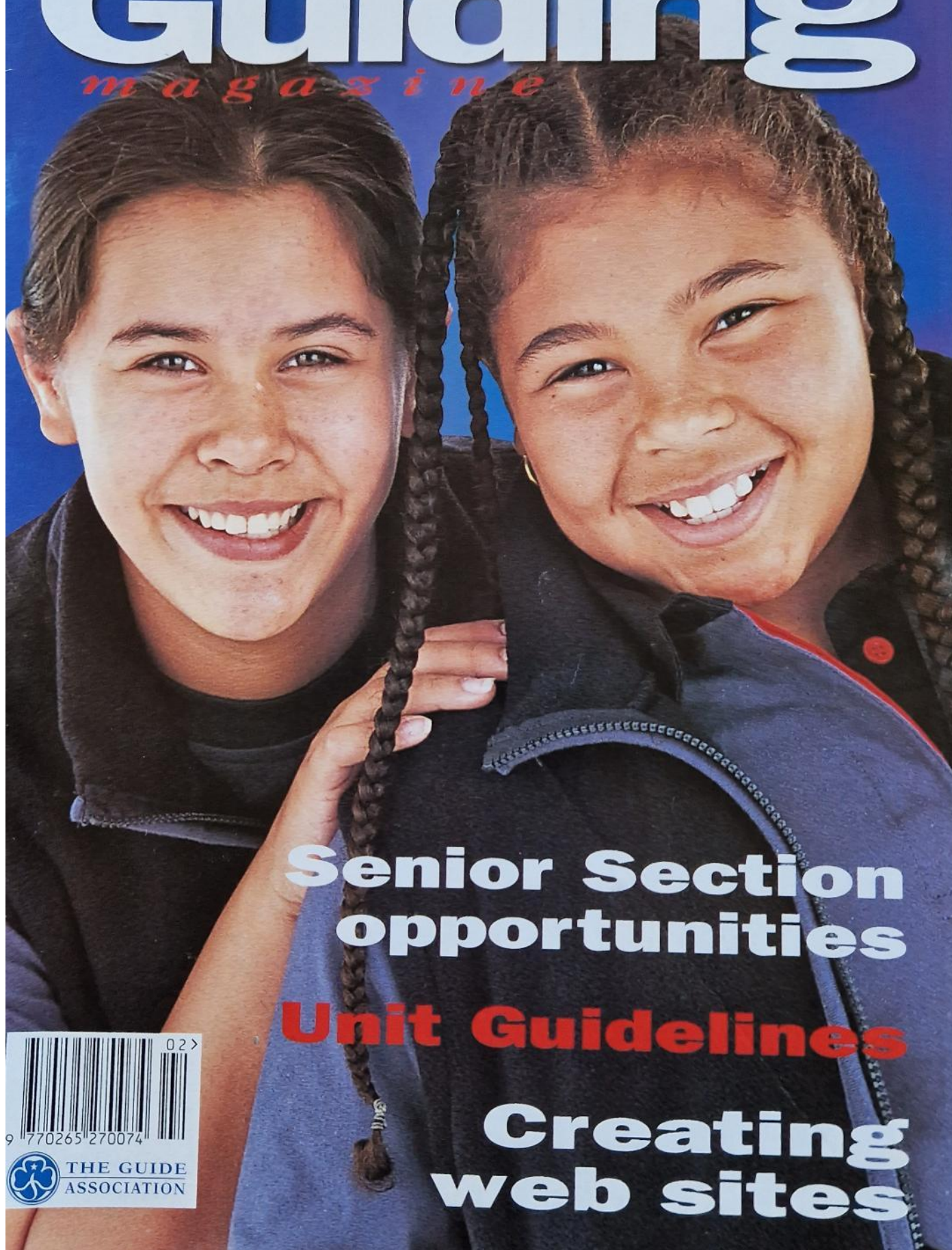


FEBRUARY 2001 £1.40

Guiding

magazine



**Senior Section
opportunities**

Unit Guidelines

**Creating
web sites**





Contact information:



**THE GUIDE
ASSOCIATION**
of registered learning

MARGARET RUSSELL

Welcome

A world of opportunities

This month's issue is absolutely jam-packed with information. As usual, in *Activate* there are lots of activities to use with girls across all sections. Mother's Day and Easter are not too far away and we've some great things to make to mark these occasions. You can foster good relations within the unit with some cooperative games where everyone is a winner, and the ideas on pages 2/3 will help the girls to realise how their actions can make a difference to people in other countries.

At World Thinking Day celebrations across the UK later this month, members will be concentrating on the international aspect of Guiding. A visit to one of the Four World Centres is a great way of finding out more about Guiding in another country. If you've always thought that such visits are for the select few, turn to page 25 — and think again.

If you'd like to tell the world about your unit's activities you can — by setting up your own web site. Our feature — on pages 12/13 — answers the most frequently asked questions on this subject.

On pages 6/7 there are details of a variety of opportunities that are open to Senior Section members. At Innovate 2001, to be held later in the year, young women aged 16-26 will have the opportunity to express their views about Association initiatives and influence decisions. Make sure that the young women you know don't miss this exciting opportunity.

FRONT COVER

Our cover girls are from the 38th Croydon (St Albans) unit

COVER PHOTOGRAPHER:
KELVIN ROGERS



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ACTIVATE

Our great pull-out section is packed full of brilliant ideas for you to use with girls across all sections. This month there's some great activities to develop relationships

Guiding magazine

17-19 Buckingham Palace Road, London SW1W 0PT

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Note Copy for inclusion in May's *Guiding magazine* should reach CHQ by February 26. Please address contributions to the Editor. Anyone wishing to have photographs sent to the magazine returned, must include a sae.

Guiding magazine e-mail address: guiding@guides.org.uk.

Note CHQ e-mail address: chq@guides.org.uk

World Wide Web site address: <http://www.guides.org.uk>

New President for Birmingham

Dorothy Lines from Perry Barr has recently been appointed President of the Birmingham Guide Association.

Dorothy brings a wealth of experience to the role that has been gained as a Brownie Guider, Guide Guider and Ranger Guider. She has been a member since she was eleven and has loved every minute.

Dorothy promises to: 'do my best to keep Guiding alive and well in the 21st Century, for any girl or young woman in Birmingham who wants to join.'

GFF appeal

Don't forget to send in your donations to the Guide Friendship Fund Christmas appeal, which is supporting a project in Mombasa, run by the Kenya Girl Guide Association.

All cheques should be made payable to 'The Guide Association' and sent to CHQ at the address on page 3. If you would like a receipt, please include a sae.

Heritage Centre

The length of a group visit to the Heritage Centre has been extended. A standard visit will now last two hours (previously an hour and a half) and an extended visit has also been increased by half an hour, to three hours.

The price of a standard visit has increased slightly to £3.50, but an extended visit remains the same price, at £5.00.

Sleepovers now cost £18 a head — with the first three adults being charged £10. Still great value!

New HQ for Anglia

Anglia Region has recently relocated from its previous base in Newmarket, Suffolk, to purpose-built accommodation in Coltishall, Norfolk — adjacent to Hautbois House, the Region's Training and Activity Centre.

Anglia's Chief Commissioner, said: 'With the administration for both the Region and Hautbois House located on one site, we can best meet the needs of our 88,000 members. This new headquarters will take the Region forward into the 21st Century.'

In line with Guide Association policy, the new building incorporates many environmentally-friendly features designed to reduce CO₂ emissions and minimise energy use.

The Chief Guide, Bridget Towle attended the official opening.

Guiding Ambassadors

The Districts in Ipswich East have appointed an Ambassador to spread the word about Guiding in the area. Rachel Sloane, a local broadcaster and radio personality, accepted the role enthusiastically and was presented with her Ambassador badge at the Division meeting in September.

Since then Rachel has been a very keen supporter of Guiding in Ipswich East, talking on her daily radio show about events she has attended. Rachel has also offered to attend and publicise future events — and has even promised to go camping when the weather is warmer.

Angela Smith, MP for Basildon, has also accepted the challenge to be an Ambassador for Guiding.

There is a strong tradition of Guiding in her family. Her mother was a Tawny Owl and Angela herself

was a Brownie — a member of the Kelpie Six in her Pack in Hackney, East London — before her family moved to Pitsea in Essex, where she joined another Pack.

Angela now plans to add her voice to the newly-formed All Party Parliamentary Guide Association Group at Westminster.

Local broadcaster Rachel Sloane is a Guiding Ambassador for Ipswich East



Angela Smith MP has become an Ambassador for the Basildon area

Brownies in Science Museum sleepover

A second sleepover for Brownies will take place at the Science Museum on June 23.

This is an unmissable opportunity to spend the night in the company of thousands of fascinating exhibits. The theme will be 'Material world', and activities will include Slime Time (making slime) and Scrambled Eggs — or how to drop an egg without breaking it!

Booking forms are available from Helen Mason, Project Coordinator, Programme Team, 17-19 Buckingham Palace Road, London, SW1W 0PT. Tel: 020 7834 6242 or e-mail HelenM@guides.org.uk. Alternatively, visit our web site at www.guides.org.uk.

Pax Lodge celebrates

Next month Pax Lodge in Hampstead is celebrating ten years as a Guiding World Centre.

It took many years of international fund raising and planning to create the Lodge. Since its opening — which was attended by Guides and Girl Scouts from all over the world — it has prospered and developed into a great World Centre and a very happy place for the many people who visit or work there.

There will be a week of activities including a special anniversary dinner on Saturday, March 17 and a Guides Own Service on March 18. It is hoped that many of the Lodge's UK Guide friends will come to these

events to help celebrate this very happy birthday.

For more details about the activities and tickets for the dinner, call 020 7435 2202 or e-mail: office@paxlodge.org.



Pax Lodge, the World Centre in London, is celebrating its tenth year

Chief Guide

honoured

Award for the Chief Guide in the New Year's Honours List

The Chief Guide, Bridget Towle was awarded a CBE in the New Year's Honours List. She was given the award for services to Guiding in the UK and the Commonwealth.

The Chief Guide first learned that her name had been put forward to receive a CBE when she opened a letter from 10 Downing Street in late November. She was 'surprised and amazed — and thrilled about the recognition this represents for The Guide Association'.

In common with all those nominated for awards, she was sworn to secrecy. It was only after she was contacted by her local newspaper following the official release of the New Year's Honours List that she felt free to talk about it.

She told *Guiding magazine*: 'I feel very humble and overwhelmed to learn that back



The Chief Guide, Bridget Towle was awarded a CBE in the New Year's Honours List

in the autumn of 1999, a group of Association volunteers had put together the application for the award.

'On a personal level, it is reassuring that in the eyes of people of such calibre, from all parts of the Association, I had done something worthwhile and significant. That they should have put so much effort into the application is the greatest accolade and a huge encouragement.

'For The Guide Association the award is recognition at the highest level of the significance and relevance the Association has in the lives of girls and young women today.'

The Chief Guide will receive her award from the Queen later in the year, and in the meantime she is looking forward to a family celebration of her award.

CHARWOOD PHOTOGRAPHIC

National Arts Event

Details have recently been confirmed for the first of the exciting new National Arts Events. This will be a fun singing week – Voicemuzik – which will be held in Scotland from July 29 to August 4, 2001.

This week of high quality teaching will provide an opportunity for girls with singing talent to expand their skills even further as they musically 'travel the globe'. The course will culminate in a concert.

Voicemuzik is open to Association members aged 13-25. The estimated cost of the week is £280, which includes all accommodation, meals and specialist teaching.

Full details can be found on the application form which is available from Barbara Mathieson at CHQ, e-mail barbaram@guides.org.uk.

Further details can be found on The Guide Association web site.

County Commissioners' Day

At the beginning of December around 130 County Commissioners met together at CHQ for a Briefing Day and review of the year 2000.

Region Chief Commissioners presented a visual celebration of the many different events and initiatives that had taken place during 2000. Everyone was thanked for all their hard work and commitment during what had been a very busy year.

During the day participants were updated on initiatives such as Recruitment month, the Commissioner Review, Affiliate Membership, Gift Aid and heard about future plans for *Guiding magazine*.

The County Commissioners were able to ask questions about all of these initiatives and also took part in discussions which resulted in some invaluable feedback on a variety of other issues.

This was the second Briefing Day and followed on from the tremendous success of the first, held at CHQ in 1999.

County Commissioners Elizabeth Highton (left) and Iris Richardson with the Chief Guide at the Briefing Day



GILLIAN DIGBY

Senior Section

Important issues

A presentation by Association delegates sparked discussions at the BYC AGM

The British Youth Council AGM was held last September at York University. In preparation for this, The Guide Association BYC delegation gathered together at CHQ the weekend before for a briefing meeting.

The group reviewed the papers that would be discussed at the AGM, and, in accordance with Guide Association principles, made decisions as to how the delegation would vote on each motion.

The weekend also enabled new delegates to familiarise themselves with the procedures of the Council floor and strengthened teamwork within the delegation.

Young women's needs

At the AGM the following weekend, as well as the main debates on the Council floor, more time than in previous years was given to smaller discussion groups that could focus on issues important to the individual member organisations.

The Association held a well-attended fringe meeting where the *Today's Girl Tomorrow's Woman* report was discussed. Fiona Wilson, a member of NE England's Express team, helped the delegation to demonstrate one of the many ways that The Guide Association interacts with its members.

By Fiona Elliott
BYC delegate for NE England

The presentation brought the ongoing work and aims of The Guide Association to the attention of other BYC member organisations.

The meeting was well received and triggered several discussions — enabling us to discover where the needs of young women fit into the policies of other organisations.

An article about the *Today's Girl Tomorrow's Woman* report had been published in the May/June issue of *BYC News*, which is a newsletter that is circulated to most youth organisations, in order to raise the profile of the BYC.

Community action

Senior Section members are running some innovative community projects

Senior Section members have come up with some innovative ideas for the Commonwealth Community Action Challenge.

Community newsletters, river and footpath conservation, community seating, and working with Young Carers are all innovative ideas that have been generated by keen young women in the UK — and across the Senior Section in Commonwealth countries around the world.

Making a difference

The Commonwealth Community Action Challenge — which is open to members aged 14-26 — offers Senior

Section members the opportunity to get involved and make a direct contribution to the lives of people in their community. It also teaches young women negotiation and project management skills, as well as giving insight into the lives of others.

Senior Section members are going all out to make a difference to the communities in which they live.



ANN MCDUGALL
Senior Section members across the Commonwealth are getting involved in their local communities

A unique project in Croydon, Surrey, plans to refurbish a children's waiting room in the local Accident and Emergency

department. The team has proposed funding and sponsorship opportunities to the hospital. Another creative project involves making tactile toys for a special needs nursery school.

For all of these projects, Senior Section members are working in close partnership with local residents, councils and employers.

One project from each participating Commonwealth country will be selected to take part in the Commonwealth Youth Forum in Manchester in 2002.

Getting involved

If you have not yet received your information poster, contact Janine Queueley by e-mail on JanineQ@guides.org.uk or telephone 020 7834 6242 ext. 330. The final date for registration is April 30, 2001.

Rewarding you

A new project recognises the contribution by young volunteers

Across the UK, thousands of young women aged 16-24 volunteer their time to support local units and organise events because they enjoy it. Now, thanks to a new government scheme, these young women can be rewarded for their time and effort.

National recognition

MV Direct is part of the Millennium Volunteers initiative, created to encourage 16-24 year-olds to use their interests and skills as a starting point to become involved in voluntary activity. MV Direct is specifically tasked with seeking out and recognising existing young volunteers.

An initial pilot is being run in England and The Guide Association is one of a small number of organisations to sign up to take part. We want to identify all the 16-24 year-old Association members in England and give them the chance to gain the rewards that come with being a Millennium Volunteer. This is a fantastic opportunity to gain a nationally-recognised award for time spent working in Guiding.

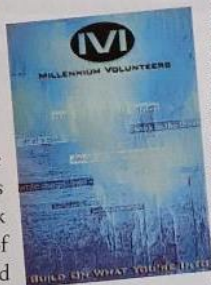
opportunities

Ongoing work

At the AGM the female rape policy came up for lapse from the policy document. As a delegation from an all-female organisation, the group felt that it was a particularly important and relevant issue. It was decided that we, as a delegation, would take the responsibility of updating and rewriting the policy in time for sub-missions next year.

Other targets for the coming year are to update both the Guide publication of the BYC leaflet *We can make a difference* and the BYC section of The Guide Association web site.

g people made



The MV Certificate recognises 100 hours of voluntary work while the MV Award of Excellence is gained after 200 hours. Both of these important accreditations are now widely acknowledged by colleges and universities — as well as by employers in their recruitment process.

More information

MV Direct has developed a multimedia information pack for any young person aged 16-24 who is interested in being recognised and rewarded for their involvement in voluntary activity.

To obtain the MV Direct Essentials pack, phone freephone 0800 085 1624 and ask for as many copies as you need. Alternatively, you can register online at: www.mvdirect.co.uk.

For further information, contact Jo Hobbs at CHQ. Tel: 020 7834 6242, or e-mail JoanneHo@guides.org.uk.

Innovate 2001

**Don't miss The Guide Association's
Forum for young women**

Are you aged 16-26?

Would you like to:

Voice your opinion?

**Influence
decision-making?**

Develop new skills?

**Debate issues with
like-minded young women?**

Work on Association projects?

Following the success of last year's Forum, Innovate 2001 will take place at Newman College, Birmingham from June 29 to July 1. The weekend will cost £24.

By attending the Forum you have the opportunity to influence decision-making, voice your opinion and make a difference. There will be a wide variety of personal development



MOOSE AZIM
Youth Forum Chairman Leigh Fergus (right) and deputy Charlotte Battersby will be at Innovate 2001. Will you?

workshops, as well as the chance to have some input into various current Association projects.

If you need help with transport costs, speak to your local Senior Section Adviser to find out if your District or Division can help.

For further information, contact Janine Queeley at CHQ. Tel: 020 7834 6242 ext 330 or e-mail JanineQ@guides.org.uk.

Last year's participants said...

'I've never had such a chance to say all I want to about the Senior Section..'

'Fun and informative. I feel that I've helped the Association to move on...'

'A superb weekend that I'm sure will grow.'

'Inspiring.'

'I enjoyed the whole weekend and can't wait for next year.'

Response form

I'd like more details about Innovate 2001, The Guide Association's Forum for young women — June 29 to July 1.

Name:

Permanent address:

Telephone: E-mail:

Date of birth:

Send this form to: Janine Queeley 17-19 Buckingham Palace Road, London SW1W 0PT.

The Guide Association Retirement Benefits (1978) Scheme

(formerly known as The Girl Guides Association Pension Fund)

Notice is hereby given pursuant to Section 27 of the Trustee Act 1925 that the Trustees are winding up The Guide Association Retirement Benefits Scheme (subsequently referred to as 'the Scheme').

Any employee, or former employee, of The Guide Association (see below) or of any other employer which has participated in the Scheme who believes that he or she was a member of the above Scheme but who has not already taken a refund of his or her own contributions, or received or transferred his or her benefits out of the Scheme, or who has not been contacted by the Trustees of the Scheme since 14 November

2000, is requested to write to: Simon Evans, The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT to make a claim for benefits. Please provide the claimant's full name, any previous name, address, date of birth and details of when they were members of the Scheme.

The Guide Association was formerly called The Girl Guides Association and includes regional branches of The Guide Association in Anglia, the Midlands, North West England, Scotland, South West England, Ulster and Leicestershire County.

If any other person believes they have a claim against, or an interest in the Scheme,

they are requested to write to the same address setting out particulars of their claim. Claims must be made within two months of the date of publication of this advertisement.

After the two-month period, the Trustees will finalise securing benefits for any remaining beneficiaries having regard only to claims and interests of which they have a prior notice and will not be liable to any person for a claim of which they do not then have notice.

Issued on behalf of the Trustees of The Guide Association Retirement Benefits (1978) Scheme.

Display banners

Liven up your displays with our great new banners

By Linda Crichton
Membership Development Manager, CHQ

Making a booking

If you are planning a recruitment event in your area – such as a Freshers' fair or a display in the local business foyer – and would like to use the banners, then you can book them through the Marketing & External Relations department at CHQ. Please contact Emma Farr for details and a booking form, on 020 7834 6242 extension 215.

The banners can be used together or individually – you can order as many as you need. Hire of the banners is free of charge, you just need to organise and pay for the collection and return of the banners from CHQ to the destination of your choice.

As we only have two sets and foresee that the banners will be very popular, we would ask that you make the booking as far ahead as possible so that we can endeavour to provide the banners you require. The Marketing & External Relations department will not be able to guarantee loans of banners at all times.

We would expect the banners to be returned as soon as the event closes. Banners cannot be loaned out on a long-term basis.

We look forward to seeing these colourful banners at your events all over the country.

Short Term Investment Service

The monthly interest rate after deduction of management commission was:

August.....4.813 per cent
September.....4.766 per cent
October.....4.775 per cent
November.....4.781 per cent

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

On November 30, the value of a share in the Scout and Guide Trust Fund was:

Selling price.....525.98p
Purchase price.....552.58p
Income yield.....2.35 per cent

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



The Marketing & External Relations department at CHQ has recently had 18 new banners made to be used for display purposes. The banners come in nine different designs and depict contemporary Guiding images across the sections.

These banners are now available to be loaned out to Countries and Regions for displays. They can be used in a number of ways and at a variety of events – such as recruitment days, meetings and conferences – where they will help to promote Guiding and generally raise awareness of the Association.

The banners are designed to complement the new promotional materials – leaflets and posters – that were produced as part of Reach Out and Recruit Month 2000.

The nine individual banners come in lightweight, easy to assemble cases. Each banner has its own carrying case and weighs 7.4kg. When displayed, each banner measures 2200mm x 800mm. They are designed for indoor use only.

Every member counts

The new census question about disabilities will help the Association to meet members' needs

The Guide Association wants to ensure that it meets the needs of members with disabilities. That is why in this year's census the disability figures required are different to those in the past, and figures for girls and adults will be recorded separately.

Four main areas

There are four specific areas where information is required: hearing impairment, sight impairment, physical disability and learning disability.

The changes will not involve any more work for the Guider. All that needs to be recorded is the number of members in her unit who have disabilities in any of the four specified areas. If there are no members meeting those criteria then N/A should be entered.

For this year, other disabilities or medical conditions will not be counted. However, next year there may be a need to find out about other disabilities or needs of the membership, so the areas recorded may be different.

Informed decisions

As in other years, the count is not labelling any individual, but simply giving an indication of the proportion of the membership who have a specific need.

The information gathered will ensure the Association is better equipped to meet those needs. For example, knowing how many visually impaired Guides there are will help those working on new resources such as Go For Its! to make sure that enough alternative versions are provided.

Although voluntary organisations are not currently required by law to adhere to the Disability Discrimination Act, this information will also help the Association to encourage good practice, wherever possible, by ensuring members work within the terms of the Act.

Any queries?

If you have any queries about the disability question on the census or concerning members with disabilities in general, contact your County or Region Adviser for Members with Disabilities or Ann Matthews at CHQ. Tel: 020 7834 6242 ext 201 or e-mail AnnM@guides.org.uk.



*The Chief Guide
invites members to join her for*

A celebration of Guiding

*Come and join the celebration of what Guiding has
achieved in 2000 and hear about future plans...*

Tuesday 22nd May 2001

2:30pm

Barbican Centre, London

*A limited number of places are available for members on application to
the Chief Guide's office, 17-19 Buckingham Palace Road, London SW1W 0PT.
(Tickets will also be available through Counties.)*

*Please enclose a self-addressed envelope with your application for no more than four tickets.
Closing date 31st March 2001. Successful and unsuccessful applicants will be advised
accordingly as soon as possible after 31st March.*



**THE GUIDE
ASSOCIATION**
A registered charity

Such a perfect day!

By Jan Clampett



Guides queuing to go into the concert were very excited at the prospect of seeing their favourite bands

Heard at the Dome...
'It's a really good day and the girls are having a brilliant time. It's great value for money. The concert was a bit loud, but it was good!'
Maureen Cloke, Guider from Bedfordshire.

'It's been great being here with lots of other Guides and Brownies...'
Guide, Dorset.

'I love being a Brownie. You make lots of friends and get to go to great places like this!'
Brownie, from near York.

'This is a brilliant day. There are so many things your members do that the public doesn't know about.'
Sharon Dougherty, missdorothy.com

The fantastic Guide Day at the Dome last November – GIG 2K – was a resounding success. Members travelled to Greenwich from all over the UK.

Groups from Scotland were some of the first to arrive – several of them having set off at eight o'clock the previous evening! A group of 20 Guides and Rangers from Guernsey arrived at the airport at 3am in order to fly over.

Lots to do

There was so much to do that some found it hard to decide where to start.

Throughout the day there were a number of different Guiding activities taking place. Girls of all sections, and adults, could follow a trail through the Dome, answering questions as they went. In School-scape there was a variety of workshops, including stilt-walking, juggling, dancing and playing bongos, some run by Folkworks – an educational charity that specialises in traditional music, dance and song.

In the Central Arena parachute games drew attention, as did the ceilidh.

Several girls had their 'mountain top moments' – receiving their Baden-Powell Awards or making their Promises – with the Chief Guide Bridget Towle.

Everyone enjoyed the fact that there were so many other members on site – over 17,000 of them! As one Guider put it: 'It's nice to be here with so many other members. Usually the largest number you will ever get together is around 3,000 at something like an international

camp. We've met up with lots of old friends and are having a wonderful time.'

The concerts proved a great hit with the girls, and many of them said how jealous their friends at school were. Boy band Point Break provoked the loudest screams but all the bands were well received. The other artists who took part were Lolly, Jamie (from Hepburn), Lee West, Atomic Kitten, Precious, Daphne and Celeste, Boom, Spin City and Buffalo G.

The bands were very impressed by the event. Many of them – including Rachael and Shakti from Boom and Kerry from Atomic Kitten – had been Brownies themselves. Rachael said that the new items of Guide wear were 'cool'.

The Guide Association had a massive presence at the Dome with swathes of blue and yellow everywhere you looked. Members of the public were left in no doubt that our members know how to enjoy themselves – and our activities encouraged others to do the same.

At the closing ceilidh two twenty-something couples were seen skipping across the Central Arena in time to the music, obviously having a great time!

GIG 2K badges

Special cloth GIG 2K badges are still available. These cost 60p each and can be obtained from the shops at CHQ, Palmers Green, Birmingham and Manchester.

Telephone orders, with payment by credit card, will be accepted but there will be a charge for postage and packing on such orders.

Contact details

The charity Folkworks' main aim is to increase the level of participation of young people in the Folk Arts. To this end, it runs regular workshops across the UK. If you would like to find out more call 0191 222 1717 or e-mail folkworks@folkworks.co.uk. Visit the web site at www.folkworks.co.uk.

Boy band Point Break provoked the loudest screams at the concert which was compered by Will Mellor (far right)



NetGuides — Guiding online

A new and exciting pilot scheme has been launched online

By Amanda Kerr-Muslow

NetGuides is an exciting pilot scheme that delivers the Guiding programme over the Internet to girls and young women aged between seven and 26 who cannot physically attend a Brownie, Guide or Senior Section meeting. For example, girls who are at boarding school, whose health prevents them attending regular meetings, or those who are on long waiting lists in their local area.

Modern solution

NetGuides is in no way intended to replace a regular, Guiding unit, but not all girls who want to join Guiding are able to attend a local group. NetGuides delivers a fresh, 21st century solution, and supplements the existing Lones scheme.

Each potential member's circumstances are considered individually to ensure that NetGuides really is the best Guiding option for her.

Each section has a 'virtual' unit with appointed, Warranted Guiders and Assistants. The programme is delivered through an exciting web site and secure, members-only mailing lists.

The NetGuides leaders themselves met through the Internet, and volunteered to help with the pilot. We are all very keen to make the project a success. We know what it



is like to make friends through the Internet and can support the girls who join the unit.

Although the pilot scheme will initially only run for a year, the NetGuides are committed to providing for our members for as long as they need us.

Communication

Internet technology means that the members can communicate in dynamic ways. Through the mailing list they can communicate with their leaders and other members of their section. They can discuss activities and plans and can communicate with other members working on the same project.

A members-only chat room means that a Patrol or group can take part in live, real-time discussions. A fully-trained NetGuider is on hand to moderate and make sure that no one spends too much time online, running up their phone bill!

Shared file areas enable members to show each other what they have been doing and share their contribution to a larger activity.

Most of the unit planning is done through the secure mailing list for the leaders, although we had a couple of meetings to aid our planning.

Activities

The web site holds information about the unit and the way NetGuides is run, and contains ideas and instructions for a variety of activities.

It is updated frequently and the activities are always changing, giving members plenty of choice. It is also useful for Guiders with small units, or who are looking for Patrol-sized activities.

We also aim to have a local 'auntie' – usually a local Guider – for each of our members, so that, where possible, members can join real life units for some activities. Members might be invited to join day trips – one of our NetGuides visited the Millennium Dome for the GIG 2K concert – camps, Brownie holidays, local celebrations such as a World Thinking Day event, County badge day or special events such as STOMP.

Net Friends

A group of adults who are involved in Guiding – either through their daughters, as local Guiders or Senior Section members – provide help and support.

These Net Friends suggest ideas for activities, check out the web site to ensure compatibility with as many browsers and computer set-ups as possible, and check that all links work.

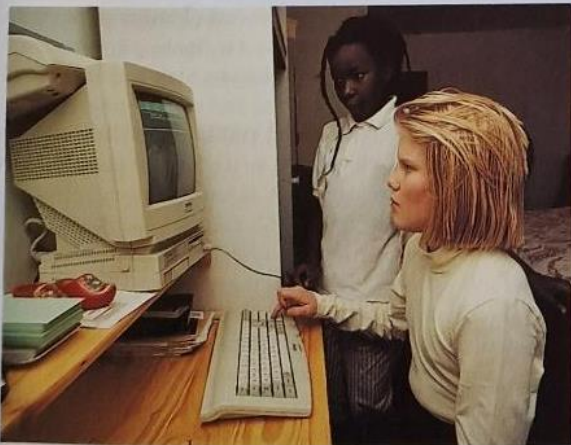
They also give feedback on content, design and layout and keep an eye out for any typos or mistakes.

Some of our Friends have special skills. Two of them produced most of the graphics as well as the wonderful drawing on our front page.

More information

If you know any girls who are having difficulty attending a local unit, and who have Internet access, why not point them towards NetGuides?

You can find NetGuides at www.netguides.org.uk or, for more information, e-mail info@netguides.org.uk or contact Guiding Development at CHQ.



Pathway to Guiding: Girls who cannot attend regular units can still experience the fun and friendship via the Internet

Creating your own web

Your questions answered

By Layla Painter
Web site Coordinator, CHQ

Many people are setting up their own Guiding web sites. You only have to look at the Jump Station on the Association's web site – www.guides.org.uk – to see how many there are.

These web sites are used in a variety of ways to publicise units' activities. Contents include anything from photos of camps, favourite recipes to details of forthcoming events.

Creating your own web site is not particularly difficult. So for those who are keen to have a go, but don't quite know where to start, this article answers some of the most frequently asked questions about setting up a web site.

How do I get web space for my site?

There are many Internet Service Providers (ISPs), so it is important to shop around and think about your priorities. Some charge a monthly rate, but there are ISPs that offer a perfectly good service for free.

If you already have access to the Internet you may well have your own web space just waiting to be used! For example, care4free – for which there was a free CD-ROM on the front of *Guiding magazine* in December 1999 – provides free e-mail addresses and 15MB of web space. A percentage of any profits that are made by the service are divided between various charities, including The Guide Association. So if you register for care4free and choose The Guide Association from the list of charities, you will be helping to raise funds for the Association.

Other ISPs can be found by looking in the press, by searching the Internet, or by obtaining one of the many CD-ROMs given away in shops or with magazines.

How do I get a domain name?

If you want a recognisable web address, or URL – Uniform Resource Locator – you will either have to choose carefully when you register with your ISP or buy your own domain name.

For example, if you choose ourunitname as your main e-mail address on care4free, your URL will be www.ourunitname.care4free.net. Otherwise you can register a domain name – such as www.ourunitname.org.uk. This is a more expensive option. It costs between £10 and £80 to register a name for a period of two years. Some of the cheaper options offer a reduced service, so be sure to check that you are getting everything you need.

Try to choose a name that explains who you are, is easy to remember and is not too long.

Do I need to know all about computer programming?

The programming language used to create web sites is called HTML (Hyper Text Mark-up Language). This is fairly easy to learn, but there is no need to, because there is a lot of software on the market that enables you to design a web site as easily as designing a poster. Recent versions of Microsoft Word allow you to save documents as web pages – choose File from the menu bar and select 'Save as HTML'.

There are many books available that take you through the process of creating your web site step-by-step. And try looking in computing magazines and on-line for ideas and tutorials.

How can I find pictures for my site?

Quite a lot of sites on the Internet have Guiding clip art. Use your favourite search engine to look for them. The Guide Association's Disk Designer has lots of logos and illustrations that you could use. There also are loads of more general clip art CD-ROMs available at reasonable prices, or web sites that provide free graphics.

If you are using photos of people, make sure that they don't mind their picture being published on the Internet, and obtain parental permission to use photos of younger members. Never identify the people in the photos.

My Brownie code for safety on the World Wide Web

I promise that

1. I will agree with my parent(s)/guardian(s)' rules for me using a computer and the World Wide Web.
2. I will not give my address or my telephone number without permission.
3. I will not give my school's name and address without permission.
4. I will say 'No' if anyone who I've met on the World Wide Web wants to meet me, unless my parent(s)/guardian(s) have agreed and will go with me.
5. I won't put my photograph on a web site.
6. I will tell my parent(s)/guardian(s) or a teacher if I discover something on the World Wide Web which worries or upsets me.

With thanks to the Girl Scouts of America for the initial ideas contained in this warning for children.

This code was last published in *Brownie magazine*, July 2000.

web site

Can I use pictures and text from other web sites?

Copyright laws on the Internet are exactly the same as for any other medium. Do not copy images or text from other sites unless you have permission. This includes The Guide Association site. Similarly, don't scan pictures from books or magazines without permission.

You can use the trefoil and other Guide Association logos on any Guiding-related site.

Are there any Association guidelines I should follow?

When setting up your site, please look for the Internet Safety Guidelines on the Resources section of the Association's web site. (See also, the Safety guidelines box on the right).

Another issue that needs to be given serious consideration is the risk involved in having an open guestbook. If people leave personal details on a guestbook they can then be easily contacted by any other visitors to the site. However, there are solutions to this problem. One is to have a password, known only to invited members, another is to prevent visitors from leaving personal details such as their e-mail address.

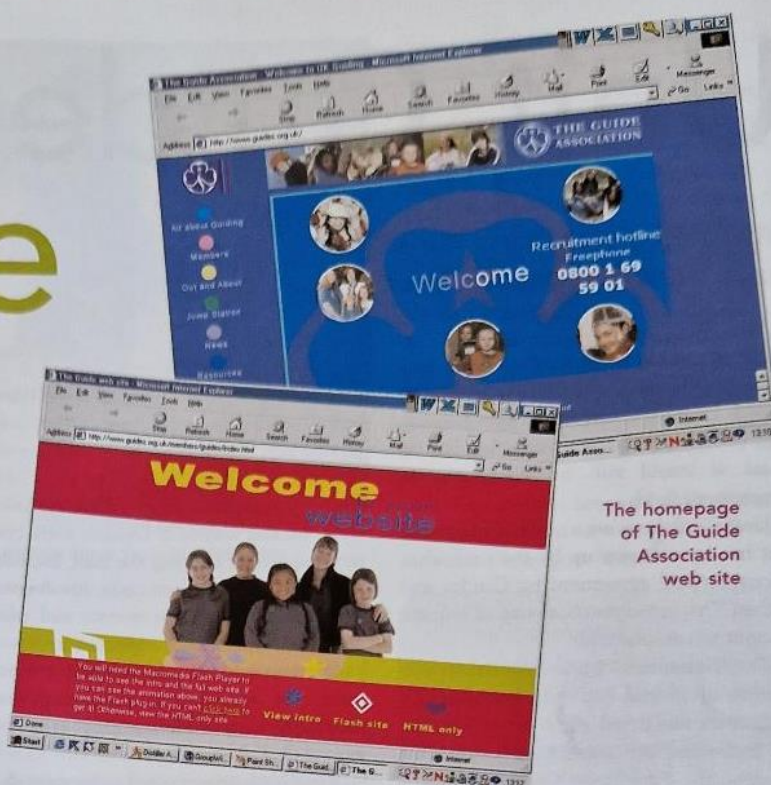
Can I create a link to or from The Guide Association site?

We are happy for you to link to our site from any Guiding-related site. When your site is ready, let us know and it can be added to the Jump Station on the Association's web site.

If you wish to put a link to another web site on your site, it is a good idea to ask for permission first.

Resources

- To find out more about care4free visit www.care4free.net, or call 0870 606 6334 for an installation CD-ROM.
- To find out more about domain names, visit sites such as www.easily.co.uk or www.nominet.net.
- The Guide Association Disk Designer is available on CD-ROM. Price £17.00 order code 62935.



The homepage of The Guide Association web site

Safety guidelines for members

Anyone designing their own pages, who wishes to establish links with The Guide Association's site, should follow these guidelines:

- Individuals, both adults and girls, should not be identified. Where it is essential to give a contact person, only the job title should be used.
- Pictures of named individuals should not be posted.
- Information about meeting times and places should not be given, but should be made available only on request. This controls the information that is given out.
- If camps and special events are being advertised, give enough detail to whet the appetite, but not enough to alert anyone who might cause a nuisance. For example, for a big camp, give the County, month and year and the age range expected with a taster of the programme, plus an e-mail, fax or office address.
- Activity ideas should only be ones which are permitted and any instructions must follow our safe practice rules, as set out in *The Guiding Manual* and *The Guider Handbook*.
- Activity ideas on any other web sites should be checked carefully before use — remember our usual safety rules still apply!

When encouraging girls to access information from the Internet:

- Ensure that their parents/carers are aware of what the girls are doing and have given permission.
- Give guidance about protecting the girls' identities as outlined in the general guidelines.
- Encourage them to check activity ideas with parents, Guiders or other adults to ensure that the ideas are practical and safe.
- Never encourage girls to develop their Internet friendships into face-to-face relationships without first obtaining parental consent. And never go alone to the first of any such meetings you choose to arrange for yourself.

This information is from an article in *Guiding magazine*, April 1998.

Unit Guidelines

A Guider explains how her unit decided on its Guidelines

By Chris Daniels
Guide Guider, South Bedfordshire

Has your unit drawn up its Guidelines yet? If not, you might find the experience of the 4th Leighton Buzzard Guides helpful. And even if you have already decided on yours, it could still be interesting to compare methods.

Unit Guidelines are a code of behaviour that has been drawn up by the unit, after discussion and agreement by Guides and leaders. They are a practical way of helping the unit to run smoothly.

The Guidelines run in parallel to our Promise and when explored, both help us to discover and develop a sense of who we are and what we want to become. But whereas the Promise is the same for all Guides in the UK, the Guidelines are individual to each Guide unit.

Aims and objectives

Firstly the Guides, Guiders and Unit Helpers looked at why we were writing Guidelines.

Our aim was to determine the direction in which we wanted the unit to grow. To do this, we needed to discover what our values were. We also wanted to regulate some common aspects of running the unit, including items such as a uniform code, involvement in District or Division events and punctuality and attendance expectations.

We wanted a simple policy that would assist our members – particularly new members – in understanding what was expected of them.

The Guidelines needed to be something that each member believed in, understood and felt able to sign up to.

The Guidelines needed to create a sense of responsibility towards the other people in, or involved with, the unit and the building we used.

We realised that choosing the right Guidelines would take time, we did not want to rush our choices. We started planning our Guidelines in July and finished early in October – using only one whole meeting as well as shorter periods within other unit meetings.

Preparation

The simplest way to find out everyone's ideas was to make a list. We did this in Patrols, but it could also be done individually or in age groupings with or without a leader – whichever suits your unit best.

Adventure Out!

A great, new outdoor challenge is coming your way

Adventure Out! is the all-new challenge for every girl and young woman in The Guide Association. It is especially created to get you and the Rainbows, Brownies, Guides or Senior Section members with whom you work, to go outdoors and have lots of fun.

To support the challenge, a special *Adventure Out!* pack has been produced that is full of brilliant ideas for all age groups. The activities are divided into eight themed sections: Air, Earth, Fire, Water, Sport, Horizons, On the Move and Shelter.

The sections provide a good balance of challenges and encourage Guiders and girls to get out and explore and enjoy their local environment. And in case the weather is bad, there are even activities for indoors – but which have an outside connection.

Working with others

The challenge runs from May 2001 to May 2002, which gives you plenty of time to plan and carry out whatever activities you and the girls would like to try. The girls can record what they have done and if you and they feel they've done enough, they can get an Adventure Out! badge to prove it. We recommend that girls try activities from five of the eight sections before they get their badge, but it really is up to the girls and you to decide.

Built into the challenge is the opportunity for Districts, Divisions or Counties to organise a cross-sectional 'Outdoor Extravaganza' during the year, inviting members of the community – and all members of The Guide Association – to join in a day of exciting and different outdoor activities. The emphasis is on working with others – local sports clubs, outdoor centres, friends or neighbours.

Obtaining your pack

The *Adventure Out!* pack will be available in March. To receive your copy contact The Guide Association Trading Service, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ. Telephone: 0161 941 2237. E-mail: tradings@guides.org.uk. Order code: 69286.

The pack is free, but there is a handling charge of £1.50 per copy. Cheques should be made payable to 'The Guide Association'.





Body of opinion: Activities can help to generate ideas for Unit Guidelines

Having had a discussion on the value of Guidelines we found that the Guides were eager to make their lists, but if you have difficulties in identifying what you want to say, then creating some headings may help. For example: uniform code, time keeping, attendance, absence, behaviour, use of the building, safety, attitude. But don't have too many.

You could also do a couple of simple preparation activities. For example, in Patrols or individually draw a silhouette of a Guide, or just a head, on a large piece of paper and inside the head/body ask everyone to write the type of person they think they are. Outside the head/body they write how they should be towards other people and/or how they might like to change.

You could do a similar activity in Patrols, looking at different aspects of the building: entrances, out of bounds areas, fire exits, safety aspects, leaving lights on, where coats should be left and so on.

Once we all had our long lists the leaders collated the information from each Patrol and put together lots of simple statements.

We then presented these to the unit and more serious discussions took place, firstly in Patrols and then as a unit.

We gave everyone the opportunity to change wording, to express their opinion and to add comments where they felt necessary.

Decision-making

After this, with the Patrol Leaders we looked at the value of each statement to the individual and to the unit. Would it:

- Make everyone stop and think?
- Help the smooth running of our unit?
- Help everyone to get along with other people in the unit?

In this way we weeded out the statements we felt would be of no benefit or that were repetitious. Then we presented them again to the unit.

This exercise was repeated twice more, taking a shorter time on each occasion.

It was important for the girls to have time to really think about our Guidelines before the final choice was made because everyone would be expected to sign them and keep to them.

We managed to get our Guidelines down to ten statements which we felt were more than enough; any more would probably be too difficult to keep to.

Signing ceremony

Once the statements for our Unit Guidelines were agreed we then decided how and when they would be signed. We chose to hold a

Patrol signing and pulled party poppers when everyone had signed.

Your unit may also decide to arrange a special signing ceremony and receive their G cards at the same time, or they may prefer to sign quietly, individually or as a Patrol.

Try to be creative though, to ensure that everyone realises the importance of signing the Guidelines. You could have:

- A specially decorated table where each person sits to sign.
- A 'Guiding pen' in a specially decorated box that could be kept for future signings.
- A quiet moment or a 'fanfare' before everyone signs together.
- A special 'Guidelines punch' to toast your signing.

Parents need to know what their daughters are signing, so it's important to make sure that a copy goes home.

Other questions

• **Keeping copies:** We decided that the Guides and the Leaders should all have copies and that a copy should be kept in a special folder with other unit records.

• **New members:** When a new member joins, the Patrol Leader and members of the Patrol that she goes into will be responsible for making sure that she understands and signs the Unit Guidelines.

• **Re-evaluation:** For the first year we will re-evaluate the Guidelines at the start of each term to see how well they are working for the unit. Then we will think about them again next September.

New Programme Training

Find out more about the new elements of the Guide Section Programme

March 9-11 2001 — at Foxlease

April 27-29 2001 — at Waddow

These trainings are for all Guide Guiders, and anyone else who is interested in finding out more about the Renewed Guide Programme.

Sessions will focus on the new elements of the Programme – including Guide Challenge Badges, Go For Its!, Unit Guidelines and the Baden-Powell Challenge – and there'll be advice about helping your Patrols to choose their own activities and run Patrol times.

Other ideas will be explored to help ensure that Guides is relevant and exciting to young people in the new Millennium.

For more information about these trainings, get in touch with the Centres directly (see pages 20/21 for contact details).

Point of reference

Useful advice about writing references

Commissioners and Guiders are sometimes asked to write a reference for a Guider, Young Leader or Unit Helper.

Many people do this as part of their paid employment, but for those who have not had any experience of writing references this article contains some useful tips.

Different approaches

A reference might be requested when a Guider or Young Leader is applying for a paid job, another voluntary post or a college or university course. Within Guiding, references might be needed by a Young Leader wanting to apply for an international camp or a Guider who wants to become a Trainer. Each situation is different and so needs a different approach.

Requests for references come in all shapes and sizes. Some simply consist of tick boxes, or 'multi-choice' type answers and these are fairly straightforward to complete. Others ask for comments on particular points: honesty, self-motivation, enthusiasm and so on.

Translating skills

Whoever, or whatever, the reference is for, you can't write a reference unless you know more about the person than the fact that she has 'run a Brownie Pack for the last X years'.

If you know the person well, you will already know what her strengths are — but it's still a good idea to chat with the other Guiders in her unit who might be able to give you extra information.

Guiding gives every leader and helper a variety of skills and experiences which are relevant — and transferable — to other spheres of activity. But these skills need to be translated so that those who have no knowledge of Guiding can understand what skills and abilities the person has.



You may be asked to write a reference for someone who has an interview for a new job

Relevant emphasis

It is important to find out what the person is applying for, so that you can emphasise relevant skills and abilities. A reference for the same person will vary according to the nature of the request. For example, if a Young Leader was applying for a nursery nurse course, then information about her experience as a helper at a Rainbow Unit would be very relevant — although you'd need to explain that Rainbows are five to seven year-olds.

However, if she was applying for a job as a receptionist at an engineering firm, her experience with Rainbows would be less relevant than her personality, organisational skills and ability to get on with people of all ages.

When commenting on a person's abilities, don't just say they are good or excellent. Try to back up your comment with more detail, such as 'Sarah's self-motivation has been

By The Commissioner
Support Writing Group

evident by her recent completion of The Guide Association's training course in camp skills'. Note that, 'She has just gained her Camp Licence', would mean nothing to a non-Guiding person.

Honest opinion

It is important to emphasise the strengths a person has, but you have to be honest.

If you feel there is an area for concern — which is relevant to the post — then you should mention it. But try to present this in a positive way. For example, rather than saying 'Sarah lacks initiative', you could say, 'Sarah responds well to the tasks she is asked to do'.

If you can't be positive, then don't make any comment. Things that are left unsaid can speak volumes.

General skills

Probably the hardest reference to write is one that is left open. For example, 'Mrs S has applied for a post as ... with this company, I should be grateful for any information you can give about her suitability for the post'.

Where do you start? First you'd need to make it clear how you know the person: 'I have known Sarah for five years as an Assistant Leader in a Brownie Pack in the District where I am the Commissioner (or team leader)'.

You could continue: 'Sarah's work as a volunteer leader with seven to ten year-old girls in The Guide Association has given her a variety of skills and experiences'.

The general skills which you can comment on are: relationships with others, working as part of a team, leadership skills, organisational, administrative or financial skills, as well as personal qualities such as personality, enthusiasm, initiative, self-confidence and self-motivation.

February 2001

Activate

Get the most out of your relationships

What's in

Don't forget Mothering Sunday on March 25. If you're stuck for inspiration, there's some great gift ideas for your girls to make on pages 4 and 5.

Easter is almost with us too, look out for some egg-cellent ideas on page 10.

What's hot?

How well does your unit work together? Get the girls thinking as a team with the help of the games on page 6.

You can also dive into the wider issue of relationships with the activities on pages 8 and 9.

Contents

Comic Relief 2

Where does the money go?

Mothering Sunday 4

Special gifts for mum

Play together 6

Games for all

You, me, us 8

Develop your unit relationships

Easter fun 10

Cheep treats for everyone

Menu for a meeting 12

Join a junk workshop

You made it! 14

A reader's idea

Pull out and keep

Guider's tip

Rainbow and Brownie Guiders — turn to page 2 to find out exactly what happens to the money we raise for top charity Comic Relief.





Comic Relief

We have teamed up with Comic Relief to find out where our 'Red Nose money' goes

Each Red Nose Day, thousands of Guide Association members are involved in fun events all over the country. But what happens to the money after we have raised it?

We have joined up with Comic Relief to help the girls to understand one of the projects that their money helps — Fair Trade.

Comic Relief money originally helped a group of farmers in Ghana set up their own Fair Trade cooperative called Kuapa Kokoo (good cocoa farmer).

Kuapa Kokoo has joined forces with other organisations to form The Day Chocolate Company. Working in association with Comic Relief, they are proud to announce the arrival of Dubble, a delicious, fairly traded chocolate bar.

■ Fair Trade makes sure that farmers in places such as Ghana, receive a decent rate of pay and long-term contracts so that they can plan for their futures.



Gail Porter promotes Dubble — the Comic Relief Fair Trade chocolate bar

Fair Trade

Comic Relief is constantly looking for long-term solutions to the bigger problems that keep the world's poorest people poor.

Fair Trade is one such solution and some of the money raised supports the work of different Fair Trade projects.

The game *Where does chocolate come from?* will help girls to realise that lots of people are involved in producing something they all enjoy — chocolate.

The game shows us that the farmers who produce cocoa often don't earn enough to live on. The game also shows us how we can help to make a difference.



Lenny Henry fronts this year's Comic Relief appeal

It's a fact

Fair Trade companies pay Ghanaian farmers £66 for a bag of cocoa instead of the usual £37 a bag.

This is a great reason to buy Fair Trade chocolate.

Where does chocolate come from?

Give all the girls a character from the list and then use this role-play to explore the issue of Fair Trade.

A Brownie wants to buy a chocolate bar for 50p. She goes to the shopkeeper and gives her the purse containing 50 pennies in return for a chocolate bar.

The shopkeeper takes out 11 pennies and keeps them. This is the money that the shopkeeper receives from selling one chocolate bar.

The shopkeeper has to pay tax on the chocolate bar so she gives seven pennies from the purse to the British tax inspector.

You will need

- A big bar of chocolate
 - A purse with 50 penny pieces in it. One Brownie each to be:
 - A person buying a bar of chocolate
 - A shop keeper
 - A British tax inspector
 - Chocolate factory owner
 - A cocoa farmer
 - All others are cocoa farmers
- (If possible, give each character an object to represent who they are)

KIM NAYLOR



Ask the girls if they know where the shopkeeper gets the chocolate from. The shopkeeper gets the chocolate from the wholesaler who buys it from distributors such as The Chocolate Day Company.

The shopkeeper goes to the chocolate factory owner, hands her the purse and says 'Please take some money from the purse to pay for making the chocolate bar from milk, cocoa and sugar'. The chocolate factory owner opens the purse and takes out 22 pennies. This is the money she gets from making one bar.

Ask the girls if they know where the chocolate factory gets the cocoa from to make the chocolate. The cocoa comes from farmers in countries such as Ghana.

Ask the girls who grows the cocoa.

The chocolate factory owner buys cocoa beans from the farmers in Ghana.

All the cocoa farmers pretend to pick cocoa pods from the trees. They split them open and take out the cocoa beans.

The farmers get just three pence from the purse. The leftover money pays for non-cocoa ingredients.

Beatrice and Comfort pick cocoa pods to make a bar of

Race on

Is this chocolate race fair?

All the girls stand in a circle. Put the chocolate bar on the plate in the middle, along with all the other items except the dice.

One fifth of the girls are told that they can try and eat the chocolate when they throw a two, four or six on the dice. The rest can try and eat the chocolate when they throw a six.

The first player rolls the dice. If her number comes up, she runs to the centre, puts on the hat, gloves and scarf begins to eat the chocolate with a knife and fork.

Meanwhile the dice is passed around the circle and rolled by the rest of the players. The next person to get her number takes the hat, gloves and scarf from the person in the middle and starts to eat the chocolate.

Did the people who had three numbers get more chocolate than the others? Was this fair?

It's a fact

If all the Brownies in the UK bought one 50p Fair Trade chocolate bar a week, over a year they would spend £8,112,000.

That's a lot of Fair Trade chocolate!

LIZ DUFFEY



You will need

- 1 large bar of Fair Trade chocolate
- 1 scarf, 1 hat and a pair of gloves
- A knife and a fork
- A plate
- A dice
- A piece of string

People power

Here are some Fair Trade chocolate brands:

- Divine
- Dubble
- Equal Exchange chocolate
- Green and Black's milk chocolate
- Maya gold
- Traidcraft

These are stocked in supermarkets, newsagents and shops like Traidcraft and Oxfam. If your local supermarket doesn't sell them, write a letter to the manager to ask him or her to do so. Get the girls' friends to write too!

It often only takes a few letters for the supermarket to start selling particular goods.

Cocoa farmers in Ghana earn less than £50 a year. This is not enough to buy the essential things they need.

Taste test

Buy a bar of Fair Trade chocolate and a 'regular' bar. Taste the two different brands and see if you can guess which is which.

What differences can you taste? Which chocolate do you prefer and why?

Would the girls change their minds if they knew how much better the lifestyles are of cocoa farmers involved in Fair Trade? These farmers are more likely to have clean water, be able to buy tools, and are paid a fair price.

Younger people tend to find Fair Trade chocolate a bit bitter as they are used to sugary milk chocolate.

To make this a better comparison, buy a bar of a supermarket's own brand and Fair Trade milk chocolate.

You will need

- One large bar of Fair Trade chocolate
- One large bar of 'ordinary' chocolate

Top tip

Try this blindfolded to see if the girls can guess which is which.

After the role play

Ask the girls why each character needs to be paid. Do they think the amount they are paid is fair?

Shop keeper: needs to pay rent, transport, staff and make a profit to live.

British tax inspector: needs taxes to pay for public services, like schools, hospitals, roads, armed services and so on.

The chocolate factory owner: needs to maintain the factory, buy ingredients, pay staff, pay shipping costs and make a profit.

Cocoa farmers: need to buy tools, fertiliser, need to make a profit to improve the farms and to live.

Further info

For more information about the subjects on this page, check out these web sites:

- www.Dubble.co.uk
- www.oxfam.org.uk/coolplanet
- www.guides.org.uk/ontheline
- www.comicrelief.com



Mothering Sun

Treat mums and let them sit back and relax on March 25

Everlasting tulips

These flowers make a wonderful present for mum. Keep a bunch in a vase, or one in a favourite plant.

1 Paint or colour the skewer green and leave it to dry.

Draw a simple tulip shape on a cereal box to make a template, look at our finished picture to help. The shape needs to be about 8cm at its widest point and 12cm tall.

Place the template on the corrugated box and draw round it. The grooves in the card must run from top to bottom. Cut out the shape.

You will need

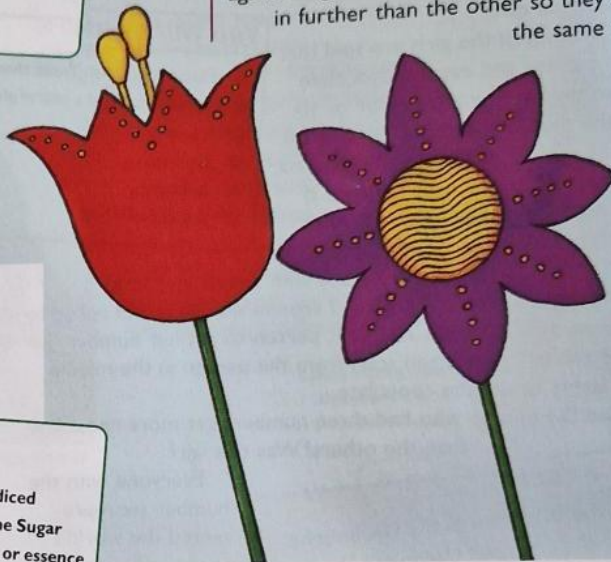
- Corrugated card box
- PVA glue
- Newspaper
- 2 cotton buds
- Bamboo skewers
- Paints
- Glitter glue

2

Inset the skewer, pointy end first, into the bottom of the flower.

You need to push it very gently, about 3cm along one of the vertical grooves.

Snip one end off each of your cotton buds and insert these into the top of the flower, and insert these into the top of the flower, again using the grooves as a guide. Push one in further than the other so they aren't the same height.



Chocolate truffles

Mums will absolutely love these tasty truffles from Lyle's Junior Cooks' Club.

Place the chocolate into a non-stick saucepan over a very low heat until just melted, stirring with a wooden spoon.

In a mixing bowl, beat the butter until soft and creamy. Stir in the melted chocolate, icing sugar and vanilla extract.

Beat the ingredients well and chill for 45 minutes or until stiff enough to roll into balls. Using a teaspoon, scoop out small quantities and roll into even-sized balls.

Put a choice of coatings into separate bowls and roll the truffles in them. Place each truffle in a paper case and arrange them in a dish or a box. Store the truffles in a cool place.

You will need

- 100g plain chocolate
- 100g unsalted butter, diced
- 275g Tate and Lyle Cane Sugar
- Half tsp vanilla extract or essence
- Paper sweet cases
- To coat the truffles: Tate and Lyle Icing Cane Sugar or Caster Sugar, cocoa powder, chocolate strands



TATE & LYLE

Free club

This chocolate truffle recipe is from Tate & Lyle's superb *Cooking with Lyle* booklet, available free to children aged 5-11.

If you'd like a copy, please send a 41p, A4 sae to:

Cooking with Lyle Booklet Offer, Tate & Lyle, PO Box 100, Warrington, Cheshire, WA4 6FB.

Children from 5-11 can also join Lyle's club, with exciting seasonal recipes and free cookery newsletters. Just get the girls to send their name, address and date of birth to Lyle's Junior Cooks' Club at the above address.

■ Grown ups can also join the Tate & Lyle Adult Cooks' Club — applications to the same address.

For Rainbows

A basket for mum

This sweet basket is ideal for Rainbows to make for their mums.

1

Each girl needs a photocopy of the template. Glue it on to thin card and then cut it out.

The girls can then colour in the flower pattern as brightly as they can.

You will need

- Photocopies of the template
- Thin card
- Glue stick
- Scissors
- Colouring pens
- A hole punch
- 40cm lengths of thin ribbon
- Tissue or crêpe paper
- Wrapped 'pick and mix' chocolates

2

Make a fold inwards along the black line at the bottom of each segment. Open out the segments.

Punch a hole in the top centre of each of the segments.

3 Rip the newspaper into strips. Use PVA glue and newspaper to cover the tulip until you can't see any more cardboard.

Leave the flower upright in a mug or similar until it dries.

When the glue is dry, paint it in your chosen colour. The cotton buds need to be painted yellow.

4 Give the flower another coat of paint if it needs it. When it is dry, give it a thin coat of PVA to varnish it.

For a finishing touch, add glitter glue to the tops of the cotton buds and dabs of glitter glue all along the petals.

As well as tulips, you can make other flowers too. Try making a large daisy shape and cut a centre from shiny paper.

Pot-pourri sachet

Give a little gift that will keep draws scented all year round.

Place the saucer on a piece of fabric and draw round it. Use the pinking shears to cut out the circle.

Place about a dessertspoon full of pot pourri

in the centre of the circle. Gather the edges together and secure with an elastic band. Then cover the elastic band with a ribbon bow.

This pot-pourri sachet is just the thing for sweet-smelling wardrobes. It would make an ideal gift when attached to a Mother's Day card.

You will need

- Pot-pourri
- Fabric remnants
- A saucer
- Pinking shears
- Elastic bands
- Ribbon
- A pen

Top tip

If you have any crochet doilies that need a home, use these in place of a material circle.

However, if they have big holes, you may need to line them with another circle of fabric.

Ideas to go

- Make mum vouchers that she can exchange for treats.
- Give mum a manicure or pedicure and jazz up her nails with a gleaming polish.
- Older girls can take turns to cook at least one night in the week, or take over another job that mum would normally do.
- Get the girls to create a poem to tell their mums how great they are — decorate it and give as a gift.
- Design a special machine to help mum with her daily life.
- Create a special cake and invite mums to your meeting to share it.

Top tip

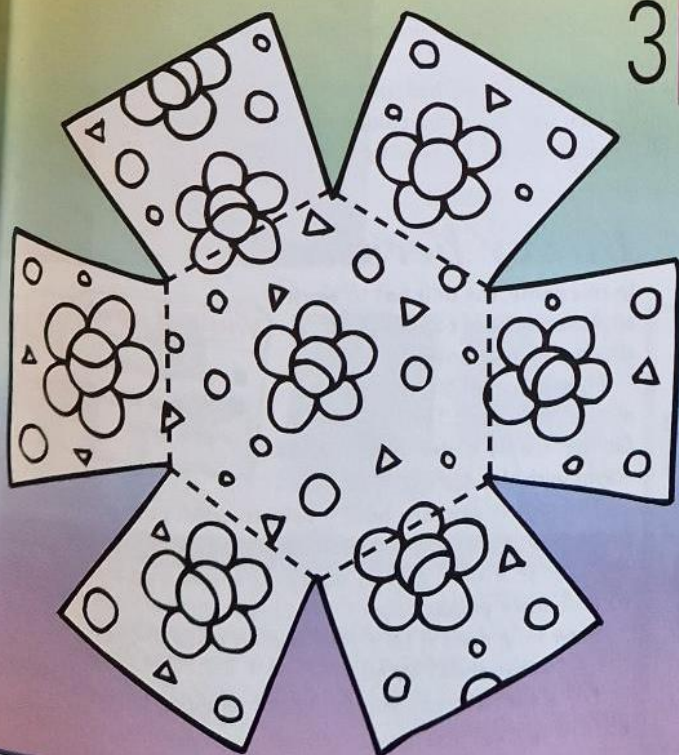
Make your own truffles (use our special recipe on the opposite page) to pop inside, or think of something else — such as a small bar of soap or a tiny bottle of bath bubbles.

3

Weave a ribbon in and out the holes, all the way round, so that the segments are brought together in a basket shape. Tie the ribbon off in a bow.

4

Shred some tissue or crêpe paper and put a little bit in the bottom of the basket. Arrange two or three chocolates inside. Mum's gift is now complete!



Foster good unit relationships with our cooperation games and activities

Play together

Not all games have to produce a triumphant winner or a top team.

Cooperative games help to bring your unit together through activities and play. Some girls may feel left out if they are not very good at competitive games. The activities on these pages give everyone the chance to come out top — boosting confidence and morale into the bargain.

Who do you know?

If possible, bring in a cassette player and some music to help you play this game.

You will need an even number of players so Guiders may have to get involved too!

Play your music if you have it. All the girls walk (or hop, skip and jump) around the room. When the music stops — or you make a given signal — everyone finds a partner, shakes hands and then swaps information about each other for 60 seconds.

Start the music again, or give a signal for everyone to start walking. When the music stops, girls have to find a different partner.

Carry on until the girls have got to know everyone better!

KEVIN ROGERS

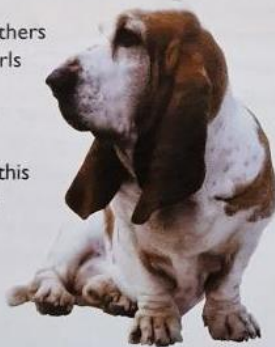


Animal magic

All the girls pair up. Each girl tells her partner what kind of animal she would be and why. Allow no more than five minutes for this part of the exercise.

Everyone then gathers in a circle and the girls tell everyone else what their partners have said.

As a follow-up to this activity, everyone can draw or make a model of the animal that they would like to be.



Balloon bounce

The girls spread out all over the room, everyone has a sheet of stiff card or similar.

Give a balloon to one girl at each end of the room. The object of the game is to bounce the balloons off the card, from person to person, until they reach the opposite end from which they started, without touching the ground.

It is very important that everyone works together to make this happen.

To make it harder, start two balloons off at each end. If possible, make each pair the same colour so that everyone knows which colour should be heading which way.

You will need

- A sheet of stiff card for every girl, or a plastic lid or book
- Two different coloured — or two pairs of — balloons

LINDA WILKS



Mad machines

Divide the girls into groups of five or six.

Call out one of the items on the list. The groups then have to form themselves into a 'working model' of the machine in question.

Give the girls up to five minutes to work out what they are going to do before taking a look at their mad machines.

- Washing machine
- A toaster
- A sewing machine
- A photocopier
- The hob of an oven
- A digger



Buzzy bees

In this game, the unit has to work together as bees to collect as much pollen as possible.

Hide the marbles, or beans, around the room. This is pollen. A Guider stands in the middle of the room with the scales.

The girls — who are bees — have to collect the pollen, one piece at a time. They then take it to the scales where the Guider 'makes' it in to honey! The bees then buzz off to find more pollen.

How long does it take your unit to make 250g of honey? What about 500g?

For a special treat, you could use wrapped sweets instead of marbles.

You will need

- Kitchen scales
- At least 500g of marbles or dried beans

ther

en faces

Girls sit in a circle. One person starts off by making a grotesque face, complete with sound effects.

This girl then 'peels' away her alien face and 'throws it' to someone else in the circle. The face is then caught and 'put on' by the next girl who goes through a similar routine.

Keep going until everyone has tried on the alien face. This is a good game to play during a camp fire.

Ideas to go

- Take the girls on a ramble or nature trail.
- Have a group treasure hunt where everyone searches and solves clues together.
- Have a rousing sing-song.
- Act out nursery rhymes and fairy tales.
- Knit or embroider squares to join together and make a blanket. Raffle the end product.



Story time

Settle down for an interactive fairy tale

Gather the girls together and tell the story of *Goldilocks and the Three Bears*.

Before you start, give everyone one of these characters:

- Growly bears
- Gorgeous Goldilocks
- Creamy porridge
- Springy beds

Whenever one of the characters is mentioned in the story, all the girls allocated that character, stand

up and make one of these noises:

Bears — growl

Goldilocks — squeak in a high pitched voice 'I'm sooooo pretty'

Porridge — make noisy eating sounds

Beds — make loud boings!

Are you sitting comfortably?

Once upon a time there were three growly bears who lived in a very tiny cottage in the middle of a very large wood.

One morning the growly bears made a big pot of creamy porridge for breakfast. But when they came to eat it, the porridge was far too hot, so the growly bears decided to leave it to cool while they went for a walk.

Soon, a little girl named Goldilocks arrived at the cottage. She had curly blonde hair and was wearing a frilly frock.

'Oh my!' said Goldilocks, 'Look at that lovely porridge.' She tasted the first bowl, but it was far too hot. She tasted the second bowl of porridge but that was too hot as well. However, the third bowl of porridge was just right and Goldilocks ate it all up.

Now Goldilocks was feeling very tired so she went upstairs to bed. In the bedroom she found three springy beds. Goldilocks jumped on the first bed, but it was far too big.

Goldilocks jumped on the second bed, but it wasn't very comfy. But the third bed was just right and Goldilocks fell fast asleep.

Then the three growly bears arrived home. 'Someone's been eating my porridge!' bellowed the first bear.

'And mine' cried the second.

'All my porridge is gone!' sighed the last bear.

Then they went sulkily upstairs.

'Someone's been sleeping in my bed!' bellowed the first bear.

'And my bed' cried the second bear.

'She's still in my bed' pointed the third bear.

Goldilocks woke up and screamed (everyone screams). Goldilocks leapt out of bed, ran down the stairs, knocked over the porridge pots and ran out through the door.

The three growly bears looked puzzled and went wearily downstairs.

The End.



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Use our activities to help your unit look at all kinds of relationships

You, me a

Snap happy

Photographs can reveal a lot about people's relationships.

Cut out a selection of photos from magazines or newspapers. Each picture should include two or three people.

Stick the pictures around the room and ask the girls to study each in turn. They should then think about the answers to these questions:

- Do the people in the picture like each other or not — how can you tell?
- What is the relationship between the people in the picture — are they close, do they work together?

My friend and I

We have relationships with everyone we meet — from our friends and families to people who work in the supermarket, teachers, bus drivers and postmen.

Lots of these people help to make our lives easier and better in some way.

Ask the girls to take a photo or draw a picture of themselves with someone who helps to make their lives better.

Mount the pictures and then ask the girls to write a short paragraph under each one to say who is in the picture and how they help.

Display the pictures at your meeting hall or

another place where your community will see them.

Guiders' note

This is a great way to get to know your community better, understand relationships and to let people know how much they are appreciated!



KATHRYN WALSH

For Rainbows

Special people

Gather the girls together in a circle. Explain that everyone has at least one thing that makes them special and different.

Some people might have very blue eyes, be good at drawing or at telling jokes. Someone else might be good at keeping secrets, good at being nice first thing in the morning, or good at singing.

Ask the Rainbows to think of something special about the person on their left and share it with the group.

Would anybody like to share their thoughts on what they think makes them special?



Missing link

Ancestral research, or genealogy, can be a fascinating project. But the girls don't have to just investigate their own families...

As an introduction, take a look at a copy of the Royal Family tree — you'll find it in books about the Queen and other history books.

The girls in your unit can start off by setting out a simple family tree of their own. Does anyone have any famous relatives?

Have a good think and try to come up with any famous families. Can the girls think of any pop stars or actors with famous relatives? For example, actress Joely Richardson — her recent films include *101 Dalmations* and *Maybe Baby* — comes from a very famous family of actors.

- Find out what is kept at your County Records office.

Ideas to go

- Sit in a circle and play a word association game. One girl thinks of a word, the next must say something connected with it and so on, around the circle.
- Ask everyone to bring an object from home that they have a special relationship with and which holds memories — such as a souvenir of a special holiday. Share the reasons why the objects are special. Make sure no one brings in anything valuable.
- Talk about the special relationships the girls have with their pets — how do they look after them and what do they get from their pets in return?
- Run some races where girls have to work together, such as a three-legged race and a relay.
- Find out about the rituals associated with marriage ceremonies for different religions.

and us

I know her so well

We may think that we know someone inside out, but this may not always be the case.

Everyone thinks of someone they are close to then answers these questions as they think their chosen person would.

During the following week, the girls ask their chosen person the questions. Were their original answers correct? Do they know their friends as well as they thought?

- 1 What is your favourite colour?
- 2 What are your favourite sweets?
- 3 How do you relax?
- 4 What's your favourite item of clothing?
- 5 What's your favourite television programme?
- 6 What kind of music/band do you like best?



ELAINE FRASER

Ad agents

Ask the girls to imagine that they work for an advertising agency, thinking up adverts for major clients.

Divide the unit into small groups, the different groups are rival advertising agencies.

Set the groups the task of coming up with an advert to sell a 'best friend' robot. The robot can do everything that a real best friend does.

Groups can act out their advert, make a poster or some other promotional material. They must include all the special best friend features, such as a sense of humour, good at keeping secrets and so on.



DIANA AYNACI

Getting serious

For Senior Section members, the subject of relationships will no doubt lead to discussions about boyfriends, girlfriends and sex.

As a group, the girls could talk about what they think 'love' is, what it means to fancy someone and the ups and downs of relationships in general.

It's a tricky subject to tackle, but there are lots of places you can look for help. Try the library, your local phone book or Senior Section members can approach the organisations below themselves.

■ For confidential advice about sex and contraception, contact: **Brook Advisory Centres, 165 Gray's Inn Road, London WC1 8UD.** Helpline: **0800 0185 023.**

Web site: **www.brook.org.uk.**

■ For advice and counselling on youth issues, contact: **Youth Access, 1a Taylor's Yard, 67 Alderbrook Road, London SW12 8AZ.** For information, telephone: **020 87772 9900.**

■ For information on every youth issue imaginable, check out this National Youth Agency web site at: **www.youthinformation.com.**

Address book

More ideas on the topic of relationships:

■ **The Trust for the Study of Adolescence** has a catalogue of resources that tackle difficult subjects — suitable for Senior Section Guiders.

Please contact the Trust at **23 New Road, Brighton, East Sussex BN1 1WZ.** Telephone: **01273 693311.**

Web site: **www.tsa.uk.com.**

■ **Winners All**, a little book packed full of cooperative games. Priced £2.50 and available from Oxfam, see below.

■ Oxfam have a huge resources catalogue that includes games books. Look at the catalogue online at **www.oxfam.org.uk** or contact **Oxfam Publishing, 274 Banbury Road, Oxford OX2 7DZ.** Telephone: **01865 311311.**

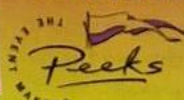
■ **Divorce and Separation** by Matthew Whyman, published by Hodder Children's Books, price £3.99. Upbeat guide to help teens deal with their parents' breakup.

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Easter fun

This year, Easter Sunday falls on April 15 — a great time for a spring celebration

Illustrations: Emma Holt

Easter eggs

Eggs are an ancient symbol of new life. For Christians, they are symbolic of Christ's resurrection.

Of course, one of the best things about Easter is getting to eat all those chocolate eggs. Ask around to see if you can borrow chocolate egg moulds. The girls in your unit can then have a go at making their own.

■ Ask staff at your local supermarket how many chocolate eggs they sell at Easter.

■ Buy fondant-filled eggs and then decorate them with your own design.

Blow it

Blown and decorated eggs make beautiful, fragile ornaments.

To blow an egg, you should first pierce both ends with a long needle.

Carefully widen the holes, then push the needle right through to break the yolk.

Hold the egg above a bowl so that the pointy end faces down. Gently blow into the hole in the top of the egg.

The yolk and the egg white will gradually drip into the bowl. When the shell is empty, rinse it through and leave it to dry.

Here are a few egg decorating ideas: paints; dyes; sequins; quilling; micro-mosaic; découpage; stickers and so on.

Decorate eggs with a theme, such as cartoons, pop stars or Guiding!

Top tip

■ If you break an egg, use the shell to make the cheeky chick on this page.

■ Each girl can cook a mini omelette with the egg she has blown out of the shell.

Egg tree

Did you know that eggs grow on trees? Everyone in your unit can make a special Easter egg tree to take home.

Take a piece of oasis or polystyrene that fits tightly inside the plant pot — about halfway up.

Select a twig and push it into the oasis. Paint the visible parts of the twig with a thin layer of emulsion. Alternatively, you could spray paint the twig before putting it in the pot.

Leave the paint to dry while you prepare the eggs. Make sure the girls have an equal amount of eggs to save squabbles.

Attach a loop of thread to each egg, keeping it in place with a bit of sticky tape.

Scrunch up some green tissue paper and use it to fill up the rest of the plant pot. Finally, hang the eggs on the tree.

Your Easter egg trees make an ideal centrepiece for Easter lunch. Instead of chocolate eggs, use blown and decorated ones.



You will need

- Twigs — ones with at least two or three forks
- Emulsion — use up your decorating leftovers
- Brushes
- Plant pots
- Polystyrene or florist's oasis
- Green tissue or crêpe paper
- Foil wrapped mini-eggs
- Thread, or thin ribbon
- Sticky tape

Easter bookmark

This cute bookmark will perch on top of your favourite novel, making sure you don't lose your place.

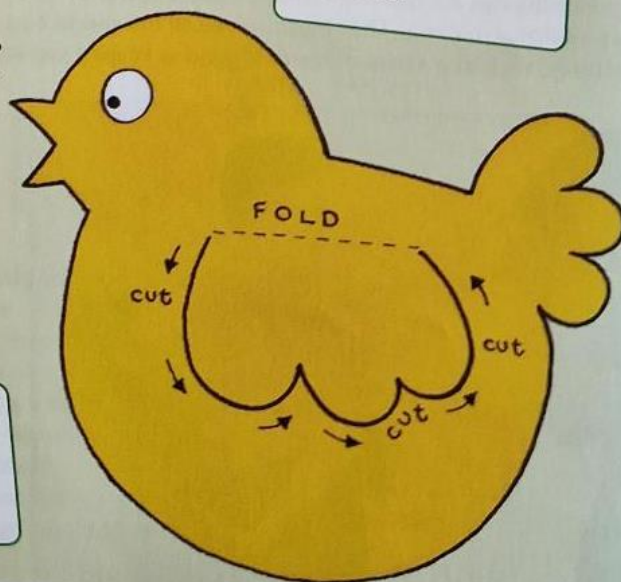
Copy our template on to thin yellow card. If you haven't got yellow, use white and colour it in.

Cut the chick out, not forgetting to cut the wing along the solid line.

To use the chick, slip a page between the wing and the rest of the body.

You will need

- Thin yellow card
- Felt-tipped pens
- Scissors



Top tip

Cover your chick in tissue paper 'feathers'.

For Rainbows

You will need

- A clean, empty eggshell
- Two yellow cotton wool balls
- Two small joggle eyes
- Yellow or orange card
- Latex glue, such as Copydex

Cheeky chick

Make a cheeky chick decoration to brighten up your Easter.

Keep the eggshell from a boiled egg — just over half is good. Carefully clean and dry it. Put a dab of glue in the bottom of

the shell. Stick a cotton wool ball in the bottom and glue another one on top. It should look like a chick's head poking out of the top of the shell.



Stick a pair of eyes on the chick and a little beak made from a small diamond of card.

Your cheeky chick is now complete. Pop him in an egg cup to use as a seasonal ornament.

Ideas to go

- Find out about any other religious festivals that occur in the first few months of the year.
- Hold a Rainbow competition for the best decorated boiled egg — they're less fragile than blown eggs and easier to handle.
- Make a selection of your favourite egg recipes — such as egg and cress sandwiches, baked egg custard or quiche.
- Compare shop-bought Easter eggs on a value-for-money basis.
- Read a version of the Easter story to the girls, so that they know why Christians celebrate at this time.
- Senior Section girls could discuss the notion that 'Lent means nothing to today's society'.

Hot and cross

What's angry and full of currants? Why a hot cross bun of course...

Historians have come up with lots of ideas for why we eat special hot cross buns at Easter. One thing is for sure, they are a lot older than you think...

■ Christians adopted the hot cross bun as a reminder of how Jesus died on the cross and was resurrected on Easter day.

■ Eostre was a Saxon feast to celebrate fertility and spring. An ox was ritually sacrificed and a picture of its horns scored into the top of the bread eaten at the feast.

■ The Egyptians are thought to have eaten hot cross buns over 3,000 years ago. At this time, the cross symbolised the four quarters of the moon.

Recipe

This recipe may take a bit longer than your normal meeting time. You could ask the Senior Section to start the buns early and your unit could join in after the first rising has finished.

Preheat the oven to 200°C, Gas Mark 7.

In a large bowl, mix together the flour, spices, sugar, yeast and salt.

Make a well in the centre and pour in the butter, egg and just over half the milk. Mix this into the flour and add the rest of the milk until a soft dough is formed.

Add the fruit and knead into the dough for five minutes or until it becomes smooth and elastic.

Cover the bowl with a piece of lightly-oiled cling-film. Put it in a warm place and leave to rise for an hour or until the dough has doubled in size.

Use a knife to cut the dough into 12 pieces. Make each one into a ball and lay them on greased baking trays. Leave the buns for another 30 minutes so that they rise again.

Meanwhile, roll out the pastry and cut into thin strips. Brush the buns with beaten egg and lay a pastry cross on the top of each one. Glaze the crosses too.

Bake for 15-20 minutes until golden brown. Leave to cool and eat warm.



You will need

- 450g strong bread flour
- A pinch of salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground mixed spice
- 50g light brown sugar
- 2 sachets dried yeast
- 1 egg
- 50g melted butter
- 250ml warm (not hot) milk
- 100g sultanas and currants
- 50g mixed peel
- 100g ready-made shortcrust pastry
- Egg to glaze

Sing it!

Hot cross buns were so popular, a nursery rhyme was even made up about them! Sing **Hot Cross Buns** as a round.

Hot cross buns, hot cross buns,
One a penny, two a penny,
hot cross buns.

If you have no daughters, give them to your sons —
One a penny, two a penny
hot cross buns!

Menu for a meeting

Twice around the circle

Divide the unit into two equal teams. One team – evenly spaced – forms a circle, while the other team lines up nearby. Each girl in the line is numbered.

One player in the circle holds a large ball and player number one from the other team stands beside her.

At a signal, the ball is passed rapidly from hand to hand around the circle – everyone must touch it. At the same time, girl number one runs twice around the outside of the circle.

If the runner can get back to her place before the ball reaches its starting point, then she gains a point for her team.

Each player in the line takes a turn at running, then teams change over. The team with the most points wins.

Menu

To start

Twice around the circle

Main course

Recycling workshop

Glue free boxes

Ginger punch

Pudding

Follow orders

Buzz fizz

Top tip

If you have a huge unit, you can divide girls into four teams and have two circles going at once.

Recycling workshop

Fill the main part of your meeting with a **crafty workshop to make new items from old.**

Set out five tables, each with the materials for a different activity. Post a Young Leader or a Guider at each table.

Here are some ideas for activity stations:

- Cover cardboard boxes with pictures cut from old greetings cards and wrapping paper.
- Glue a picture to the top right-hand corner of a sheet of A5 plain paper to make pretty writing paper.

- Make a jigsaw from a large, sturdy greetings card. Cut it into 10 pieces, roughly the same size but varied shapes.

To keep each jigsaw separate, write the same letter of the alphabet on the back of each piece. Keep the pieces in a used envelope marked with that letter.

- Use pinking shears to cut out picture gift tags for next Christmas.

Glue free boxes

Use large, square cards to make our special non-glue boxes at one of your activity stations.

1

Use the back half of the card. Cut and discard a 5mm strip from two adjacent sides of the card.

On the side with the greeting and writing on it, draw two diagonal lines very carefully (diagram A).

Fold one corner to the centre point, make a neat crease, then open it out. Repeat with the other three corners (diagram B).

2

Fold each corner in turn back to the centre but this time make a second fold and crease over the first.

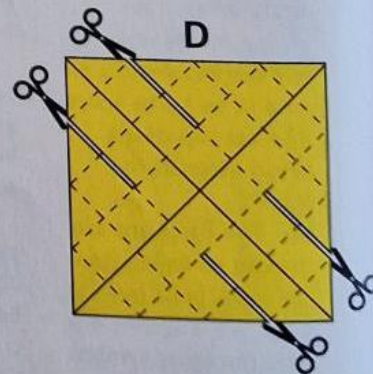
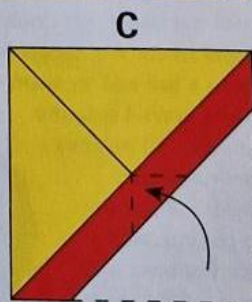
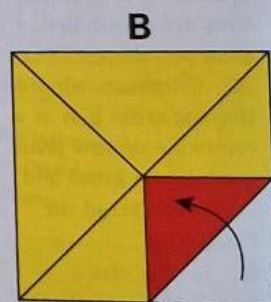
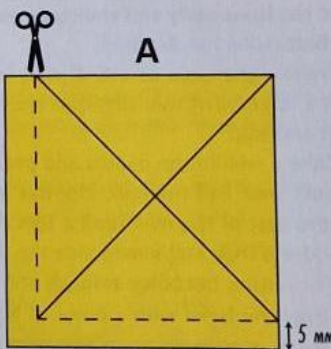
Each second fold must run exactly along the diagonal line you drew on the card (diagram C).

Open up the card flat.

When you have done all this, you will have lots of small squares.

You will need

- Square greetings cards
- Scissors
- A ruler
- A pencil



Ginger punch

As a treat for all the hard work, make a delicious punch to have during the meeting.

The quantity given serves four people, so multiply it up as required for your unit. A good hint is to be on the generous side as the girls usually want seconds.

Press six cloves into an orange and bake it in the oven for half an hour at Gas Mark 4 or 180°C.

Slice the baked orange and put the pieces in a saucepan with the ginger beer and a cinnamon stick.

Heat the liquid but do not let it boil. Serve warm in heat-proof cups.

You will need

- An orange
- 6 cloves
- A cinnamon stick
- A litre of ginger beer
- A large saucepan

Follow orders

After lots of concentration another energetic game is called for.

Divide the girls into groups of equal numbers — between six and eight. The leader calls out an instruction such as 'tallest to my right'.

The groups must quickly arrange themselves according to the instruction. For example, girls should be shoulder to shoulder in order of height, with the tallest to the right of the leader and the smallest to the left.

When the teams have finished, they must sit down. When everyone has sat down, inspect the teams to see if they have completed the task correctly.

Buzz fizz

A game to play together or in small groups while waiting for everyone to finish the other activities.

All the players sit in a circle. The leader says 'One', the next person 'Two', then 'Three' and so on.

When any number with the figure 5 in it occurs, that player must say 'Buzz' instead of 'Five'. Therefore the players say 'Buzz' instead of 5, 15, 25...50 — and so on.

In the same way, 'Fizz' represents 7. You must say 'Fizz' instead of 7, 17, 27...70 and so on. For numbers that contain both 5 and 7, such as 35 or 75, you must say 'Buzz-Fizz' or 'Fizz-Buzz' in the right order.

Anyone who makes a mistake drops out and shows this by sitting with her nose pinched. The winner is the last person without her nose pinched.

Top tip

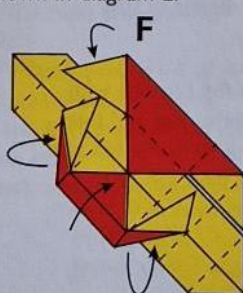
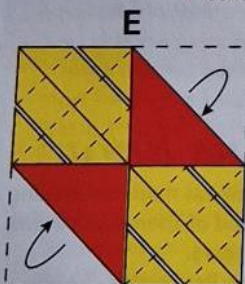
Other instructions could include:

- Oldest to my left
- Biggest shoe size in front
- Birthday months, January at the back

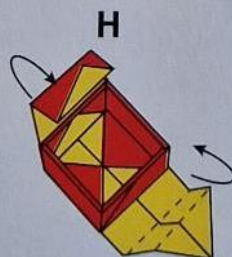
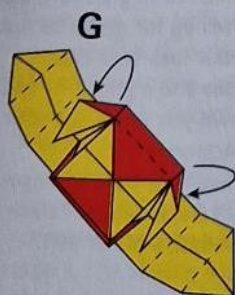
Box office

Once the girls have become proficient at making the glue free boxes, try making them from bright card instead. Decorate them with bows, ribbons, sequins and even dried flowers. The boxes may then be sold at craft fairs and fêtes.

- 3 Carefully make four cuts (diagram D). This leaves two large uncut triangles opposite each other. Fold the apex of each large triangle to the centre point as shown in diagram E.



- 4 Bring the folded sides upright to form the box sides (F), wrap the pointy ends around each other (G). Fold up the other two sides, tucking the pointed ends flat inside the box so that they meet at the base centre point (H).



- 5 Cut a square of card, exactly the same size as the base. Fit it snugly into the box to cover the four points.

Now repeat the whole process, using the picture half of the greetings card — don't cut off the 5mm strip. This will form the box lid and must be just slightly larger than the box base.

Make sure you draw your lines on the plain side of the picture card.

- 6 You can make as many of these boxes as you have cards available, but you must use perfect squares. The larger the card, the larger the box. Put them away to use as gift boxes throughout the year.

You made it!

This month, a reader shares a delicious pretzel recipe

Doreen Pechey, Guide Guider with the 1st Goring Heath Guides, Oxfordshire has written in to share their fabulous pretzel recipe.

The photo on the right shows Guides and Girl Scouts making the pretzels at MOA2000 camp (Memorable Ontario Adventure). The camp took place at Doe Lake, Ontario in Canada.



DOREEN PECHEY

Pretzels

This recipe makes approximately 12 tasty pretzels.

1 Preheat the oven to 220°C, Gas Mark 7.

In a large bowl, beat together half the flour with the butter, salt, sugar, warm water and yeast.

After three minutes, stir in the rest of the flour and knead the mixture into a smooth dough.

2 Cover the bowl with some oiled clingfilm or a warm, damp tea towel and put it in a warm place until it has doubled in size. This will take about an hour.

'Knock back' the dough. This means that you punch it down with your fist, letting the air out. Take the dough out of the bowl and divide it into 12 pieces.

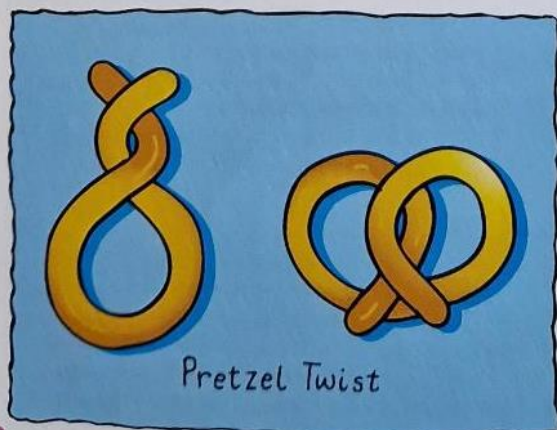
You will need

- 237ml (half a pint) cup warm water
- 1 sachet of dried yeast (3g)
- 340g bread flour
- 2 tbsp soft butter
- Half a teaspoon of salt
- 1 tbsp sugar
- A beaten egg
- Crushed sea salt to sprinkle

3 Each girl takes a piece and rolls it into a long rope. Loop into a pretzel shape — see the pretzel diagrams below left.

Place the pretzels on a greased baking sheet and leave to rise again, until they are almost double in size.

4 Brush the pretzels with the beaten egg and then sprinkle with the sea salt. Finally, bake for 12 to 15 minutes until brown. Cool on a wire rack before eating.



Top tips

- Sprinkle the top of your pretzels with sesame seeds.
- Try coating a pretzel in chocolate.

Potted pretzel history

- Pretzels first appeared in the 7th Century.
- The monks of Northern Italy and Southern France made 'Pretolia' from scraps of dough. They gave them to children as a reward for reading the Bible.
- The special shape represented a child's arms folded in prayer.
- By the 15th Century, Germans had adopted the pretzel as an Easter symbol.
- It is thought that the Pilgrim Fathers introduced pretzels to America, where they are now one of the country's most popular savoury snacks.

Let us know

If your unit has made something to be proud of, then share it with other readers.

Doreen Pechey did — and won a great selection of books for her unit. We've got more fabulous prizes up for grabs. So just send in your idea with clear instructions and a photo — and who knows, you could see your faces in *Activate!*

■ You made it! Guiding magazine, 17-19 Buckingham Palace Road, London, SW1 W 0PT.

Home-made

Play a game that you have created yourselves

High scores

Once you have made this game you can keep it forever and even use it as a sideshow at a fête.

Use the paint to divide the board into a grid of nine squares. In each square, randomly paint a number from one to nine.

When the paint is dry, you can play the game. Mark a line two metres away from the board. Girls take it in turns to stand on the line and throw three beanbags on to the board.

The objective is to aim for the high numbers. Add up each girl's score — the person with the highest score wins.

This is a good game to play in small groups.

You will need

- A large, square piece of stiff card, with sides of 100cm
- Paint and a brush
- Beanbags

Swamp bugs

Tell the Rainbows that for this game they have been magically transformed into cave girls.

The cave girls are very hungry and have gone down to the swamp to find something to eat. Their challenge is to retrieve as many swamp bugs as they can so they can cook them for tea!

Lay out the 'swamp' and place the bugs inside. The swamp could be anything from a circle of rope to a paddling pool. If you want to make it harder, add a few foreign bodies to the swamp too — such as balls or paper 'weeds'.

The girls sit around the swamp and take it in turns to spin the spinner, or throw the dice. If a two, a four or a six is thrown, the girl gets to catch a bug using the fishing rod. The game ends when all the bugs have gone.

You will need

- A fishing rod, made from a cane, string, a hook and a magnet
- Cardboard bugs, each one with a paper clip attached
- Something to represent a swamp — such as a circle of card or a paddling pool
- A large spinner or a dice

TOP TRUMPS 2000

Top giveaway

Crazes may come and go, but here's one that never really went away — Top Trumps is coming at you with a new collection of cards.

Girls in your unit can keep this card game handy so they will never

have another dull moment.

Top Trumps can be played anywhere, from buses and bedrooms to cars and classrooms. The rules are quick to learn and the game is simple to play.

Each themed game consists of 30 cards, packed full of the most fascinating facts and information. Dinosaurs, Sharks, Smash Hits, Pop Stars, Toy Story 2 and the Simpsons are just a few of the current subject titles on offer.

Top Trumps are just £2.99 per pack and are available at WHSmith, Woolworths, Debenhams and all good toy and gift shops.

■ Ten lucky readers can each win three packs of Top Trumps in our brilliant competition. If you'd like the chance to win, just tell us one of the current Top Trumps titles.

Send your answer on a postcard to Top Trumps/Activate competition at the address on page 3. The closing date is March 1.



Ideas to go

■ Play Kim's Game — lay 15 interesting items on a tray. Let the girls see them for only 50 seconds, then ask them what they can remember.

■ Draw a fabulous map of a treasure island. Lightly draw a numbered grid over the top.

Secretly pick a square that contains the 'treasure'. Girls can then guess which square is the right one.

Guiders' tip

If you are looking for more exciting things to make and do, get hold of a copy of February's Brownie magazine.

Girls will find out how to make a top totem pole with fabulous masks, and a beautiful origami oyster.

There's even an amazing competition to create an all-new Brownie story.

Fair fun

Later in the year, we'll be featuring some special games, recipes and crafts that you can use at your summer fêtes and fairs. So look out for further details!

CROCUS WALK 2001 Mothers' Day 25th MARCH

Each year hundreds of supporters walk through local parks or countryside raising vital funds for breast cancer research. This is a lovely way of remembering someone special around the time of Mothers' Day (25th March)

"Crocuses are one of the cheeriest spring flowers to bloom after a cold winter adding a bit of brightness into any garden. In the same way, the work of Breakthrough Breast Cancer gives hope to the thousands of women who are fighting this disease. So please help raise vital funds for research and let us all remember everyone who has been affected by breast cancer this Mothers' Day."

Charlie Dimmock



Join Charlie Dimmock in support of the Crocus Walk campaign by organising a sponsored walk this spring with family and friends.

Call **020 7557 6622** to order your FREE organisers pack or go to **www.breakthrough.org.uk** for up to date campaign information

1,000 women die every month in the UK from breast cancer. Breakthrough Breast Cancer is a charity committed to fighting breast cancer through research and awareness.

breakthrough
breast cancer

Breakthrough Breast Cancer is Registered Charity No.1062636



PANDURO

Craft and Hobby Catalogue

EUROPE'S
LARGEST SUPPLIER



SEND
FOR YOUR
FREE COPY
TODAY!

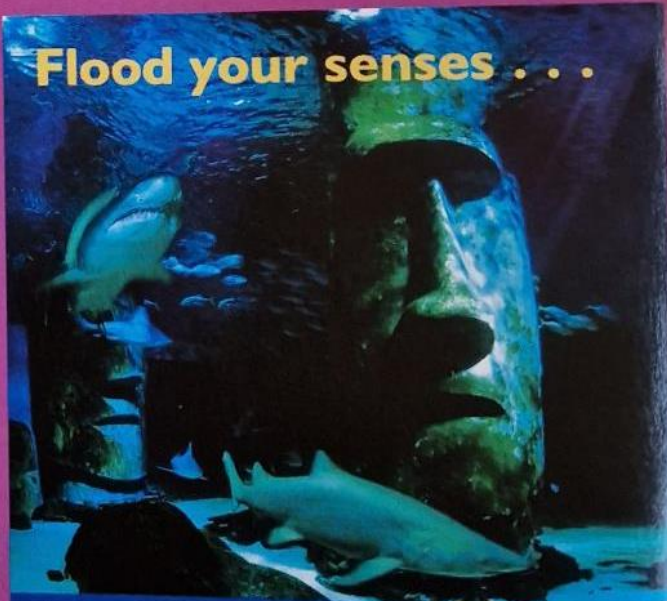
The latest Panduro catalogue with 1200 new products added this year, contains 416 full colour pages packed with over 12,500 items, many unavailable from any other source. With everything from craft rubber to craft pegs, coloured papers to card

blanks, paints and paint brushes to pens and pencils, plus special discounts up to 15%, Panduro has something for everyone. Panduro Hobby is Europe's largest mail order supplier of craft and hobby products offering the most comprehensive selection in the U.K. The new Panduro catalogue is FREE to all properly constituted groups, clubs, organisations etc. upon receipt of proof of status.

With so much to choose from Panduro is simply the BEST! To obtain your FREE copy send or Fax (with proof of status) to:-
Panduro Hobby, Freeport, Transport Ave.
Brentford, Middlesex TW8 8BR
or Fax: (020) 8847 5073



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- Over 45 stunning displays containing aquatic life from all over the world.
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AQUARIUM



County Hall, Westminster Bridge Rd, London SE1 7PB.
Email: info@londonaquarium.co.uk http://www.londonaquarium.co.uk

Special needs

Attention Deficit Disorder is a 'hidden' disability

By Ann Matthews
Adult Support, CHQ

In the past couple of years Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) have been highlighted in the media.

It is estimated that between three and six per cent of children suffer from ADD, a half to one per cent from ADHD. Sufferers include children across all levels of ability.

Boys with ADD outnumber girls three to one, while the ratio is five to one for ADHD. However, boys are more obvious in the way they express their difficulties and girls with these disorders can go undiagnosed.

While quite rare, if a girl in your unit does have either of these disorders, it can cause problems in unit meetings.

Symptoms

Children suffering from ADD can have significant trouble concentrating and can appear quiet and dreamy.

The symptoms of ADHD are more noticeable and fall into three categories: over-active behaviour (hyperactivity), impulsive behaviour and difficulty in paying attention.

Some of the common symptoms of ADHD are:

- Excessive fidgeting
- Difficulty in following instructions
- Not listening
- Easily distracted
- Difficulty in waiting for her turn
- Shifting from one activity to another
- Running about at inappropriate times
- Talking excessively and interrupting others
- Blurting out the answers to questions.

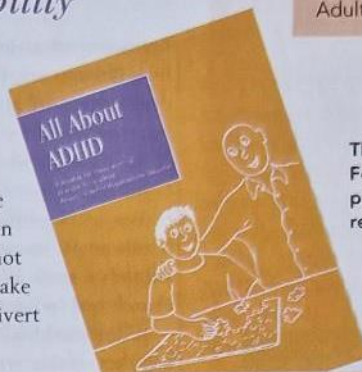
Obviously it is usual for children to show one or two of these symptoms, but a child with ADHD will display a number of them.

How you can help

There are a number of strategies you can use to minimise the disruption to meetings.

- Children with ADHD respond well to structured environments. They will find it helpful if your meetings are run on a similar format each week. Whenever possible, give advance notice of any changes in routine. For example, 'Next week we are not having a Pow-wow as a visitor is coming to talk to us'.

- Give specific praise for acceptable behaviour: 'Well done Emma, you sat still most of the time I was talking'.
- Seeking attention is at the heart of these disorders, so when a girl is being disruptive try not to be distracted or let her take over the meeting. If possible, divert her attention.
- Give two choices only, avoid the option of saying no. 'Do you want to do the craft activity or play the game?' Children with ADHD respond well to play that is exciting, quick and changes often.
- If a girl throws a temper tantrum, encourage her to sit in a comfortable, quiet place until she has calmed down.
- Keep calm yourself, if you get angry the child will mirror the emotion.



The Mental Health Foundation produces useful resources

More information

Further information on both these conditions can be obtained from:

- The Mental Health Foundation, 20/21 Cornwall Terrace, London NW1 4QL. Tel: 0207 535 7400.

In Scotland the address is: Scotland Office, 5th floor, Merchants House, 30 George Square, Glasgow G2 1EG. Tel: 0141 572 0125. E-mail mhf@mhf.org.uk. Web site: www.mentalhealth.org.uk.

- ADHD Family Support Group, 1A The High Street, Dilton Marsh, Westbury, Wiltshire BA13 4DL. Tel/Helpline: 01373 826045.

- ADD Information Service, P.O.Box 340, Edgware, Middlesex HA8 9HL. Tel: 020 8906 9068; e-mail: info@addiss.co.uk; web site: www.addiss.co.uk.

County info

What are you adding to your Leadership Qualification pack?

Counties have a great opportunity to add information to the Leadership Qualification pack before handing it over to new leaders. This information could include what is happening in the County, what is available and where places are. Ideas for additional material so far have included:

- County Directory
- County Training calendar
- Camp site and Brownie holiday venue information
- An invitation from a unit to attend a social event
- Who's who in the County and Region (including office staff)
- A money-off voucher for local Trading Depots
- Care4free disc
- An outline of the Look Wider programme.

So, don't miss this ideal opportunity to let new leaders know all about Guiding in your County.

Childhood bereavement

Helping a girl who is grieving requires a listening ear

By Isobel Durrant

Bereavement is never easy. It doesn't matter how old you are, how sudden or expected the death, there are always strong emotions to deal with. Ripples of a death spread out and touch all associated with the bereaved, so a death in a Guide's family will touch your whole unit.

It's often difficult for those around the bereaved to know how to act in the face of another's grief. We live in a society that has abandoned earlier conventions to do with death – full mourning, black crêpe on the door knocker, black armbands – and has not yet created new ones. We may feel awkward and tongue-tied, avoiding the subject because we don't know what to say or do, and our fear of saying and doing the wrong thing causes us to do nothing.

Don't be afraid to ask

In the helpful video and training pack *Talking About It* (see Resources box), a bereaved mother suggests that 'in order to help somebody ... it's best to ask "How best can I help you?"', rather than making assumptions about a person's needs, and to recognise they may need different help from different people. As a



WINSTON'S WISH/CHRIS KELLY

Winston's Wish staff encourage children to talk about the person who has died

6 ...there is no one correct response to death... 9

Publications and resources

There are many publications concerned with childhood bereavement. The following list is intended as a sample only.

- *Talking About It* is a resource pack dealing with mental health issues, including bereavement. The pack contains a video, an audio cassette and a file of activities. Some of these activities are aimed at training and promoting discussion among adults working with young people, others can be used by the young people themselves. It costs £7.50, including postage and packing, and is available from the Meridian Broadcasting Charitable Trust, Meridian Television Centre, Southampton SO14 0PZ.
- Books *Beyond Words* is a series of picture books dealing with difficult situations. Aimed at people with learning and communication difficulties, they can be used with younger children, and can equally stimulate discussion among older children and adolescents if asked to supply the text. Titles include: *When Mum Died* and *When Dad Died*. Priced at £10.00 each, they are available from the Royal College of Psychiatrists, Booksales, 17 Belgrave Square, London SW1X 8PG. Tel: 020 7235 2351 extension 146.
- Available from the same source, *Coping With Bereavement*, £13.99, is a pack of two excellent tapes providing thought-provoking material for anyone preparing a session on the subject, and includes one section especially for children and young people.
- The Child Psychotherapy Trust publishes a very informative and clearly set out leaflet called *Bereavement: Helping Parents and Children Cope When Someone Close Dies*. Tel: 020 7284 1355; e-mail: cpt@globalnet.co.uk.

Guider, you may find that the bereaved Guide appreciates having part of her life continue just as it always has. Attending meetings where nothing has changed can be very reassuring. It can be a time where the Guide can put her feelings of grief temporarily on hold.

If she's lost a parent or a sibling she will be dealing with a tremendous amount of change in other areas of her life. Some of these changes may seem mundane, more household chores and responsibilities, different transport arrangements to and from Guide meetings, but each represents an irrevocable alteration in her life.

On a practical level, if a parent who was the main income provider in the family dies, the Guide may suddenly find there's less money for subs and other expenses to do with Guiding, and may be wondering if she's going to have to leave.

FEATURE FEATURE FEATURE FEATURE FEATURE FEATURE FEAT Bereavement



Organisations such as Cruse and the Candle Project produce helpful resources

Let them talk

There is no one correct response to death, no single shared path followed by mourners, and this is as true for children as it is for adults. Grief is a process that unfolds over time and, although broadly speaking we all go through the same stages, we do not necessarily do them in the same order or in the same way. Some children seem emotionally unmoved, but they're not callous. Death is something too big for most of us to comprehend in one go, so be careful not to judge the Guide who laughs with her friends a short time after a bereavement. The first shock and denial can last for weeks, and then be interspersed with anger, sadness and guilt.

For some Guides, meetings may provide the venue where they can discuss their feelings freely without upsetting other family members. Do be prepared to listen. They need to be able to talk about their feelings, the person who has died and also to ask questions, and, as a trusted adult, you may be the person they select for these confidences. If you discourage them they may believe their feelings are inappropriate or somehow wrong. You will not be able to remove their pain, but by showing a willingness to share feelings you'll give immeasurable emotional support.

Other members of the group may also need to talk, particularly if they are friends of the bereaved Guide. Many of us find it hard to talk about death, and we couch our speech in stock phrases and euphemisms. However, even when a child is very young it is best to give honest answers and use clear language. Saying someone has 'gone to sleep' or that we've 'lost' them are expressions to avoid. As the Child Psychotherapy Trust literature says, 'these phrases can be confused with everyday occurrences and may lead to fears about going to sleep'.

Providing emotional support to others takes its toll. Make sure you have your own support system in place — other Guiders perhaps. Some of the organisations listed below can also help.

Charlotte's story

Charlotte's father died suddenly and unexpectedly when she was 15. Her parents were separated and Charlotte was in care following troubles at home. Her relationship with her father had been difficult, and the day before he died she had an argument with him.

Charlotte was shocked and felt very guilty about the quarrel. Staff at the home remarked that she did not cry and some branded her cold and uncaring. She became alternately quiet and obstreperous. One of the things she found hardest was people's expectations of how she should behave. She accepted an offer of counselling and also chose two adults, a teacher and a youth worker to confide in.

Eighteen months on, she now visits her father's grave regularly and discusses her feelings easily and openly.

Organisations

This is a selection of national organisations that deal with bereavement. For local organisations look in telephone directories and local libraries.

- Cruse is a national organisation offering support, counselling and training. It has publications on all aspects of bereavement. These include publications aimed at young people and those who work with them. You may also wish to contact your local group. Tel: 020 8940 4818.
- The Child Bereavement Trust provides resources and training for professionals working with bereaved families. Tel: 01494 446648; e-mail: enquiries@childbereavement.org.uk, web site: www.childbereavement.org.uk.
- Winston's Wish is a community-based grief support programme for children and their families. Based in Gloucestershire, its services include weekend camps for bereaved children; publications, information advice and resources; training and consultancy. Tel: 01452 394377, e-mail: info@winstonswish.org.uk or visit the web site: www.winstonswish.org.uk.
- The Candle Project – based at St Christopher's Hospice in south-east London – provides a national telephone and advisory service. It offers training and consultancy. Tel: 020 8778 9252.



If a bereaved girl is finding it hard to talk to close relatives, she may feel able to confide in her Guider

Go Canoeing!

Covering all styles of canoeing and kayaking, the *Go Canoeing!* guide is aimed at all ages, and intended for both newcomers and those wishing to take up the sport again after a break.

The guide provides basic information on essential equipment, safety issues and product information, as well as important contact numbers for those wishing to get started. Produced by the Association of Canoe Trades and the British Marine Industries, the guide is available free of charge from Boatline — a free telephone helpline on all boating and watersport activities. Tel: 01784 472222.

Go Canoeing! — the essential canoe and kayaking guide

BRITISH MARINE INDUSTRIES FEDERATION



Human Rights Act

Save the Children has published an accessible and practical introduction to the new Human Rights Act — which will have a profound effect on services for children.

Children and the Human Rights Act describes how the main articles of the act can be used to benefit children and young people, and highlights the issues surrounding each article. A copy can be obtained for £10.00 plus p&p (ISBN 1 84187 037 4) from Plymbridge Distributors Ltd, Tel: 01752 202301.

Save the Children has produced a practical guide to the new Human Rights Act



Red Nose Day

On Red Nose Day — March 16 — television presenters Ant and Dec will be joining the rest of the UK in saying 'Pants to Poverty!'.



Ant and Dec will be saying 'Pants to Poverty!' for Comic Relief's Red Nose Day on March 16

Thousands of people will be raising funds — and every penny will go to help some of the most vulnerable people in the UK and Africa to thrive, rather than just survive.

Comic Relief has produced a special fundraising pack which is available by calling 09068 20 2001. But please note, calls cost 60p a minute.

For more inspiration and information, log on to the web site at: www.comicrelief.com.

The residential opportunities listed below are open to any Association member — Guiders, Senior Section members, Commissioners, Guides or Brownies — as relevant. For more details please phone the appropriate centre.

TRAINING AND ACTIVITY CENTRES

FOXLEASE

02380 282638

Brownie Guiders March 2-4
Guide Renewal March 9-11
Games & activities for groups April 6-8

Residential event for Guides aged 12+ — no Guiders!

April 12-14 & 15-17

Leisure Break: Spring gardens

May 8-11

RLSS Rescue Test Course

May 11-13

Leisure Break: Patchwork and quilting

May 14-18

9&10 year-old Brownies with their Guider

May 25-27

Brownies or Guides with their Guiders

May 28-31

WADDOW

01200 423186

Get Away Internationally in

Guiding March 16-17

Self-esteem April 6-8

Easter Guide/Brownie event

April 12-17

Guide Guider: The renewed Programme

April 27-29

Baden-Powell Challenge

Weekend May 4-6

Half house available

May 4-6

LORNE

028 090 432180

1st Response March 2-3/3-4

A taste of Ulster March 16-18

Londonderry County

March 23-25

Easter April 13-16

Ulster Junior Council

April 20-22

Guide Activities: 'Girls Only'

April 27-29

Musical Madness May 11-13

BRONEIRION

01686 688204

PR Training March 16-18

County/Division/District

Administrators March 20-22

Musical fun for Guides

April 13-15

Patrol Leaders and their

Guiders April 20-22

First Aid May 18-20

Adventurous Activities for girls

May 31-June 2

HAUTBOIS

01603 737357

First Aid March 9-11

Family activities April 13-15

GNAS Archery Leaders Course

April 20-22 & 27-29

Bird watching May 14-17

Festivals and celebrations

June 29-July 1

BLACKLAND FARM

01342 810493

GA Climbing Training (level 2)

March 10-11

Introduction to Walking Skills

May 13

BCU 1&2 star tests (Kayak)

May 12-13

Beginners Rock-climbing

May 19-20

BCU 1&2 star tests (Kayak)

May 19-20

Open canoe option

May 30

NETHERURD

01968 682208

Mentoring for DCs

April 27-29

Baden-Powell Challenge

Adventure training for adults

June 15-17

Mystery weekend June 19-21

Affiliate member badge

Further to our item about the affiliate member resources on page 21 of last month's magazine, we can now announce that the affiliate member badges will cost £1.25 each, order code 18002.

ASSOCIATION NEWS ASSOCIATION

We've got it taped

Take up our special offer and you'll never have to sew on another name tape again! *Guiding* magazine has got together with EASY2NAME, to offer Guiders a 20 per cent discount off all durable name tapes for clothes and other items.

These brightly coloured labels come in a variety of materials and sizes and are

guaranteed to stay stuck even in the toughest conditions — including the dishwasher and microwave. Available in packs of 50 (£6.95 small or £9.95 large) or 100 (£9.95 or £15.95), they are easy to apply and you can choose stickers or iron-on labels.

For more information about the discount contact EASY2NAME — quoting *Guiding* magazine offer — by writing to 2 Malt-house Cottages, Ecchinswell, Newbury, Berks RG20 4UA. Tel: 01635 298326 or e-mail: easy2name@aol.com. Alternatively, you can visit the web site at www.easy2name.com.



Craze watch

We've had skateboards, rollerblades and microscoters, now the latest new craze could be wheelie trainers.

Ideal for those who like rollerblading but who can't be bothered to carry a spare pair of shoes, the wheelie trainers have a switch that makes the wheels retract into the sole of the trainer.

However, the price might stop this craze in its tracks — wheelie trainers retail at around £100.

World Book Day

World Book Day is a worldwide celebration of books and reading. It underlines the importance of reading, for both learning and pleasure.

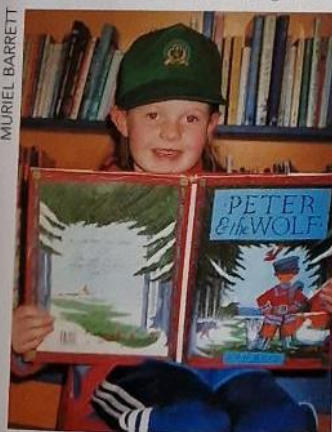
This year, World Book Day takes place on March 1 when children of all ages will

be encouraged to explore the pleasures of reading.

In the UK and Ireland, for the fourth year running, every schoolchild will receive a World Book Day book token.

Book Aid International is the official charity for this event. Anyone wanting to participate in the day can obtain a special pack from BAI which contains posters, information and fundraising activity ideas. Please contact: Book Aid International, 39-41 Coldharbour Lane, London SE5 9NR. Tel: 020 7733 3577. Alternatively, log on to: www.bookaid.org.

Harriet Hommers of the 5th Codsall Rainbows has discovered the joy of reading



Perk up those funds

The National Meningitis Trust's seventh annual coffee morning takes place on March 2, when people across the UK will be raising funds to help those whose lives have been touched by meningitis.

A special fundraising pack has been produced, which includes a jar of Kenco coffee and details of how to enter a free prize draw for a weekend at a hotel in London. If you'd like to get involved, you can obtain a pack by calling 01453 769015 or by e-mailing zoe@meningitistrust.org.uk.

Dig out your old tools!

Notcutts Garden Centres have found a great use for all your old non-powered hand-held garden tools.

There will be 'dump bins' in each of their 13 garden centres from March 19 to

April 15, and the collected tools will then be shipped off to developing countries. Even tools that have broken wooden handles will be accepted, as long as it is possible to repair them.

In return for donated tools, all donors will receive a discount voucher that will allow them 20 per cent off the price of new tools bought in Notcutts garden centres.

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Map Reference - Sheet 125-086 245
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in all aspects of the centre including activities,
maintenance, reception and shop.

Further details and application forms from
**Auchengillan Outdoor Centre,
Blanefield, Stirlingshire G63 9AU.**

Telephone 01360 770256
Fax 01360 771197
E-mail: centre@auchengillan.com

CLOSING DATE: 23RD FEBRUARY 2001

International assets

Did you know that any member can visit the Four World Centres?

By Delysia Barker
Secretary, Friends of BGIFC Committee



Pax Lodge
in London,
England



Our Cabaña in Mexico

Why is it that when you talk to some members of the Movement about the Four World Centres, they think that international trips are for others and that you 'have to be selected'?

They are genuinely surprised when I tell them that few of the training sessions are by selection and that they will be made very welcome either on their own, with their husband, a group of Guiding friends or older girls from their units.

Personal experience

It is news to some people that voluntary helpers at the Four World Centres are not always girls in their 'gap year' before going to college or university.

I am 60 years old and have spent three months as a Programme Assistant at Sangam in India. I was part of the programme team putting into place the training session set up by the Programme Director.

This ranged from making visual aids – flags, banners, displays, games, activities – to meeting people at train stations and airports; escorting parties; assisting at training sessions; and helping out where and when needed to ensure that everyone enjoyed the special Sangam spirit.

Days were sometimes long and not all tasks were what I would choose to do – putting a tent up on a concrete base in a monsoon storm springs to mind! – but it was great fun.

I saw Indian dancing, pottery, art, bangle making and music. I sat through several Hindi films, learned the correct way to put on a sari and make chappatis – and that was in the little spare time that I had.

I was privileged to be part of the local Pune community and I learned a great deal about India, international Guiding and myself.

See for yourself

Voluntary helpers receive a grant towards the cost of the air fare, a small amount of pocket money, board and lodging.

As a helper you meet Guiders from all over the world, become friends with local people, see all the sights of Pune and, have journeys on auto-rickshaws, local buses and trains – even the Guider-in-Charge's scooter if you're lucky.

Our World Centres are the most wonderful assets and we need to make the best possible use of them. So, whether it's as a helper or a visitor, go on, make that trip. Look at the Centre programmes, raise the money and take the opportunity to really enjoy yourself in an international setting. See those Swiss mountains, have a shopping weekend from Pax Lodge, eat Mexican food and experience the Sangam spirit.

If you would like to find out more about visiting the Four World Centres, contact your County International Adviser or the relevant World Centre at the address on this page.

World Centre addresses

Our Chalet
CH 3715
Adelboden, Switzerland
Tel: +41 33 673 12 26
Fax: 41 33 673 20 82
E-mail: info@ourchalet.ch
Web site: www.ourchalet.ch

Our Cabaña
AP 4-406
Cuernavaca 62431
Morellos
Mexico
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Fax: +52 73 15 28 97
E-mail: cabana@infosel.net.mx
(See Pax Lodge web site)

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Fax: +91 20 669 2354
E-mail: sangamwagggs@vsnl.com
(See Pax Lodge web site)

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Olave Centre
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London NW3 5PQ
England
Tel: 020 7435 2202
Fax: 020 7431 3825
E-mail: pax.lodge@btinternet.com
Web site: www.paxlodge.org



Sangam in India



Our Chalet in Switzerland

All creatures great and small

Help to protect wildlife in your area

By Carole McCormick
RSPB Wildlife Explorers



When you think of endangered animals elephants, tigers, whales and other exotic creatures come to mind. It is easy to forget the wildlife living on your own doorstep.

Yet these are the birds, plants, animals and insects that you see every day and would miss if they were no longer there.

Many of these creatures have been overlooked in the past simply because they have always been so common. However, the environment is forever changing and the wildlife within it is struggling to keep up.

Your unit could help to protect this wildlife by taking part in an exciting Wildlife Explorers project run by the Royal Society for the Protection of Birds (RSPB).

Wildlife surveys

The project means that you will have what is called a Wildsquare to survey. This is a 1km² area of land near to where you live, that you have easy access to and can visit regularly.

Before steps can be taken to protect wildlife, we need to know the habitats and numbers involved. Otherwise we don't know if a particular species is increasing in numbers or becoming less common. Such information helps us to target our efforts effectively.

The RSPB wants people to carry out lots of different surveys on their respective Wildsquares. These will provide exciting information about the wildlife living there.

By carrying out these surveys you will be helping conservationists to protect our wildlife and the environment.

It doesn't matter what your interest is — there is something for everyone. The RSPB will be doing surveys on birds, animals, insects, plants and trees and lots more.

If you are interested in the environment as a whole and want to help, the Society will be sending out lots of interesting facts on how to be more green and environment-friendly.

How to get involved

You can take part in Wildsquare as a unit, group, club, school, family or with

your friends. All you need to do is choose where you want your Wildsquare to be, areas with public footpaths or easy access are best. You will need to find out the Ordnance Survey grid reference. This has two letters and four numbers, for example, ST4586. If you need help in identifying your square then call Ordnance Survey. (See the contact details box).

The Ordnance Survey staff will do their best to ensure you get the right letters/numbers for your Wildsquare, but the more information you give the easier it will be for them. So, before you call find out the postcode for your square, the nearest town or village, and the name of a feature in your square such as a wood, stream, hill or lake.

Resource pack

Once you have the grid reference send it — along with your name, address, postcode and telephone number — to Wildsquare, RSPB Wildlife Explorers (see end box for details). Once the RSPB Wildlife Explorers receives the grid reference you will be sent a pack which will contain:

- Activity sheets to help you start exploring your Wildsquare immediately
- Fact sheets containing exciting information about the wildlife and plants you are likely to find in your Wildsquare
- A bird feeder
- A laminated map of your Wildsquare to keep
- A guide to reading maps
- A folder for keeping all your Wildsquare information together.

Once you have registered your Wildsquare with us you can start exploring straight away. There will be lots of exciting things just waiting to be found.

Contact details

- Ordnance Survey Tel: 08456 05 05 05. For Northern Ireland: 028 9025 5783.
- Send your grid details to: Wildsquare, RSPB Wildlife Explorers, The Lodge, Sandy, Bedfordshire, SG19 2DL.

There are lots of ways in which your girls could get involved in protecting wildlife



The trip was extra special as Carly was also celebrating her 18th birthday.

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.



All money raised was donated to the Donkey Sanctuary and Lucy proved to be an impeccably behaved Brownie.

We are now awaiting the consultant's examination, when I am sure this condition will be confirmed in our daughter.

● If you would like more information about dyspraxia contact:
The Dyspraxia Foundation
8 West Alley
Hitchin
Hertfordshire SG5 1EG.
Tel: 01462 454 986.

I have recently returned from a weekend at Glenbrook where level 2 was being

Mike Pickering
County D of E Advisor
Cambs West Guides

G Simpson
Leicester

What date is Mother's Day this year?



GIVEAWAY GIVEAWAY GIVEAW

Keep smiling through

Here are Lara and Kate from the 3rd Shirley Brownies tucking into their picnic on Brownie holiday.

Unfortunately, during the holiday it rained most of the time, but these sunny smiles must have brightened things up.



KATE MARSDEN

Handcuffed!

Jessica, Megan, Katie and Jade from the 26th Hull Princess Avenue Rainbow Unit, enjoyed a visit from their community policeman recently for a 'Stranger Danger' evening.



Award celebration

All the 6th Warminster Guides got in on the celebrations when three girls in their unit gained their Baden-Powell Trefoil Awards.

At a special evening, Ceri Wilmot, Zoe Arnold and Ella McCance were presented with their awards by Wiltshire South County Commissioner, Christine Frowde.

During the evening some of the other Guides took part in a fashion parade of Guide uniforms through the ages.



PAULINE JARVIS

Getting started

The 1st Dordon Guides were presented with their Starter Pack recently by the Chairman of Tamworth Trefoil Guild, and the County Secretary of Staffordshire Trefoil Guild, Monica Roberts.

The girls couldn't wait to get started and they all had a most enjoyable evening planning what to do first.



Faraway friends

A group of Guides from Sussex were chosen to attend an international friendship session at Our Cabaña in Mexico recently.

The girls spent the week with 60 Guides from countries such as Colombia, Canada, Japan and Venezuela.

As well as helping out on an ongoing project in the local community, they also learned several traditional Mexican crafts, enjoyed the local culture and took part in many team-building activities.



HAZEL EDISS

Behind the scenes

These three Brownies from Lothian are enjoying a trip around the set of the Yorkshire Television production *Mr Micawber*, which stars David Jason.

The girls spent time in an 1820's London street — with shops, carts and Mr Micawber's house built right over the garage of The Guide Associations' offices in Edinburgh!



DOT PRINGLE

GIVEAWAY GIVEAWAY GIVEAWAY GIVEAW

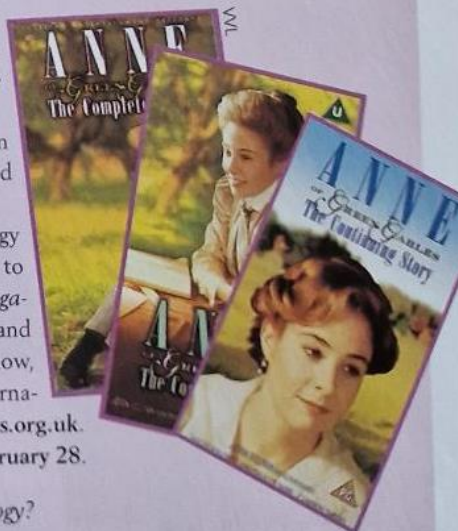
Anne of Green Gables

The ever-popular 'Anne of Green Gables', based on the timeless classic by Lucy Maud Montgomery, has been released on video in one special trilogy box from Vision Video Ltd.

Megan Follows stars as orphan Anne Shirley who is sent by mistake to elderly brother and sister (played by Richard Farnsworth and Colleen Dewhurst). The story follows her struggles as an adolescent, her triumphs as a young woman, her adventures as an accomplished young teacher and finally, her search for the love of her life.

Anne of Green Gables is on sale at high street retailers, priced at around £24.99.

Guiding magazine has six trilogy sets to give away. For a chance to win one, write to *Guiding magazine/Gables*, with your details and the answer to the question below, at the address on page 3. Alternatively, e-mail guiding@guides.org.uk. All entries to arrive before February 28.



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Barbie@Barbie.FM

Barbie@Barbie.FM in Shipton-on-Cherwell, Oxfordshire was the centre of attention recently when it hosted a radio show for the first time during half term.

Barbie.FM was the idea of two sisters, Amy and Hattie Freeman, whose father David, a television presenter, suggested the idea to them.

The show was hosted by Patsy Kensit and other celebrities including Kate Winslet and Jamie Lee-Grace, and covered subjects such as music, animals, pop stars and fashion.

The 1st and 2nd Woodstock Brownies were invited along to the special launch where they took part in quizzes, phone-ins and celebrity interviews. Here they are with former Blue Peter presenter Janet Ellis and her daughter Sophie Ellis-Bexter.



GILL RANWORTH

New home

Members in Colyton had the pleasure of welcoming the Chief Guide to perform the opening ceremony of their new headquarters.

It has taken four years from the initial concept to the official opening and over £56,000 was raised through Charity Aid Foundation Trusts, donations, loans, fund raising and a small lottery grant.



CHRISTINE SANSON

Wedding party

When Elizabeth Samuels went back to North Yorkshire to marry her fiancé Andrew, the Rainbows and Brownies in her unit were determined not to miss out, so they threw a wedding party of their own on the newlyweds' return.

Dressed in their best, Brown Owl played 'vicar', 'Snow drop' Best man and, just for the night, Andrew became 'Buttercup'.

The girls prepared the party food – complete with cake – and decorated the room with balloons, streamers and silver horseshoes which they had made themselves.



In the bank

The 1st West Wickham Brownie Pack and Bromley Councillor Martin Lockwood – who is chairman of the Environmental Services Committee – helped to launch a scheme with RECOUP (REcycling of Used Plastic containers Ltd).

This will see plastic milk bottles collected for reprocessing into items such as compost bins, recycling boxes and garden furniture. Many people now buy milk in plastic bottles and so banks have been situated near selected Sainsbury's stores.

The Brownies, who are keen recyclers, held a competition to see who could collect the most bottles. Amy Wolfe (left) was the winner and the first to pop a bottle in the bank!



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magazine

Teens with a cause

Adolescence is often a time of idealism and strongly-held beliefs. So what are the issues that capture your girls' interest and how can you keep informed?

Special needs

The latest article in our series about medical conditions looks at anaphylaxis, its causes, symptoms and treatment.

Animal magic

Our fantastic activity ideas are inspired by the animal and insect world. There's loads of things to make – including a butterfly purse, ladybird mobile and piggy biscuits. Plus we have some great games for both noisy, and quieter moments.



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