

November 1999 £1.30

# Guiding

*m a g a z i n e*

**Networking  
know-how**

**Teenage mums:  
cause for concern**

**A world of ideas**



THE GUIDE  
ASSOCIATION





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# Welcome

**It is important, and helpful, to know what's going on in the wider community**

In the last few weeks the media has been full of stories about the increasing number of teenage mums. Articles and opinion pieces have been written in the newspapers and a television documentary followed the simultaneous pregnancies of two teenage sisters. In our main feature on pages 16/17 we take a look at this issue and at what is being done to address the problem.

It is obviously important that those of us who work with girls and young women keep attuned to their world. This was why, when considering the review of the Guide Section, the Association consulted widely among the girls themselves as well as the leaders. Some of the findings of the Guide Section Development group are on page 12. Look out for more articles in future issues.

This month's Activate takes a trip around the five WAGGS Regions, giving you plenty of time to prepare your Thinking Day activities. Your girls will be able to learn something of the different cultures and get a taste – often quite literally – of life in different countries. You'll also find the syllabus for the new Music Group badge for Guides – so everyone can bring a little harmony to the world.

The Community Action Team looks at finding partners to work with in your locality and on page 19 the Outdoor Forum explores the whole area of networking – both within the Association and with other organisations. This is a great way to create more opportunities for your girls – and has the added bonus of not having to do everything yourself!



Lithuanian national costume: In Activate girls can learn more about life in different countries

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Keeping you informed about opportunities, events and important decisions

## Activate – full of great ideas

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Utilising other people's skills

Our cover girl Rangers – snapped at Blackland Farm – are from High Wycombe East District

COVER PHOTOGRAPHER: MOOSE AZIM

## Guiding magazine

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**Note** Copy for inclusion in February's *Guiding  
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Anyone wishing to have photographs sent to the  
magazine returned, must include a s.a.n.

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## What & when

In this section you will find information about events, fresh opportunities and new resources and initiatives

### Brownie Section

## Go! Challenge

Here is everything your Brownies need to get stuck into the totally revamped Go! Challenge. These great new goodies are now available from Trading. To get her badge and certificate, a Brownie must complete one of the 18 challenges. She doesn't have to wait until she has finished it before wearing the Go! Challenge T-shirt, though!



The 100 per cent cotton jersey T-shirt comes in sizes small (up to 28in) — order code 27581; medium (up to 32in) — 27599; and large (up to 36in) — 27607, and costs £8.00. Colours and sizes may vary.

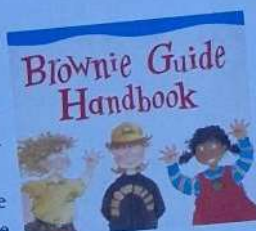
## Handbook Changes

A number of changes have been made to the *Brownie Guide Handbook*. The main areas covered are:

- Changes to *Brownie* magazine and the introduction of The Guide Association Web site, including the Brownie's safety code when using the Internet.
- The Brownie's brown jersey no longer being available.
- Brownie Packs being able to choose their neckerchief colour.
- The Venture badge colour change.
- Brownie Journey certificates now being available.
- The new Go! Challenge book, badge and certificate.
- Brownie Camp replacing Pack Holiday under canvas.
- A new introduction to the Guide Section.
- How to send an e-mail.
- Updating the charity aid agency details.

In addition, option B of the Brownies Make Things Challenge on page 93 now reads: 'Send a letter or e-mail to *Brownie* magazine. (You will need to ask your Guider where to send it)'.

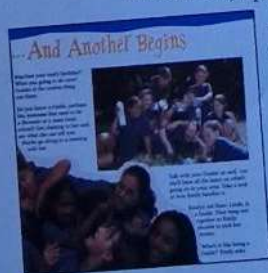
The updated handbook is available now. Brownies do not need to replace their existing one to be able to continue following their programme.



Go! Challenge — a must for every nine-year-old Brownie. Full-colour, 64 pages, photographs and illustrations throughout. Priced at £4.00, order code 65730.



The certificate (66084) and badge (13425) cost 24 pence and 29 pence respectively (including VAT).



### training

## Trainers' workshops

The current series of Trainers' Workshops ends in February, and your ideas are needed for the 2000/2001 series.

Suggestions so far include: support groups, developing an 'in-tray', managing change, evaluation, think tanks on problem areas, psychometric testing, general update, changes to adult leadership, new publications and something specifically for Senior Section Trainers.

It has also been suggested that the workshops are run as a residential weekend at the Training Centres which would mean being able to do two workshops in one weekend. Please let us know what you think of this idea.

If you have a suggestion or comment, or just want to know more, contact Liz Smith at CHQ on ext. 207 or e-mail: [LizS@guides.org.uk](mailto:LizS@guides.org.uk).

## Explore-A-Pack

Look out for the new international activity pack for Brownies based on the Muslim culture.

The pack, which has been designed by the Muslim Network Working Group, will be published to coincide with the Muslim Night of Forgiveness in November.

It is structured around the five WAGGGS Regions, with games, recipes and crafts linked to a different country in each. The chosen countries have a Muslim population, or have Muslim communities in them.

There are also ideas for adapting and developing activities, evaluation topics and links to other parts of the programme, such as the Eight Points and Go! Challenge.

The pack, which is provisionally priced at £4.00, will be available from your local shop or depot, or from the Trading Service — order code 66092.

For further information about the pack, or about the Muslim Network project, contact Jane Mason at CHQ by calling ext. 273 or e-mailing [JaneM@guides.org.uk](mailto:JaneM@guides.org.uk).



## fund raising *Book Aid*

Watch this space for details of Book Aid International — The Guide Association's Millennium Project.

Book Aid receives requests every week from people in the developing world who do not have access to reading material.

In Malawi, for example, a single book can cost a third of a person's monthly earnings. There are very few publishers there, and imported books are very expensive. This means that school children, teachers and students lack the books they need to realise their potential and contribute to the development of their society.

Book Aid International provides over 50,000 books to Malawi every year, and hundreds of thousands more to other readers around the world.

With a little help from Association members, Book Aid International can ensure that books reach the hands of even more children and adults overseas who need them the most.

Look out for special activities from Book Aid International coming soon in *Activate*.

The children's section of Malawi National Library Service's Lilongwe library



BOOK AID INTERNATIONAL

## opportunities *Conference for girls*

If your girls have been involved in environment projects, tell them about the Millennium International Conference on the Environment.

The conference, which is entitled 'Leave it to Us', will take place in Eastbourne on **May 22-24**, and will include young people from more than 100 countries.

Guides aged 10-12 are welcome to apply for a place. Those chosen will have the opportunity to present their projects, participate in debates involving experts from the field of environmental work, lead conference sessions, visit local projects and take part in a variety of workshops.

The closing date for applications is Friday **January 28**, and those selected will be notified by mid-February.

For further details and an application form, contact Elizabeth Maytom at the Programme Team, CHQ, or e-mail [ElizabethM@guides.org.uk](mailto:ElizabethM@guides.org.uk).

## Heritage Centre

### *Sunday fundays*

The Heritage Centre is in the process of planning a programme of Sunday events. On December 12 Father Christmas will be there, with carol singing and Christmas card-making, and a Crafts Day is planned for January 30.

There will also be special events commemorating Thinking Day on February 20 and International Day on March 26.

Events will run from 10am to 4pm, and are only available to pre-booked parties. To book places, telephone the Heritage Centre on 0171 592 1818.

GT HOOD



### *Sleepovers in demand*

Heritage Centre sleepovers are already booked up into the year 2000.

Enquiries have been flooding in since the initiative was announced in June's *Guiding* magazine.

In July, the 17th Hampstead Brownies and Guides and the 2nd West Hampstead Brownies became the first girls to sleep at the Centre.

The girls enjoyed the Centre's interactive exhibits, and staged their own special ceremony where Promises were renewed and Young Leaders were presented with their certificates.

If you would like to organise a sleepover event for your girls, contact the

Heritage Centre Office for a booking form at: 17-19 Buckingham Palace Road, London SW1W 0PT. Tel 0171 592 1818 (24hr answering service); e-mail: [heritage@guides.org.uk](mailto:heritage@guides.org.uk) or visit our Web site at [www.guides.org.uk](http://www.guides.org.uk).

The first Heritage Centre sleepover: Hampstead Brownies in their element





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For a brochure and booking form please send SAE to:  
The Booking Secretary, Stones Centre  
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Ink jet cartridges are simply small plastic cartridges filled with ink. Many modern computers use Ink Jet cartridges in printers and these can be found at home and at work. Unfortunately most spent cartridges usually end up in the dustbin and subsequently in a landfill site. This is an enormous waste not only from an environmental point of view but because it is possible to recycle many of them by re-filling them with ink for re-use. Office Green will pay up to £2 per cartridge, so this is your chance to raise much needed cash for your group and help to improve the environment. For further information about Operation Squirrel, Please Contact:

Office Green on: 0800 833 480

Fax: 0181 539 3380

e-mail: mail@officegreen.co.uk



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## residential events

The residential opportunities listed below are open to any Association member – Guiders, Young Leaders, Commissioners, Guides or Brownies – as relevant. For more details of content and cost, please phone the appropriate centre.

### Foxlease

01703 282638

Midweek Training for Rainbow and Brownie Guiders

**November 9-11**

A Kaleidoscope of Ideas for Brownie and Guide Guiders

**December 3-5**

Christmas Special Training — Low Cost all Sections

**December 10-12**

Science and the Environment Programme Ideas all Sections

**January 7-9**

Global 2000 an International Weekend for Guiders with Guides or Brownies

**February 18-20**

Preparing for Your Pack Holiday Licence

**February 25-27**

### Hautbois

01603 737357

Christmas in Miniature

**December 3-5**

A Taste of the Millennia

**December 29-January 2**

Guitar Course — all levels

**January 21-23**

Basic Food Hygiene Certificate

**January 29**

First Aid in Guiding

**February 4-6**

Journey Around the World for Brownies and their Guiders

**February 25-27**

Singing for Unit Guiders

**March 31-April 2**

### Waddow

01200 423186

Secretaries' Training

**November 9-11**

Challenge the Way You Live Senior Section training

**November 12-14**

Trading Training

**November 16-18**

Archivist Training

**December 3-5**

Millennium House Party

**December 29-January 2**

## fund raising

# Stamp Appeal

Have you got any old stamps or an unwanted stamp collection?

Since 1995, Jeff Taylor has been sending them to Kidetok, a village in Uganda, to help raise money for water supply schemes and other services.

Please send all stamps, old holiday postcards or phone cards to Jeff Taylor, Uganda, 10 Head Street, Rowhedge, Colchester, Essex, C05 7HL.

## competition

# Be a PR winner

The PRA Challenge is still running, so don't let a chance to win an all-expenses-paid trip to London pass you by.

All you have to do is send details of at least four PR initiatives you have organised that are connected with the Environment Challenge to the Marketing and External Relations Department at CHQ.

They want to see continuity and effort throughout the challenge, creativity and imagination in providing opportunities across a wide range of media, positive results in terms of key messages and image, and coverage of the different Guiding sections.

Entries can be sent by individuals or teams of no more than four. The closing date is February 1 2000.

## training centres

# Y2K @ Waddow

A spectacular event – 'Celebration 2000' – is being held at Waddow on Saturday June 24.

Activities will include a camp fire, dancing, and a riverside laser firework display.

If you are a Guider, why not bring along your older Brownies, Guides, Senior Section girls or your friends and family — all are welcome. Waddow would be especially pleased to hear from you if you would like to volunteer your help for the event.

If you want to sleep in a real bed, you'll need to hurry! Call Waddow now for a booking form on 01200 423186.

# Archiving at Waddow

Did you miss 'The Next Step' County archivists' training at Gilwell?

Don't panic — there are still a few places left on the repeat training weekend at Waddow from December 3-5.

Contact the Archives department at CHQ for details.

# Walking at Broneirion

There are still places on the Advanced Walking weekend at Broneirion on November 26-28.

Participants will learn how to lead groups safely in the hills and gain a walking qualification too.

The cost is £50, but there is a limited number of Outdoor Bursaries available — contact Jane Mason at CHQ on extension 273 or e-mail JaneM@guides.org.uk.

## resources

# Talking videos

Did you know that the Royal National Institute for the Blind releases talking videos?

Audio description is added to films so people who have a sight impairment can follow the action. The latest children's releases are Disney's *The Little Mermaid* and *The Lady and the Tramp*.

To buy or rent videos from the RNIB Home Video Service, call customer services on 0345 456457.



Sight-impaired children can enjoy Disney classics too



## What & when

fund raising

### Breast Cancer mag

*Pink Ribbon* — the new annual magazine sold in aid of breast cancer research will be disappearing from the news-stands soon.

The magazine was launched in September and will be on sale until the middle of November, with 45 per cent of the cover price going directly to Breakthrough Breast Cancer, Breast Cancer Campaign and Breast Cancer Care.

*Pink Ribbon* is a glossy lifestyle magazine which contains information on breast cancer diagnosis, treatment, research and breast awareness as well as celebrity interviews, fashion, interiors, travel and health.

### Pink Ribbon

PACIFIC CONTRACT PUBLISHING



Supermodels and celebrities are supporting *Pink Ribbon* magazine

## Hop until you stop

The NSPCC is staging a 'hopathon' on June 24 to raise £200,000 for their FULL STOP Campaign.

The Guide Association, which is supporting the campaign, wants members to take up the challenge to 'hop until you stop'. All participating units will be sent a Hopathon fundraising pack which includes sponsorship forms, 'hopping' music and tips on how to attract the local media to your event.

The FULL STOP Campaign aims to raise £250 million to end cruelty to children within a generation.

Call 0171 825 2646 now for your pack.



The NSPCC mascot with the Duke of York at the launch of the FULL STOP Campaign in March

## Coin Collection

Did you come back from your summer holiday with a pocketful of leftover foreign currency?

Now you can put those coins to good use. The Cancer Research Campaign will be collecting them until the end of November, and will convert them into sterling to help fund research into cancer cures.

Collection points can be found in The Campaign's 267 shops, as well as in your local branch of Boots.

Stuart Miles, presenter of ITV's *Holidaymaker*, is supporting the foreign coin collection



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awareness

## Get Splashed

The Royal National Lifeboat Institute is encouraging schools and youth groups to make children aware of a new water safety code outlined in its latest publication.

*Get Splashed* is a new full-colour activity booklet specially designed to inform children about the dangers they may face when they are near rivers or the sea.

Copies of this free booklet can be obtained directly from the Youth Promotion Manager, RNLI, West Quay Road, Poole, Dorset, BH15 1HZ or alternatively by contacting the RNLI on 01202 663000.



The RNLI's new safety booklet features these loveable characters, Jet and Drip

## World Aids Day 1999

December 1 is World AIDS Day. This year the focus is on children and young people, and its slogan will be, 'Listen, Learn, Live'.

The aim of the day is to encourage the global effort towards the prevention of HIV, and to draw attention to HIV and AIDS issues.

The Web site, [www.worldAIDSday.org](http://www.worldAIDSday.org), has lots of information to help you organise your own World AIDS Day event, or to find out what is going on in your area.

It also gives advice on how to make World AIDS Day the start of a longer term involvement in the World AIDS Campaign.

For further information, contact the National AIDS Trust on: 020 7814 6767.

## days out Wartime activities

The Imperial War Museum is currently running a programme of events all about World War Two.

Kids can grapple with 'Enigma', an interactive display about the importance of codes in wartime, discover the fate of the evacuees, learn about the postwar years from the Bomb to the Beatles and even take part in a poetry hunt. At Christmas, the museum invites you to gather round the Christmas tree to see some unusual wartime toys being unwrapped.

There are free activity sheets to accompany the exhibitions.

After your visit, write and let the Museum know what kind of events you would like them to organise. The best suggestion will win a £50 voucher to spend in the Museum shop.

For information, call the enquiry line on: 020 7416 5320 or the recorded info line on: 0891 600 140.



In this section you will find good practice tips, support, advice and training and resource news

training

# The Leadership

Introducing the new qualification that will replace the Leadership Scheme

# Qualification

The new Leadership Qualification for Guiders and Senior Section Members (between 16 and 18 years) will become available in September next year and will take effect in all Regions and Countries in the UK in January 2001. The existing Leadership Scheme, with its four stages, will therefore become defunct.

The new Leadership Qualification will be an introduction to Guiding as an adult leader and will help new leaders to provide effective Guiding in their units in a short time.

## Modules

The content of the Qualification is based on what a leader needs to be able to do, not just on what she needs to know. Divided into three basic modules, it can be completed in six months or two terms. The three modules cover:

- The role you play in the Programme.
- The role you play in The Guide Association.
- Your role in Unit Administration and Safety.

There is a fourth module for Guiders who will take on the responsibility of managing the unit.

Each module is made up of specific activities which will enable new leaders to show their competence in the basic skills needed.

These ideas have been successfully tried out with new Guiders, Rangers and Young Leaders in four Regions and Countries in the UK.

There is a lot of emphasis on working together — with the members of the unit, with the Unit team and with other Guiders and helpers in the local area, on relating activities to the Essentials of Guiding, and on providing a safe environment.

## Consistent standards

From 2000, Counties will have the responsibility for managing the Leadership Qualification and for assessing candidates for it, in the same way that they already have for camp and holiday qualifications. In this way we aim to ensure fair and consistent standards for all. The District Commissioners will continue to provide the local support and care for new leaders and will work closely with the County Leadership team and the assessors to ensure that new leaders find opportunities to show what they can do.

From January to September next year, County representatives will be taking part in weekend training sessions in each Country and Region. These sessions will outline what will be required in terms of the role of the County team and the role of the assessors and Commissioners.

## Existing Guiders

Guiders who already hold a Warrant will not be required to do the new

Leadership Qualification. New Guiders and Senior Section Members will have to do the new Leadership Qualification from January 2001 onwards.

Existing Guiders who wish to change Section will in future be asked to complete the Programme Module to show that they can apply Guiding principles to a different age range. Assistant Guiders who take on the role of Unit Guider,

will complete the module on Managing the Unit.

The Leadership Review team has been working hard to ensure that the new Leadership Qualification is relevant to Guiding in the unit and to the personal circumstances of leaders. It lets new leaders plan their training, recognising their existing skills and experience, and identifying new skills that they will need, and on which they can build for the future.



From 2001, there will be a new approach to training for Guiders and Senior Section members

## competition

# Guiding Manual Quiz

Did you enter the special quiz featured in the August issue, designed to get you delving into *The Guiding Manual*, 3rd edition? If so, the suspense is over. The answers — the page numbers on which the different information asked about can be found — are listed below.

● Could the two lucky winners, who have already been notified, please contact us at *Guiding magazine*, because after we sent out your prizes, we lost your details!

|        |             |             |
|--------|-------------|-------------|
| 1. 77  | 6. 93       | 11. 110     |
| 2. 129 | 7. 172      | 12. 121     |
| 3. 137 | 8. 80       | 13. 139/145 |
| 4. 43  | 9. 57       | 14. 34      |
| 5. 31  | 10. 159/160 | 15. 12      |



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e-mail: Gise.downe@btinternet.com

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Details from Warden (s.a.e. please)  
Gloucestershire Guide Centre, Cowley  
Cheltenham GL53 9NJ  
Telephone/Fax: 01242870284  
Email: deerpark@cowley@aol.com



12c Lyndhurst Road  
London, NW3 5PQ  
Tel: 0171 435 2202  
Fax: 0171 431 3825

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## Trainers wanted

The World Association of Girl Guides and Girl Scouts (WAGGGS) is looking for at least six trainers to work in, and for, Europe Region.

The successful candidates will assist Cecilia Grimaldi, the Field Executive Trainer, working to improve training and to implement the WAGGGS Training Policy and Guidelines.

Applicants should be qualified trainers, fluent in English, French or Russian

and should be prepared to travel at least one weekend per year. The first commitment would be a 'Multipliers Meeting' on January 28-30 2000, in Brussels (expenses will be paid).

If you are interested, post your CV to Cecilia Grimaldi at the Europe Office: Avenue de la Porte de Hal 38 (box 31), B-1060 Brussels, Belgium. Or send it by e-mail to cgrimaldi@iol.it to arrive by November 20.

*A reader is asking for your advice about a difficult Guiding situation she is facing*

*I have noticed that one of my Brownies is being teased by the others. She has eczema on her hands which has got worse recently. The other Brownies won't hold her hand during games and make horrible 'yuck' noises. How can I help her and make the other Brownies change their behaviour towards her? The situation is getting really difficult to handle.*

● What would you do? Write in, or e-mail, to the address on page 3.

● Have you got a Guiding problem that you'd like to share with other readers? Write, keeping your letter as brief as possible, to the address on page 3.

## To all Lone Guiders

Please don't hesitate to submit items to the magazine that would be of interest to fellow Lone Guiders and other interested parties. Send your submissions to the address on page 3.

## open forum

The new Guiding magazine is your magazine — it's an open forum. So if you have an issue to discuss, a subject to broach, or an experience you want to share with other Guiders, put it down on paper — marking your letter 'open forum' — and send it to the address on page 3.

## In September's issue a reader asked for help with a problem

*We have a Guide who has had a particularly difficult childhood, coming from a troubled family. She came on camp last year and was spiteful, refused to take part in group activities and was constantly seeking adult attention.*

*This made things very difficult for everyone else. All of the Guiders have reservations about taking her to camp again, what should we do?*

Here is a selection of the answers we received:

Providing the girl is no danger to herself or others I would take her. A year in a young person's life is a long time, and her outlook may well have changed.

To refuse her a place at camp will not help this Guide, for whom Guiding is a secure environment, if only for a small part of her life.

Take her to camp again...but aim to find ways of minimising any negative effect she may have on others.

Does she have a good relationship with one of the adults going on camp who could take on the role of buddy/special friend?

I suggest that some gentle negotiation with the girl should be done before camp about expectations in regard to joining in, duties, activities and her general behaviour.

Forewarned is forearmed! She certainly seems to need the camp and with careful thought about how to harness her good qualities, she could be an asset to the camp!

When planning the camp, allow all the members of the unit to draw up ground rules for behaviour and what will happen if the rules are breached. Make sure everyone has a copy of these — and perhaps signs them in the form of a contract.

We had a similar problem, but the second time we took our Guide to camp, after a year at Guides, she behaved really well. What a difference a year as a Guide made. I can only say to the Guiders concerned to 'hang in there'.

The situation will be different for the next holiday. Either the girl will have left, or will have grown up a bit and be easier to deal with, or the awful memories will have faded a bit and you will remember that you quite enjoy camping. Failing that, grit your teeth and try to find some fresh Guiders to be your staff!

I had a disruptive Guide in my unit who ended up in care, and then with foster parents. I felt she needed Guiding, and bent over backwards to help her. Following the third disastrous camp, a parent said, 'you have 35 other Guides in your unit, all of whom deserve just as much of your time and understanding'. This pulled me up short and made me think. We are volunteers and not social workers, and there is only so much we can do.

Many thanks to the Outdoor Activity Advisers who responded. They included: Rona Bingham, London and South East; Lyn Kite, Anglia; Joy Conlon, BGIFC; Sue Kidd, South West; Maud Cunningham, Ulster; and Guiders Ray Brown, Dunbartonshire; Marian Corkill, Lancashire; Lynda Barber, Hertfordshire.



# Guide Section changes

By Joanne Haddrick



## Key points were identified when shaping the renewal of the Guide Section

After three years of consultation and pilot projects – involving over 500 units and 3,000 individuals – the Guide Section Development Group now has a clear direction for the review of the section.

### The background

In April this year, 15 volunteers and staff got together to examine the information gathered and identify the key learning points to be taken into consideration when shaping the review of the Guide Section.

#### Key points:

- The programme should ideally have a simple and flexible framework.
- It is important to 95 per cent of all Guides that they have access to a broad range of activities.
- Resources which enable the Patrol to work together

more effectively are essential.

- Provision for individuals to record their own progress is a central element in personal progression.
- There is scope within some units for Young Leaders to become a more integrated part of the Unit



Leadership Team.

- Training Guiders and Patrol Leaders together in Programme areas such as the arts and environment proved very successful since they were able to support each other in delivering the activities to the unit.
- It is important that any programme development strengthens the use of the Five Essentials.

The consultation process identified that a major strength of the section is its adult leaders. We now need your continued support and enthusiasm to ensure that Guides get the programme they want, and deserve.

# Developing the Programme

## Taking the Programme into 2000

By Elizabeth Ferrier

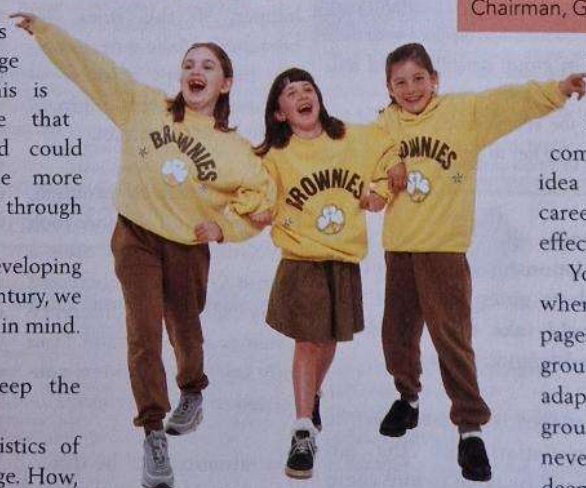
Chairman, Guiding Development Committee

Part of the Guide Association's mission is to address the age and stage of each girl. This is an ideal, but it is one that can become a reality, and could make our unit programme more flexible — and the progression through it much smoother.

So when we're looking at developing the programme for the 21st century, we are bearing a variety of factors in mind. We are:

- Making sure that we keep the essential spirit of Guiding.
- Looking at the characteristics of girls across the whole age range. How, for example, an eight-year-old responds compared with a 12-year-old.
- Considering how our lifestyles today affect young people — to look beyond our own assumptions and respect how children think.
- Looking at what is possible in a real-life unit.
- Looking at various theories about effective learning.

One of these theories that suits



Guiding particularly is that of the educationalist Jerome Bruner, known as the 'Spiral Curriculum'. It is his view that learning takes place when we meet an idea many times in our lives, but at a deeper level each time.

For example, a five-year-old can recognise and name people who help us: the postman, the doctor, the policeman and can even describe their job. They will go on to learn at a deeper

level by meeting them. By 12 or 13 they might work on a project about living and working in the community, and by 15 they meet the idea again when they think about careers. This 'Spiral Curriculum' is effectively a lifelong affair.

You can apply this theory now. So, when you find an idea in the *Activate* pages which is geared to a different age group from yours, you can confidently adapt it to suit the age and stage of your group, knowing that even if they have never met the idea before, you can deepen their experience and when they come across it again they'll learn it at a different level.

Of course, learning theories are not uppermost in your mind — nor should they be. Guiding should be full of enjoyment and fun activities. But Guiding has always embodied principles — and so the Association will continue to develop the programme so that it is broad, balanced, progressive and appropriate to today's, and tomorrow's, girls.



# Eurofun for all

*Girls of all abilities rose to the challenge at Euro-Fun '99*

By Janet Blakeway

JANET BLAKEWAY

Guides arrived at a camp site in Nottinghamshire this summer with the usual piles of camping gear, plus a profusion of wheelchairs — signalling that this was going to be a very special camp.

There were few backward glances as parents left, thanks to the warm welcome from the Guiding 'Buddies'. Euro-Fun '99 was underway!

Beaming smiles became the trademark of the camp, right from the opening ceremony. Everyone cheered as a multitude of coloured balloons rose into the air, and the Chief Guide declared 'Game On'.

If you have never worked with disabled youngsters, you may well have questioned the Euro-Fun programme of climbing walls, zip wires, canoeing, pot-holing, disco and drum beat.

But these Guides soon showed that any such reservations were unnecessary. Just keeping up with them was a challenge in itself — wheelchairs move much faster than walking boots!



Developing abilities together — and having lots of fun — was the vision behind Eurofun

This was the WAGGGS mission of enabling girls and young women to fulfil their potential in action. Growing daily in ability and self-confidence, Guides stepped out of their wheelchairs, climbed walls, zipped wires, mastered pot-holes and banged drums.

Meanwhile, Senior Section 'Buddies' took starring

roles. They were moving between two emotional gears, having fun and caring.

When sunshine changed to torrents, smiles didn't abate. The evacuation of floating tents at midnight was just another adventure, and waterproofs became a fashion statement.

At the closing camp fire, the Guides, ever astounding, interrupted proceedings to ask the Chief Guide to guarantee that there would be another Euro-Fun.

Tears came only when girls waved their goodbyes against the backdrop of the eclipse. Every member of the Euro-Fun team would agree that taking part in the camp was a privilege, and the impact it had on many girls is expressed in the parting words of one Guide, who said: 'Euro-Fun gave me back my life'.

## Networking

### First Aid Checklist

If you hold a current first aid qualification (other than 1st Response) tick the areas you have covered to ensure that these include all Guide Association requirements. If you have not covered all the areas, discuss with your Commissioner how you can acquire the outstanding skills or knowledge.

- Arrival at an incident ☐
- Managing an incident ☐
- Initial assessment (danger, response, airway, breathing, circulation) ☐
- Cardiopulmonary Resuscitation (CPR) ☐
- CPR for children ☐
- Life-threatening situations
  - Shock ☐
  - Bleeding ☐
- Identifying injuries ☐
- Monitoring a casualty's condition ☐
- Causes of unconsciousness
  - Fainting ☐
  - Infantile convulsions ☐
  - Shock ☐
  - Heart attack ☐
  - Angina pectoris ☐
  - Stroke ☐
  - Head injuries ☐
  - Asphyxia/hypoxia ☐
  - Poisoning ☐
  - Epileptic seizures ☐
  - Diabetic emergencies ☐
- Heat and cold injuries
  - Heat exhaustion ☐
  - Heatstroke ☐
  - Hypothermia ☐
  - Burns ☐
- Fractures and soft-tissue injuries
  - Fractures ☐
  - Strains and sprains ☐
- Minor injuries
  - Eye injuries ☐
  - Foreign bodies in ears and nose ☐
- Minor cuts and grazes
  - Nosebleeds ☐
  - Tooth loss ☐
  - Splinters ☐
  - Stings and anaphylaxis ☐
  - Animal and snake bites ☐
- Ailments
  - Meningitis ☐

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# Developing partnerships

By The Community Action Team

Many organisations are keen to work with Association members



E. ROTHWELL

Your unit, like these Brownies from the 5th Aughton (St Michael's) Pack, may already be recycling things such as newspapers, but have you considered other materials?

This month's theme is 'Working Together With Others', meaning all kinds of 'others', from inside and outside The Guide Association. At national level, the Association has been developing some excellent relationships with other organisations, under the banner of Community Action, including the National Asthma Campaign, British



Hedgehog Preservation Society, Youth Hostels Association, RSPCA, Hawk and Owl Trust, and many more... Keep looking in *Guiding magazine* and on the Web site for opportunities at local level.

Your unit may be interested in other organisations, perhaps more local to the unit. You'll be amazed at how many people want to work alongside The Guide Association and would jump at the chance to support you in what you are doing for the community.

## Evaluating your project

When the partnership/project is complete it is essential to take a look at how things went — for all parties concerned.

- Did you enjoy working with others/did they enjoy working with you?
- Did you manage to achieve your aims and objectives?
- What did you learn from the whole experience?
- Would you do it again?

Good luck working with others. It really isn't that scary as long as the ground rules are set first and everyone knows what to expect.

Please write to us, send in your photos and talk to your Country/Region Community Action Adviser about what you've been doing.

## Profitable partnerships

**Q** What's a new, different and environmentally friendly way of working with businesses in your community to raise awareness and funds?

**A** Collecting corks.

Units can send for a free pack of educational and fun activity ideas, including posters and games. The aim of the pack is to raise awareness of the benefits of cork recycling — and you can raise money at the same time!

For every kilogram of corks collected the unit will receive 25p, by cheque, each quarter. Each unit will need to decide how the corks are going to be gathered, so could ask supermarkets and restaurants to help out. The pack will include information on how to set up such a 'community relationship'. The money received for the corks could be invested back into the unit, or given to another good cause — agreed with the participating supermarkets and restaurants.

Guides in Australia have been involved in a similar scheme since 1990, during which time an estimated total of \$100,000 has been raised in the State of Victoria alone.

In the UK the scheme is backed by Amorim — the world's leading cork manufacturer. The collected corks will be sent to Portugal and recycled to make cork products such as insulation.

To obtain your pack call Fiona Llewellyn at Mulcaster Public Relations on 0171 331 8888.



AMORIM

During World Environment Week this year these Guides celebrated the recycling of 75 million corks



AMORIM

## Finding a partner

It might be useful to pose these questions, during your unit meeting, to find out what sort of partners you could approach.

- What would you like your project to be?
- What help do you need from other people?
- Who is also interested in that work? (Garden centres for planting projects, fast food restaurants for litter projects and so on).
- Is it going to be a one-off event or an ongoing project?
- Would the partnership enable you to learn new skills?
- Would the partnership enable you to put existing skills into practice?
- Who would be the decision-makers?
- What are the costs?
- What are the safety implications?

Once you've identified a potential partner, don't be shy in approaching them to ask key questions and make sure that it will be of benefit to all, and, most importantly, the community.

*'Young people put a lot into their communities... more and more young people are looking for ways to give something back, to be part of something bigger than themselves...'*  
(Prime Minister Tony Blair, 1999)

Turn to *Activate* pages 18/19 for this month's Tool Kit ideas and a sample of the activities in the special cork recycling pack.





November 1999

# Activate

**Discover the culture and customs of the five WAGGGS Regions**

## For Rainbows

There are special activities for Rainbows, although, of course, there's no reason why older girls shouldn't use them.

Rainbows also now have their own special logo. This appears next to ideas that are suitable for older girls, but are also good for Rainbows.

## Make it easier...

On some pages you'll find top tips and pointers for making particular activities **easier** or **harder**. Look out for these special boxes which will help you adapt ideas for younger or older girls.

## What's in

This month's *Activate* centres around the international theme of the five WAGGGS World Regions.

The ideas and activities have been assembled by the Association's International Team.

In particular we would like to thank Caroline Thom, Barbara Mathieson, Sally Robinson, Emma Greenlees and Kirsty Hardcastle.

## Top tip

Choose a selection of the activities and use them in a special Thinking Day themed meeting.

## Contents

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Worldwide and on the Web

### **Go West 4**

Visit deepest, darkest Peru

### **On safari 6**

Make a Zulu love letter

### **Arabian nights 8**

Tasty recipes full of Eastern promise

### **Asia Pacific 10**

Fantastic flower garlands

### **European adventure 12**

Hungry for Hungarian treats?

### **Music Group 14**

New badge for Guides

### **Up in the Air 16**

Supersonic record breakers

### **Community action 18**

Share your unit's skills

*Pull out and keep*



# WAGGGS...

**Find out about the World Association of Girl Guides and Girl Scouts, and what it means to be a member**

The World Association of Girl Guides and Girl Scouts (WAGGGS) links together the many national Girl Guide and Girl Scout organisations that can be found all over the planet.

WAGGGS is divided into five administrative areas called 'Regions'. The Regions are: Africa, Asia Pacific, Europe, Western Hemisphere and the Arab Region.

Ask your unit to place the following countries in a Region of WAGGGS.

- Netherlands (Europe)
- Kenya (Africa)
- Japan (Asia Pacific)
- Kuwait (Arab)
- Canada (Western Hemisphere)
- Tanzania (Africa)
- Peru (Western Hemisphere)
- United Arab Emirates (Arab)

## It's a fact

Pax Lodge, in London, is the newest WAGGGS World Centre. It opened in 1991 and is used as a holiday and training base by Guides from all over the world. Perhaps your unit could visit?

## Founder member

Our Guide Association in the United Kingdom is one of the founder members of WAGGGS and part of the Europe Region.

Europe has been a region since 1971. It has its own office and a staff that serves 34 member organisations throughout the Region.

The Europe Region includes Russia, Georgia and Ukraine, which all became Associate Members at July's World Conference, in Dublin.

The other Regions operate from the World Bureau in London. Regional

## It's a fact

Our Chalet, in Switzerland, was the first WAGGGS World Centre. It opened in 1932.

Committees are responsible for supporting the associations within their own Regions.

If your unit has any questions about WAGGGS and the five World Regions, you can check out the WAGGGS Web site and the WAGGGS publication *Trefoil Round the World*.

## New girls

At the World Conference, seven other countries were welcomed as full members of WAGGGS. These countries

were: The Maldives, Namibia, Poland, St Lucia, Slovakia, Slovenia and Tunisia.

Divide the girls into groups and give them a week to prepare a short presentation about one of these countries.



CAROLINE THOM

# On February 22, Guiding members will be celebrating Thinking Day — the birthday of Lord and Lady Baden-Powell

Every year on Thinking Day, members of WAGGGS raise money for the Thinking Day Fund.

The money donated goes towards furthering the work of WAGGGS in member countries that need help and financial assistance.

## Quick ideas

There are lots of easy ways to raise money. Your unit could try one of the following ideas:

- Collecting five pence pieces in a sweetie tube
- Making tree decorations to sell
- Carol-singing in shopping centres or at Christmas fairs
- Washing cars
- Cooking an international dish and asking for donations to try it



CAROLINE THOM



# ...on the Web

**Take a look at WAGGGS on the Web — there's a whole new world waiting to be discovered**

When your unit is searching the Web for information, make the search as specific as you can.

For example, include as many words as possible. If you are looking for a phrase, enclose it in quotation marks.

Punching in **Girl Guides**, will list all the sites with either the word 'girl' or the word 'guide'. Whereas "**Girl Guides**" will list sites specifically about Girl Guides.

Use a plus sign in front of a word to make sure that it appears in every search. Use a minus sign to exclude a word from a search. For example **"+Brownies-chocolate"** will find sites about Brownies — but not the chocolate sort!

## **www.wagggsworld.org**

This is the official WAGGGS site, containing lots of information about Guiding around the world.

In the *Around the World* section, girls can find out about membership figures in different WAGGGS associations.

## **www.moe.edu.sg/ecac/uniform/guides/index.htm**

This site, with rather a long name, is the site of Singapore Girl Guides.

Among the features are activities to try.

## **www.partio.fi/sp/english**

In Finland, girls and boys are part of one joint association; 56 per cent of Scouts are girls. There is a big emphasis on nature and outdoor activities.

In the Web site section *Age Groups*, girls will find out about the Venture Scout forum called 'Join'. The group advertises projects that international groups can be a part of.

## **ourworld.compuserve.com/homepages/guidesdefrance**

Choose to view the English version of this Guides of France site.

If you look under the recipes section, you will find out how to make delicious vanilla-flavoured camp bread, called 'pain perdu'.

## **www.girlguides.ca**

Girl Guides of Canada have a lot of information about the international events it runs.

Challenge the girls to find out about the Canadian Mosaic, a series of camps that many British Guides attended this summer.



## **www.scouting.nl**

Scouting Netherlands is a mixed organisation.

The younger age groups are based on fairy stories. Challenge the girls to find out what the fantasy world of the Kabouters (Brownies) is called.

You can find out everything you need to know in the English Information section.

## **www.pbs.ch**

The Swiss Scouts have a Web site that is written in four languages — French, German, Italian and English.

It is especially good if you are interested in uniforms.

Girls can also check out the recipes, such as the delicious Swiss speciality, rösti.

## **www.guidesaus.org.au**

You can have a virtual shopping experience at the Australian Guides site — take a look at the logo socks!

Girls can leave a message in the guest book and find out more about their cork recycling project.

## **www.girlscouts.org**

This is a great site from the Girl Scouts of the USA — there's lots to look at and it's packed full of programme ideas, resources and issues.

Guiders and girls can even pour their hearts out to an agony aunt!

## **www.scoutinglinks.com**

This site has a list of over 800 Girl Scout and Guide Web sites.

Go to the SWAPS section and look up 'Our Cabaña — Mexico 1999'. There you'll find over 100 ideas for making camp swaps.

## **Worm bingo**

**Your unit could try this activity to make some money for the Thinking Day Fund.**

Use string to mark out a piece of grass one metre square. Use more string to divide the area into a grid of nine squares.

Ask nine people to each put 50p in one of the squares. When the squares are full, one or two girls should jump up and down on the grid for a minute.

The girls then stand to one side and wait for worms to appear on the surface.

The first square where a worm appears, earns its sponsor a prize. Move the grid to another area and start again.

■ **The worms think that the vibrations are caused by rain, and slither up to the surface!**

### **It's a fact**

The World Badge was first used at the 11th World Conference, held during 1946 in France.





# Go West

**Travel to the Western Hemisphere to visit a colourful Brazilian carnival and make a tasty Mexican pudding**

## Mexican pud

Make a syrup by simmering the cinnamon stick, sugar and water together for three minutes.

Next, lightly fry the bread in the oil. You may want to leave out this stage for health or safety reasons.

Grease a baking dish with butter and put

in a layer of bread slices.

Drizzle on some of the syrup (take out the cinnamon stick first), add a little grated cheese, some butter and nuts.

Add another slice of bread and carry on until you have used up all the ingredients.

Put the pudding in a hot oven to brown and serve hot.

### You will need

- 224g stale white bread
- 140g brown sugar
- 84g grated cheese
- Half a cup of water
- Cooking oil
- 84g butter
- 1 cinnamon stick
- 56g peanuts

CAROLINE THOM



### Warning

Don't use this recipe if anyone is allergic to nuts.



### It's a fact

The Amazon rainforest is in Brazil, South America. Every day, in some part of the forest, it rains.

### It's a fact

Brazil, Mexico and the USA are the world's biggest producers of oranges. Together, they produce nearly 63 million tons of the fruit every year.



### It's a fact

The male members of the Mazateco tribe in Mexico can hold a conversation just by whistling!

## Going to Rio

Rio de Janeiro is said to be one of the most lively cities in the world. It also boasts the well-known landmarks Sugar Loaf Mountain and Copacabana Beach.

Despite the outwardly opulent cultural centre, many people in Rio scrape a living by recovering what they can from the huge city rubbish dumps.

Ask older girls to discover what they can about poverty and to explain what they think about when they use the word. Do they think that poverty exists in the UK?

### Top tip

Borrow a tape of samba music from your library.

The world-famous Mardi Gras carnival is held annually in Rio de Janeiro.

Each February, hundreds of decorated floats and thousands of people, dance their way through the streets in a celebration to mark the start of life.

The music they dance to is called 'samba'. All the movements of the samba dance are designed to tell a story.

Challenge the girls to make up their own movements to a samba tune. Think carefully about the story you want to tell.

Incredible carnival costumes are also specially made for the Mardi Gras. Design and make costumes on a specific theme — such as the weather.

### Make it easier...

Play musical statues to a samba tape.

### It's a fact

The world's longest mountain chain runs through the western Americas — it's made up of the Rockies and the Andes.

## Darkest Peru

The ancient people of Peru believed that the city of Cuzco was at the centre of the world — and so the city got its name because Cuzco means 'navel'!

Ask the girls to create a design that they can paint on their bodies — arms, ankles or hands — which represents the centre of the world.

The Incas were the race of people that inhabited ancient Peru.

The Incas thought that gold was very important and used it to create intricate jewellery. The jewellery was used to adorn important people and statues of gods.

Challenge the girls to design their own jewellery which the

Incas might have worn in worship of the sun god and the moon god.



### Make it easier...

Give Rainbows lots of beads, shiny foil and card, then help them make bangles and necklaces.





## USA cookies

### You will need

- 215g oats
- 350g sugar
- 1tbsp cocoa
- 125g condensed milk
- 225g peanut butter
- 1tsp vanilla essence

These cookies can be made in a meeting and don't need to be oven-baked.

Put the sugar, cocoa and condensed milk in a pan. Stir over a low heat until the sugar has dissolved, then

boil for 1.5 minutes. Remove from the heat.

Blend the rest of the ingredients into the cocoa mixture.

Cover a baking sheet with greaseproof paper.

Drop spoonfuls of mixture on to it and leave them in a cool place to set.

### Warning

Due to the nature of the ingredients and cooking methods, this recipe is suitable for Guides and Senior Section members only.



## God's eye

In South America, children give their friends these God's Eyes, to celebrate birthdays. Each colour of wool represents a year of life.

Lay two sticks in a cross shape and bind the middle with a length of thread. This is the ideal opportunity to practise square lashing!

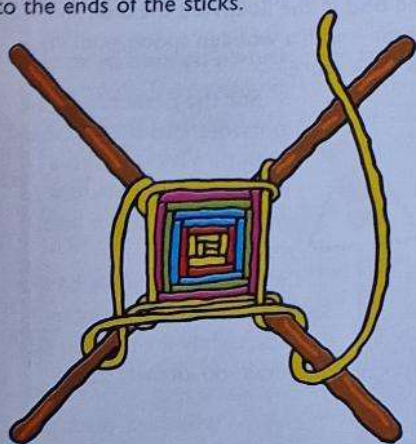
Tie – or glue – the end of a length of wool to the centre of the cross.

Wind the wool firmly over and under each arm of the cross. When you want to change colour, tie another length on to the end or glue the end on to an arm of the cross.

Keep going until the weaving has filled up the entire cross. Finish off by glueing beads on to the ends of the sticks.

### You will need

- Cocktail sticks
- Thread
- Wool scraps
- Glue
- Beads
- Scissors



# Great games

## Fourth of July

July 4 is the day on which Americans celebrate their Declaration of Independence. On this date, citizens of the USA celebrate in a big way — with parades, parties, games and shows.

This traditional game is played on Independence Day. It symbolises the ringing of the Liberty Bell, which is rung on every July 4.

Hang a bell — the larger the better — from the branch of a tree, or a climbing-frame pole.

The girls must use the bell as a target, aiming to hit it with a tennis ball.

Every time the bell is rung, a point is scored. Divide the girls into two teams to play.

## Broom broom

This game is played by Guides in Brazil. It is called 'Catch the Broom'.

The girls stand in a circle and are each given a number. One player stands in the middle of the circle and holds a sweeping-brush.

The girl in the centre calls out a number. She then drops the brush. The player whose number has been called must run to catch the brush before it falls to the floor.

If the girl catches the brush, then she can stay in the middle and call out another number.

If the brush falls to the floor, the girl is out.

If the player in the middle calls out a number that is already out, she is also out. Keep playing until there is only one person left!



## Cat and mouse

Brownies in Argentina call this game 'El Gato y el Raton'. It can be played indoors or outside, and you don't need any equipment for it.

Pick one player to be the mouse and another to be the cat. The rest of the girls form a circle — with the cat standing outside it and the mouse standing in it.

The cat asks the mouse 'What are you doing in my vineyard?' The mouse replies 'Eating grapes.'

The cat replies 'Give me some'. To which the mouse holds out her hand and says 'Here they are'.

The cat asks again and the mouse gives her some more, this can be repeated as often as the mouse likes until she shouts No! The cat then chases the mouse in and out of the circle.

The girls in the circle can protect the mouse by raising their arms to let her in easily.

When the cat catches the mouse, choose two players to take their places and play again.

### It's a fact

On July 21, 1969, American astronaut Neil Armstrong became the first person to stand on the moon.



# On safari

**The beautiful Guiding region of Africa holds many exotic treasures — from incredible animals to melodious music**

## Shoe relay

Brownies in Zimbabwe like to play this relay game. It's good to play if you need to keep the girls occupied for a few minutes.

Get all the girls to take off their shoes and pile them up at one end of the room.

Girls then line up, in Sixes, at the other end of the room. The game is played like an ordinary relay race — a girl from each Six runs up to the shoes, finds her own, puts them on and runs back to her team.

The first Six to have all their shoes on, wins.

## Kwack Yakack

This guessing game is played by girls in Ethiopia. Your girls can play in small groups of ten to 12.

At the start of the game, ask the girls to collect a number of small objects — such as a pebble, a shell, a leaf, a badge and so on. Every girl should have one of these objects.

Choose one girl to be the guesser. The guesser looks at the objects and then leaves the room.

The rest of the girls take an object each and hide it in their hands.

The guesser returns to the group. She tries to guess which object each girl is hiding by asking up to three questions.

If the girl guesses correctly the first time, then the object goes into the 'good' pile.

If she hasn't guessed by the third go, the object is put into the 'bad' pile. If she guesses on the second or third go, then the object is put into a middle pile.

The guesser carries on around the circle until everyone's object has been put in a pile. Then count up the piles. If there are more objects in the good pile than in the bad pile, then the guesser has won. The middle pile does not count.



## Love letters

The land of the Zulu tribe, lies in Natal, South Africa.

Zulus are well-known for their beautiful beadwork which decorates clothes and jewellery.

In days gone by, Zulu girls used beadwork to 'write' love letters to their illiterate menfolk, who had left home to work on farms or in towns.

The love letters took the form of beaded tokens. The arrangements and colours of beads had special meanings which could be read by the recipient.

Girls can make strings of beads based around the Zulu love letters. They can copy the original meanings or make up a code of their own.

Here is a short guide to the language of the Zulu love letter. Each colour refers to a bead.

White — true love, hope

Black — loneliness, disappointment

Red — intense love

Yellow — wealth

Green — jealousy

Blue — faithfulness

Turquoise — can't keep a secret

Pink — poverty

Purple — new friends

Striped — doubt or two-timing

## Nut balls

This recipe comes from Zaire. Older girls might like to try it at camp or on a cookout. The Senior Section could serve it as part of an international meal for Thinking Day.

Mash the potatoes, adding seasoning — and a pinch of chilli powder, if desired. Put the potatoes to one side.

Melt the fat and beat in the flour. Add the milk and stir — on a very low heat — with a wooden spoon, until you get a thick sauce.

### Warning

This recipe contains peanuts.



### You will need

- 1 mugful of boiled potatoes
- 2 dessertspoons of milk
- Half dessertspoon margarine
- 2 tsp flour
- 2tbsp finely ground peanuts
- 1 small beaten egg
- Breadcrumbs
- Seasoning
- Chilli powder (optional)
- Oil for frying

Stir the peanuts and the potatoes into the sauce and then turn it out on to a plate. Leave the mixture to cool and then roll it into small balls.

Dip the balls into the beaten egg first and then the breadcrumbs. Lightly fry them in oil and drain on kitchen paper.



## Lagan buri

Girls from Senegal enjoy playing this game outdoors, in the evening. It can be adapted for indoor play.

Choose a base somewhere in your playing area that will be classed as 'home'. You should also choose a girl who is 'It'.

'It' stands away from the other players and home. She throws a handkerchief ('lagan') into the air and shouts 'Buri!' The other players run to catch it.

No one can return home until the handkerchief has been found. But as soon as it has been, the finder runs back, tagging the other girls as she goes.

Anyone who has been tagged is out, or scores a point. Count up points at the end of the game — the girl with the least number wins.



### Top tip

This game is suitable for woody areas or spaces with a lot of cover. If you are playing it indoors or in a more open space, then hide the handkerchief instead of throwing it into the air.

## One, two, three

Girls can learn to count in one of the many languages that you can hear in Africa.

After learning the words, play the game where you shout out a number and the girls have to get into a group of the same amount.

You could play in one language, or to make it really difficult, play with all three!

To make it a little bit easier, write the numbers on a board so that everyone can see them.

### Afrikaans

One — een

Two — twee

Three — drie

Four — vier

Five — vyf

### Ndebele

One — okukodwa

Two — okubili

Three — okutathu

Four — okune

Five — okuyisihlanu

### Shona

One — potsi

Two — piri

Three — tatu

Four — ina

Five — shanu



ROSEMARY MILLS

## For Rainbows

Greek legend tells the story of Andromeda, an Ethiopian princess, and her suitor, Perseus

# Andromeda

Point out Ethiopia on a map and then read this story to Rainbows. Afterwards, you can ask the girls to draw pictures of Andromeda.

Cassiopeia was the Queen of Ethiopia. She was one of the most beautiful women the world had ever seen, and had a daughter who was equally lovely.

They lived in a beautiful palace on the coast of Ethiopia.

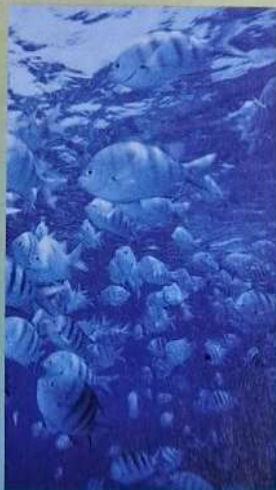
The Queen knew she was beautiful and said to her daughter, 'Andromeda, darling, we are even prettier than all the mermaids in the sea.'

Queen Cassiopeia's words soon reached the mermaids. They were not very happy at all, because they thought that they were much more beautiful than Cassiopeia and her daughter.

The mermaids went to complain to Poseidon, the god of the sea.

Poseidon agreed that the Queen should be punished and he sent a horrible sea monster to the coast of Ethiopia.

The sea monster terrified the people. They couldn't fish or go out to sea — just in case the monster ate them!



The King asked Poseidon what he had to do to get rid of the monster. Poseidon told the King that he had to leave Andromeda tied to the rocks so that the monster could eat her!

The King cried and cried, but he had to let his beautiful daughter go. Andromeda was left at the rocks and the sea monster swam closer.

But, as luck would have it, Perseus, a very handsome winged hero, flew over the exact rock to which the beautiful Andromeda was tied.

Just in time, Perseus swooped down to the monster and cut off his head! Andromeda was free!

Andromeda instantly fell in love with heroic Perseus, and they were married not long afterwards.

Queen Cassiopeia realised that the whole episode had happened because she had boasted about her beauty. And from that day to this, Queen Cassiopeia has never boasted again.



# Arabian nights

**The Arab Region has lots to offer — from oil and dates to desert sands**

## Women's roles

The primary religion in the Arab Region is Islam.

Muslim women must wear a burka — or yashmak — in public or wherever there are men present.

The burka is traditionally made from felt or hair and covers a woman's body from head to toe — with only her eyes visible beneath the veil.

Hold a discussion with Senior Section girls to explore the advantages and disadvantages of wearing such a garment.

The girls could try to find out more about what they would wear if they visited an Arabic country as a tourist.

## Bedouin people

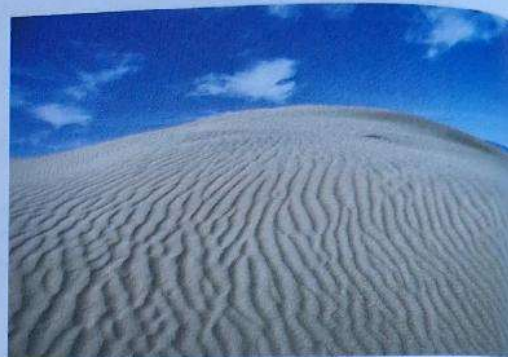
The Bedouin people of the Middle East are nomads. This means that they wander the desert — taking their homes with them — looking for fresh vegetation to feed their animals.

'Bedouin' is an Arabic word which means 'desert dwellers'. Traditionally the Bedouins live in big black tents that are made from goat's hair. The tents are called 'beit al-sha'r', which means 'house of hair'!



The tents are split into two sections — one for men and one for women. They are filled with carpets and mattresses (called 'dawashaks') for sleeping on.

- Ask Brownies to design their own Bedouin tent. What sort of things would the girls put in their dream tents?
- Women spin the goat's hair to make thread which is then woven on a loom. Make simple looms on wooden frames. Girls can have a go at weaving enough material to make a bracelet or a purse.



**Try out some delicious recipes from the WAGGGS**

**Arab Region, using authentic ingredients that you can buy in this country**

# Tasty morsels

## Khoshaf

Khoshaf is a dried fruit salad from the Middle East. To get the best flavours, make it at least an hour before you want to eat it.

Mix the tea and orange juice together. Soak the fruit in the mixture for one hour.

Add more liquid if it doesn't completely cover the fruit.

Strain the fruit into a bowl and sprinkle nuts over the top. Serve chilled with natural yogurt, or warm with custard.

### You will need

- 100g dried apricots
- 100g dried prunes
- 100g dried figs and dates
- 50g sultanas or raisins
- 60g almonds or pine nuts
- 120ml cold tea
- 240ml orange juice
- Natural yogurt or custard

## Muhallabia

This pudding is delicately flavoured with rose water or orange water. You can buy these from most large supermarkets or delicatessens.

Make a paste from the ground rice and about 120ml milk.

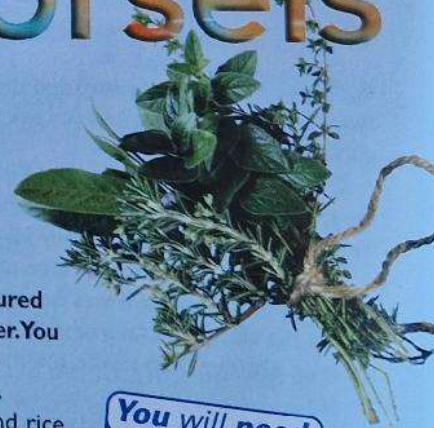
Boil the rest of the milk and stir it into the rice mixture. Blend thoroughly to make sure it's smooth.

Pour the mixture back into the pan and stir over a low heat until it thickens and boils.

Stir in the rose — or orange — water and cook for another minute, then add the ground almonds and sugar. Stir well and pour into a dish. Sprinkle with the remaining nuts and chill before serving.

### You will need

- 50g ground rice
- 590ml milk
- 2tbsp orange water or rose water
- 50g sugar
- 50g ground almonds
- Half tbsp sliced almonds
- Half tbsp chopped pistachios (unsalted)





## Desert storm

Members of the BGIFC in the United Arab Emirates enjoy playing this game with a Middle Eastern theme.

All the girls except one sit on a chair in a circle. Give each player one of the following names: Sand dune, Camel, Coffee pot, Date.

Shout out one of the names on the list. All the girls with that name stand up, run around the circle and find a new seat. The girl standing in the middle tries to gain a seat in the rush!

When you shout 'Palm Tree', everyone changes places.

### Top tip

Alternatively you could play the game like this:

Have enough chairs for everyone. Call out the names as before and the girls run around the circle.

Take one chair away before the girls can sit down. The girl who does not have a seat is out and may call the next name.



## Member countries

The member countries of WAGGS Arab Region are:

Bahrain  
Arab Republic of Egypt  
Jordan  
Kuwait  
Lebanon  
Libya  
Mauritania  
Sultanate of Oman  
Sudan  
Tunisia  
United Arab Emirates  
Yemen Republic



Challenge small groups to each find out a little bit about one of the countries on the list.

## Speak Arabic

Arabic is the official language of the countries in the Arab Region.

Arabic script is very different to our alphabet, so the words given here have been spelt phonetically to help your unit pronounce them.

Hello — eh-lun

Goodbye — mah el-sal-eh mah

Please — min-fud-lak

Thank you — shok-run

Yes — nahm

## Seventh wonder

The pyramids of Egypt are internationally famous as one of the Seven Wonders of the ancient world.

The pyramids at Giza are believed to have been built on the west bank of the Nile around 4,500 years ago. The most famous of them all is the Great Pyramid, which is nearly one-and-a-half times the size of Big Ben!

■ Make pyramid-shaped gift boxes to hide special sweet treats.

■ Find out more about pyramids by reading Dorling Kindersley's *Eyewitness Guide to Pyramids*, £9.99, ISBN 0751360295.

■ The Pyramids are an important part of Egypt's tourist heritage. Visit a travel agent and ask for brochures to see what other things a trip to Egypt can offer.

## Fatoosh

This Arabic salad – eaten as an appetiser before meals – is easily made in a meeting.

Cut the pitta breads into squares of about 2cm. Put the squares in a large bowl and cover them in cold water.

Leave to stand for five minutes, then take the bread and squeeze all the water out. Throw away the water.

Toss the bread with all the other ingredients and let the fatoosh stand for 15 minutes before everyone has a taste.

### You will need

- 2 pitta breads
- Water
- A cucumber, peeled and chopped
- 2 tomatoes, diced
- 1 medium onion, chopped
- 6 mint leaves, finely chopped
- A pinch of salt
- 75ml olive oil
- 75ml lemon juice

## Herbs and spices

Middle Eastern dishes are often highly spiced and aromatic. Here are the names of some herbs and spices that your unit might be familiar with. We've also given the Arabic name so that girls can learn that too.

Take some of the flavourings to your next meeting and let the girls taste and smell them.

Cinnamon — darsen  
Paprika — filfil hiloo  
Parsley — maadanose  
Mint — naanaa  
Thyme — zaatar

Rose water — my warid  
Cayenne — filfil ahmar  
Nutmeg — jose boa  
Coriander — Kizbarah  
Saffron — zaafaran

## Hieroglyphs

Ancient Egyptians wrote in picture symbols called hieroglyphs. Hieroglyphs can be read in any direction and can be very confusing!

Individual hieroglyphs do not always represent words, but show sounds. If you'd like to know more,

have a look in the library at encyclopedias and books about the ancient Egyptians.

You could also take a look at one of these Web sites:

- [www.guardians.net/egypt](http://www.guardians.net/egypt)
- [www.ukonline.co.uk/ancient/egypt.htm](http://www.ukonline.co.uk/ancient/egypt.htm)
- [www.pbs.org/wgbh/nova/pyramid/explore](http://www.pbs.org/wgbh/nova/pyramid/explore)

### Into extra time

Ask the girls to make up their very own picture alphabet.



# Asia Pacific

**Find out the strange tale that explains why the Chinese race dragons**

## Onion sambol

This recipe might be enjoyed by girls in Sri Lanka. Serve as part of a salad, with flat bread or to cool down a curry.

The recipe makes enough sambol for an average-sized Patrol or Six to try.

Finely chop the vegetables and mix them together in a large bowl.

Add the seasoning and lemon juice, then stir well.

Finally, slice the eggs and arrange on top of the mixture.

### You will need

- 3 hard-boiled eggs
- A large onion
- 1 cucumber
- 1 green pepper
- The juice of half a lemon
- A pinch of salt and pepper

### Warning

This is a nice and easy salad that everyone can make, but do be careful of sharp knives.



## Good luck

The dragon is a Chinese symbol of good luck. Articles with dragons on them are given to friends and relatives as a sign of good fortune.

Challenge girls to make medallions and window hangings that are adorned with dragons.



## Dragon Boats

The Chinese Dragon Boat Festival is well-known throughout the world.

Teams race brightly-coloured boats, decorated with dragons, and make as much noise as they possibly can.

The festival is said to be based on a story about an ancient poet named Qu Yan.

Qu Yan believed that the Chinese government was cruel and decided to drown himself in protest.

Qu Yan threw himself into the middle of a river. The village people launched their boats in an effort to save the poet, but they were too late.

The villagers were very concerned that the fish in the river would eat the body of the poet — so they made lots of noise to scare the fish away.



■ Tell the girls Qu Yan's story and ask them to make models of dragon boats.

■ Senior Section members may like to hold their own dragon boat raft race — making rafts and then decorating them to look like dragons.

As with any special activity, please check with *The Guiding Manual* 3rd edition for rafting guidelines (p130).

### For Rainbows

## Pippin door

New Zealand Guides have their own equivalent to Rainbows — girls aged six are known as 'Pippins'.

Pippins like to play this guessing game as a unit.

All the members of the group stand in a circle. One girl is chosen to stand in the middle and shuts her eyes tightly.

The other girls jump and dance around the circle, chanting the following song:

One, two, three, four,  
Who is at the Pippin Door?  
One, two, three, four,  
Who is knocking at the door?

The girl in the middle — who still has her eyes closed — points at a girl in the circle. That girl then shouts out, in a disguised voice, 'It's me!'

The girl in the middle must guess who has shouted. If she is right, she can stay for another turn. If she is wrong, she must change places.

## Down under

Girls aged six and over in Australia can become members of Guides Australia Incorporated.

Australians are famous for their barbecues. While we will be celebrating Christmas in wintery chills, Australians might be lighting the barbecue in blistering heat!

Senior Section girls can try out this Australian recipe for barbecue sauce — just brush it on to meat and vegetables before grilling.

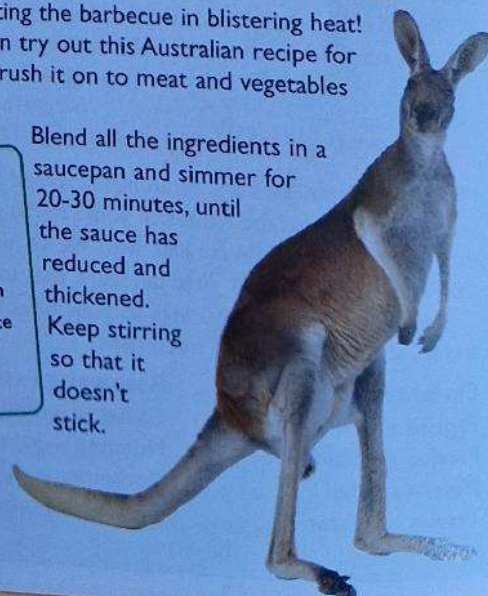
### It's a fact

Australia is a multicultural society — more than 40 per cent of its population is born overseas.

### You will need

- 500ml white wine
- 5 tbsp runny honey
- 4 tbsp Dijon mustard
- 1 tbsp finely-chopped onion
- 2tbsp Worcestershire sauce
- 1tbsp lemon juice
- 1tbsp tomato sauce

Blend all the ingredients in a saucepan and simmer for 20-30 minutes, until the sauce has reduced and thickened. Keep stirring so that it doesn't stick.





November Hotline 1999



# GUIDING ESSENTIALS

**Don't miss out on everything you and your girls need for all of your Guiding activities – visit GUIDING ESSENTIALS, The Guide Association's own shops.**

You'll find good, fair prices, helpful, knowledgeable staff, and an amazing range of products – uniforms, books, camping and catering accessories, every conceivable badge, compasses, gifts, notepads, hiking boots, keyrings, stoves, maps, and much, much more. For every section, from Rainbows to Trefoil Guild members, it's all there for you!

If you can't get to any of the shops you can still get hold of what you need by visiting your local depot. Find out your nearest one by telephoning our Freephone number 0800 838227 or, if you prefer to shop from home, why not order the GUIDING ESSENTIALS mail order catalogue by telephoning 0161 941 2237.

Quality is our watchword. If you're not satisfied with any of our products, for any reason, we will refund or replace them.

Each time you purchase from GUIDING ESSENTIALS you also help Guiding because when you buy from the Movement we all benefit!

Look out for the new range of millennium gifts currently in stock; the Navy Adult Polo Shirt due in stock towards the end of November; a new range of Leisure t-shirts for all sections, due in stock before Christmas; and a new range of Christmas cards for your Rainbows, Brownies and Guides.

Plus: look out for our comprehensive range of camping & related equipment – if we haven't got, it we'll get it! In addition, Liverpool, Palmers Green, Manchester and Birmingham shops stock an extensive range of Scout/Cub uniform, publications and equipment.

For all your Guiding needs visit your local shop or depot, or contact:

**The Guide Association Trading Service**  
**Atlantic Street, Broadheath,**  
**Altrincham, Cheshire, WA14 5EQ**  
**Telephone: 0161 941 2237**  
**Fax: 0161 941 6326**  
**E-mail: [tradings@guides.org.uk](mailto:tradings@guides.org.uk)**

NOVEMBER





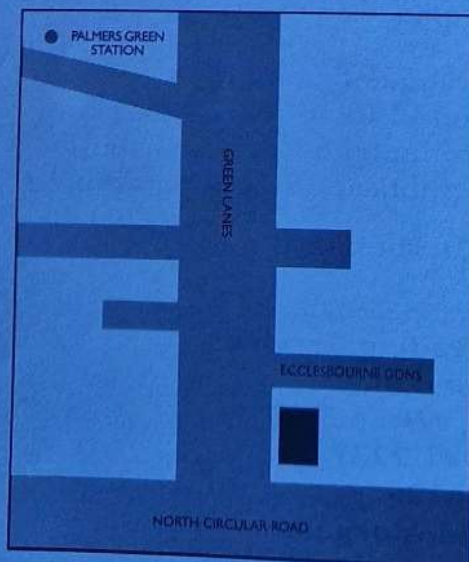
## CHQ – London

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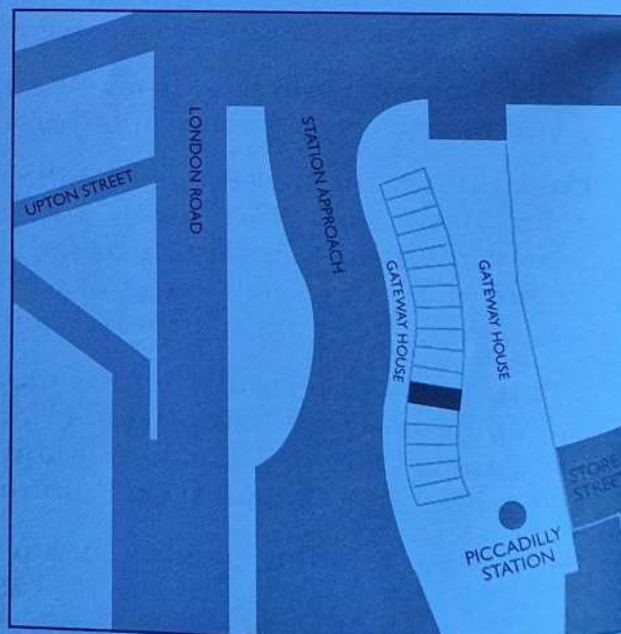
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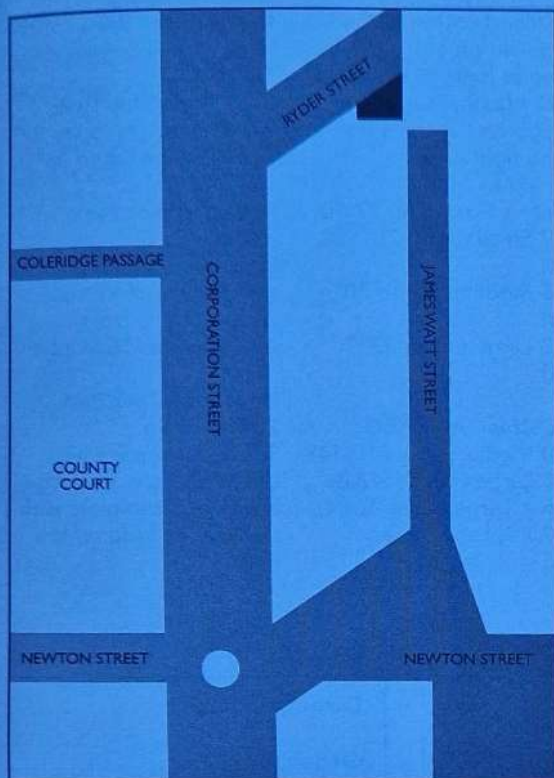
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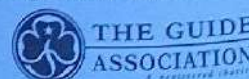
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# Spotlight on India

Discover crafts, games and fascinating facts about India, part of the Asia Pacific Region



India was one of the founder members of the World Association, as Guiding started there in 1911.

Until 1916, Guiding and Scouting in India was for Europeans or Anglo-Indians only. Guides now belong to the Bharat Scouts and Guides, the nationally-recognised Joint Movement.

There are three branches of the Guiding section, these are:

- Bulbuls (6-10 years)
- Guides (10-18 years)
- Rangers (16-26 years)

## It's a fact

Hindus wear flower garlands as part of their Holi celebrations. Holi is a fun festival which celebrates the beginning of spring.

## Bubul balloons

To play you will need a supply of inflated balloons.

Divide the unit into two. The girls sit opposite each other in lines, with legs stretched out and feet touching.

The leader throws a balloon between the players. The object of the game is for each team to try to hit the balloon over the heads of the opposite team. If the balloon hits the floor behind either side, then it counts as a goal.

Throw the balloon in again after each goal. The first team to reach 15 goals wins the game.

## Dandya Ras

Dandya Ras is a simple stick dance, performed to Indian music.

Each girl needs one or two sticks. These are about 30cm long, with a tassel attached to one end. Girls can paint the sticks as they wish.

Make up your own dances, standing in a row or in a circle. Click the sticks together on the beat and take simple steps forwards or backwards.

## Fire! Fire!

Split the unit into two equal groups. The girls make two circles, one inside the other — girls on the inside sit and girls on the outside stand.

One girl is chosen to stand in the middle. She calls out: 'There's a fire on the mountain, run, run, run!'

The girls in the outer circle run round in a clockwise direction until the girl in the middle shouts, 'The fire is out!'

This girl then stands behind someone in the inside circle and then all the others do the same.

The girl without a partner steps into the middle and the inner and outer circle change places.

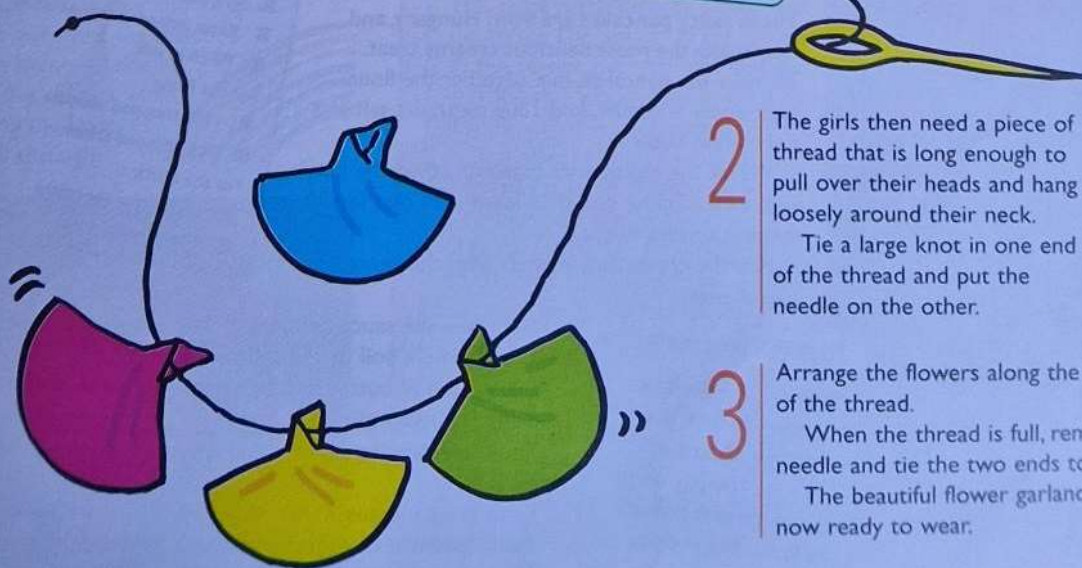
## Flower garland

1 Each girl should use a card template to cut out lots of different coloured tissue paper circles.

Pinch the centre of a tissue circle and twist it to make a simple 'flower' shape. Repeat with all the circles.

## You will need

- Large sewing needles
- Strong thread — crochet cotton is ideal
- Coloured tissue paper
- Card circles — about 5cm in diameter — to use as templates
- Scissors
- Pencils



2 The girls then need a piece of thread that is long enough to pull over their heads and hang loosely around their neck.

Tie a large knot in one end of the thread and put the needle on the other.

3 Arrange the flowers along the length of the thread.

When the thread is full, remove the needle and tie the two ends together.

The beautiful flower garlands are now ready to wear.



# European advent

**During 1999, Europe Region has hosted the World Conference, in Dublin, and the World Camp at Foxlease**



## The puppet

To play this game from Greece, the girls need a scarf to represent a puppet 'baby'.

Everyone sits cross-legged in a circle. One girl is chosen to be 'Mother'.

'Mother' must run around the circle at the same time that the 'baby' is passed around – very quickly – by the girls.

When the mother catches up with her baby – by taking the scarf or tagging the girl holding it – she changes place with the girl who was holding it. The game then starts again.



## Birds and giants

This game is played by Brownies in Greece, however Rainbows will enjoy it just as much.

All the Brownies stand in a circle, with one girl in the middle. The girl in the middle gives out orders. These are: 'Birds!', 'Giants!', 'Dwarfs!' or 'Wicked Witch!'

When the girl calls out the word 'Birds!', all the girls must pretend to fly around the room.

When the girl orders, 'Giants!', everyone walks on tiptoes and when the girl orders 'Dwarfs!', everyone crouches down to walk.

If the girl calls out, 'Wicked Witch!' all the Brownies must run to a safe place which has been decided before the game.

The girl in the middle chases the Brownies and the first one to be caught must take her place and give the orders.



## Country facts

- The Irish Girl Guides start off as Ladybirds, aged five to seven years old.
- By 1924 Austria had its own National Organisation of Girl Guides. However, the Second World War put a stop to Austrian Guiding and it resumed shortly after the war had finished.
- The Israel Boy and Scouts Federation contains six Component Associations. These include the Hebrew Boy and Girl Scout Association, the Arab Schools Boy and Girl Scouts, as well as Associations for Greek Orthodox and Catholic children.

## You will need

For the pancakes

- 225g flour
- 400ml milk
- 2 tbsp water
- 3 eggs
- 110g sugar
- 40g melted butter
- Extra butter to fry pancakes
- Pinch of salt

For the filling

- 100g chopped walnuts
- 50g whipped cream

For the sauce

- 125g bitter chocolate
- 150ml milk



## Walnut pancakes

These saucy pancakes are from Hungary, and they make the most delicious creamy treat.

To make the pancakes, mix together the flour, eggs, water and milk. Add 100g sugar, the salt and the melted butter.

Whisk the ingredients together, cover the bowl with a clean cloth and then leave it to rest for 30 minutes to two hours.

Mix the cream and walnuts with the remaining 10g of sugar.

### Top tip

Prepare the pancake mixture before the meeting, then play some of the games on this page and go back to finish the recipe.

Then make the sauce by melting the chocolate in the milk – don't let the milk boil or the sauce will taste funny.

Melt a knob of butter in a frying pan and pour in some batter – a ladleful is about right.

Cook the pancake on one side and then flip it over to cook the other side.

Keep the pancakes warm while the others are being cooked.

Put a spoonful of walnut cream in a pancake and then roll it up. Pour chocolate sauce on top and then savour the taste!





## Leaf patchwork

The Association of Ukrainian Guides – from where this activity originates – has only just become an Associate Member of WAGGGS. Ukrainians were welcomed at the 1999 World Conference.

### You will need

- Autumn leaves
- Glue
- Card
- Card frames
- Greetings card blanks
- Clear sticky-backed plastic
- Scissors

These leaf pictures make lovely bookmarks, greetings cards or just plain works of art. They are suitable for all ages

and sections to make.

Start off by going outside to collect autumn leaves. Pick leaves in lots of shades and that are still quite supple. Girls can pool the leaves instead of making a personal collection.

Each girl will then need to decide whether she is going to make a bookmark, card or picture.

Whatever they want to make, the principle is the same.

Cut leaves down the central vein and then cut them into quarters.

Arrange the leaves on the article that you want to cover – such as a strip of card to make a bookmark. When you are happy with the arrangement, glue the leaves down.

Protect the leaves with a piece of clear sticky-backed plastic. Alternatively, leaves on a greetings card could be sealed with a layer of PVA glue.

This will make the leaves look shiny – bringing out the colours while letting the textures show through.



## The Russian Association of Girl Scouts (RADS) was established in 1995 — find out more about this fascinating country

As Russian children only go to school for half days, Girl Scouts often meet in the day. It's not unusual for Girl Scout groups to meet two or three times a week.

RADS have their own badge, based around a trefoil design.

The badge features a gold trefoil outline with a blue background. Green and white snowdrops adorn the centre.

The gold represents the light of Guiding, while the blue signifies the sky. The snowdrops are a symbol of Russia.

■ RADS does not have a uniform at the present time, as it would not be economically viable.



### Top tip

Make a special egg cup for your Fabergé eggs. Simply cut a ring from a cardboard tube and then cover it with silver foil.

## Fabergé eggs

Carl Fabergé was a jeweller much favoured by Tsar Nicholas II. Fabergé was particularly renowned for his intricate eggs made from gold, silver and precious stones.

Girls from all sections will love to make their very own Fabergé-style eggs from some very unusual ingredients.

To make edible Fabergé eggs, the girls will need chocolate eggs, thick glacé icing and a selection of jelly sweets, liquorice laces, chocolate beans and so on.

Use the icing as a glue to stick sweet 'jewels' on to a chocolate egg.

### Into extra time

Carefully blow a hen's egg and decorate it with beads, sequins, glitter and so on.

### For Rainbows

## Spring queen

This game is traditionally played by boys and girls to welcome the spring. The 'spring' of the game not only refers to the season, but also to a spring of fresh water.

The game would make a great start to a Rainbow Promise ceremony.

You need an odd number of girls to play. Everyone pairs up and stands in a line opposite their partners. The girl who is left is voted 'Queen of the Spring'.

The girls in the line raise their arms to make an arch. The Queen starts to skip under the arch, grabbing a partner as she goes. The new pair stand at the front and join hands as an arch.

The girl without a partner goes to the back of the tunnel and the game is repeated. The aim is to always have someone skipping under the tunnel.

Keep going until the leader decides the game should end.

### Top tip

If you do want to use this game as part of a Promise ceremony, fix the arch so that the girl who is to make her Promise is the last to run through the tunnel.

This means that she will end up at the front, ready to stand in front of the leader.



# Music Group

**Tune up your instruments — it's a new badge syllabus for Guides**

## The syllabus

### Clause one

Play regularly in a pop group, orchestra or other music group, for at least three months.

### Clause two

Perform three prepared pieces with the ensemble, for a total duration of six to nine minutes.

### Clause three

Explain the role(s) of your particular instrument in your music group.

Name at least two other instruments found in your group and talk about how the instruments work together when performing.

If you are a percussion player, you must know how to play at least three percussion instruments, one of which should be tuned percussion.

### Clause four

Explain how the music you play can be written down.

This should cover:

- Stave, alphabetical or numerical written music
- Note values
- Time and key signatures
- Simple Italian terms and their meanings

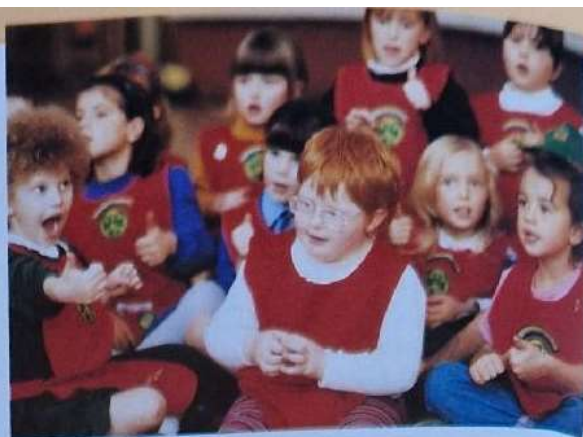
## Noisy nights

There are lots of simple ways for the girls in your unit to make their own musical instruments.

- Clap out a rhythm with yoghurt pots or coconut shells.
- Scrub a nailbrush over a cheese grater.
- Fill glass bottles with different amounts of water. Blow across the tops to make different notes.
- Play the comb — fold a piece of paper over it and let your lips vibrate as you hum!

### It's a fact

During 1923, archaeologists found two silver trumpets in the tomb of Tutankhamun.



SOUTH WALES: ANSLIN

## Warm up

**These activities will help to get you in the mood for music**

### Rhythm and rhyme

Girls don't have to be able to sing to take part in this three-part round.

Divide the unit into three sections. Each section chants one of the following rhymes — stressing any of the words in bold.

With a little bit of practice, the rhymes sound great when everyone chants together.

**How much wood** can a **woodchuck chuck**, if a **woodchuck could** chuck **wood**?

Ooh ah, Cantona, say ooh  
ah **Cantona**.

The **cheque's** in the post,  
The **cheque** is **in** the post  
The **cheque's** in the post, check check.

### It's a fact

St Cecilia is the Patron Saint of music. Her feast day is November 22.

### Sounds different

There are so many different types of music — opera, techno, pop, baroque, folk and so on.

Even one particular genre of music may have many different forms. Take, for example, jazz. There's traditional jazz, modern jazz, freeform, acid, dixieland...

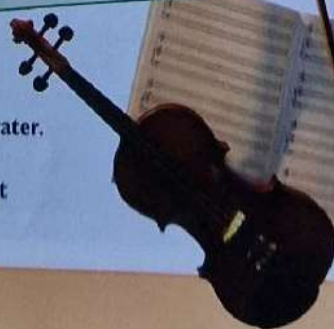
Divide the unit into groups. Ask the girls to think of as many types of music as they can. They score one point for each one they write down.

Teams then have to think of an example of each kind of music they have quoted.

This must be in the form of a tune, lasting at least ten seconds.

Award points, out of five, at your discretion.

The winner is the team with the most points.





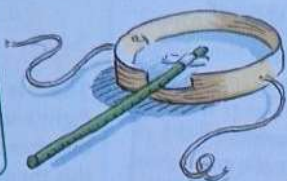
### You will need

- Two beads, about 1cm in diameter
- Paint and pens
- Glue
- Garden cane
- Sticky tape
- String
- Round cheese box (card or wood)
- White paper
- Scissors

## Japanese drum

1 Place the round box on a piece of white paper. Draw round it twice and cut out the two circles.

Decorate them with pretty patterns and stick to the top and bottom of the box.



### Top tip

This drum is great for making lots of noise in plays or dances.

2 Cut away a small square from the side of the box. Then tape down the cane as shown.

Pierce a hole in each side of the box. Thread a piece of string in each side and knot the ends inside the box.



3 Glue the lid over the base and tie a bead to each end of the string.

To play the drum, girls must twist the handle and allow the beads to flick against the box.

## Writing music

Reading music is a hard skill to learn. Ask the girls in your unit if anyone can read music, play an instrument or has music lessons.

Even if the girls can't read conventional music, they can write their own score with music pictures.

Ask the girls to think of shapes, lines and colours which represent a sound.

For example, a dog's bark might be represented by two black squares on a bright red background.

Everybody's pictures will be different. Ask the girls to have a go at illustrating the sounds that these items make:

- A train
- A bee
- A pair of scissors
- A horse galloping

### Top tip

Compare the drawings — how similar are they for each category?

Mix up the cards and ask the girls to take one. Can they identify the sound that someone else has drawn?

## Surround sound

Music can be heard in all sorts of places, even though we may not be fully conscious of it.

Ask the girls to think of the kind of places they hear music. They may make suggestions such as: in the supermarket, during a film, in a restaurant.

Talk about how music makes them feel — happy, excited, relaxed and so on. Talk about how certain types of music make you feel different, calmer for example.

## Which instrument?

Some countries have a traditional musical instrument with which they are readily identified.

Split up the following list and ask the girls to match the countries and instruments.

- Scotland — bagpipes
- India — sitar
- Australia — didgeridoo
- South America — panpipes
- West Indies — steel drums

### It's a fact

Beethoven was completely deaf by the time he composed his Symphony Number Nine.

### For Rainbows

# Musical games

## I'm an instrument

Rainbows can have a lot of fun exploring the kind of sounds they can make with their bodies — without actually speaking.

Play 'follow my leader' and make these noises: slap your thighs; snap your fingers; clap your hands; stamp your feet; whistle and knock!

Try 'singing' nursery rhymes without words — only noises.

## Join in and jump

Play a music tape and get the girls to jump around. When the music stops the girls stand still.

Rainbows can jump up and down, in and out of hoops or along lines chalked on the floor.

### You will need

- A cassette player and taped music
- Hoops and chalk

## What's the noise?

Choose one girl to stand out of sight, but within earshot, of the rest of the Rainbows.

The chosen girl makes a noise — the list will help with ideas — while the others guess what it is.

The first girl to guess correctly is allowed to make the next noise.

Noises could include:

- Bouncing a ball
- Clapping hands
- Tearing up paper
- Turning over the pages of a magazine

## Royal visitor

The first part of this action song is set to the tune of *London Bridge is falling down*. The second part is sung to *Here we go round the mulberry bush*.

These are the words:

The Queen is coming to our house,  
To our house, to our house,  
The Queen is coming to our house,  
We'll have to dust the chairs.

Next, the girls sing

This is the way we dust the chairs,  
dust the chairs, dust the chairs.  
This is the way we dust the chairs,  
Before the Queen arrives.

Everyone sings and mimes the action at the same time.

Sing another verse and substitute the actions with these suggestions: pick some flowers, bake a cake.

Ask the girls to think of their own verses.



# Up in the air

Welcome to the wonderful world of powered flight, with lots of ideas to get your unit zooming through the sky

## Find out more

- The first helicopter flew in 1907. It managed to hover about 50cm above the ground.
- Find out more about the use of helicopters by the police, the Air Sea Rescue and Air Ambulance services.
- The Harrier is the only fixed-wing aircraft in military service that is capable of a vertical take-off and

### It's a fact

In 1930, English-born Amy Johnson became the first woman to fly solo across the world. She died in 1941 after crashing into the Thames.

### It's a fact

The very first powered flight was made by Orville and Wilbur Wright in 1903. Their aeroplane, 'Flyer 1', travelled 37m and stayed in the air for around 12 seconds.

landing (VTOL). This means that it does not need a long runway.

Harrier pilots have special rocket-powered ejection seats which contain oxygen, a parachute and even a rubber dinghy. Ask your unit to design a seat that contains everything a girl could need in case of an emergency.

## Space popper

Older Guides and the Senior Section can have a go at making these explosive rockets. They are powered by a mixture of ordinary vinegar and bicarbonate of soda.

pour a tablespoonful of bicarbonate into the bottle. Pour 50ml vinegar into the bottle and quickly ram the cork into the top. Set the bottle down on an even surface and stand well back.

### You will need

- 330ml plastic bottles
- New wine corks, with a hole pierced through the sides
- Bicarbonate of soda
- Vinegar
- A funnel
- Plastic carrier bags
- 40cm lengths of string or wool
- Scissors
- Sticky tape

45 mins

**1** First, girls will need to make a parachute. To do this, cut a piece from a plastic bag about 30cm square. Thread the two pieces of string or wool through the hole in the cork and tape an end to each corner of the plastic.

**2** The rest of this activity must take place outside. Use the funnel to

**3**

The bicarbonate of soda and vinegar react to make carbon dioxide. The carbon dioxide fills the space in the bottle, so that pressure builds up. The pressure forces the cork out of the bottle and up to 15m into the air.

JULIE MORRIS

### Warning

If the cork doesn't explode, you must leave the bottle for at least 30 minutes.

Don't return to it before then as it could explode in your face. This activity should always take place outside and girls stand well back after the cork has been placed in the bottle.



## Sporty flight

There is connection between flight and sports. The girls can try out these activities to explore this theme.

In groups, ask the girls to think of as many sports as they can that involve flying. These could be obvious, such as gliding, or not so obvious — such as tennis, where the ball is hit with a racquet and given enough power to fly through the air!

Organise some throwing challenges for your meeting. Use objects which are unbreakable and not dangerous — such as balls, fruit or even wellingtons!

- Establish who can throw the furthest, the highest, and the most accurately.

- Experiment with different weights, materials and shapes.

- See if the girls can predict how far, high or fast objects will 'fly' through the air.

- Arrange a visit to a local athletics club and ask the experts to show you how to use special sports equipment like the javelin and the discus.

## Frisbee fun

A frisbee is powered by controlled wrist action. You can buy them from sports shops but it's much more fun to make your own.

### You will need

- 4 paper plates
- Scissors
- Glue
- Acrylic paint

20 mins

Cut the centres out of the four paper plates — just leaving the rims.

Glue the rims on top of each other, sticking them down firmly. Paint the frisbee in a bright colour.

When the paint is dry, the frisbee is ready to use. Girls can organise games and competitions to test out their frisbees.



# Supersonic

**Make the best ever supersonic plane and land it in our high-scoring hangar**

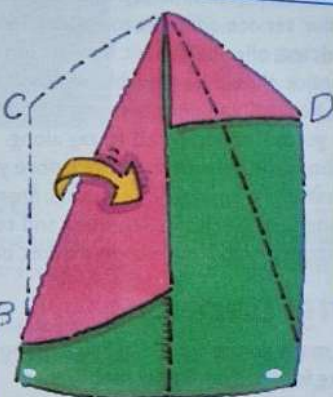
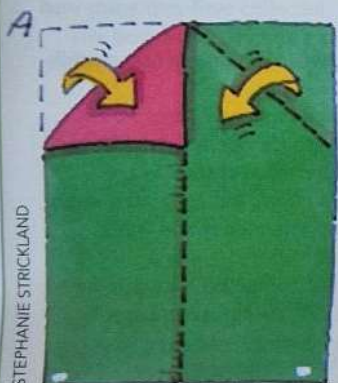
This super-smooth paper plane will glide around the room with the greatest of ease. Unlike the real thing, this paper concorde is powered not with supersonic engines, but with a quick flick of the wrist.

## It's a fact

Concorde is the only supersonic passenger airliner. This means that it flies faster than the speed of sound. It can fly from London to New York in under three hours!

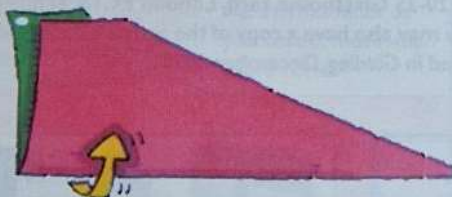
Concorde is a joint production between Britain and France. Only 16 have been built. The first one flew in 1969.

- 1 Take a piece of A4 paper and fold it in half, lengthways. Make a sharp crease and then unfold it. Fold in corners A and B as shown on the diagram.

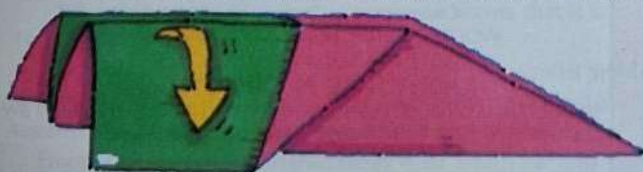


- 2 Corners A and B should now be lying flat against the centre crease. Repeat with new corners C and D, as you can see in the illustration.

- 3 Fold the plane in half along the original centre crease. All the corner folds should now be on the inside.



- 4 Finally, you will need to make the wings. Fold one side down to the centre fold. Turn the plane over and fold the other side down. To fly the supersonic paper plane, flatten the wings to sit at right angles to the fuselage. Hold the plane with your thumb and forefinger then let it fly!



## Chopper challenge

Helicopters rely on motor-driven rotor blades to fly.

The blades spin round extremely fast. This makes the air pass underneath them, causing 'lift'. The helicopter can then rise into the air.

'Lift' is the upward pull caused by air flowing under or over a wing or rotor blade.

The girls can try this experiment to show how lift makes a helicopter fly.

Cut a thin strip of card – about 25cm long – and stick it to the top of the reel.

Push the screwdriver through the hole in the reel and gently curve in the long sides of the card.

Wrap a piece of string around the reel and pull it sharply. With a bit of practice, the rotor should spin sharply and fly up.

## You will need

- A plastic cotton reel
- Cardboard
- Sticky tape
- String
- A screwdriver

## Top tip

If the experiment doesn't work, try spinning the reel in the opposite direction.

## Super hanger

Once your unit have made their paper aeroplanes, they can play this hanger game to score points.

Bend the coat-hangers into diamond shapes.

Tie one end of the piece of string to the hook of a coat-hanger and the other end to a washing line (or tape to the top of a doorway).

Hook the other three coat-hangers from the first — one below the other.

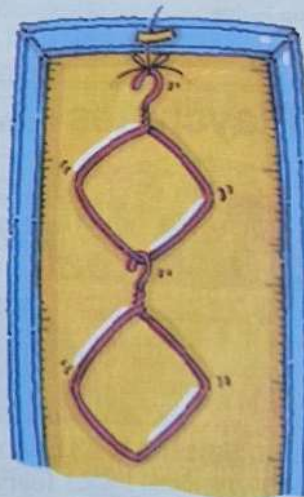
To play divide the girls into teams. Players should stand two metres away from the 'hangar'. They must aim to fly their paper plane through one of the coat-hangers. Score 40 points for going through the top hanger, 30 for the next one and so on.

The team with the highest number of points wins the game.

## You will need

- 4 wire coat-hangers
- String or sticky tape
- A washing line or doorway
- Paper aeroplanes

15 mins



STEPHANIE STRICKLAND



# Community action



**This month's theme is 'working with others' — your girls can adapt, adopt and develop these ideas to make the most of their skills**

## Charity auction

Charities always need good quality new and used items to sell in their shops.

Encourage the girls in your unit to bring in items that you can take to your local charity shop.

Alternatively, ask local businesses to donate items that you can auction off to the highest bidder.



TRIP/H ROGERS

## Short ideas

Expand these ideas for a community project.

- Invite a community leader to partner you in a project.
- Girls can set up a 'neighbourhood watch' scheme to help solve playground problems such as bullying — ask your local school if they have a similar scheme. Look out for an article on this subject in next month's *Guiding* magazine.
- Try to trade your skills in the community for goods or services. For example — girls could walk a music teacher's dog and in return she could test your Music Group badge.

## Babysitting

Senior Section members can complete a Red Cross Babysitting Certificate — helping them to become safe babysitters. For more information, contact your local branch of the Red Cross.

Once the girls have this certificate, offer your services to the community. In order to make your service different to regular fee-paying childcare, offer to babysit free for lone parents or the disabled.

Your service should be available so that parents can attend night classes, interviews, hospital appointments and so on — all the places that would be difficult to go to if children had to tag along.

Think about the scheme carefully before you start. You will need to consider transport, emergency contacts, finances and so on. To meet your financial outgoings (such as advertising and telephone bills), you could try to obtain sponsorship from a supermarket, bank or local business.

## Young carers

There are many young people in Britain who have taken on the responsibility of caring for another family member.

Many of these 'young carers' feel isolated and disconnected from their peer groups. Consequently, nationwide support groups operate to give these young people the care and support that they need themselves.

Being a carer has a great impact on a young person's life. They may not be able to leave the home to socialise, may have little money and find it hard to fit homework around household chores.

Members of the Senior Section might consider contacting a local young carers' group and offering to help out. Rangers and Young Leaders may be able to share their skills, such as cooking or pioneering — or even leading a craft session or wide game for the group.

For more information about young carers and special projects in your area, please write, enclosing a sae, to: **Carers National Association, Head Office, 20-25 Glasshouse Yard, London EC1A 4JT.**

- You may also have a copy of the article about Young Carers, which appeared in *Guiding*, December 1998.

## Into extra time

Many organisations for children with special needs offer holiday play schemes that girls could volunteer to help with.

Contact the youth department of your council or the local health authority, to enquire about similar play schemes.

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# Corking ideas

If you've read about the cork recycling project on page 14, try out these activities to help your unit get involved



TRIP/D SAUNDERS

Once you have sent off for your cork recycling pack, you will need to tell your community what you are doing and ask them to help.

The pack contains lots of material and information that will come in very handy for displays or presentations. You will also receive cork samples, including raw bark, so that you can see where corks come from.

Girls might like to approach their teachers to ask if they can tell the rest of the class about their recycling project.



TRIP/G HEATH

## What is it?

Cork is produced from the lightweight bark of the cork oak tree.

Once the bark has been stripped it is dried out in the hot sun and then made into wine corks, tiles and so on.

■ Ask the girls to think of as many uses as they can for cork — where would they find it in the home?

## Target practice

Once your cork recycling project is under way, your unit will need to keep track of how many they have collected.

The best way to do this is to make a 'totalizer' that you can colour in as the weight of your collected cork increases.

### Make it harder...

Design and make a marvellous mechanical cork totalizer.

### Into extra time

Before you start collecting, guess how many corks make up a kilo.

When you have collected a whole kilo, count out how many corks there are. Were the girls' guesses close?

Plan what you will do with the money that you raise through recycling corks. Are there any local environmental or conservation charities that you can donate the money to?

A simple totalizer can be made in the shape of a thermometer. On one side, make a series of marks to show quarter kilos. On the other, make corresponding marks to show how much money has been raised (each kilo is worth 25p).

Colour in the 'rising mercury' part of the thermometer as you collect more and more corks.

## Portuguese night

All the corks that your unit collect will be sent to Portugal for recycling — celebrate the start of your project with a Portuguese night.

Portugal is mainly a Christian country, with lots of public holidays to celebrate significant dates in the Christian calendar and the country's history.

Your unit might like to hold a Portuguese party on a major Portuguese holiday.

**Mardi Gras (carnival)** — February/March  
**Liberty Day** — April 25  
**Labour Day** — May 1  
**Camoës-Portugal Day** — June 10  
**St Anthony** — June 13  
**Assumption** — August 15  
**Republic Day** — October 5  
**All Saint's Day** — November 1  
**Independence Day** — December 1  
**Immaculate Conception** — December 8

## Collection points

You should plan to get your whole community involved in collecting corks for your recycling project.

Once you have let everyone know what you are doing, distribute boxes around the community for people to deposit their corks in.

Cover cardboard boxes in brightly-coloured paper and make a hole in the top that is large enough to post a cork through.

Stick a sign on the box so that everyone knows that it is a cork recycling collection point.

Make list of people that you can approach as potential providers of sites for your boxes. Good places to site the boxes include supermarket foyers, public houses, schools and off-licences.

Empty the boxes regularly, replacing ones which become tatty.

### It's a fact

In Portugal, Guiding began during 1919. There are four Guiding sections — Rangers, age 17+; Juniors, aged 14-17; Guides, aged 10-14 and Little Birds aged 6-10.

### It's a fact

Portugal is one of the world's biggest exporters of cork. The country is also famous for its port and other wines, as well as sardines and shoes.



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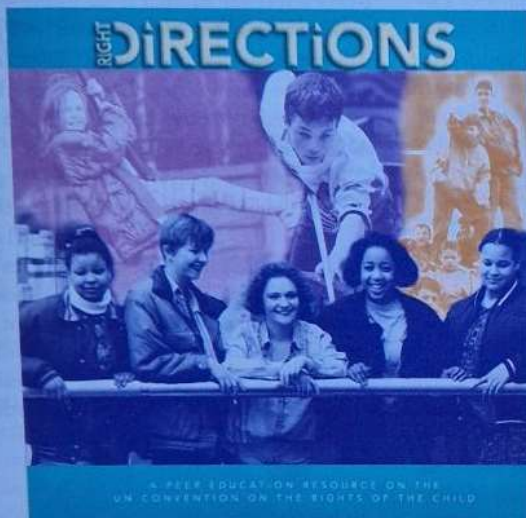
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# campaign **Fight for their rights**

*Ways to get your unit talking about children's rights*

By Ann Matthews



November 1999 sees the tenth anniversary of the UN General Assembly's adoption of the United Nations convention on the Rights of the Child (UNCRC).

It also sees the launch of *Right Directions*, the new publication full of activities and information to help Guiders, Senior Section members and others raise awareness of children's rights.

*Right Directions* introduces the UNCRC and covers three main areas: Participation, Protection and Provision, including topic areas such as assessing rights, democracy, bullying and healthy living. It is easy to use, with many ideas that can be used in all section programmes. *Right Directions* is available from Trading Services from November. Order code 66175, £4.99.

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## Put it to your MP

Why not encourage your unit to make full use of Article 12 of the Convention – 'Whenever adults make a decision that will affect you in any way, you have the right to give your opinion, and the adults have to take you seriously' \* – and take part in the UNICEF 'Put it to your MP' campaign this November.

The campaign gives young people the chance to air their views at constituency surgeries. If you would like to know more about it, contact Ann Matthews at CHQ, on ext. 201, or e-mail: AnnM@guides.org.uk.

\* Taken from UNICEF's *Know your rights!* — Children's rights in plain English.

## Using Peer Education teams

training

Why not organise your own Peer Education Project? It's really easy...

All you need is a group of young women, a Training Centre, and a training team with combined expertise from the Association and Save the Children.

Over the past three years the Association has been working in partnership with the Save the Children Fund to promote the UN Convention on the Rights of the Child (UNCRC) through Peer Education. The success of the project is proven by the fact that there are now Peer Education teams in every Country and Region. The teams have also worked together, combining the best activities to make the basis of *Right Directions*.

All the teams have attended two induction weekends to give them the skills required to attend

anything from a Rainbow Unit meeting or a County day, to a Trefoil Guild meeting, to explore the issues raised in the UNCRC through activities.

Peer Education is about young people talking and working with other young people on subjects such as homelessness, solvent abuse, bullying, exclusion/inclusion and health issues. Training teams will ensure that your session meets the needs and abilities of the people they are working with.

If you would like to invite a Peer Education team to your meeting, get in contact with your Country/Region Headquarters to find out the details of the Team Coordinator. Alternatively you can telephone Ann Matthews at CHQ, or e-mail: AnnM@guides.org.uk for further information about your local team.

## Hotline corrections

There were two errors in October's *Hotline*.

● On the inside front page, '1998 Activity courses...' should begin, '2000'.

● On the back page, the deposit amount for Netherurd was left as a question mark. In fact, a non-refundable deposit of £20 is required.



# Teenage mums

**Teenage pregnancies have hit the headlines recently — but what is being done to improve the situation?**

By Isobel Durrant



PETE MILLSON

A teenager learns what motherhood is really like, with a 'Virtual Baby'

The UK has the highest number of teenage pregnancies in Western Europe and, not surprisingly, the Government is eager to reverse the trend. This is one league table it would prefer not to top. It would be simple to dismiss the figures as proof of an immoral and promiscuous youth, but a report by the Social Exclusion Unit shows that the truth is far more complicated.

## Sexuality and ignorance

We live in a society where sex is used to promote everything from cars to biscuits. On the one hand teenagers are bombarded with sexually explicit messages, implying everybody's involved in sexual activity. On the other hand, the nitty-gritty of contraception and sexual health, including sexually transmitted infections (STIs), is often ignored or not talked about enough either at home or at school. The upshot, according to the SEU report, is not less sex but less protected sex.

Teenagers are also ignorant of what to expect from relationships and what it means to be a parent. Young women often have a rosy idea of motherhood quite at variance with nights of broken sleep and a severely curtailed social life.

But perhaps the most damning factor identified by the SEU is the low expectations so many young people have. In the West, teenage pregnancy is most common among young people who have poor education or work prospects. Conversely, high

expectations are good deterrents — there's too much to lose. But for young people who feel the future has little to offer them, parenthood can seem an achievement.

## Bleak futures

Being a teenage mother is no picnic — 90 per cent are unmarried and half those with partners will see their relationships fail. They are more likely to be unemployed than their peers, and to be caught in the poverty trap due to a lack of childcare, education or self-esteem.

Despite the popular belief that young, single women who get pregnant are cushioned by the state, only a tiny number receive council accommodation and homelessness, or a succession of temporary homes, is more likely for those who try to leave home. Lack of money for rent, furniture and food makes independence a hard goal.

The outlook for the children is bleak. The death rate for babies of teenage mothers is

6 ...Half the teenagers who have under-age sex use no contraception...

60 per cent higher than for babies of older mothers. Their birth weight is more likely to be low, and during childhood they tend to have more accidents and hospital admissions.

Not surprisingly, the cycle of teenage pregnancy is often repeated in families, as each generation remains trapped in the same lack of opportunity. Of course not all pregnant teenagers will carry their babies to term. More than 15,000 under 18s have abortions each year.

## Learning about parenting

Education is now the watchword. A two-pronged campaign at national and local levels — involving schools, youth organisations, the media, parents and teenagers — aims to change the culture surrounding teenage pregnancy and halve the number of conceptions among under 18s by 2010.

In an effort to make young people understand something of the reality of looking after a baby, local councils have come up with some

## Organisations and Training

- The FPA UK offers a training and consultancy programme including Girl Power — How far does it go? Practical Strategies for Building Self-Esteem in Young Women. Contact FPA Training and Consultancy, 2-12 Pentonville Road, London N1 9FP. Tel: 020 7923 5232; Fax: 020 7837 3042; E-mail: traceya@fpa.org.uk
- NEWPIN has 16 centres in England and Northern Ireland. Speakers may be available to talk to Guide groups. For a list of centres contact National NEWPIN, Sutherland House, 35 Sutherland Square, Walworth, London SE17 3EE. Tel: 020 7703 6326; Fax 020 7701 2660
- Virtual Parenting UK, PO Box 4502, Henley-on-Thames, Oxon, RG9 1WS. Tel: 01491 573085



ingenious ideas, including 'Virtual Parenting'. In this scheme teenagers, both girls and boys, must look after a realistic, computerised doll.

The doll weighs about the same as a newborn baby. The head is floppy and the doll cries whenever it needs something – food, comforting, changing – and when it is mishandled. If well looked after it coos, but if the teenager fails to care for it properly the computer shuts down and the doll dies.

For added realism, there are dolls of all the main ethnic groups and with different temperaments. There's even one simulating an infant exposed to drugs before birth. The scheme works best when the teenagers are part of school or youth groups that they can feed back to on how well they've managed.

### Sex education

Obviously prevention is better than cure, and education about contraception is all-important. According to the SEU, half the teenagers who have sex before they are 16 use no contraception the first time. In addition, if they do not use a condom they run the risk of STIs. In the stark words of the report, 'In a single act of unprotected sex with an infected partner, teenage women have a one per cent chance of acquiring HIV, a 30 per cent risk of getting genital herpes and a 50 per cent chance of contracting gonorrhoea'.

However as the teenagers most likely to have unprotected sex and become pregnant include those who have been excluded from school, it would be unrealistic to pin all hopes on sex education lessons. Instead, the Government wants to use a range of strategies including teen magazines and novels. Girls from ethnic minorities rely on written material for information about sex and pregnancy — with teen magazines the most important source.

Poor self-esteem has been identified as a contributing factor to self-destructive behaviour including chaotic sexual relationships. The Family Planning Association runs a course for people who work with young women that looks at the underlying causes of low self-esteem and at how to develop strategies to encourage a sense of self worth.

It publishes sex education and groupwork resources and offers training in contraceptive education and sexual health, and has recently appointed a specialist worker to address the many health issues affecting young women.

### Breaking the cycle

For those young women who do become pregnant and keep their babies, the issue of self-esteem remains critical if they and their children are not to stay forever at the bottom of the social heap. The New Parent Infant Network (NEWPIN) believes that developing parents' self-esteem and emotional maturity 'contributes significantly to the security, happiness and social adjustment of their children'.

In 1998 NEWPIN opened a centre for teenagers. The Young Mums Project in Peckham, London has 16 places for mothers aged 13-19 who are normally referred by Community Psychiatric Nurses, GPs or Health Visitors.

To take part they must identify something they wish to change in their lives, whether parenting skills or relationships with partners. Usually they remain with NEWPIN for around two years, attending at least twice weekly. They receive emotional and practical support in the form of workshops in parenting, counselling and advice on dealing with outside agencies.

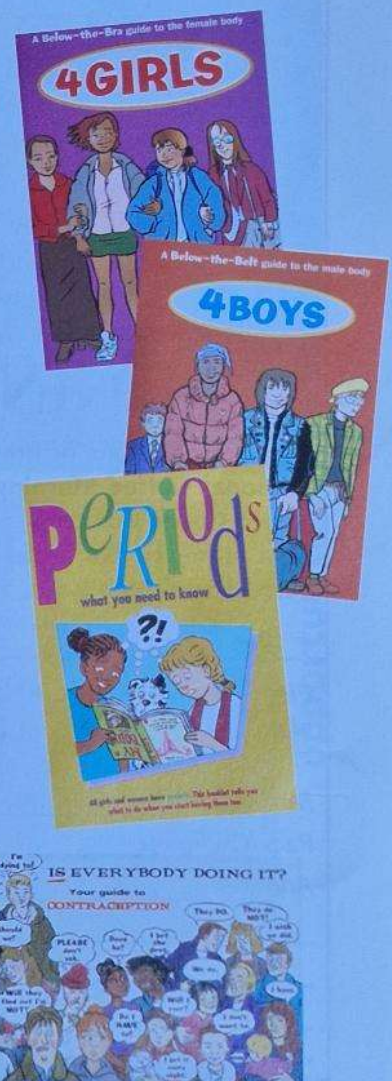
The Family Play Programme helps them to learn about their children's emotional needs and development and to play with them creatively. The project has links with a local college to enable the young women to study at the centre.

It would be unrealistic to think that teenage pregnancies are going to stop overnight because of the Government's new campaign. There will be successes and failures in the new initiatives. However, it's a step in the right direction. We owe it to our young people to give them the means to make informed decisions. Any reduction in the number of unwanted pregnancies means fewer unwanted children living impoverished lives — and that can only be good news.

● The Guide Association is currently working to develop a policy and supporting resources for Relationships and Sex Education in recognition of the rate of teenage pregnancies in our society. This work is being supported by the National Youth Agency and the Sex Education Forum and is funded by the Department of Health.

## Facts and Figures

- The UK's teenage birth rate is twice as high as in Germany, three times that of France and six times as high as in the Netherlands.
- Rates within the UK vary between countries. In Scotland, Northern Ireland and England the rates are around 30 per 1,000 women. In Wales the rate is higher, around 37.7 per 1,000.
- Three-quarters of all teenage pregnancies are unplanned.
- Only 50 per cent of under 16s and 66 per cent of 16 to 19-year-olds use contraception the first time they have intercourse.
- A sexually active teenager who does not use contraception has a 90 per cent chance of conceiving over a year.
- A mother aged 16 or 17 living on her own can claim Income Support of £74.80 per week. (Source: the Social Exclusion Unit report on Teenage Pregnancy)







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# Computerised records

*Is your computer ready for  
the Year 2000?*

By Wendy Graham

Do you use a computer to help with your Guiding administration? Many of us do; it's great when you can:

- Print out your programme to inform girls and parents
- Find last year's programme at the click of a button, when you can't quite remember when it was you last did that craft...
- Enter payments and receipts into a spreadsheet that will total the balances for you and allow you to correct mistakes without making a mess
- Print an up-to-date emergency contact list
- Save good ideas you have found on the Internet until you need them.

## Back up your records

But what would happen if your computer suddenly died? This can happen for a variety of unexpected reasons at any time, but by now you probably know of the threat posed by the Millennium Bug. This is the inability of Personal Computers, and the programmes they use, to recognise the

change of century. Not all computers will be affected, but if you haven't been particularly vigilant about back-ups, now is a good time to get into the habit.

Some records are so important that it is essential to be able to recreate them if the worst happens. So how might you do this? The easiest way is to make a regular copy on floppy disk, or include with other files in a mass copy to CD or other high capacity disk. If the information is limited, for example, personal records, programmes and Unit accounts, a paper copy might do just as well, and you won't have to wait until your computer is up and running again.

Once you have created your back-up copy why not make a New Year's resolution to update it every month? Note: If you keep any personal information, for example, names and addresses, on computer please refer to *The Guiding Manual*, 3rd edition, paragraph 5.10, Data Protection.

## web site Millennium Bug

Are you baffled by the bug? Just get online and visit [www.bug2000.co.uk](http://www.bug2000.co.uk).

This site can help you to safeguard your business and your home against Y2K disruption, and also has information about the state of readiness of the national infrastructure (utilities, banks, and so on) — so you have no excuse for being unprepared when the time comes!



# How to network

'Networking' is one of those nineties words which reinforces the adage, 'it's not what you know it's who you know'. And do you know what, it really isn't that bad an idea!

If developing a series of relationships helps to make

session, but other than that they will have the experience and knowledge to run the sessions without you having to worry about it.

## Internal networking

Internal networking should not cost you anything, other

they came up with could be applied to any event or experience within Guiding.

In 'Networks around you', we have summarised the thoughts of the Guiders who attended the Outdoor Forum. These may be things that are new to some and old-hat to others. Please let us know of any other avenues of communication that you have used successfully, so that we may share them with others.

## Looking ahead

In next month's *Guiding magazine* we will use a District Outdoor Activity Day as an example to demonstrate the sort of activities and organisations that you might contact for ideas and facilitators. And, in January's issue, we will be featuring some organisations to contact, with information on the types of activities that they can run.



Good networking can bring benefits for everyone involved

things easier to organise and offers greater opportunity to our members, then what can be better? And into the bargain, you don't have to do everything yourself — so you get to sleep too!

## External networking

Networking can be internal or external and does not mean paying out lots of money for a facilitator. Any costs involved do not have to be great and any cost is worth it if it meets the objective. External facilitators should be given a thorough brief as to the aims and objectives of The Guide Association and the way that we work with young women, and some Safe From Harm material, before they run a

than expenses, and it means that you get to make new friends in Guiding that you wouldn't otherwise make, perhaps even from outside of the District, Division, or even County. Either way, using others' skills and expertise gives us all new knowledge and makes us aware of other possibilities linked to the activity — namely training and new qualifications to add to records of achievement.

## New ideas

The Outdoor Forum, in June this year, sought to develop some models of networking in the outdoors to help Unit Guiders plan for events and to offer greater opportunity. The models that

## Networking

### Networks around you

#### Personal networks

- Work colleagues
- Friends
- Relations
- Neighbours

#### Guiding networks

- County Directory
- Young women
- Current/Ex-members
- Advisers
- Region office
- Commonwealth Headquarters
- Link/SSAGO

#### External networks

- National governing bodies
- Local Education Authority
- Local clubs
- National initiatives
- Specialist organisations
- Press
- Local Authority Leisure Services
- Charitable organisations

#### Finding contacts

- Library
- Internet
- Yellow Pages
- Magazines and newspapers
- Noticeboards in leisure centres/village halls
- Schools/Universities/Colleges
- Sports Councils
- Charitable organisations
- Scoot: 0800 192 192
- Talking Pages: 0800 600 900

## Bursaries available

Would you like to be qualified to supervise outdoor activities? If so, you could be eligible for a bursary amounting to half the total fee, including training, course books, and exam fee.

Not only that, but now the requirements for archery and lifeguarding supervision have changed — people taking courses leading to Grand National Archery Society Sports and Community Leader Awards and RLSS Foundation Modules are qualified to supervise — there are even more activities to choose from.

Other qualifications can be taken in walking, boating, climbing, swimming, and First Aid.

Any adult who gains a qualification to use with the Association can apply for a bursary — not just members — but signatures of Commissioners/Advisers are required.

For further details, or an application form, contact Jane Mason at CHQ or e-mail [janem@guides.org.uk](mailto:janem@guides.org.uk).



In this section you will find Association news: decisions, developments and appointments

## awards

### Association Awards

#### MERITORIOUS CONDUCT

Star of Merit

Rebecca Garrard  
Brownie Guide  
23rd Rugby Pack  
Warwickshire

Megan Owen  
Brownie Guide  
1st Great Horwood Pack  
Buckinghamshire

Jessica Plant  
Brownie Guider  
5th Vange (St Chad's)  
Essex South East

#### OUTSTANDING SERVICE

Laurel

Mrs Judy Ellis  
Ranger Guider  
1st Cleobury Mortimer Unit  
Shropshire

## insurance

### Cancellation cover

The Guide Association's Insurance Brokers have negotiated an excellent deal for the membership concerning Cancellation and Abandonment Cover especially for Pack Holidays and Camps.

Cover for a single event can now be purchased in isolation at a cost of £20 plus insurance premium tax — which currently stands at five per cent. An annual policy will be issued, but it will show as an endorsement for that specific event.

For further information about this special cover, please contact Marion Denholm, Insurance Manager, at 17-19 Buckingham Palace Road, London, SW1W 0PT.

# Have you had success with recruitment?

*Your story could be published in the new recruitment 'tool kit'*

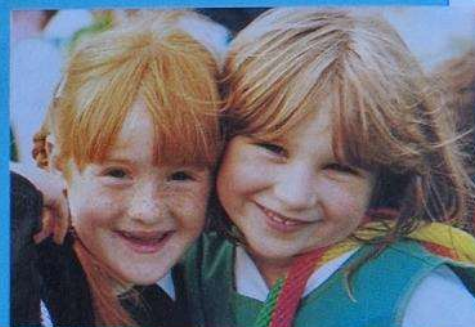
In July's issue of *Guiding magazine*, we mentioned that a Working Group had been established to produce new recruitment tools for the Association. This Group has now begun the task of putting together a recruitment 'tool kit' which aims to support the membership in recruiting new people into the Movement.

The Working Group began its task by reviewing the numerous recruitment initiatives that have taken place throughout the Association over recent years, so that all the examples of good practice could be incorporated into the new materials produced.

The published recruitment tool kit will be simple, user-friendly and practical, so that District, Division and County teams can use it easily. To bring it alive we want to include as many 'real-life' examples, in the form of case studies, as possible. We know that there have been lots of recruitment initiatives going on in the Countries and Regions recently and so many of you must have some examples of effective recruitment techniques. If so, we would like to hear from you.

To contribute to this part of the pack, please contact Linda Crichton to find out more details, at the address on page 3.

Introducing a friend to Rainbows:  
Just one way to recruit members



## recruitment

ISLE OF MAN NEWSPAPERS

## outdoors

### Outdoor activities

Have you had an action-packed and adventurous year so far? We hope so, and would certainly like to hear about any unusual pursuits that you and the young women that you work with have been undertaking.

We receive phone calls every day at Guide Headquarters from Guiders wanting to check that the activities they are doing are safe and, of course, that they are insured to do them. As a general rule, it is safe to assume that if *The Guiding Manual*, 3rd edition doesn't say that you can't do something, then you can.

If you are considering taking part in activities which are not referred to in the Manual, or that you are not sure about, then please contact your County Outdoor Activity Adviser or phone the Programme Team at CHQ on 0171 834 6242. Don't let lack of knowledge be a barrier to participation. Safety first, but fun and learning definitely next!

## money matters

### Short term investment service

The monthly interest rate after deduction of management commission was:

June.....4.112 per cent  
July.....4.001 per cent  
August.....3.922 per cent

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

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

Selling price.....526.45p  
Purchase Price...553.12p  
Income Yield.....2.80 per cent

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



## training Get energized

*A weekend is all it takes to give your Senior Section programme an Energy boost*

In early September, 40 members arrived at Waddow for an Energy training weekend.

This training is inspired by the dictionary definition of the word energy: 1. *The capacity for intense activity*; 2. *a source of power*.

Participants were organised into teams of four, comprising two Senior Section members, their Guider, and another adult (from the District Commissioner to the Community Action Adviser). Their brief was to find out more about how best to support the young women they worked with in the Senior Section. Participants had the opportunity to:

- Explore their role in the Senior Section programme.
- Discuss issues affecting Senior Section members.
- Identify their support and facilitation role.
- Consider the need for external links.

Senior Section members took part in a separate, highly interactive training, that gave them the opportunity to:

- Consider recruitment.
- Plan an exciting programme for the group and know how to organise it effectively.
- Enhance personal skills including leadership, communication and teamwork.
- Make new friends and have fun 'learning by doing'.

## Feedback

Participants were very enthusiastic about the Energy training:

### Guiders:

*Excellent training! The sort of weekend where you don't realise how much you are learning — I came away with lots of ideas.*

*Energy provided renewed vigour!*

*On the way there I thought 'If the weekend can deliver what it promised, it should be good' — and it's been far better than that!*

### Senior Section members:

*I have decided to try to encourage teamwork and to improve activities for my unit.*

*I want to motivate my group and teach them what I have learned at Energy.*

*Had a brilliant time — I now want to arrange a programme for my Young Leader group.*

## It could be you...

Energy weekends focus on training members of groups within the Senior Section: Look Wider groups, Young Leaders, Rangers, those working on D of E Awards... If you are part of such a group, or would like to form one, then an Energy weekend is for you. Weekends are being heavily subsidised by the Association to keep the cost down to only £25 per head!

There'll be another Energy weekend **January 28-30**. Places are limited. Interested parties should contact Jo Haddrick at CHQ, on 0171 834 6242 and call Waddow to reserve places.

### SOUTH OF ENGLAND

#### See you soon at Kingsdown?

- First class indoor accommodation and camping in White Cliffs Country
- Overlooking the English Channel with superb views across to France
- Indoor climbing wall and other challenging activities on site
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For information pack please contact:  
Charlie Leadbetter at  
Kingsdown International Scout Campsite,  
The Avenue, Kingsdown,  
Deal, Kent CT14 8DU  
Tel: 01304 373713  
Fax: 01304 375202  
email: kingsdown@scoutcamp.org.uk  
www.kingsdownscoutcamp.org.uk



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Email: barbara.geering@btinternet.com

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Ring Maureen on 01243 414360  
or Bev on 01293 420929

Guiding magazine November 1999

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Eastleigh, Hants SO50 7NG

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### NORTH OF ENGLAND

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### NORTH OF ENGLAND

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<http://members.aol.com/hawkhirst>

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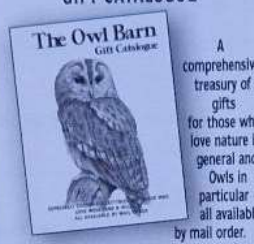
Tel: 01384 820040 Fax: 01384 820050

E-mail: [webbtolley@cablenet.co.uk](mailto:webbtolley@cablenet.co.uk)

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##### EVENTS

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picture this

### Brownies in the wild

This idyllic scene shows two girls from 38th Newcastle Brownies engaged in drawing an endangered species for their Commissioner's challenge. They couldn't get close enough to any rhinos, so they chose wild orchids instead.

Please keep sending in your Guiding photos, we love to see them. Each month there's a special prize for the best photo and £5 for every other photo we print. Please include a sae.

In this section you will find your news, opinions, issues for debate and details of special offers

### Food fest

These 1st Digswell Brownies, from Hertfordshire, are enjoying tasting some interesting fruit and veg. They then set up a stall and challenged shoppers at Tesco to 'Try Something New Today', as part of their Food and Nutrition project.

JUDY MCCALLUM



## letters Rainbow uniform

Three readers respond to letters in September's issue.

### Leggings instead?

Wouldn't it be feasible for Rainbows to have dark green or navy blue leggings instead of the tabard? After all they have a T-shirt and baseball cap, just like the rest of the organisation.

Leggings would be more practical, and Rainbows are shown in leggings in the Guiding catalogue and in *Guiding magazine*.

JA Goddard  
Brownie Guider  
Leicester

### Handy tabards

I read with surprise the letter from Catherine McMylor regarding the Rainbow tabard.

Perhaps our Rainbows are bigger than hers as they don't have any trouble keeping them on their shoulders! The pockets are very useful for taking home letters, craft work and

so on. We don't have any problems with pencils and notepads as these are available at our meetings.

I don't think parents would be willing to pay out for more than a tabard. After all, Rainbows only wear their uniform for two years.

Jean Mitchell  
Guider 2nd Springfield (St Mary's)  
Rainbows, Horsham

### Out of date

The tabard is out of date and no longer practicable for the activities that we get up to.

The Ladybirds in the Republic of Ireland seem to have it just right. They have a navy blue tracksuit with a neckerchief.

As the 21st century fast approaches, can the Rainbows be brought in line with the rest of the Guide Movement?

Mary Kingman  
1st Addiscombe Rainbows

### NSGSO reunion

We are two current members of the National Scout and Guide Symphony Orchestra.

Next year is the orchestra's 25th anniversary and we are organising a reunion in September 2000. We are trying to contact as many former members and staff of the orchestra as possible.

Were you a member of the NSGSO, or do you know any former members? If so, please contact us at the address given below.

Nicola Barnes and  
Charlotte Bond  
105 Hubert Road, Selly Oak,  
Birmingham, B29 6ET

### Too young

I completed my Queen's Guide about a month ago, I can honestly say that at the age of 14 I would not have had the time, the maturity or the staying power to complete such a complex award.

Not only have the younger girls got their GCSEs and A-levels, but they have many other awards and achievements to aim for within The Guide Association.

Sam McWhinnie  
Lancashire



picture this

## Dampened down

Having tramped for four days through the Yorkshire Dales in blazing sunshine, when they were only ten minutes from their destination, these Sheffield Rangers got drenched. They passed their Duke of Edinburgh Award, however, and also came home with a cracking tan.



SUE SHELLEY



JANE MCHUGH

## Wedding surprise

When Andrea Poulton, a Guider from Droitwich, got married, she left the church in style. Her husband had restored this vintage tractor specially for the occasion.

letters

A reader responds to a letter in September's issue about employers' lack of understanding of Guiding.

## Lobby Government

In the past, as a Ranger Guider and as a DC, I have written letters asking for time off for other Guiders. If the Guider concerned was successful, it was nearly always as unpaid leave.

The thing I find really galling is that if that Guider was in the reserve armed forces, for example, the Territorial Army, not only would she be given time off, she would be paid, sometimes by her employer, as well as by the Government.

So please can we lobby the Government for better treatment, and understanding for voluntary workers by employers. Come on Guiders, let's be heard — too often we suffer in silence!

Lesley Blanning

105th Bristol Rainbows/Assistant County Commissioner, Bristol and South, Gloucestershire

## Pull in more parents

As a Guider of 20 years, I have listened to, and read about with interest, parents

expressing concern for their children in letting them go outside the home and school to develop interests.

Why don't these concerned parents become involved in Scouting and Guiding, as I did? Are we missing something? Perhaps we should mount a large Public Relations stand at every parent/teacher evening in every school across the country.

We need celebrities who are

currently involved with the Movement who will encourage the present-day parents to develop interests alongside their youngsters.

We also need to bring the average age of Guiders down — even if it means others taking a back seat and becoming the assistants.

Margaret Fuller

Assistant Guider,

24th Stevenage Brownies

special offer

## Radio days

The Freeplay S360 radio is one of the most ingenious inventions of the decade. Seven times smaller and under half the weight of its forerunner the Freeplay, it's an ideal accompaniment to any outdoor excursion.

The Freeplay S360 needs no batteries or electricity, but runs on solar energy. If the sun goes in, the radio can be powered by winding — just 20 seconds of winding provides half an hour of airtime.

This is also the first Freeplay radio to incorporate a rechargeable battery into its design — so energy generated can be used immediately, or saved for later.

For details of stockists, call 0800 731 3052.

Guiding magazine has two Freeplay S360 portable radios — worth £59.95 each — to give away. To enter the prize draw, answer the question below on a postcard and send it, with your details, to Guiding magazine/Freeplay radio at the address on page 3 before November 30.

What are the two means of power for the Freeplay S360 radio?



FREEPLAY



Three wise monkeys  
'Be extra well prepared' seems to be the motto of Kate Gillibrand, Pauline Barker and Joan Westwood. These ladies, out on the Derbyshire moors, brought clothing for every eventuality.



D. POTTER

## special offer

THE BROTHERS GRIMM

## Hansel & Gretel

Join the Lyric Theatre Hammersmith for a very special walk in the woods...

This year the action takes place not just on the

stage, but around the auditorium — a very special staging of *Hansel & Gretel* that brings the actors right into the middle of the audience.

*Hansel & Gretel* is suitable for six year-olds and over. Tickets for Guide Association groups are just £7 (normally £8), plus every 11th ticket is free for accompanying leaders. The show runs from November 25 to December 30, and early booking is essential — call 0181 741 2311 and quote *Guiding magazine*.

*Guiding magazine* has a great offer for one lucky unit. Up to 30 girls plus six leaders will be given a fascinating look behind-

the-scenes and on the set of *Hansel & Gretel*, and free tickets to the five o'clock performance on December 4. To enter the prize draw, answer the question below and send it on a postcard together with your details to *Guiding magazine*/Lyric at the address on page 3 to arrive by November 15.

**Q. What was the trade of Hansel & Gretel's father?**



LYRIC THEATRE

## fun days

### Activity day

An activity day that included keep fit, dance sessions and make-up tips was held for over 200 Rainbows, Brownies and Guides from the Gillingham West Division.

District Commissioner Janette Mitchell said:

'Everybody had a great time and enjoyed themselves.'



KENT MESSENGER GROUP

### Abseiling day

Barnehurst District fun day was a great success at the Scout Activity Centre, Buckmore Park, Chatham. Abseiling, roller-skating and archery were on the agenda — an opportunity for the Brownies and Guides to learn different skills and practise favourite activities.



JAN HALLSTONE

### Money in minutes

The 1st Melton Guides have got fund raising down to a fine art. They raised £104.30 at an evening fayre — in just over one hour — and donated the money to the RSPCA.

## community projects

### Breakfast break

Newcastle Guiders Debbie Owens and Stephanie Basra got the star treatment when they journeyed to London to fight for their cause on the Big Breakfast's 'Soap Box' slot.

Around 2000 Guides and Leaders, along with The Granger Town — an organisation regenerating the heart of Newcastle — are involved in the project 'Guides against Gum'. Debbie and Stephanie secured an all-expenses-paid visit to London to promote their cause nationwide on the breakfast programme.

The project is not against chewing gum, but against dropping it on the street. Guides from all sections designed posters that are being displayed in community areas and on buses throughout Newcastle.



CITY REPRO

### Shine on

The 1st Middleton-on-Sea Guides have taken unusual measures to ensure that Bognor Regis seafront illuminations are well lit. They have adopted one red light bulb on lamp-post 31. At least they won't have to feed or clothe it — just change it occasionally!



# End of Season Clearance SALE



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JOHN SWANNICK

**Eclipse camp**  
Guides attended Shropshire's 'Solar Eclipse Camp' in droves, not wanting to miss possibly the only British eclipse in their lifetimes.

The region enjoyed some of the best eclipse views in the country, with clear skies and 95 per cent of the sun concealed. Radio Shropshire and TV's *Midlands Today* visited the camp for the eclipse. The camp also had a resident astronomer who projected the image of the sun onto a screen, and Guides took part in science challenges.

There were lots of other activities during the week, such as a zip wire, climbing wall, a dance workshop and various pioneering projects — including this roundabout which the girls are trying out.

## Northumbria 99

Two thousand Guides and Scouts converged on Morpeth, Northumbria this summer. Visitors from countries such as Poland, Norway, Sweden, France, Canada, Denmark, the Netherlands, Trinidad and Tobago, came to take part in Northumbria 99.

As well as making new international friends, Guides from Morpeth were also able to work on various badges, such as World Cultures, World Guiding and World Issues.

There was a mid-week open day for Brownies, Beavers and parents when stalls and sideshows were among the attractions. Money raised was donated to Water Aid.



ANNE CRAGGS



## Festive Country Fair

The Country Style Festive Fair is being held at the National Exhibition Centre in Birmingham from November 18-21 and is the ideal place to look for interesting and original Christmas presents this winter.

The NEC will be filled with hundreds of stalls selling gifts, crafts, festive foods, fashion, toys, Christmas decorations and lots more.

The fair is open from 9.30am-5.00pm each day. Tickets are £6 in advance, or £7.50 on the door. There are discounts for senior citizens and children, and under-fives get in free. To book tickets call the Hotline on 0121 767 4151.

*Guiding magazine* has 20 pairs of tickets to give away to readers. To enter the prize draw, send the answer to the question below, and your details, on a postcard to *Guiding magazine/Christmas Fair*, at the address on page 3 to arrive before November 12 (so you need to act quickly!).

At which venue is the Country Style Festive Fair being held?



## In December's

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