the appropriate centre. Applications to attend any of the trainings mentioned should be sent to the Manager, enclosing a £15 deposit and sae. Cheques should be made payable to The Guide Association.

Look Wider and let the action count

Foxlease April 4-8

An action-packed weekend for 13-16-year-olds. Send for details.

How to remain sane and still be a Unit Guider

Waddow March 29-31

Open to any Guider wishing to take a fresh look at what currently she is doing in Guiding.

Pioneering and rafting (a fun weekend for Guides and Rangers)

Broneirion May 24-27

If you were stranded on a desert island could you make a shelter to sleep in or collect fresh drinking water? Would you be able to build a 'Haymaker' bridge or take part in a 'Waddle' race? Learn how to set sail on your own home-made raft (you must be able to swim at least 50 metres).

Easter frolics

Waddow April 5-8

An action-packed, fun weekend for Guides with activities, crafts, games, new ideas, wide games... Guides may come on their own or with a Guider.

Make and take (for Brownie and Guide Guiders)

Foxlease April 26-28

A chance to make and take home games equipment, international ideas, outdoor activities, posters and visual aids.

Look Wider

Waddow April 12-14

For Young Leader Guiders, Young Leaders and Unit Guiders.

Look Wider for Ranger Guiders

Foxlease April 26-28

An action-packed weekend for Ranger Guiders in which to explore the potential of Look Wider for Rangers in their Units.

Senior Section Trainers

Waddow April 12-14

Life-saving course

Foxlease May 10-12

This course will lead to a basic life-saving qualification, which will enable you to be a life-saver in a pool where Guide Association members have sole use of the area and where activities are controlled. See The Guiding Manual, page 135. The cost of the course is £45.

Experienced Brownie Guiders

Waddow March 15-17

Looking for new ideas, inspiration and enthusiasm? Then this training is for you

Programme ideas for the out-of-doors

Waddow April 26-28

For Brownie, Guide and Senior Section Guides.

Programme ideas for the out-of-doors

Foxlease June 21-23

For Guiders of all sections, this training will include a wealth of ideas to use in the unit and ways of adapting them for your particular situation.

Endless ideas for Patrols

Waddow May 31-June 2

For Guide Guiders looking for new ideas with which to enthuse their Patrols.

Crafts, music and visits week

Foxlease August 4-10

A chance to learn a new craft or continue with your chosen one; join with others in music making; and visit local craft centres. You will be welcome to stay for the whole period or just for the odd night. Send for a programme of the whole week. Family and friends are welcome to join you at this event.

Get knotted

Waddow May 31-June 2

Using knots can be fun. Learn their many uses, including pioneering and crafts. For Guiders of all sections.

Walks and visits week

Foxlease August 11-17

Book early for this popular week of walks and visits. There will be nothing strenuous, just plenty of choice of routes and visits. You will be welcome to stay for the whole period or just the odd night. Family and friends are welcome to join you. Send for a week's programme.

Turn to page 52 for details of the Training Centres' addresses and telephone numbers

official

brave new world

Words and picture by Ruth Goggin, Adviser for Central and Eastern Europe.

Visiting the countries of Central and Eastern Europe has never been easier.

Imagine standing on the Charles bridge looking across the beautiful architecture and red roofs of Prague. Perhaps you'd prefer soaking up the atmosphere in Tallinn's town square? Or maybe your idea of bliss is walking down the Royal Route in Warsaw or drinking plum brandy in one of Bucharest's many cafes.

Whether it is the Czech Republic, Estonia, Poland or Romania that appeals, now you can go there with

the Association's help. We have put together some simple fact sheets to help you organise your dream trip.

Visiting any new country provides a wealth of different experiences and sensations. The language, the way of life and customs always pose a challenge, and Central and Eastern Europe have a special appeal.

The Girl Guide Associations in Central and Eastern Europe have been quick to develop since the demise of Communism, and most are now members of the World Association of Girl Guides and Girl Scouts (WAGGGS).

During their initial development period, contact with these associations was limited. Now they have been accepted into WAGGGS, many are welcoming the opportunity to work with other associations.

Lots of members of The Guide Association have visited these areas through personal links they've

established, or via developmental projects with particular associations and more are keen to get involved.

The fact sheets have been compiled to help with planning but also include an explanation of the development of Guiding. The information included is continually being updated, as a result of Association members' experiences.

Fact sheets are currently available on: The Czech Republic, Slovakia, Slovenia, Poland, Romania, Hungary, Estonia, Latvia, Lithuania, Romania and Bulgaria.

If you would like to establish an overseas link – or have a fact sheet – please approach your local International Adviser, who will be able to help. Or, alternatively, contact the Youth Activities Section at CHQ.

Your International Adviser will also have details of grants available for exchanges and projects in Central and Eastern Europe. ■



Breath taking — the Russian Orthodox Church in Tallinn, Estonia

coming next ■

IN MARCH'S GUIDING

Back to the past

Tips for Brownie Guiders on how to improve their units' sense of history.

Meet...

Jean Oldfield who has been using her professional skills to benefit Guiding.

Taking their leave

Between them the Washer twins

have clocked up 92 years of Guiding.

Canada calling

The Association's delegation to the World Conference in Nova Scotia are currently trying to digest the blizzard of paper descending on them.

On target

The Forward Policy Group is working to make sure the Association

continues to contribute to the advance of girls and women.

In the red

A new image for the Trefoil Guild

Working for the Queen

Advice to Commissioners on helping candidates prepare for the Queen's Guide Award.

It's not what you say...

Using your voice more effectively to keep order at meetings.

IN MARCH'S BROWNIE

Hands up

A beginners' guide to juggling.

Feathered friends

Check out the birds in your

neighbourhood.

Games gone by

Brownie favourites from the 1920s.

Stitch a picture

Sew a special sampler.

Out of time

Spot the deliberate mistakes in our picture from the past.

Back to the future

All about time capsules, plus one to make with your Six.

... AND IN RAINBOW GUIDE EXTRA

Help Rainbow Rabbit

Find the key to the castle.

Fit for a queen!

A beautiful crown to make.

Mum's muesli

Made specially for Mother's Day.

Brilliant board-game

Exploring the world.

Tell me a story

The Haughty Princess.

family favourites

Back Row (from left): Samantha and Amy Leonard; Faye and Gemma Price; Mollie Gay; Tamsen Rossiter; Victoria and Sara Lowry; Michelle and Helen Martin
Front Row (from left): Natalie Jenkins and her sister; Hannah Kaye; Jane Burden; her mum, Irene, who is Tawny Owl; Alison Ball with daughters Katie and Charlotte; Rebecca Weaver and her sister Rachel
Seated on ground: sisters Katie and Sarah Sharman.

When they talk about 'the great sisterhood of Guiding' at Bridgwater, Somerset, they mean it literally! For ten of the 7th Bridgwater (St John's) Brownies have sisters in the Pack, while three Brownies have sisters in the church's Rainbow Unit. And one of the Rainbows has a sister in the Guide Company attached to St John's.

But the family links don't end there. Brown Owl Tamsen Rossiter,

who is also Bridgwater District Commissioner, has the support of her mum, Mollie Gay as the Pack's Snowy. In addition, Mollie is Kingfisher of the Rainbows.

Yet another kinship in Bridgwater's extended Guiding family is provided by Rainbow Guider Alison Ball, whose younger daughter, Katie is one of her own Rainbows. Her older daughter, Charlotte is a Brownie.

Guiding is very definitely a family affair in Bridgwater, Somerset.



JEFF SEARLE

open door

This winter I went on a study tour of Cuba, visiting schools, universities, clinics, hospitals... and meeting the people who worked in them. It was an extraordinary experience — one which challenged the heart as much as the head.

I've no wish, here, to get into politics. Sufficient to say that the 34-year-old US blockade plus the more recent break-up of the Soviet Union has left Cuba struggling to survive.

True everyday life has started to improve, but there's still a long way to go. Food is scarce and many basics like bread and milk are rationed. Other essentials — detergent, toothpaste and aspirin — are

out-of-reach luxuries.

Newspapers and magazines belong to the past because there is no longer any paper. The lack of fertiliser is decimating crop yields, while the chronic shortage of fuel cripples everything.

For their part, the Cubans — fed up with the present and anxious about the future — go on coping as best they can. Yet nothing seems to suppress their natural effervescence and friendliness. I encountered their warmth and enthusiasm everywhere, but in a very special way on the various occasions that I went to Mass.

Among my memories two dominate. First, the singing. It was

exuberant. All the churches were full and their congregations sent joyous affirmations of faith, hope and love resounding through the building and, via its open doors, into the streets beyond.

Second, the sign of peace. As the worshippers turned to offer each other Christ's peace, I found myself surrounded by generous smiles and hands outreached in greeting. It was a moment full of warmth, welcome and solidarity.

Whatever else is rationed in Cuba, there are no limits on the people's open-heartedness. Surely there's a lesson in that for all of us.

CD

a personal view

Is Guiding
becoming too
expensive and
too elitist asks
Shropshire
Brownie
Guider Tracey
Sedgley

I am very concerned about the escalating costs of the changes made in Guiding recently.

I run a Brownie Pack on a council estate and we try to keep our costs as low as we can, and to provide as much as possible for the Brownies to help the girls' parents and also to help the girls remain as equal as possible.

Because of the materials used in the 'new' uniform, there is virtually no second-hand market, resulting in many of my girls not having one.

With the change in badges, the price of a Promise Badge more than doubled and all the publications changed, which meant more expense. And this isn't reflected in the quality of the badges — as yet I haven't had one without a fault in the enamel.

The World Badge changed and tripled in price. I used to give them out to Brownies who tried hard or did something special. I can't afford to any more.

Now the badge book has changed and more than doubled in price. I agree that it's very nice, but do we really need all that? And yet again, there are spaces to fill in and sign, as with the new handbook, making it virtually useless for the second-hand market.

I feel that Guiding is becoming more and more elitist and that Brownies like mine just aren't welcome any more. Please don't tell me to ask for grants — I can't keep on doing that. We do have some pride and, like other Guides, we believe in working for what we get.

However, that isn't easy. Our

three leaders work full time, so they only have a limited amount of time for fund raising. And, of course, fund raising in areas like ours doesn't raise much (four hours at a fête raised £20).

The other thing I'm constantly told is that 'their parents could save up'. People who think like that aren't living in the real world. Maybe a few of them could, but there are also many who won't — and surely those children need Brownies even more than the ones with parents who will.

Please don't think I'm just moaning. I'm not. I really enjoy the meetings, but I get more and more exasperated with each change and subsequent price rise.

Please think about the costs before you make any more.

NATIONAL FUND RAISING OPPORTUNITY

TOTAL RAISED SINCE JANUARY 1995 £ **1112.50**

You are invited to join our international recycling project which is raising money for Guide Groups all over the UK and reconditioning many tonnes of non-renewable resources.

We recondition used laser printer toner cartridges and drum kits and every time you send 10 of these to us at no cost to yourself you can earn up to £60. Over 100,000 are thrown away every month so it shouldn't be difficult. For further details and a Guide Association project pack telephone 01749 679679 and ask for GUIDE FUND RAISING.



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ideas

Programme ideas for February 1996

idea of the MONTH

Useful suggestions for Guiders of all sections

By Georgia Fielding

Resources directory

Your life will be much easier if you plan your programme one term at a time. Input from the girls depends on which section they belong to, because the older they are the more part they'll take in organising activities. Whoever is responsible for programme planning, a local resources directory will be extremely useful to them.

Keep a notebook in which you list the names, addresses and telephone numbers of people who could visit your meeting and places you could go. Such a directory might include:

- community contact police
- road safety unit
- fire station
- the St John Ambulance Brigade
- senior citizens' homes
- hospitals
- theatres
- airport
- ice-rink
- theme parks
- tourist board
- any firms whose premises are open for group visits.

EMMA THOMPSON



Add the telephone numbers of local road and rail transport, together with their opening hours – especially those of their group booking offices – and of individuals willing to share their enthusiasms, such as the minister who'll chat about the Promise.

You'll find it a real help to be able to go straight to your list when programme planning. In fact you could consider planning for a whole year not just the next few months.



Of course, you don't want to have a visitor or even a trip to the theatre too often. The girls may feel one guest and one outing per term would be about right.

Whatever you decide, remember to invite visitors and book trips well in advance. Try to fix up evenings involving other people before planning the rest of the programme. That way, you'll give the guests plenty of choice about dates and will stand a good chance of getting the best seats.

Finally, when booking so far ahead, remember to write special dates in your programme book *before* you start. It's very embarrassing to invite a visitor, only to find out that you've forgotten about half-term and most of the girls will be away!

idea

Cut out and keep any seasonal ideas then you can plan your programme well in advance.

ideas for...

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| Rainbow guiders..... | 34 |
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idea

Jumble sales are a good source of dressing up clothes for mock fashion parades or putting on a show.

ideas for all...

| | |
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| Theme evening..... | 35 |
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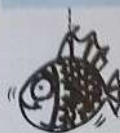


idea

It's easier to persuade parents to help out when they are your guests, so hold regular parents evenings.

help for all...

| | |
|-------------------------|-------|
| Topic of the month..... | 32-33 |
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topic of the month: peace and harmony

February's high point is Thinking Day and this month's topic is peace and harmony. Here are some practical ways to focus on learning how to live together.

Greetings

Meeting people in another country can be fun — they don't all say 'hello' or shake your hand! Here are some greetings from around the world:

- Australia — G'day;
- United States of America — Yo! or Hil;
- Southern Germany — Grüss Gott;
- Italy — Ciao (pronounced chow);
- Japan — Kon-nich-ee-wah (with a small bow);
- Spain — Buenos Dias;
- France — Bonjour (sometimes they will kiss you on both cheeks).

Shaking hands is expected in many Western cultures, but in other cultures there are other traditions. In Japan it is very rare that you will shake hands — they are more likely to bow — and Inuits rub noses. However, all Guides across the world traditionally use the left hand when shaking hands.



Customs and culture

When you travel you may visit a place that has very different customs to those which you are used to at home. Learning about other customs and cultures is all part of the fun of travelling. It is always wise to find out about the customs of the country you will be visiting before you travel.

Politeness

As a unit, or in smaller groups, make a chart to measure politeness. Ask the girls to think about how we measure politeness in this country. They can make a list of things which are considered to be 'good' or 'bad' manners.

Religious beliefs and traditions in some cultures affect what is considered to be 'polite'. Why do the girls think it is considered 'rude' to point with your fingers in Japan or with your feet in Thailand?



Pebble

You will need a washing-up bowl of water and a smallish pebble for each girl.

In turn each girl drops her pebble into the water. Talk about what effect this has — creating small ripples each time.

Then the pebbles are retrieved and everyone drops them in again —

this time — creating a much greater effect. Actions for Peace can be like pebbles — each one of us can make an effect individually, but together we can create a splash!



Say hello!

This simple game is fun for Brownies to play. You will need a set of cards, each with a different greeting from around the world. These can include actions — for example, Brownies who live in Alaska greet each other by rubbing their noses together; and Brownies who live in France greet one another by kissing each other on the cheeks. You may need to duplicate some of the greetings so that there is one card for each girl.

- 1 Give one card to each Brownie and ask her to memorise the greeting. Allow some time for them to think about how they will perform their greeting.
- 2 Ask all the Brownies to mix and greet each other in the way that was on their cards. They should also try to remember the greetings which were used by other Brownies.
- 3 Ask them all to sit in a circle and to guess which country each greeting was from.



Essentially different

The hall is divided into two parts — draw a real or imaginary line down the centre. Then ask the girls the question: 'Would you rather be...?' with two options. They divide themselves appropriately and explain their choice. Some examples could be:

- a bus or a truck
- Friday or Monday
- sweet or savoury
- a fish or a bird
- a river or a lake
- spring or autumn
- New York or Cairo
- a dog or a cat
- red or blue
- a kitchen or a lounge



Section key

- R Rainbows
- B Brownies
- G Guides
- SS Senior Section

If the activity is suitable for your section it will be highlighted in black

THE BASE CAMP TENT NEW, UNIQUE & EXCLUSIVE FOR '96



Once again Bradford Cover & Tent Present a whole range of very special offers for 1996, and as always bring to you a selection of products which carry our customer promise that hasn't changed in over 100 years

Bradford Cover & Tent now proudly present a welcome addition to our 1996 range with a whole host of added benefits for youth groups all over the world.

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Our very popular Ridge Tent offers are being repeated this year. However there are only a limited number available so to avoid disappointment please order early. Save £90 on the 12' x 8' size and £110 on our 14' x 8' version. Each is fabricated in superior 'A' Grade Cotton Duck (Green Or White) and proofed to BS3408. Both are fitted with covered vents on each side and Dutch laced doors at both ends. Tapes are also fitted to enable walls to be rolled up. Tents come complete with wooden poles, wood pegs, dollys, guys and mallet and packed into a strong canvas valise with a separate valise for poles. (please note 12' tents have one ridge pole and two 7' uprights, 14' tents have one ridge pole and three 7' uprights)

SPECIAL OFFER
2

12' RIDGE TENT

RRP **£379**

SAVE

£90

SPECIAL OFFER **£289**

12' FLY SHEET

RRP **£179**

SAVE

£19

SPECIAL OFFER **£160**

12' GROUND SHEET **£59**

SPECIAL OFFER
3

BUY ALL 3 TOGETHER

AND GET THE
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COMPLETELY FREE

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SPECIAL OFFER **£449**

SAVE **£168**



TAKE NOTE! ALL OUR TENTS AT SPECIAL OFFER PRICES ARE TOP OF THE RANGE TENTS AND NOT CHEAP SUBSTITUTES

SPECIAL OFFER
4

14' RIDGE TENT

RRP **£439**

SAVE

£110

SPECIAL OFFER **£329**

14' FLY SHEET

RRP **£199**

SAVE

£29

SPECIAL OFFER **£170**

14' GROUND SHEET **£69**

SPECIAL OFFER
5

BUY ALL 3 TOGETHER

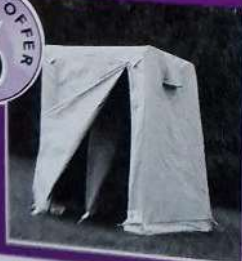
AND GET THE
14' GROUND SHEET
COMPLETELY FREE

RRP **£707**

SPECIAL OFFER **£499**

SAVE **£208**

SPECIAL OFFER
6



'BIG JOHN' DOUBLE TOILET TENT

RRP **£139**

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SAVE **£40**

Every site needs to attend to life's necessities and the new 'Big John' Hygienaloo from Bradford Cover and Tent is a clean, simple and versatile Double Toilet Tent which has proven to be a strong favourite with our customers for many years.

Manufactured from our traditional 12oz Cotton, as are all our larger tents, the 'Big John' has been treated with an anti-fungicide and has a stain resistant interior coating making it easily cleaned and germ free.

The 'Big John' is 5' x 3' x 6', with two doors, ventilators, inside pockets and an internal divider is ideal for creating two separate toilets or a compact toilet and wash basin. Comes complete with pegs, guy ropes and strong valise.

1996 TRAINING AND ACTIVITY CENTRE CAMPING AND SELF-CATERING REFERENCE SHEET

The camping and self-catering facilities at all the TACs have been listed below for you to pull out and keep as a handy reference guide. For the latest information on availability and facilities please ring the Centre direct.

Foxlease

| Building | Facilities | Capacities | Price |
|-------------------------|---|---|--|
| Beaverbrook Lodge | Central heating, falcon cooker, facilities for disabled, drying room. | 26 in bunk beds, 20 + 4 + 2. | £4.15 per head. Minimum £74.70 per night. Laundry extra. |
| The Coach House | Central heating, falcon cooker, facilities for disabled, drying room. | 22 in bunk beds, 18 + 4. Occasionally 13 extra beds upstairs available. | £4.15 per head. Minimum £74.70 per night. Laundry extra. |
| The Barn | Central heating, falcon cooker. | 26, 22 on mattresses + 4 in beds. | £3.70 per head. Minimum £66.60 per night. |
| Princess Mary House | House occasionally available at holiday times, catered or self-catering.. | 56 in single, twin or shared rooms. | £5 per head self-catering, min £60. £12 per head catered, min £144. |
| Ranger Bothy | Basic shelter with bunks and flush toilets and log fire. | 4 in bunk beds, no mattresses. | £1.50 per head. No minimum. |
| Camping | | | |
| Fully equipped | All canvas, dioxies, solid shelter, flush toilets and alter fire. | 7 sites for 20 - 36 campers. | £3.05 per head. |
| Unequipped | Solid shelter, flush toilets and alter fire. | 3 sites for up to 50 campers. | £1.40 per head. |
| Totally unequipped | No shelter or toilets. | Any number. | £0.50 per head. |
| Lightweight expeditions | Small site with flush toilets and hot water nearby. | Any number. | £1.40 per head. |
| Family camping | Own tent/trailer/caravan. | All year. | £5 per night per family. |

On Site Activities and Facilities

Archery, canoeing, fitness trail, mountain bikes, nature trails, orienteering, parachute, swimming pool, wide games, camp fire circle, shop with uniform, badges, sweets, ice cream, souvenirs and gas.

Netherurd

| Building | Facilities | Capacities | Price |
|---------------------|--|---|---|
| Brownie House | Playroom/craft area, electric heating and cooking, fridge freezer. | 18 in bunk beds, 2 twin rooms, 2 single rooms. | Nov - Mar £60 per night. Apr - Oct. £66 per night. |
| Ranger Bothy | Storage heaters, bunk room, living/dining area, cooker and fridge. | Sleeps 10, 8 in bunks and 2 on bench beds in living area. | £25 per night (includes electricity). |
| Cottage | Central heating throughout, living room and roomy kitchen. | Sleeps 5, 2 twin rooms, and 1 single room. | 1 - 2 nights £31 per night. 3 + nights £26 per night (includes electricity). |
| Camping | | | |
| Farm fully equipped | Canvas, kitchen equipment, solid shelter, flush toilets and showers. | 24 Guides and 6 Guiders. | £2.60 per head per night. |

| | | | |
|-----------------------------|--|--------------------------|---------------------------|
| BP & Bryland fully equipped | Canvas, kitchen equipment, chemical toilets. | 24 Guides and 6 Guiders. | £2.50 per head per night. |
| Tennis Court fully equipped | Canvas, kitchen equipment, chemical toilets. | 18 Guides and 6 Guiders. | £2.10 per head per night. |
| Patrol sites fully equipped | Canvas, Patrol kitchen equipment, chemical toilet. | 6 Guides. | £2.10 per head per night. |

On Site Activities and Facilities

Archery, abseiling, canoeing, raft building, pioneering, ropes course, orienteering, adventure trail, parachute, earthball, bicycles, camp fire circle, shop; Netherurd souvenirs, sweets and Guiding publications.

Blackland Farm

| Building | Facilities | Capacities | Price |
|-------------------------|---|-------------------------------------|---------------------------|
| Restrop | Indoor accommodation with open fire, kitchen and washroom. | 22 in dormitory, 3 in leaders room. | £3.25 per head per night. |
| Wagtail | Indoor accommodation with electric heating, kitchen and washroom. | 26 in dormitory, 4 in leaders room. | £3.25 per head per night. |
| Hérons | Indoor accommodation with electric heating, kitchen and washroom. | 12 in twin rooms, 8 in dormitory. | £3.75 per head per night. |
| Camping | | | |
| Unequipped | Part of a field, no facilities. | 11 sites for 30 campers. | £1.15 per head per night. |
| Equipped | Solid shelter, tents, dioxies and chemical toilets. | 7 sites for 30 campers. | £2.45 per head per night. |
| Unequipped with toilets | Part of a field with flush toilets and showers. | 9 sites for 30 campers. | £1.65 per head per night. |
| Equipped with toilets | Solid shelter, tents, dioxies, flush toilets and showers. | 11 sites for 30 campers. | £2.95 per head per night. |

On Site Activities and Facilities

Archery, abseiling, climbing, canoeing, swimming pool, orienteering, wide games, nature trail, assault course, fitness trail, rifle range and shop.

Waddow

| Building | Facilities | Capacities | Price |
|----------------------------|---|--|---|
| Brownie Pack Holiday House | Central heating and open fire. Enclosed play area, newly fitted kitchen. | 30 in dormitory and smaller bedrooms. | £3.90 per head. Minimum £39 per night. |
| Cottage | Central heating and open fire. Facilities for those with disabilities. | 15 in bedroom. | £3.90 per head. Minimum £39 per night. |
| Stables | Night storage heaters and log burning stove, small kitchen. | 15 mainly in bunk beds. | £3.35 per head. Minimum £3.50 per night. |
| Caravan | Fully fitted including shower, picnic and barbecue area outside. | 6 | £21.85 per night including VAT. |
| Bothy | Sleeps 5 on raised platform, wood burning stove and 2 ring gas cooker. | 5 | 50p per night. |
| Waddow Hall | House facilities occasionally available at holiday times on a catered or self-catering basis. | 56 in single, twin or shared rooms, half house or whole house. | £5 per head self-catering. £12 per head catered. Minimum numbers, 20 or 40. |

| Camping | | | |
|------------------------|--|----------------------------|--|
| Equipped or unequipped | All canvas, dixies, lockable solid shelter, flush toilets and showers. | 5 sites for 30-40 campers. | Equipped, £2.35 per head. Unequipped, £1.90 per head. |
| Equipped or unequipped | Lockable solid shelter, no toilets or showers. | 1 site for 40 campers. | Equipped, £2 per head. Unequipped, £1.35 per head. |
| Patrol sites | Close to Main Hall, flush toilets near by, solid shelter. | 2 sites. | Equipped £1.80 per head. Unequipped £1.10 per head. |

On Site Activities and Facilities

Archery, canoeing, pioneering, nature trail, mountain bikes, adventure playground, pond dipping, laundry, shop with uniform, badges, sweets, souvenirs.

Broneirion

| Building | Facilities | Capacities | Price |
|------------------------------|--|-----------------------------------|--|
| Flat | Sitting room/kitchen, bedroom, bathroom. All linen provided. Night storage heating. | 4 in single beds | £20 per day or £100 per week. |
| Dan To (Ranger Loft) | Attic room in Coach House, floor sleeping, kitchen and toilet facilities in Coach House. | 10 mattresses provided. | £1.50 per person per day. |
| Y Bwthyn | Cedar Chalet, Night storage heating, Log burning stove, kitchen, flush toilets. | 16 in Bunk beds. | £2.00 per person per day. Non-Guiding on application. |
| Camping | | | |
| Cae Gwenllian fully equipped | All canvas, dixies, flush toilets and alter fire. | 24 (equipped) 40 (unequipped). | £1.50 per person per day. |

Hautbois

| Building | Facilities | Capacities | Price |
|----------------------------|--|---|---|
| Great Hautbois House | Full house facilities occasionally available at holiday times on a catered or self-catering basis. | 33 in single, twin or shared rooms. | Self-C. £5(Anglia), £5.50 (others). Catered from £18. |
| Pantiles | Bungalow, night storage heating, kitchen & shower room. Suitable for members with disabilities. | Up to 9 young people. Maximum 6 if all adults. | £20 low season, £25 high season, + electricity. |
| Camping | | | |
| Minimum facilities | Tap, disposal point, loan of chemical toilets/tents. | Up to 40 persons on some sites. | £0.80 |
| Flush toilets or equipment | Tentage, fireplaces, QM equipment. Patrol site only. | Up to 40 persons. Patrol site maximum 11. | £1.30 |
| Flush toilets & equipment | 3 flush toilets and hand washing facilities. Tentage and fireplace. | Up to 40 persons. Patrol site maximum 11. | £1.80 |

On Site Activities and Facilities

Archery, abseiling, climbing, canoeing, rowing, trails, parachute, volleyball, badminton equipment, orienteering, pioneering, brass rubbing, shop, church services in high season. Solid shelter, dining shelter, fridges available on selected sites. Coin operated showers available to all.

LORNE

| Building | Facilities | Capacities | Price |
|--------------------------------|---|---|----------------|
| Lorne House | Full house facilities available July and August on a self-catering basis. Own sleeping bag. | Sleeps 34 in two, four, six and eight bedrooms. | Contact Centre |
| Marion Greeves, Brownie House. | Fully equipped for self-catering. Single storey suitable for those with disabilities. | Sleeps 24, 18 bunks in dormitory, 2 single rooms, 2 double bunks | Contact Centre |
| Irene McKibbin Ranger Cottage. | Fully equipped for self-catering. Central heating and open fire. Shower (coin op.), telephone. | Sleeps 12, 6 x 3 tier bunks, 4 bed-settees, 2 bunks leaders room. | Contact Centre |
| Camping | | | |
| Fully equipped | Canvas, QM equipment, gas boiler, covered altar fire. Site hut, flush toilets, electric lighting. | 3 sites equipped for 36 campers. | Contact Centre |
| Unequipped | Access to toilets and wash facilities. Open fireplace. | 3 sites for 15-20 campers. | Contact Centre |
| General | Access to shower, laundry and drying facilities, fridge and barbecue. | | Contact Centre |

On Site Activities and Facilities

Archery, pioneering equipment, orienteering equipment, slippery slide, badge-making machine, branding irons, grass sledges, trails, camp fire circle, open-air chapel, shop selling souvenirs, novelties, badges, postcards, Guide wear and publications.

| Manager/GIC, Centre | Address | Phone / Fax |
|---------------------------------|---|--|
| Hilary Chittock, Foxlease | Lyndhurst, Hants, SO43 7DE | Tel: 01703 282638 Fax: 01703 282561 |
| Margaret Firth, Waddow Hall | Clitheroe, Lancs, BB7 3LD | Tel: 01200 23186 Fax: 01200 27460 |
| Fiona Aitken, Netherurd | Blyth Bridge, West Linton, Peeblesshire EH46 7AQ | Tel: 01968 682208 Fax: 01968 682371 |
| Joan McCullough, Lorne | 30 Station Road, Craigavad, County Down, BT18 0BP | Tel and Fax: 01232 423180 |
| Maureen Cullen, Broneirion | Llandinam, Powys, SY17 5DE | Tel: 01686 688204 Fax: 01686 688098 |
| Martin Robinson, Blackland Farm | Grinstead Lane, East Grinstead, West Sussex, RH19 4HP | Tel: 01342 810493 Fax: 01342 811206 |
| Ruth Brown, Hautbois | Hautbois Road, Coltishall, Norwich, NR12 7JN | Tel: 01603 737357 Fax: 01603 736138 |



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NEW BASE CAMP TENT

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PRIORITY ORDER FORM

| ITEM | UNIT PRICE | QUANTITY IN | | WOOD POLES | TOTAL PRICE |
|--|---|-------------|-------|------------|-------------|
| | | WHITE | GREEN | | |
| 1. THE BASE CAMP TENT | SEND FOR DETAILS TODAY AND SAVE £££££'s | | | | |
| 12' RIDGE TENT | £289 | | | | £ |
| 2. 12' FLYSHEET | £160 | | | | £ |
| 12' GROUND SHEET | £59 | | | | £ |
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| 4. 14' FLYSHEET | £170 | | | | £ |
| 14' GROUND SHEET | £69 | | | | £ |
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| 6. 'BIG JOHN' HYGIENALOO | £99 | | | | £ |
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NAME

ADDRESS

POST CODE

GROUP NAME

DAYTIME TEL NO.

Please rush me a Free Brochure Pack including details on how to save £££££'s on the New Base Camp Tent ☐ (Tick)

DESPATCH ADDRESS IF DIFFERENT FROM ABOVE



Act it out

Brownies will find that their mothers or other female carers often act as family peacemakers. Get them to act out a situation where their mother or carer has helped to keep the peace, and then talk about why she took on that role and what they can do to be more peaceful.

Communicate it and draw

Copy the illustration so that the Brownies have one between two. Divide into pairs and sit on chairs back to back. One Brownie has the drawing and has to describe it to her partner who has to draw it on another sheet of paper.

Talk afterwards about how difficult it is to describe something precisely and how our perceptions are all slightly different.



Trust in me

Set up an obstacle course around your meeting place. Brownies in pairs take turns to guide each other round the obstacles where one girl is sighted and the other has her eyes closed or wears a blindfold.

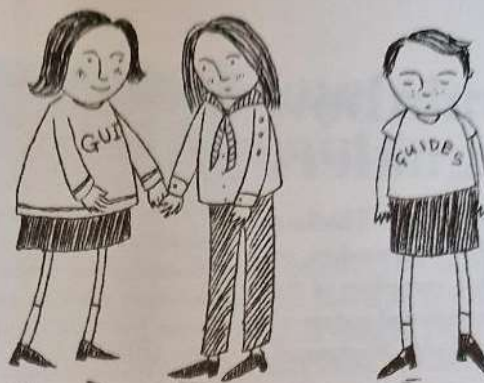
■ **Safety Note:** some girls can be frightened to use blindfolds, so simply closing their eyes is perfectly acceptable



No knife and fork?

In some countries they eat with their right hands only. At meals where food is taken from a communal bowl it is considered very bad manners to eat using your left hand. This is because the left hand is used when going to the toilet and is therefore unclean. As a punishment for some crimes in such countries the right hand is cut off. This means that the person cannot eat with other people and is ostracised from society.

The girls will have great fun finding out which countries consider it polite to burp after eating a meal — and practising it at camp or on holiday! They will also have fun finding out that in some cultures you are expected to eat with your fingers. Challenge them to cook a meal that can be eaten without a knife or fork, or using chopsticks.



Changes in my life

Ask the Guides to think quietly to themselves about changes in their lives which affect them. There is no need for them to share their thoughts, but then go on to a discussion about ways of dealing with change. For example, one change may be moving schools and the older girls can share their experiences with the younger ones.

Build your own culture

In groups of about eight to ten, the girls are asked to evolve a 'culture'. They need at least the following:

- 1 a greeting
- 2 a way of speaking
- 3 a special symbol
- 4 a way of treating their elders in their culture
- 5 some simple game or work.

They practise their culture for ten minutes and then exchange visitors with another culture. The visitors observe and report back to their own culture. Another set of visitors is exchanged. Then the groups can exchange a third set who can try to participate in the other culture, and then a fourth set if necessary.

Come together at the end and see what everyone has learned and what it felt like to visit an alien culture. (This game is based on 'Rafa-Rafa' — a culture simulation game.)



Peace through women

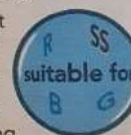
Brainstorm what qualities women have which equip them to be peacemakers in families, at work and socially. What effect does this have on the world at a political level.



What am I afraid of?

Girls write down things that they are personally afraid of.

Then divide the list into things that (a) just happen, or (b) they can have some influence over. Discuss the approaches to tackling these two different kinds of fears.



Jelly and chopsticks

This is a very messy activity! You will need a one-pint jelly (made up) between four girls and a pair of chopsticks each. In pairs, girls face each other with the jelly between them and they have to feed each other the jelly using only their chopsticks.

Use this activity to demonstrate the importance of resolving conflict.

■ Adapted from ideas by Gill Sutcliffe and Liz Joy, and partly based on WAGGS peace initiative learning modules. Illustrations by Rachel Merriman

I
D
E
A
S

rainbow guiders

Each year as Thinking Day approaches, we remind ourselves of the international nature of the Guide Movement.

By Deborah Manley and Cora Murray
Illustrations by Harmen van Stratten

A Rainbow South Sea island

You will need:

- blue sugar paper or pages from a scrap book, size A3 and A4
- various tubs of broth mix, sand and small pasta shells
- brown sticky paper for a tree trunk
- green sticky paper for palm leaves
- orange sticky paper for the sun
- blue sticky paper for the waves
- white cotton wool
- wax crayons or pens
- scissors
- glue sticks.

A story of an island can be used to introduce this activity or a picture of an island can be shown to the Rainbows and discussed (the picture can be drawn or real, for instance, from a travel agent's shop poster).

Lay the book with the story or the picture in the middle of the room so that the girls can look at it, if they wish to do so.



Let's travel

With the girls sitting in a circle, think together of all the different forms of travel. Ask them to name the types of transport they have used and where they have travelled to.

Encourage the girls to think of means of transport which are both simple, like walking, and more complex, like a helicopter or a balloon. You could write up

the words for some of these as a reminder.

Then ask them to draw or paint one type of transport — for example, a train, a plane, a yacht, a bus or a donkey.

For the following meeting, you could cut out all their pictures and stick them on to a large sheet of paper. Earlier you will have drawn a very simple outline of an area where these 'vehicles' might be used.



Where shall we go?

Using the picture sheet as a prompt at the next meeting, you could talk about where you might travel to. And using information in *BROWNIE* magazine about Guiding in other countries, you could tell them about Guiding overseas.

You could also use the picture sheet for a mime activity in which each girl mimes the transport she drew, and everyone moves around the room in a whirl of traffic.



Cover the floor and work surfaces with newspaper to catch falling sand. The girls should get into small groups of three or four. Each girl is given a sheet of blue sugar paper and each group is given all the materials required to make an island. Put the loose ingredients, such as sand, in bowls.

Using the glue stick, each girl draws an island shape on her paper, making sure it is 'filled' in with glue as well. She then spoons the broth mix over the shape, covering it amply. After leaving it for a few moments, she carefully shakes off the excess broth mix and returns it to the bowl. Next the Rainbow repeats the process with sand to fill in the gaps.

Using cotton wool, make cloud shapes and stick them on to the sky area; and stick small pasta shells to the island. The girls can either draw the palm tree directly on to the paper, or cut out the appropriate shapes from the sticky paper and stick them on.

Draw waves on the sea or make them from wiggly strips of blue sticky paper to finish the picture, and drawings of birds and fish also can be added.

Templates for the leaves and trunk of the palm tree and the waves would make it easier for the younger girls.



Island hopping

This game will help Rainbows understand about joining in. It is not designed to be a race, so it also teaches them that winning is not the most important thing. Older girls can answer questions in order to move on to the next island.

You will need:

- chalk or newspapers
- a list of questions/ requests
- chairs.

1 Mark out circles on the floor with chalk, or cut out shapes from newspaper, to represent the islands. They must be big enough for a number of girls to stand on at the same time. Leave some distance between each island. Mark one end of the room as the airport and the other end of the room as the final destination.

2 The Guider/helper is the announcer.

3 All the Rainbows begin in the airport, awaiting instructions for 'take-off' to the first island. The announcer gives them some information, either a question or a request such as: 'Rainbows may proceed to the first island, if they are wearing red.'

4 All the Rainbows fulfilling the requirements are allowed to move on. The others remain in the airport. The announcer changes the requirements for the subsequent instructions, incorporating into it: '.....the first island orthe next island', until all the girls have left the airport.



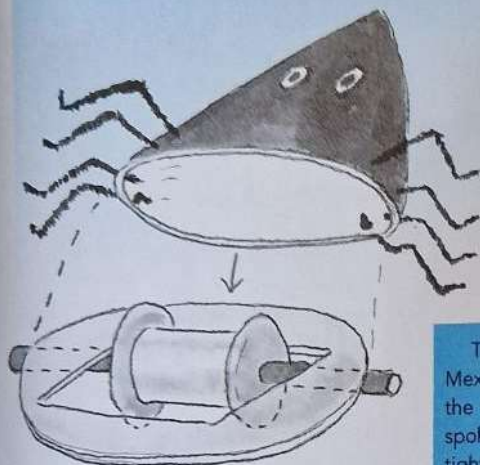
Running spider

You will need: Two circles of card, 10cm and 12cm in diameter; a cotton reel; an 8cm length of garden cane or thin dowelling that will fit loosely through the middle of the reel; four pipe-cleaners; black paint; black sticky tape; small, white, sticky labels.

Paint one side of each card circle, the cane, the reel and the pipe-cleaners black. Cut a 5cm square in the middle of the smaller of the two card circles. Put the cane through the cotton reel and stick the ends of the cane to the base.

Make a cone from the larger card circle by marking the centre with a dot, cutting from the edge to the dot, then overlapping the edges until the outer edge is the same size as the smaller card circle. Stick down the edge and fasten this to the base with black sticky tape.

Make eight small holes and stick half a pipe-cleaner in each for the legs, bending them realistically. Draw eyes on the two sticky labels and attach them to the front. Your spider is now ready to run — try organising some 'spider' races!



Bouncing spider

You will need: black wool and two circles of card to make a pom-pom; two small circles of white felt for eyes; a length of shirring elastic; four black pipe-cleaners.

Make the pom-pom in the usual way, winding wool round the two card circles until the middle hole is filled. Push the four pipe-cleaners through the middle hole so that they stick out equally on both sides.

Cut the wool round the edge of the card circle, separate the two cards slightly and tie the shirring elastic tightly round the centre. Use a felt-tipped pen to draw eyes on the white felt circles, and stick them on to the pom-pom. Rearrange the legs and bend them firmly downwards.



theme evening

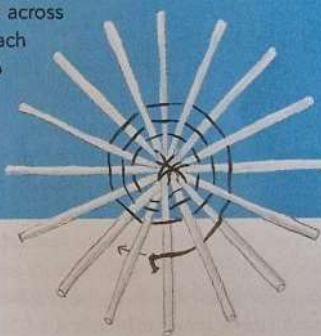
For this month's theme-evening suggestion based on creatures, we focus on spiders. Here are three craft ideas to make and three spider games to play.

By Pauline Wainwright
Illustrations by John Wallace

Spider's web decoration

You will need: eight art straws; a ball of thin string/wool or, if you want a Christmas decoration, gold or silver thread. If you prefer, you could spray the whole decoration afterwards.

Tie the straws together in the centre to form a star. Use Mexican weaving — taking the thread first across the front and then round the back of each spoke. Take care not to pull the thread too tightly, or you will pull the spokes out of place. Finish off by cutting alternate straws shorter. You could also glue small beads to the ends of each spoke.



Spider drive game

This game is the same as a beetle drive, except that spiders have more legs! Throw a six for the body; five for the head; four for each leg; three for each feeler; two for each spinneret (the nipples on the spider's abdomen used to spin a web) and one for each eye.

Spider relay game

Each Patrol needs a ball of wool — the wool should be the length of the meeting room. The first girl crawls on all fours, spider-style, to the end of the room, holding the end of the wool. The second girl holds the ball of wool and allows it to unwind.

When the first girl reaches the end of the room, she turns and winds the wool back into a ball as she returns. The ball is then given to the third girl while the second girl crawls, and so on.

Flies in the web game

Two girls join both hands — this is the web. The other girls are all 'flies' and run round the room. The two girls try to trap a fly by encircling her with their hands. The trapped fly then becomes part of the web, and they all join hands to catch another fly.

If you have two 'webs', they could compete to see who can catch the most flies in a given time.



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out and about

Anglesey in Gwynedd is easily accessible from North West England and north Wales, and is an excellent choice for a unit outing or camp.

Words and photos by Gillian Ellis



To see the island at its unspoilt best, try and go out of season to avoid the crowds. Plan your visit carefully, because there's so much to see and, even if you're there for a week, you won't run out of activities.

The gateway to Mon, Mam Cymru (Anglesey, Mother of Wales) is the Britannia Bridge across Menai Strait, which gives an excellent view of Thomas Telford's suspension bridge, built in 1826. Immediately, you're faced with a choice: go right for Beaumaris, left for the Sea Zoo or straight ahead for that famous village with the 58 letter name — Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch!



Turn right

At Menai Bridge, you'll find Pili-Palas, the island's Butterfly and Bird Palace. Besides exotic butterflies and birds from all over the world, there's a reptile house, an insectarium, a picnic area and an adventure playground. Admission for adults is £3.25, for children £2.95.

From Pili-Palas, take the coast road to Beaumaris, an attractive seaside town with a sandy beach, Georgian buildings and a beautiful castle.

At Beaumaris Castle, the last and possibly the loveliest north Wales stronghold of Edward I, you can see the restored chapel, the crypt and exhibitions, and walk along the walls. Admission is £1.50 (£1 for children), with a ten-per-cent reduction for groups of 15 or over.

Most Guides and Brownies are fascinated by a jail. Beaumaris Gaol, virtually unchanged since its construction in 1829, will inspire delighted shivers as the unit views exercise yards, a treadmill, workrooms, exhibitions of 19th-century prison life, police memorabilia, cells and the route to the scaffold.

If the court is not in session, you can also visit Beaumaris Courthouse, built in 1614 and renovated during the last century. The less squeamish can stand in the very dock in which criminals were sentenced, sometimes to death. Admission is £1.30 (£1.55) for the Gaol and £2.30 (£1.55) for the Courthouse. Groups pay the child rate and joint Gaol/Courthouse tickets are available.

Guides of all ages will love the Museum of Childhood in Castle Street, where the exhibits span 150 years of youthful fun. The museum has over 2,000 items, including toy trains, ships and planes; music boxes; arcade machines; dolls; teddy bears; dolls' houses; cycles; rocking horses; games; and clockwork and educational toys.

It's a real delight and your only problem will be persuading the unit to leave. Admission is £2.50 (£1.25).

If time permits, you might enjoy an hour's cruise with commentary to Penmon Lighthouse and Puffin Island, where sea birds can be seen enjoying their natural habitat. Weather permitting, this cruise also gives excellent views of Snowdonia.

The same company offers an alternative cruise around the Menai Strait. To book seats for the comfortable 60-seater boat, *Island Princess and Starida*, ring 01248 810251. Tickets cost £3 (£2).

Turn left

Brynsiencyn is in a historic area, boasting ancient earthworks, a burial chamber and Druidic and Roman connections. Youngsters will probably be more interested in today's attraction — the Sea Zoo, a fascinating exhibition of sea life from the island's waters.

The Sea Zoo really makes studying fish fun. You can walk over water, survive a shipwreck, get wet at a wave tank, trail your fingertips in touch pools and hear fishy jokes!

Oddly enough, because the undercover Sea Zoo is an ideal rainy-day venue, group visits are best in fine weather when the exhibition is less crowded. Admission is £3.95 (£2.95).

Just past the Sea Zoo lies Foel Farm Park, a small family concern full of interest. Guides can feed and hold the animals; learn about dairy farming, carpentry, spinning and weaving; watch sheep, milking and ice cream production; and explore the farm on foot. Groups are welcome to picnic in the grounds and use the adventure playground. Admission is £2.95 (£1.95).

Further along the A4080, at Dwyran,



Go straight ahead

The girls would never forgive you if you didn't show them Llanfairpwllgwyngyll, just a short drive along the A5 from the Britannia Bridge.

An octagonal toll-house still stands at Llanfairpwllgwyngyll, a reminder of the fact that the Holyhead road was the last to be freed from tolls. But the main attraction is undoubtedly the village's name, which is displayed in full, together with its English translation, in several places, including the railway station. The name translates as 'St Mary's Church by the pool of the white hazel trees, near the rapid whirlpool, by the red cave of the Church of St Tysilio'.

The craft and tourist information centres are located near the station, where you can buy the world's longest platform ticket!

Further inland, the market town of Llangefni is close to several places of interest: Stone Science,

Beaumaris Castle is the last and possibly most beautiful stronghold of Edward I in North Wales



Llanfairpwllgwyngyll, Anglesey's most famous village, whose name translates as 'St Mary's Church by the pool of the white hazel trees, near the rapid whirlpool, by the red cave of the Church of St Tysilio'

lies another open working farm, Bryntirion, which has a game hatchery, fishing, antique agricultural machinery and a children's chicken hunt! Group visits are by arrangement (Tel: 01248 430232). Entrance is £2.25 (£1.80).

Also at Dwyran is Anglesey Bird World, which has walk-in aviaries and a picturesque Swan Lake, reached by miniature railway. The waterfowl are tame and will feed from your hand. Bird

World is an excellent place for a picnic. Admission is £2.85 (£1.85).

At Aberffraw, towards Rhosneigr, you'll find Llys Llewelyn, the Anglesey Coastal Heritage Centre. Admission is free and it's open from May to September.

The centre offers a natural history exhibition, a wild flower and herb garden, an audiovisual theatre, guided walks, craft workshops and a lovely sandy beach.

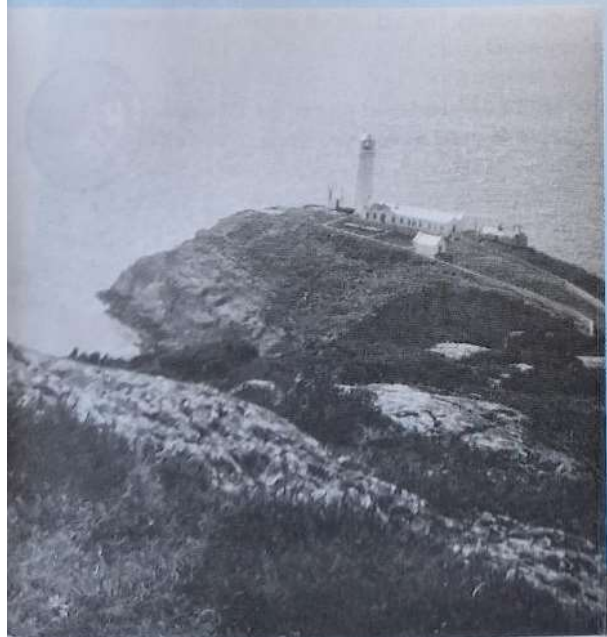
Anglesey's southwest coast is rich in beaches. But for natural beauty, it would be hard to beat the spectacular views at South Stack Lighthouse, west of Holyhead on Holy Island.

From Rhosneigr, head inland to join the A5, drive as near as you can to South Stack, then walk down the zigzag path to the steps, where you will have wonderful panoramic views of a silver sea, rugged rocks and the lighthouse. It feels like the end of the world!

But be warned — the wind can really whistle down those steps. Even on a warm day, it's possible to feel cold, so take a sweater. Only the energetic should descend the full distance, as the return journey is hard on the leg muscles.

On the cliffs around South Stack, you'll find Ellin's Tower Seabird Centre. Open from Easter to September, admission is free and you can see live television close-ups of cliff-nesting birds. Round off a trip to this part of Anglesey with a visit to nearby Trearddur Bay, a scenic stretch of coast with sandy beaches.

With panoramic views over a silver sea, a visit to South Stack Lighthouse feels like a trip to the end of the world



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brownie guiders

Have a Thinking Day parents' evening just before half-term, and spend the first two meetings of the month preparing for it.

By Rachel Pennells
Illustrations by Kate Wells



International food

Give your evening a real international flavour by preparing some Italian dishes in advance. Large amounts of risotto or pasta are simple to make and reheat quickly. Pasta can be served with well-seasoned vegetables, tomatoes and cheese sauce; and risotto with mushrooms and beans, instead of chicken or prawns. Make plenty and serve a little to each guest in paper cups and provide teaspoons.

And for a delicious dessert, which the older Brownies could help to make in advance, try these American brownies:

■ Mix 250g self-raising flour, 175g sugar, one tbsp cocoa powder and 125g soft margarine in a warmed bowl, until the mixture resembles breadcrumbs.

■ Add 175g mixed chopped nuts, one beaten egg, two tbsps milk and one tsp vanilla essence.

■ Mix to a stiff dough.

■ Place teaspoonfuls of the mixture on a greased baking sheet and bake at 375°F for 15-20 minutes.

These quantities make about 20 brownies, which freeze well.

Egg game from Iceland

Brownies stand in a ring with their feet apart. One Brownie has the 'egg' – a beach-ball – which she tries to roll between someone's feet. The Brownies may not move their feet, so the 'target' must stop the ball with her hands. She then tries to roll it between another girl's feet. If a player does let the ball through, she is 'out' and goes on to another activity. The last pair left in the ring are the winners.

through, she is 'out' and goes on to another activity. The last pair left in the ring are the winners.

Acrostiche from France

Give each Six a card with a word on it. Each word must contain the same number of letters (not Q, X, Y or Z). The Sixes try to find objects beginning with each letter of the word. Visitors may help by lending things. The winning Six is the one to lay out the objects in the correct order to spell the word.



International songs

The three overseas World Centres' songs can help get things going. You'll find them at the beginning of the yellow *Our Chalet* book. But only use *Our Cabaña* and *Sangam* if you already know them, as they need plenty of practice. You could, however, master the first verse of *Our Chalet* in two meetings and use it to help describe the World Centres to the audience. Other easy songs from the book are *Tzena* from Israel and *Orchestra* from Estonia.

The yellow edition of the songbook – 71662 – costs 70p and is available from Trading Services and usual Guide outlets. For orders under £12 send £1 to cover postage and packing.

Badges and flags

From *Trefoil Round the World*, choose a distinctive overseas Brownie badge for each girl. Draw an enlarged version of it on card, and write on the back which country it belongs to. Provide sticky tape and safety pins. Each Brownie chooses a badge, cuts it out and mounts the pin.

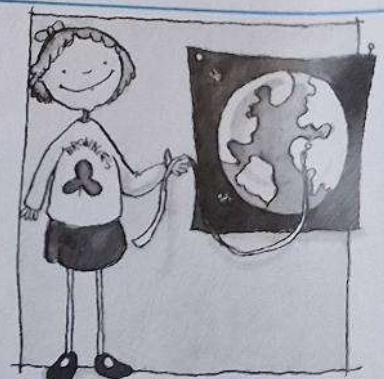
Have A5-size outlines of the flags of the same countries ready, and provide a flag chart or book so that the girls can see the correct colours. The Brownies each colour in the flag of their chosen country. Ask the girls to devise a simple ceremony to display the flags and badges to visitors.



World map

Mount a map of the world on the wall and give each girl a long piece of narrow, coloured ribbon. During the parents' evening, each Brownie pins her ribbon to the appropriate country with a coloured-headed pin. She then turns to face the audience and says something about that country. For example, she could explain: 'Brownies in India are called Bulbuls'. Afterwards she stands to one side, holding the other end of the ribbon so that it drapes in a loose curve.

When all the ribbons are pinned to the map, the Pack could sing a special song or join in prayers for their overseas sisters. The trailing ribbon-ends can then be gathered into one bunch by the Guider and draped artistically in whichever way is best for your meeting room. For more information about world Guiding, see *Trefoil Round the World*.



It's good to talk

Do you have a lively, bubbly unit, where the noise can get too much to cope with? Most girls tend to chat — they enjoy gossiping and are usually desperate to pass on important items of interest to the others.

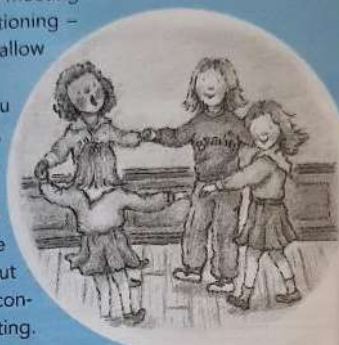
In fact, one of the main reasons why girls come to Guides is the friendship that the Guiding community provides. It is important to allow them time to bring their own interests into the community, adding strength to it.

When programme planning, make sure that there are some activities where the girls can chat without upsetting the whole meeting. Sometimes, the chatting period will be in Patrol time. On other occasions, it should be during different activities, as the girls will have friends in other Patrols.

When you use your Patrol Leaders Council or meeting time to discuss programme planning, it is worth mentioning — while considering an activity — whether it will allow the Guides time to chat.

Make sure the Patrol Leaders know that you are trying to build this time into meetings, because you recognise its importance to the girls' enjoyment.

One of the reasons why the girls can get 'bolshie' is they think you don't value the same things that they do. It is important to put chatting time into perspective: it should be a consideration, but it should not dominate the meeting.



Noise levels

If all the members of a unit are chattering at once, what actually happens to the noise level?

If someone is talking to a group over background noise, then, to make herself heard, she tends to raise her voice. This makes it difficult for the other groups to communicate, so they, in turn, talk more loudly. Then the original speaker needs to speak even more loudly to make her-



self heard. Although it's nobody's fault, the result is a cacophony of sound that makes it difficult for anybody to communicate or concentrate.

Leaders can add to the problem by shouting instructions without signalling for silence first. It's very easy to slip into this habit. If you've adopted it, stop, take a deep breath and pause before trying another strategy.

If the girls are excited, try letting them 'raise the roof' legitimately. Give them a boisterous and exhausting game in which to run off their excess energy.

running a unit

In the second of our articles on maintaining order in the unit, we tackle that modern pollutant — noise. It refers specifically to Guides, but the principles can be applied to Brownies and Rainbows, too.

By Jane Thompson
illustrations by Molly Sage

Reducing noise

If you just want to reduce the noise level, while the girls carry on with an activity, there are several options:

■ You could shout over the din. However, you would probably just make it difficult for the girls to carry on their conversations, so they would talk louder.

■ Try moving around the room, talking to each group at a time and asking them to be quieter. It may take several journeys around the room to achieve a result. Although this system is not quick, it works because the Guides feel that they

are being treated as individuals, and they appreciate not being yelled at.

■ Develop a signal which means 'cut the noise down', in addition to the hand-in-the-air signal calling for complete silence.

■ If one girl is much noisier than the others, don't upset her in front of the unit. She isn't doing it deliberately, and telling her off in public would be unlikely to win her support.

Once you've had a short, quiet chat with her about the problem, develop a system where you position yourself so that she can easily see you. Then call her name. People tend to notice their own names being called out. When she looks in your direction, put a finger to your lips. As soon as she has acknowledged you, smile to show that you appreciate her efforts.

Chattering can escalate when the girls are shouting across the room. If this happens, discuss the problem with all the girls. With a little help, they'll come up with their own solution.

When discussing noise with the Guides, it is important not to blame anybody. You want a unit where the girls feel free to chat. Nobody creates excess noise deliberately. You need everyone's help and support to control it, so make sure that any discussion about the solution is friendly.



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make your own outdoor gear

If you are keen on the outdoor life, but can't find garments that fit snugly, or don't like the material, the colour or the price, don't despair — make your own instead.

Words by Val Scaresbrook
Photos and illustrations Alec Scaresbrook



When walking in bad weather a rucsac cover is a wonderful way of keeping your possessions dry

Making your own rucsac cover is easy, if you follow our step-by-step instructions

Rucsac cover

You will need:

- waterproof fabric
- 3mm shock cord (coated elastic rubber)
- cord lock
- nylon cord
- scissors
- thread
- a needle
- a tape measure

What to do:

1 Measure the width and length needed to cover your rucsac when it's fully laden, taking into account items usually carried on the outside, such as a tent or sleeping mat.

2 Cut out the correct amount of material from a piece of fabric. I used nylon coated with a waterproof silicon polymer blend from Pennine Outdoor. Sew a hem around most of the edge, leaving a gap in which to insert the shock cord.



Take care to make the hem wide enough for it to be pulled through.

3 Check the length of shock cord required by measuring around the rucsac edge on the shoulder-strap side. Thread the shock cord through the hem, then feed both shock cord ends through the cord lock.

Seal the cord ends in a flame. Use a match or gas burner flame, and don't let the melted ends touch anything until they've cooled down.

4 Place the cover on the laden rucsac and tighten the shock cord so that it holds the cover snugly in position. Spread the fabric evenly over the rucsac.

Mark the cover at the points nearest to where the hip belt is attached to the rucsac. Sew two loops of nylon cord on to the hem at the marked points. Thread each end of the hip belt through one of these loops before the cover is stretched over the rucsac. Then, if the 'rain hat' works loose in strong winds, it won't be blown away.

Start with simple items in order not to overtax your sewing skills, and you'll soon progress to designing and making all sorts of items. Making clothing and equipment is certainly cheaper than buying it, and you can also modify designs or choose different materials from those commonly used by manufacturers.

For example, sleeping-bag liners are usually made from cotton or polycotton sheeting, which makes them unsuitable for backpacking because of their weight and bulk. The alternative is expensive — silk liners cost about £28.

I made one out of Pertex, weighing only 160g, which packs down into a small ball. It is machine washable, quick drying and costs about £10, roughly the same price as a cotton one.

Then I made a rucsac cover, which is wonderful for keeping the rucsac dry when backpacking in the rain. A sodden rucsac is heavier than a dry one and becomes a nuisance in the tent, too. When there's no room under cover for the rucsac, it can be left outside, covered up from the elements in its 'rain hat'.

Having gained confidence, I progressed to more ambitious items, such as gaiters, mitts and a jacket, using readily available patterns. The patterns on offer don't stop at

clothes — you can buy instructions for making day sacks, bivi bags, sleeping-bags and even backpacking tents.

There are plenty of patterns on sale indi-

vidually or in books, and it's also worth checking out fabric shops, now that sporty clothes have become fashionable.

All the fabrics used by the top outdoor gear manufacturers are available from specialist suppliers. Choose Polartec fleece (which is very easy to sew and handle), breathable waterproofs and lightweight polyurethane-coated nylon. And don't forget those essential bits and bobs, such as thread, seam sealant, nylon cord, cord locks, ribbed cuffing, Velcro, elastic, fluorescent strips, buckles, webbing, heavy-duty zips, Lycra binding, tent poles and those all-important tent pegs.

Also obtainable are beginner's kits containing everything you need to make a holdall, mitts or gaiters. But, before you move on to ambitious projects requiring waterproof seams, think first about how you'll seal them.

Needle holes can be blocked up with sealant, but a strip of fabric glued to the reverse is much more effective and durable.

Imagine trying to glue a strip to the seam of a mitt and you'll see that this is one operation which is best left for the professionals to tackle.

We've got a couple of basic ideas to get you started. Don't worry if the seams are crooked or the stitching uneven — these items will do the job they're made for.

Stock up on sharp needles in a range of sizes. Suppliers can advise you on the correct needle for each fabric they sell. Polyester or nylon thread (not cotton) is best for strength and durability.

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Sleeping-bag liner

You will need:

- Pertex fabric
- a tape measure
- scissors
- pins
- a needle
- thread

What to do:

1 Measure the length of the sleeping-bag from head to foot. Allow a generous width at shoulder level. Taper off at the foot end to create a mummy-shaped sleeping-bag.

Double the width measurement and check that the foot end has generous enough dimensions for comfort. Or you could use an existing liner as a guide while working.

2 Calculate the material required, allowing 3cm for each seam. One long seam is quicker to sew, but two are not uncomfortable with this very thin material. See fig 1 for a cutting-out guide and the exact position of seams.



A Pertex sleeping-bag liner weighs only 160g and packs into a neat ball

3 Place two sides of the fabric together — it does not matter about right sides or wrong sides — and stitch flat seams (fig 2). Turn the fabric over twice when hemming to prevent it from fraying (see figs).

When the seam is finished, there should be two rows of stitching on the reverse side and only one on the outside of the liner.

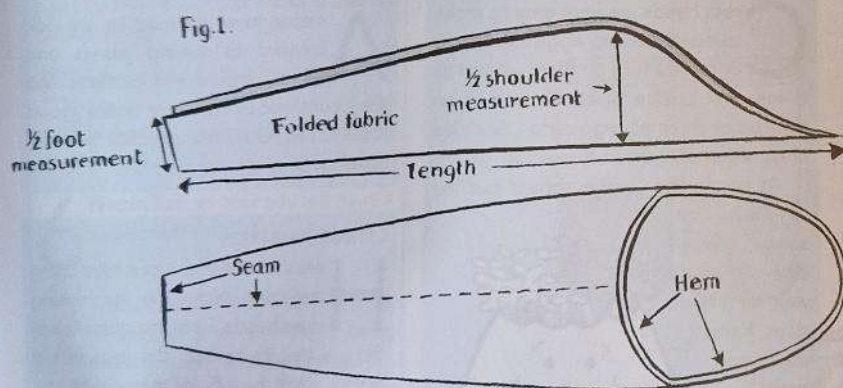


Fig. 3

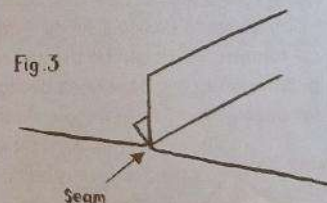


Fig. 4

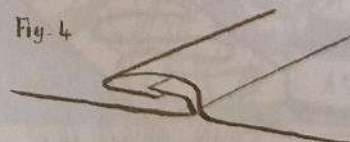


Fig. 2

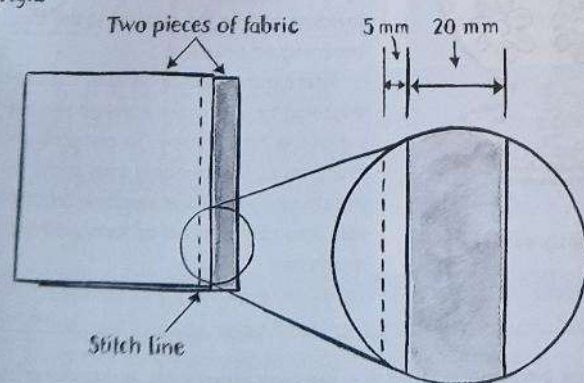


Fig. 5

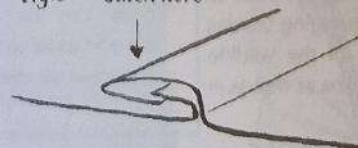
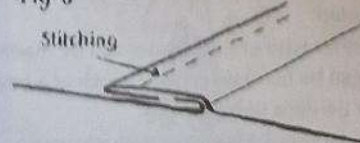


Fig. 6



Useful addresses

■ Pennine Outdoor, Hard Knott, Holmbridge, Huddersfield, West Yorkshire HD7 1NT. Tel: 01484 689100/689101.

■ Tor Outdoor Pursuits, PO Box 5, Frodsham, Cheshire WA6 9BG.

guide guiders

We've got lots of craft and outdoor ideas for spring.

By Carol Smyth
Illustrations by Michelle Draycott

String and ink pulling

String and ink pulling pictures are easy to make and will produce some very interesting results.

You will need:

- drawing ink in a few colours
- some lengths of string
- A4 sheets of cartridge paper.

Fold a sheet of paper in half, then dip a piece of string into the drawing ink for a short time. When the string has soaked up some ink, carefully place it on one side of the folded page in a random pattern. Fold the other side of the page over on to the inky string and hold it down firmly, while pulling the string out from the page.

This should create a swirly, symmetrical pattern, which can be used to make a picture, wrapping paper or a background for displaying other materials. As this is a very messy activity, be sure to cover surfaces and uniforms before any nasty accidents occur!



Bird feeders

Atasty feeder will attract birds to the garden, encouraging Guides to be aware of all the wildlife which can be found in towns as well as in the countryside.

The best way to provide food for

birds is to make a bird pudding from breadcrumbs, grated cheese, nuts, birdseed, cooked rice, left-over vegetables, and cooking fat. Mix together the dry ingredients (keep a small amount of birdseed aside) before adding the melted fat. Mix well and spoon into clean, empty yoghurt pots. Push a length of twig into the centre of each pot and leave the mixture to set hard. When the pudding has set, pull it out of the yogurt pot by the twig and roll it in the spare birdseed. Tie a piece of string to the twig to hang up the feeder in the garden.

Another type of bird feeder can be made by pushing bird pudding into the spaces between the open scales of a big pine cone, which can be hung up on the branch of a tree or on a bird table. Encourage the Guides to observe and identify the birds which come to their gardens or bird tables.

Have fun making lots of different candles

Making candles is fun. You can buy the waxes and dyes in shops, and make simple moulds from clean yoghurt tubs or disposable food containers — make sure you use ones which are strong enough to withstand heat.

The mould should have a hole pierced through the centre of the base in order for the wick to be passed through. Tie the wick to a pencil placed across the top of the container, which will hold it firmly in place. Seal the hole with a blob of Blu-Tack on the outside of the carton before the melted wax is poured into the mould. Try to place the carton mould in a level position while the wax sets.

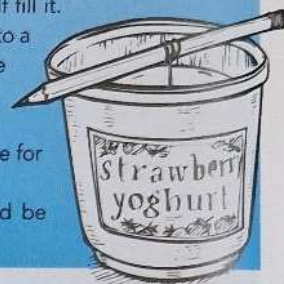
Interesting effects can be created by using colours to layer the candle, or by dipping a length of wick into melted wax and building up the candle in the more traditional way.

For a simple but fascinating effect, fix a plain, white candle on to an old saucer. Pour enough coloured, melted wax into the saucer to half fill it.

Then, carefully, lower the saucer, candle and melted wax into a bucket of cold water. The reaction of the melted wax in the water creates a fantastic wax sculpture around the candle.

It's difficult to remove the candle sculpture from the saucer, so ask the Guides to bring an old saucer from home for this activity.

Remember, wax is a flammable material which should be used carefully under adult supervision.



Cress heads

Cress heads are very easy to make using discarded eggshells. Draw or paint a face on the shell and fill it with wet cotton wool. Place it in an eggcup or an empty egg carton. Sprinkle cress seeds over the cotton wool.

At home, the Guides should put the 'egghead' on a

sunny window-sill and wait for a few days. Keep the cotton wool moist and watch how the little faces grow green hair.

At your next meeting, the cress can be cut and used to make tasty salad or egg and cress sandwiches.



Growing plants

As springtime approaches, we look forward to seeing plants and flowers growing in gardens and the countryside. Here are some good ideas to help Guides appreciate this seasonal cycle:

Grass heads

Here's a more ambitious idea using the same technique for making cress heads. Form the grass heads from a length cut from the legs of old tights. Knot the tube of material at one end and stuff it firmly with sawdust. Sprinkle grass seed on to the top of the sawdust and tie the material at the top, trimming off any extra.

Tease out a blob of material and sawdust and tie it to make a nose in the centre of the head shape. To complete the grass head, glue wobbly eyes and a felt mouth on. When the sawdust becomes wet, the grass grows to form your ugly mug's hair.

You will need: A craft knife; at least two small glasses; two different coloured inks — blue and red work well; one white carnation for each girl; florist's wire; and some old newspapers.

crafty ideas: fancy flowers

1 Protect the area you are going to work on with a layer of newspaper. If it is a wooden work surface, put polythene underneath the newspaper.

2 Carefully pour a 2cm depth of one of the coloured inks into one of the glasses. Place a similar amount of the second coloured ink into the other glass. (fig 1)

3 Now, very carefully, split the stem of the carnation, using the craft knife. It is important that the stem is split cleanly, as the eventual flower colour will not be spread evenly if the stem is lopsided when it is split.

4 Place one half of the carnation stem into the first glass containing one coloured ink, and the other half into the other glass with the second coloured ink.

5 Check that both of the stem ends are sitting at the bottom of the individual glasses, so they are covered with ink. (fig 2)

6 Within half an hour you will have a two-tone flower.

7 Then, take the flower stems out the of glasses and bind them back together using the florist's wire.

8 Repeat this process if you want more two-tone flowers.

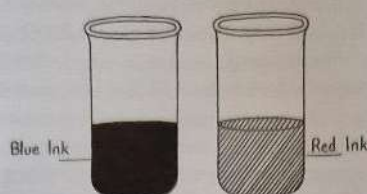


Fig 1

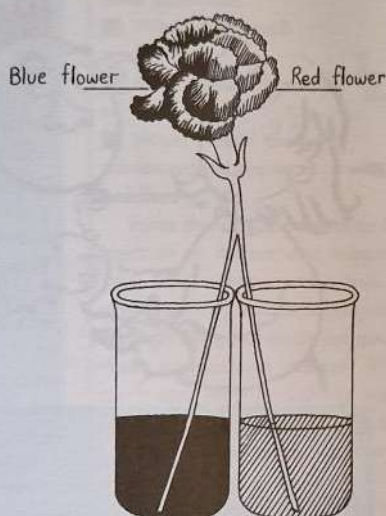


Fig 2

You can transform ordinary white carnations into stunning two-tone blooms, just by leaving them in a glass of ink.

Illustrations by Kate Taylor

Simply science

By making flowers change colour, you can see how water moves upwards, flowing through a plant's stem and into its leaves and flowers.

You can do a similar experiment with leaves. Put a twig with leaves on it in a glass of water. Add some cooking oil and mark a scale on the glass.

After a few days, have a look to see how the level of water falls as the leaves suck up the water. The layer of oil on the water stops it evaporating, so you can be sure all the water has travelled up through the leaves.

Make it look really unusual

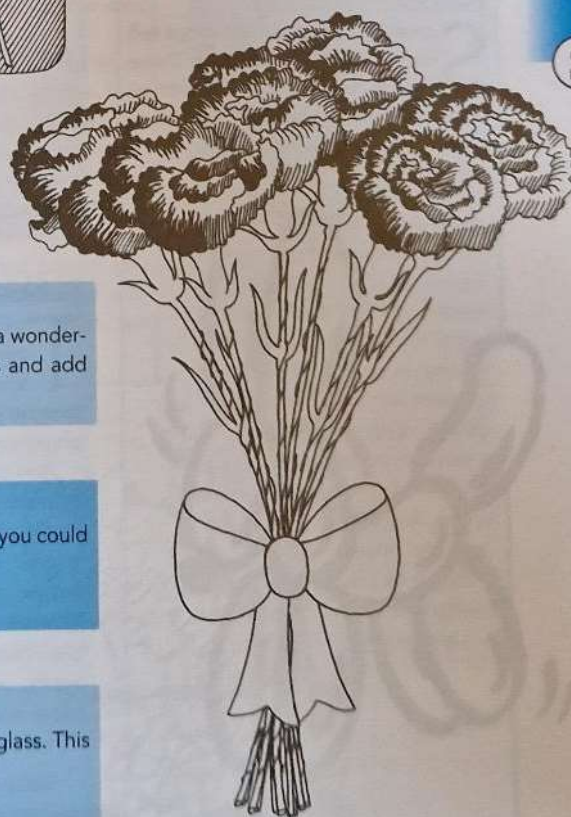
You can buy a whole range of coloured inks, including gold. To provide a wonderful and unusual display you could make a range of two-tone flowers and add some gold flowers too.

A blooming lovely bouquet

The girls will enjoy experimenting to produce the two-tone effect — and you could make a stunning bouquet to give to someone special.

Here's a handy hint

To save money, you could just buy one ink, and place water in the other glass. This will still give you a two-tone flower with white as one of the colours.



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ranger guiders

At a Look Wider training a group of Ranger and Young Leader Guiders drew up some ideas for meetings. These are some of them.

By Jenny Barnett
Illustrations by Jan Lewis

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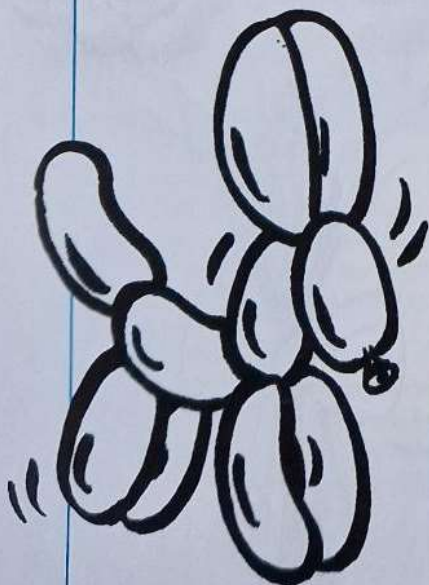
Blowing bubbles

Everyone enjoys blowing bubbles, from the youngest Rainbow upwards! You can experiment with concoctions of washing-up liquids and soaps to discover the best recipe.

You will need: a variety of washing-up liquids and soaps; wire plant ties to make blowers; buckets; bowls; and access to some water.

Balloon modelling

Some toy shops and gift shops sell special modelling balloons. These can be twisted into all sorts of weird and wonderful animals. Ask a local expert to come in and help.



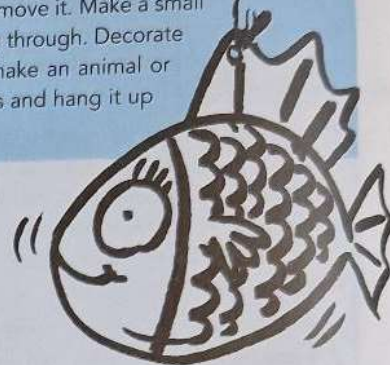
Make and use your own piñata

Piñatas are used in Mexico to celebrate various events. They originated in Italy, where they were used as entertainment at masquerade balls, but the custom spread to Spain and then Mexico.

A piñata is usually shaped into an animal, a ball or a star, and hung from a beam or a hook in the ceiling. Children are blindfolded and take it in turns to try and break the piñata with a stick. When the piñata shatters, everyone chases for the sweets hidden inside.

You can make your own simple piñata by using the shape of a balloon. Cover a balloon all over with several layers of papier mâché. Hang it to dry in a warm place — this may take three or four days.

When it is dry, burst the balloon inside, and remove it. Make a small hole at the other end and thread a piece of string through. Decorate the basic shape with crêpe or tissue paper to make an animal or other shape. Carefully fill it with plenty of sweets and hang it up from a beam or hook.



Balloon games

There are as many variations of these as your imagination allows.

For example, in balloon relays the players pass balloons under and over their heads/legs, between their knees, under their chins, and so on. Make it more interesting with water-filled balloons. Throwing and catching water-filled balloons is fun on a warm summer day!

Decorated balloons

Add faces, ears, hats and hair to blown-up balloons to make characters. You will need: a variety of collage materials; card; paper; cotton wool; wool; felt-tipped pens; sticky tape; and suitable glue, eg, Copydex PVA.

You could also design your own unique balloons.

Bubble prints

This is a very messy activity. You will need: poster paint; aprons; water; trays (eg, cat-litter trays); straws (one per person); washing-up liquid; and plain paper.

How to do it:

- make a mixture of paint, water and washing-up liquid in a tray.
- blow some bubbles in the paint using a straw.
- when you are happy with your bubbles, take a sheet of paper and place it gently on the bubbles. Remove the paper and you will have a colourful print of your bubbles.

Remember, as this is a messy activity, make sure that the girls are all wearing overalls or aprons and the surrounding area is covered with lots of newspaper.

Balloon debate

Hold a balloon debate. Your group is in a balloon which is running out of helium and which is going to crash within a certain period of time. There is only one parachute on board, so only one person can be saved.

Each person adopts a role. For example, you could be a famous scientist such as Marie Curie; Florence Nightingale (a nurse); an equal-rights campaigner such as Martin Luther King; a member of a revival pop group such as The Beatles; or a charity fund raiser such as Bob Geldof or Lenny Henry (Comic Relief).

Each person has to argue convincingly why she should be saved, and when time runs out the whole group has to decide who uses the parachute.

The Smartie game

Pass round a dish of Smarties and tell everyone to take as many as they wish, while making sure that they leave enough for those who still have to take theirs. Everyone must take at least one Smartie but may not eat it until you say so.

When everyone has their Smarties, explain that you now want the Young Leaders to introduce themselves, giving their names and one interesting fact for each Smartie they have taken. Only when a fact is shared may they eat a Smartie.

Individual progress

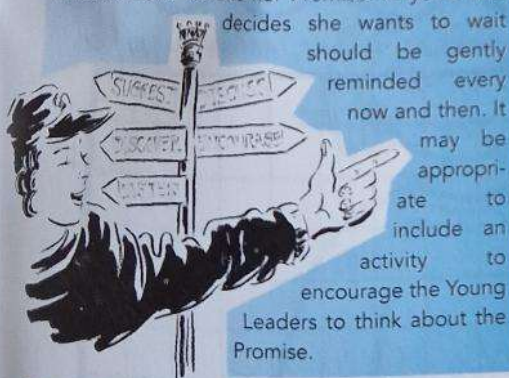
Allow plenty of time for the Young Leaders to discuss their progress. Some will know exactly what they are aiming for, while others will need guidance on which part of the programme is best for them. New Young Leaders will probably need an explanation of Look Wider and the requirements of the Discovery phase.

A larger group can be split according to what they are working on: Making It Count; the Guide Association Leadership Scheme; the Leadership octant; or the Duke of Edinburgh's Award.

As you listen to their discussion, you may need to guide them through peer assessment where appropriate. You could suggest what questions to ask; how to encourage one another; and ways of making sure that a clause has been covered.

This is an ideal opportunity to discover not only which clauses have been completed but which are causing problems. Do you simply have to point someone in the right direction, or is this a subject you could cover at a future meeting?

Remember that on completion of the Discovery phase, a Young Leader should consider whether she wishes to make/ remake her Promise. Anyone who



decides she wants to wait should be gently reminded every now and then. It may be appropriate to include an activity to encourage the Young Leaders to think about the Promise.

Closing

Young Leaders are sometimes asked to organise the closing moments of their unit meetings. The following prayer is ideal for when you are asked to arrange something with two minutes' notice, as it gets everybody involved.

Give thanks

Ask each member to think of one thing which she wants to thank God for. Allow them time to think and then, going round the circle, each person says something like 'Thank you God for ...'

Learning from each other

Just as all Guiders benefit from swapping stories and ideas, Young Leaders can also be encouraged to do the same in a structured way.

Ask each person in turn to relate one item that their unit has been working on recently. Perhaps you could start off with an example of something you have done. It could be as simple as a game or an activity lasting several weeks, such as a pantomime. They should say:

■ What the unit did, and what their part was.

■ What went well and why.

■ What didn't work so well.

■ What would they advise other Young Leaders to do.

Invite the others present to comment in an honest and supportive way, so that each person feels that she is learning and/or helping others through the exercise. Be prepared to make suggestions yourself, if they can't see why something was or wasn't a success. Practise your diplomatic skills when the failure lies with another Guider!

Very often, you will be able to relate the comments to the Five Essentials, and the Young Leaders will see just why they are essential. Everyone should go away with some new ideas, and all present will have been encouraged to evaluate what they do. As an added bonus, you should have a further insight into how individual Young Leaders are being used in their units.

young leader guiders

Young Leaders meet together infrequently, so it's a good idea to start with something designed to help them get to know each other better.

Words by Wendy Graham

Illustrations by Fran Whiteside



Learning to use your imagination

This activity works best if the Young Leaders know each other, however slightly. Read out a list of various questions which require them to use their imaginations, such as:

■ What would you do if you inherited a million pounds?

■ Which historical event would you most like to have attended?

■ Which film character would you most like to be?

They should write down their answers quite quickly, without discussing them. Collect in the papers, pick out one at random and read out the answers.

Can the girls identify the person to whom it belongs? Try to read out everyone's answers, not all together but throughout the meeting.



try this

Test your
map-reading
skills with these
fun exercises.

Words by
Pauline Wainwright
Illustrations by
Anthea Whitworth

Map symbols

■ Draw or find pictures (for example, post-cards or magazine pictures) for which there are map symbols — windmill, post office, castle, and so on. Or you could copy the symbols illustrated here. Then draw the map symbols on separate cards. Give numbers to the pictures and letters to the symbols, and put them round the room. The girls then go round and write down the number of the feature and the letter of the corresponding map symbol.

■ Find pictures which show a variety of features — calendar pictures are often good for

this. Give each Patrol a picture and ask them to draw the symbols for as many features as they can find. The pictures are then passed on to another Patrol who do the same. See which Patrol is able to find the most features in each picture used.

■ One girl from each Patrol goes to the leader and is shown an unnamed map symbol. They then go back to their Patrols and have to mime the feature shown. The first girl to guess goes to the leader for the next symbol.

■ The leader tells a story about an imaginary walk in the countryside, mentioning various features that she passes or sees.

After naming a particular feature she pauses and the Patrols have to draw the map symbol for that feature. The first Patrol to take the correct symbol to the leader gains a point.

■ Give each Patrol an Ordnance Survey map and ask them to prepare a list of ten questions based on map symbols. For example: 'Is there a post office in Northfield?'; or 'Does the railway go under or over the road near Southfield?'. They then give their list of questions to another Patrol who have to answer them.

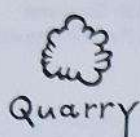
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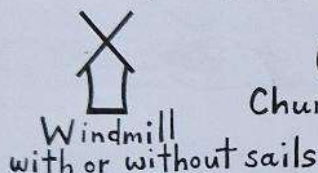
Quarry



Electricity transmission line



Picnic area



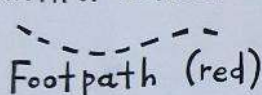
Windmill with or without sails



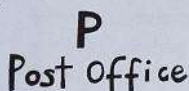
Church with spire



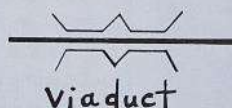
Public telephone



Footpath (red)



Post Office



Viaduct

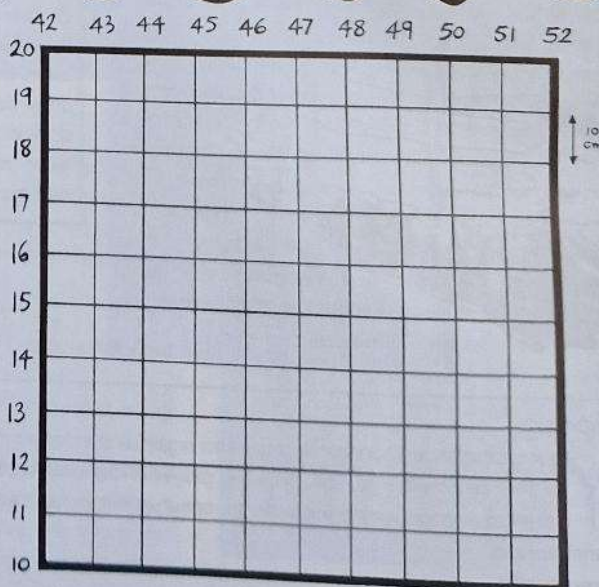
Grid references — a step-by-step guide

1 four-figure references:

■ Give each girl a sheet of paper on which there is a grid of 10 x 10 one-centimetre squares. The lines should be numbered across the top and down the side (it will be less confusing for beginners if the two sets of numbers are different). The girls colour in the squares to make a pattern on their grid, using three or four different colours. They then make a list of all the squares of each colour — for example, red: 4210, 4311, 4412 and so on. The list is given to another girl, who has to reproduce the pattern, based on the grid references given. They then compare patterns — if they are different, the girls should work out who has made the mistake!

■ Mark out the floor or ground into a similar grid with chalk, tape or string, and number the lines as above. Each girl in a Patrol is numbered and the leader calls out a number and a four-figure reference. The girl with that number runs to put a Patrol 'marker' in the correct square. The rest of the Patrol can call out instructions if they think the girl is unsure. Give points to all those who choose the correct square.

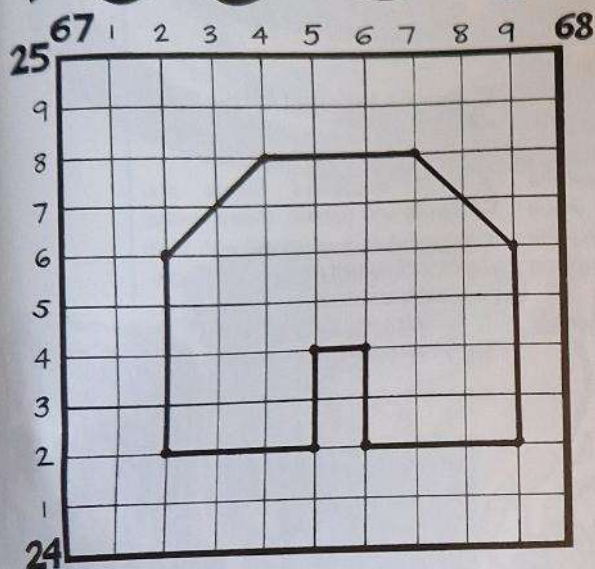
Four-Figure References



2 Six-figure references:

■ The girls often find these difficult to grasp, so to start with ask each girl to draw one square and divide it into a grid of 10 x 10 smaller squares. They are then given a series of six-figure references, which they

Six-Figure References



should mark and then join up with a single line. For example, the following references would produce the picture shown on the illustration: 672242, 672246,

674248, 677248, 679246, 679242, 676242, 676244, 675244, 675242. The girls could then draw their own picture, and give the references to another girl to try. Once they have grasped the principle, they should try the same activity with a plain square (for instance, estimating the positions of the references in the square).

■ Draw or mark a plain square on the floor to represent one grid square. Then give each Patrol identical sets of cards with six-figure grid references written on them. Choose one Patrol to start — they select one of their cards and one girl goes to stand in the square at the correct point. The other Patrols look at their cards, decide which reference she is at, and send one of their members with the appropriate card to stand next to the first girl. When all the Patrols have made their decisions, compare cards and give points to all the Patrols who are correct. (Remember, if the first girl is standing at the wrong place, her Patrol loses a point!)

■ Once the girls are confident with six-figure references in one square, they can then extend their skill to grid references generally. Give each Patrol a grid — the same grid as was used for the four-figure reference patterns can be used again — and call out a six-figure reference. The Patrols mark this on their grid — for example, with a felt-tipped pen — and one girl runs to the leader with the grid. Give points to all those who are correct and continue with another reference.

■ A similar activity, but the 'other way round', is to prepare a large enough grid for all the Patrols to see. The leader puts a blob of plasticine somewhere on the grid. The Patrols then have to write down the six-figure reference for the blob, and one girl runs to the leader with the answer. Again, give points for all the correct answers.



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get cooking

These simple recipes are ideal for girls who love to cook during meetings.

■ All the recipes are suitable for Brownies, Guides or Rangers. Rainbows might enjoy making the alphabet scones, but they'll need lots of adult help and guidance.

■ The girls could work on the recipes individually or in Packs and Patrols.

■ Use one meeting to plan, remembering to decide who will bring the ingredients and cooking utensils.

■ You could ask each Patrol or Pack to organise their own ingredients and utensils, making each girl responsible for bringing in one thing.

■ It's worth bringing in some vital ingredients yourself, just in case someone forgets, or doesn't turn up on the night.

Bread hedgehogs

You will need:

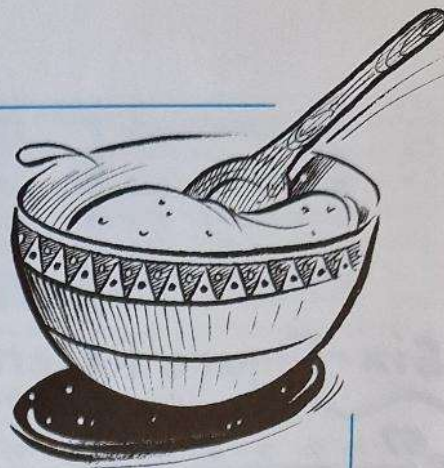
450g (1lb) strong flour (white, whole-meal or a mixture of the two)
1 1/2 tsp salt
1 tsp sugar
1 tbsp easy-blend dried yeast
300ml (1/2 pt) milk, warmed
currants

1 Mix together the flour, salt, sugar and yeast, then pour in milk and mix to make a dough.

2 Knead the dough until it is smooth and springy. Put dough into a bowl and leave in a warm place for half an hour or so.

3 Take the dough from the bowl and cut it into 12 pieces and shape each piece like a hedgehog. Snip the dough on the top with scissors to form the hedgehog's spikes

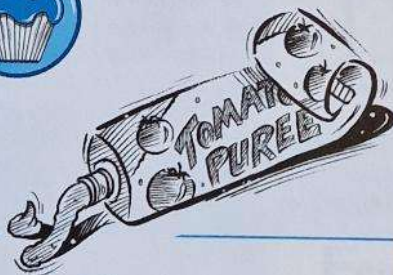
4 Press currants on to the hedgehogs for eyes.



5 Bake on a greased baking tray at 220°C (425°F) gas mark 7 for 20 minutes.

6 Some suggested fillings are: cheese and tomato, cream cheese and cucumber, tuna mixed with plain yogurt or mashed banana with strawberry yogurt.

National Dairy Council
Dairybear's Favourite Recipes



French bread pizzas

You will need:

4 bread rolls (for 8 individual pizzas)
1 40g can double concentrate tomato puree
1 small onion, very finely chopped
salt and freshly ground black pepper
300g can chopped mushrooms
198g can sweetcorn with sweet peppers
400g can premium hot-dogs, sliced
75g (3oz) cheddar cheese, grated
dried oregano

1 Slice the bread rolls in half lengthways.

2 Spread 1/2 tsp of tomato puree on to the cut side of each roll.

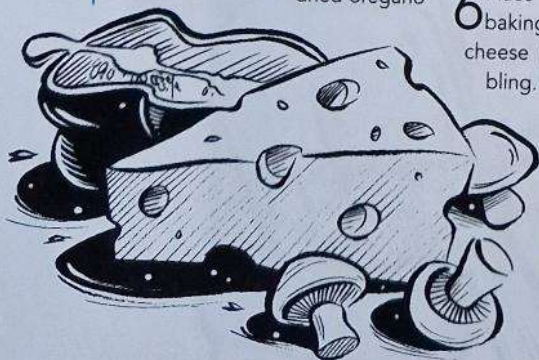
3 Sprinkle over a little onion and season with salt and pepper.

4 Divide the mushrooms and the sweetcorn with peppers between each mini pizza.

5 Top with sliced hot-dogs, grated cheese and a little oregano.

6 Place the individual pizzas on a baking tray and grill until the cheese has melted and is bubbling. Serve immediately.

Canned Food
Information Bureau



Alphabet scones

You will need:

225 (8oz) plain flour
salt
50g (2oz) butter
75g (3oz) grated
Double Gloucester cheese
150 ml (half a pint) milk
1 tablespoon sesame seeds

1 Sift flour and salt into a large bowl.

2 Add butter and rub in until the mixture resembles fine breadcrumbs.

3 Stir in finely grated cheese and add sufficient milk to make a soft but not sticky dough.

4 Roll out the dough on a lightly-floured surface to approximately 2cm (half an inch) thick.

5 Using either shaped cutters or a sharp knife, cut the dough into a variety of letters.

6 Place the scones on a baking sheet, sprinkle over 25g (1oz) finely grated cheese and the sesame seeds (not for children under 5).

7 Bake at 210°C, 425°F, gas mark 7 for 10-15 minutes until the scones are well risen and golden brown.

8 Transfer to a wire rack to cool. Serve plain or split in half and filled with ham, salad or other sandwich filling.



NDC/cheese for
children

Alphabet
scones



Eat it all up

Of course, the bit the girls will enjoy most is eating the food they've made. If everyone has been making different recipes, you could have a taster session, when the girls try out the various goodies... and still have some left to take home..

Bread
hedgehogs



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French
bread
pizzas



CANNED FOOD INFORMATION BUREAU

Looking good

Take the opportunity to show the girls how to present food. Help them to lay the table and ask for lots of ideas on how they can make the food look really appetising when it's served.



Parents evening

If the girls are really keen, they could invite parents over for one special evening and do the cooking, serving and clearing up

Here are
some of the
highlights
from 1995's
GOLD

projects,
which
involved 52
Association
members.

golden moments

East meets West

Two Guiding groups went to Russian cities — Moscow and Saratov on the Volga — to teach English to Russian Guides in a camping situation. The Russians studied English in the morning and practised using it during camp activities in the afternoon.



KATE TURNER



ANNIE BRETHER

First-aid skills

These Guides from Kenya in East Africa learned some first-aid skills during a GOLD project held there last year.



JO HALL

Camp fires burning

No matter where you are in the world, there are some Guiding traditions which will never die out. These Russian Guides built a camp fire near Moscow, helped by members of a GOLD team.



KATE TURNER

All dressed up

Everyone enjoyed this fancy dress party at an English-language teaching camp in Slovakia. This is GOLD's second year there, following the country's split with the Czech Republic.

ts

Training in Thailand

Talking to Buddhist monks about the advancement of women and helping them to understand the Guide concept about 'thinking of others' were just two of the tasks which faced long-term volunteer Lynda Rolph. Lynda, who worked in Thailand for over six months, was also involved in training leaders, helping at English teaching camps and developing the Guiding programme in the country.

Also, in October, a group of four volunteers travelled to Thailand to teach Guiding and camping skills, adopting the theme of 'Water is life'. And, at the end of the year, another group went to Thailand to train adult leaders in basic camping skills at an event entitled 'Camping is fun'.

Volunteers

GOLD project volunteers work either long-term for a period of between three and six months; or short-term for between three weeks and a month.

Getting to know you all

GOLD project members enjoyed a friendly group discussion with local Guides during a visit to Kenya. Two GOLD groups visited the country in 1995. One went to near Mombasa and the other went to Nairobi.



ANNIE LITTLER

Guiding overseas

Much has been achieved abroad through Guiding's GOLD overseas community projects

GOLD stands for Guiding Overseas Linked with Development. The scheme is directed primarily at the 16-30 age group. It was set up by The Guide Association to provide opportunities for personal development through community work overseas. The volunteers are also able to increase their own understanding of other countries.

Vital health information

One small GOLD group brought vital health care information to people in Sri Lanka. Their work included advising on hygiene, diet and the correct way to feed children.

Their aim was also to maintain links with the country, which has co-operated with UK Guiding since the early 1980s. As well as teaching primary health care, the volunteers also visited areas where UK groups had previously worked.

UK Guiding's links with the Sri Lanka Girl Guides Association have also been maintained through long-term GOLD volunteers Sam Blood and Helen Sibley. Their work in the country has involved organising English-teaching classes and teaching income-generating skills. It is hoped that another two women will take over from them this year and continue this work.



SAM BLOOD

How you can take part

If you want to take part in GOLD you should first attend an International Opportunities (INTOPS) weekend.

These weekends give a grounding in international Guiding. People on the course are given tasks which have been designed to demonstrate whether they are self-motivated and have the stamina and sense of humour to cope with the mental and physical demands of GOLD project work.

If you attend an INTOPS weekend, you could be selected to take part in a GOLD project. However, competition is tough as places are limited.

The next INTOPS weekend

The next INTOPS weekend will take place at Waddow Hall near Clitheroe, Lancashire on November 8-10.

To apply for a place at this weekend, or for further information about GOLD, contact: GOLD, Guiding Services, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Tel: 0171 834 6242.

information

Training Centres

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, BT18 0BP
Tel: 01232 423180

Hautbois

Great Hautbois Road, Coltishall, Norwich,
Norfolk NR12 7JN
Tel: 01603 737357

Netherurd

Blyth Bridge, West Linton, Peebleshire
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 0860 393026. Fax: 01342 811206

Heritage Centre

The Heritage Centre is open Monday-Saturday during holidays and Thursday, Friday, Saturday only at other times.

Entrance charges are £2.00 per person and it is necessary to ring the centre and book a preferred session in advance.

There are five sessions per day at: 9.30-11am, 11am-12.30pm, 12.30-2pm, 2-3.30pm and 3.30-5pm. Time in the picnic area is included in each session time. The preferred maximum number of visitors per session is 35.

Country and Region HQ addresses

Anglia

Ashley House, Old Station Road,
Newmarket, Suffolk CB8 8DT.
Tel: 01638 665482/1. Fax: 01638 561138

London and South East

3 Jaggard Way, Wandsworth Common,
London SW12 8SG.
Tel: 0181 675 7572. Fax: 0181 675 3270

Midlands

21 Lower Church Street, Ashby-de-la
Zouch, Leicestershire LE65 1AB
Tel: 01530 412703. Fax: 01530 560165

North East England

106 Heworth Green, York YO3 7TQ
Tel: 01904 421324. Fax: 01904 431445

North West England

1 Ribblesdale Place, Preston, Lancashire
PR1 3NA
Tel: 01772 823331. Fax: 01772 881051

Scotland

16 Coates Crescent, Edinburgh EH3 7AH
Tel: 0131 2264511. Fax: 0131 2204828

South West England

Ladywell, 33 The Close, Salisbury SP1 2EJ
Tel: 01722 329306. Fax: 01722 410232

Ulster

38 Dublin Road, Belfast BT2 7HN
Tel: 01232 322543. Fax: 01232 328867

Wales

Guides Cymru Office, Broneirion, Llandinam,
Powys SY17 5DE
Tel: 01686 688652. Fax: 01686 688098

Note

All copy for inclusion in May's *GUIDING* should reach CHQ by February 16. Please address all contributions to Nora Warner.

GUIDING

The official magazine of The Guide Association (Incorporated by Royal Charter)
Published on the last Thursday of each month.

ISSN 0265-2706

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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

Tracy Boules
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.
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official

your letters

These letters reflect the writers' own views and not Association policy.

Next time, ask us first

I appreciate that anything can be said with hindsight, but I would like to say that I, and many others to whom I have spoken, feel that Rainbow Guides should never have been introduced.

The result of this addition to the Movement is that many girls – having spent five or six years in Rainbows and Brownies – have either had enough, or want to do something different, leaving the Guides depleted.

The introduction of another grouping means that our already over-stretched leaders have to cover the three age groups, and this has proved extremely difficult.

I recall saying then, it would have been better just to alter the age groupings. For example, Brownies six to nine, Guides nine to 12.

This would make the move to Guides take place before going to 'big school', which seems to be a great deterrent. And the 12-year-olds would then be able to go on in various directions, if they wished.

It seems we are moving towards a situation where we look like a jolly activity for little girls from five to ten, and are completely losing out where the older girls are concerned – proved by the numbers given in November's *GUIDING*.

Next time a major decision is made within the Movement, perhaps the adults at the sharp end could be given the opportunity to voice their opinions first.

Mrs Brenda Hand

Division Commissioner, South Trent, Nottingham

When to get help fast

Thank you for the excellent article, *Living with Asthma*, in November. It is important that this growing problem is addressed to give Guiders confidence to cope with it. However, I feel that your article did not stress when to seek help, if the attack does not resolve.

The reliever medication should be taken as soon as possible and may be repeated after five minutes. Should the attack not improve, the reliever medication may be administered every five minutes, but medical help must be sought.

If at any time a child is not able to complete a sentence in one breath, goes blue around the lips, or becomes drowsy, then immediate medical help must be sought by dialling 999.

Asthma is sometimes underestimated and a severe attack can be life-threatening. If in doubt, seek help.

Alison Sutherland

Respiratory Nurse Specialist
Guide Guider
95th Nottingham

Happy days

The centre pages of the November issue – *War Diaries* – brought back happy memories to me of my two years as a Cadet with Glennie from 1946-8.

I particularly enjoyed camping, especially one frosty November at Hainault when we had to 'walk' the frozen tents into the store! Happy days!

Margaret Charnley (née Dickinson)

Chairman Lancashire
North West Trefoil Guild

● I wonder where the Company log that I contributed to in 1948 is now?

The way forward

Let's be different and keep February 22 as our Census date – it's important to us and the computer means dates for this type of thing are arbitrary anyway.

However, let's make women members of The Guide Association in their own right. Although I have two daughters young enough to be members, I am a Guider because I want to belong to the Association and give back to it what my Guide Guider, Ranger Guider and countless other Guiders gave me.

But I want to remind those higher up in the Association of the basic tenets of the Association, which don't get into *The Guiding Manual*, just as my Brownies remind me in Pow-wow what they have come to Brownies for.

We should have a mechanic for those former members, who haven't the time to Guide but would give their annual capitation to help – to make a donation.

I actually enjoy my unit meetings, and some of the tasks I carry out to produce our programme. Isn't our own enjoyment the reason why we should continue to Guide, not just because our daughters belong or because no one else will do it?

A commitment to training should be a major issue for all Guiders and should far outweigh the high claims of home and family. We can't encourage girls to do what we won't do ourselves.

I feel an expansion of Friends of Guiding Groups and a commitment to having a meeting every quarter, or every term, could combine business with pleasure to make a realistic way forward.

Yvonne Murray

Guider-in-Charge

2nd Earsdon Brownies, Tyne and Wear

Don't miss out

I am writing to let other Guiders know how much I enjoyed a County training weekend at Great Hautbois House in Norfolk.

The theme was 'the arts', and the weekend was run for the County of Birmingham Guiders.

As a fairly inexperienced Guider, I was somewhat nervous. But, once I was there, I found the warmth and friendship a valuable and memorable experience.

I hope that by sharing this positive experience with others, younger Guiders who may be uncertain about signing up for a training weekend, may be encouraged not to miss out. I'm glad I didn't!

Mrs Alison Webber
Birmingham
West Midlands

Violence out of place

Our Guide Company has performed a Christmas panto each year since a script first appeared in *Today's Guide*. This year, however, we are most disappointed in *Mog in Trainers*.

We believe it to be in very poor taste and not in keeping with the Guide ethos.

In this age of increasing violence we do not believe that even in 'fun' such an example should be given by Guides and are very surprised that such a play appeared in *GUIDING*.

**Elizabeth H Reid, Anne Goudie,
Sharon Crawford, Gill Scott**

● Gillian Ellis, who wrote the script, would like to reply to another Guider who contacted her direct but who did not include an address.

Capable Children

I was interested to read in November's issue about Heartstart UK.

Shapinsay was one of the first communities to undertake the Heartstart programme and, last winter, saw about 60 of the 300 inhabitants of our island trained in Emergency Life Support.

Both I, and the Cub Leader, attended training, and we felt this was something our Brownies and Cubs could benefit from. Because of our small numbers we meet jointly with the Cubs.

The Brownies and Cubs were as keen as us to take part. So, after some preparation, we held our first training session. All ten of the Brownies and Cubs who took part received their Heartstart certificate.

This is a worthwhile course and Brownies are as capable as adults of carrying out ELS. They get a sense of achievement and, as a bonus, they have done much of the work required for the First Aid badge.

Sheila Garson

Brownie Guider
Shapinsay, Orkney

Pressure point

I agree with the letter about transfer ages which appeared in December's *GUIDING*.

As a Guider with 5th Upminster I feel that the age for moving from Brownies should be changed to nine. I lose many girls when they go up into secondary school due to homework pressure and so on.

P Medley (Mrs)
Upminster, Essex

Filling in the gaps

I agree wholeheartedly with Tanis Duparc's letter about national pride in December's *GUIDING*.

I have been a Guider since 1969 and, over the years, have taken Rainbows, Brownies and Guides. I have always included Saints' Days and the Union Flag in the programme in each section, and the National Anthem and knots in the latter two.

Baden-Powell was keen on the out-of-doors, and this can include finding out about the local area. It is surprising how little the girls know about this. Surely Guiding should be teaching some useful information which is not taught elsewhere?

Yvonne Wright
2nd Sidcup (St Johns)
Rainbow Unit, Kent

Letters should be kept short and the Editor reserves the right to edit any contribution. They must give the author's name, address and, if possible, a daytime phone number.

Get off the fence

We are the largest organisation for young women, but are we the most influential? This was the thought behind A Personal View in December's *GUIDING*. Unfortunately, I can only agree with the author of this piece. We have very little, if any, influence in the world today. One of the main reasons for this is our public image.

At present, many people see us as 'goodie goodies'. According to the general public, we are only there for youngsters who wish to conform to this 'perfect' image. I feel this is because we don't get involved in controversial or unpleasant issues.

We should be doing more to show that we are not just here for those young women who want hiking and camping, although these are activities that I have encouraged and participate in regularly.

There are thousands of young people in the world who are crying out for things to do and places to go. These people include many who have poverty, violence, drugs and alcohol in their backgrounds.

They are the people we should be trying to reach. I know we are trying, through various projects to help such youngsters, but is it really enough? Maybe it's time that Guiding (and Scouting) came off the fence and were finally heard.

Name and address
supplied

Losing always hurts

I was so interested to read about Anglia Region's Eisteddfod. What especially pleased me was the non-competitive nature of the event. To me, this is one of the essences of Guiding — personal and collective challenge and achievement.

My daughter came home from her Guide Hallowe'en party down in the dumps. There had been prizes for the best costumes (not a strong point in our family), and this coloured her enjoyment of the party.

I was asked to judge in another Company - hated it - and am unlikely to accept such an invitation again. How can we judge?

Our Brownie Pack had a 'fashion' parade of costumes — they walked two by two down the catwalk while everybody clapped.

Diana Brockbank
1st Forres Brownies
Findham, Moray

Welsh efforts bought Broneirion

I was pleased to read the full-page article focusing on the emphasis of Welsh culture in Guiding in Wales in December's *GUIDING*.

I am always delighted when we receive publicity for Welsh Guiding, and the Guides Cymru Training Centre, Broneirion. However, I do feel that several times, mention was made of The Guide Association, whereas, more correctly, it should have been the Guide Association of Wales, or Guides Cymru.

In particular, I must correct the statement that 'Guides Cymru's Headquarters and Training Centre Broneirion was recently bought by The Association'.

The Broneirion estate was recently purchased by Guides Cymru, and is owned, managed and run entirely by them.

The membership of Guides Cymru worked hard over two years to raise a remarkable amount of money for the purchase and endowment of the Training Centre, which had previously been lovingly used by Guiding in Wales over 45 years.

The Guides Cymru membership and supporters would justifiably feel upset at reading that their great efforts to purchase this magnificent centre were being described as 'an Association purchase'.

It does most certainly belong entirely to Guides Cymru but, through their efforts, it is available for use by all members of The Guide Association.

Anne Faulk
Chief Commissioner
Guides Cymru

mexican magic

Pat Beevers, Guider of the 2nd Braunton Community, Devon, spent a marvellous month in Mexico with UK Rangers and Young Leaders.

Before enjoying some hospitality in two locations, Pat and her girls had already seen Mexico City. They had also spent ten days at Our Cabaña working in International Patrols with parties from Mexico, Norway, Australia, and Aruba, a Dutch island territory in the Caribbean.

'It was a wonderful experience,' said Pat. 'It was quite mind-boggling to realise that although we came from such different countries, we had so much in common.'

The girls took part in Operation Lamina – a project to provide low-cost housing for the poor – first, before travelling to meet their hosts in Puebla and then Oaxaca. This gave us a valuable insight into Mexican family life,' Pat said.

'But the most memorable part of the visit for me was when, quite unexpectedly, a Guider in Oaxaca asked me to enrol two Mexican Guides at a closing ceremony. It was such an honour.

'We were at the most fascinating place of all, Monte Albán, among the awe-inspiring remains of the ancient Zatopec capital. It stands on an artificially flattened hilltop with spectacular views over the surrounding hills and valleys.

'After a day spent exploring the tombs and temples, the host Guide

company arranged the closing ceremony,' Pat explained.

The two Mexican Guides, Ana and Gabriela, had been working on pre-Promise challenges for over a year. One of their challenges had been to organise a cultural evening for their guests, including modelling seven traditional costumes from the surrounding regions.

'It was a really important moment for the girls and they were thrilled to be enrolled by someone other than their own Guider,' Pat recalled.

'The atmosphere was electric as the girls formed a traditional horse-shoe. I spoke very slowly in English so that everyone could understand. And the girls made their Promise back to me in English.

'It was a very emotional moment,

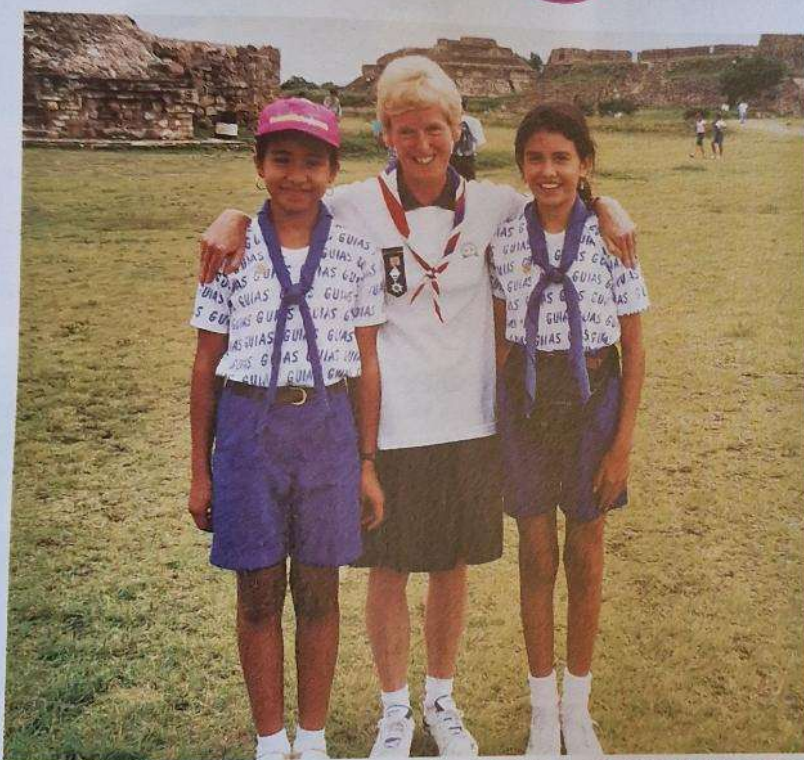
and it brought home to me that Guiding is truly international.

'Here were girls in Mexico with such different lives, having had such completely different experiences, yet they were making the same Promise that my Guides do back home in Devon.

'When I got home I sent them a British Promise Badge and certificate and I now call them my special 2nd Braunton Guides.'

Pat hopes that all the girls who went to Mexico will be reunited at a friendship camp in Devon next year. All the Guides they met while in Mexico and during their stay at Our Cabaña will be invited.

'It was a trip of a life-time,' declared Pat, 'and I made so many friends, I just want to go back.' ■



Pat Beevers will always remember her two 'special Guides' — Gabriela (left) and Ana

A Guider selected to lead a group of United Kingdom Senior Section girls to Our Cabaña, will never forget enrolling two Mexican Guides.

By Kirstie Gray

in focus

Bohemian rhapsody

Visiting Czech Guide friends in Prague, Mary Tamber and Cressida Burkinshaw of the 1st Heddenham Guides from Cambridgeshire picked blueberries in a forest near their hostel in Bohemia. The Czech Guides are looking forward to a return visit to England this summer under Friendship II.



SALLY LYNCH



J. DAVIS-BATER

She's caught the mug bug!

Katie Davis-Bater from Belper in Derbyshire, an enthusiastic Brownie with the 1st Holbrook Pack, discovered her passion for 'logo' mugs about two years ago. Seven-year-old Katie has written to companies and individuals, requesting promotional mugs to add to the 350-plus in her collection. Many of the mugs displayed on her bedroom wall cannot be bought over the counter.

All together now!

Better work hard girls or you're never going to knit that ski by teatime! In an initiative test set for them at a North Devon activity centre run by Bickton College, girls from the 3rd Crediton Guides had to concentrate and co-operate. However, there was a definite element of fun as well.

Mrs Moppets in fine voice

A woman's work is never done! Brownies from the 7th Oxhey Pack in Watford sang more than a few bars of soap in the Anglia Eisteddfod. Their entry, representing Hertfordshire, was *The Cleaning Song*, written by Guider Jenny Board to the tune of *The Twelve Days of Christmas*.

LIZ ALLNUTT





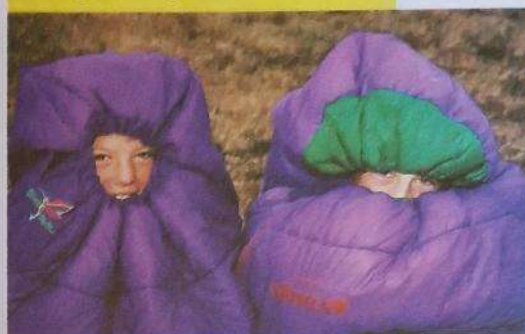
Under the rainbow

What better photo opportunity could you find for a group of Rainbows than this giant arched rainbow in Hemel Hempstead, Hertfordshire? The girls of the West District Rainbows were on their way to deliver used postage stamps to a local hospital for its scanner appeal when inspiration hit Guider-in-Charge, Jean Dutton.

Pass the hottie

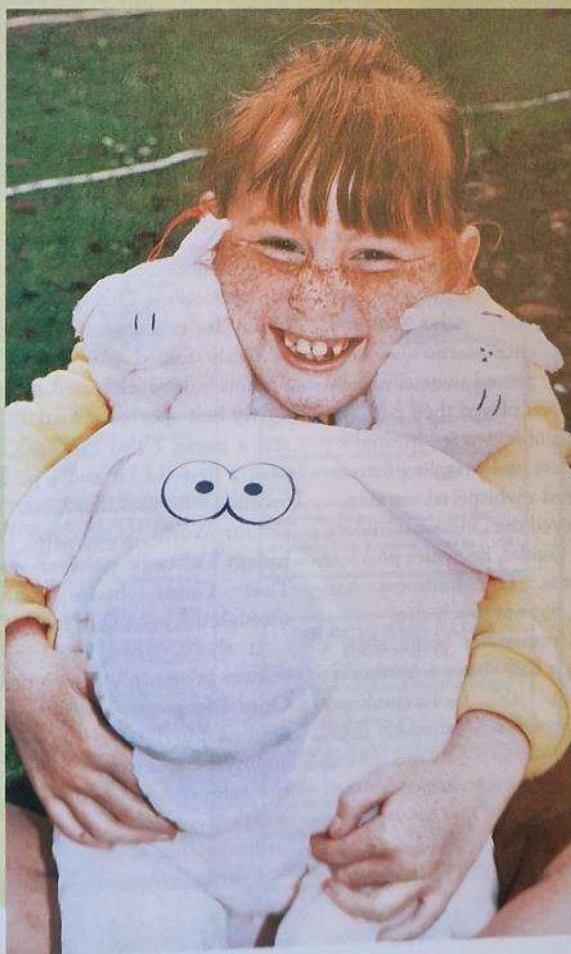
'We're not getting dressed 'til it's warmer!' Members of the 1st Odiham and 1st Silchester Guide units slept under the stars at Winchfield Court, near Hartley Wintney in Hampshire. The trouble was, they found it hard to emerge from their cosy 'cocoons' the following morning.

PEGGY WELCH



Pigs might fly

There's no way these little piggies are going to market! In fact, seven-year-old Brownie Helena Drage was careful to keep them by her side on the Brownie stall at St Clement's Fair in Leigh, Essex, just in case the barbecue was too close for comfort.



EVENING ECHO, BASILDON

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once a guide...

Baptist
Minister
Barbara
Huntley
proudly
wears her
Guide badge
on her
gown on
Thinking Day.



Now a Baptist Minister, Barbara Huntley is still a Guide at heart.



Back in 1962 Barbara was Patrol Leader of the Swallows.

The colours processed slowly down the two side aisles. Young, enthusiastic faces peered anxiously ahead as the bearers played their part.

The Rainbows were hushed by their leaders and wriggling Brownies received a whispered warning.

I surveyed the Division: Guiders, Rangers, Guides, Brownies plus lots of parents. The uniforms had changed, but not much else.

I still remember going with a friend to a hall above a Methodist church in 1957. I clutched my father's copies of *Scouting for Boys*, and *Be Prepared* — my Guiding career was about to begin. I joined the Swallows and rose to the dizzy heights of Patrol Leader.

Memories of games, test work,

badges flooded back, not forgetting the inspections. Our triangular ties (ready for emergencies) had to be correctly folded and ironed. Our pockets bulged with useful things.

My belt sported a hank of cord and a purse. I also carried a compass, a first-aid kit and a penknife bristling with useful gadgets.

Our World badges and Guide badges had to be polished weekly. That Guide badge travelled through the years with me.

It shone when I carried the colours at monthly church parades. Once I forgot to lower them and crashed into the doorway. And how annoyed Captain was when I took the colours home and my mother obligingly washed the dirty but dedicated 'flag'!

I carried colours down the aisles

of St Paul's Cathedral, Southwark Cathedral, parish churches and through the streets of Kingston at our annual St George's Day parade. I will always remember the parade when I lost my shoe as we swept past the Mayor!

My badge shone when I wore full uniform to go out hiking. Not for us the ease of tracksuits and sweatshirts! Skirts, ties, shirts and even berets had to be worn in the not-so-swinging Sixties.

We hiked for miles relying on compass and map, singing Guide songs as we marched along.

My badge shone when I camped in ever-changing fields; pitching bell tents and ridge tents, making tripods that rapidly collapsed and struggling with yards of hessian to erect screening for lats.

Water came from standpipes surrounded by churned-up mud.

My badge shone when I was in a guard of honour for Olave, Lady Baden-Powell. The Queen's Guides from the County all stood there swollen with pride. She came and shook every hand. A firm, left-handed Guide handshake. My hand went unwashed for a long time!

The same badge shone when I wore it for years as a Brownie Guider, Assistant Guide Guider, and Trainer.

For 25 years Guiding was a part of my life. I learned a great deal, and it was fun! I gained a great deal, and I like to think I put something back into Guiding as I grew older.

I don't remember ever thanking the Guiders who helped and encouraged me. Like most youngsters, I took it all for granted.

I expect my Guide Captain felt like giving up sometimes, But I'm so glad she didn't!

Guiding is, after all, a wonderful training for life. ■

CLASSIFIEDS

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Scout Centre, Agincourt Road, Blackwell, Nr
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7742
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Map Reference: Sheet 125-085 245

Send for further information from:-
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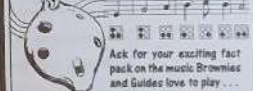
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County Camp Adviser (Signature)

Advertisements for joint Ranger/Venture Scout events must be countersigned by the Guide County Commissioner indicating her approval of the event

Guide County Commissioner (Signature)

The Guide Association takes no responsibility for statements made in advertisements or from any matter arising therefrom.

Anna-Camilla Tink

from Grimsby, Humberside

A Ranger with the 1st Grimsby East Unit, 18-year-old Anna-Camilla has gained both the Queen's Guide Award and the Duke of Edinburgh's Gold Award.

I knew I was setting myself up for a great deal of hard work by working for both Awards at once. But, with the variety of activities I had in store (including going to Romania), I was definitely going to be too busy enjoying it all to worry about the work involved.

Making my way through the different clauses, I found that I was not only gaining expertise in areas which I knew already, but I was also having a lot of fun going into untried territory. Kayaking and other water sports are some of my main interests, so I was very pleased to get the extra practice, and, at the same time, be able to include this in my award work.

I travelled to Belgium to take part in a four-day kayaking expedition on the River Semois. The weather was determined to make the event as challenging as possible and threw a whole range of climatic extremes at me — from glorious sunshine to hail-stone showers. I kept afloat through it all and looked forward to my night's sleep back in camp. But, unfortunately, the nights at that time were always freezing.

As I love the water, I felt that gaining my Preliminary Teacher's Certificate from the Amateur Swimming Association would be great. With it, I would be able to help others share my passion.

I now work with beginners and have spent many happy hours with Guides at my local water-sports centre teaching them how to canoe. The experience has been very useful, and it will be a big help when I'm at college, where I will be taking an Outdoor Studies course.

Gathering information on several charities, I wondered whether my love of music — I play the flute and piano and also sing — could be put to good use. Hands in Harmony is a charity that works in Romania as well as the UK. I thought this would be a good way for me to combine my skills.



The next task I set myself was getting to know more about the country of Romania. I spent a lot of time reading and tried to give myself a real sense of its culture and history. This was good preparation, because I was soon on a trip bringing aid to the people and places I had just been reading about.

Our mission was to deliver vital supplies and to hold music workshops. The borrowed van we used was laden with relief supplies for orphanages and hospitals. Among the aid parcels we also carried some 'secret weapons' — musical instruments, including glockenspiels and tambourines.

When we arrived and unloaded, the children immediately went crazy, making as much noise as possible. They enjoyed themselves even more later, when they were organised into workshops and found that they were actually creating music.

The conditions that some of the children lived in were very basic. One hospital we visited was bare, badly lit and unlike any hospital in the UK. Some children had been threatened with being sent away, as the building they were living in desperately needed renovating. But

sponsorship from The Body Shop meant that the necessary improvements could be made, enabling the children to stay together.

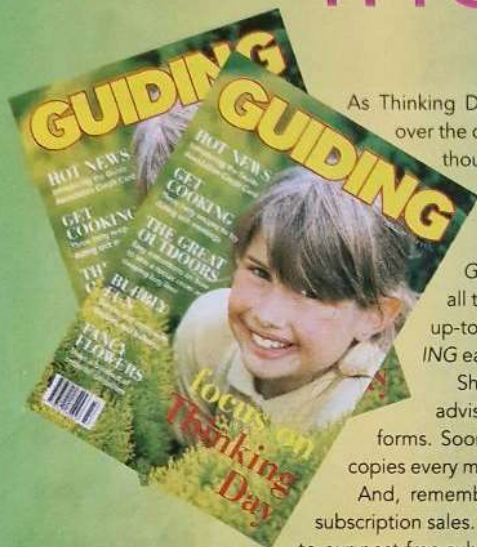
It is the amount of choice available that makes the Queen's Guide Award so enjoyable. Not only did I visit my local newspaper and assist in an art competition it was running to raise money for Hands in Harmony, but I also visited Radio Humberside, which gave me a real feel for what my local media has to offer.

I also found it to be an ideal chance to extend my Guiding connections. I helped my mum with her Brownie Pack, gained my Ranger Camp Permit and assisted as QM at a Guide drama weekend.

Through the help that members gave me, I learned much about the Guiding spirit and how worthwhile work can be. I know that life is a challenge, but Guiding makes us ready to face what opportunities come before us.

I feel that the Mayor of Grimsby summed up what a great opportunity Guiding is when he expressed amazement — while presenting me with my Queen's Guide Brooch — at the variety and choice that had been on offer to candidates. ■

forever friends



As Thinking Day approaches, friends from all over the country and abroad will be in your thoughts.

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