

GUIDING

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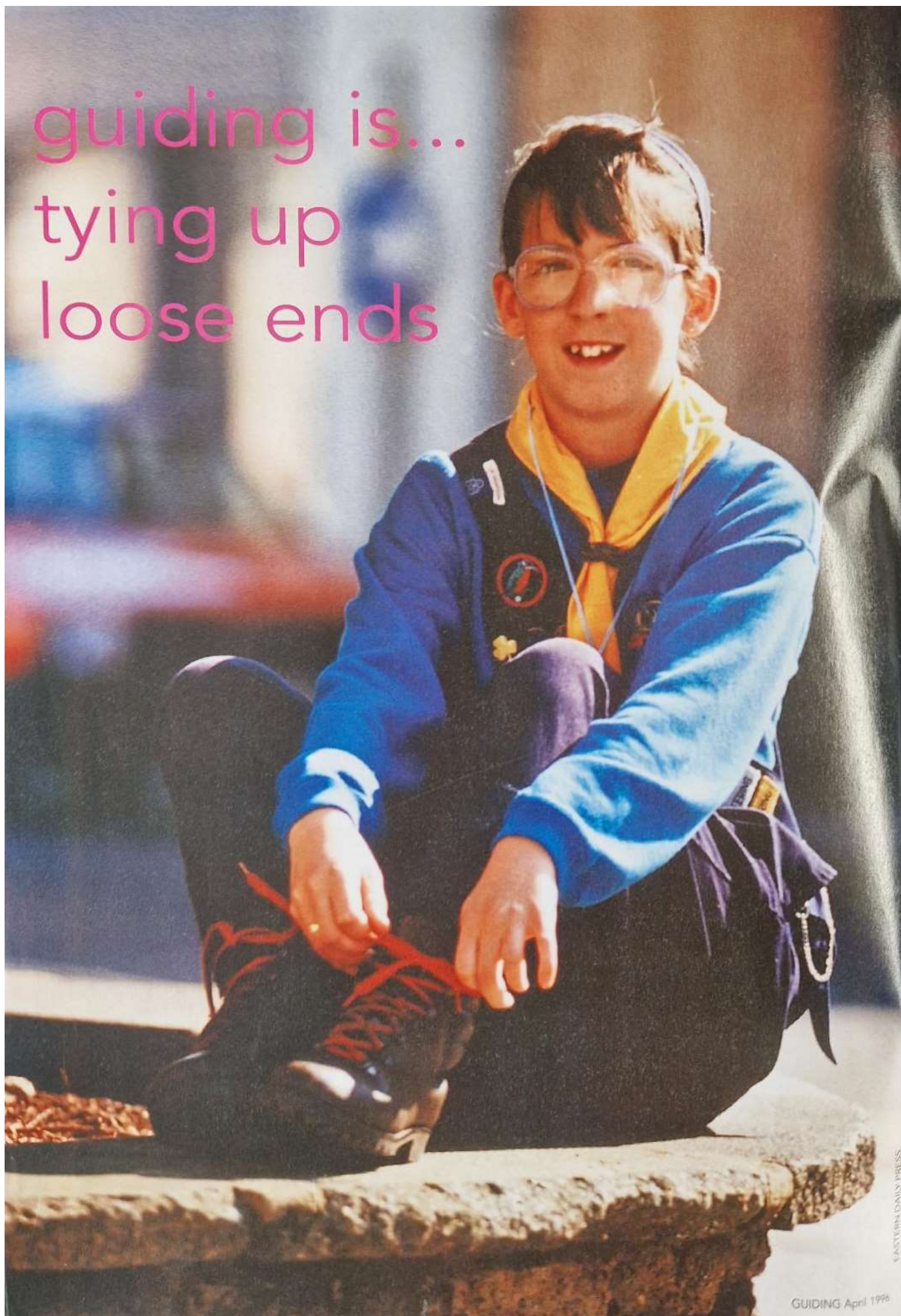
FIRST AMONG EQUALS

Dedicated Guider wins
top social work award

get
badge
swopping!



guiding is...
tying up
loose ends



comment



In the early Sixties, when I was a young Guider, it was suggested that I should accept one of our District's coveted places at our County's weekend training at Waddow.

To me – then a young, working mother – the thought of what I imagined was going to be a boring weekend surrounded by 50 other women did not fill me with enthusiasm.

However, with the encouragement of my District Commissioner and the assurance that my Guiding friend would be found a place, I reluctantly agreed.

Dressed in our best uniforms and carrying bulging suitcases, we travelled by coach to Clitheroe on a cold evening. By the time we had stopped for a comfort break plus the inevitable coffee and tempting cake, the noise level on the coach rose to a gentle murmur.

Finally, we arrived at our destination and were greeted with a beaming smile from the Guider-in-Charge. We were deftly allocated our respective bedrooms before being served a warming meal.

The journey home on the Sunday afternoon was very different. This time the coach was filled with happy, noisy chatter. The whole group had worked, laughed and played together. But, more importantly, we had an opportunity to get away from the routine of life at home and we had experienced the friendship of so many strangers.

We had been encouraged by the Trainers and looked after by the house staff. I had walked around the grounds and paddled in the river.

I returned home refreshed and with renewed enthusiasm for Guiding. I promised myself that I would 'go again'.

I've kept that promise many times in the last 30 years. So, if you haven't visited one of our Training Centres yet, you're missing out on a really important aspect of Guiding.

Margaret Wright
Chief Commissioner

this month...

articles

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Linda Chartrand — both a US Girl Scout and a UK Guide

front cover

This fresh-faced Guide is all set for the new Guiding summer term. Turn to page 31 for lots of new ideas to help you keep your Guides busy this season



31 ideas—19 pages of great ideas for you and your unit

FUN & EDUCATIONAL- A GREAT DAY OUT!

HARBOUR -PARK-

LITTLEHAMPTON
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TO OFFER FOR
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VISITS.



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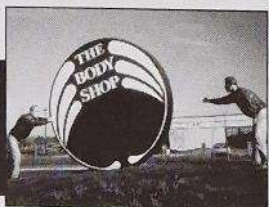
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HI "GUIDERS"



This is Sidney calling all Guide and Brownie Units to ask you to organise a **Tea Party** during my **Great British Tea Festival** to raise funds to help save children from Kidney Disease.

"How can I help?" I hear you shout!!

Well, by organising a 'Tea Party' for me, inviting all the Guides' or Brownies' family and friends along to raise lots of money, and by having fun at the same time.

Each Guide or Brownie in your unit will receive a special **Sidney badge** as a present, if you hold a tea party for me.

Please complete the form below and send it to me, 'Sidney the Kidney', National Kidney Research, 3 Archers Court, Stukeley Road, Huntingdon PE18 6XG

Love
Sidney x

My unit/Pack would like to hold a Tea Party for Sidney, please send me further details:

Guider's full Name _____

unit/Pack Name _____

Address _____

Post Code _____ Tel _____

Charity No. 252892

EXPRESS AND STAR, WOLVERHAMPTON



Tree planting

West Mercia Guides joined local residents to plant trees in honour of their Guiding Division's 21st anniversary and that of the Tree Council.

Here, Wolverhampton landscape architect Joanne Onions holds a tree steady for Guides (left to right) Katie Harris, Carolyn Barrett and Lisa Miles.

DERBY EVENING TELEGRAPH



Peace produces fs

How do you keep a Brownie Pack quiet for 15 minutes? By telling them that their silence is raising money for a good cause — in this case £60 for a new Derbyshire Children's Hospital.

Here, Rebecca Meynell and Victoria Leonard of the 2nd Oakwood Brownie Pack keep their lips firmly buttoned.

Exterior decorators

We bloomin' did it! Here, admiring their bulb-planting handiwork, are Guides, Brownies and Rainbows of Hayling Island Division in Hampshire. The girls planted daffodils in three different, well-visited locations on the island, supported by individual sponsors and Portsmouth builders' merchants, G A Day.

Also in the news were the 5th South Hayling Island Brownies and their Brown Owl, who managed to eat 7,676 baked beans and spaghetti hoops with cocktail sticks to raise money for Children in Need.



HAYLING ISLANDER

LIZ ROBERTS



Austria adventure

Greater Manchester West and Leicestershire Guides must have found the secret formula for successful joint holidays — their fourth consecutive 'action-packed' trip was to Austria's lakes and mountains and was voted the best yet.

White-water rafting, mountain biking, wind-surfing and a hike up to a mountain-top chalet with fabulous views were followed by a madcap descent on Europe's longest summer toboggan run and a trip down a salt mine. The final thrill was a visit to the bridge of the ferry on the way home.

in brief

Swimming for gold

The 1st Singapore (Wessex) Guides are proud of their gold medal winner, swimmer Sophie Swinden, who triumphed in the 25-metres freestyle at the special Olympics World Games in Connecticut, USA. Over 7,000 mentally-disabled athletes from over 130 countries competed in the games, which were opened by US President, Bill Clinton.



LAURA POLLOCK



WY TEBAY

A date with the Guards

A third consecutive assault-course win for the 4th Ansdell Guides from Lytham St Anne's in Lancashire has earned them a handsome shield and a 'date' with the Grenadier Guards. Kim Sharples, Rebekah Warburton and Sarah Beveridge won the assault-course finals at Waddecarr Scout camp site, where they were competing against Scouts. They agreed that it was a great experience, in spite of the bumps and bruises. The girls have been invited back to try a new assault course being built by the same Grenadier Guards who presented them with their shield.

Special achievement

Jane Holloway (right), of the 3rd Wellingborough St Barnabas Guide unit in Northamptonshire, has gained her Baden-Powell Trefoil Award. She is believed to be the County's first Guide with Down's syndrome to do so. Jane joined her present unit three years ago and is currently a student at Tresham College of Further Education.

Jane surprised Jean Harris, County Adviser for Members with Disabilities, when she was one of only six out of 20 Guides to gain the First Aid badge with St John Ambulance. Jean stressed: 'Jane has achieved the B-P Trefoil entirely on her own merit — it is a tremendous achievement.'



NORTHAMPTONSHIRE NEWS

snippets

TREFOILS Rachel Boler, Claire Taylor and Nina Pope of the 1st Creake Guides from Norfolk have all gained their Baden-Powell Trefoil Awards. They are going on to become Rangers in Wells. Meanwhile, Joanne Hinshelwood of the 80th Newcastle upon Tyne Guides is the first in her unit to receive her B-P Trefoil. **NEW HQ** It took six years and £25,000, plus the superb efforts of many volunteers and local tradesmen, to complete the new Appleby Guide HQ in Cumbria. It is now officially 'open for business'. **TYING THE KNOT** The 1st Braunton Guides from Devon decorated broomsticks to match the rainbow theme of their

Guider Lorraine Crook's wedding. Four Brownies from the 1st and 2nd Braunton Packs were also part of the colourful guard of honour. Meanwhile, in Penicuik, Midlothian, Assistant Ranger Guider, Lynne Clapperton's wedding had a guard of honour made up from her fellow Rangers, who entertained the congregation with the theme song from the hit film *Four Weddings and a Funeral*. **EASTER BOXES** Toothpaste, soap and little toys were some of the gifts donated and packed into shoeboxes for the children of Croatia by Brownies of the 1st Peldon Pack from Essex.

islands apart

Islands seem very popular for Duke of Edinburgh's Award expeditions. It must be the stretch of water that adds a special something to people's sense of adventure — crossing the sea to the unknown!

Of course, journey times from the mainland vary from island to island and most islands offer several crossing points for convenience.

On arrival, island scenery is usually not only pleasant but different. I am sure this has something to do with scale. Map-reading skills are really put into practice. The Isle of Wight boasts that it is England in miniature and we do seem to have something of everything.

Conditions for hiking are often quieter than on the mainland. Traffic is usually less and moves at a slower pace. On Wight, the footpath system is very good. In fact, some groups say there are too many signposts!

The expeditions benefit the island too, as the groups pinpoint broken stiles, overgrown footpaths and even irate farmers! Then I pass on this information to the council.

Groups who either come here or go to other islands are excellent for local tourism. Most spend money during their stay. They often return as holiday-makers, bringing with them their family and friends.

In return, tourism is also good for D of E participants. Established tourist camp sites provide them with all modern conveniences. Such sites are to be found on most islands. My local D of E committee has compiled a booklet of approved sites and other useful information.

Be prepared for the unexpected on islands. Sea mists make for greener landscapes, but there is sometimes thick fog in summer. One July, I assessed a group who had to hike with their torches on full beam at 10am. Part of their project had to be curtailed, as the coastal views had vanished under a blanket of thick fog.

Indeed, coastal footpaths can't always be guaranteed. We seem to lose a lot of them during winter, with chunks falling into the sea.

Other forms of travel can be experienced at their best on islands. Some islands offer good cycle ways. There is a very good one on Jersey, mainly along an old railway track. Bridle-ways abound for expeditions on horseback and, of course, the sea comes into its own.

In order to attract tourists, local attractions often offer special entry rates to Guides. An expedition project on tourist attractions or other tourism-related subjects proves a popular choice for many candidates.

On the Isle of Wight, putting picturesque villages on a hike route ensures a pleasant day. Godshill is a good example. As the name suggests, it features a church on a hill. A model of the church can be seen in a model village (which has special entry rates for Guide groups) a few hundred yards from the original. Some groups debrief over cream teas in Godshill after their hikes.

Those taking part in the D of E Award who live on islands are lucky in that the skills section can be a little more diverse. Many skills

involving water come into their own, such as coastal navigation, fishing, power boating, and boat and canoe building.

Seaborne activities also play an important part in the physical recreation section, with windsurfing a favourite. D of E groups can often use tourist facilities out of season.

Because of islands' close-knit communities, there never seems to be any problem with service projects. Local police and fire-service personnel are more than willing to organise courses.

Although there are difficulties (as I explained in my first article in January's *GUIDING*), as long as people maintain a positive attitude, the D of E will work well for the locals on our islands. And D of E candidates who feel like 'going abroad' are assured of a warm welcome. ■

Islands have a lot to offer anyone taking part in a Duke of Edinburgh's Award expedition

By Suzanne Whitewood
Duke of Edinburgh's Award Adviser for the Isle of Wight



BRIAN JUNG/THE SOUTHERN TOURIST BOARD

Bridle-ways are plentiful on islands for expeditions on horseback



Islands come into their own for seaborne activities like windsurfing

rainbow's

By Kirstie Gray
Photos: Peter Lynes

**When
Whitchurch
Rainbows
got their
'Rainbow' back
they wanted
to thank the
people who'd
helped to make
her well again**

When Rainbow Guider, Sue Turril, was struck down by meningitis, her friends and family rallied round.

Sue's colleagues in the local Salvation Army kept her Hampshire Rainbow Unit open for three months while she recuperated. Now she has resumed her duties, running the children's activities for Whitchurch Salvation Army, and *GUIDING* paid her a visit to find out how she's coping.

'It's a very close community here,' explained Sue, as we walked through the idyllic village. It seemed as if every passer-by stopped to chat or to call a cheery hello as we made our way to her weekly Rainbow meeting.

'My father has lived here all his

life and knows pretty well everybody,' laughed Sue. 'All my family have been Salvationists, but I'm the first Guider.' Her connection began six years ago, when her oldest daughter, Selina, was five.

Sue realised there was no organisation for her little girl to join. Having been a Brownie and Guide, Sue decided to set up a Rainbow Unit attached to the Salvation Army Hall. 'We opened in January 1990. I'm quite proud of the fact that we were the first Salvation Army Rainbow Unit in our area,' she said.

She quickly built up a thriving Unit and became a popular local personality. So the parents were shocked to hear that Sue was dangerously ill. 'I can't remember

in all the blanks for her so far.

Although she was suffering from what appeared to be flu-like symptoms, Sue had insisted on attending the Salvation Army harvest supper. When she got home, she went straight to bed but awoke very early in the morning feeling 'terrible'.

Sue recalled: 'I tried to get up, but I couldn't move and my husband had to help me.' She remembers feeling a sudden, intense pain in her eyes as the lights went on. Realising at once that something was seriously wrong, Nick phoned the doctor and Sue's parents.

Sue's mum, Heather Sharpe, continued: 'We knew that Nick must be very concerned to call us in the middle of the night. When we arrived, Sue was lying on the sofa stiff as a board, looking as if she were dead.'

Her GP suspected meningitis and Sue was rushed to hospital. After an anxious wait, while doctors examined the results of a lumbar puncture, the family was



The Rainbows held a coffee morning and raised £65 for the Meningitis Trust



Back in business: the 1st Whitchurch (SA) Rainbow Unit are pleased to have their leader back. Sue is pictured back row, third from left



recovery

relieved to hear that Sue had viral meningitis – the less deadly form of the disease – and could expect to make a full, if slow, recovery.

While Sue spent eight days in Winchester Hospital, friends in Whitchurch made arrangements to keep the children's activities running, including the Rainbows, the Sunday school and a mother-and-toddler group.

Sue was overwhelmed by the support given by her friends. 'My Assistant Guider, Margaret Eley, had only joined the Movement a few weeks earlier. So she was well and truly thrown in at the deep end with the Rainbows,' Sue explained.

One of Margaret's first tasks was to see that Sue received a beautiful handmade card from the girls.

'I spent a fortnight at my parents' home to convalesce,' Sue said. 'My mum and dad were a great source of support. They also looked after my two girls – Selina and three-year-old Zoe – allowing Nick to get back to work.'

After three months, Sue returned to meetings and Margaret was happy to take a back seat again. 'The Rainbows are fine until they get noisy!' Margaret confided.

The girls were delighted to have their 'Rainbow' back again and wanted to do something to say thank you for their leader's miraculous recovery.

Sue knew just what to suggest: 'The Meningitis Trust had been very good to me and, when I learned that Kenco were sponsoring a national coffee morning, it seemed an ideal opportunity to show my gratitude. We booked a lounge in a sheltered-housing complex and invited all the village to come along.'

The Rainbows were excited about being waitresses and spent several meetings practising their hosting skills. The night before, the girls met to decorate menu cards, make their own order pads and run through their tasks once more.

'We rely heavily on the local commu-

nity in a place this size. There's a lot of local goodwill,' Sue said.

Everyone agreed that the occasion was made extra-special by the brightly-uniformed waitresses diligently showing guests to their seats and clearing away empty cups. The girls also took orders and collected the money.

The girls raised £65 for the Meningitis Trust. One 'waitress' commented: 'We like "Rainbow" very much because she lets us do big girls' things. The best bit was serving behind the cake stall and using the tongs. Lots of people came and had cakes.'

Although she is now much better, Sue still suffers from headaches and tiredness.

'My memory is not as good as it used to be. I have to try not to overdo things, which can be difficult, but I'm happy to be back working for the Army and leading Rainbow Guides,' she said. ■



The young 'waitresses' diligently showed guests to their seats and took orders

The girls in their bright uniforms made it an extra-special occasion

How Molly
and friends
talked their
way into the
Guide
Heritage
Centre

By Catherine Dell

voices from

JOHN STEWARD



Molly telling some visitors how Guides began

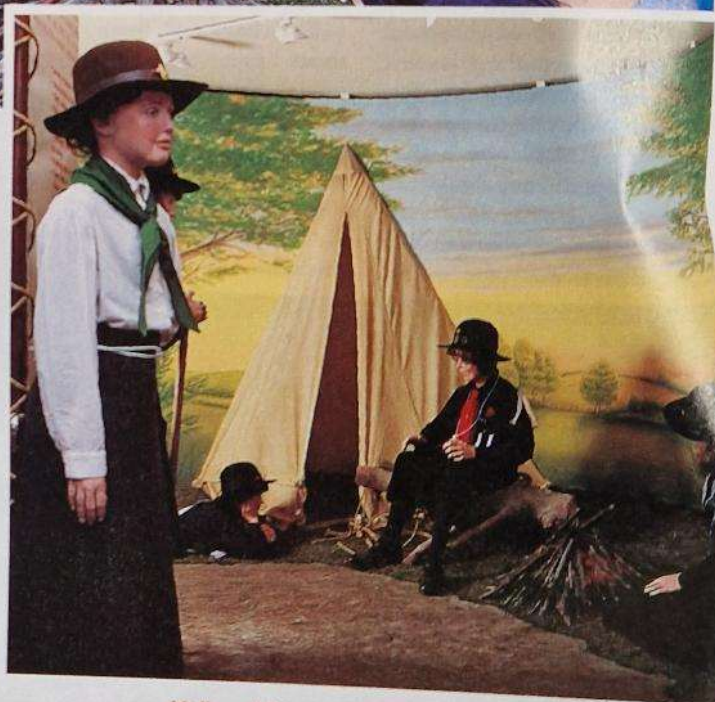
In January's *GUIDING* we told you about Molly, the 'electronic guide' who accompanies visitors around the Guide Heritage Centre. And, if you've already toured the Centre, you'll have met her — on screen, in graphics and at camp.

You'll have come across Molly sitting beside the camp fire. Helped by two other Guides, she tells the story of how Guiding began.

Against a background of evening-at-camp noises — the crackling fire, girls laughing, an occasional owl hoot — the three Guides talk about B-P, *Scouting for Boys*, the Crystal Palace Rally and lots more.

But who's really doing the talking? Whose voices have Molly and her friends borrowed?

Early last summer the Heritage Centre Working Group decided to use Guides, not actresses, for the camp-fire soundtrack. It then asked the three nearest Regions — Anglia,



Molly and friends around the camp fire

London and South East, and South West — to look for girls with drama experience who were likely to make good 'Mollies'. The search for voices had begun.

By August, nine girls had been selected who were then invited to audition. They travelled to CHQ in London and were asked to read the

camp-fire script, which each girl had been able to practise in advance, as well as some sight-reading.

A week or so later, three of the candidates were given the news that they'd been hoping for. They'd been offered the parts. The successful trio — Katie Allen, Nicola Pressling and Eleanor West — all

the past

came from Essex and had a strong drama background. For instance, the girls had all already gained their Entertainer badges.

For 14-year-old Katie, from Westcliff-on-Sea near Southend, drama is almost a way of life.

Since she was five, she has been taking part in festivals — acting, verse speaking, performing dialogues and sight-reading. So far, she has won an impressive collection of medals, prizes and certificates.

When Katie's not rehearsing a piece of poetry or prose, she might be discovered playing the flute or piano, as she goes in for music festivals too. Katie plays in two school orchestras and also sings in her school choir. Yet she still manages to find time to attend the 8th Leigh Guide Company, which provides her with another outlet for her skills as a speaker — she sometimes reads the lessons and prayers at church parades.

Nicola is 15 and lives in Eastwood near Southend. Having enjoyed both Brownies and Guides, she is now a Ranger. Nicola has been committed to dancing for even longer than she has been in Guiding. She started ballet classes before she was three.

She still takes ballet classes, as well as tap, modern and jazz dancing lessons, and hopes that some of her dance examinations will count towards her Duke of Edinburgh's Bronze Award.

An active member of the Southend Operatic and Dramatic Society, Nicola has played leading roles in *Annie Get Your Gun* and *The King and I*. Although tempted by a career on the stage — ideally combining acting and dancing — Nicola accepts that this is probably an unrealistic option. So, what are her alternatives? Well, she is thinking about becoming an astronaut!

The youngest 'star', 12-year-old Eleanor, belongs to the 1st Dedham Guides, who meet deep in 'Constable country' on the Essex-Suffolk border. Every Saturday morning, she goes off to the Colchester Youth Theatre, a group which she got involved in some years ago through her primary school teacher.

The group puts on three productions a year — plays such as *The Pied Piper*, *Bugsy Malone*, *The Wind in the Willows* and *Pinnocchio* — in the theatre at Essex University. Eleanor has also appeared in a Christmas show at Guides and, when she gets older, she hopes that there will be productions at school that she can take part in.

Katie, Nicola and Eleanor attended a recording session at studios in Shepherd's Bush, west London, in the autumn. It meant taking a day off school — but this wasn't a

problem, as the Association sent explanatory letters to their teachers.

The girls were excited and just a little nervous. They had all used microphones before, but had never made a recording. What's more, they still didn't know who they were going to be — Girl 1, Girl 2 or Molly. By now, of course, they were all very familiar with the camp-fire scene.

When they got to the studio, the trio discovered that they would be asked to record the script three times, taking different parts each time. Then, it would be up to the experts to decide whose voice was best suited to which role.

One of the things which struck the girls most about the studio was its soundproofing. 'Once the door was shut,' said Katie, 'you really understood the true meaning of silence.'

Making the recording itself was very relaxed and straightforward, except for some teething troubles with Katie's mike. Once they had finished 'Molly, Molly, tell us the story of how the Guides began...', the girls were suddenly asked to record some one-liners for the Centre's talking litter bins!

To discover more about the talking litter bins and what they say, you'll have to visit the Centre. And, when you're there beside the camp fire, listening to Molly, it will be Katie's voice you'll be hearing. ■



Eleanor West



Nicola Pressling



Katie Allen



In the recording studio

when the wor

**In a world
which takes
fluency for
granted,
stammerers
risk losing out**

By Catherine Dell

In Britain today, there are some 500,000 stammerers, making up almost one per cent of the population. Although some are able to control their disability, many more are at its mercy. For them, everyday life becomes an on-going ordeal. They struggle with the dysfluency itself, as well as the frustration, humiliation and prejudice that accompany it.

The story of one young stammerer, Dominic Barker – son of the British Guides in Foreign Countries (BGIFC) Commissioner, Helen Barker – shows just how unbearable that struggle can be.

Dominic was tall, good looking, fun to be with, had a great sense of

By his mid-20s, with two degrees to his credit, Dominic appeared to have everything going for him. Everything that is except his stammer. He'd developed it as a schoolboy and, although he'd been helped by speech therapy, he still stuttered – especially when he was in stressful situations.

But with friends and family, as his sister Eleanor explained, it 'never seemed to be an issue – we all saw the person, not the stammer'.

For over a year, Dominic applied for jobs in agricultural consultancy and land management. But time and again his stammer – rather than his qualifications and competence – dominated the interview.

In a letter to his girlfriend Amanda, Dominic wrote: 'Every damn employer sees it as a problem. It's galling to find that your ability is not in question, but your stutter is.'

By September 1994 Dominic had still not succeeded in getting a job and, although he kept his feelings to himself, he was becoming increasingly desperate. He attended yet another interview and, yet again, was told that he was an ideal candidate, but should 'go away and sort out his problem'.

He did. He went into the woods near his home and shot himself. He was just 26.

Earlier this year, Dominic's family talked about the tragedy on Esther Rantzen's TV talk show *Esther*. They made this courageous decision hoping that TV exposure would help raise awareness of stammering.

'Sadly,' said Helen, 'stammering is not regarded in the same way as other disabilities and we need to change that. People should see it as a disability and

not something to laugh about.'

How do you see stammering? What do you know about it? If a girl in the unit stammers, how can you help and support her?

What is stammering?

Stammering, or stuttering, covers a wide range of non-fluent speech. For example, a stammerer may repeat sounds or stretch them; get stuck on certain words or rush them; hesitate at the beginning of a sentence or stop half way through.

In many cases, the stammer becomes worse when the speaker is excited, tired, stressed or using the phone. Stammerers can find telephoning particularly difficult as it is an 'all voice' situation – body language does not help.

Why people stammer is still something of a mystery. Is there a neurological problem, connected perhaps with speech in the brain or with the transmission of messages from the brain to the muscles?

Do genetics play a part? Studies show that a person is 20 per cent more likely to stammer if a close relative has a speech disorder. And how relevant is emotional stress, especially during childhood?

The most likely answer is that there is not a single cause, it is probably a combination of factors. In the meantime, research continues.

Suffering in silence

Because speech is so basic to communication, stammering can all too easily dominate a person's life.

At school, many children who stammer often have problems with answering the register, invariably stumbling over their own names; talking in class; reading aloud; and oral examinations.

Making friends can be difficult and they may also have to cope with teasing and bullying. As a result, many young stammerers under-achieve and grow up isolated, with

AMANDA BARR



Dominic Barker humour and was instantly likable. Dominic did well at school and got a good degree in agricultural economics at Aberdeen. Then, after a year's fruitless job-seeking, he got a scholarship to take a Master's degree at Reading.

He was independent and capable. Between school and university Dominic had travelled in North America, the Far East, and Australia – where he'd managed a farm single-handed.

He also loved sport and was particularly good at cricket, rowing, shooting and fishing.

ds won't come

poor social skills and low self-esteem. Embarrassed and ashamed of their dysfluency, they may feel angry and guilty as well.

Over time, these painful feelings become part of the problem. As often as not, stammering is more than a speech disorder. It is also the state of mind that has developed around it. All the negative attitudes acquired in childhood are carried through into adult life, where they continue to distort the stammerer's self-image and overshadow most aspects of day-to-day living.

Cure and control

Many stammerers try to hide their disability. Often they avoid speaking situations, using written messages when buying train tickets, for instance. Or they substitute 'easy' words for difficult ones. This only makes the situation worse, increasing their anxiety about speaking and often condemning them to silence.

Kate is a stammerer who used avoidance for years. At school she was never forced to speak in class and at university chose not to, instead she got other people to read out her seminar papers or skipped seminars altogether. But she began to sense a confusion in herself.

'On one level I was a fairly capable academic but, on another... unable to communicate with anybody. What I didn't realise was that it was my avoidance of speaking situations which was keeping my stammer going, fixing it more firmly into my personality.

'After university I came up against the real world. I realised that there was nothing I could do. I worked as a truck driver, a chambermaid, and a waitress. I took a secretarial course, but never accepted a post because I was afraid of using the telephone.'

The turning point for Kate was a four-week course of speech therapy. This taught her how to manage her

stammer — and boosted her confidence enormously. She is now working in a library.

There is no reliable cure for stammering, but specialist speech therapy can be very helpful. It is particularly effective with young children, and will normally eradicate a stammer in the pre-school age group. Teenagers and adults improve their fluency and confidence, allowing them to take control of their lives — in spite of their hesitant speech.

Some people do get on top of their dysfluency, although they realise it could reassert itself. It is well known that King George VI stammered. So did Marilyn Monroe, Sir Winston Churchill and Sarah Miles.

Dysfluency in the unit

For a girl who stammers, the unit provides a supportive environment — one which accepts differences, recognises abilities, and values each individual. Her stammer isn't an obstacle. She's able to participate, contribute and achieve, thus growing in self-esteem and confidence.

When you are talking with her, try and appear relaxed. If you are uneasy about her speech, she will pick up on your anxiety and react by becoming more tense — and even less fluent.

Also, slow down the rate of your speech slightly to signal that there is no need to hurry. Often, children who stammer need more time to express their ideas.

Maintain natural eye contact. Stammerers often look away or close their eyes. They are encouraged if someone shows real attention.

Don't try to finish off their words and sentences, as this tends to increase frustration and lack of confidence. After all, your words may not be the ones the stammerer was



Esther Rantzen with two young stammerers

looking for. On the other hand, remember that normal conversation does include interruptions, so, occasionally, it may be appropriate to butt in.

Whatever the situation, try and concentrate on what is being said rather than how. Remember to look beyond the stammer. ■

● Extracts from Kate Farmer's experiences reprinted with kind permission.

Find out more

The British Stammering Association advises and supports stammerers and their families and friends, and also provides information for employers, teachers and other interested groups. For details, send a large sae to BSA 15 Old Ford Road, London E2 9PJ.

● Dominic's family has set up a fund in his memory to help research into the causes of stammering. Further information from Mrs Helen Barker, c/o BGIFC Office, CHQ, 17-19 Buckingham Palace Road, London, SW1W 0PT.

A member
of the
Association's
Community
Involvement
and
Development
team has
been chosen
as Social
Worker of the
Year by
Community
Care
magazine

Guider wins top award

NICKY PARKER



Social worker of the year: Margaret Lester

By Nora Warner

Nominated by her senior managers for her work with the elderly, disabled and ethnic communities, 42-year-old Margaret Lester collected the top award – a certificate and £250 from author PD James – at a ceremony held recently in London. Later, she talked to *GUIDING* about the job she loves and her commitment to Guiding.

In the mid-1970s, young, idealistic and full of enthusiasm, Margaret was drawn to social work. She wanted to work with people, enabling them to develop and create a community that was responsive to their own needs.

Two decades later, Margaret's beliefs haven't altered much, although the climate in which she works is very different. The mid-1970s were the days of what Margaret calls 'municipal socialism', when local people's cash was used to provide resources which people needed, such as old folks' homes and home helps.

'It was a very exciting time to become involved in social work,' recalled Margaret. 'Departments were growing and recruiting graduates with professional qualifications.'

At 21, Margaret was taken on by her local authority – Newcastle upon Tyne City Council – after leaving Newcastle University with a degree in sociology and social administration.

After a year working as an unqualified social worker attached to a local hospital, Margaret was back at Newcastle University, where she managed to gain her Certificate of Qualification as a Social Worker in one year, instead of the usual two.

Today, Margaret manages a team of 11 in the Gosforth area of Newcastle and administers a budget of £750,000. She admits that she's in the 'risk management business', juggling cash and personnel to meet the ever-growing demands of an ageing population.

Choosing her words carefully, she added: 'We have to be realistic. Public services are under pressure and we have to remember that resources – both money and people – are finite. We have to balance the needs of users and carers with what's available... and it isn't going to get any easier.'

Her work is largely with the elderly and people with disabilities. Pressures can build up as she struggles to keep people in their own homes for as long as possible. And that's where her Guiding helps:

'Being with the girls gives me a sense of release. Guiding gives you quite a good baseline on what children are really like and it's enjoyable. I've met some marvellous people and visited some very interesting places through my Guiding.'

Her latest trip was to New Zealand – a country which she's

wanted to visit for 30 years – in January as a specially invited guest at the North Island Jamboree.

Although she sounds like a genuine Geordie, Margaret's father comes from the Midlands and her mother is Welsh. But she grew up in County Durham and attended Durham High School.

She was a Brownie and Guide with the 1st Cleodon (All Saints) units but didn't remain a Ranger for long. Her break with the Movement was brief. By the time she was 19, Margaret was working with a unit in the mining town of Boldon, taking over as leader six months later.

'I've wanted to be a social worker since I was 13,' explained Margaret, 'and I decided while at university that I wanted to work with children, so becoming a leader with the Association seemed a good way of combining that with my career.'

She found the girls 'challenging' but remained with them for seven years, until she moved to Sunderland and became a very youthful District Commissioner for Roker.

Margaret took over the 22nd Sunderland (All Saints) Guides – a unit which she still runs. She is also a member of the Association's Community Involvement and Development team, the CID Adviser for North East England and the BRIDGES Co-ordinator.

Her achievements as a social worker include launching a street warden scheme; working with a victim support scheme in crime-hit west Newcastle; and developing a training programme for interpreters drawn from ethnic groups to work in their own communities.

These days, social work is definitely not a soft option, but Margaret would still advise anyone who wants to work with people to choose it as a career. ■

Good News for Guiders!



For all outdoor and leisure clothing requirements your Trading Service has a wide variety of options available. Made from top-quality materials, they are very hard-wearing and allow you to look fashionable with a high degree of comfort.

Our new 1996 Catalogue illustrates a huge range of equipment and publications designed to help you with your Unit Activities. All are available direct from Trading Service by mail, over the counter from our Shops and in person at our Local Depots.



For further details on any of our merchandise, our Mail Order service or the name of your nearest stockist, please call our friendly Sales Department on 0161 941 2237 - they will be delighted to help you.

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All Guiding items are also available to personal callers at our shops in:

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Palmer's Green	- 0181 886 8481
Birmingham	- 0121 236 6289
Liverpool	- 0151 709 4232
Manchester	- 0161 236 3191



THE GUIDE ASSOCIATION
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And the great news is that **GUIDING** has ten bottles of Tisserand Lavender pure essential oils to give away. All you have to do is put your name, address and telephone number on a postcard and send it to: **GUIDING**, 17-19 Buckingham Palace Road, London SW1W 0PT. The closing date for entries is April 30.

Birds on the wing

Most of us recognise common garden and woodland birds, but would be hard put to identify their songs.

To enlighten us, The Royal Society for the Protection of Birds is holding two birdsong 'workshops' this month:

- April 7, at 8am, at the RSPB Leighton Moss reserve in Silverdale, Lancashire. Tel: 01524 701601
- April 19, at 6.30pm, at the RSPB Stour Wood reserve in Wrabness, Essex. Tel: 01255 886043

The RSPB produces CDs and cassettes of birdsong, both British and foreign, which are useful if you want to study your bird vocals at home.

You don't have to be a 'twitcher' to enjoy *Bird in the Nest* by Bill Oddie and Peter Holden (Robson Books, £17.95). The television series provided a fascinating glimpse into bird shenanigans in the nest, and this book gives an insight into how these incredible nature programmes are made.

GUIDING has two copies of this book to give away. To take part in the prize draw, send your name and address on a postcard to: **GUIDING/Bird in the Nest**, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. The closing date for entries is April 30.

RSPB



Responsible pet ownership is what all animal lovers aim for



GRAYLING

IMPERIAL WAR MUSEUM



Wartime memories

Mementoes of young wartime evacuees are on display in a special exhibition at the Imperial War Museum in London. Exhibits include their diaries and letters, teddies and other treasured toys. There are also paintings, such as this one of a farm in Somerset by a 13-year-old evacuee from London's East End.

Also included are the stories of children sent abroad, including the sinking of an evacuee ship by a German U-boat in 1940 with the loss of 73 children. The museum is on Lambeth Road, London SE1. Tel: 0171 416 5000.

National Pet Week

The theme for the 1996 National Pet Week (NPW) held from May 4-12 is 'Learning from each other', and this year's efforts will be geared towards understanding the mutually beneficial relationship between people and pets.

Special church services, veterinary practice open days and school projects are just some of the activities that could involve your girls.

Guides and Brownies could organise their own events and, possibly, consider sponsorship in aid of the NPW charity that promotes responsible pet ownership.

If you would like more information on NPW events, ring the information line on 0181 421 6166.

If you could give some time to co-ordinating events in your area, please write to Floss Slade, National Pet Week, PO Box 101, Northwood, Middlesex HA6 3RH.

Young pavement artists

For ten years the Muscular Dystrophy Group (MDG) has organised a highly successful and enjoyable competition for young pavement artists in Westminster in London. This year, the competition has been extended to local groups all over the country to raise money for local causes and the MDG.



The competition is on Saturday, June 8 and its theme is Ponds and Streams. If your group wants to take part, write for further information, guidelines and an enrolment form to: Mrs Barbara Bate, Young

Pavement Artists Competition, c/o MDG, 7-11 Prescott Place, London SW4 6BS. For a £1 fee, entrants get their pitch and chalks, and prizes will be provided.

Fasting for the world's poor

Pop stars PJ and Duncan, alias Ant and Dec, are calling on young people to support CAFOD's 24 Hour Fast to help people in the Third World.

This year's Fast, supported by Dr Martens, includes a recycling challenge to encourage young people to think about the way our lifestyles inflict environmental damage on poor countries.

To enter CAFOD's Recycling Challenge, get your group to send in photos of a novel recycling idea, along with a 100-word explanation of your eco-design. Prizes include boots, T-shirts and writing sets.

A Fast Pack, containing details about the Recycling Challenge, is available by calling 0171 733 7900.



DARIO MITIDIER/CAFOD



Stepping out for epilepsy on last year's walk

BRITISH EPILEPSY ASSOCIATION

Walk to health

Walking is healthy and enjoyable, so why not put your walking to even better use by joining a national network of sponsored walks during National Epilepsy Week, to be launched on Sunday, May 19.

A free fold-out leaflet called *Guide to Health* contains easy exercises, illustrated with photographs, to prepare you for walking, whatever your age. For a copy, send an A4 sae to: *Guide to Health*, British Epilepsy Association, Anstey House, 40 Hanover Square, Leeds LS3 1BE.

To find out more about the 'Epilepsy: Walk to Health' fundraising walks, call the Walk Hotline on 0113 243 9393.

Crafts for all

GUIDING has ten copies of the useful 100-page *Craft Depot* catalogue to give away. Its illustrated A4 pages list over 3,500 products covering every conceivable craft plus useful advice for using the products.

You could make a pom pom critter, a rag bag rug or a dough doll.

Normally these catalogues cost £3 (refundable on the first order over £10), but ten lucky readers will receive it free. Send a postcard to: *GUIDING/Craft Catalogue*, 17-19 Buckingham Palace Road, London SW1W 0PT. The closing date for all entries is April 30.



Veggie pizza anyone?

During last year's National Vegetarian Week, Louise and Rajvi of the 1st Rayners Lane Guides from Middlesex thoroughly enjoyed the chance to make pizzas from scratch and to originate their own tasty vegetarian toppings.

This year's National Vegetarian Week takes place from May 18-25 and is organised nationally by the National Vegetarian Society which has 150 local groups around the country.

The Society will be pleased to put Guides in touch with one of their local groups to organise fun events.

They also have two booklets available: one is about National Vegetarian Week; and the other is a guide to vegetarianism for young people, entitled *Food for Life*.

To receive a free copy, send a large sae, clearly indicating the booklet you want, to: the National Vegetarian Society UK Ltd, Parkdale, Dunham Road, Altrincham, Greater Manchester WA14 4QG.



LYNDA ROLPH

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The May issue of **BROWNIE** magazine is due out on April 19



Don't miss it!

The Outdoor Show that's in a field of its own



Organised by:



in association with



the leading outdoor magazines

Campex is the only major outdoor show held in the open air.

This year we will have over 200 tents on display plus 40 of the top outdoor equipment suppliers exhibiting their latest ranges.

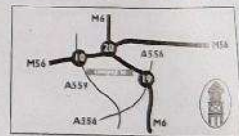
Special attractions include:

- 'Try before you buy' **SALOMON** boots - a free pair to be won every day
- 10% discount off YHA membership
- Tent pitching competition
- Alan Hinkes video on the **berghaus** stand: - signed copies available
- Public launch of the new Trailwalker CD ROM
- 20% discount off entry to Arley Hall on the day of the show on production of this ad
- The 'Transformer' Bus with a climbing wall (at Nottingham only)
- Lectures and seminars from the experts from Trail and Country Walking magazines
- Free admission and free parking at all venues

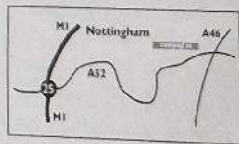


campex '96

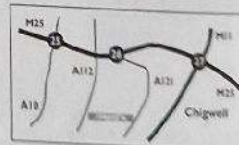
For more information contact Camping & Outdoor Centres on 01903 755352



Arley Hall & Gardens,
Northwich, Cheshire
26 - 27th April 10am - 6pm
Sun 28th April 10am - 5pm



National Watersports Centre,
Holme Pierrepont, N/ham
3rd - 5th May 10am - 6pm
Mon 6th May 10am - 5pm



National Scout Training Centre, Chingford, London E4
10th - 11th May 10am - 6pm
Sun 12 May 10am - 5pm



Mention visiting a museum or factory to the average Brownie Pack and you know exactly what reaction to expect — it's that almighty long-suffering groan well-known to every Guider in the country.

So how was it that Tawny of the 23rds was greeted by resounding cheers when she announced just such a visit to the Pack last summer?

Are the 23rds all budding scientists or industrialists you may wonder. Not quite. Perhaps Big T is such a respected figure that they cheer her every word? No comment.

The trip was to a chocolate factory and Tawny's introduction contained two magic words that were sheer poetry to every pair of flapping Brownie ears: 'free samples'.

Being something of a chocoholic myself, this was one trip which I quickly volunteered to assist on. Needless to say, we had a full bus and, on our arrival at Cadbury's World, it was no less an authority than Brown Owl who delivered the sternest of warnings: 'I shall not be amused if anyone eats too much chocolate and makes themselves sick.' As if they would!

The first part of the tour told the story of the cocoa bean, and jolly

interesting it was too. However, I got the distinct impression that the Brownies' attention span was endangered by the big question of the day: where have all the samples gone? Could Big T have been economical with the truth?

When the first freebie did materialise, their deepest suspicions looked alarmingly possible. Tasting a cocoa-bean and chilli drink, first made by the Aztecs in the 14th Century, was not really what the girls had in mind.

It was greeted by one of the loudest Pack 'Yuks' I've ever heard — even by the 23rd's impressive standards. If looks could kill, then Tawny, the perpetrator of the free-sample myth, already would have been six feet under.

As it happened, they needn't have worried. As the tour progressed, chocolate was thrust at us at every turn. My sensible advice — 'Save it until later' — went in one ear and out the other, almost as quickly as the chocolate disappeared into their eager little mouths.

This visit received the nearest thing I've ever seen to universal Brownie approval — they even stopped talking!

Not that it wasn't very educational. Some of the facts we were given raised 'oohs' and 'ahs' of sheer wonderment which were just about heard above the earnest chomping.

Did you know that Cadbury's make 300 million Creme Eggs a year? If you were to put them all one on top of the other they'd be ten times higher than Mount Everest, we were told. And the 80 million packets of Buttons made each year contain enough of these chocolate treats to circle the earth one and a half times!

Like all good Brownie trips, we ended up in the gift shop. The girls, already chock-full of samples and clutching bulging goody bags for dear life, still swarmed around the counters like so many worker ants. And what did they buy? *Chocolate!*

Pondering on the complexities of Brownie behaviour later that evening, I still hadn't worked it out, even after two Curly Wurlies, a king-size Flake and a Wispa. So I went upstairs to sleep on it with a creamy mug of frothy hot chocolate and a Twirl. Sweet dreams all!

a man's
eye
view

notices

Association awards MERITORIOUS CONDUCT STAR OF MERIT

Mrs Dawn Pike
Guide Guider, 1st Bourton-on-the-
Water Guide Unit, Gloucestershire
Miss Jennifer Brierley
Guide, 6th Leicester Guide Unit,
Leicestershire

Pax Lodge Song

There is a misprint on page 3 of *Our Chalet Songbook II* published by WAGGGS. In the refrain of the Pax Lodge Song, please note that in the last bar:

- 'snow' should be B flat (not C)
- 'snow white dove' then becomes B flat, C, B flat
- The last B flat 'dove' is a quaver

Setting up a Guide depot

At the Executive Committee meeting in October it was agreed that a new set of instructions for the setting up of a Guide depot should be put into practice.

These are:

- The County Commissioner must be advised of any proposed new depot.
- All applications to the Trading Service to open a credit account for a mail-order or mini-shop depot must be signed by the County Commissioner.
- New depots which hold stocks (the mini shop) must set up a management committee of at least three people, one of whom must be a uniformed member.
- Annual accounts must be examined by an independent person and forwarded to the County Treasurer.

Parade and Mass

Westminster Catholic Guide Guild is holding its Annual Parade and Mass on Sunday, May 12 at 1.45pm in Westminster Cathedral, London. Those wishing to attend should contact the Chairperson, Kathleen Mulvey. Tel: 0181 806 1712. Jubilee badges will be available on the day.

Shop work

Shop helpers are required this summer at Blackland Farm, the busy Guide Association camp site and Activity Centre near East Grinstead in West Sussex.

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

Accommodation is provided, together with a contribution towards food costs. Travel expenses will also be paid.

Cover is needed on:

- July 1-19 two helpers
- July 19-August 3 four helpers
- August 3-17 four helpers
- August 17-31 two helpers

Blackland Farm staff would also like to hear from any members within a reasonable travelling distance who are able to volunteer at other times of the year.

For further information, contact:

Blackland Farm, Grinstead Lane, East Grinstead, West Sussex RH19 4HP.

Tel: 01342 810493. Fax: 01342 811206.

BT Environment Week

BT Environment Week '96 will run from May 17-27.

The campaign encourages young people of all ages to get involved in projects to improve their environment.

Now in its 12th year, the campaign was initiated by the Civic Trust and is sponsored by BT. The company will provide awards of £500 for children and young people in the categories: Shoots' (under 11s) and 'Youth Action' (11s and over).

The closing date to register is April 19. So planning now — no idea is too small or simple, as it benefits the environment and the community.

For a registration form, contact:

Donna Mountain, BT Environment Week '96 Campaign Headquarters, PO Box 3064, London WC2A 1DR. Tel: 0171 404 3210.



Encouraging environmental care

National Spring Clean

Thousands of Guides, Brownies and Rainbows are preparing to 'get a grip on litter' by taking part in the Tidy Britain Group's National Spring Clean on April 12-21.

National Spring Clean is a ten-day litter-picking extravaganza that everyone can enjoy. Youth groups, companies, individuals and local authorities are all gearing up to make this year's spring clean the biggest ever.

National Spring Clean has a noticeable effect on the environment, cleaning and greening up whole swathes of the UK.

For more information about National Spring Clean, call the Hotline telephone number: 01942 826296.

National Pet Week

For the seventh year running, thousands of people from all over the UK will be involved in fun-filled events as part of National Pet Week on May 4-12. These will include church services, open days at veterinary practices, projects and pet shows.

National Pet Week's aims are to:

- Promote responsible pet ownership.
- Make people aware of the benefits of pets.
- Increase public awareness of the services available from professionals who work with animals.
- Raise awareness of working animals.

Each year, the responsible pet ownership message is conveyed by running the events under a central theme. This year it will be 'Learning from each other', and it will look at how we can train pets, as well as what we can learn from them.

Those interested in running events for National Pet Week should write to:

Floss Slade, PO Box 101, Northwood, Middlesex HA6 3RH

If you would like to get in contact with your local events co-ordinator, ring the National Pet Week information line on 0181 421 6166.

official

quiz time

Here's your chance to win a training weekend for two at the Training Centre of your choice. To enter, just answer the questions below:

1 We have made up a montage from photos of the Training Centres. We want you to identify them. For example, is Netherurd number 1, 2, 3, 4, 5, 6 or 7? From the seven photos, work out which one you think is:

- Blackland Farm
- Broneirion
- Foxlease
- Hautbois
- Lorne
- Netherurd
- Waddow

2 What type of redwood trees grow

in the grounds of Broneirion? Are they oak, wellingtonia or larch?

3 Which Centre has a Hertfordshire room? Is it Hautbois, Broneirion or Foxlease?

4 How many people canoed at Blackland Farm in 1995? Was it 5,776, 2,113 or 10,631?

5 At which Centre is Princess Mary House? Is it Lorne, Waddow or Foxlease?

6 Which Centre has a room called Scotland? Is it Foxlease, Netherurd or Waddow?

7 How much does a one-year UK subscription to *GUIDING* cost? Is it £16.10, £13.80 or £14.10?

8 Which Centre is on the River

Ribble? Is it Waddow, Broneirion or Hautbois?

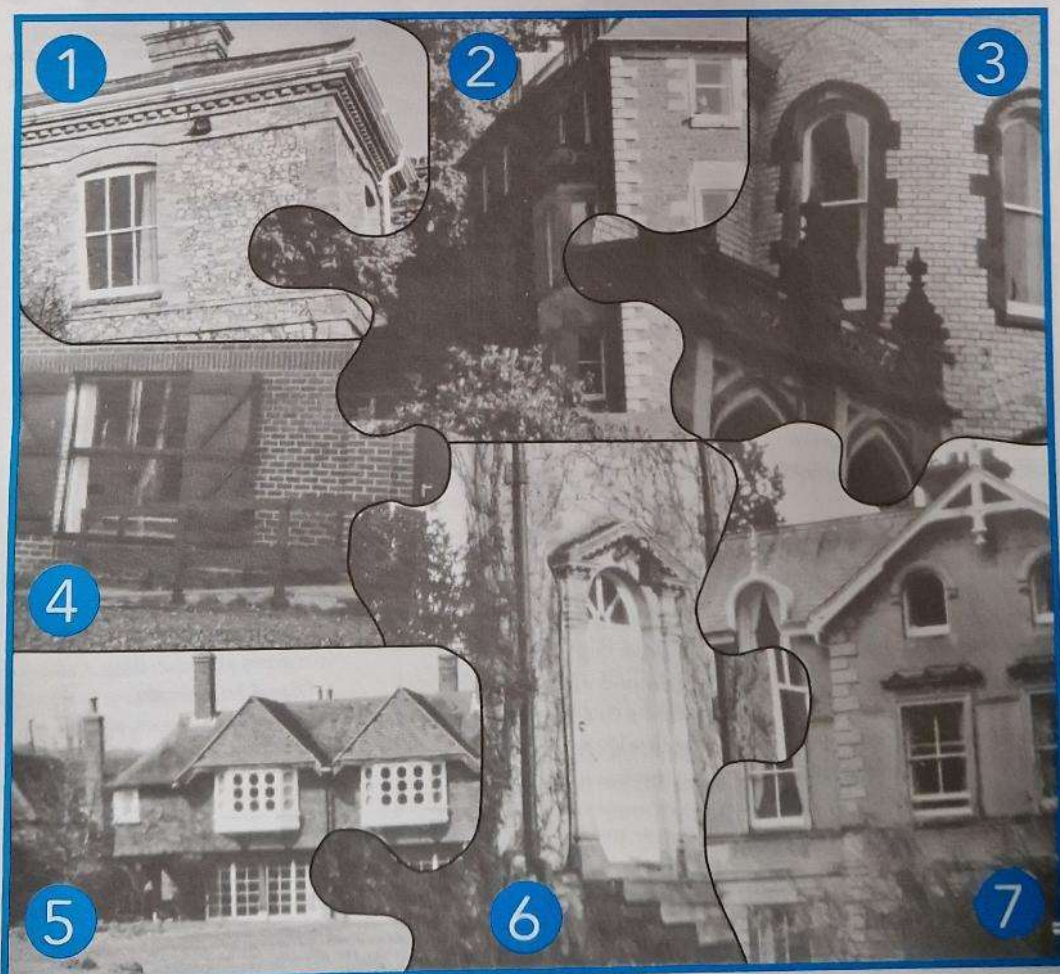
In the event of a tie, the winner will be drawn at random from those entries with the correct answers. The prize will include a shared room, but will exclude travel. Send your answers on a postcard to:

Training Centre Quiz, Blackland Farm, Grinstead Lane, East Grinstead, West Sussex RH19 4HP

The closing date for entries is May 31.

● Your details may be kept for marketing purposes within The Guide Association. Please tell us if you do not wish the information to be kept for this reason.

**Identify the
photographs
and answer
some quiz
questions to
win a training
weekend**



wacky washing

The winners
of the Wacky
Wash for
WaterAid
competition
have now
been revealed

It was a great moment for the 1st Bottesford Brownies from Leicestershire — the day they washed their local bobby in a tin bath outside the police station. Fortunately, he was wearing his uniform at the time!

They were winners in the Brownie category of the Wacky Wash for WaterAid competition, which was judged at CHQ in January. Guides from all over the country were invited to think up wild and wacky

ways to raise funds, using water.

The competition was judged in two categories: the most money raised and the wackiest wash.

It was a tough task for judges Billy Everett, Chief Commissioner for London and South East England; Damian Kelleher, Editor of the *Young Telegraph*; Julie Jarman, WaterAid's Health Education and Community Development Consultant; and Sally Ann Wilkinson from Alton Towers.

The judges were impressed by the unusual choice of object and location of the winners in the Rainbow category.

The 7th Hartlepool Rainbows from Cleveland cleaned the teeth and tail of a dragon boat at a power station to raise funds.

The 2nd Denmead Rainbows from Hampshire raised £240 — the most cash in their age group — after washing six Royal Marines and their jeep. The 6th Barnehurst Brownies from Greater London raised £469 for washing the stadium seats at Charlton Athletic Football Club.

The 6th Ramsgate Guides from Kent were deemed the wackiest in their age group when they donned sponge paws to wash a light aircraft at RAF Manston.

Two Guide units raised £300 each: the Crossford and Cairney Guides from Fife washed an Air UK jet on the runway at Edinburgh Airport; and the 10th Chesham unit from Buckinghamshire were sponsored to wash Chesham Underground station.

The seven units won a wacky day out at Alton Towers adventure park in Staffordshire.

The judges at CHQ (from left): Sally Ann Wilkinson, Julie Jarman, Billy Everett and Damian Kelleher



coming next

IN MAY'S GUIDING

Supersonic sipping

Six Kent Guides set out to aid a good cause and ended up serving tea aboard Concorde

Open for business

The Guide Heritage Centre is launched with a star-studded press send-off

Keeping girls in Guiding

Tried and trusted tips from a Guider who doubled her unit

Taking a stand

Is Guiding in danger of becoming too political, asks a concerned Guide Guider

How do they do that?

A chance to do some super scientific sleuthing

Knocking at the door

Your chance to help defeat a disease that is centuries old by supporting the Guide Friendship Fund Summer Appeal

Flying high

Make your own kite... and stage a kite-flying contest

All aboard

Casting off for the Boat Museum

IN MAY'S BROWNIE

Our feathered friends

All about real brown owls

Do a hedgerow survey

Wildlife that lives in hedges

Animal magic

Test your knowledge with our bumper quiz

Nice and easy

Make a cute knitted owl and cat from oddments of wool

Do the twist!

Follow our easy step-by-step guide to making a balloon dog

A friend to animals

The story of St Francis of Assisi — plus a picture to colour in

AND IN RAINBOW GUIDE EXTRA

Just desserts

Delicious rabbit puddings

Paper penguins

Make them using origami

Mix and match

Which animal tail is which?

Games galore

All based on animals

Rainbow Rabbit

Help her find the missing puppies

executive news

Spreading the word

Five recommendations by the UK delegation to the Europe Region Conference were approved by the Executive Committee at its meeting in January.

They are:

- The Guide Association and the Scout Association should together support and promote the Charter for Guiding and Scouting in Europe. It is felt that the delegates will be able to provide valuable help in developing suitable ways of promoting the Charter.
- The two Associations should act on recommendations made in the Regional Plan for 1996-2000.
- The delegation to the next Europe Region Conference should be selected earlier so that proper preparation can be carried out. To enable this to happen a core team would be appointed in advance and they would be joined by others, when the specialised topics chosen for the Conference have been announced.
- Effective communications should be established between the UK members of the Region Committee and the Executive Committees of both Associations.
- Both Association's International Commissioners should monitor the work of the Europe Region Committee and office, reporting back regularly to their own Association.

Into the future

Sue Hogg has been chosen as chairman of the 2000 Committee, which has been set up to oversee the special events the Association is planning to mark the Millennium. The year 2000 will, of course, also be the Association's 90th anniversary.

Invited guests

Four people attending the meeting by invitation were given a special welcome. They were: Ulster's Chief Commissioner designate, Lyn Bland; the Commissioner for British Guides in Foreign Countries, Helen Barker; the Adviser for Branch Associations, Sheila Mathieson; and the new Chair of the Junior Council, Heather Roy.

Taking over

The Executive Committee elected Doreen Stripling, a former Adviser for Members with Disabilities, to succeed Jill Kendall in June as a member of the Awards Committee.

Signing off

Pat Jackson has completed her term on the Religious Advisory Committee, and her place has been taken by Sylvia Price.



Lyn Bland

Changing faces

Lyn Bland was appointed to take over as Ulster's Chief Commissioner from Sue Hogg. Her term of office will run for five years, having started on February 1.

The new Adviser for Members with Disabilities is Linda Bateman. She takes over from Doreen Stripling



Linda Bateman

The Brownie Adviser, Sue Jones, has been reappointed to serve for a further two years.

Jean Eburne will continue as Chairman of the Association's Awards Committee for another two years.

On March 1 Annette Southall became the Association's Duke of Edinburgh's Award Coordinator, taking over from Maureen Smelt.



Annette Southall

Style counsel

As stocks of the existing section scarves are almost exhausted, it has been decided to replace them with a single scarf for all adult members. A special team set up by the Arts Adviser is to produce the design, and the selling price will be carefully monitored.

New requirements released

Members of the Executive Committee learned that the new official requirements for minibus drivers have been agreed. Full details will be included in a special Hotline in May's *GUIDING*. They will also be added to the rules in *The Guiding Manual*.

Women talking

Lara Brookes, who was Chairman of the Junior Council until last year is to succeed Denise King – another former Junior Council Chairman – as the Association's representative on the National Council of Women of Great Britain.



Gillian Shaw

The new Assistant Public Relations Adviser (External Relations) is Gillian Shaw. Miss Shaw is a family and employment law solicitor, who has acted as a Division Public Relations Adviser.

Omitted

The name of Anglia's Chief Commissioner was left off the list of members organising The Big Crunch published in January's *GUIDING*. Vivienne Scouse is, of course, an active member of the steering group.

official

sail of the century!

Louise Vincent has been awarded the sailing holiday of a lifetime in recognition of her devotion to Guiding

Louise Vincent is counting the weeks until August, when she joins other winners of the MDL Sail Training Awards as crew on an 80ft yacht.

Ever since the London Boat Show in January, Louise, of the 6th Slough Guides in Berkshire, has been getting more and more excited. Until then, says Louise, 'I knew I had won a holiday, but I did not know much about it. Since going on board a 60ft yacht at the show, I can imagine the size it will be — it was big!'

Louise was nominated for the award by her Guider Tina Adnitt for being one of life's 'givers'. The 15-year-old devotes much of her time to Guides, which she loves, and has taken pre-enrolment

Guides under her wing to help them pass their challenges and learn the ropes.

Tina explained that Louise has helped many problem and difficult youngsters, planned summer camps and is a valuable helper within the group.

The Awards are sponsored by Marina Developments, a UK marina operator, and are given to deserving youngsters in recognition of their outstanding achievements. The nominees, chosen from five areas around the UK, are interviewed by a panel to find the winner.

Louise comes from a Guiding and sailing family. 'I joined Guides when I was 12,' she said. 'But I was a Cub Scout for years because

my mum is a Cub leader. At least I thought I was a Cub, but I was probably honorary and not properly invested.'

Louise's family all sail, although her mother has now given it up. They own a Laser and an Enterprise, and Louise first learned on an Optimist, the virtually unsinkable little dinghy that has been the start of many a child's sailing passion. Her brothers have both won prizes, one of whom has been selected for the British team in Japan.

It looks like being a sailing summer for Louise: she has been asked to crew for a friend, and might even try to put to sea as practice for her exciting week as one of 16 crew members on the *Spirit of Wight* owned by the Ocean Youth Club. ■

Louise Vincent is congratulated by Mike Tyrell, MDL's managing director



Thanks for your letter. Easter eggs and cards; decorating eggs; making masks for Brownie Revels; learning semaphore; finding out about Pack Holidays; and preparing for the May Day Fair: what an exciting life you lead! Have you seen your husband and children recently?

Don't listen to Paula — of course you hard-boil the eggs before you decorate them. Blowing the innards out may be fun, but it is also very messy when done by Brownies. I tried it once, but only once!

You might get some new recruits when they see your maypole dance at the May Day Fair! How I wish I'd had a helper like Pam who could teach country dancing. Has she thought any more about becoming a Guider?

Your 'arty-crafty' stall should boost your funds a bit. Why not write both the price and what it is meant to be on every label? Thanks very much for the thought, but I can manage without a black tea cosy with three holes and a bright orange nose protector. I would advise selling them to their makers' doting parents instead!

Outdoor challenges are easier now that it's warmer. You'll find that hunting for anything is always popular — even on the scruffy strip of garden you say you have around the church. Brownies love activities such as 'Which Six can get the most things in a matchbox?'

I once told my Brownies that nothing living was ever to be collected and squashed in a box. Instead, I received a dead slug, half a squashed worm and a mouldy snail. So be warned!

You asked about games. I learned new ones from other Guiders or at various trainings, where we actually tried them out!

I remember once having to go around mooing loudly. I had to ignore the Guiders disguised as sheep, cats, dogs and pigs, until I found four other equally-embarrassed cows. I felt such a fool, I expect we all did. However, the Brownies loved that game. You do discover possible problems by playing the games yourself, so persevere.

We might get bored playing the same games over and over again,

but Brownies don't. 'Just once more,' you'll hear them plead. I used to introduce a new game and then wait to see if it took off. If it did, then I could gradually phase out an old favourite.

As you've discovered, some games need to be slightly adjusted according to the size of your Pack, and Packs like different games.

It sounds to me like you need really energetic games for your lot! It might help, too, if you played a quiet game before Pow-wow.

The Guide Association publishes some good games books. I've noticed that the games which I used have different names now, but the purpose is still the same.

Games are fun, of course, but the Brownies also learn a great deal from them, such as mixing together, losing gracefully and so on.

We played a quiet game and a noisy game every meeting. I particularly liked the book *Games with a Point*. I could lend you my copy. There are also lots of good ideas in *GUIDING*, as you know. Does Pam share your copy with you?

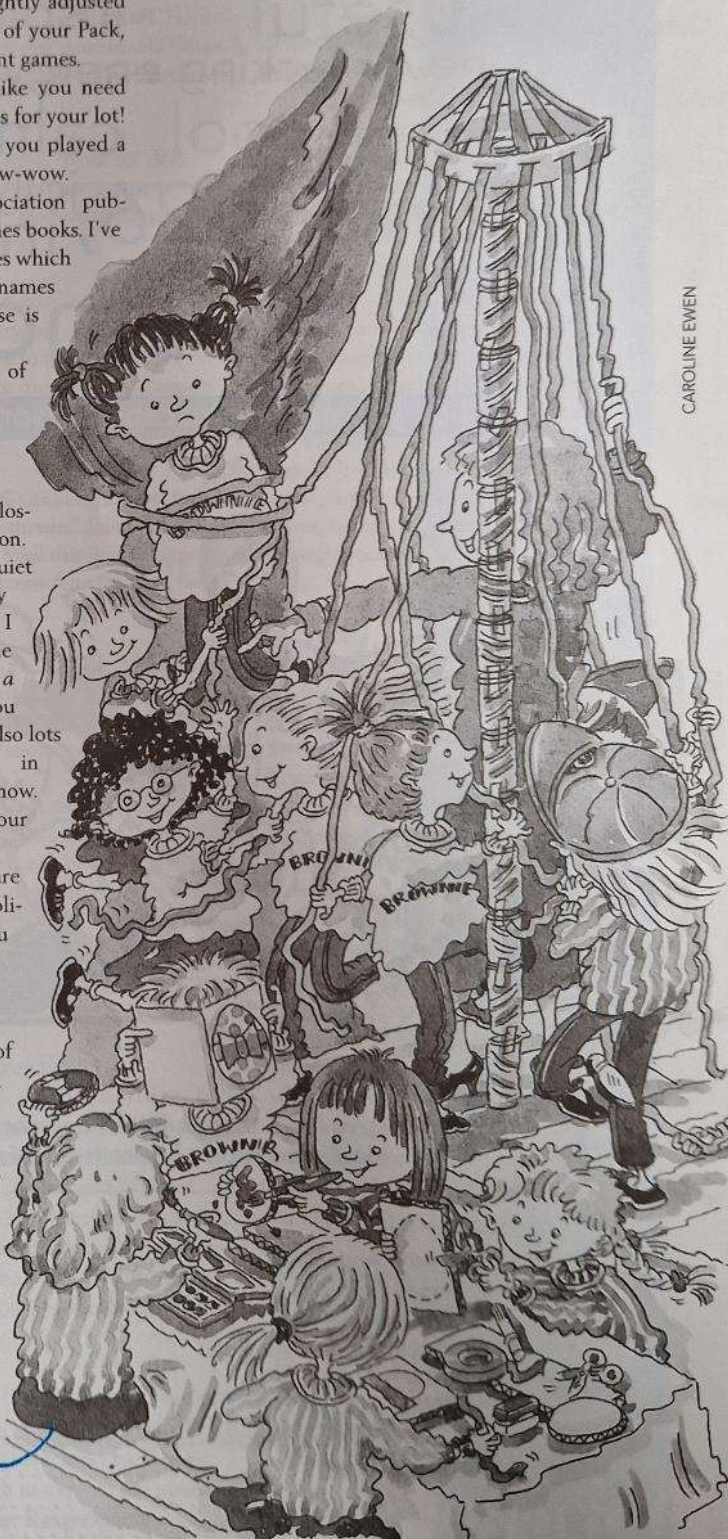
So you and Pam are off to visit a Pack Holiday. That's when you have the dear little monsters — sorry, Brownies — for 24 hours a day, instead of an hour or so a week. Let me know how you get on.

And what do you mean by 'Jehoshaphat is looking forward to a happy event?' Why should a cat be looking forward to the summer? ■

Bye

Barbara

dear Hazel



CAROLINE EWEN

watch this space ■

Are you... ^{caring,} ^{rational,}
^{observant,} ^{open-minded,}
^{useful,} ^{inspirational,}
never lacking energy, ^{naturally talented,}
cool, calm and collected,
under 26, ^{jolly,} ^{impressive}
and lively?

Then you may be just the person for the Association Junior Council

What is the Junior Council?

We are a body of young women aged 16-26 whose aim is to promote the views of young women within The Guide Association on a range of issues.

What is involved?

- We meet two weekends a year where participation is essential by all.
- Links are encouraged with all Country and Region Junior Councils.
- Members have to be prepared to attend additional meetings for other groups and committees if invited.

Who can join?

The Junior Council is made up of an enthusiastic group of young women, three from each of the Countries and Regions with two members representing BGIFC and two members from Branch Associations, all serving for three years.



If you feel you have the qualities necessary to participate in the decision-making of The Guide Association's future then this is your chance — fill in the slip below.

TEAR-OFF SLIP

To: Elizabeth Anderson
Committees Executive
The Guide Association
17-19 Buckingham Palace Road
London SW1W 0PT

Please send me further information about the Association Junior Council.

Name (please print) Address
.....
..... Postcode Country or Region

training news

A World of Ideas

Waddow May 4-6

Based on the publication of the same name. Games, background information, activities, recipes and projects.

A question of faith

Hautbois June 21-23

'All your questions large and deep; all the open thoughts of youth,' bring them to this weekend. No one knows all the answers but a programme of discussions and activities is being planned to help you to help one another.

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.

Guiders and Guides

Netherurd May 3-5

This is an ideal opportunity for Guiders and their Guides to get together and work on the Action Plus programme. So if you are looking for an action-packed, fully-informative weekend, this could be the one for you.

Walking event

Broneirion July 27-August 3

The highlight will be an opportunity to walk the second half of Glyndwr's Way to Welshpool in Powys – about 12 miles per day – returning to Broneirion in the evening. During the week, there will be other shorter walks organised by a leader and arranged to suit the walking skills of the group.

Endless ideas for Patrols

Waddow May 31-June 2

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

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

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 a sae. Cheques should be made payable to The Guide Association.

Holiday week

Broneirion July 27-August 3

Bring your family and friends for two days or more and enjoy the mid-Wales countryside. Incorporating gentle walks organised by a leader, if required.

Summer arts programme

Hautbois August 12-23

A variety of three-day courses will be on offer, including a double of heraldry from August 16-22.

Bright ideas and how to use them in your unit programme (for Rainbow, Brownie and Guide Guiders)

Foxlease August 30-September 1

Lots of ideas to try out and opportunities to talk about how to include them to best advantage in your own unit programme.

Trefoil Guild

Netherurd May 17-19

Calling all Trefoil Guild members! Fancy a weekend at Netherurd doing fun and exciting things? Well this is your opportunity. Phone us now for a booking form.

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.

Rangers and Young Leaders

Netherurd June 7-9

It's time for that Look Wider experience. This weekend is designed especially for Senior Section girls. So if you are in that age group and want to know what Look Wider is all about, this weekend has been planned just for you.

First aid in Guiding

Hautbois September 6-8

A repeat of this popular course for those who missed it in February. It is open to Rangers, Young Leaders and Guiders wishing to learn skills needed for camps and holidays as well as weekly meetings. It also leads to the St John Ambulance Appointed Person Certificate (or Red Cross equivalent).

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.

Rainbow International Pack

Waddow July 5-7

An opportunity to dig into the new resources pack for the Rainbow Guide section — to explore ideas, and try out games, crafts and songs.

A taste of Scotland

Netherurd November 29-December 1

This weekend training is open to anyone in the Guide Movement. So if you have an interest in cooking or eating good food, Netherurd is the place to be.

Leadership made easy

Foxlease September 6-8

This course is being run for members of The Guide Association aged 16-65 who want to extend their leadership skills in and out of Guiding. During the weekend we will consider: what is a leader?; what skills does a leader need?; working with different personalities; leading assertively; and getting the right message across.

Programme ideas for the out-of-doors

Waddow April 26-28

For Brownie, Guide and Senior Section Guiders

Endless ideas for Sixes

Waddow July 5-7

For Brownie Guiders looking for new ideas with which to enthuse their Sixes.

Life-saving course

Foxlease September 13-15

Accommodated in Foxlease coach-house, 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.

Mountain biking for the fit and not so fit

Waddow July 25-August 1

Explore the Ribble Valley on a mountain bike — suitable for beginners and experienced riders.

official

The influence
of Europe on
our everyday
lives
continues to
grow

By Ruth Goggin
Adviser Central and
Eastern Europe

european adventures



EUROPE FOR YOU!

In recent times Europe has become an integral part of our day-to-day lives. You need only look at supermarket shelves to see the number of Continental goods on sale – all now measured in kilograms and litres.

More people than ever before are travelling to Europe for holidays and the opening of the Channel Tunnel has made day trips to the Continent an attractive option.

In the future, it is likely that young people's social, personal and professional lives will take them to other countries within Europe, offering them the opportunity to explore the cultural diversity that exists.

The Europe For You! programme, created by the European Scout and Guide Region, offers 16-22 year-olds an opportunity to gain further understanding of the diversity within Europe; a chance to travel in Europe; and encourages European citizenship. Currently the programme has three elements: Passport for Europe; Eurosteps; and Where to stay in Europe.

Passport for Europe

This element offers 16-22 year-olds from all the member associations challenges in six key areas:

- Exploration and discovery
- Quality of life
- Democracy
- Culture
- Solidarity
- Career and social care

The programme is designed to help young people to develop their own projects relating to these areas. The projects can take place anywhere at anytime.

Logbooks are available in which the people taking part can record their adventures or their collection of 'visas'; or they can keep details of projects. 'Visas' are the signatures or stamps given by the Guide or Scout leader with whom the young people have worked, who can confirm that personal progress has been observed in one of the key areas.

If a visa has been obtained in each of the six key areas, the Eurobadge may be awarded. To gain this badge, Passport for Europe log books should be returned to the International Secretary at CHQ.

Eurosteps

This element aims to encourage young people to travel in Europe and to share in projects with young people from other countries.

The 1996 *Eurosteps European Adventure* booklet is now available. To receive a copy send an A4 sae with stamps worth 47p, to the International Secretary at CHQ.

The booklet contains information on 40 sites in Austria, Belgium, Croatia, Denmark, Finland, France, Germany, Greece, Ireland, Italy, the Netherlands, Romania, Spain, Sweden, Switzerland and the UK.

Among the opportunities on offer are: a chance to learn about democracy by considering facts and

ideas about ancient and modern democratic practices in Greece; a chance to participate in an environmental camp in Spain; and a chance to help out at the Sun City camps in Croatia for children who have been traumatised by war.

All the activities at the 40 sites are linked to the key areas of Passport for Europe and visas for Passport for Europe can be gained by participating in projects at Eurosteps.

All the sites on offer are cheap, easy to reach, and provide basic equipment for camping, cooking and washing. It is hoped that the sites will be used as bases by young people wishing to explore Europe.

The *European Adventure* booklet also offers advice on planning a trip, and covers methods of travel, money and insurance.

Where to stay in Europe

The third element of the Europe For You! programme gives young people a directory of information about Scout and Guide centres in Europe which are open to both members of the World Association of Girl Guides and Girl Scouts (WAGGGS) and the World Organisation Scout Movement (WOSM).

Your Country or Region International Adviser has all the details and will be able to help you with ideas of where to stay this summer. Usually, accommodation within a Scout or Guide centre will be cheaper than staying anywhere else and the centres are ideal bases for exploring their particular areas.

Europe now plays an important part in all our lives, whether we like it or not. The European Scout and Guide Region has developed an exciting programme for 16-22 year olds, enabling them to discover Europe to the full.

friends of BGIFC

As more British citizens live and work overseas, British Guides in Foreign Countries (BGIFC) has become a flourishing sector of UK Guiding. There are currently some 5,500 expatriate Rainbows, Brownies, Guides, Rangers and Guiders in more than 40 countries worldwide.

Members of BGIFC make the British Guide Promise, follow the same programme and wear a uniform adapted to the local climate. BGIFC is organised in a similar way to a UK Country or Region. But it is administered from Commonwealth Headquarters in London and supported by its own Commissioner and secretariat.

Friends of BGIFC

The Friends are the Commissioner's 'back-up' team, who help her with her work both in the UK and overseas. The Friends' aim is to support and encourage BGIFC in any way they can, including giving practical and financial support.

Anyone can become a Friend of BGIFC – you don't have to be a

member of the Association – and it is open to both men and women. A warm welcome is offered to anyone who is interested and would like to support its work.

Friends with Guiding experience – perhaps as a Commissioner, Trainer or badge tester – are always needed. So, too, are those new to Guiding who are willing to help with a wide range of tasks – from administrative help to making training aids – or to pass on skills.

Friends who live or travel overseas are sometimes invited to represent the Commissioner by visiting BGIFC units – particularly those in the most distant places from the UK – to take and bring back news.

Giving financial support can mean paying for resource materials and gifts to be taken abroad by the BGIFC Commissioner or Trainers; raising funds to enable girls and Guiders to attend international Guide events, or to represent their area at a UK camp; or simply paying an annual subscription to support the work of the Friends.

Your help is needed

Friends pay a minimum subscription of £5 per year. There is also a family subscription of £6 per year for two or more members at the same address. In return, Friends receive the following:

- Four copies of BGIFC's newsletter per year, incorporating a special Friends' section in two issues.

- The BGIFC Annual Report.

- The opportunity to meet other Friends at an annual get-together, which is sometimes held in conjunction with a training event or camp.

If you are interested in becoming a Friend, please fill in the application form below and send it to:

Sue Jiggins, Secretary

Friends of BGIFC

The Guide Association

**17-19 Buckingham Palace Road
London SW1W 0PT**

Please enclose a cheque for £5 (£6 for two or more members at the same address) payable to the Friends of BGIFC.

**British Guides
in Foreign
Countries is a
lively part of
UK Guiding,
but it needs
friends**

Yes, I would like to become a Friend of BGIFC and enclose a cheque for my membership subscription.

Name

Address

Tel

Guiding experience (if any) — please indicate whether current or previous

.....

.....

Previous/current connections with BGIFC (if any)

.....

.....

We look forward to welcoming you as a Friend of BGIFC.

open door

Winter has gone and, encouraged by the better weather, we launch into spring cleaning.

As we tidy out cupboards, drawers and units, we find ourselves sorting the debris into piles for recycling. Surplus jamjars go to the bottle bank; magazines to the paper skip; and redundant clothes are channelled towards the charity shop.

In the past few years, recycling has penetrated the national consciousness, so that today we think twice before throwing anything away. We're now aware that rubbish doesn't just disappear, it ends up somewhere — in the air, the soil, the sea and the rain.

There's a parallel here with some

of our feelings — the negative leftovers like yesterday's anger, jealousy and resentment. If they're disposed of carelessly — thrown on to our own 'grievance' tip — they, too, will create a sort of toxic waste.

Left to fester deep inside, such feelings become more destructive, more pernicious. They can cloud our vision, distort our judgement, infect our actions and, ultimately, block us off from other people. And they can cut us off from our true selves.

But how about 'recycling' those emotions? How about facing up to the hurts and accepting them? And then, instead of wasting energy on brooding or wondering how to hit back, use that energy

to take action positively.

Ask yourself what you can learn from the situation? And, specifically, from your response — the how, what and why of your anger or whatever. What does it say about you? Could you have reacted differently? Do you want to?

If we throw vegetable waste into the garbage can, it remains garbage. If we put it on the compost heap, it is transformed into nourishing compost — magic for growth.

We're not that different. If we choose to 'recycle' our bad experiences and the feelings that go with them, we too will grow.

CD

a personal view

We felt that GUIDING had to include this Guider's unhappy experience to prompt other leaders to consider their attitudes to safety matters

You may remember that a seven-year-old girl was abducted from a tent in her uncle's back garden in Llandudno, Gwynedd last July. (A man has since been charged with her murder).

When I took my Guide unit on annual camp a few days later, I chose the grounds of a local Guiding property, believing it would be safer than many other sites.

On the first night we were there, an intruder came on to the camp site in a car. The intruder entered the tents while the girls slept (thank God no one awoke and screamed) and stole one Guide's entire personal belongings, some of another girl's and some of mine.

The following morning we had to deal with the police, inform all the parents in case they wanted to fetch their daughters home and, eventually, move the entire camp to another, safer pitch. The staff at the camp site made us feel as if we were making a fuss over nothing.

I was told that the Property Committee at our HQ were very

These Guides, pictured enjoying a super holiday, were safe and sound in their tent. But there are safety issues which Guiders should consider

upset at what had happened to us, to the extent that they are, finally, going to heed the advice apparently given to them repeatedly by the local police and make security arrangements for the site.

The only allusion to this event locally has been to remind all Guides and Guiders to provide their own insurance cover for their personal belongings when undertaking Guiding activities.

It feels to me, my Assistant Guider and my Division Commissioner that they think if they

ignore what has happened to us it will go away.

What is more likely is that two sadly disillusioned Guiders, with over 30 years' warranted service between them, will indeed consider 'going away' themselves.

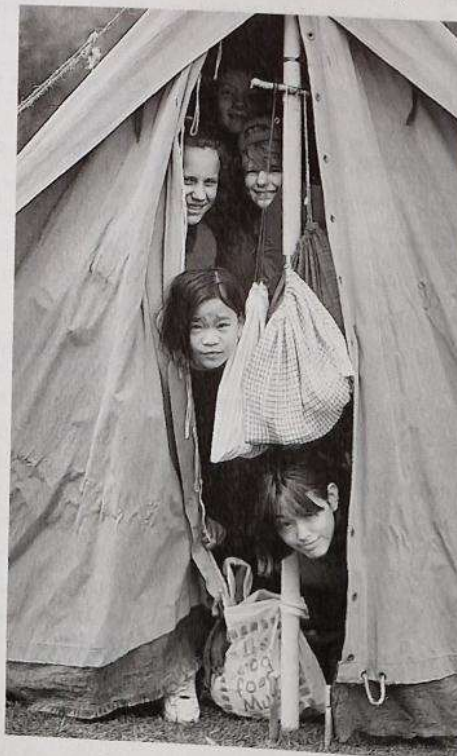
As an employer, I know that if an employee of mine had suffered such an occurrence I would have striven to offer them support and acknowledge the stress involved.

But then, we're not employees, only unpaid volunteers. We don't seem to count for anything.

Incidentally, we found the parents were very supportive and the girls were brilliant.

● Next month, *GUIDING* will look at what safety arrangements operate at camp sites and holiday homes, and the steps Guiders are recommended to take when assuming responsibility for the girls.

The views expressed in this article are not necessarily those of The Guide Association, nor are they endorsed by it. The Editor reserves the right to edit items received for publication.



ideas

Programme ideas for April 1996

idea of the MONTH

Useful suggestions for Guiders of all sections

By Georgia Fielding

No matter how young they are, Guides should be expected to lend a helping hand in the meeting place as a matter of course. You may already have this all sorted out but, if not, try making a list of everything which needs to be done before, during and after meetings. If you find that you're doing most of it yourself, give some thought to letting others help you.

Rainbows and Brownies can:

- Set out and put away lightweight chairs.
- Hand out and collect craft materials.
- Pick up dropped items.
- Put rubbish in waste-paper baskets.
- Tidy their corners between different activities.
- Clear away unit belongings.



DON MANSELL

Older Brownies can also sweep floors or vacuum carpets at the end of a meeting.

Guides can, in addition to the above tasks, help by:

- Drawing curtains.
- Stacking chairs and tables.
- Putting away Patrol boxes.
- Mopping floors where necessary.
- Turning off heaters and lights.
- Locking cupboards.



Senior Section members would, obviously, organise all this themselves.

Leaders will need to check that everything has been safely done, of course.

Some jobs are less popular than others and this is where a rota is useful. Many units run a rota which changes each month, with Sixes or Patrols moving round the different tasks. Whatever your system, you need to start the clearing-up tasks at least five minutes before the meeting is due to finish.

Make your closing ceremony the last item in your running order to ensure that everyone helps and doesn't just head for home, leaving you to do it all... again!

idea

Buying in bulk usually saves money so get together with other Guiders in the District

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idea

Learning comes easier if you make a game of it

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idea

Need help with badges or a one-off event? Contact your local Trefoil Guild and tap into their expertise

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topic of the month

Communication is the topic this month. Girls of all ages will have fun trying out these activities which are designed to help them understand the art of effective communication

By Linda Bateman
New Adviser for Members
with Disabilities
Illustrations: Anni Axworthy

Describe a landmark

Write the names of landmarks on separate pieces of paper — for example: school, police station, library, park and church.

The first girl takes one piece of paper and has to tell the others about the landmark so that they can guess what it is. Then the next person has a turn and so on, until everyone has had a go.

This will show the girls how effectively they can communicate. At the end of the activity, ask them how well they think they did.

R SS
suitable for
B G

Verbal communication

Ask the girls to consider what they are doing when they communicate with others. Forms of communication include:

- Requesting information — such as 'What did you think of that film?'
- Giving instructions — for example 'Make us a cup of coffee, please.'
- Expressing humour — telling jokes, for example.
- Requesting or stating needs — such as 'What I need is a really good holiday.'

Communication also involves: talking about our experiences — for example 'I went out last night'; giving opinions — such as 'That TV programme was brilliant'; and expressing feelings — for example 'I'm really excited.' Can the girls come up with more examples of these forms of communication?

Give a talk

Ask each girl to choose a subject and then give a talk on it for three minutes to the rest of the group. Ask the girls to give each other some constructive criticism on how to improve their presentation of the subject.

R SS
suitable for
B G

Instructions

Ask the girls to give verbal instructions on how to make a cup of tea, make a jam sandwich, plant a bulb, hoist a flag and pack a rucksack. You could have one girl giving the instructions, which the others try to follow. Afterwards, ask the girls to talk about how difficult it was to communicate how to do even the most simple tasks.

R SS
suitable for
B G

Tell a story

Each Patrol sits in their own circle. The Patrol Leader tells a story and, on a given signal, the person next to her has to continue the story from where she has left off. Then, on another signal, the next girl carries on the story and so on. This activity tests the girls' ability to listen. Afterwards, ask them to consider how difficult it was to concentrate when someone else was telling the story, before it was their turn.



Identify the picture

Place several pictures in the middle of the room. The pictures should be on a similar theme — for example, animals, the countryside, gardens or seaside views. You could cut up old calendars, magazines or books for this activity, or use postcards and photographs.

Label the pictures alphabetically. The girls take it in turns to describe a picture for the others to identify by its letter.

R SS
suitable for
B G



R SS
suitable for
B G

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



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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- 2 Metre High at Lowest Point
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- Ideal for the Larger Groups

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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

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The Bradford Cover and Tent Promise policy is the same today as it was 100 years ago! To produce quality products through attention to detail thus providing British Quality at a very competitive price!

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BRADFORD COVER & TENT CO. LTD

Market Leaders For Over 100 Years

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 wood doors at both ends. Tapes are also fitted to enable walls to be rolled up. Tents come complete with wooden poles, wood pegs, dunnies, 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)



12' RIDGE TENT

RRP £379
SPECIAL OFFER £289 **SAVE £90**

12' FLY SHEET

RRP £179
SPECIAL OFFER £160 **SAVE £19**

12' GROUND SHEET **£59**



BUY ALL 3 TOGETHER

AND GET THE
12' GROUND SHEET
COMPLETELY FREE

RRP £617
SPECIAL OFFER £449

SAVE £168



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



14' RIDGE TENT

RRP £439
SPECIAL OFFER £329 **SAVE £110**

14' FLY SHEET

RRP £199
SPECIAL OFFER £170 **SAVE £29**

14' GROUND SHEET **£69**



BUY ALL 3 TOGETHER

AND GET THE
14' GROUND SHEET
COMPLETELY FREE

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SPECIAL OFFER £499

SAVE £208



'BIG JOHN' DOUBLE TOILET TENT

RRP £139
SPECIAL OFFER £99

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.

orders, travel tickets and travellers cheques.

GENERAL EXCLUSIONS

No Section of this policy shall apply in respect of:

- (a) any consequence, whether direct or indirect, of war, invasion, act of foreign enemy, hostilities (whether war be declared or not) terrorist activities, civil war, rebellion, revolution, insurrection or military or usurped power.
- (b) (i) loss or destruction of or damage to any property whatsoever or any loss or expense whatsoever resulting or arising therefrom or any consequential loss and/or
- (ii) any legal liability of whatsoever nature directly or indirectly caused by or contributed to by or arising from:
 - (1) ionising radiations or contamination by radioactivity from any nuclear fuel or from any nuclear waste from the combustion of nuclear fuel
 - (2) the radioactive, toxic, explosive or other hazardous, properties of any explosive, nuclear assembly or nuclear component thereof;
 - (3) pressure waves caused by aircraft and other aerial devices travelling at sonic or supersonic speeds.

RECIPROCAL HEALTH AGREEMENT

If you are travelling to European Common Market countries you are advised to obtain from your local Department of Social Services Office Form CM1. On returning this to the Department you will be issued with Form E111, which will entitle you to certain free health arrangements in Common Market countries. For full details, please obtain Leaflet No.SA40 from your local Department of Social Services or Post Office.

Free or reduced-cost emergency medical treatment is available in other European Community Countries if you are taken ill or have an accident during your visit. **Only emergency treatment** is covered, and you will receive care on the same terms as nationals of the country visited. These arrangements apply to treatment provided under the state health care schemes. **Private treatment is not covered.**

Cancellation and curtailment

Personal accident-death 16 years and over
Personal accident-death under 16 years - funeral and reasonable expenses
Personal accident-loss of limbs or sight or permanent disability
Travel Delay
Abandonment
Medical expenses aggregate
Personal baggage and money aggregate
(Personal money up to a sum not exceeding £150)
Personal baggage lost 24 hours outward journey
(Provided no payment has been made by the Carrier)
Personal Public Liability
(Cancellation, Curtailment & Abandonment - see details overleaf)
(Personal Baggage & Medical Expenses - see details overleaf)

not exceeding	\$2,000
not exceeding	\$7,500
not exceeding	\$7,500
not exceeding	\$500
not exceeding	\$500
not exceeding	\$500,000
not exceeding	\$600

ZONE 3 All other parts of the World

Premium per person \$23.65 - plus Insurance Premium Tax

Cancellation and Curtailment	not exceeding	\$1000
Personal accident-death 16 years and over		\$7,500
Personal accident-death under 16 years - funeral and reasonable expenses	not exceeding	\$2,000
Personal accident-loss of limbs or sight or permanent disability	not exceeding	\$7,500
Travel Delay	not exceeding	\$150
Abandonment	not exceeding	\$1000
Medical expenses aggregate		\$1,000,000
Personal baggage and money aggregate	not exceeding	\$850
(Personal money up to a sum not exceeding £150)		
Personal baggage lost 24 hours outward journey		\$150
Personal Public Liability	not exceeding	\$2,000,000
(Cancellation, Curtailment & Abandonment - see details overleaf)		
(Personal Baggage & Medical Expenses - see details overleaf)		

N.B.. MEDICAL INCONVENIENCE BENEFIT: This Benefit does not apply for holidays taken in the United Kingdom. If during the holiday you are admitted as an in-patient to a hospital abroad then you can claim a benefit of \$10 per complete day of in-patient treatment up to a maximum of \$200. This payment is in addition to any payment applicable for expenses incurred under Section 4.

INSURANCE DETAILS 1996

The Association's Insurance Brokers are WILLIS CORROON LONDON LIMITED. All queries and correspondence must in the first instance be communicated to the Insurance Manager at Guide Headquarters and not to the Insurance Brokers.

The Association effects two insurances policies for the benefit of its members -

The Personal Accident and Public Liability Policy.

PERSONAL ACCIDENT

- A (i) The Guide Association and all its Members
 (ii) The Constituent Region, County, Local Associations or Friends of Guiding of the Guide Association
 (iii) The Trefoil Guild
 (iv) The LINK International Fellowship
 (v) Officers and Officials of any of the foregoing
 (vi) Any voluntary part-time instructors
 (vii) All non-members of the Guide Association while involved in or supervising Guiding activities
 (viii) Prospective Members to The Guide Association prior to taking their Promise
 (ix) The Student Scout and Guide Organisation
 B Any Employee of The Guide Association
 C British Guides in foreign Countries whether Nationals of the Country concerned or not
 D Foreign or Commonwealth Guides visiting the UK at the invitation of the Insured.

Plus the children of members in any of the above categories whilst their parents are involved in Guiding activities-

The Schedule of Benefits which is operative while taking part in any Guiding activities, including travel thereto and therefrom, is as follows:

SECTION 1 - PERSONAL ACCIDENT

Applicable to all categories of Insured Persons)

Circumstances	Limit
1. Accidental	Death £15,000 (over 18 years of age) £2,500 (under 18)
2. Permanent Total Disablement	£15,000
3. Loss of one or more eyes/hands/feet or any combination of these	£15,000
4. Temporary Total Disablement	£50 per week if aged over 18 and in full time gainful employment (max. 104 weeks) £20 per week if aged over 18 and not in full time gainful employment (max. 104 weeks)

SECTION 2

(a) MEDICAL EXPENSES

Category A and B	£25,000 Overseas £10,000 UK
Category C	£25,000
Category D	£10,000 UK

(b) TRAVEL AND INCIDENTAL EXPENSES

- (i) Up to £400 in respect of the cost of travel by public transport or private car, for the purpose of attending hospital/doctor's appointments for medical treatment necessary as a result of an accident. Includes reasonable overnight accommodation expenses, subject to a maximum of £75 per night. There is no cover in respect of claims totalling less than £10.
- (ii) Up to £100 in respect of loss of or damage to clothing where it has to be cut off by medical staff or is blood stained beyond reasonable expectation of being returned to its original state.

The conditions of the Policy also include:

1. Benefits in accordance with the Continental Scale
2. Benefits payable as a result of illness (maximum 52 weeks)
3. Benefits in accordance with the Schedule will be paid following assault
4. Exposure to the elements
5. Disappearance following believed bodily injury resulting in death

The Personal Accident Policy restricts benefits to death only for persons 75 years and over, other than in respect of Members of the Trefoil Guild where an extension in cover has been arranged as follows.

- (a) loss of one or more eyes/hands/feet or any combination of these/ loss of use £15,000
 (b) hospital cash (up to a maximum of 180 days) £10 per day

This Policy DOES NOT COVER LOSS OF EARNINGS RESULTING FROM AN INJURY, NEITHER DOES IT COVER CHILD MINDING EXPENSES, NOR ANY DAMAGE CAUSED TO SPECTACLES.

Although the policy is operative World-wide including USA and Canada, it is still necessary for all members to take out travel insurance when going abroad.

Should an accident occur a Notification of Accident Form should be completed as soon as possible and forwarded to the Insurance Manager at Guide Headquarters. An acknowledgement will be sent together with an expenses claim form where applicable and the form should be completed and returned to the Insurance Brokers. When a claim has been agreed, the Brokers will notify the Association who will make the necessary payment.

PUBLIC LIABILITY

The Association has arranged a general Public Liability policy to indemnify Insured Persons in respect of their legal liability for bodily injury, death or disease to any person, or for loss of or damage to third party property.

Insured persons are defined as follows:

- (i) The Guide Association and all its members
- (ii) The Constituent Region, County or Friends of Guiding of The Guide Association
- (iii) The Trefoil Guild
- (iv) Link International Fellowship
- (v) Officers and Officials of any of the foregoing
- (vi) Any Employee of The Guide Association
- (vii) Any British Guide operating abroad under the Jurisdiction of The Guide Association
- (viii) Any person not acting as a member of another organisation who is authorised to be in charge of or supervise or otherwise assist in Guiding activities.
- (ix) Children of Members of the above whilst their parents are involved in Guiding activities.
- (x) Prospective Members of The Guide Association (prior to taking their promise)
- (xi) The Student Scout and Guide Organisation
- (xii) The Guide Association Trust Corporation
- (xiii) The Trustees of and/or members of the Committee responsible for the management of any property or premises belonging to or leased to Trustees for any Unit.

The Limit of Indemnity is £20M therefore it is not necessary to forward hire and letting forms to the Insurance Manager unless the limit of indemnity required is over £20M. If a Certificate or the policy number is required for proof of cover, this can be obtained from the Insurance Manager.

This policy excludes the first £100 of each and every claim in respect of third party property damage.

It is important to remember that Members of the Movement are also considered Third Parties.

This cover relates to public liability cover only and not to buildings insurance cover.

NOTE:

The Association's Insurance Brokers are able to arrange other insurances on behalf of members, such as cover for unit equipment, tents, loss of money and so on. The Insurance Manager at Guide Headquarters will be pleased to advise details of a contact at Willis Corroon who will give advice and offer a very competitive quotation.

The Personal Belongings of all Members of the Movement are not covered by the Association's Insurances. These should be covered by an "All Risks" Household Contents Policy.

These notes should be attached to your Policy.

Travel Insurance 1996

Cover extends only to Guiding activities recognised by The Guide Association

The following information became operative from 1st January 1996 and applies until further notice.

This insurance is offered to Guiders/Members in charge of parties going abroad. The Insurers are the Home & Overseas Insurance Co. Ltd., (a subsidiary of the Eagle Star Ins.Co.Ltd.). The cover includes an emergency foreign treatment and repatriation service handled by The Green Flag Travellers Medical Service.

IMPORTANT - AVAILABILITY

Please note that this cover is available only to Guide Association Members or Helpers under Guiding authority with a specific role relative to the visit. Brownies are now included in this Scheme, and may accompany their Guider or Helper Parent attending a Guide Holiday because the parent cannot leave her at home.

IMPORTANT - CONDITIONS APPLYING TO ALL INSURED PERSONS

- (a) If you or any person on whose state of health the holiday depends are undergoing Medical treatment at the time the balance of the holiday cost becomes due you must obtain a certificate from your doctor confirming that you are fit to travel. This certificate should be forwarded to the Insurance Manager at Guide Headquarters for production in the event of a claim.
- (b) If at any time after booking you are advised that you will be unfit to travel on the intended holiday you must inform the Guide Insurance Manager without delay. All other claims must be notified as soon as reasonably possible.

Failure to comply with these requirements could affect any subsequent claim. Cancellation cover applies as soon as the Application Form together with the premium is received by the Association. The remaining covers apply for the duration of the booked holiday plus the period of travel from home to departure point and back home afterwards not exceeding 24 hours in each case. If the return is unavoidably delayed because of interruption to Public Transport, cover will be extended free of charge for the period of that delay.

DEFINITIONS

PERSONAL BAGGAGE shall mean such objects or articles of necessity, ornament or personal convenience including clothing and effects worn on the person as are usually carried by travellers for their individual use during a journey or visit but excluding property which is otherwise insured.

MONEY shall mean cash, currency, bank notes, cheques, postal and money

CLAIMS

CLAIM FORMS ARE AVAILABLE FROM THE INSURANCE MANAGER AT THE GUIDE ASSOCIATION. COMPLETED CLAIM FORMS MUST BE RETURNED TO THE INSURANCE MANAGER AT GUIDE HEADQUARTERS AND NOT DIRECT TO THE INSURANCE COMPANY. THE ORIGINAL POLICY DOCUMENT, WRITTEN REPORT OF LOSS/DAMAGE, ANY RECEIPTS OF PURCHASE AND POLICE REPORT, MUST ACCOMPANY THE COMPLETED CLAIM FORM.

NOTES

- (a) In order to save handling and administration costs and to keep premiums as low as possible, it has been necessary to offer this scheme in three simple packages. No additional covers can therefore be arranged.
- (b) Winter sports are covered under this policy.
- (c) A vehicle recovery service is not part of the Guide Association Travel Insurance.
- (d) The Insurance Department at Guide Headquarters invites Guiders to report their experience of these arrangements.

PREMIUM AND ZONAL COVER

For any person up to 6 weeks:

ZONE 1 *UK excluding Channel Islands*

Premium per person	\$2.15 - plus Insurance Premium Tax
Cancellation and curtailment	not exceeding \$125
Personal accident-death 16 years and over	\$7,500
Personal accident-death under 16 years - funeral and reasonable expenses	\$2,000
Personal accident-loss of limbs or sight or permanent disability	not exceeding \$7,500
Abandonment	NIL
Medical Expenses	not exceeding \$125
Personal baggage and money aggregate (Personal money up to a sum not exceeding \$100)	not exceeding \$300
Personal baggage lost 24 hours outward journey	\$50
Personal Public Liability	not exceeding \$2,000,000

ZONE 2 *Europe including Channel Islands, Gambia, Madeira, The Canary Islands, all countries bordering the Mediterranean, Eire, the Commonwealth of Independent States if West of the Ural Mountains.*

Premium per person \$9.50 - plus Insurance Premium Tax



NO HIDDEN EXTRAS

All prices include VAT & carriage within the U.K. mainland
on all orders over £50.

- We do not ask for cash with orders.
- When goods are despatched you are invoiced at the same time.
- You are asked to check your order before you make any payment.
- All goods are covered by our guarantee which states that if you are not completely satisfied with your goods they can be returned to us before any payment is made.

FREEPOST
NO STAMP
REQUIRED

Bradford Cover and Tent Co. Ltd.
FREEPOST BD 2098
Windsor Street
BRADFORD
West Yorkshire
BD4 6BR

FREE BROCHURE PACK

INCLUDING DETAILS ON THE
NEW BASE CAMP TENT

SIMPLY TICK THE BOX AND
POST THE COUPON FOR
YOUR FREE COPY, OR
TELEPHONE OUR
HELPLINE ON

(01274) 728469



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				£
3. 12' RIDGE TENT PACKAGE WITH GROUND SHEET FREE	£449				£
14' RIDGE TENT	£329				£
4. 14' FLYSHEET	£170				£
14' GROUND SHEET	£69				£
5. 14' RIDGE TENT PACKAGE WITH GROUND SHEET FREE	£499				£
6. 'BIG JOHN' HYGIENALOO	£99				£
ALL PRICES ARE TOTALLY INCLUSIVE OF VAT AND CARRIAGE IN THE U.K. MAINLAND					TOTAL £

ALL PRICES ARE TOTALLY INCLUSIVE OF VAT.
AND CARRIAGE IN THE U.K. MAINLAND

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

Tell it how it is

Brownies or Guides sit on chairs, back to back, in pairs. One draws an object on a piece of paper and describes it to the other, who draws it on another piece of paper. Compare the drawings, then discuss how difficult it is to describe an object using only verbal communication.



Word association

Everyone sits in a circle. The leader starts off the activity by saying a word, such as 'holidays'. The person next to her says what the word reminds her of, such as 'seaside'; and the next person might say 'ice cream' and so on around the circle until they are back to the leader again. This activity demonstrates how we associate one word with another.



Sign language

Total communication means using gestures, signs and symbols, as well as words, to help people understand what we are saying. Signs can often explain what we are trying to say. For example:

■ It is usually easier to remember the signs that we see than the speech we hear.

■ If people have a slight hearing loss, some words can sound similar. Signs help people identify the differences between these words.

But if we are talking to a deaf person, we should still speak, as they may be able to hear some of what we say and recognise lip shapes.

■ Signs can hold the attention for longer. With speech, once it is said, it is gone.

Can the girls come up with other reasons why signs can help us to communicate? Talk about other (polite!) ways we communicate using signing.

Making up a sketch

Each Patrol or group of Rangers make up a short sketch on a given theme and work out how they would act it out. Write down the words only and give it to another Patrol to act out. The two Patrols then discuss how we interpret the written word differently from the spoken and signed word.



Character identification

For this activity, you need access to a video recorder. The Ranger Unit listens to part of a video containing perhaps three or four distinct individuals talking, without them seeing the screen. They then discuss the sort of characters they think are on the video. Then they watch the video and see how their impression of the characters matches that portrayed on the screen, such as their dress, mannerisms and so on.



Identifying speakers

Ask each Six or Patrol to choose a sentence. Then ask each Six or Patrol member to say the sentence either behind a screen or a closed door, or onto a tape. Then ask the other Sixes/Patrols to list who was speaking in the correct order. This activity demonstrates how we often make up our minds about people by what we see, rather than by what they say.



Giving directions

Agree on a starting point for this activity, such as your meeting place. The leader gives the name of a nearby location which is known to everyone. One girl describes the route, while the others listen to see if they agree. When she gets halfway through describing the route, the leader stops her and asks someone else to carry on. This activity tests how effectively the girls can communicate!



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rainbow guiders

Rainbows enjoy finding out how things work and why things happen. They are natural investigators and a science theme gives them opportunities to discover, understand and talk about the world around them

By Deborah Manley
Illustrations: Kim Woolley



Clap hands, wiggle fingers

Have you thought of all the things we do with our hands? Ask the Rainbows to talk about and demonstrate all the different things their hands can do. Encourage them to use lots of different words, such as: clap, shake, pat, stroke, push, pull, pinch, point and so on. Include activities such as painting, writing and sewing. In pairs, the girls could demonstrate a hand activity for the others to guess and name.

Everyone could draw around their hands on a sheet of paper. Label them right and left. How many girls use their left hands, and how many their right?

Finally, end the activity by singing the rhymes *Pat-a-cake*, *baker's man* or *Pease porridge hot* with all the appropriate accompanying gestures.

Quiet time

Think about how we learn about life around us. We use our senses to hear, see, feel, taste and smell. With the girls staying very quiet, ask them to use only one sense. For example, what can they tell you if they shut their eyes and listen? What if they shut their eyes and only feel things? Say thank you for our senses which help us to learn about the world around us.

Plant a tree

Ask the girls to think of all the ways we use wood in our lives. Explain that we need trees in order to make the air suitable for us to breathe healthily. With the girls, plan how you might plant a Rainbows' tree in your community.

Collect a few pence each week for your tree. With the girls, seek advice about tree planting. You could, perhaps, have an outing to a garden centre or an arboretum.

Then, at the right time, buy your tree and go out together to plant it. You could put a little weatherproof sign on your tree to let people know that it belongs to your Unit with the date of its planting — and even a brief explanation of why you planted it.

Visit your tree from time to time through the years ahead to remind each generation of girls about their contribution to the health of our planet.

Keep a tree record, showing how big it was when you planted it, and how high and how wide it was around the trunk. Check its measurements each year. Record its name and where you bought it from. You could also dry a leaf each year to add to the tree record.



Turn it off!

How many of us are wasting water in our homes, by letting water drip from our taps or by using more water than we really need?

Let the girls discuss ways in which they could save water in their everyday lives. At the same time, talk about why it is necessary for people to drink and take in water, and the importance of washing, cleaning our teeth and keeping our homes clean.



Feeling hands

This guessing game is based on touch and the girls should describe what they feel.

Create a 'feely' bag (with a draw-string top) or box (with a hole in the side). Put a variety of objects which feel different from each other into it: a sponge, a piece of soap, a wooden brick, a rubber quoit, a woollen glove, a piece of fur or velvet, a ruler and so on.

The girls take it in turns to put their hand in, choose one object to feel and describe it to the other girls who must guess what it is. Encourage them to use contrasting words such as rough/smooth, hard/soft, flat/uneven, round/angular and long/short. Ask what shape it is. Does it bend? Would it break easily? What is it made of?

The girl who guesses correctly what it is becomes the next 'feeler'.

■ Next month, we'll be looking at a theme that is always popular: animals.

Patrol tortoise race

You will need:

- A large blanket for each Patrol (preferably brown or fawn).

All Patrol members get under one blanket per Patrol and position themselves at one end of the room. They have to travel to the opposite end without anyone being seen under their blankets. Leaders keep watch and deduct a point every time an arm or foot is seen.

'Heads-in' game

This is best played when the girls are all wearing jumpers, sweatshirts or other tops which they can pull up over their heads.

One girl is 'on'; while the others are all tortoises. They all go about on their hands and knees. The girl who is on, taps a tortoise on the back saying 'Tap tap'; the tortoise immediately has to put her head 'in' — that is, pull her jumper over her head. She must then stay still until another tortoise 'frees' her by tapping her back and saying 'Lettuce!' The tortoise can then put her head out and set off again.

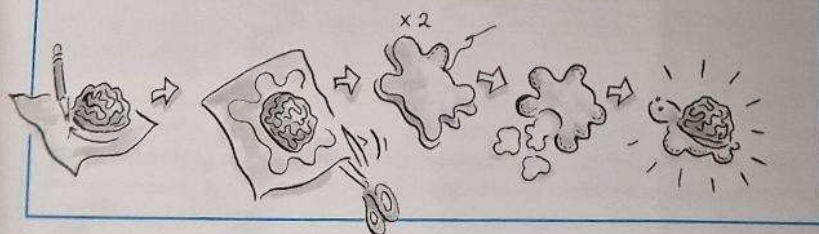
See how many tortoises have their heads in after a period of, for example, three minutes. Then another girl has a turn at being the 'tapper'.

Walnut tortoise

You will need:

- half a walnut shell
- scraps of brown felt
- cotton wool
- glue
- beads or eyes

Lay the walnut shell on a piece of felt and draw round it. Then add the head, legs and tail. Cut out two of the shapes and stitch them together, leaving a gap along one side. Stuff the head, legs and feet with cotton wool, then stitch up the gap. Stick or stitch the eyes on to the head, then stick the walnut shell on to the top.



Tortoise crawl game

Each girl starts on her hands and feet — like a tortoise — from a starting line. The leader calls out a statement. For example: 'Tortoises who have black shoes — six steps'; or 'Tortoises who have fair hair — five steps'. Each 'step' is either a hand or a foot step. The first girl to reach the finishing line is the winning tortoise.

theme evening

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

By Pauline Wainwright
Illustrations: Beccy Blake

String tortoise

You will need:

- The same equipment as for the walnut tortoise described below, but instead of the shell you need half a tennis ball, string and PVC adhesive.

Prepare the walnut shell by gluing the string in small 'whorls' on to the tennis ball — the string should cover the whole of the ball. Then complete the tortoise in the same way as the other tortoise.

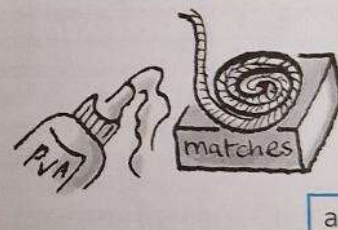


Tortoiseshell printing

You will need:

- a matchbox
- some string
- glue
- brown paint
- a big outline picture of a tortoise

Glue the string in a 'whorl' on to one side of the match box. Each girl then paints her whorl and 'prints' it on to the large picture.



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brownie guiders

This month, we look at science-based activities involving water and eggs to demonstrate concepts such as surface tension, magnification, buoyancy and weight distribution

By Elizabeth Egan
Illustrations: Kate Wells

Soapy secrets

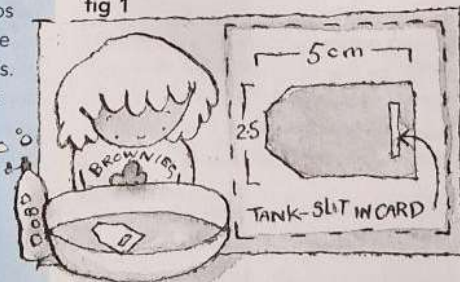
Explain to the Brownies that water molecules are strongly attracted to each other and stick close together on the surface of the water. This creates an invisible skin — 'surface tension'.

Surface tension will support certain objects and prevent them from sinking. However, if soap is added to the water, it separates the molecules and reduces the surface tension, so floating objects sink.

To demonstrate this, gently lower a pin into a bowl of water using tweezers, until the pin floats. Add some washing-up liquid drop by drop until the pin sinks.

Surface tension can also be used to make a 'boat' move. Copy the boat (fig 1) on to thin card and float it in a 'lake' (a large, shallow dish). Pour a few drops of 'petrol' (liquid detergent) into the boat's 'tank' and see what happens. The boat moves forward because the detergent breaks the surface tension behind it. It will stop only when the detergent has reduced the surface tension of all the water in the lake.

fig 1



A water magnifying glass

Save the small plastic loops from commercial bubble kits, or make your own with thin wire, and give one to each Brownie. Supply newspapers, water, paper napkins and margarine. Using a napkin, each Brownie rubs a little margarine on her loop, dips it in water and lifts it out as if she were going to blow a bubble. She can use her water magnifying glass to read the small newspaper print — she'll find it's magnified.

Explain that the film of water on the loop has a definite shape, rather like the lenses in a pair of spectacles. The water bends light rays twice: first as they enter the water and then again as they leave. Reflected light from the object you're studying hits the lens and is bent back to your eye. Your eye sees the light as if it came in a straight line from the object, which looks bigger than it really is.

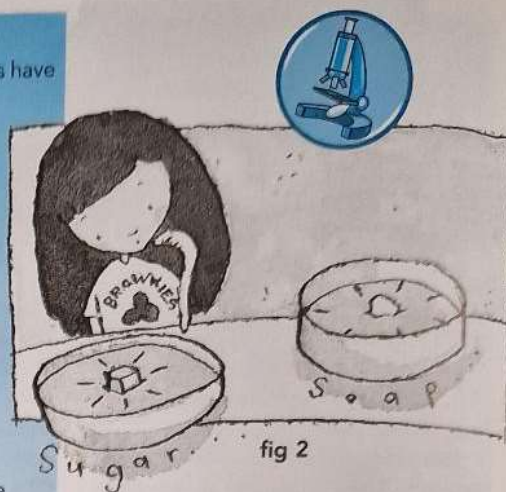
Matchstick magic

Tell the Brownies that matches have a sweet tooth but don't like washing their faces!

Arrange six spent matches in a shallow dish of water (fig 2).

Gently place a sugar cube in the centre of the dish and watch the matches rush towards it. Now change the water, arrange the matches in the same way and put in a tiny piece of soap instead. Watch the matches run away.

If you've tried 'Soapy secrets', the girls will already know the reason why the soap repels the matches — surface tension breaking up. The sugar attracts the matches because it absorbs the water and creates a current, which pulls them towards it.



Shell strength

Show the Brownies how strongly designed an eggshell is. Save eggshell halves and wash them out, until you have at least four for each Six and four for you. Bind a strip of insulating tape round the middle of each half and trim off the excess shell, so that each eggshell has a steady, straight edge on which it will stand level.

Place your four shells, with their domes facing up, close together to form a square. Stand an unopened can of food, upright and centrally placed, on the eggshells. Keep stacking cans one on top of the other until the shells crack. It's amazing how much weight the shells can support. The secret is in their shape: weight is evenly distributed from the eggs' domes down the curves to the wide base.

After your demonstration, give the Sixes four half shells each and see who can build the heaviest can tower before the shells collapse. Have a few spare shells available.



Pace it out

Build up an understanding of scale through simple projects — for example, a scale drawing of your meeting room. Get the girls to measure the room with paces, and then draw an outline plan using one centimetre for each pace. Challenge them to do the same with a room in their home, using a different scale — for example, two centimetres to each teddy bear.

Travel plans

Work out in advance the distances between some of the major cities of Europe (for example, London, Paris, Berlin, Rome, Madrid, Stockholm, Warsaw, Kiev and Moscow) and write these distances on separate cards, with extra ones as 'red herrings'. These are put up around the room. Each Patrol will need a ruler and a map of Europe with the cities marked on it. Ensure that the girls know the scale of the map before they start! The girls are numbered and the leader calls out the names of two cities and a number. The girl with that number measures the distance on the map between the two cities, and the Patrol members then work out the distance and run to what they think is the correct card. All who are right gain a Patrol point.

Walk on

Measuring on an Ordnance Survey (OS) map, give the girls a proposed walk from Point A to Point B and ask them to work out how long it would take, assuming a walking speed of four miles per hour. You could also try this on a local map, and then do the walk, and see whose estimate was the most accurate.

Street directory

Provide each Patrol with local street maps (these can often be obtained from estate agents, or the girls could be asked to bring their own A-Z street maps for larger towns). Everyone will also need a piece of string, about 30cm long.

Give each Patrol a list of ten or so different distances to measure with the string — for example, the town hall to the police station; or the swimming baths to the market place. If each girl has a go at measuring the same route, they can then compare notes and work out between them what the actual distance is.



Penny hike

This activity takes place out of doors, so you may prefer to wait for the lighter nights. Each Patrol sets off from a given point with a coin. At each road junction they toss the coin. If heads, they turn left. If tails, they turn right. As they go, they should write down the name of the streets they travel along.

After a specified number of coin tosses, they return to base by the shortest route. They then measure their route on a street map and work out how far they have travelled.

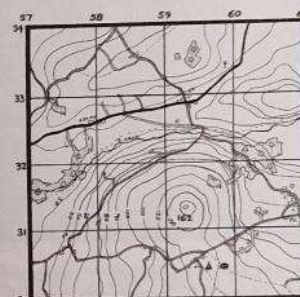
how to do

In this, the third part of our series on activity ideas involving mastering map-reading skills, we concentrate on scale and contours

By Pauline Wainwright
Illustrations: Anthea Whitworth

Sloping along

Provide each Patrol with an OS map of a hilly area. The leader calls out the numbers of a four-figure grid reference square and asks 'Steep or gradual?' The girls find the square, and the whole Patrol runs to one end of the room if the lines indicate a steep slope or the other end if it is gradual.



Uphill or down?

This is similar to Sloping along, but this time, as well as giving the four-figure grid reference, the leader also gives the direction of travel using compass directions. For example, square 2467, north to south. The girls decide whether they would be travelling uphill or down. If up, they all jump up and wave their arms in the air; if down, they all sit on the floor.

Treasure seekers

For this activity, each Patrol will need several polystyrene ceiling tiles, suitable glue and scissors. Give them a copy of a 'treasure island' map. The first girl cuts out the full shape of the island from one of the tiles and sticks it on to a piece of card. The second girl cuts out the shape shown by the 10m contour and sticks it in the correct place on top of the first shape. The third girl takes the 20m contour and so on.

Tell the girls that the treasure is buried halfway up the steepest side of the hill, and see which Patrol can stick a home-made flag in the right spot. This activity will show them that lines close together indicate a steep slope while lines further apart indicate a gradual slope.



out and about

A trip to the zoo is still a firm favourite with youngsters, but hard on its heels these days comes the thrill of being really close to more familiar animals at 'hands-on' animal farms

By Gillian Ellis

Hands-on animal farms are becoming increasingly popular throughout the United Kingdom. Most Rainbows, Brownies and even sophisticated Guides enjoy feeding and petting farm animals, as well as learning firsthand about the workings of a modern farm.

Because some activities are seasonal, you will certainly not see everything. But, in addition to the animals, most farms have a cafe, a gift shop, picnic and play areas, and facilities for disabled guests. There is always plenty to fill a day's outing and have the girls clamouring for a return trip.

North West (Cheshire and Cumbria)

Stockley Farm, at Arley near Northwich in Cheshire, is an excellent example of a hands-on animal farm. The installation of its high-tech computerised milking parlour prompted its owners to invite the public to watch the process. This proved to be so popular that they later opened up most of the rest of the farm to visitors.

A tractor ride from nearby Arley Hall – the 500-acre farm forms a part of its grounds – brings visitors to the farmyard, before heading for the massive barn in which most of the animals live. Stockley's cattle, pigs, sheep, goats, poultry and rabbits are used to making friends with humans and take it in their stride. Children are encouraged to stroke or cuddle the residents, and Stockley always has plenty of baby animals on hand.

The Vietnamese pot-bellied pigs are especially sociable, while the delightful and equally friendly pygmy goats can hardly wait for children to join them in their pen – a perfectly acceptable practice at Stockley!

Out in the fields, you'll find Shetland ponies and a comical donkey, all of whom love to be fussed over. Meanwhile, on a pond beyond the play area are the ever-popular ducks.

A milking display takes place every afternoon and, in season, you may even see some sheep shearing.

There are indoor and outdoor picnic areas, a 'straw bounce' (providing wonderful safe fun), miniature pedal-tractor rides, a creative activity corner and a nature trail.

Further north, at Bassenthwaite in Cumbria, is the delightfully named Trotters and Friends, where you can see pigs, goats, sheep, red deer, Shetland ponies, British miniature horses, donkeys, Exmoor ponies, Highland cattle, longhorns, llamas, owls, mice, peacocks, rabbits, poultry, guinea pigs, ferrets and even a Burmese python!

There's also the chance of being involved in feeding, milking, shearing, lambing, dipping, owl flying and a snake demonstration.

South East and East Anglia (Bedfordshire, Bucks and Norfolk)

At Leighton Buzzard in Bedfordshire, you'll find Mead Open Farm. Visitors meet poultry, sheep, pigs, goats and cattle (including some rare breeds) in a natural environment, amid all the normal daily farm activities. Seasonal events include sheep shearing, spinning, ploughing, combine harvesting and Shire horse displays.

At nearby Luton, Woodside Children's Farm has added a wildfowl park to its attractions. In over six acres of woodland you'll find some 150 species of animals and birds. Woodside's farm animals include horses, donkeys, sheep, cattle, pigs, goats, rabbits and poultry. You can also see llamas, fallow deer and Highland cattle.

South west of Luton, at Stoke Mandeville near Aylesbury, is the Buckinghamshire Goat Centre, which is home to every breed of goat in Britain, as well as sheep, pigs, donkeys, poultry, owls and a pony. It has a pets' corner, a putting green, picnic lawns and a farm information centre. Pony rides are available most weekends.

Not far away, in High Wycombe, lies Odds Farm Park, a rare-breeds centre especially created with children in mind. Daily hands-on activities include lamb feeding in spring and goat milking later in the year; animal feeding; egg collecting; and 'pat a pet' sessions. There is much to learn here: detailed information is clearly displayed on the animal pens and educational packs are available.

Wroxham Barns Junior Farm, at Hoveton in Norfolk, is a must for units camping at Anglia's Training Centre – Great Hautbois House. This three-acre farm is home to cattle, sheep, pigs, goats, poultry, ponies, donkeys, rabbits, kittens and guinea pigs.

Supervised activities include feeding animals, and discovering about milk, egg and wool production.

At Mead Open Farm, near Leighton Buzzard in Bedfordshire, visitors are allowed to feed many of the animals in a natural environment



MEAD OPEN FARM



Most youngsters enjoy feeding and petting farm animals and learning first-hand about the workings of a modern farm

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The West Country (Devon and Cornwall)

Twiggly Winkies Farm at Newton Abbot in Devon has the novel addition of a hedgehog hospital, where you can see sick hedgehogs being nursed and babies being bottle-fed, and learn about their return to the wild.

Just down the road at Buckfastleigh is Pennywell Farm, an 80-acre, triple-award-winning attraction. In season, you can bottle feed lambs and calves; feed poultry and collect their eggs; hand-milk cows and goats; and groom donkeys and Shetland ponies. It has a toddlers' farm, piglets' tea time, owl and falconry displays, badger walk, treasure hunt and sheepdog trials.

Farther west, Dairyland Farm World at Newquay in Cornwall has almost 20 years' experience of open farm management. In addition to pony rides, goat leading, and pet handling and feeding, its highlight is its milking merry-go-round. Here, visitors can watch 170 cows – all trained to step on to a rotating platform – being milked by one man in about 90 minutes. It's a real show stopper!

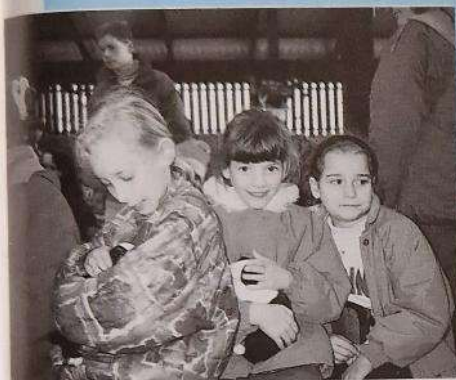
Useful addresses

- Buckinghamshire Goat Centre, Layby Farm, Stoke Mandeville, Buckinghamshire HP22 5XJ. Tel: 01296 612983.
- Cholderton Rare Breeds Farm Park, Salisbury, Wiltshire SP4 0EW. Tel: 01980 629438.
- Dairyland Farm World, Summercourt, Newquay, Cornwall TR8 5AA. Tel: 01872 510246.
- Finkley Down Farm Park, Andover, Hampshire SP11 6NF. Tel: 01264 352195.
- Longdown Dairy Farm, Ashurst, Hampshire SO4 4UH. Tel: 01703 293326.
- Mead Open Farm, Stanbridge Road, Billington, Leighton Buzzard, Bedfordshire. Tel: 01525 852954.
- Odds Farm Park, Wooburn Common, High Wycombe, Buckinghamshire HP10 0LG. Tel: 01628 520188.
- Pennywell Farm, Buckfastleigh, Devon TQ11 0LT. Tel: 01364 42023.
- Stockley Farm, Smithy Farmhouse, Arley, Northwich, Cheshire CW9 6LZ. Tel: 01565 777323.
- Trotters & Friends, Coalbeck Farm, Bassenthwaite, Keswick, Cumbria CA12 4RD. Tel: 0176 87 76239.
- Twiggly Winkies Farm & Hedgehog Hospital, Denbury Road, Newton Abbot, Devon TQ12 6BZ. Tel: 01626 62319.
- Woodside Farm & Wild Fowl Park, Aley Green, Slip End, Luton, Bedfordshire LU1 4DG. Tel: 01582 841044.
- Wroxham Barns Junior Farm, Hoveton, Norfolk NR12 8QU. Tel: 01603 783762.

Animal magnetism

■ Hands-on farm parks are springing up all over Britain — there's bound to be one not far from you. Look around locally and plan a day out for your unit. But be sure to book in advance.

Many of the animals are used to making friends with humans. Here, these Brownies have been encouraged to stroke and cuddle the rabbits on a farm



JOAN SHAW

Many 'hands-on' animal farms make sure that they always have plenty of baby animals available, such as these fluffy chicks



JOAN SHAW

South (Wiltshire and Hampshire)

Another excellent rare-breeds farm park, which is already a popular venue with the Movement, is at Cholderton, near Amesbury in Wiltshire. With its emphasis firmly on conservation, this friendly 50-acre farm, established in 1987, has an under-cover Rabbit World housing over 50 breeds – one of the largest collections in the world – and a special baby-bunny 'stroking area'.

Seven rare breeds of pig live at Cholderton. Among its specialities are the Pork Stakes pig races, which are held twice daily. There are also sheep (including an unusual seaweed-eating breed from North Ronaldsay in Orkney), poultry, goats, ponies, cows and Shire horses. All the animals can be fed and petted by visitors.

Not far from Cholderton are two other thriving hands-on farms, both in Hampshire. Longdown Dairy Farm at Ashurst, which is ideally situated for units staying at Foxlease, is a 200-acre dairy farm built in 1979 and opened to the public in 1983.

A working concern first and foremost, Longdown nevertheless welcomes visitors. All of the income from visits is ploughed back into the farm to improve its visitor amenities. Great importance is attached to giving the public an insight into the farming life, its problems and its pleasures. There's always something to see at Longdown, including Vietnamese pot-bellied pigs, rabbits, poultry, cattle and Pygmy goats, and visitors are encouraged to feed and pet the animals, and to watch the milking.

North of Longdown, at Andover, you'll find Finkley Down Farm Park, which offers similar facilities for groups. Its careful breeding programme ensures that there are plenty of baby animals throughout the season, and children may help to feed, groom and handle the animals at specific times each day.

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guide guiders

The new Guide Law came into effect at the beginning of this year. Some of this month's activity ideas are based on its six clauses

By Amanda Medler
Illustrations: Michelle Draycott

Mime challenge

Many Guides enjoy drama and mime. Each Patrol could make up a short mime of how they dealt with a challenge. The rest of the unit then have to guess what happened before the mime started — that is, what was the challenge they were facing.

Learning by doing

At one of my recent meetings, two Patrols were trying balloon modelling, which was not going very well. Then a usually-disruptive Guide left the hall to go to the lavatory. Upon returning, she sat quietly (which was a shock!) and was the first to make a balloon dog. Then she went to the lavatory once again, this time taking a friend with her.

They were gone for some time, and upon returning their balloons had become water bombs. I must have looked mildly concerned, because she then explained that this was the best way to stretch the balloons, making it easier to blow them up and thus create the balloon dog. There was no mention of this water-bomb theory in the instructions! This Guide was certainly using 'her time and abilities wisely'.

Ask each Guide or Patrol to choose an activity that they would like to teach themselves. Having accomplished this, have a trying-it-out evening, with each Patrol offering an activity to the others. The Patrol members take it in turns to stay at base, and all get a go at something new. There should be no written instructions — this is a learning-by-doing opportunity!

Guide of the 1990s

Ask your Patrols to bring along a variety of magazines that they read — for example, *Mizz*, *Just 17*... One member of each Patrol should lie down on a large sheet of paper (computer printout is ideal) while the others draw around her. You should now have an outline of a Guide. Use pictures (and words) from the magazines to make up a Guide of the 1990s by sticking them around the figure you have drawn.

This was once done with a mixture of Guides at an international event. Those from Western Europe had a clock or similar object for the head, representing a life driven by time. Guides from South America, however, were made up of food, representing their lives being driven by the need to obtain sustenance.

Perhaps you could extend this activity to embrace the international dimension of Guiding. Or you could get each Patrol to describe their new 'member' instead.



Secret friends

The fourth clause of the Guide Law is 'A Guide is a good friend and a sister to all Guides.' At the end of your meeting put the names of all the Guides and leaders in a hat. Each person draws one name out. This is the name of her secret friend, which she must not tell to anyone.

At a unit meeting during the next two weeks each person must anonymously do a good turn for their secret friend. Follow this up and see if each person noticed the good turn done for her. Sometimes people notice several things that have been done.



Guide Law situations

Make two sets of cards. The first set should contain the six clauses of the Guide Law — one per card. The second should contain pictures or descriptions of scenes, such as 'on the bus' or 'watching *Neighbours*'. Every Guide takes one card from each pile and explains how she could keep that clause of the Guide Law in the situation she has picked.

Guide Law diamond

Create 16 cards, each with a statement relating to the sixth clause of the Guide Law: 'A Guide respects all living things and takes care of the world around her.' Example statements could be: 'All Guides should be vegetarian'; 'People should have to use public transport to reduce pollution'; and 'All zoos should be closed'.

Give the set of cards to a Patrol. They have to decide which statement they most agree with — this card goes at the top of a diamond. In the middle of the diamond they place a row of four cards — these are the statements with which they neither agree nor disagree. At the bottom of the diamond they place the statement with which they least agree. There is no right or wrong diamond. The challenge is to create one with which all the Patrol members are happy.

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Rope table-mats

Should you only want to make one mat, then you could use it as a stand for a plant. But it doesn't take much more effort to produce a set of six.

Suitable rope can be bought in most craft shops and department stores. It comes in four different colours: red, blue, white and yellow.

You will need:

- soft rope, in a range of colours if you prefer
- a blunt needle
- thick cotton
- a pencil
- scissors
- stiff card
- glue
- dressmaker's chalk
- felt

crafty ideas

Rope table-mats are quick and easy to make and perfect for the girls to give as gifts or to sell at fundraising events

By Sue Wilkinson
Illustrations: Julie Carpenter

1 Coil a length of rope into a small tight loop, and stitch it to itself using the thick cotton. Now coil the rope around this loop, stitching the rope to itself and making a circle as you work.



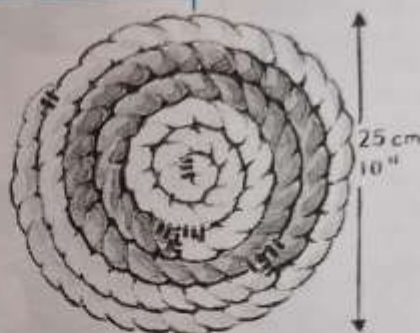
2 Keep coiling the rope until you get to the end of the length, and sew the rope end to itself as neatly as possible. Join a new piece of rope, by sewing one end of the new piece to the first rope at this point.



3 If you want to change the colour of the rope, simply use a different colour at this stage. Using this method gives you the option of making all the mats in a single colour, or making them in two or three colours.

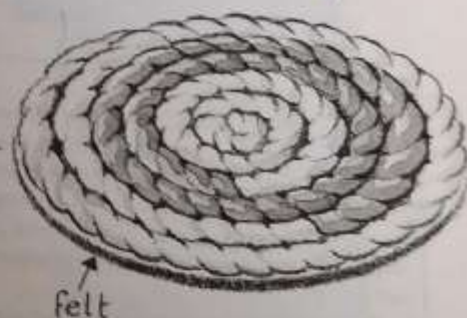


4 Keep on coiling the lengths of rope in this way until you have made a mat 25cm (10in) in diameter. Then finish the end of the rope off as before by stitching it tightly to itself.



5 Using the pencil, draw around the finished mat on the stiff card, and carefully cut out the outline. Then draw around the finished mat on the felt with dressmaker's chalk and again cut out around the outline. Now glue the circle of felt to the circle of card, and leave to dry.

6 Once the base is dry, glue the stitched rope mat to the card base, making sure that the piece of felt is on the bottom of the mat. Now leave the mat to dry. To make a set of table-mats you need to make six.



Simply stylish

Make a set of coasters to go with the table-mats. You could choose either a contrasting or matching colour — both will look stylish.

Simply use less rope to produce a smaller shape, or select thinner rope. Make the coasters in the same way as the mats.

try this

This month's activity ideas originated from a brainstorming session at a training weekend

Illustrations: Francis Scappaticci

Concerted efforts

At Waddow's Look Wider weekend, Trainers Sheena Booth and Hilary Wensley challenged the group to come up with ideas, suitable for any section, on one of six themes:

- Five-minute fillers
- Games and activities with a point
- Leadership training
- Miscellaneous activities including crafts
- Theme evenings
- Top tips

After a 45-minute session, the 66 assorted Guiders, Commissioners and Advisers had produced a wealth of ideas, which were collated into booklets and presented to each contributor. GUIDING was so impressed with this instant achievement that we want to share some of their ideas with you. We've chosen two from each category. More will follow in future issues.

Memory story

Players sit in a circle. The first player says, for example: 'On my way to the shops, I saw a dog.' The second girl chooses her own item and then repeats the previous one — 'I saw a postman and a dog.' The third girl then says 'an ice-cream van, a postman and a dog.'

The game continues in this way around the circle. When it is the first player's turn again, go round the circle once more without adding any new items, so that each player is challenged at least once to remember all the items.

This game is also a good way of introducing people to each other at a training, saying: 'Hello, my name is Anne. This is Joan, this is Margaret...' and so on.

Audrey Harvey
Todmorden, West Yorkshire

Disobey

One player stands in the centre with a large ball and the others stand in a circle around her. The centre player throws the ball to any other player, calling, as she throws, 'Catch' or 'Drop'. The other player must do the opposite of what is said. She then returns the ball to the centre player and, if her action was correct, continues to play. If incorrect, the player sits down. The game continues until only one other player is left standing.

Pat Longbottom
Pontefract, West Yorkshire



Squash a Guide

Prepare a list before the meeting along the following lines:

- If you had cornflakes for breakfast today, move four to the right.
- If you had a maths lesson today, move one to the left.

■ If you have a sister, move three to the right.

■ If your surname begins with R, move two to the left... and so on.

Guides sit on chairs in a circle. As each question is asked, the Guides affected move accordingly, sitting on either a chair or a knee (or several knees!) when they reach their allotted places.

Janice Phillips
Filey, North Yorkshire

Compass Kim's game

Mark the floor with eight points of the compass. Place two articles at each point, keeping a written note of their positions. Give the girls two minutes to observe the layout, then remove the articles. Ask questions about the positions of each item.

Pauline Clarke
Stafford, Staffordshire

Famous historical characters

Each member of the group comes dressed as a historical character who has had a major impact on the world. Ask each girl to name her character and to give a brief outline of the character's effect on world history, including the way today's individuals are affected by those actions.

Suitable characters might be Marie Curie, Florence Nightingale, Martin Luther King, John F Kennedy, the Beatles, Bob Geldof, Lenny Henry and Adolf Hitler.

Follow the descriptions with a balloon debate.

Sarah Goodall
Huddersfield, West Yorkshire

Bus-stops

A Brownie/Guide in each corner of the room is a bus-stop. On a given command, the rest of the girls run round the room. On a given signal, each bus-stop raises her arm with one to five fingers pointing up — how many is her own choice. Once the choice has been made, she may not alter the number of fingers showing. The other players queue at each stop. The maximum number of girls allowed at any stop is the number of fingers held up. Those failing to secure a place at the bus-stops are out.

Margaret Lincoln
Middlesbrough, Cleveland

Space odyssey

Take members of the Senior Section to the cinema to see the film *Apollo 13*, then discuss the Cold War and Tom Hanks!

Study the stars, using a telescope and clearly-worded reference books.

Young Leaders could offer to run a Brownie or Guide meeting on a space theme, choosing some of the following activities, according to unit age and ability:

- Suggest suitable 'space' foods for storage in small packets, considering limited room and energy/nutritional value.
- List items to be left on the moon/another planet in a small box, showing life on earth in the 20th century.
- Invent 'space-type' music on a keyboard.
- Invent a dance to the new music.
- Create a moonscape using silver foil, and clay or dough.
- Design a rocket.
- Design a space version of a longboat or lifeboat.

Set up the activities around the room and allow each Six/Patrol approximately ten minutes at each.

Judith Taylor
Leeds, West Yorkshire



Words beginning with p

This theme-evening idea was the product of a group effort, and consists of dress, food, games and activities, all of which begin with the letter p:

- Dress — paper hats, paper masks, pink, purple and policeman.
- Food — potatoes, Penguin biscuits and popcorn.
- Games — Pick-a-stick, Poleconomy and Pictionary.
- Activities — pop quiz, making popcorn, pencil pictures and prayers.

Dorothy Bottom
Huddersfield, West Yorkshire
Carol Long
Doncaster, South Yorkshire
Sue Wind
Barton-upon-Humber, Humberside
Alison Breerley
Chatteris, Cambridgeshire

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A Caribbean meeting

Each Patrol takes part in a range of West Indian activities:

- A limbo-dancing competition.
- Making garlands of paper flowers.
- Mixing tropical fruit cocktails, using fresh fruit, garnished with little paper umbrellas.
- Creating musical instruments such as maracas.
- Making grass skirts.
- Playing games such as 'Flap the fish' and beach cricket.

Lynne Gascoigne
Wakefield, West Yorkshire



Sugar craft

Using prepared fondant icing, coloured before the meeting, let the girls try their hands at sugar-craft modelling. Try:

- Breakfast — egg, bacon, sausage, mushroom and tomato.
- Animals — cat, dog, elephant, snake, spider, frog and worm.
- Christmas — Santa Claus, angel, crib, donkey and cow.

Use rolling-pins and small cutters to make shapes with which to decorate plain biscuits.

Sybil Whiting
Ripon, North Yorkshire

Top tips

- Always be aware of the individual. Remember to say 'well done' — praise is important.
- Evaluate your activities. Set the mood for serious discussion — dim lighting by fire or candle light encourages talking.

Have a go

Should your District Guiders be running short of ideas, do something about it. Get together to pool your own experiences and produce an instant-activity booklet of your own. When it's ready, send us a copy.

badge swop

Badge swop appears at regular intervals in **GUIDING**.

It helps keen collectors to swop County badges, camp site badges and similar artefacts with others all over the country



Hobby for all ages

The exchange is primarily intended to be used by members of all ages who collect such items as a hobby. However, readers should be aware that it is possible that the scheme may also be used by those who are involved in dealing commercially in Guides' badges and memorabilia in order to circulate price lists and other details.

Taking part is easy

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

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



Swoppers

Marion Banks: Sussex East and Sussex West for: any other County (cloth only). **Catherine Barrett:** Lancashire South, Merseyside South, Lancashire North and Northamptonshire, plus some singles (all cloth) for: any cloth, especially any Counties in the North East Region, Cumbria North and South, Lancashire Border, Cornwall, Herefordshire, Lincolnshire South, Cheshire Border, Greater Manchester West, Alderney or East Middlesex; also any other Guide or Scout memorabilia (metal or cloth badges, postcards and so on).

Cheryl Coveney: Buckinghamshire or Hertfordshire cloth (silks) for: any cloth (silks) County or Region. **Caroline Dean:** unlimited Lancashire East and some Lancashire Border and Manchester (cloth) for: any cloth or Region badge. **Sarah Goddard:** Leeds County for: any.

More swoppers

Sophie Gwyn-Smith: most Guide County silks, some Region patches and a few Scout District badges for: any out-of-date Patrol Emblem, for example, violet, pansy, buttercup, cowslip, skylark, sparrow, wren and so on; the following obsolete Interest badges —

Athlete (skipping), Spinner (distaff and spindle), Horsewoman (spur), Lace Maker (doily), Farmer (sickle), Gardener (growing plant) or Naturalist (green sun); or any out-of-date large size Interest badge from 1968 or before.

Rachel Hooke: Leicestershire, Warwickshire and United Nations' High Commissioner for Refugees badges for: Shropshire, any Region, any Scout or any foreign. **Annette Jackson:** Greater London Kent, Middlesex East, London, Scotland (cloth and metal), Croydon and Hertfordshire (cloth) for: any cloth or metal, especially Alderney, London and South East England Region patch for any Region or new style Region/County standards.

Even more swoppers

Lesley King: unlimited Hampshire North, Hampshire West, Wiltshire South, several Scotland, limited Scotland souvenir cloths and Somerset and singles of Manchester, Northamptonshire, Stockport, Surrey East, Nottinghamshire, Cumbria and Devon (all cloth) for: any not mentioned above, especially Ulster, Jersey, Guernsey and Alderney (all cloth).

Catherine Pickersgill: Yorkshire Rose for: any County cloth or metal.

Brenda Pope: Norfolk, Suffolk, Buckinghamshire, Lancashire East, Hertfordshire and a few singles for: Alderney, Durham North, Durham South, Lancashire Border, Lancashire South, Lancashire West (new), Humberside North, Sefton, West Mercia, Wiltshire North (Green), North East Region, North West Region, South West Region or any new County badges.

Still more swoppers

Julia Power: Leicestershire and assorted other County cloth badges and Midland Region for: Avon North, Avon South, Isle of Man, Kent Weald, Merseyside, Newcastle upon Tyne, North Tyneside, Shropshire or Ulster, plus all Regional badges except for Midlands and Anglia. **Donna Rayson:** Durham North unlimited, Worcestershire, Manchester, Nottinghamshire, Greater London Croydon and Lancaster West for: Norfolk, Birmingham, Rutland, North Tyneside, Merseyside or Wirral.

Sarah Rowleron: Surrey Lions and London (cloth and metal) for: Alderney, Avon North and



South, Berkshire, Buckinghamshire, Cambridgeshire West, Cheshire Border, County Durham, Durham North, Greater London Croydon, Greater Manchester North and West, Herefordshire, Isle of Man, Kent East, Weald and West, Kent with Greater London, Lancashire Border, Lancashire East, South East, South and West, Leicestershire, Lincolnshire South, Lincolnshire North and Humber South, Manchester, Merseyside South, Newcastle upon Tyne, Norfolk, Overseas (BFIFC), Rutland, Sefton, Sheffield, Somerset, Staffordshire, Sussex West, Tyneside North, Ulster Ireland, Wales, West Mercia, Wiltshire (pre 1984) and Wiltshire North and South, or Wirral and Wirral (pre-1984); (cloth or metal).

Swoppers all

Ellen Schofield: Derbyshire, Midlands and some singles (cloth) for: Bedfordshire, Buckinghamshire, Cambridgeshire East, Kent Weald, Middlesex East, NW, SW, West Mercia, Cleveland, Lincolnshire North and Humberside South, Newcastle upon Tyne, North Tyneside, Cheshire Border, Lancashire Border, Lancashire East, Merseyside South, Sefton, Avon, Cornwall or Isle of Wight. Also North West England or South West England regions (cloth). **Rebecca Tiffany:** West Yorkshire South (cloth) for: any (cloth). **Clare Webster:** Cumbria South (cloth) for: any County or Region (cloth).

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Vital ingredients

Chapter 2 of the *Commissioner File* tells us that the five ingredients of true Guiding are:

- Guides work together in small groups.
- Guides are encouraged to govern themselves and make their own decisions.
- Guides have a balanced and varied programme.
- Guides care for the individual.
- Guides share a commitment to a common standard.

As Commissioners, we spend a lot of our time helping and encouraging Guiders to make these ingredients happen for the girls in their care. When we visit units, we use the Five Essentials as a structure for our observations (*Commissioner File*, chapter 11, page 50) and a means of monitoring the quality of Guiding for our girls.

But what about the quality of Guiding in other aspects of life within our Districts, Divisions, Counties, Regions and Countries? If the Five Essentials are the raw ingredients of Guiding, then they should be reflected in all aspects of life within Guiding.

Group work

We know that working in a small group usually helps the girls to contribute their ideas and share their skills. It also helps them to learn more effectively and gain confidence in using their initiative and leadership qualities. And, of course, this is equally true for adults.

As Commissioners, we have to encourage this approach by using small groups to plan events, work through ideas before full committee discussion, and in many other aspects of our Guiding activity. Incidentally, it often turns out to be a much better use of our people resources and their time.

We often refer to the fact that a Commissioner is the leader of one team and a member of another. As such, she has constantly to represent her team's views on the committees on which she sits. To do this effectively, she must plan to allow her members to consult (with Guiders and/or girls) and take part in decision making. She must be able to respond positively to a number of questions: Was everyone fully informed about all the issues? Was enough time allowed for reflection and consultation? Did everybody have the chance to take part in the decision making?



Setting an example

Throughout all the activity within the area in her care, the Commissioner has to rate the way things are done. She will be trying to lead by example in the way she makes time to listen to what people want to say, and in her attempts to support members of her team in what they do.

She praises positive actions and values people's contributions. Her care for individuals and commitment to the Promise and its standards will also be evident in the way she manages her responsibilities.

She must manage her own and other people's time effectively and recognise and use people's skills and experience. On the other hand, she has to be careful not to overuse or impose on people who volunteer by using them for the same job over and over again.



the five essentials

This month sees the beginning of a new series based on the *Five Essentials of Guiding*. Here we focus on how they apply to Commissioners

By Hilary Boon

Illustrations: Sophie Harding

Constantly under review

How often do you review the breadth of opportunities offered to members in your area? We should be monitoring our District, Division or County programmes in the same way that we encourage Guiders to monitor their unit programmes every few months, in order to ensure that everyone gets the chance to experience a balanced and varied programme.

We might be taking into account:

- programme activity days, social activities, training and development opportunities for our adult members (including Young Leaders), camps and outdoor activities, and any other opportunities we have opened for our members.



Nobody's perfect

What's that I hear you say? — 'I can't recognise myself as this perfect Commissioner'. Well, perhaps not, but have you identified some of the areas of your role that you can work on? Do you need some help to improve your skills to do it better? Perhaps we should use the Five Essentials as a means of checking up on our Guiding effectiveness more often — as a means of quality control! Have a go and see how you are doing.

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ranger guiders

Setting out to do the Queen's Guide Award can seem a daunting task, but there should be a wealth of support available to each candidate

By Kath Harrop and Sheena Booth

Planning is the key

Even before she is recommended, it is helpful for a potential candidate to make an outline plan of how she will fit her work for the award into the next three years of her life. It is not possible to plan for the unexpected, but major events – such as exams, starting work, moving away from home, getting married and family commitments – can be plotted into a three-year plan fairly easily.

At this stage, it may become obvious that delaying recommendation for Queen's Guide day for six months would be sensible in order to maximize time available in the future. Although each clause of the award must be fulfilled after recommendation, this interim period could be used by the potential candidate to complete the Discovery Phase, Stage 1 of The Guide Association Leadership Scheme or gain the Senior Section Camp Permit if she has not already done so.

The Division Commissioner's role

The Division Commissioner is primarily responsible for Queen's Guide Award candidates, but many other people may become involved during the three years in which they are working for the award.

Some Counties have appointed a Queen's Guide Co-ordinator to help Division Commissioners and candidates.



MARGARET WHITTAKER

A potential candidate should make an outline plan, even before she is recommended

Other Queen's Guide candidates may also have experiences to share

The Queen's Guide co-ordinator

The following is an account of the role of a Queen's Guide Co-ordinator, as seen through the eyes of a Guider from the North West:

'The responsibility of the Co-ordinator is to assist the Division Commissioner in ensuring that each candidate progressing through the syllabus reaches the highest possible standard.

The Co-ordinator will also help to guide and give encouragement to the candidate and her Guider.

In our County, we approached the setting up of a team of assessors for the award as follows:

As the new Co-ordinator was appointed, she called a meeting with the County Commissioner, County Secretary and Division Commissioners. At this meeting, they discussed the names of possible assessors from the different Divisions. The suggested assessors were then contacted and a second meeting arranged.

At this second meeting, the assessors met each other and split into groups focused on the various topics they felt able to assess. They then drew up guidelines for the different sections, which were typed and distributed to each Division. The people on the list could be contacted at any time, and the same standard of assessment applies to each candidate. This has worked very well.

When a Division Commissioner has a prospective Queen's Guide candidate, she contacts the Queen's Guide Co-ordinator. They then have an evening with the candidate or candidates concerned, giving them some idea of what is involved in the award.

This also helps the Commissioner and Co-ordinator to get to know the candidates, so that when the Co-ordinator is contacted she will know their capabilities.'

Making progress

Once the candidate has been recommended, a more detailed plan can be produced with the help of her Unit or group, Guider, Queen's Guide Co-ordinator and family.

This should be realistic and look at the award as a whole. Qualifications and experience for Clause 7 (Enterprise), for example, may take some time to acquire, and may need to be fitted into a particular time of year. Almost from the start, the candidate should keep an eye on local newspapers for topics of concern for Clause 6 iii (Service as a Citizen).

Being fully involved in the planning and organisation of the activities for Clause 3 (Service in Guiding) will take several months, and this should also be incorporated into the plan.

The clauses can be completed in any order, and successfully 'signing off' parts of clauses can be very encouraging.



Hot tips

Here are some great tips and a bit of really helpful advice for all Queen's Guide candidates.

- Make a realistic time plan from the start, and try to keep to it. If you get stuck on a particular clause, don't panic: ask for help if necessary, and see if it is possible to tackle something else while you sort it out.
- Make sure that you gain the necessary qualifications and experience for Clause 7 (Enterprise) as soon as you can.
- Be realistic about costs, especially for Clause 7. You and your companions may need to do some fund raising to carry out your plans.
- If you plan to do the residential option for Clause 7, make sure that you apply to the Guiding Services Department at CHQ in good time.
- Break down the clauses into manageable chunks to fit into your plan.
- Involve as many key people as is

necessary. These could include your Unit and/or support group; Unit Guider; Division Commissioner; District Commissioner; or family.

- If you have to move away from your home area while working for the award, even if only temporarily, don't give up. Much of the assessment can be done when you return for holidays or visits. Alternatively, it is often possible to find contacts in your new area to help and support you.
- Think carefully about the service you will give in Clause 2b (Service in the Community) before you decide on the training programme for Clause 2a.
- Use whatever technology is available to you to access or present your information.
- Make sure that you read the requirements for each clause very carefully. These can be found in the *Queen's Guide Award Syllabus and Notes 1994*, available from Trading Services for £1.95.

Shared experiences

Other Queen's Guide candidates may also have experiences to share.

The Queen's Guide Award requires a high level of personal commitment, and each clause presents candidates with different levels of challenges. The achievement of a common high standard brings enormous benefits to candidates as they progress through the clauses.

Now that the Queen's Guide Award is an integral part of Look Wider, even those candidates who do not complete all the clauses in the required time will be able to record and have their efforts recognised within their Look Wider programme. Ideas of how the award and Look Wider fit together can be found on pages 42-43 of May 1995's *GUIDING*.

A Queen's Guide Record Certificate is available which can be shown to future employers, many of whom are surprised by what the Queen's Guide Award involves.

Queen's Guide courses

Here are details of forthcoming Queen's Guide residential courses. For more information, contact Gillian Cruickshank, Youth Activities, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT.

- Broneirion, June 29-July 3, £70 excluding travel
- Lorne, September 6-9, cost to be confirmed
- Belgium, September 13-16, £80 excluding travel

You'll get lots of support and encouragement from a Queen's Guide residential course at Lorne

young leader guiders

Support and encouragement

Friendly enquiries on the candidate's progress every few months or so, as well as practical help and support, can be very encouraging.

Help for different clauses can also be given by people outside the immediate support group, either as assessors or by their supplying information or opportunities to complete the requirements of a clause. These could include:

- specialist advisers, such as the Outdoor Activities Adviser; County International Adviser; Duke of Edinburgh's Award adviser; and Senior Section, Ranger and Young Leader Advisers
- local councillors
- magistrates and Justices of the Peace
- community police liaison officers
- local voluntary services agencies
- local representatives of national or international charities or aid agencies
- local newspaper editors or reporters
- local radio stations
- community or religious leaders



THE GUIDE ASSOCIATION

get cooking

At your next Guide camp, give your unit the chance to try out these simple dishes with an international appeal

Tickle their taste buds

Alternatively, if your next camp is an international one, there is no better way to make new friends from different countries feel at home than to invite them to join in the preparation and eating of your meals! Also, this is an ideal opportunity to introduce the girls to some new ingredients and flavours, which they may not yet have come across at home.

Chinese chicken stir-fry

You will need (serves four):

- 45ml (3tbsp) sesame oil or sunflower oil
- four spring onions, trimmed and sliced
- one small red pepper, cored, deseeded and thinly sliced
- one small green pepper, cored, deseeded and thinly sliced
- two sticks celery, trimmed and sliced
- 75g (3oz) baby corn, trimmed and cut in half diagonally (if these are unavailable, use very well-drained canned sweet corn)
- 450g (1lb) skinless and boneless chicken breast, cut into strips



TATE & LYLE

- 25g (1oz) bean sprouts
- 30ml (2tbsp) soy sauce
- salt and black pepper
- 5ml (1tsp) cornflour
- 15ml (1tbsp) Lyle's Golden Syrup

1 Heat the oil in a large frying-pan or wok, then add the vegetables and stir-fry for three to four minutes, stirring constantly until tender.

2 Add the chicken to the pan and stir-fry for a further eight to ten minutes, adding the bean sprouts (and canned sweet corn, if you are using it) during the last minute.

3 In a small bowl, blend the soy sauce, seasoning and cornflour together until smooth, then add to the pan with the syrup. Heat for a further two minutes, stirring constantly, until the ingredients are well coated and the sauce has thickened slightly.

4 Serve immediately in bowls and eat with forks — or, if you want to be more authentic, with chop sticks.

Vegetapple curry

This mild curry takes only 3-5 minutes to prepare and 10-15 minutes to cook.

You will need (serves four):

- 15ml (1tbsp) sunflower oil
- one large onion, peeled and chopped
- one large or two medium sized Bramley apples, peeled, cored and roughly chopped
- one red pepper, deseeded and cubed
- 675g (1½lb) frozen mixed root vegetables, thawed; or chopped fresh carrots, parsnips and swedes
- 60ml (4tbsp) natural yogurt
- one 400g (14oz) jar mild curry sauce or packet mix
- freshly cooked basmati rice

Pack a jar of chutney (youngsters usually love mango, peach or apricot) and a packet of ready-to-eat poppadoms to serve with the curry. Or take along the thicker Indian nan bread, delicious heated on the grill.

1 Heat the oil in a large pan, then sauté the onion and garlic for five minutes. Add the curry sauce, the apples and the vegetables. If you are using fresh chopped vegetables, boil these for four minutes first. If you are using a packet curry mix, retain the cooking water to use with it, setting it aside to cool first.

2 Bring the mixture to the boil. Then cover the mixture with a pan lid and reduce the heat. Let the mixture simmer until all the vegetables are cooked. The cooking time will vary, depending on whether you've used fresh or frozen vegetables.

3 To cook the rice, wash it well under cold, running water and then bring to the boil with double the amount of water to rice and a pinch of salt. Turn the heat right down to very low, cover the pan and let the rice cook gently for ten minutes.

4 Garnish the curry with fresh herbs, if you have some available, and serve it on a bed of rice. As you serve the curry, hand round the chutney and poppadoms which should be eaten as a side dish.



BRAMLEY APPLE INFORMATION SERVICE

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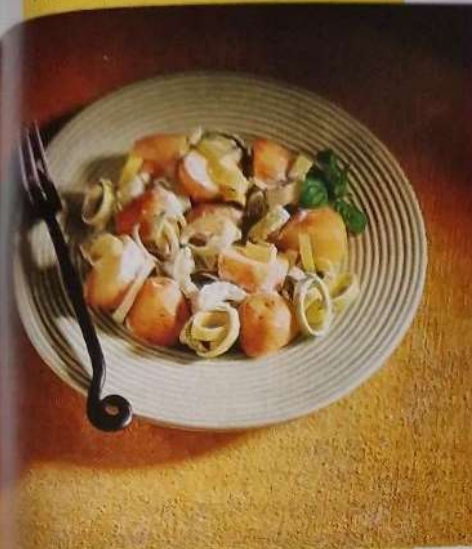
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Welsh potato salad



POTATO MARKETING BOARD

This delicious variation on potato salad will be a welcome change in warm weather. But there is no reason why it can't be served hot, if you're cold!

You will need (serves four):

- 350g (12oz) new potatoes, well scrubbed, halved, cooked and cooled
 - one medium-sized leek, sliced up very thinly
 - 15ml (1tbsp) fresh mint, chopped
 - one stick celery, finely chopped
- Dressing:**
- 45ml (3tbsp) *crème fraîche*
 - 5ml (1tsp) lemon juice
 - salt and freshly ground black pepper
 - fresh mint to garnish

1 Put the potatoes, leek, mint and celery in a large bowl. Mix all these ingredients together with a spoon and put the bowl to one side while you make a dressing for the salad.

2 Then, in a separate bowl, mix all together the *crème fraîche* and the lemon juice to make a dressing for the potato salad. Season the dressing to taste.

3 Carefully spoon the dressing all over the salad. Then, very gently toss all the ingredients in a salad bowl until they are all well coated with salad dressing.

4 Serve the potato salad garnished with a sprig of fresh mint. You can either serve this salad as a light meal; as a side dish with ham, quiche or other suitable food; or with a buffet.

Cheesy zucchini

These quantities serve four — you could omit the bacon if you want to please any vegetarians.

You will need:

- four medium zucchini (courgettes)
- 15ml (1tbsp) vegetable oil
- one medium onion, finely chopped
- one clove garlic, crushed
- 125g (4oz) back bacon rashers, chopped
- two sticks celery, chopped
- one small green pepper, cored, deseeded and chopped
- 125g (4oz) Cheddar cheese, grated
- pinch Italian seasoning or mixed herbs

1 Cut the courgettes in half lengthways, and put them into a pan of boiling water. Boil for four to five minutes until the centres are soft. Drain and rinse in cold water. Scoop out the watery seeds and put the courgettes, cut side down, on to kitchen paper to drain.

3 Heat the oil in a frying-pan. When the oil is quite hot, add the onion, garlic, bacon, celery and pepper. Cook all the ingredients for five to six minutes, until the bacon is lightly browned.

4 Stir in the cheese and herbs and season the mixture with salt and pepper. Divide the mixture between the courgettes, then wrap them in foil and cook on a prepared barbecue for 12-15 minutes.



FRESH FRUIT & VEGETABLE INFORMATION BUREAU

Raspberry cranachan

You will need (serves four):

- 150g sweet oatmeal crunch biscuits
- 283g can sterilised dairy cream (chilled and well shaken)
- 30ml (2tbsp) castor sugar
- two 300g cans of Scottish raspberries in juice
- toasted hazelnuts (for decoration)
- icing sugar (for dusting)

1 Drain the raspberries and reserve 12 for decoration. Coarsely crush the biscuits. Mix together the cream and castor sugar, and add in the crushed oatmeal biscuits. Then, gently fold in the drained raspberries.

2 Divide the mixture between four small dishes. Arrange three raspberries on top of each dish. Sprinkle with toasted hazelnuts and sifted icing sugar. Serve the raspberry cranachan immediately, as a delicious dessert or a tasty teatime snack.



CANNED FOOD INFORMATION CENTRE

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Tina Pickering
abseiling for
the first time
at Higger Tor
near Sheffield

JOSIE ATTWOOD



From left:
Amanda Evans,
Claire Collins
and Eilis Foley
with their
'green' washing
up stand

TINA PICKERING



Leonie Henry (back
row, second left)
made her Promise
to Judy Boulton in
Sheffield's Northern
General Hospital

TINA PICKERING

calamity

**Guiders are
used to
coping, but
how do
you manage
when the
First Aider
and minibus
driver breaks
her leg on
the first night
at camp?**

Tina Pickering, Guider with the 273rd Birmingham Guide Company, explains how her team adapted to this disaster. Extracts from her camp diary should act as a 'warning' for all those planning the ultimate trouble-free camp this summer.

Saturday July 22

9.00am — home

Off to Whitely Woods Outdoor Activity Centre in Sheffield for six days with the 13th West Bromwich Guides — and it's not raining!

10.30pm — camp

Tents up and the Guides are tucked in, but it doesn't look as if they will go to sleep this side of Christmas.

Midnight — Northern General Hospital, Sheffield

Judy Boulton, West Bromwich Guide Guider and camp First Aider, only went up the field to tell off some of the Guides for making a noise. The next thing we knew, there was a nasty, never to be forgotten, sound of a leg breaking; and Judy started making more noise than all of the Guides put together.

We found her on her back in the middle of the field, a hundred yards from the nearest guy rope or ditch. Apparently, she'd broken her leg 'falling over a blade of grass'!

The ambulance came in about 15 minutes. We have seen Judy's X-rays and she has broken both bones in her leg. There is talk of her having to stay in hospital. She is not pleased!

3.30am — camp

Back at last. We abandoned the car and called a taxi. The poor driver had to trust us, because we didn't have any money. It seemed to help when we explained that we were in charge of a field full of Guides.

Sunday July 23

10.30am

When I woke up, the Guides were already standing in the horseshoe waiting to start breakfast — and I hadn't heard a thing.

I have just spent an hour on the

camp

phone. As we are from two different Counties, never mind Districts, there were a lot of calls to be made.

Our problem is that Judy is one of our two minibus drivers. We will have to look at the programme and see where we can make changes. Today we are going to Higger Tor to abseil — as it is only about two miles away, we can do two trips.

4.00pm

At long last I've been abseiling... it was great! We also had another first today: Josie Attwood, Assistant Guider with the 13th West Bromwich, who's terrified of heights, climbed for the first time!

The Guides have all made 'Get Well' cards for Judy, full of loving words such as: 'What did you think you were doing?'

9.00pm

Visited Judy who had just got back from having her leg pinned and wasn't making a lot of sense. She'd told us she hated flowers, so we brought her a big bunch of flowering grasses.

After last night we need an early night. It is so hot that I think the staff will sleep under the stars.

Monday July 24

9.30am

Last night we saw shooting stars and then slept like logs. Unfortunately, we were under a sycamore tree and I woke up with my glasses covered in sticky bits so I couldn't see.

Jan Holloway, Guider with the 273rd Brownies, and Lucy Johnson, Assistant Guider with the 273rd Guides, have gone off to buy some more stores. I hope they find their way — we have given them a map!

4.30pm

I have just noticed that one Patrol has put its washing stand up a tree. The girls claim that it is 'green' and recycles water!

This afternoon we had a competition to see how long it took to get into a hammock. The fastest girl took only four seconds; the slowest,

two minutes — then she fell out!

Leonie Henry has decided to make her Promise to Judy, with the rest of her unit watching. I hope the hospital can cope — so much for two visitors per bed!

9.30pm

Leonie is now a 'proper' Guide. I can't remember having a Promise Ceremony in a hospital with the Guider in bed before. There is a problem with Judy's leg. It is so swollen she can't have the plaster on. We have told the girls that they can sleep out tonight.

Tuesday July 25

9.30am

We did a head count last night and every Guide was fast asleep under a sky full of stars.

We are taking the girls swimming today. It's so hot, I've never known weather like it.

4.30pm

It was a relief to get into the swimming pool. We called in to see Alys Allardyce, Guider-in-Charge at Glenbrook Outdoor Activity Centre in Derbyshire. She offered Josie a bed if she had to stay after Friday to drive Judy home.

10.30pm

Judy was much better. The old lady in the next bed told her husband: 'I see that Guider has those two young chaps visiting her again!' As we are both on the wrong side of 40, we liked the 'young', but we're not sure about the 'chaps'. It must have been the shorts that did it!

Wednesday July 26

9.30am

We are going weaselling today, so we will see how many of the girls get stuck. The girls may not, but the Guiders certainly might.

4.30pm

I got stuck and the Guides took lots of incriminating photos. Still, it made them laugh.

9.30pm

Judy is much better tonight and is to

have her plaster put on tomorrow. Perhaps we will get her home tomorrow — if we can get her into the minibus.

Thursday July 27

11.00am

Lucy, our QM, was very tired, so Josie and I decided that we would cook breakfast. As a closet QM, it gives me pleasure to play with the fire.

The Guides are building an A-frame transporter at the moment. We are going to make a monkey bridge after lunch. It's nice to have a relatively quiet day before we strike camp.

10.30pm

All the Guides and Guiders went over the A-frame transporter, but only Eilis Foley went on the monkey bridge before it collapsed!

Judy was not allowed 'home' tonight — the plaster has not set. The hospital knows we are leaving in the morning, so they will try and throw her out in time.

Friday July 28

1.30pm

Although Josie can drive, she has an automatic car and doesn't feel confident driving a manual-gearbox minibus. A Guide's father has 'volunteered' to drive the minibus back to West Bromwich. We have arranged for Lucy to go with him. How we will get her from there to Birmingham has yet to be decided.

The site is now clear. We have just got Judy back with us. The girls are very eager to 'decorate' her plaster. We are very keen to get home.

5.30pm

The minibus is back at the school. There was lots of excitement getting Judy into the back of a two-door car — easier said than done.

All the girls were great. I'll never forget the way we were overwhelmed with kindness and help. One slightly-demented Guider and her team will be eternally grateful. ■

Syreeta Allen is pulled on the A-frame transporter



Assistant Guider Josie Attwood who conquered her fear of heights

TINA PICKERING

information

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Note

All copy for inclusion in July's *GUIDING* should reach CHQ by April 19. Please address all contributions to Nora Warner.

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Grinstead Lane, East Grinstead, West

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0860 393026. Fax: 01342 811206

Heritage Centre

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

Entrance charges are £2 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 100.

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

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

official

your letters

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

Brownie wedding belles

When I told my Brownies that I was getting married, 21 hands immediately went up to ask if they could be bridesmaids. Visions of having to make 21 pink dresses, 21 extra bouquets and 21 extra seats at the top table flashed through my mind.

I overcame the problem by asking them all to be 'special' bridesmaids. They wore their uniforms and walked in front of me down the aisle carrying a brown ribbon with a flower on the end.

After the service, while my new husband Andrew and I left with our guests for the reception, the Brownies made their way back to the Guide hut and had a 'proper' wedding reception, with balloons, wedding cake and wine glasses filled with lemonade. It was all captured on video so that we could watch it later.

Sue Pritchard (née Kingdom)

Brown Owl

1st Cottingham St Mary's Brownie Guides
North Humberside

Readers have written to us in support of *GUIDING'S* Christmas pantomime script, *Mog in Trainers*, in response to the letter in February's issue which claimed it contained too much violence.

Enhancing our reputation

We read the letter with astonishment. We find it difficult to understand how anyone could be offended by anything in the script.

Our Guides worked hard preparing props, scenery and costumes, as well as learning their parts, to entertain a group of senior citizens at a Christmas party. Both the girls and their audience thoroughly enjoyed themselves.

We would like to thank Gillian Ellis for providing us with the means of 'Giving Service' and enhancing the reputation of Guiding in our community.

Jan Taylor, Angela Mortlock, Dreda Bentley,

Ursula Smith and Liz Owen

Tean Guides

Stoke-on-Trent, Staffordshire

Smash hit

We all had tremendous fun putting on the pantomime and found the script very easy to follow. I always swear that I will never do another panto — nevertheless, I will keep on reading *GUIDING* just in case you publish another smash hit.

Jenny Taylor

Brownie Guider

1st Leatherhead Brownies
Surrey East

Saddened

The letter from Anne Faull, the Chief Commissioner of Guides Cymru, in February's *GUIDING* saddened me somewhat. Of course the Guiding fraternity there are rightly proud of their achievements in purchasing their Centre by their own efforts.

When I was Guiding in North Yorkshire, we, too, purchased a property which has now become a much-used training and camping centre, and pride is felt in it. However, all in Guiding are dependent on and linked to each other, and if those from outside our immediate area did not contribute in some way — by using our properties at times and by being sisters in Guiding — we might wither and die.

Terminology should not trouble us too much — we are *all* linked. Nevertheless, well done Guides Cymru!

Irene Smith

Tudhoe, Spennymoor, Durham

The male viewpoint

Malcolm Beardshall from Ilkley in West Yorkshire sympathises with the writers of *A man's eye view* and feels well qualified to write the column himself! He is pictured here with his daughter Kathryn Beardshall (Guider of the 4th Worcester Brownies), his wife Audrey Beardshall (Assistant Guider of the 1st Ilkley Brownies) and his sister Corinna Duke (a Guide Guider and Commissioner of Laceby Division in Humberside).

Kathryn Beardshall

Guider

4th Worcester Brownies



Please keep writing them!

These Guiders seem to have a negative attitude to life in general by homing in on this very tiny bit of violence, done in a very funny way (at least it was when my Guides did it!). All good pantomimes have a bit of violence in them, usually to make the story-line such that good overcomes bad in the end.

I take my hat off to Gillian Ellis for writing these super pantomimes. Without them, we Guiders would not know where to start! Please keep writing them, and make them true to life just as you did this one.

I am sure that these few Guiders are in the minority and that many successful productions of *Mog in Trainers* have been put on all over the country, with as much fun and laughter as we had.

Helen Riley

Division Commissioner

Winchester Division

County of Hampshire West

The letter from Division Commissioner Brenda Hand in February's *GUIDING*, regretting the introduction of the Rainbow section, has created quite a postbag.

Mrs Hand argued that introducing Rainbows had left the Guides depleted and had led to a shortage of leaders. She suggested that it would have been better to have altered the age groups of Brownies and Guides instead. Here are just some of the letters *GUIDING* has received in reply:

Don't blame Rainbows

Why does everyone blame Rainbows for their problems with Guides? Mrs Hand suggested that we should lower the age groups of Brownies and Guides to solve the problem of depleting Guide numbers. All you would be doing in effect is calling Rainbows 'Brownies' and Brownies 'Guides'.

Blaming 12+ year-olds' problems and worries on enthusiastic five-year-olds is just an excuse to pass the buck and does not deal with the issue in hand, which is: 'What do today's teenagers want from Guiding?'

Gillian Came

2nd Doddinghurst Rainbows
Brentwood, Essex

A shrewd move

How hurtful and narrow-minded is Mrs Hand's letter. I prefer to look at the introduction of Rainbows as a shrewd move: seeing a need and filling it; and thus encouraging girls into the Movement when they are keenest.

As to the point about leaders, we have five warranted Guiders and a Unit Helper who would not be in Guiding but for Rainbows. This is the age group they work best with and whose meetings fit in with work and family commitments.

Miriam Brooks

Rainbow Guider and Assistant
Brownie Guider
Rettendon
Essex

Staffing problems

How refreshing it was to read the letter concerning the Movement's decision to create Rainbows and the unfortunate effect this had in making the staffing situation even more difficult.

In the District where my wife was recently Commissioner it is interesting to observe the problems which the two churches who created Rainbows are having in staffing their Brownie Packs, and the apparent ease with which another church without Rainbows has in staffing theirs.

Surely the Movement was aware that many suitable ladies were 'lost' to the Scouts and that spreading their already meagre resources was certain to cause problems.

John Walmsley
Thames Ditton,
Surrey

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.

Demand is high

We have two strong Rainbow Units in Tarporley. The leaders who run both Units had to open the second due to the demand. The Rainbows go on to two Brownie Packs and then into my Guide unit. I have four Guides very near their 15th birthday who have stayed right through and who will move on to Making It Count.

The programme that I follow (with the help of the PLs' Council) keeps the interest of younger and older Guides, so all ages are catered for and the girls don't leave when they get to 'big school'.

Miss C Wilkinson

Guide Guider
1st Tarporley Guides
Cheshire

Rainbows are wonderful

The Rainbow section is a wonderful addition to the Guide Movement. I wish it had been around when I was younger; I was desperate to get to Brownies! I am a 14-year-old Guide.

Lesley Turnbull

2nd Bishop Auckland Guides
Durham

A sense of belonging

I was moved to defend my Rainbow Unit against Mrs Hand.

I was a Brownie and a Guide, and now with two children (aged two and six) I wanted to give something back to the Association. I have a full-time teaching job so the decision to start a Rainbow Unit was not made lightly. Our girls enjoy a sense of belonging within Rainbows.

We have 42 young girls on our waiting list to join Guiding. Is this such a bad move for the Association?

Karen Parker

1st Abergele Rainbows
Clwyd

Disappointed, but not surprised

I am very disappointed with Mrs Hand's letter, although I am not surprised at her attitude to Rainbows, as I have come across the same reaction throughout my seven years as a Rainbow Guider. I am rather sad that a Division Commissioner can have such 'anti' feelings towards Rainbow Guiders. Aren't we supposed to be tolerant and not prejudiced?

We have 18 girls in our Guide Company, eight of whom were Rainbows in my Unit. I think these figures speak for themselves.

Kay Hughes

Rainbow Guider, 1st Baffins
Assistant Guide Guider, 23rd
Portsmouth
Hampshire

Rainbows enhance the Movement

The introduction of the Rainbow section has done nothing but enhance the Guide Movement, endorsed by the ever increasing numbers of girls wishing to join and the number of new units springing up across the country.

As for the loss of leaders, I would say that we are gaining a large number of new and enthusiastic ladies who, with encouragement from well-motivated District and Division Commissioners, will never be lost from the Movement.

Rachel Bailey

Rainbow Guider
Pudleston, Leominster, Herefordshire

I'd give up my warrant

Why do some Guiders think Rainbows only have a playschool mentality?

I formed a Rainbow Pack in September 1991. We now have 25 girls and a long waiting list, so how can the introduction of Rainbows be considered a mistake?

If Rainbows were dissolved, I would be totally disillusioned with Guiding and would give up my warrant permanently.

Mary Bish
Guider

St Cuthbert's Rainbows
Portsmouth, Hampshire



Elena (left) and Svetlana (right) with their English interpreter, language student Betty Emmott

A group of leaders from Staffordshire's Lichfield Division will visit Saratov, on the River Volga, this year, to strengthen their own special link with RADS — the fledgling Russian Association of Girl Scouts.

The link was formed as a result of the Division's International Adviser Gillian Oakes meeting RADS Guider Elena Belikona at a summer camp near Perm, in the Urals, in 1993.

Gillian, who was with a GOLD team, was much impressed with Elena's dedication to her own self-set project: to expand Guiding in and around Saratov, some 400 miles south-east of Moscow, where she lives and runs a Ranger Unit.

Lichfield's IA returned home with a mission: to help Elena in every way she could, and it wasn't long before she was able to count on the aid of the entire Division.

Division Commissioner Margaret Green takes up the story:

Gill's enthusiasm for Elena's work inspired us. At the same time, she told us of her concern about what she saw as the deprivation of Russian youngsters, both materially and in terms of their personal development, particularly their inhibitions in expressing themselves freely and developing their own ideas.

She also told us of Elena's longing to visit this country to study UK Guiding at grassroots level.

We decided between us to do our utmost to fulfil Elena's dream. With the backing of the Division, I challenged every member to raise £2 for the sponsorship fund. This

reuniting with Russia

Gillian Oakes' missionary zeal has inspired Lichfield Division to develop links with Russian Guiding

fund was set up to enable Elena and another RADS leader to make a three-week, fully-funded visit.

In 1994 Gill returned to Russia, this time as leader of a GOLD project in Saratov. Naturally, she and Elena talked a great deal about Elena's efforts to promote mainstream Guiding in her country.

During this visit Gill extended an unofficial invitation to Elena and a colleague to come to Britain. Getting the official invitation sent out proved to be a more protracted business. But, finally, the difficulties were overcome. So, in June, last year our visitors finally arrived.

With Elena came Svetlana Guello, a RADS Guide Guider from Volgograd. Svetlana, 31, is married and lives with her young son in the city, where she teaches English to 12-year-olds. Her Guides are mainly from the school where she works.

Elena is 29 and a professional youth worker, as well as being very involved with her Association at organisation level.

The tour programme began with our visitors spending their first weekend in a typical English village — Whittington, about three miles from Lichfield — staying with the local District Commissioner.

A village fête, a Scout barbecue, a Guide and Scout church parade and a visit to a primary school all helped to weave magic for our visitors, who were treated like celebrities wherever they went.

Unit visits were arranged on three evenings each week, with preparatory "chat sessions" and trainings during the day. These sessions were designed to explain the structure, the support system and the aims and methods of our association.

We were lucky to find three third-year Russian language university



Svetlana Guello (right) relaxes at Foxlease with Elena Belikona

students, with Guiding or Scouting backgrounds, who improved their Russian by helping us.

Our visitors spent the second weekend at Foxlease talking to the staff. Two Cornish Divisions there



Svetlana meets the 1st Whittington Rainbows

that weekend readily agreed to include the Russians in their training and made them very welcome.

On the final weekend, Elena and Svetlana, who wanted to experience a big camp joined in with our Division camp, which ended with a Guides' Own in the camp fire hollow. Here — as it was the 85th year of UK Guiding — the entire Division all gave thanks.

Their visit convinced me that we must maintain and, if possible, increase our support, to enable RADS to thrive. This year's visit to Russia by Lichfield leaders will, I hope, be equally useful.

HILARY BARNES

About face!

'It's a good thing we don't have to put this stuff on every morning!' Heidi Ford (left) and Zanetta Al-Bu-Saidi show off the results of a creative face-painting session at a weekend camp at Ardingly in West Sussex. Both girls are keen members of the 1st Wick (All Saint's) Guide unit in Littlehampton.



£15
winner

AVRIL BAILEY

Clean hands

Rachel Street of the 2nd Waterlooville Rainbow Guides in Hampshire East washed the Hayling Island lifeboat and learned about safety at the seaside. Her Unit was taking part in South West Region's Octopus Challenge.

SUE ROOKER



Surprise, surprise

Joanne Webster, Sheffield's County Arts Adviser, got the 'Surprise, Surprise' of her life when Cilla Black (alias Joyce Helsby, the County PR Adviser) tricked her on to the platform at the Brownie camp she was running. Then Joanne was presented with a well-deserved Queen's Guide Award by the County Commissioner.

SOUTH WALES EVENING POST



On your marks, get set, quack!

Guides from two units in West Glamorgan raised over £300 for their camp in Sussex by holding a sponsored duck race on the Swansea Canal in south Wales. The 500 plastic ducklings were 'launched' at Ynysmeudwy by Guides from Pontardawe and Gwaun-cae-Gurwen.



Fit to be tired?

Vertical noughts and crosses or hangman? Neither actually — it's part of the fitness trail at Foxlease, where the 1st Gaunts Guides from Dorset were 'quiet only' when they were asleep', according to Guider Debbie Musson.

DEBBIE MUSSON



Chew this one over

'To tell you the tooth, we'd really like to get out of here before the owner comes back for them. Well, at least they're not kept in a giant tooth mug!' The 2nd Tarporley Brownies from Cheshire enjoyed their visit to Eureka! — the museum for Children in Halifax, West Yorkshire, especially exploring the section 'About your Body'.



C DIAPER

Chop-sticky jelly

Slurp and smile was all Natanielle Veeren could do when asked to eat jelly with chopsticks! The 9th Dudley Guides from the West Midlands came up with this novel idea to raise funds for Children in Need. It paid off with lots of laughs and £64.

WENDY WOODS



Please keep sending in your Guiding photographs, we love to see them!

Each month there's a £15 prize for the best photo and £5 for every other snap we print.

snap happy

**Wiltshire
Guides were
happy to lend
a hand when a
photography
group needed
models for a
photo shoot**

The 5th North Dorcan Guides performed so well in Wiltshire's Patrol Challenge that their helper, Susan Tyrrell, felt they all deserved a treat.

And she soon came up with a way of combining pleasing the girls with her other main interest — photography. Susan teaches photography at evening class and her students had asked her to hire a studio. Hiring a model as well would have been too expensive, but Susan knew where to find the perfect substitutes. 'Our Guides are very self-confident, so I knew getting them to pose would not be a problem,' she explained.

The Guides were all very excited at the

Family ties: meet the Culbert family — Brownie Rebekah, Rainbow Laura and Guide Sarah



SUSAN TYRRELL

prospect of posing. One of the unit's Young Leaders is taking a hairdressing and beauty course, so she used her skills to help the Guides to look their best for the cameras. Everyone brought along 'props' to brighten up the photos. These ranged from bikes and rucksacs to bubble mixture.

To get things started, Susan grouped together the three daughters of one of the Unit Helpers, a Rainbow, a Brownie and a Guide. They were so natural and charming that they put all the photographers at their ease.

By the end of the session, 'the Guides' cheeks ached from smiling so much,' Susan said. It had turned out to be not only a productive evening, but an enjoyable one as well. ■

Ready for anything: Louise and Amanda gear up for camping



SUSAN TYRRELL

CLASSIFIEDS

DISCLAIMER REMINDER

Inclusion of advertisements in this section should not be taken to mean that the Association has checked out and approves the site or accommodation advertised. Guiders are reminded that they should obtain permission from their Camp or Pack Holiday Adviser and their District Commissioner before making a booking and should complete the appropriate forms.

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The Guide Association takes no responsibility for statements made in advertisements or from any matter arising therefrom.

Linda Chartrand

from Ambrosden, near Bicester in Oxfordshire

6 My first impressions of Guiding were of a sea of blue at Alexandra Park Congregation Church in north London — and I desperately wanted to be a part of it. Our Captain, Netta Tudor, was always my inspiration and is still a dear friend.

My first Guide camp was at Blackland Farm in West Sussex in 1958 and I loved it. Even the disastrous weather didn't put me off. The site was completely flooded, so we moved into a barn in the dead of night — for me, that was the highlight of the camp.

When I became Netta's Lieutenant at the 3rd Alexandra Park, I took my Camper's Licence and we camped every year.

In 1966, I met Roger, at a US Air Force dance near Saffron Walden in Essex where I was at college. I thought I disliked Americans, but when I saw Roger, I "knew" immediately. I told my friend that very night that I was going to marry him — and I did 15 months later.

I was whisked off to the US and became a Cadette Girl Scout leader in Oregon for a year. When Roger was posted to the Netherlands, I helped with the Dutch Guides and organised three trips to Our Chalet for USA Girl Scouts in Europe.

Once I was back in the US, I ran Cadettes in Montana, from where I took a party of Girl Scouts to Our Cabaña. I became Area Co-ordinator for the Big Sky Girl Scouts Council, a bit like being a Region Commissioner here. Just after I left, it became a paid position!

In 1975, I took a GSUSA leader trainer's course. I love being a Trainer; it gives me a chance to share my enthusiasm. Back in the UK in 1977, I wore blue again when I rejoined the 3rd Alexandra Park, this time as a Brownie Guider.

Later, I moved to the 1st Arncliffe Brownies near Bicester and, from 1983-91, was Oxfordshire County Arts Adviser. I'm now Ot Moor



GILLIAN ELLIS

A member of both the Girl Scouts of the USA and the UK Guide Association, Linda is equally happy wearing green or blue

Division Commissioner and, since 1988, have been an Association Trainer, originally for Brownie Guiders, but now mainly for Commissioners.

I'm still a Girl Scout, too — the only GSUSA Instructor of Trainers in the UK. There are only two others in Europe and we meet annually for planning meetings. Basic leadership trainings every September and speciality trainings organised with Neighbourhood chairmen tend to keep us pretty busy.

I've co-ordinated several conferences, including the NORAGS (North Atlantic Girl Scouts) Training Annual Spring Conference in Germany and the UK November weekend conference. Usually the latter is held at RAF bases, but it was once held at Pax Lodge.

There's a special T-shirt for USA Girl Scouts Overseas. It's not very good for well-built ladies like me — because, straight across the bosom, it reads "USAGSO".

We're a Scouting/Guiding family.

Roger and our son Mike are both involved with the Scouts and our daughter Frances is a Guider. Both Frances and her sister, Jacqui, were Queen's Guides. They're both married with children now and our three grandsons are already seasoned campers.

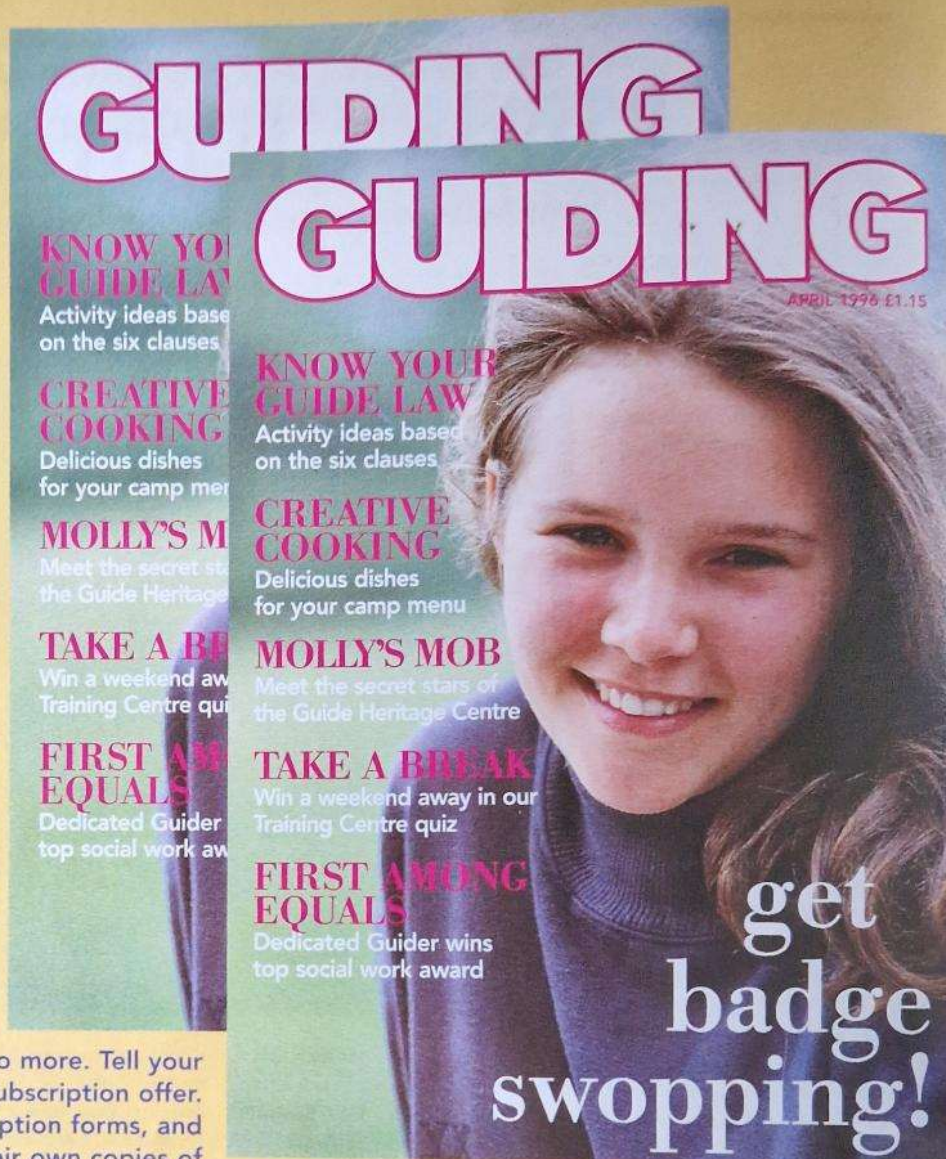
I do have a life outside Guiding and Scouting. I trained as a teacher but never took up the profession. However, I made it into school eventually — I'm now records secretary at Five Acres Primary School in Ambrosden and really enjoy it.

I love all forms of art and craft, with one exception — lacemaking. A few years ago, at a Broneirion arts weekend, I became entranced by cross-stitch. It's a clean, precise skill, and you sit down to do it!

I need a calm hobby. It's hard work being in both Associations but also a tremendous privilege. Guiding and Girl Scouting have very different styles, but I love the interchange of ideas and the sharing. It's all part of B-P's vision, after all. ☺

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