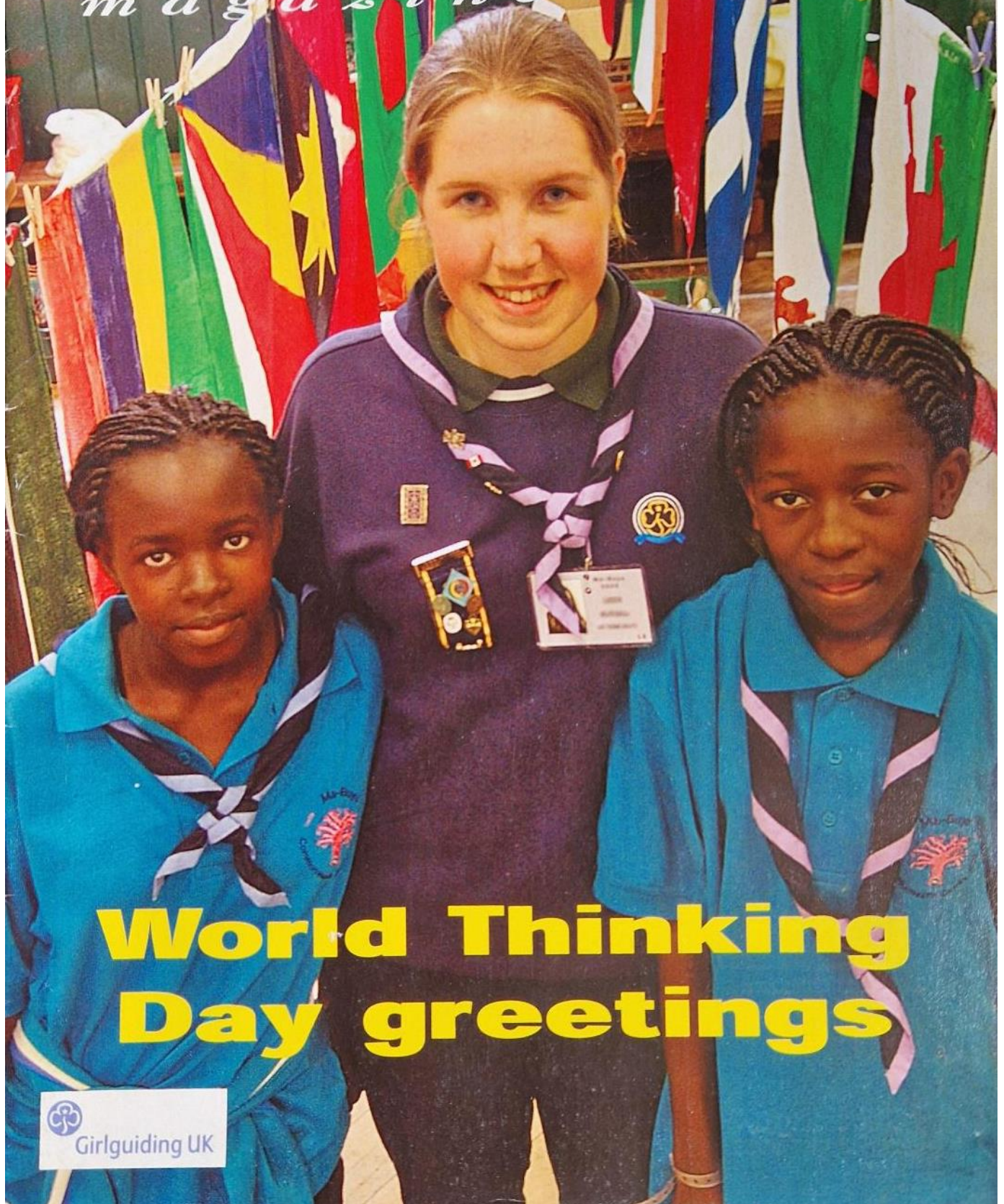


FEBRUARY 2004 £1.80

# Guiding

*m a g a z i n e*



**World Thinking  
Day greetings**



Girlguiding UK



Contact Information:



Girlguiding UK



# Welcome

The full implementation of the Disability Discrimination Act 1995 comes into effect this year, so it is more important than ever for members of Girlguiding UK to take reasonable steps to include girls, young women and adults with disabilities. The *You and Me Together* booklet – free with this month's issue – introduces the Girlguiding UK Disability Awareness Challenge, which will run for a year. I hope that you and your unit will take this opportunity to raise the profile of disability.

The *You and Me Together* challenge is all about helping Leaders and their units to gain a greater understanding of the issues that surround disabilities and the barriers that people with disabilities face on a daily basis. The booklet is full of activities and helpful hints to enable girls to learn together, share experiences and make choices — while having fun. The challenge is divided into three sections and a badge and certificate is available on completion of all sections.

I'd like to wish every member good luck with the challenge and hope that it enables you and your unit to look at disability from a new perspective.

**Nicky Bull**

Girlguiding UK Adviser for Members with Disabilities

## ACTIVATE

Celebrate the International Year of Rice with our tasty recipes, great games and creative crafts from rice-growing countries.

Volume 93 Number 2 February 2004 £1.80

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#### ALTERNATIVE OVERNIGHTS

Ideas for holidays and camps with a difference

### GUEST WRITERS



Find out how Guider Suzie Hellyer has surprised herself through the Chief Guide's Challenge



Membership Development Manager Liz Harris reviews Recruitment Week 2003

### FRONT COVER

Cover photograph by Laura Ashman

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## OPPORTUNITIES FOR MEMBERS

### FEBRUARY

- **20-22** Get Global events (places available at Hautbois and Cardiff, see September's Hotline).
- **21** World Thinking Day services, London (no tickets left).
- Girlguiding UK Disability Awareness Challenge is launched (see enclosed booklet).

### MARCH

- **18** Take our Daughters to Work Day (visit [www.girlguiding.org.uk/daughters](http://www.girlguiding.org.uk/daughters) and see the booklet in December's issue).

### APRIL

- Girlguiding UK Walks for the World is launched (see November's issue, page 19).

### MAY

- **20** Annual Event at the Mermaid Theatre, London (see page 9).

## NEWS IN BRIEF

### PERSONAL DETAILS FORM

Make sure you don't throw away your personal details form that came bagged with this issue of *Guiding* magazine. You will need it when you complete your census form.

### BROWNIE MAGAZINE

From the January 2004 issue, the cover price of *Brownie* magazine has risen by 5p to £1.45. Annual subscription to the magazine now costs £21.30 for the UK. For subscription enquiries and overseas rates, please call **01778 391 188**.

### BIRTHDAY BADGE

Brownies may wear the 90th birthday cloth badge on their uniform until they move on to Guides.

The pin badge can be worn by anyone who would like to support Brownies, whether they are still a member or not. This can be worn for one year.

Cloth badges can be put on camp blankets by all.

### CHEAPER LAND LEASES

Local authorities now have greater freedom to sell or lease their land at discounted rates, thanks to the General Disposal Consent 2003.

This piece of legislation means that Local Authorities are now allowed to sell or lease land (provided that the undervalue isn't more than £2 million) at discounted rates as long as the land will be used for the economic, social or environmental well-being of the area.

As local guiding contributes to these three things, make sure you mention the General Disposal Consent 2003 if you are negotiating with your Local Authority for the renewal of your lease or the purchase of land.



## Winning design

Brownie Grace Baxter was delighted to win a competition to design a Christmas card for Meg Munn, MP for Sheffield Heeley.

Grace, from the 64th Norton Lees Pack, impressed Meg with her colourful design of gifts under a Christmas tree.

The card was sent to various community groups, individuals and organisations that Meg was involved with during 2003.

Meg presented Grace and Katie Elson – who came second in the competition – with House of Commons gifts, including a teddy bear and chocolate. She said: 'All of the Brownies' pictures were really good and it was hard for me to choose a winner amongst them, but Grace's picture was cheerful and I thought that it would make people smile.'



Meg Munn with Grace Baxter (left) and Katie Elson

LOUISE BALDOCK

## AROUND THE REGIONS

**NORTH WEST ENGLAND** Girlguiding Cheshire Forest raised £1,600 towards its next County weekend by holding a carols and readings service at Eaton Hall, Cheshire, followed by supper. ● More than 1,400 Rainbows and Brownies from Cheshire Forest visited Father Christmas in his Peter Pan grotto at the County's camp site in Pettypool. The girls each received a gift, took part in crafts and watched a nativity play performed by Guides from the County.

**ANGLIA** Girlguiding Hertfordshire had a very successful Recruitment Week attracting five new Leaders and seven helpers. ● BBC East visited a Brownie unit in Letchworth to film interviews with the girls and Leaders. ● Hertfordshire launched its Brownie Adventures resource which contains 50 instant adventures covering a range of topics including animals in danger, fire safety and friends.

**LaSER** Brownies, Guides and young adults from London North West and Sussex East represented Girlguiding UK at the Lord Mayor of London Show. ● More than 4,000 Brownies and their Leaders took part in a Region celebration of the new Brownie programme at Butlins in Bognor Regis. The weekend event gave the girls the chance to take part in a residential event, try out new activities and ideas from the programme and to meet other Brownies from around the Region. ● Girlguiding Greater London Kent has been awarded the Investors in People Standard.

● Do you have any interesting news from your Country or Region? If so, let us know by writing to the address on page 30.

# HAVE YOU TAKEN UP THE CHALLENGE?



In June the Chief Guide challenged all members to develop their unit programme, try something different, and extend their horizons in a surprising way. The Chief Guide's Surprise Yourself Challenge runs until July this year, so there's still time to take part.

The challenge is split into four categories:

- Do something you haven't done before
- Do something for your local community
- Do something to benefit guiding
- Tell or show others what guiding is about today.

The challenge can be completed individually, in Sixes or Patrols, or as a unit. A special badge is available for those who complete at least one challenge from each section (order code **2399**, price 68p).

Guider Suzie Hellyer, from Chichester, did something she hadn't done before when she donated bone marrow to help a person with leukaemia.

Sandra Lucas, a Guider with the 382nd Liverpool Brownies surprised herself by overcoming her fear of water, which she had had since she was a young girl.

Following a holiday in Portugal, where she was too frightened to go into the water to cool down, Sandra booked swimming lessons at her local pool.

After 18 months of lessons she took part in a sponsored swim, completing 32 lengths to raise money for a local cancer hospital. 'I could hardly believe my achievement,' Sandra said. 'I really love swimming now and would tell anyone who is reluctant to try new things because of a fear to go for it — you might surprise yourself.'



Guider Suzie Hellyer surprised herself by donating bone marrow

If you need inspiration, the Surprise Yourself Challenge poster that came free with June's *Guiding* magazine will give you lots of ideas.

- If you have already completed challenges, or are planning to, we'd love to hear from you. Please write to us at the address on page 30 or email [guiding@girlguiding.org.uk](mailto:guiding@girlguiding.org.uk).

## Olympics of the imagination

The Chief Guide, Jenny Leach, has been invited to judge the Visa Olympics of the Imagination (VOI) competition alongside Olympic Gold medal winner Steve Redgrave.

VOI is an artistic competition open to children aged nine to 13. Under the theme 'Create a better future', entrants are required to:

- Draw or paint a picture showing how the Olympic Games can create a better future (no bigger than 42cm x 42cm, on paper or poster-board only).
- Create a descriptive title for the artwork.
- Write a paragraph of no more than 50 words about how the image represents these ideas.

The competition is open to people in the UK and 16 other countries. The Chief Guide will be among those judging the UK section at London Zoo. The prize for the winner is a trip to Athens for the 2004 Olympic Games.

For an entry form visit [www.visavoi.co.uk](http://www.visavoi.co.uk) or write to: Visa Olympics of the Imagination 2004, New Bridge Street House, 30-34 New Bridge Street, London EC4V 6BJ. The closing date for entries is **March 31**.

## Assistant Manager: Training Foxlease

c£21,888 p.a. plus benefits

Girlguiding UK's Training and Activity Centre in the New Forest, is looking for an Assistant Manager: Training.

Supporting the Centre Manager, the Assistant Manager: Training will be responsible for all the functions related to the provision of residential leadership training, programmed events for young people and leisure events at Foxlease. You will contribute to the planning, development and implementation of the strategic level objectives within the Foxlease Business Plan and effectively manage the revenue budgets.

The successful candidate will have experience of the provision of leadership training, leading and managing a team, delivering excellent customer service, marketing and promotion to achieve income generation targets, and managing projects and routine tasks with conflicting priorities.

To apply online please visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk). For an application form, call **020 7592 1892** or email [hr@girlguiding.org.uk](mailto:hr@girlguiding.org.uk).

The closing date is **February 28**.



**Girlguiding UK**



INVESTOR IN PEOPLE

# ON BUDGET

By Jocelyn Hetherington  
Chair of Programme Group

## UNDERPRICING YOUR SUBSCRIPTIONS DEVALUES WHAT GUIDING OFFERS

Whether you're a Rainbow Guider looking forward to the new programme and concerned about resourcing it; a Brownie Guider who's just supplied all the resources and needs to plan for the next group of recruits; or a Guide/Senior Section Guider continuing to provide an exciting programme, we all need adequate funds.

### GETTING WHAT YOU NEED

Prior to the introduction of the Guide and Brownie renewal programmes, everyone was encouraged to save, budget and fund-raise. This proved helpful to many units.

Guiders and girls were so enthused by the renewed Brownie programme they wanted all of the resources right at the start. We're predicting it will be the same when the new Rainbow programme is implemented in the autumn. Here's a look at how to budget, fund-raise and apply for funds and grants so that you can afford everything your girls want and everything you need to organise your unit programme.

### Preparing a budget/setting a realistic amount for subs

Income	Info from	10th Anytown
Subs	See below	
Gift Aid	accounts*	£200
Other	accounts	nil

Expenditure		£
Census	accounts	280
Badges	accounts	40
Materials / activities	accounts	150
Admin / photocopies	accounts	60
Use of Hall	accounts	280
Projects / resources	your unit programme plan	100
Other		
Total		910

Assuming Income = Expenditure

Subs + £200 = £910      Subs must raise £710

Assumptions	3 terms	36 weeks
Number of girls	20	
Calculate subs	$710 \div 3 + 20$	$710 \div 36 + 20$
	£11.83	98p
Realistic amount	£12	£1

\* Use your existing unit accounts (see 'Planning ahead' above)

### PLANNING AHEAD

Every unit publishes a set of accounts each year. You can use the information from these, together with your aspirations for the next year, to set a realistic amount for subs.

Put away the 'We have always done it this way' thoughts and open your mind to new possibilities.

### TERMLY SUBS

Many units set an amount for subs which covers all of the unit's operational costs, including the census. A template for calculating subs and budgeting is below left and is also available at [www.girlguiding.org.uk](http://www.girlguiding.org.uk) along with some useful information prepared by Gill Lake, Bedfordshire County Treasurer.

Guiding is competitively priced with other activities girls undertake so don't be afraid to set a realistic amounts for your subs. Consider what you're asking for in terms of everyday costs, for example:

**Weekly subs:** 50p-£1 — the equivalent of a chocolate bar or a packet of crisps and can of drink.

**Termly subs:** £12-£15 — the equivalent of buying a girls' magazine every third week throughout the year or a takeaway meal once a month.

### FUNDS AND GRANTS

Grants and funding differ across the UK so you'll need to ask your local Commissioner or the Council for Voluntary Services (CVS) in your District for details.

Usually you'll need to send a letter of application and/or complete a form and sometimes make a presentation to a committee.

Look at the qualifying criteria and ensure that you use the right language and avoid jargon. Ensure that the funding is available for the appropriate age group and find out about the provider. If, for example, it is community funding, give examples of community activities you've done. Usually there is a limited amount of funding available so you'll need to make your application stand out and be noticed.

Don't forget to mention that all Leaders are volunteers, Girlguiding UK is the largest organisation for girls and young women in the UK, and that it focuses on developing girls in all areas. Useful quotes include: 'Almost a quarter of eight-year-old girls in the UK are Brownies'; and 'There more members of the Senior Section than there are students at Oxford University'.

Also mention how you self-finance with operational costs met by the girls' subs and fund-raising. You could even mention your fund-raising activities, for example, a coffee morning or sponsored event, or if you're taking part in this year's Girlguiding UK Walks for the World fund-raiser.

# RECRUITMENT WEEK

## NEW VOLUNTEERS CAME FORWARD ACROSS THE UK

By Liz Harris  
Membership Development  
Manager, CHQ

Recruitment Week 2003 was a great success after more than quadrupling the number of volunteers that come forward in an average month.

Having seen the publicity asking for volunteers, 280 people contacted Girlguiding UK while many other volunteers were recruited directly by local guiding. The 1st Falfield and Stone Brownies recruited volunteers while bag packing in their local supermarket and Girlguiding Giffnock recruited a Leader after a library display and a mention on local radio.

### A NEW CAMPAIGN

Almost a half of the enquiries received at CHQ were from women living in the three counties piloting an advertising campaign — Girlguiding Edinburgh, Girlguiding Wiltshire North and Girlguiding Hertfordshire.

Through a mixture of direct mail, radio and press adverts and articles, as well as other local initiatives, Girlguiding Edinburgh was rewarded with a response of almost 70 volunteers in just two weeks. Girlguiding Wiltshire North and Girlguiding Hertfordshire had fewer responses but still raised awareness of guiding in their local areas.

The campaign in these three areas centred on the theme 'Avoid the premature signs of ageing'. This was designed to challenge misconceptions of guiding as being old fashioned and to challenge those with a jaded attitude to life to have some fun by volunteering as a Leader. The results of the campaign were worthwhile, although some people felt that it was a controversial statement for Girlguiding UK to use.

### IN THE NEWS

The publicity generated was amazing. Recruitment Week was featured on TV, radio, in national and local newspapers and on numerous web sites. The *Daily Mail*, *Sunday Express*, BBC local news, *The Terry and Gaby Show*, at least 15 local radio stations, BBC Radio Scotland and more than 25 local newspapers took up our story.

The responses that we received from the week are currently being reviewed. Once the final results are in, Recruitment Week 2003 will be evaluated fully and the results used to help us plan the most successful ways to recruit more Leaders.

### MAKING HEADLINES

Girlguiding Lincolnshire South received a lot of media coverage during Recruitment Week. Member Phyll Sands said:

'The County really did well in broadcasting Recruitment Week. The County Commissioner spoke twice on local radio, and Brownie Packs from Lincoln and Grantham appeared on BBC Look North, and BBC East Midlands, with Leaders speaking about the waiting lists.

'We had one Guider come forward during the week and since then volunteers have come forward from Lincolnshire South and neighbouring counties.'



Girls from the 1st Falfield and Stone Brownies packed bags at their local supermarket during Recruitment Week



Division Commissioners Margaret McFadden and Margaret Murphy, from Girlguiding East Belfast, were Recruitment Week high-fliers!

# EXECUTIVE NEWS

A SUMMARY OF THE JUNE AND OCTOBER EXECUTIVE COMMITTEE MEETINGS

## JUNE

### NATIONAL HONOURS

The following received National Honours in the Queen's Birthday List:

- Mrs Jean Eburne, South West England, MBE
- Miss Dorothy Hadingham, LaSER, MBE
- Mrs Sheila Steele, Midlands, MBE
- Mrs Jean Hinchliffe, North East England, MBE
- Mrs Catherine Love, Scotland, MBE
- Mrs Margaret Kinninmonth, Scotland, MBE.

### GIRLGUIDING UK AWARDS

The following members have received Laurel Awards:

- Mrs Nikki Bird (Guide Guider and Division International Adviser, Writtle Division, Essex North East)
- Mrs Tricia Dundas (County Commissioner, Hertfordshire)
- Mrs Margaret Hillman (Brownie Guider, Clwyd)
- Ms Lesley Holroyd (Guide Guider and Division Commissioner, West Rhine, BGIFC)
- Mrs Patricia Mayle (District Assistant, Swinton West, Greater Manchester West)
- Mrs Sheila Otter, (Guider and Assistant County Commissioner, Cambridgeshire East)
- Mrs Anne Service (Brownie Guider and County Pack Holiday Adviser, Edinburgh).

### GUIDERS' FEES AT FOXLEASE AND WADDOW HALL

Fees at Foxlease and Waddow Hall for 2004 would be:

- Single — £31.80 (24 hours), £63.60 (weekend).
- Twin — £26.40 (24 hours), £52.80 (weekend).
- Shared — £25 (24 hours), £50 (weekend).

- For more information, please call Foxlease on 02380 282638, email [foxlease@girlguiding.org.uk](mailto:foxlease@girlguiding.org.uk) or Waddow Hall on 01200 423186, email [waddow@girlguiding.org.uk](mailto:waddow@girlguiding.org.uk).

Turn to page 25 for details of forthcoming events at Foxlease, Waddow Hall and other Girlguiding UK Training and Activity Centres.

## TREFOIL GUILD

Billy Everett, Chairman of the Trefoil Guild, was delighted to announce that Lady Juliet Townsend had agreed to continue as President of the Trefoil Guild for one further year, and would then become Patron.

Jubilee scarves and souvenirs were selling well around the country. Some towns had special floral displays to celebrate the Jubilee.

## APPOINTMENTS

The following Committee Appointments were ratified:

- **Chairman: Trading Service Board** — Mrs Liz Burnley, from January 1, 2004.
- **Chairman: The Trefoil Guild** — Miss Elizabeth Ferrier, from November 1, 2003.
- **Olave Baden-Powell Bursary Fund Committee Members** — Mrs Maggie Molyneux and Mrs Barbara Williams, from October 1, 2003.
- **Foxlease Management Group** — Miss Marion Banks, from June 1, 2003 and Mrs Pam Baker, re-appointment for a further two years, from February 1, 2003.
- **Finance and General Purposes Committee** — Mrs Gill Lake, from September 11, 2003.

## OCTOBER

### AWARDS

The following members have been awarded the Laurel Award:

- Florence Hartley, Girlguiding Ulster
- Anne Reeves, Girlguiding LaSER
- Jennifer McLean, Girlguiding

Scotland

- Pamela Sutton, Girlguiding Wales
- Jacqueline Weir, Girlguiding Ulster
- Jane Pelos, Girlguiding Scotland
- Anne Robinson, Girlguiding Midlands
- Jacquie Dixon, Girlguiding South West England.

The following members have been awarded the Star of Merit:

- Lucy Savage, Girlguiding LaSER
- Sarah Davidson, Girlguiding South West England.

## EUROPE CONFERENCE

The WAGGGS Europe Conference will be held in Iceland in April 2004. The UK delegation has held its first meeting.

## THE OLAVE AWARD

This award, made by WAGGGS, is given to local guiding for service in the community. Details and nomination forms are now in circulation in Countries and Regions.

## SENIOR SECTION RESIDENTIALS

The Guiding Manual rules were agreed for peer-led Senior Section residential events. Guidelines for these events can be found in *Hotline*, November 2003. Rules will be included in *The Guiding Manual*, 4th edition, to be published in January, 2004.

## BIG GIG

It was agreed that two concerts will be held on Saturday October 16, 2004 at the Manchester Evening News Arena. See page 17 for more information.

### BROWNIES' 90TH BIRTHDAY

A badge logo and selection of gifts to celebrate the Brownies' 90th birthday can be found in *Guiding* magazine, January 2004, page 10. As the Brownie Renewal has been a major focus of 2003, it is anticipated that celebrations will be local rather than large-scale.

### HANDLING CONCERNS AND COMPLAINTS

A policy for handling concerns and complaints has been agreed, and a procedure will be piloted in two Countries and Regions.

### TREFOIL GUILD

This was the last report from Billy Everett, as she was handing over the chair to Elizabeth Ferrier with effect from November 1, 2003.

Billy reported that the Diamond Jubilee celebrations had exceeded all expectations, with services and celebrations taking place nationwide.

### BUDGET AND WORKPLAN 2004

The Budget and Workplan was accepted by the Executive Committee. The Honorary Treasurer said that close monitoring of all expenditure would continue.

### GROUP ADVENTURE HOUSES

Building work will begin shortly on the new Group Adventure Houses to be built at Foxlease and Waddow. Congratulations were recorded to Waddow for its success in gaining £150,000 from the Community Fund.

### YOUTH FORUM

Innovate will be held at eight-monthly intervals instead of as an annual event. This will enable more young women to take part. This will be reviewed in 2006.

### APPOINTMENTS

The following appointments were ratified:

- **Guiding Development Committee** — Caryn Parker and Emmeline Kirton, from October 16, 2003.
- **Programme Group** — Pat Bennett and Michelle Dyer, from October 16, 2003.
- **Marketing and External Relations** — Pam Goundry and Ellen Pringle, from October 16, 2003.
- **Chair, British Youth Council** — Alexandra Weir, from August 31, 2003.

The following appointments were noted:

- **Chief Commissioner, North West England** — Wendy Graham, from December 1, 2003.
- **Girlguiding UK Arts Adviser** — Sue Cimadoro, from July 1, 2003.
- **Archive Consultant** — Pam Hudson, re-appointed for a further two years, from September 1, 2003.

# Leaders Look Out!

See next month's *Guiding* magazine for further details of this year's

## Annual Event

An opportunity to celebrate 2003. Join in the fun on May 20, 2004 at the Mermaid Theatre to look back at the amazing achievements that made Girlguiding UK shine!



Girlguiding UK

To apply now send your name, address, daytime tel no and or email address, number of tickets requested and details of any guests with special needs/disabilities to: Celebration 2004, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT, email: [guidingsupportservices2@girlguiding.org.uk](mailto:guidingsupportservices2@girlguiding.org.uk) or call on 020 7834 6242. Open to all adult members and Senior Section.

# CENSUS 2004

## HERE'S A GUIDE TO THIS YEAR'S CENSUS FORMS

By Liz Harris

Membership Development Manager, CHQ

It may feel as though it was only last month you were completing the forms for census 2003, but it's that time of the year again. It's time to find out just how many people are involved in Girlguiding UK today.

While you'll find all the information you need to fill out your census forms in this month's *Hotline*, here's a guide to what you need to know.

### PERSONAL DETAILS FORMS

All full and affiliate members should have received a form with this month's *Guiding* magazine. Don't throw it away! Please check the details, read the information in *Hotline* and make any necessary amendments. The information on warrant dates in *Hotline* is very important. This form should then be passed on, with any other completed forms, to the person collating forms in your area.

### UNIT FORMS

These are very similar to last year's forms, with a few minor changes to improve both the ease of completing the forms and the accuracy of the information collected. There is also a new question on each of the forms as detailed in December's *Guiding* magazine (page 8).

### LONES

Lone unit Leaders should complete the Lone unit forms (C/LN), which are available from your Country and Region office. Completing these, rather than the general unit forms, helps areas to assess the spread of Lone guiding.

### YOUNG LEADERS AND NON-AFFILIATE UNIT HELPERS

If your unit receives help from Young Leaders and non-affiliate Unit Helpers (such as Unit Helpers who don't pay subscription), please complete the new C/OP form. Information on how to complete this form and what it will be used for is in this month's *Hotline*.

### ONLINE AND ELECTRONIC VERSIONS

The census forms are again available online. They can be completed either online or in printed form. The bonus of completing them online is that, if you have the latest version of Adobe Acrobat Reader, the totals will be calculated for you!

### MAKING COMPARISONS

In the meantime, you may want to interpret the data from census 2004.

Compare the number of members to census 2003. How has it changed? Why has it changed? What do you expect the number to be in 2005?

Compare the number on the waiting list to 2003. How many extra volunteers do you need for the number of girls who are the right age to join? How many members can you expect to have in two years' time?

How much money could the unit be claiming through Gift Aid? To calculate this add up the amount paid by a girl for each year in subscription money plus the census subscription. Multiply this by the number of girls in the unit and then multiply by 0.28. This number is the approximate amount your unit could be claiming.

### FURTHER INFORMATION

More detailed information about completing the census can be found on the back of the census forms and in this month's *Hotline*. Or you can visit [www.girlguiding.org.uk/census](http://www.girlguiding.org.uk/census).

If you want more advice on recruitment or Gift Aid, contact the Membership Development Team at CHQ on 020 7834 6242 or email [census@girlguiding.org.uk](mailto:census@girlguiding.org.uk).

LAURA ASHMAN



Census forms can be completed either online or in printed form

# OFF TO WORK AGAIN

**AS TAKE OUR DAUGHTERS TO WORK DAY 2004 APPROACHES, HERE ARE SOME PARTICIPANTS' STORIES TO INSPIRE YOU**

By **Suzannah Povey**  
Sponsored Projects Coordinator, CHQ

In December's issue of *Guiding* magazine you received your *Take our Daughters to Work Activities for Units* booklet. Full of games and activities to run in your unit, it's aimed at making it easier to encourage your unit to participate in Take our Daughters to Work Day (TODTWD) 2004 on **March 18**.

As the day draws nearer, here are some stories from last year that show the value and experiences the girls can gain from the initiative.

## ON THE PITCH

**Jennifer Clark, from the 2nd Swanley Guides spent a day at the Fulham Ladies Football Club.**

'As we arrived at the ground we met a player who showed us around. We all got free football gear, signed posters and had a thrilling kick about!' Jennifer said.

'We got the chance to meet the players, all of whom have real 'girl power' and we chatted about the difference they have made to women's football. Everyone at Fulham was really interested that Girlguiding UK was still going strong, and running projects like Take our Daughters to Work Day.

'A few weeks later I went to see Fulham against Charlton in the Women's FA Cup final. It was a great match — and they won!' said Jennifer.

'It's a great idea to encourage younger girls to take up the game,' said Rachel Yankey, one of Fulham's top players.

Rachel speaks from experience. She took up football as a young girl, playing for the local boys team and with her brothers and male friends. At ten she joined a women's team before joining Arsenal. In her four years at Arsenal she managed to win every major national honour, something she puts down to enthusiasm.

'If you work hard it will pay off,' Rachel said.



Swanley Guides met the Fulham Ladies Football Team as part of last year's Take our Daughters to Work Day

## ON THE BEAT

**Guide Laura Johnston, from the 4th Wanstead unit, spent a day with the Metropolitan Police Press Office.**

'The day started early for me when my mum woke me up at 7am! My friend's mum then picked me up from my house and we went to the station to get the train to London.

'We were going to New Scotland Yard, the Metropolitan Police Head Quarters, to find out about a day in the life of a police officer. I soon found out that there was a lot more to a police station than I thought!

'We went into the room where all the interviews happen and saw where the police officers are trained before they go on TV. We then met Chris, Lindsey and Harry who design all the posters that go up around London. We saw the posters that have been made over the years and all the puzzles, pens, balloons and stickers that are used in the 'Safer London' campaign.

'I would like to thank Girlguiding UK for planning this day.'

## A DAY TO REMEMBER

Hopefully you and your unit will enjoy TODTWD 2004 just as much as Laura and Jennifer did in 2003. Remember to record all your visits on film if you can, as we are always looking for good photos! Don't forget to order your TODTWD badges from Trading Service, order code **2543**, price 50p.

We'd love to hear about your Take our Daughters to Work Day 2004 — where you went and what you did — so write to us at the address on page 30 or email [daughters@girlguiding.org.uk](mailto:daughters@girlguiding.org.uk).

# KITTED OUT

REGISTER YOUR UNIT WITH THE KINGSMILL KIT FOR CLUBS SCHEME FOR A CHANCE TO WIN 25,000 TOKENS



Could your unit do with some new tennis racquets? Camping equipment? Maybe a first aid kit? If you could, then the Kingsmill Kit for Clubs scheme is just for you.

The scheme involves collecting tokens from special packets of Kingsmill bread which can then be exchanged for free sports kit and equipment. There's no limit to the number of tokens you can collect and exchange.

## GET COLLECTING

You will need 500 tokens to make an order. To get you started, here are some ideas for collecting as many tokens as possible:

- Ask your friends and family to collect tokens for you
- Put an advert up in a local community area and at your workplace asking people

to help collect tokens

- Get every unit member to tell at least three non-members about the promotion
- Hold a token raising event at your unit.

## GET REGISTERED

The Kit for Clubs scheme runs until **December 31** this year, but if you register before **April 30** you can go into an exclusive Girlguiding UK draw to win one of four prizes of 25,000 tokens.

To register your unit, log on to [www.kingsmillkitforclubs.co.uk](http://www.kingsmillkitforclubs.co.uk) or call **0870 60 60 090** (calls charged at national rates). Enter the code **GUI004** into the code box and you will be entered into the free prize draw. If you have already registered we will automatically enter you into the draw so you don't need to take any further action.

Terms and conditions. 1. Only Girlguiding UK Groups are eligible to enter the Free Prize Draw. 2. There are four prizes of 25,000 bonus tokens to be won. Closing date April 30, 2004. 3. Details of the winners will be available by emailing [guidesfpd@kingsmillkitforclubs.com](mailto:guidesfpd@kingsmillkitforclubs.com) after May 31, 2004. 4. Winners may be required to take part in any publicity accompanying or resulting from this promotion. Photographs of the winners may be used in the press. 5. All winners will be subject to a verification process. 6. There is no cash alternative to any of the prizes. Promoter: (in the UK) Allied Bakeries (a division of ABF Grain Products Limited), Fairfield Avenue, Staines, Middlesex, TW18 4BA; (in RoI) Allied Bakeries Ireland (a division of ABF Grain Products Limited), Dept AA931, PO Box 4212, Dublin 2. Do not send any correspondence to these addresses.

## Want to learn more about Public Relations and Displays?

Girlguiding UK's Public Relations team will be holding trainings over three weekends this year:

February 28-29 in London

June 5-6 in Birmingham

October 2-3 in Edinburgh

Training on PR and Media will take place on Saturdays, while the Sundays will be on Displays and Identity.

You don't need to be a PRA to attend — all are welcome. Participants can come to either Saturday, Sunday or both.

Contact Debbie Flatley in the CHQ Public Relations Team on **020 7834 6242** or email: [DeborahF@girlguiding.org.uk](mailto:DeborahF@girlguiding.org.uk)

*'It was great exchanging ideas with everyone'*

*'Sharing and getting support were the best for me'*

*'Brilliant day — I enjoyed every minute of it!'*



**Book now, as places are limited!**



Girlguiding UK

# BROADEN YOUR HORIZONS

## USING YOUR GUIDING EXPERIENCE TO BECOME AN ACTIVITY INSTRUCTOR IS A GREAT OPPORTUNITY

By Bryn Beach, Kevin Loble and Beverly Whiteside  
Assistant Manager, Blackland Farm; Assistant Manager (Facilities),  
Foxlease and Youth Programme Coordinator, Waddow Hall

The three Training and Activity Centres (TACs) owned by Girlguiding UK are professionally run and offer a wide range of activities in safe, secure surroundings.

We are currently seeking Activity Instructors and would like to recruit within the guiding community. We are hoping to find potential instructors who embrace the aims and ethos of Girlguiding UK and have experience of communicating their enthusiasm for guiding to others.

We have found that the wealth of guiding experience that previous Young Leaders have brought with them is vital in promoting the ethos of Girlguiding UK to all of the visitors to the TACs, but is especially important in providing excellent role models for visiting Guides, Brownies and Rainbows.

At the TACs, the Activity Instructors are at the forefront of delivering an extensive range of exciting outdoor activities to thousands of Guides, Scouts and school children. Each Activity Instructor has the training and experience to run a safe, exciting and enjoyable session, whether that is archery or abseiling, kayaking or climbing.

Working as an Activity Instructor at any of the three TACs is a hugely rewarding and informative experience for anyone, whether this is their first step into a career in outdoor activities or a one-off summer job.

We offer competitive rates of pay, modern accommodation and training opportunities. Mix this with a great social life and the summer sun and you can't go wrong!

HENRY IDDON



### THE CENTRES

- **Waddow Hall:** Set within 178 acres in Lancashire, we offer a broad range of activities from archery, canoeing and mountain biking to circus skills, giant games and grass sledging. We have offered activities to visitors for many years, not just to guiding groups but also schools, youth groups and conference groups.

Accommodation includes the Main Hall, five self-catering units and eight camp sites.

- **Foxlease:** A 65-acre site located in the heart of the historic New Forest, with three self-catering buildings, 14 camp sites and a grade 2 listed Georgian mansion. We offer a

wide variety of water and land based activities to accommodate both the adventurous and non-adventurous user. In addition we provide a varied programme of team-building events which are led by our fully-qualified instructor team.

- **Blackland Farm:** Here we offer a huge range of supervised activities from climbing and kayaking to abseiling and archery, as well as a host of unsupervised activities, which include giant jenga and grass sledging. We have over 30 camping sites and three residential buildings situated in 122 acres of woodland and fields in the Sussex High Weald.

## Camp Assistants

Blackland Farm, Foxlease and Waddow Hall Training and Activity Centres

We are looking for energetic, assertive team players for our 2004 camping season.

You will be responsible for the camp sites and ensure that they are equipped and ready for each camping group. In addition, you will be delivering excellent customer service to resolve potential queries.

During peak times you will also be required to work in the camp shop. Knowledge of camping and camp equipment is essential.

If you think you have what it takes to help our season be successful, please visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk). Alternatively, email [hr@girlguiding.org.uk](mailto:hr@girlguiding.org.uk) or call 020 7592 1892.

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## Activity Instructors

We are looking for motivated, energetic instructors to deliver our 2004 Activity Programme at centres across the UK.

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# A FAIR FIGHT

WE CELEBRATE INTERNATIONAL WOMEN'S DAY BY FOCUSING ON THE DIFFERENCE WOMEN ACROSS THE WORLD MAKE TO THEIR COMMUNITIES

By Isobel Durrant

In Rome they'll be demonstrating in front of the senate, challenging the Vatican for being against women. In California they'll be forming a giant illuminated peace symbol. In Jerusalem, Palestinian and Israeli delegations will meet with diplomatic embassies and missions. And in London they'll be marching to the US Embassy, protesting against war.

They are, of course, women and what they'll be doing is marking International Women's Day (IWD). Held on March 8 each year, IWD is a celebration of the economic, social, cultural and political achievements of women. It's a day when women who may normally be divided by ethnic, linguistic, cultural, economic and political differences, come together.

'International Women's Day is a celebration of the achievements of women'

While IWD has been celebrated since 1911, women have been fighting to gain equality with men since long before then — during the French Revolution, Parisian women calling for 'liberty, equality, fraternity' marched on Versailles to demand women's suffrage.

But while women are getting closer to equality with men, there's still some way to go. And some women have further to go than others.

## A LONG FIGHT

Aung San Suu Kyi was living a quiet life in Oxford with her English husband and their two sons, when her mother, a widow, became critically ill in 1988. Aung San returned to her native Burma to find the country in a state of political upheaval.

Thousands of monks, students and office workers took to the streets to demand democratic reform. Aung San, whose father had been a national hero in Burma's earlier fight for independence before being assassinated, joined the revolt against the then dictator, General Ne Win.

Before long she was leading the revolt and in 1990 her party won the national elections. She was put under house arrest and later released only to be arrested and detained in May last year following a brutal massacre of her supporters.

For the people of Burma, the 58-year-old represents their hopes of democracy. Internationally, she has become a symbol of peaceful resistance. It is all a far cry from the life she had planned. She has had to choose between her country and being with her family. She has been widowed, (her husband died from cancer in 1999), and was awarded the Nobel Peace Prize in 1991 (her sons accepted the award on her behalf).

## THE RIGHT RECOGNITION

It is only gradually that the role women play in resolving and preventing violent conflict has started to be acknowledged. Out of the 106 Nobel Peace Prize winners there have only been ten women or women's organisations to be awarded the prize.



Charities such as Oxfam support women's business projects in developing countries

In October 2000, in a statement to the United Nations Security Council, UN Secretary General Kofi Annan said: 'We know that conflict resolution, peacekeeping and peace-building calls for creative and flexible approaches. In all these areas, we have seen examples of women playing an important role... And yet the potential contribution of women to peace and security remains severely undervalued.'

In a bid to redress the balance, the first Millennium Peace Prize for Women was awarded to individual women and organisations who had 'made a significant and substantial contribution to peace at a local, national, regional or global level'. The prize, presented by the United Nations Development Fund for Women and International Alert, a human rights group, recognised the importance of women's peace-building work in war-affected communities worldwide.

### FEMALE INITIATIVE

One of the groups to receive the prize was La Ruta Pacifica de las Mujeres, a coalition of women's organisations working towards conflict resolution in Columbia, South America. Columbia has been in a state of war for more than 40 years. Many women have been displaced, members of their families have disappeared and their country's infrastructure and environment have been badly damaged.

La Ruta Pacifica de las Mujeres has united women from all over Columbia. It mobilises thousands of ordinary women to march to the most violent regions of Columbia to create public support for peace. The huge number of women marching helps to create confidence in other women as they stand up to the warlords and challenge the culture of violence. They have organised meetings between warring factions, once confronting armed guerrillas, placing carnations in their gun barrels.

### HELPING THEMSELVES

Of course, it's not just in times of conflict that women fight to improve the lot of their families and communities. Annan has commented on how women who are routinely excluded from decisions that govern their everyday lives – particularly in urban areas – 'start savings groups, agricultural programmes and sanitation campaigns' in desperation at the situations they find themselves and their families in.

Unfortunately all too often it's still very much a man's world. According to the UN, although rural women play a huge part in

agriculture in developing countries, they are 'frequently dependent on men for final decisions that affect their lives and those of their communities'.

However, there are instances where women's participation in local decision-making processes is increasing and the results speak for themselves. Where women form

**'All too often it's still very much a man's world'**

small cooperatives they are better able to attract credit and agencies which can initiate programmes for women.

In Fiji, rural women have established a co-operative thrift and credit society enabling them to mobilise savings and acquire loans. Meanwhile in India, women's groups joined together to express their dissatisfaction with the administration of community affairs. They gained representation on the locally elected councils and demanded that about 33 per cent of seats be reserved for women, not just in local bodies, but at state and national level as well.

### MAKING OPPORTUNITIES

In Mozambique, Oxfam supports a women's farmers' association. They work together, take their goods to market and divide the money they earn. Oxfam also supports the El Triunfo community in Guatemala for displaced people. The women grow green peppers, run a shop and have set up a collective to weave brightly coloured native dresses.

But as community member and grandmother Mercedes Utuy points out, charities can only do so much. 'We're grateful for what Oxfam has done for the community,' she says, 'But without our own collective work we wouldn't have got anywhere. That's what I always tell the other women — let's buckle down to work if we want progress. If we stay sleeping on our laurels, then nothing will ever get done.'

It mirrors Aung San's beliefs: 'It is only by creating conditions under which women are given an equal opportunity with men to develop their talents that our world will be able to reap the full benefits of a healthy community.' Women across the world are making her words a reality.

● The work of these inspiring women could form the basis for some interesting discussions and activities in your unit. For more information on International Women's Day and events in your area, visit the web site at [www.internationalwomensday.com](http://www.internationalwomensday.com).



Rural women play a huge part in agriculture in developing countries

### WORLD THINKING DAY

Guiding members across the world make a difference in their communities. As we think of members around the globe on February 22, here are just a few examples:

- The Guide Association in Argentina has been working hard to reduce the number of teenage pregnancies, reaching over 2,000 girls.
- Jamaican Girl Guides has set up a centre for deprived inner city girls where they can get an education in all areas of their life.
- Girl Guides and Girl Scouts in Turkey have helped those living in refugee camps, by collecting clothes, bed linen and school materials.

### SUPPORTING WAGGGS

The money raised through World Thinking Day helps WAGGGS to support and develop Guiding around the world. Last year an amazing £60,537.24 was raised.

You can also help support the work of WAGGGS by taking part in the Girlguiding UK Walks for the World fund-raising initiative during 2004 (see November's issue for more information, and look out for the booklet in April's issue).

- To find out more about WAGGGS visit the web site at [www.wagggsworld.org.uk](http://www.wagggsworld.org.uk).

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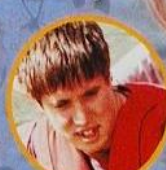
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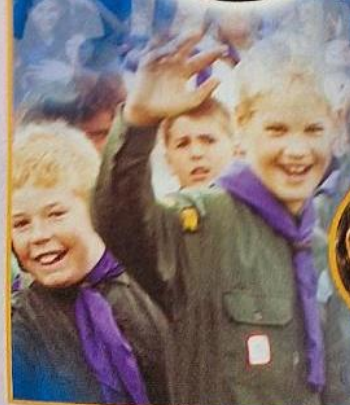
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February 2004

# Activate

**Celebrate the International Year of Rice!**

## What's hot

Find out more about the amazing world of rice with our themed pages.

There's something for everyone, including crafts, games and even a song and a story.

## Contents

### **Rice is life 2**

Why rice is important

### **Great grains 4**

Tasty recipes to try

### **Italian adventure 6**

Get a pizza the action

### **Kimono doll 8**

Paper-folding fun

### **Great games 10**

Games for all

### **Kolam designs 12**

Inspired by India

### **Reader ideas 14**

Sharing your activities

## Leaders' note

You can use some of the activities in this month's Activate to help celebrate World Thinking Day. For more ideas, see Activate, November 2003.

**Pull out and keep**

# Rice is life

The United Nations have declared 2004 the International Year of Rice, find out more about rice in our special Activate pages...

## Why a Year of Rice?

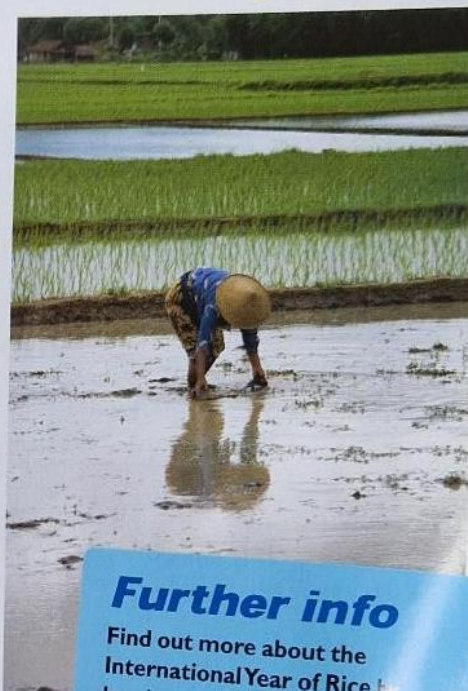
Rice is cultivated in 113 countries around the world and on all the continents except Antarctica. It forms the main source of food in 33 countries across the globe. These countries (many of which are developing countries) make up half the world's population.

The United Nations recognises that improved rice production would help go some way in solving world hunger and poverty. Millions of people in developing countries are involved in the production of rice. Making their production systems more effective would also help to improve their income and the economic systems of the countries in which they live.

To put it simply, the United Nations recognises that rice is literally life for millions of people around the world. This is why 2004 has been declared International Year of Rice.

### Leader's note

The facts and figures in these Activate pages come from the United Nations Food and Agriculture Organisation.



## Further info

Find out more about the International Year of Rice by logging on to the official website: [www.rice2004.org](http://www.rice2004.org).

## Different varieties

Scientists think that there are 140,000 different varieties of cultivated rice.

How many different types of rice can you find on the supermarket shelves? Bring some to the meeting so that the girls can see what it looks like. Some grains are white and others brown. Some rice is long and spiky, other rice is shorter and fat. Some rice turns more gloopy than others when it is cooked and others hold their shape better.

Different varieties of rice are used for different things. Put some of the rice into different dishes. Ask the girls if they can tell which rice would be good for making:

- An Indian meal
- A rice pudding
- An Italian risotto.

You may be able to cook some of the rice at your meeting. Choose two or three varieties and see what they look and taste like.

Try cooking some in water and some in milk. Ordinary long grain rice that has been cooked in milk will have a very different texture to short grain rice that has also been cooked in milk.

### Top tip

Try out some of the rice recipes on pages 4 and 5.

## Where's it grown?

Can the girls guess where in the world rice is grown? Try this quick game to find out. The girls should play in small groups.

Write the following countries down on to different pieces of paper. You will need to make one set for each group, Six or Patrol.

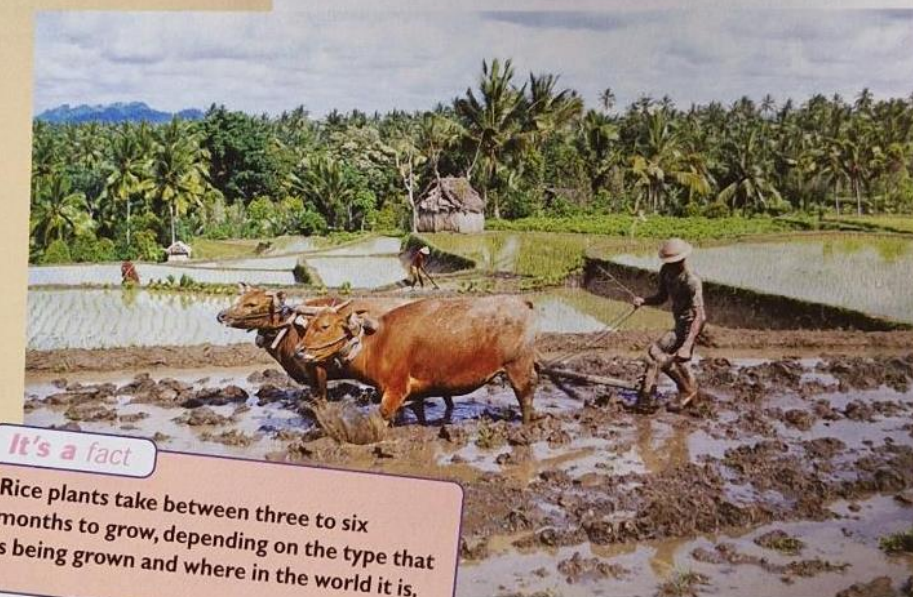
- China
- India
- Japan
- Philippines
- Vietnam
- Madagascar
- Senegal
- Egypt
- France
- Brazil
- Italy
- Columbia.

Ask the girls to think about the countries where rice is grown and put them on to a 'Yes' or 'No' pile. Give them no longer than five minutes to do this.

When everyone has finished, go through the countries on the list. The truth is that rice is produced in every country that they have been given. Are they surprised by any of the answers?

### Make it harder...

Ask older girls to name the continent each country is in.



### It's a fact

Rice plants take between three to six months to grow, depending on the type that is being grown and where in the world it is.

## What is rice?

Rice is a plant. It is special because it is the only cereal that can withstand long periods under water. It is often grown in wet fields called paddies.

However, rice is even more amazing because it can also withstand periods of drought that often follow a rainy season. This is why rice is a brilliant crop for parts of the world that have distinctive wet and dry seasons.

Ask the girls what the difference is between rice and pasta. It may sound silly, but some girls may not know that rice is a plant whereas pasta is made from flour that is in turn made from a grain.

Rice is classed as a cereal, like wheat. Rice comes in all sorts of shapes and sizes, and like wheat it can also be made into a type of flour.

## Making things

Rice isn't just boiled and eaten as part of a meal. It can be made into lots of other things too and be a 'hidden' ingredient in some food and products.

Ask the girls to look at home and see if they have anything that they can bring in that contains some form of rice. Look on food packets and cosmetic packaging.

Rice can be used to make straw and rope, paper, wine, cosmetics and sometimes toothpaste!

In small groups ask the girls to choose a product that has been made from rice. The girls should then think of a way to sell the product, using the fact that it has been made from rice as its unique selling point. Can they get across how versatile, healthy and marvellous rice is?

The girls can use some of our rice facts and figures in their sales pitch. Get together and see what everyone has come up with.

## Food for thought

In Asia more than two billion people obtain 60 to 70 per cent of their energy from rice. This means that throughout the day 60 to 70 per cent of their food will be some sort of rice.

Ask the girls to think about which food they eat the most of. Get them to keep a diary for a week of all the food they eat. At your next meeting ask the girls to look closely at their diaries.

What kinds of foods make up the main part of their diets? It is most likely that they will be eating a lot of potato-based foods or wheat-based foods.

Potato-based foods include things like chips, mash, even things that contain a lot of potato such as fish cakes. Wheat-based foods would include breakfast cereals, pastry and pasta.

How much rice did the girls eat?

# Great grains

Try out some tasty rice recipes while learning some rice facts!

## Brown v white

In the UK we most commonly eat different types of white rice. So what is the difference between white and brown rice and why should we try and eat more brown rice instead?

All rice starts off as 'brown' rice. Brown rice is the whole grain complete with its outer husk. This husk contains fibre, B vitamins and some minerals. To make white rice, the brown rice goes through a process called milling. Milling removes the outer husk and makes the rice white.

When the process is explained as simply as this it makes you realise how many nutrients we are losing just by choosing white rice over brown rice.

If you use rice on your camps and holidays, why not make an effort to occasionally try brown instead of white. It doesn't need to be cooked differently, basically tastes the same and you get all those lovely vitamins and minerals!

## It's a fact

Rice is low in calories and yet it is a great source of carbohydrates. Our bodies need carbohydrates for energy, to keep our muscles functioning, as well as for general body maintenance.

Rice doesn't contain any cholesterol or gluten and it is low in salt, so as well as being ideal for people on special diets, it's good for everyone else too!

## Rice and beans

Jamaica is the home of this recipe. Jamaicans love rice and beans as part of a main meal, much the same as we might have potatoes with our dinner in the UK.

Try this recipe as a side dish to fish or chicken. It will serve six people and should be made in a big pot that holds two to three litres of liquid.

Put all the ingredients, except the rice, into a large pan. Bring it to the boil, then reduce the heat and simmer for five minutes.

Tip the rice into the pan and stir it with a wooden spoon. Make sure the rice doesn't stick to the bottom of the pan.

Bring the liquids to the boil again, then reduce and simmer as before. Stir occasionally to prevent the rice from sticking.

It is ready once all the liquid has been soaked up. Serve straight away.

## You will need

You will need

- A tin of kidney beans
- 1 clove of garlic
- 475ml coconut milk
- 700ml water
- Salt and pepper
- An onion, chopped
- Large pinch of dried herbs
- 450g long grain rice (not the easy-cook sort)

## Rice pudding

This traditional English pudding is so tasty and is much nicer than the ones you can buy in cans. It's so easy to make that even young girls can do it, as long as they have supervision with the oven and hot dishes. These amounts will serve three to four people.

Grease a medium-sized pie dish with margarine. The dish should have deep sides and be able to hold at least a litre of liquid.

Put the rice in a sieve and rinse it under a cold tap. Tip the rice into the dish. Pour the milk on top and stir in the sugar.

Next, cut the butter into small pieces and dot it all over the top of the milk. Finally, sprinkle nutmeg on top of the milk.

Carefully transfer the dish into an oven set at 150°C (Gas Mark 2). Bake for up to two hours. When the pudding is ready a brown skin will form on top and the rice will have soaked up all the milk to become soft and creamy.

The rice pudding is delicious on its own or served with some stewed fruit.

## Warning

Take care when using the oven and handling hot food.

## You will need

- 40g short grain (pudding) rice
- 500ml milk
- 40g sugar
- 25g butter
- 1 tsp ground nutmeg
- Margarine to grease dish



## Ground rice biscuits

These melt-in-your-mouth biscuits owe their special texture to ground rice. This is available in the baking section of supermarkets. The recipe makes 20-25 thin biscuits.

Preheat the oven to 165°C (Gas Mark 3). You also need to grease a large baking sheet.

Sift the flour into a bowl and mix in a pinch of salt and the ground rice. Chop the butter into small lumps and, using your fingertips, lightly rub it into the flour until it looks like fine breadcrumbs.

Stir in the sugar. Now gently knead the mixture into a dough, just like you would if you were making shortbread. Don't add any liquid, the dough will come together naturally.

Pinch off a ball of dough about the size of a small walnut. Put it on the baking sheet and press it down until it is about 5mm thick. Continue until all the dough is used.

Top each biscuit with half a glacé cherry before putting it into the oven to bake for 20-30 minutes or until the biscuits are golden brown.

Leave the biscuit to cool slightly before using a fish slice to transfer them to a wire rack. Delicious!

### You will need

- 360g plain flour
- 90g ground rice
- 250g butter
- 125g caster sugar
- A pinch of salt
- Glacé cherries, halved

### You will need

- 110g Arborio rice
- 300 ml boiled water
- Chicken stock cube
- A pepper, washed and diced
- 2tbsp raisins
- 50g ham, chopped

## Easy risotto

Risotto is an Italian dish of which the main ingredient is rice. Risotto can be sweet or savoury, using all sorts of ingredients from cheese to lemons and mushrooms.

There are lots of different special risotto rice available. This recipe uses one of the most common — Arborio. Risotto rice has a different texture to everyday long grain rice and is much stickier when cooked.

Serve this risotto with a big salad and there should be enough for four people.

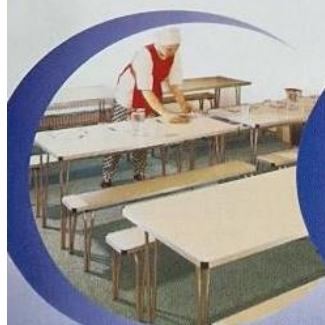
Put the water and the stock cube in a jug and stir until the cube has dissolved. Put half of the stock in a big pan with the raisins and the rice and simmer. Keep stirring the mixture.

When most of the liquid has been absorbed add a bit more stock. Keep stirring and adding stock until the rice is cooked.

It's very important to keep stirring the risotto as it simmers to stop it from burning. Finally, add the ham and pepper to the pan and stir for another five minutes. Serve straight away.

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INVESTOR IN PEOPLE

# Italian adventure

**Find out all about Italy, Europe's biggest rice producer**

## Guides Italiana

The Federazione Italiana dello Scouting (FIS) is the National Organisation of Italian Girl Guides and Girl Scouts.

The FIS is split into two separate associations. These are:

- The Italian Catholic Guides and Scouts Association — Associazione Guide e Scouts Cattolici Italiani (AGESCI)
- The National Organization of Italian Scouts and Girl Guides — Corpo Nazionale Giovani Esploratori ed Esploratrici Italiane (CNGEI).

Guiding started in Italy in 1912 and they became full members of the World Association of Girl Guides and Girl Scouts (WAGGGS) in 1948.

You can find out more about CNGEI and Italian Guiding at [www.cngei.it/eng/open2.htm](http://www.cngei.it/eng/open2.htm).

### Leaders' note

Italy is the largest rice producer in Europe. Rice has been grown there since sometime in the 15th Century.

To celebrate their rice connection, Italians from the Lombardy and Piedmont regions of the country celebrate with special rice festivals and parades every year. Your unit can find out more about Italy with these activities.

### It's a fact

Italians have given us many of the world's great inventions. For example, Italians thought up the battery, the piano and the parachute!

## Pizza please

**Answer questions to win a special pizza!**

### The game

This is a physical and mental game for small teams of girls. As they test their general knowledge of Italy, they earn pieces of pizza to make up a pizza pie. At the end of the game the team with the most pizza pieces wins!

Before the game you need to make pizza pieces. For each team cut out a dinner-plate-sized circle from yellow card. This is the pizza base. Cut each one into four slices.

Cut out a smaller circle of red card and again cut this into four. This is the tomato sauce base. Finally, for each team, cut out four pink circles that look like pepperoni.

Divide the girls into small teams. All the teams stand at one end of the room. At the other end of the room stand three Leaders. One Leader is named Mama, the Leader in the middle is the pizza chef and the last Leader is named Papa.

The pizza chef asks the questions about Italy from the Quiz questions on these pages (the correct answers are in bold). The teams think about the answer and send one girl to stand next to Mama if they think the answer is A, or Papa if they think the answer is B. The pizza chef should show the girls which side to stand on each time.

Any girls who get the right answer earn a pizza piece for their team.

### You will need

- Pink, red and yellow card
- Scissors
- A copy of the quiz questions

### Quiz questions

1 The Italian coastline famously looks like something. What is it?

- A An old woman's head
- B A boot**

2 Spaghetti is a favourite Italian food. But where does it come from?

- A It is grown in fields like rice
- B It is made from flour and egg**

4 Italy is famous for a style of music. What is it?

- A Opera**
- B Jazz

3 On which continent is Italy?

- A Europe**
- B Asia

5 What is Parmesan?

- A Sausage
- B Cheese**

## Heads and shoulders

Fancy learning a bit of Italian? Well there's no better way than doing it with a song!

First of all, copy these Italian words down (but not their meanings!) on to separate pieces of paper, making sure you have enough for each group of girls:

- La testa (head)
- La spalla (shoulders)
- Il ginocchio (knees)
- Il ditto del piede (toes)
- L'occhio (eyes)
- L'orecchio (ears)
- La bocca (mouth)
- Il naso (nose).

Tell the girls that all the words refer to the song *Heads, Shoulders, Knees and Toes*. Challenge them, in small groups, to draw a body and have a go at labelling the relevant parts with the appropriate Italian names.

When the groups have finished see if any of them were right. Now you can have fun singing the song in Italian!



### You will need

- Paper
- Colouring pens

## Wave a flag

Italy's flag is made up of green, white, and red vertical sections. The flag was officially adopted on June 18, 1946 when the country's monarchy was removed after the Second World War and Italy became a republic.

Tell the girls that the Italian Government has given them the job of redesigning the country's flag so that it gives visitors more of a feeling of what Italy is about. What sort of things do they come up with?

### It's a fact

Italy's rice growing season lasts from April to October. Unlike the more traditional rice fields, much of Italy's rice growing process is completed by machines instead of by hand.

**6** Who lives in the Vatican City?

- A The Italian Prime Minister
- B The Pope

**7** What three colours make up Italy's flag?

- A Green, red and white
- B Pink, yellow and purple



**11** Leonardo da Vinci is a very famous Italian inventor and painter. What is his most famous painting?

- A The Mona Lisa
- B The Sunflowers

**8** Where is Italy's famous leaning tower?

- A Pisa
- B Portugal

**9** What is the capital city of Italy?

- A Delhi
- B Rome

**10** The Colosseum is a famous building in Rome where men fought for sport. What was the name given to these men?

- A Gladiators
- B Swordboys

**12** The Romans came from Italy to invade England 2,000 years ago. What famous wall did they build?

- A Hadrian's Wall
- B Baldrick's Wall



## Scottish Guide Shops

**Aberdeen Guide Shop**  
8 St Swithin Street  
Aberdeen AB10 6XD  
01224 314211

**Dundee Guide Shop**  
6 Panmure Street  
Dundee DD1 2BW  
01382 322262

**Edinburgh Guide Shop**  
16 Coates Crescent  
Edinburgh EH3 7AH  
0131 225 3483

**Glasgow Guide Shop**  
15 Elmbank Street  
Glasgow G2 4PB  
0141 248 4200

Mail Order Fax: 0131 538 0034 (Monday-Friday 9am-5pm)

craft materials • pocket money gifts • publications • stationery • presentation gifts • maps and compasses • walking boots & wellingtons

Our Training Centre at Netherurd also has a shop, selling activity wear, publications, pocket money items and souvenirs

## Play Parachutes by SeamStress



01327-263933

info@playchutes.com

www.playchutes.com

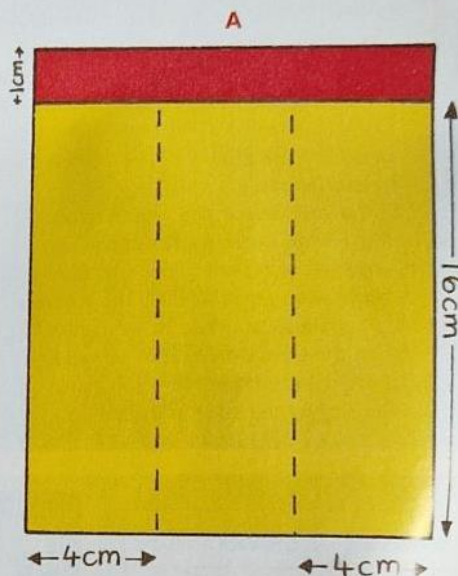
# Kimono doll

*Make this pretty paper doll from Japan, one of the countries where rice is grown*

**1** Stick the two different coloured pieces of A4 paper on top of each other and measure and cut out a 17cm by 12cm rectangle.

Lay the rectangle flat on the table. The 12cm edge should be at the top. Make a 1cm fold towards you as shown in Diagram A.

Now take the ruler and the pencil. Divide the total length into three sections, each section is 4cm wide. The dotted lines show this on the diagram.

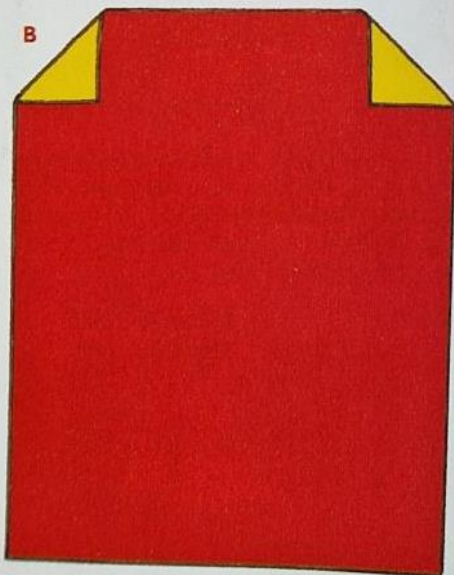


## You will need

- A4 paper, two different colours
- White card
- Scissors
- Glue stick
- Ruler
- Pencil
- A black and a red pen

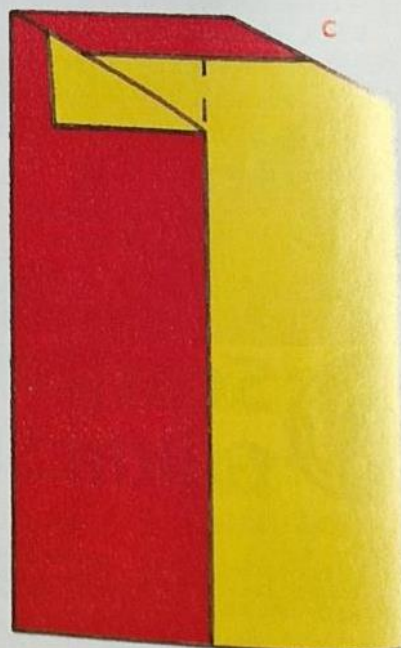
**2** Turn the paper over. Fold each of the top corners down as shown in Diagram B.

Turn the paper back over.



**3** Look at Diagram C. Fold the left hand flap over to meet the dotted line on the right.

Repeat with the flap on the right side so that it folds over the left flap.



## Leaders' note

This doll is very pretty but also quite simple to make. For very young girls, you may prefer to measure and cut out all the parts before you start.



# Census 2004

## Important information to help you complete your census form

Our annual census is one of the most important administrative tasks in the year. It should be seen as an opportunity to celebrate the size and reach of guiding across the UK by recording and recognising ALL our young members, adult members and helpers. The information gained from census also helps with planning at all levels of guiding and is important for grant applications and Leader recruitment issues at local levels.

To support the information on the back of the census forms, this *Hotline* will show you how to complete each part of the forms. Unit Guiders only need to concentrate on the section forms, the C/OP and the Personal Details form. There are guidelines for Commissioners on completing the summary forms.

## Carrying on the work done in 2003

### Personal details forms

Full and affiliate members will find their personal details forms in the February issue of *Guiding magazine*. You should check this form and make any necessary amendments. All forms should be passed on to the person completing the census form where you pay your membership fees. Commissioners, see page 3 of this *Hotline* for further details of what to do with it.

If anyone loses or does not have a personal details form, blank forms are available from your County Registration Secretary or can be downloaded from [www.girlguiding.org.uk/census](http://www.girlguiding.org.uk/census).

### Multiple roles

Many people in guiding have more than one role. We really appreciate all those who help us in many ways but for the purpose of the census, we can only count you as one person. So, on one form you need to appear as 'counted & paid here'. On every other form that you may appear on, you need to be entered on the 'counted & paid elsewhere' line. For example, a Unit Guider who is also a District Commissioner will appear on her unit form as 'counted & paid elsewhere' and on the District C/P form as 'counted & paid here'. A Unit Guider who holds an appointment card for other roles such as Treasurer, should be paid for in her unit. A Unit Guider of two units can choose in which she is 'counted & paid here' and which she is 'counted & paid elsewhere'.

### What am I?

As a Leader or helper you are an important person who makes guiding happen. As such you may not think about whether you are a Unit Guider, Assistant Guider, Pre-warranted Guider and so on. However, this is one of the few times when we do need to think about this, so here are some quick definitions:

**Guiders and Assistant Guiders** – Unit Guiders, Assistant Guiders and pre-warranted Guiders should all be counted here. A Unit Guider is a qualified Leader who has overall responsibility for the unit (although there can be two Unit Guiders in a job share). An Assistant Guider is a qualified Leader but does not have ultimate responsibility for the unit. A pre-warranted Guider

is someone, aged 18 or over, who is undertaking the Leadership Qualification and may be acting as an Assistant or Unit Guider.

A **Young Leader** is a member who works with the unit and is between the ages of 14 and 18 (inclusive). They may be working towards their Leadership Qualification.

A **Unit Helper** is a non-uniformed helper, aged 18+, who works with the unit. He or she may be an affiliate member.

**Occasional/other helpers** may be parents on a rota, people who help at residentials, the unit Treasurer, young people working towards the Duke of Edinburgh award (who aren't Young Leaders) and so on. These people may be affiliate members.

### Using the Internet

Paper copies of all census forms will be distributed as normal. However, to assist in the compilation of numbers for census forms, some software has been developed that can be downloaded from the web site. This should make completing these forms much easier. You can then either pass on the electronic copy to the next level or print off enough copies (marking them 4th copy, 3rd copy and so on).

### Waiting lists

The first question relates to girls who are eligible to join and the second question relates to girls who will be eligible before February 22, 2005.

### The C/P Report

County Commissioners will be sent a report listing the adults whom the database has recorded as being part of the County. This should help Commissioners to complete the C/P form, but may not include everyone in the team. For example, a Treasurer who is not a full or affiliate member may not be in the report but should be included on the census form.

### Gift Aid

Every unit could be claiming Gift Aid, as it is money that guiding is entitled to. If you are claiming Gift Aid, please make sure that you mark on the unit forms as such. If you are not yet claiming Gift Aid, remember that a unit or District Gift Aid record could be completed by a non-uniformed volunteer.

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## For all full members Personal details forms - Warrant dates

Without our adult volunteers, guiding would not exist. Many of our Leaders and Commissioners have given sterling service over a period of years.

## New for 2004

However, as a result of changing systems, moving from cards to databases and introducing life warrants and pre-warrants, we know that many of the dates on file, especially for those who have served longest, are not as accurate as they should be. We apologise for this, but are now giving all full members an opportunity to put this right.

This year only, we are asking every full member (Leader, Commissioner, full member appointment holder) to update and correct their length of service on the Association's records.

You will see two boxes on the Personal Details form called 'Warrant' and 'Pre-warrant'. Service is counted from your pre-warrant date. If you started guiding before the arrival of pre-warrants, please count your service from either when you were a Cadet or from your first uniformed leadership role in guiding after your 18th birthday.

If you have been in guiding continuously, then you will find it reasonably easy to check the dates are correct. We would also like to recognise the full service of those who have returned to guiding after a break or who have been in guiding in several different areas, and pre-warrant dates can be changed to reflect this. For example, a Guider who held her original warrant from 1962 to 1969 and then returned to guiding in 1988 and volunteered continuously since, may find that her form only records the service since 1988. She can now take the opportunity to add in the previous 7 years, so the pre-warrant date could be altered to read 1981. For ease of calculation, we suggest that a break of less than one year in length should be ignored.

At this time we are only counting full member service. Service in other roles or as an affiliate will be counted at a later stage.

By helping us to correct this information, you will be giving us a truer picture of just how much support many of you have given to guiding. Thank you.

### For Unit Guiders, Registration Secretaries and Commissioners

#### Personal details - Young Leaders & Non-Affiliate Unit Helpers (C/OP)

The C/OP is similar to the C/ADD from 2002. The C/OP form, however, is ONLY for the personal details of Young Leaders and non-affiliate Unit Helpers. This form has been introduced so that:

- Counties can check that there are W/Rs (or CRB checks as appropriate) on file for all Unit Helpers

and Young Leaders aged 16+

- Young Leader Guiders at District, Division and County level are aware of and can support all the Young Leaders in their area.

Under Data Protection laws, please ensure you have permission from the people detailed on the C/OP form (or, if aged 14 or 15, of their parent/guardian)

#### Camps, Holidays and Overnight Events (C/BR, C/GU, C/SS & C/LN)

Camps, holidays and sleepovers are considered important guiding experiences and this year we want to assess their popularity. Brownie, Guide and Senior Section Unit Guiders should count the number of current girls within their unit who have attended a residential event lasting one night or more in the last year. Check the further notes on the backs of the unit forms. You may want to check numbers by asking the girls in your unit for a show of hands. Girls who have attended overnight events with other units should be counted by their own unit.

#### Rainbows to Brownies (C/RA)

This question is asked so that guiding locally and nationally can assess the availability of Brownie units for 7-year old Rainbows. We would like Rainbow Guiders to answer whether there is a Brownie unit that meets in the local area and whether there have been spaces in the Brownie unit recently for Rainbows to move into.

#### Young Leaders (C/RA, C/BR & C/GU)

Unit Young Leaders who are also Rangers should be counted in the 'Young Leader who is also a Ranger' column, while those who are not Rangers should be counted in the 'Young Leader' column. Members of other Senior Section units (who don't consider themselves as Rangers) and are also Young Leaders should be counted as a 'Young Leader'.

### For Registration Secretaries and Commissioners

#### Electronic Pilot

This year we are piloting an electronic version of the Census forms, which can be completed at all levels within an area, with less need for calculations. Please visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk) for more information.

#### More clarity on roles

Further to the descriptions on page 1 of this *Hotline*, here are some descriptions to aid you to complete the C/P form:



- **Commissioners:** District, Division, County and Chief Commissioners and Assistant Commissioners
- **Guiders:** Guiders and Assistant Guiders as described on page 1
- **Appointment Holders – full members:** Appointment card holders at District, Division, and so on level (for example Treasurer, Secretary, Adviser), who have made their promise but are not currently a Unit Leader.
- **Appointment Holders – affiliate members:** Appointment card holders at District/Division/County/Country/Region level, who are affiliate members
- **Unit Helpers – affiliate members:** Non-uniformed helper aged 18+, who works with the unit and pays subscription as an affiliate member
- **Other affiliate members:** Affiliate members who are not appointment holders or unit helpers
- **Senior Section:** See 'More clarity on Senior Section'
- **Non-members:** See 'More clarity on non-members'.

### More clarity on non-members

Although non-member volunteers do not pay the subscription, it is vital that we count every one, so that everyone understands the level of help we get from non-members. This was done very well at unit level last year but there was confusion when all the figures were added together. This year we have added in a column on the C/T form for 'Other non-members'. The 'Total non-members' column should show the sum of the 'Unit helpers – non-members' and 'Other non-members' to make it easier to carry forward.

### More clarity on Senior Section members

Last year we asked that young women who were both Rangers and Young Leaders be counted and paid for as Young Leaders. However this artificially lowered the total number of Rangers. While we are still asking for them to be paid for as Young Leaders, we would like them to be recognised as both a volunteer and a member of a Ranger Unit. Therefore this year Young Leaders are being counted on unit forms as either 'Young Leaders' or 'Young Leaders who are also Rangers'. When you carry forward the numbers to the C/T form, please take:

C/RA, C/BR & C/GU	Young Leaders who are also Rangers	to C/T	Rangers and Young Leaders
C/RA, C/BR & C/GU	Young Leaders	to C/T	Young Leaders
C/SS	Total number in group paying here	to C/T	Rangers or Other Senior Section Members (depending on preferred status of group)

### Updating local records

Commissioners/Registration Secretaries should have a Personal Details form for every full adult or affiliate member in their guiding area. These forms should be checked for accuracy, any necessary amendments made to District/Division/County records and then passed on.

If you receive a non-personalised Personal Details form, you will need to check whether this is a duplicate form (because the first was mislaid) or whether they did not receive one at all. If the latter, please check with the County Registration Secretary whether the person is on the database.

You should also receive a C/OP form from units. We suggest that you keep records on local Young Leaders and check that non-affiliate Unit Helpers and Young Leaders aged 16+ have completed their W/R or CRB form, before passing on the C/OP form.

This process should ensure that the information we hold is accurate and up-to-date. Thank you for your assistance in this.

### Contact us

If you have any feedback about Census 2004, please contact the Census Working Group via CHQ.

If you would like further advice on completing your forms, please contact your County Registration Secretary, Country/Region office or the Membership Development at CHQ.

### CHQ:

Address: 17–19 Buckingham Palace Road, London SW1W 0PT.

Tel: 020 7834 6242.

Email: [census@girlguiding.org.uk](mailto:census@girlguiding.org.uk).

# WZLTOI



## FOR EVERY ADULT MEMBER & AFFILIATE MEMBER

Every adult member and affiliate member should have received this form with February's *Guiding magazine*. If you are a Leader, Commissioner or affiliate member and have not received a form, you may download a blank form from the web site or ask your County Registration Secretary for a blank copy. This form should be passed on with the unit forms or C/P.

If you received this form with *Guiding magazine* the details will be pre-printed

Please make any corrections

See *Hotline* page 2 for notes about Warrant dates

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

**Member's Personal Details as at [Print Date]**

PLEASE CHECK AND AMEND YOUR ADDRESS AND THE DETAILS BELOW.

WHETHER OR NOT THERE ARE AMENDMENTS THIS FORM MUST BE PASSED TO THE PERSON COMPLETING YOUR CENSUS FORM FOR WHERE YOU PAY YOUR MEMBERSHIP FEES

**Girlguiding UK**

**Personal Details**

Personal Registration Number		
Membership Type		
Date Of Birth		
Telephone - Home		
Telephone - Work		
Telephone - Mobile		
Fax		
E-mail		
Guiding County		
Pre-Warrant Date		
Warrant Date		

**Amended Details**


We trust that Members will endeavour to submit accurate details of their Pre-Warrants and Warrants where this information is not currently available on our database.

Please tick to indicate whether you:

☐ Did not get February Guiding Magazine

☐ Missed the form

**Current Role and Appointment Details**

Role/Appointment	Level Name	Level Number	Start Date	Date Appointment Ended**	Census Paid ( )

\* Level means Unit/Section/Division/County/County Council/Region or Association  
\*\* Delete only tick on end date for an appointment which has finished

Only add any other current roles. Do not add former roles. Omit level number if you don't know it, but add level name

Add in if you are a trainer (under role) and the date your training licence/qualification was received under start date

Only add in an end date if you have finished your appointment

Indicate the place at which you are being counted and paid

This box will only appear on forms downloaded from the web site or blank forms from the County Registration Secretary



## UNIT CENSUS FORMS

The most important thing about these forms is to record accurately all those involved in guiding so that we can celebrate our membership and support.

# ENLIGHTEN

Girl numbers should include every girl who has attended more than one meeting

See the notes on page 2 of *Hotline* and the reverse of the unit form. This applies to C/BR, C/GU, C/SS & C/LN

All units can claim Gift Aid from subscription and census payments

Please copy from your Personal Details form, as this is how you unit is registered

These figures can help a District in its forward planning

Only put the number of people paid at unit level in the top row. Put those paid elsewhere only in the bottom row. The number of Unit Helpers and Occasional Helpers are very important to help us recognise all those who keep guiding going

Please pass your form and cheque by the date shown

You will find this on your Personal Details form as 'Level Number'

See the notes on page 2 of *Hotline* and the reverse of the C/RA form

Note the new column of 'Young Leaders who are also Rangers'

Don't forget to sign and date the form

This figure will be given by your Commissioner and usually includes amounts paid to District, Division, County and Country/Region as well as CHQ



Hotline February 2004

## YOUNG LEADERS AND NON-AFFILIATE UNIT HELPERS

Complete an entry for every Young Leader or non-affiliate Unit Helper in your unit

Please pass on this form with your unit form by the date shown

### Annual census 2004

Address details (Young Leaders and Non-Affiliate Unit Helpers)

Return form to

No later than

Unit/District/Division/County/Country/Region

As at 20 February 2004

C/OP

Please tick if this is a continuation form

Tick here if this is a continuation form

PLEASE COMPLETE IN BLOCK CAPITALS WITH A BLACK BALLPOINT PEN. PLEASE PRESS FIRMLY SO DETAILS APPEAR CLEARLY ON ALL COPIES. PLEASE READ THE GUIDANCE NOTES OVERLEAF BEFORE COMPLETING THIS FORM. IF THERE IS INSUFFICIENT SPACE ON ONE FORM COMPLETE A SECOND ONE AND ATTACH IT TO THIS. TICK THE CONTINUATION FORM BOX ABOVE ON ADDITIONAL FORMS.

Title Mrs Miss Ms Mr Other

First name

Last name

Date of birth

Non-affiliate Unit Helper

Young Leader (aged 14 or 15 years old)

Young Leader (aged 16 or over)

Young Leader (aged 16 or over) working towards Leadership Qualification

Current address

Postcode

Home (0)

Mobile (0)

Email

Girlguiding UK personal registration number (if applicable)

Title Mrs Miss Ms Mr Other

First name

Last name

Date of birth

Non-affiliate Unit Helper

Young Leader (aged 14 or 15 years old)

Young Leader (aged 16 or over)

Young Leader (aged 16 or over) working towards Leadership Qualification

Current address

Postcode

Home (0)

Mobile (0)

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Current address

Postcode

Home (0)

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Title Mrs Miss Ms Mr Other

First name

Last name

Date of birth

Non-affiliate Unit Helper

Young Leader (aged 14 or 15 years old)

Young Leader (aged 16 or over)

Young Leader (aged 16 or over) working towards Leadership Qualification

Current address

Postcode

Home (0)

Mobile (0)

Email

Girlguiding UK personal registration number (if applicable)

#### Declaration

By signing this form I understand that the information recorded here will be held in a database by a person appointed as a Records Officer by Girlguiding UK. This information will be held in confidence within Girlguiding UK for administration purposes only. It will not knowingly be made available to any outside organisation. I have obtained the consent of all the people whose details are contained on this form (or, if aged 15 or under, of their parent/guardian). I confirm that the details contained on this form are a true record.

I confirm that this is a true record.

Signed:

Date:

Guide/Commissioner (delete as appropriate)

Print name and personal registration number:

The 4th (bottom) copy is held by the Unit / the 3rd by the District / the 2nd by the Division / the 1st (top) copy is held by the County



Girlguiding UK

Please ensure you have the permission of the Young Leader or non-affiliate Unit Helper to include his/her information. Obtain the parent/guardian's permission for Young Leaders aged 14 or 15

Please remember to sign and date the form

This information is important for District/Division/County records. It will help to ensure that Young Leaders receive the support they need and that the correct W/R or CRB forms have been completed for non-affiliate Unit Helpers and Young Leaders aged 16+





Hotline February 2004

## COMMISSIONERS: PERSONNEL FORM

To help Counties complete this form, in January every County Commissioner will receive a printout from the Adult Membership Database of members and affiliate members in the County. Districts or Divisions can obtain a copy of their area personnel through their County should they wish.  
Record only those people who are in the team at your level.

Delete ones not applicable

If someone has paid elsewhere, do not put a mark in any of the last three columns

Just like units, Districts and so on can claim back Gift Aid on funds given directly to them

Please tick here if you are using more than one form

You will need to refer back to other data and Senior Section forms

Don't forget to sign and date the form

The number helps us when cross-checking against other people with the same name

## FOR COMMISSIONERS: SUBSCRIPTION FORM

Cross out those that don't apply

Note the extra row and the change in descriptions here

Don't forget to sign and date here

Send the form and cheque to the person shown by the deadline given

Ensure that this form matches C/T for numbers

Your registration number really helps when cross-checking against other people with the same name

Ignore this section at District/Division level



4

Cut out a circle of white card about 3cm in diameter. This is the doll's head.

Use the black pen to draw on some hair, eyes and a nose. Use the red pen to draw a rosebud mouth.

Stick the head so that it sits inside the collar of the kimono, as shown in Diagram D.

Now take a piece of coloured paper about 2.5cm wide and 12cm long. Wrap this around the kimono, just under the collar and stick it down. This is a belt.

Finally, turn up the corner of the kimono as shown in the Diagram D.

5

Cut out a semicircle of paper from what is left of your two-sided sheet. The straight edge should be about 12cm long in diameter.

Stick the semicircle on the back of the kimono. Look at Diagram E to help you. As a finishing touch fold down the corners of the semicircle.

The kimono doll is now complete.



### Top tips

■ Origami is the art of folding paper into decorative shapes and figures, although this isn't quite real origami, as glue is used, it may inspire girls to do origami. Find out more about origami at [www.paperfolding.com](http://www.paperfolding.com).

■ Origami enthusiasts can buy special origami paper that is printed on both sides.

### It's a fact

A kimono is a long, loose robe with wide sleeves and tied with a sash that is worn as a formal garment in Japan.

## O-Shogatsu

O-Shogatsu is a Japanese festival that takes place around the new year.

For three days families feast on special food and wine made from rice. They even decorate their houses with flowers made from rice and straw!

### It's a fact

The Japanese rice god is called Sanbai-sama.

## Festival time

Japan isn't the only country in Asia that celebrates rice. You may like to find out more about these special rice festivals.

■ San Isidro is the patron Saint of Quenzon in the Philippines.

Every year, on May 15, the people of the city celebrate a festival called Pahiyas in honour of their saint. The whole town is decorated with special leaves made from rice that has been toasted and fried!

■ Rice production is one of the main sources of employment in Thailand.

In May of each year, the King of Thailand starts a Royal Ploughing Ceremony to signal the official rice-planting season. The new crops are blessed and prayers made for a successful harvest.

# Get physical

*Spend the evening playing these rice-themed games*

## Rich rice, poor rice

To play this game you will need ten dried beans per girl. The beans represent rice seeds. The aim of the game is for the girls to collect as many seeds as possible in a given time.

Each girl is given ten beans, these are her rice seeds. Each girl divides her seeds between her two hands. She can put as many as she likes in each hand.

All the girls move around the room. At any point any girl can approach another, hold out a closed fist and say 'Odd or even?'. The other girl must guess whether there is an odd or even amount of seeds in the fist. Having zero beans in a hand counts as even.

If she guesses correctly the girl who approached her must give her a seed. If she is incorrect she must give the girl who approached her one of her own seeds.

Anyone who runs out of seeds must sit down. She is allowed to plead with other players to give her seeds. If someone does give her one she can rejoin the game.

At the end of the time limit, say five to ten minutes, see who has collected the most seeds.



### Make it harder...

Senior Section girls could use this game to start off a project about the plight of rice farmers in developing countries.

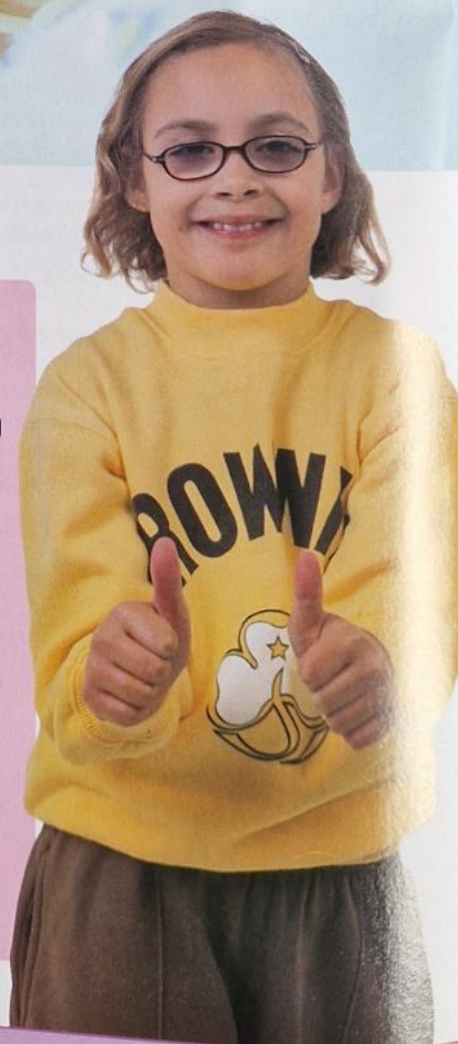
## Fried rice

Hands up if you like fried rice. Ask the girls what ingredients they would like if they were going to order special fried rice in a Chinese restaurant.

Pick three of the ingredients that the girls have chosen, such as prawn, egg and mushroom. All the girls then sit in a circle.

Go around the circle labelling each girl in turn: prawn, egg and mushroom. The Leader shouts out one of the ingredients. The girls with that name stand up, run around the outside of the circle and back to their places.

The Leader shouts out another ingredient and so on. If the Leader shouts out 'Fried rice!' all the girls stand up and change places.



## Sticky rice

Many Asian dishes use sticky rice instead of the 'fluffy' type of rice we cook in the UK. This is because sticky rice is easier to pick up when using chopsticks!

Sticky rice is a chain tag game. One girl is chosen to be 'It'. She runs around the playing space, shouting 'Sticky rice!' as she tries to tag others.

When girls are caught they join hands and shout 'Sticky rice' together as they try to tag others.

When four rice grains have been caught, they should split up into pairs to make it easier to tag.

The winner is the last person left.

### You will need

- A foam ball
- A bat (such as a cricket bat)
- Chalk

## Hot rice

This ball game used to be a playground favourite, it's a bit like French cricket.

**Make sure you play with a foam ball, anything harder could hurt!**

Draw a chalk circle, about 50cm in diameter, in the middle of your playing space. One girl is chosen to hold the bat and must stand in the middle of this circle.

Everyone else forms a large circle around the girl in the middle. They must be at least two metres away from her.

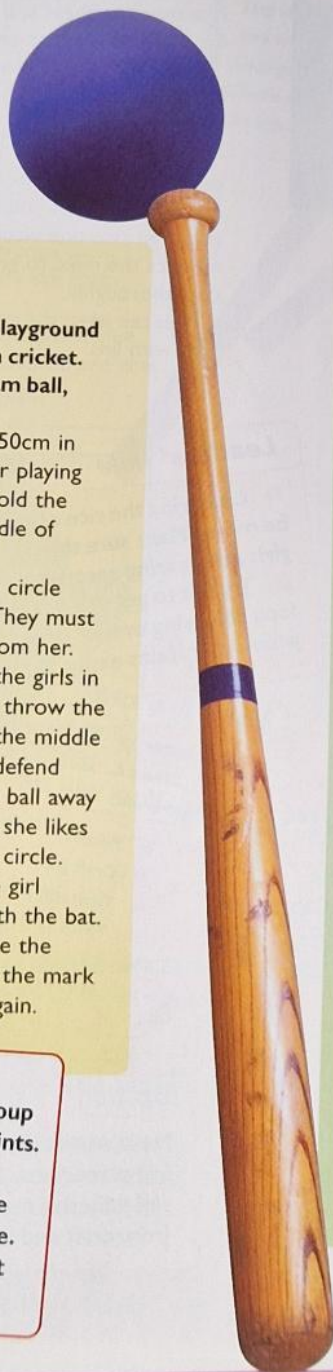
The aim of the game is for the girls in the circle to take it in turns to throw the ball to try to touch the girl in the middle below the knee. The girl must defend herself with the bat and hit the ball away from her. She can turn any way she likes as long as one foot stays in the circle.

Whoever manages to hit the girl below the knee takes a turn with the bat. To get the most out of the game the other players must be quick off the mark to pick up the ball and throw again.

### Top tip

If you have a very small group you may like to play for points.

A scorer counts up how many throws it takes before the girl is hit below the knee. The person with the highest score wins.



## Snippets

### More helpful information on a rice theme...

### Ideas to go

Have a go at some extra rice ideas that haven't been covered in these Activate pages!

- Lay a rice trail (using uncooked rice) for the girls to follow
- Make chocolate crispy cakes — rice crispies really are made from rice
- Use rice and empty plastic bottles to make shakers
- Hide sweets in a bowl of uncooked rice and challenge girls to pick them out with chopsticks
- Find out more about Guiding in different rice-growing countries.

### Senior Section

Here are some ideas that are just for Senior Section members.

- Have a go at different methods of cooking rice such as in a steamer or an electric rice cooker. Which is easiest and which tastes the best?
- Find out more about Cajun cooking from the southern states of the USA.

### Web watch

For lots of rice-related information and fun and games, have a look at some of these web sites from rice producers and associations around the world:

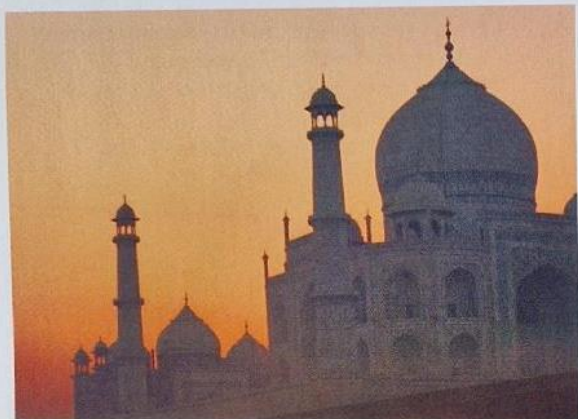
- [www.usarice.com](http://www.usarice.com) has information and activities from the rice growers of the USA
- [www.riceromp.com](http://www.riceromp.com) is a site with lots of fun games and information for children and teachers
- [www.riceweb.org](http://www.riceweb.org) is a site maintained by rice producers in the Philippines
- [www.riceworld.org](http://www.riceworld.org) features online exhibitions from the International Rice Research Institute.

### It's a fact

- It takes about 5,000 litres of water to grow one kilo of rice.
- Thailand exports the most rice in the world — about 7.6 million tonnes of its rice goes to other countries. Vietnam is second, exporting 3.7 million tonnes and the USA is third exporting 2.6 million tonnes.

# Kolam designs

**Make an Indian rice mosaic to invite good luck into your home!**



## What is Kolam?

During India's Hindu festival of Pongal, people who have helped grow and cultivate rice crops are honoured and prayers are made to the various gods who will help the next harvest.

To help bring good luck to their houses, people use coloured rice and rice flour to draw decorative artwork designs – known as Kolam – on the ground outside. These designs consist of brightly-coloured patterns and shapes. When the rains come the designs are washed away.

Girls can have great fun making their own coloured rice and have a go at creating their own mini rice mosaics in a Kolam style.

## Coloured rice

Put a small mug of rice into the margarine tub. Add about five drops of food colouring and a teaspoon of white vinegar. Put the lid on tightly and shake the rice well. The food colouring colours the rice and the vinegar helps to set the colour.

Cover a baking sheet with kitchen foil. Spread the rice over the sheet and bake at 150°C (gas mark 2), for 30 to 45 minutes until the colouring is dry.

You can make as many different colours as you like. Keep the colours separate but bake at the same time for economy.

When the rice is dry, take it out of the oven and pour it into a bowl to cool down. Do be careful as it will be very hot. You may prefer to make the coloured rice one week and then make the mini mosaics the next, to give the rice a chance to cool thoroughly.

You can keep the coloured rice in clean margarine tubs with lids.

## Warning

Be very careful when taking the rice out of the oven as it will be hot.

## Leaders' note

- Colouring the rice can be messy. Make sure the girls are wearing aprons.
- Try not to get the food colouring everywhere as it stains easily.

## You will need

- Long grain white rice
- Liquid food colouring in different colours
- White vinegar
- Clean margarine tubs with lids
- Baking sheet
- Tin foil

## Mini mosaics

Once you have some cool, coloured rice the girls can get on with designing their Kolam-style mini mosaics.

Each girl needs a piece of thick card (cereal packets are ideal) and a pencil. They should use their imagination to draw a simple pattern on the card that they will be able to colour in using the rice. Patterns can be abstract, or simple shapes such as stars and hearts.

Once the pattern is drawn decide which areas are going to be which colour. Spread glue on all the areas that will be one colour only. For example, pick out all the yellow areas and spread glue on to them. Then carefully take some yellow rice and stick it to the glued areas.

Next pick out another colour, for example red, and then stick on all the red rice.

Keep going until the mosaic is complete. When the glue is dry you can stick a loop of ribbon on the back so that the mosaic can be hung up.

## You will need

- Pencils
- Craft glue
- Glue spreaders
- Thick card
- Thin ribbon
- Sticky tape

## Top tip

Make smaller rice mosaics into fridge magnets. You can buy self-adhesive magnet strips from craft and hardware shops.



# Chopsticks!

**Make a cute rice bowl badge and play a thoughtful game**

## Rice bowl badge

These badges are a great keepsake to remind the girls about the International Year of Rice and all the things they have learned about rice.

The base of the badge is the plastic cap from a plastic milk container. You will need to ask the girls to save one each.

Turn the cap upside down so that it looks like a shallow bowl. Use a glue gun to spread glue on the inside of the cap. If you haven't got a glue gun, use strong craft glue.

Sprinkle a teaspoonful of rice on top of the glue and press it down so that it sticks firmly. Tip out any excess rice.

Take two toothpicks and arrange them in the 'rice bowl' so that they look like chopsticks. Glue them down.

Finally, turn the bowl over and use a glue gun to attach the brooch back. And there you have it, a fabulous rice bowl badge!

### You will need

For each badge:

- 1 tsp long grain rice
- Two toothpicks
- Glue gun or strong craft glue
- Plastic milk container cap
- Brooch back

### Top tip

A glue gun is ideal for this craft, especially for applying the brooch back, as it sets quickly.



### You will need

- Wrapped sweets
- A bowl
- One chopstick per girl

## Rice and easy

This activity is centred around an old Chinese folk tale that will help the girls understand how having a lot doesn't mean much unless we learn how to share.

Put a bowl of sweets in the middle of the room and give each girl one chopstick.

Tell them that they can eat as many sweets as they can pick up using the chopsticks. The only rule is that they cannot stab the sweets to pick them up.

Leave the girls for a few minutes. What do they do? Do they keep trying to pick up the sweets themselves or does it occur to them that they can share chopsticks so that everyone gets a chance to pick up some sweets?

After a short time stop the girls and read them the following short story, *Café heaven*.

## Café heaven

Once upon a time there was an old, old lady. She had led a good life and her final wish was to see both heaven and hell before she died.

First she was taken to see hell. It looked like a huge café, full of the most fantastic food, all the most amazing dishes you can think of.

Very strangely though, all the people sat at the tables were very thin. They were frantically stabbing the food with very long chopsticks that were too long to get into their mouths.

Shaking her head with sorrow, the old lady was taken to heaven. When she got there she was very

surprised to see that heaven looked like the same café, full of the same delicious foods. The people there even had the same weirdly long chopsticks.

The only difference was that the people looked healthy. They were laughing and happy and were eating everything in front of them.

It took a while for the old lady to realise the difference between heaven and hell. In heaven, the people had learned to feed each other by holding their chopsticks across the table to reach the mouth of another.

In hell the people were greedy, it didn't occur to them that they could help and share with other people so that everyone was able to enjoy the food that they had.

# Reader ideas

You'll have fun with these brilliant activities from other Leaders

## Leaders' notes

If you have any games, crafts, recipes, songs, theme nights or wide games that you'd like to share, we'd love to hear from you.

All we ask is that you send clear instructions and perhaps a photo or a simple sketch if it's a complicated craft. You should also include your name, address, the name of your unit and an email address or contact telephone number, so we can get in touch with any queries.

If you haven't taken part in the Surprise Yourself Challenge yet, there's still time to surprise yourself by sending something in to Activate!

You can email your ideas to [guiding@girlguiding.org.uk](mailto:guiding@girlguiding.org.uk) or post them to: Activate, Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT.

surprise  
challenge  
yourself

## Our songbook

Leaders Jenny, Becki and Emma of the 1st Chippenham East Rainbows in Wiltshire, thought up this special musical theme to take them through a whole term of meetings.

Jenny says that the idea arose during their regular planning meeting where they discussed the fact that they didn't sing very much in their meetings and wanted to teach the Rainbows some new songs.

The Leaders came up with the idea of a unit songbook. The book contains the words to lots of different songs and a meeting's activities based around each song. Most of the materials for each activity were sourced or collected in advance.

Each week the Rainbows' meeting started with a song chosen from the book the previous week. The activities for that song were then carried out.

At the end of the evening the Rainbows chose another song for the following meeting. This was done by a show of hands from the Rainbows, with each girl voting for the one she wanted next.

Jenny said that she explained to the girls not to worry if their favourite song wasn't chosen that week as they would sing them all during the course of the term.

## Top tip

Type up all the song words on separate sheets. Make up a clear plastic loose-leaf folder for each song, containing all the instructions needed for the activities.

Keep all the folders in one ring binder. The ring binder can be decorated as you wish.

## Some ideas

Here are some of the songs the 1st Chippenham East Rainbows used and the activities that go with them.

■ *She'll be Coming Round the Mountain*. Hold a pink pyjama party with a fashion parade, hot chocolate and stories.

You'll need to send letters out to parents if the girls are to wear something different to their normal Rainbow clothes.

■ *Frère Jacques*. Ask your County Music Adviser if she can recommend anyone to teach the girls handbell ringing. You will need to book this activity in advance for a set week.

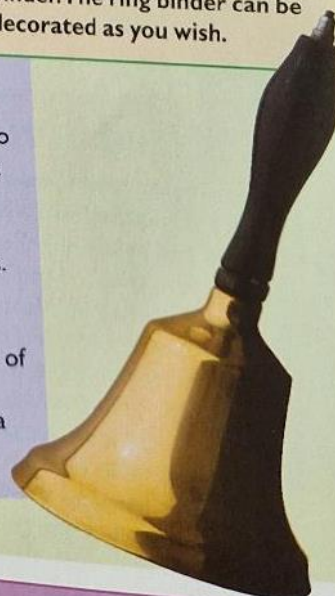
■ *Animal Fair*. Make animal masks from paper plates and go on a safari.

■ *Little Green Frog*. Bake and decorate small buns with green icing and jelly frogs.

■ *Land of the Silver Birch*. Hold a Native American evening, make squaws' headbands, paint your faces and hold a Pow-wow.

■ *I'm a Dingle Dangle Scarecrow*. Make scarecrows from wooden spoons, scraps of fabric and fun foam.

■ *The Big Ship Sails in the Alley Alley O*. Make boats from junk and float them in a paddling pool.





## Break out!

Madeline Blake of the 15th St Leonards Guides in East Sussex, sent in this thrilling escape game.

Madeline says it's a great game for the end of term as it doesn't take a lot of organising. They used up odds and ends of craft materials for activities and included ideas from Go For Its!.

The aim of the game is for girls to free their team's soft toy from solitary confinement. To do this they must complete the activities on the cards. Every time they complete an activity they will receive one of the equipment cards.

When they have got all six cards, their toy will be released.

### You will need

- Set of equipment cards for each team marked: wire cutters, rope, ID card, rations, passport, money
- One soft toy per team
- Craft and activity materials
- Cards describing activities laid out on a table

## Activity ideas

The activities that the girls have to complete can be as hard or as easy as you like, depending on how much time you have to organise the game.

Activities could include physical challenges, such as throwing balls at targets, or more simple mental challenges such as a wordsearch or a jigsaw puzzle.

One successful activity the St Leonards Guides tried was making chocolate cornflake cakes over a nightlight.

This was done by melting chocolate in a small foil dish, using a peg as a handle. Use cocktail sticks to mix the cornflakes and chocolate.

### Top tip

This idea can be used with all ages, just choose your activities to suit the abilities of the girls.



## Tasty quiz

Midlands Guide Guider and Trainer Sauna Dawson, devised this quiz several years ago and has since used it successfully with older girls and adults alike.

All the players are divided into small teams and are supplied with the same selection of food/sweet items given on the cryptic clue list. You can use real food or just write the words on cards instead.

A quizmaster reads out the cryptic clues one at a time. The answers are all in the food. Players have to choose which food item or items represent the answer and take them to the quizmaster. The first one to do so wins a point.

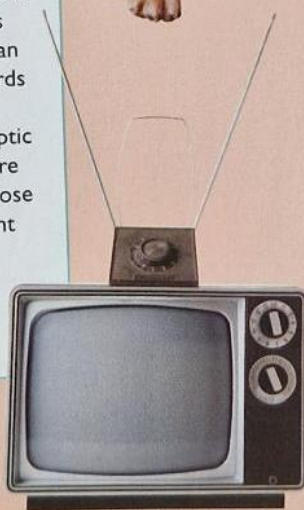


## Cryptic clues

- Cinderella's friend (chocolate buttons)
- Say this for the photographer (cheese)
- A country (chilli pepper)
- Wobbly kids (jelly babies)
- Television street (sesame seeds)
- Wigwam (tea, pea)
- Dog in the garden (cauliflower)
- A drama in parts (cereal)
- Socks come in them (pear)
- A hitch on camp (clove)
- An eastern king's wife (sultana)
- Completely bonkers (crackers)
- What the bells of St Clements said (oranges and lemons)

### Top tips

- Adapt the cryptic clues to make them suitable for your age range
- If some items haven't been identified, use different clues for the same food.





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actress and  
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By the Programme Team

# BIGGER AND BETTER

BIG GIG 2004 PROMISES TO BE TWICE AS GOOD AS BIG GIG 2003

There's no doubt that BIG GIG 2003 was the most popular BIG GIG so far. Tickets sold out in a record 90 minutes — faster than Justin Timberlake's concert.

Such demand meant many girls were disappointed at not being able to attend the concert which was covered by *GMTV*, *Top of the Pops Saturday*, *RISE* and in *OK!* magazine. But there's good news for 2004, we're anticipating the same demand and so will be staging two concerts straight after each other, on the same day — Saturday, October 16.

## NEW VENUE

The concerts are planned to take place at the Manchester Evening News Arena, with the same line-up at each show. There will be an early afternoon concert and an evening one. This will allow those travelling from further away to attend the earlier concert and those from the North West and surrounding area — and those staying overnight — to attend the later concert. The concert will be open to members over ten years of age.

Time, venue and ticket booking information for this members-only event will be publicised in a future issue of *Guiding magazine*. A tip from previous years is that Leaders should not guarantee tickets to their girls until

confirmation of tickets is received. You should also avoid ordering more tickets than you need as this prevents others from attending and obtaining refunds is not possible.

## A WEEKEND AWAY

Why not stay overnight and make a weekend of your trip to Manchester? Waddow Hall — Girlguiding UK's Training and Activity Centre — is planning a BIG GIG 2004 weekend package, including tickets and transport to the evening concert, camping or accommodation and other activities. To register your unit's interest, contact Bev Whiteside, the Youth Programme Coordinator at Waddow Hall, on 01200 423186 or email [BeverleyW@girlguiding.org.uk](mailto:BeverleyW@girlguiding.org.uk).

You'll find plenty to do in Manchester — there are museums, galleries, theatres, original working mills and heritage centres. You could visit Urbis ([www.urbis.org.uk](http://www.urbis.org.uk)), a museum set in a dramatic glass building rising high above the centre of Manchester, or the Museum of Science and Industry ([www.msim.org.uk](http://www.msim.org.uk)). You could also take in the Manchester United Museum ([www.manutd.com](http://www.manutd.com)).

For more information about activities and places to stay in Manchester visit the web sites [www.shortbreaks.destinationmanchester.com](http://www.shortbreaks.destinationmanchester.com) and [www.manchester.gov.uk/visitorcentre](http://www.manchester.gov.uk/visitorcentre).

## GETTING THERE

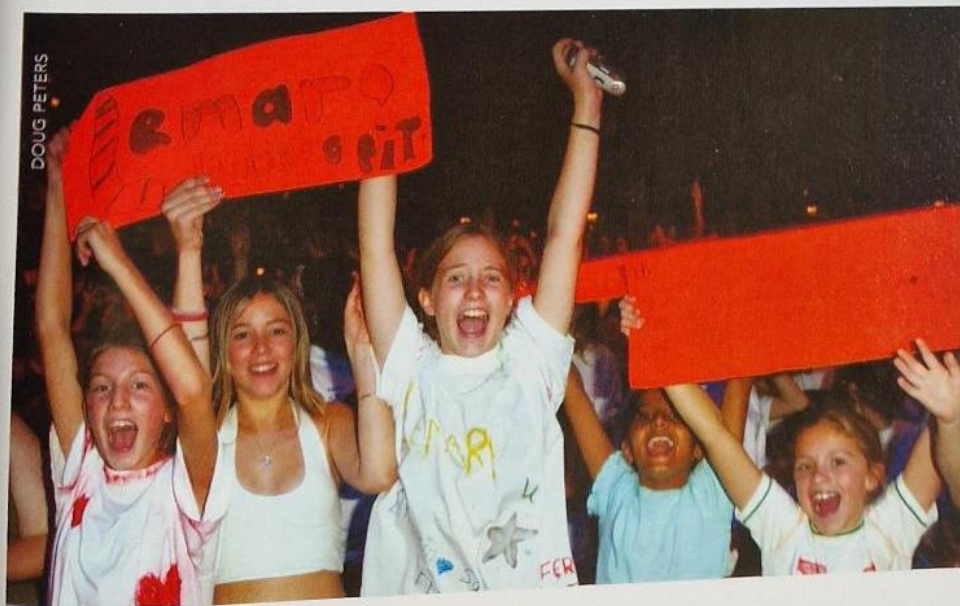
● **By air:** Manchester Airport is linked to the city by frequent rail and bus services. Direct trains run every ten minutes to Piccadilly Railway Station in the city centre and there are bus services to the city centre and other areas of Manchester. Visit the web site at [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk) for more information.

● **By train:** There are two main-line railway stations in Manchester. Piccadilly Railway Station is in the heart of the city while Victoria Railway Station is situated next to the Manchester Evening News Arena. Smaller stations in the city centre include Oxford Road, Deansgate and Salford Central. For further information, visit the National Rail web site at [www.railtrack.co.uk](http://www.railtrack.co.uk).

● **By coach:** Many coach services operate to Manchester, for more information visit the web site [www.gobycoach.com](http://www.gobycoach.com).

● **By car:** The M62 links Manchester with Leeds and Yorkshire to the east and with Liverpool and ferry ports in the west. The M6 runs to Birmingham and London in the south and up to the Lake District and Scotland in the north. The M56 links the city with Chester and North Wales, the M61 runs to Preston in the north, while the M60 is a ring road around Manchester. To plan your journey, visit [www.theaa.com](http://www.theaa.com) and click on 'route planner'.

The audience had a fantastic time at last year's BIG GIG in Wembley Arena



# UNUSUAL RESIDENTIALS

## IDEAS FOR CAMPS AND HOLIDAYS WITH A DIFFERENCE

Do you go to the same place every year and offer your girls the same opportunities? Maybe it's time you did something different. After all girls' interests are constantly changing and nowadays they're growing up quicker than ever. So it's important that we move on and find new opportunities to stimulate them. There are plenty of alternatives out there.

### STAYING YOUNG

The 3rd Chichester Guides went to Winchester by train last year. They explored the historic Cathedral City and some members even made their Promise beneath King Arthur's round table. The unit stayed in the National Trust's 18th-century water mill that has been converted into a youth hostel.

The Youth Hostel Association (YHA) has 228 youth hostels offering comfortable accommodation and 50 camping barns across England and Wales. You can find hostels in large cities as well as the countryside and all guiding sections are entitled to free YHA membership. To request a membership form call 01629 592 638 or visit [www.yha.org.uk](http://www.yha.org.uk).

### DIY CHALLENGE

For the 14th Chingford Rangers, change came out of necessity. They were staying in the bungalow at their local site in Chigwell, when they decided it was dreary and in need of a makeover.

Instead of waiting for someone else to do the work, they set about applying for a grant for paint and equipment and on their next stay gave the bungalow a thorough makeover.

### ULTIMATE SHOPPING EXPERIENCE

Taking their love of shopping one step further, 450 Guides and Senior Section members from Hants West spent the night at a local shopping centre.

The shopping centre gave Hants West £1,000 towards the event and the girls enjoyed activities centred around natural beauty. There was also a photographic challenge, disco, quizzes, nail art, giant games, jive dancing lessons, films and a fashion show. The only thing the participants didn't enjoy was much sleep!

# BROWNIE OVERNIGHTS

## IF YOU CAN'T DO A WEEKEND, CONSIDER DOING JUST A NIGHT WITH THE OVERNIGHT LICENCE

If financial restrictions or your own home and work commitments mean you just can't go away for a weekend, the Overnight Licence could be just for you.

The introduction of the licence opens up opportunities for Leaders throughout the UK. An 'overnight' can give Leaders an introduction to going away, extend day trips, provide an extension to the unit meeting or offer an alternative to the traditional weekend. To gain the Overnight Licence, Leaders only have to complete the first three modules of the Camp and Holiday Scheme.

### A TASTER

The 3rd Warton Brownie Pack and their Leaders, who are full-time working mums, had never been away on a Brownie holiday and decided that a sleepover would be the perfect taster.

The Leaders booked a guiding holiday house in a nearby holiday resort. The unit had an 'Under the sea' theme for their sleepover. They made treasure chests decorated with shells they had collected; played 'dress-up beetle' with beach clothes; used the District sports equipment and were even treated to a fly past by the Royal Air Force's Aerobatic Team, the Red Arrows.

Their Guider, Catherine Potter, admitted that while organising the sleepover had involved a lot of work, it has also given her the confidence to go on to gain the Brownie Holiday Licence.

'The best bit of the sleepover was getting to know the girls better,' said Catherine. 'They had such a variety of skills that we knew nothing about.'

### SLEEPOVER ADVENTURES

Castles and museums have also been the location of Brownie sleepovers. In fact a group of Tamworth Brownies spent the night at the haunted Tamworth Castle. The girls were entertained by re-enacted ghostly tales, face painting and a tour of the castle, before sleeping in the great hall.

The 41st St James Styvechale Coventry Brownies also had an unusual sleepover, spending the night at a motor museum. The sleepover was organised by a partnership between the Museum of British Road Transport and Belgrade Theatre.

Titled *Cecile Deals with Automobiles*, the sleepover was an interactive performance where cars and characters came to life. An experience loved by the girls — and the adults!

**By Jacky Ramsden**  
Girlguiding UK Outdoor Activity Adviser

### ALTERNATIVE EXPERIENCE

You could enjoy an educational residential at the Centre for Alternative Technology — Europe's leading eco-centre in North Wales.

The Centre's 40 acre site has working examples of wind, water and solar power; energy conservation; organic growing; environmentally sound buildings, and alternative sewage systems.

For more information about attending a residential event at the Centre for Alternative Technology, call **01654 705950** or visit [www.cat.org.uk](http://www.cat.org.uk).

### ENGLISH HERITAGE

You could always take a step back in time with English Heritage. English Heritage offers free entry for educational groups to more than 400 historic sites and can offer assistance in planning an enjoyable trip.

Why not combine a visit to a historic site with a Girlguiding UK group deal stay at a YHA? For example, you could stay at

Dover youth hostel for the weekend while you visit Dover Castle to explore the tunnels, towers and Henry VIII exhibition.

For more information, contact English Heritage's Education Department on **020 7973 3442** or visit the web site at [www.english-heritage.org.uk](http://www.english-heritage.org.uk).

### SCIENCE SLEEPOVER

London's Science Museum's Science Night allows groups accompanied by adults the chance to sleepover in the museum. It's also a chance to enjoy loads of interactive displays and activities and a show on the IMAX screen which is almost the height of five double-decker buses.

The cost is £30 for girls and £25 for Leaders. For more information, contact Sam Rosenthal on **020 7942 4747** or email [science.night@nmsi.ac.uk](mailto:science.night@nmsi.ac.uk).

● Have you taken part in an unusual residential with your unit? If so, we'd love to hear about it. Write to *Guiding* magazine at the address on page 30 or email [guiding@girlguiding.org.uk](mailto:guiding@girlguiding.org.uk).

**By Jacky Ramsden**  
Girlguiding UK Outdoor Activity Adviser

### CAPITAL EXPERIENCE

The 2nd Studley Brownies from Warwickshire combined learning with sightseeing when they enjoyed a sleepover at ICANDO, based at CHQ, in the centre of London.

The girls enjoyed taking part in the activities at ICANDO and learning about guiding in a fun environment. It was also an ideal base from which they could explore the capital.

Highlights of the trip included visiting Buckingham Palace and London Zoo, taking a boat down the River Thames to St Paul's Cathedral and putting on an animal-themed play.

As the Pack live so far away from London, a visit would not have been possible unless they stayed overnight, so a sleepover at ICANDO provided an inexpensive, fun way to do this. They hope to take part in another sleepover next year.

● If you and your Pack would like to take part in an ICANDO sleepover, please call **020 7592 1818** for more information.

### WHY NOT?

An overnight doesn't have to involve long catering lists and detailed programme plans. So, if you are wondering whether to try organising one, be it as an introduction to Brownie holidays or simply to try something different, why not give it a go?



HENRY IDDON



ICANDO offers activities and an exciting place to stay

# FROM A DISTANCE

## THE NEW POSITIVE AND EFFECTIVE LEADERSHIP MODULES GIVE EVERYONE THE OPPORTUNITY TO LEARN

You might have experienced distance learning through college or at work or if you've participated in the Keeping Children Safe module.

The great thing about distance learning is that it gives individuals the opportunity to find out more about a topic or subject without having to attend a training session. You don't even have to leave your home.

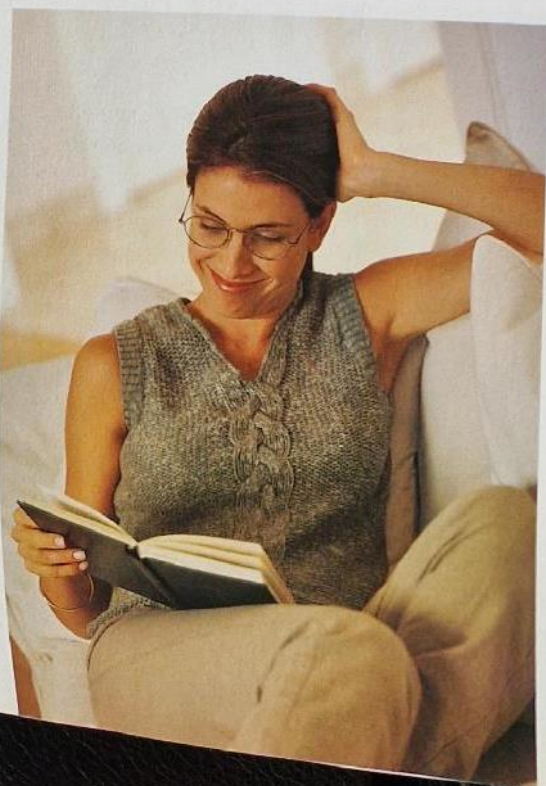
### AN EASY OPTION

Leaders who have taken part in the Keeping Children Safe module which was a collaboration between Girlguiding UK, Educare and other major youth organisations, said they enjoyed distance learning as they could fit it easily into their daily lives.

Key messages and background information could be read during a spare few minutes such as when travelling to work, during lunch breaks or when the children were in bed — whenever it suited.

### NEW MODULES

The benefits of distance learning have inspired Girlguiding UK to develop three Distance Learning modules. Each module focuses on one of the three key messages of Positive and Effective Leadership – Supporting Adults, Valuing Good Practice, and Challenging Negativity – and each includes key messages and explanations of terms. The modules will come free with *Guiding* magazine. Look out for the first one in next month's issue.



20

By the Positive and Effective Leadership Group

### GETTING ANSWERS

Each module will be divided into the sections What, Why, Where, When and How. There will be multiple-choice questions for each module, the answers for which can be found in the text. Some of these questions are designed to provoke thought and maybe even action, but your responses are personal unless you choose to share them.

The correct answers to the first module will be included at the start of the second module and the answers to the second module will be included in the third module. The answers to the final module will be included in *Guiding* magazine along with details of how to apply for a certificate of participation for completing all three modules. You will also have the opportunity to evaluate this way of working and to suggest other topics or themes that you would like to see delivered in this way.

### WHAT NEXT

While working through the modules, you may find that you want to learn more about being a positive and effective Leader or to further develop your skills. If this is the case, ask for a local session as it's likely others will also be identifying these same needs. Trainers will be aware of these modules and will be ready to help you develop the skills you need to be a positive and effective Leader.

You can count this towards the Chief Guide's Surprise Yourself Challenge, so why not surprise yourself and take part.

### THE PROJECTS

Over the past two years you will have read articles in *Guiding* magazine about the Positive and Effective Leadership Project and maybe even tried some of the *Motivate* activities for Leaders.

If you missed the *Motivate* pull-outs don't worry, each *Motivate* can be found on the Girlguiding UK web site, along with other helpful information about being a positive and effective Leader. Visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk), click on 'Leaders' and then 'Positive and Effective Leadership'.

If you don't have access to the Internet, a list of the issues that the *Motivate* pull-outs appeared in, along with a list of the Positive and Effective Leadership articles, can be found in the *Guiding* magazine index that came free with January's issue.

You don't even have to leave your home to complete distance learning modules

SOUTH OF ENGLAND

# classifieds

SOUTH OF ENGLAND

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### PAW 2004

Hertfordshire Scouts presents its annual Patrol activity weekend, to be held over the weekend of 30th April to 3rd May 2004. A full program of fun and activities aimed at Scouts and Guides. Cost of the camp will be £30 per person.

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For more details on any of the above please contact:  
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Tel: 01707 872 900 • e-mail: [tolmers@bigfoot.com](mailto:tolmers@bigfoot.com) • [www.tolmers.org.uk](http://www.tolmers.org.uk)



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Fax: 01342 824055

E-mail: [broadstone\\_warren@hotmail.com](mailto:broadstone_warren@hotmail.com)

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# classifieds

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# FOOTY FEVER

AMATEUR PHOTOGRAPHER RUTH ABRAM SURPRISED HERSELF AT GIRLGUIDING UK'S FIRST-EVER FOOTBALL FESTIVAL BY SWAPPING HER CAMERA FOR A WHISTLE

By Ruth Abram

Football Festival 2004 Planning team member

Early in 2002 I received a letter asking for Senior Section volunteers for a Girlguiding UK Football Festival that was to be held that summer in Sunderland. As a student in Durham I decided that I couldn't miss the opportunity to be involved in a large event so close to home. Although I didn't have a great deal of experience of football events there were opportunities to volunteer for different roles, and as a keen amateur photographer I signed up to take photographs of the 'action' throughout the weekend event.

## LEARNING THE RULES

So, armed with my tent and camera I arrived at the first-ever Girlguiding UK National Football Festival. The atmosphere was fantastic right from the start, and as teams of girls started arriving from all over the UK I found myself getting more and more involved. By the end of the first evening not only was I signed up for photography and security duties, but

fresh from attending referee training I was armed with a whistle and a rule book.

From that point on it was a non-stop week-end of activities. As well as football matches there were other sports, Go For It! activities, skills sessions, and fun and games that all the girls – and in some cases their Leaders – could get involved in, regardless of experience or ability. I had an amazing time (if a bit exhausting – refereeing is hard work!), and was even lucky enough to win a competition to spend a week's work experience at football magazine SHOOT! in London.

Early in 2003 I received another letter from Girlguiding UK inviting me to become part of the planning team for the 2004 Football Festival. I jumped at the chance to be involved again and arrangements are now well under way. The event promises to be bigger and better than 2002 and my advice is to book early as it's going to be fantastic.

## FURTHER INFORMATION

The second Girlguiding UK National Football Festival will be held at Rugby School, Warwickshire, from **August 13-16**. It costs £60 per person which includes accommodation, all food and most activities.

There are plenty of volunteer opportunities available at the festival from first aid and physiotherapy to refereeing and football coaching and helping out in the crèche. These are open to Senior Section members and Leaders. To find out more please contact the Football Festival Programme team.

Individuals who would like to participate should contact the Football Festival Planning Team. To register for the event, please visit the web site at [www.girlguiding.org.uk/football](http://www.girlguiding.org.uk/football), email [football@girlguiding.org.uk](mailto:football@girlguiding.org.uk) or call the team at CHQ on 020 7834 6242.



## HAVING A BALL!

Here's what some of the participants at last year's Football Festival had to say:

*'I think football's important for equal opportunities. Not all the girls play football at school so it's certainly something different for them to do.'*  
**Amanda Woodcock, Guider, 1st Woodthorpe Guides**

*'I came to have some fun and win! I'll definitely come and do it again next year.'*  
**Emily Windley, 1st Woodthorpe Guides**

*'Events like this are good for the girls and good for the Leaders. We get to talk to each other and get to know what people are doing in different areas.'*  
**Rebecca Hordern, Guider, 3rd Methodist Bamber Bridge Guides**

● Why not attend the Football Festival as part of the Chief Guide's Surprise Yourself Challenge.

surprise  
challenge  
yourself



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football's biggest supporter



It's time to start practising for this year's Football Festival!

## RECYCLING COMPETITION

Brownies and Guides can win big prizes in Bin to Win — a nationwide recycling competition run through the web site [www.recycle-more.co.uk](http://www.recycle-more.co.uk).

Bin to Win is open to primary schools and youth groups. Participants must think up and carry out an inventive recycling project that shows they have thought creatively about recycling in their school or community.

The lucky winner will receive £2,000 to spend on their recycling project, as well as a Plaswood activity table made from recycled carrier bags, and a digital camera.

To enter, or find out more, visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk). The closing date for entries is April 2.



NOEL FORD

## CANCER AWARENESS

Schools and youth groups are being urged to talk about cancer during Cancertalk Week from **February 9-13**.

The week is being run by the charity Macmillan Cancer Relief. A free programme pack to help educate teachers, youth leaders, parents and children about cancer; increase awareness of the disease; and help reduce the fear surrounding cancer is available from Macmillan.

The pack includes primary and secondary school teaching booklets with lesson plans, teachers' notes and practical advice; and a video using drama and role play.

To order your free Macmillan Cancertalk teaching pack, please call **0845 6011716** or email [cancertalk@mktpoint.com](mailto:cancertalk@mktpoint.com).

## MENTAL HEALTH SITE

Children's mental health charity YoungMinds has launched its new, redeveloped web site.

The site is easy to use and packed with invaluable information and features. The different categories, which include an information centre and members' area, provide comprehensive information about specific mental health issues, the services YoungMinds has to offer and the different ways to get involved.

Visit the YoungMinds web site at [www.youngminds.org.uk](http://www.youngminds.org.uk).

## TAKE ACTION FOR POVERTY

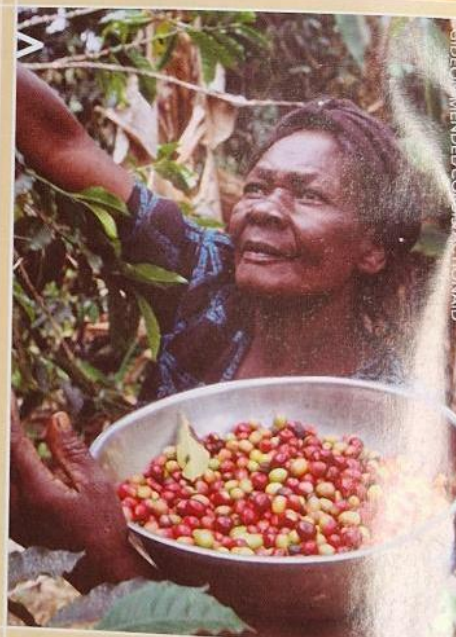
Help beat poverty by taking part in ActionAid's 24-hour Coffee Break on **March 12**.

The nationwide event — run in conjunction with The Fairtrade Foundation, Cafédirect and The Day Chocolate Company — coincides with Fairtrade Fortnight.

Participants are asked to hold a coffee break to highlight the effect of global trading rules on poor farmers in developing countries and to raise money to help ActionAid fight poverty.

A free fund-raising pack bursting with ideas, advice and chocolatey recipes, is available to help you plan your coffee break.

To register for the event, and to receive your free pack, call **020 7561 7555** or visit [www.actionaid.org](http://www.actionaid.org).



VIDEO: MENDEL CORN/ACTAIONAID

## CAT EXHIBITION

Learn all about cats at the Royal Museum, Edinburgh, from **February 13 to May 30**.

*Cats... the ultimate predators* features all 37 known wild cat species, from the largest — the lion — to the smallest — the rusty spotted cat from India and Sri Lanka.

The exhibition is particularly aimed at children and there are lots of chances for them to explore how it feels to be a cat. They will be able to test how cats' claws work, feel a tiger's tongue and learn the difference between cat calls.

For museum opening times and admission prices to *Cats... the ultimate predators*, please call **0131 225 7534** or visit [www.nms.ac.uk](http://www.nms.ac.uk).



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## SAFETY RESOURCE

Would you like a helping hand to cover safety issues with your unit?

The Access Partnership produces lively, informative safety resources for parents, teachers and children.

Working in conjunction with emergency services, teachers and child protection experts, the company has developed a range of resources that educate children about all aspects of safety and meet the needs of the national curriculum.

Resources are available for five- to seven-year-olds, seven- to 11-year-olds, 11-14-year-olds and teachers, parents and carers.

Each resource costs £12.99. To order, or for more information, call **0161 480 2323** or visit [www.ncsb.co.uk](http://www.ncsb.co.uk).

## FUN DAY

The Jewish Guide Advisory Council will be running a carnival-themed fun day, combined with a Renewal of Promise ceremony, on **May 2** in London. The event is open to all Jewish members of Girlguiding UK. If you would like to attend the fun day, please contact Nicky Brown on **07710 43 6364** (mobile number) for further details.

## STAMP EXHIBITION

The Scout and Guide Stamps Club will be holding its annual exhibition at Baden-Powell House, Queen's Gate, South Kensington, London, on **February 21**.

The exhibition will take place in the Charles Williams and Falcon Rooms from 10.30am to 4.30pm and will include a wide range of Guide and Scout stamps, postcards and other philatelic material. Admission is free.

For more information, please visit [www.sgsc.org.uk](http://www.sgsc.org.uk) or call **0125 632 8831**.

## GET GOING!

If you got a taste of the board game Wei Qi (sometimes known as Go) from November's Activate, then Peter Wendes, Education Officer for the British Go Association, is more than happy to help you and your unit progress with the game.

Go is an all-inclusive game and can be played by anyone whatever their ability. Go sets can even be adapted for the visually impaired.

For more information, help with queries or the possibility of a Go training in your area, please call Peter on **0239 226 7648** or email [pwendes@hotmail.com](mailto:pwendes@hotmail.com).

## WALKING COURSES

A Level 2 Walking Training and Level 2 Assessment will be held at Glenbrook Outdoor Activities Centre, in the Peak District, from **March 19-21**. If you would like further information, please contact Pat Wheatley at CHQ on **020 7834 6242** or email [PatW@girlguiding.org.uk](mailto:PatW@girlguiding.org.uk).

## Trading Service

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Alternatively, shop online for your essential guiding resources and keep up to date with new products at

[www.guidingessentials.org.uk](http://www.guidingessentials.org.uk)

For details of your local depot call freephone 0800 838227.

## WHAT'S ON DIARY

These residential opportunities are open to any Girlguiding UK member — Commissioners, Guiders, Senior Section members, Guides, Brownies and Unit Helpers, as relevant. For more details of the content and cost, please phone/email the appropriate centre.

### BRONEIRION

**01686 688204**  
[brone@talk21.com](mailto:brone@talk21.com)

**February 20-22**

Themed activity weekend — for Guides

**March 12-14**

Adventure Outdoor training — Guiders of all sections

**March 12-14**

First Aid training

### HAUTOBOIS

**01603 737357**

[angliahq@angliaguides.org.uk](mailto:angliahq@angliaguides.org.uk)

**February 6-8**

Hautbois Action Team — environmental project for girls

**March 5-7**

First Aid training

**March 5-7**

Girlguiding UK climbing scheme — level 1

**March 13-14**

Archery GNAS Community Sports Leader Award, weekend 1 — must attend two weekends to qualify

**March 20-21**

Archery GNAS Community Sports Leader Award, weekend 2

**April 2-4**

Take our Daughters to Work Day event

### FOXLEASE

**02380 282638**

[foxlease@girlguiding.org.uk](mailto:foxlease@girlguiding.org.uk)

**February 9-11**

Midweek training — self-esteem

**February 17-19**

Baden-Powell Challenge

**April 7-9**

Adventure On — older Brownies with their Guider

### BLACKLAND FARM

**01342 810493**

[blackland@girlguiding.org.uk](mailto:blackland@girlguiding.org.uk)

**March 13-14**

Girlguiding UK Rock-climbing Training Scheme

### WADDOW

**01200 423186**

[waddow@girlguiding.org.uk](mailto:waddow@girlguiding.org.uk)

**February 27-29**

Archery GNAS Community Sports Leader Award, weekend 1

**March 19-21**

Archery GNAS Community Sports Leader Award, weekend 2

**March 20-21**

Food Hygiene and First Response

**April 9-11**

Brownie holiday training for Guiders and up to four Brownies

**April 9-11**

Baden-Powell Challenge

### NETHERURD

**01968 682208**

[bookings@netherurdhouse.freeuk.com](mailto:bookings@netherurdhouse.freeuk.com)

Contact the Training and Activity Centre for more details.

### LORNE

**02890 423180**

[lorne@girlguidingulster.org.uk](mailto:lorne@girlguidingulster.org.uk)

Contact the Training and Activity Centre for more details.

## LEADER'S HANDBOOK PACK

Leader's Handbook Packs consisting of *The Guiding Manual*, *The Guiding Handbook*, What you need to know about safety, What you need to know about record keeping, Supporting information: Addresses, book list, forms, index and the relevant Guidance notes for leaders are available from Trading Service. Order codes as follows:

Rainbow section **6064**

Brownie section **6065**

Guide section **6066**

Senior section **6067**

For details of how to order publications from the guiding handbook series separately, please see last month's *Guiding* magazine, page 19.

## NEWS AND VIEWS

Your chance to share a slice of guiding life through letters and photos.

There's a special prize for the best photo and £5 Trading vouchers for other photos we print. Please include a sae so we can return your pictures.

### Cultural exchange

Sarah Carter, the International Adviser for Cambridge East, was thrilled to be selected to take part in a Japanese Cultural Exchange.

Highlights of her visit included visiting Mount Fuji and Tokyo.



SARAH CARTER

### Flying high

The 1st Cullybackey Guides from Northern Ireland had a fun-packed two weeks at Wave 2003, a camp in the Wirral, near Liverpool.

Here are two members of the unit on the flight



MIRIAM MCILVENNA



H J SHEPHERD

### Winning day out

The 2nd Winterbourne Brownies had a fantastic day at the Sealife Centre in Weymouth after winning a competition in Guiding magazine.

Here they are looking for gold in the 'Sunken Treasure' attraction.

### Brownie parade

The Liverpool 403rd and 52nd Brownie Packs represented Girlguiding UK at the Liverpool Lord Mayor's Parade 2003.

The girls won a trophy for having the best new float at the parade.



NICOLA PARR

### Film fun day

The 9th City of Coventry North (St Thomas) Guide unit gave themselves the star treatment at a sleepover.

The girls made their own horror films and immortalised their hand prints in modelling clay, in the style of the hand prints on Hollywood Boulevard.



### Star letter

The writer of this month's star letter is Joan Radcliffe who wins a Girlguiding UK pen.

### Badges too easy

I am the first to admit that I don't like change, but I think that the new Brownie books are great and everyone in my Pack is happy with them. However, I must admit to being disappointed with the Brownie Badge Book.

I took my girls to the pool last weekend and was horrified to find that to earn the advanced Swimmer Badge the furthest they had to swim was 50 metres. When you look at what they had to do in the staged badges for swimming this is no challenge at all.

I feel that to earn the Swimmer Badge they should be able to swim 50 metres and to earn the advanced Swimmer Badge they should be able to complete at least 20 lengths using different strokes.

Joan Radcliffe  
Editor

2nd Roseland Brownies

- Do you think that the new Brownie badges are challenging enough for the girls or have they become too easy? Write to the address on page 30 and let us know.

LETTERS LETTERS LETTERS



JENNY BAKER

### All aboard!

It was full steam ahead for the 9th Bristol Brownies on this model train at a local amusement park.

The Pack were offered the ride to celebrate the train's 20,000th journey.



BRENDA JONES

### Gang show

Almost 250 Rainbows and Brownies from Carmarthenshire, Wales took part in an all-singing, all-dancing County show.

### Spare tents

Our unit supports the charity, the Children of Honduras Trust, of which I am a committee member. Every April, the trust sends out two container lorries to help children and families living in poverty. This year there is a particular need for tents — any tents, preferably large ones, their age and condition is relatively immaterial as repairs will be done to make them useful.

Do you have any unused tents that you could donate, or can you put me in touch with anyone who could help? It would be greatly appreciated.

**Jean Taylor**  
Guider

1st Market Harborough Unit

- Write to Jean c/o *Guiding magazine* at the address on page 30.

### Successful week

I am one of the 280 women who volunteered during Recruitment Week 2003. I am 29 and have been out of guiding for 12 years but Recruitment Week gave me the push I needed to get back into it.

Recruitment Week is a fantastic idea. Well done to all those involved in making it a success!

**Claire Dodsworth**  
South Yorkshire

### Negative campaign

I would like to express my dismay at the poster that you are using in your current advertising campaign for Leaders. It represents a negative image of older women and is ageist in its theme. It is an astonishing poster for an organisation representing women.

I find it hard to believe that Girlguiding UK, which wants its girl and young women members to contribute to society by caring for others and to develop a sense of tolerance, justice, kindness and honour, would use such an advertising tactic.

You have so many positive images on your web site which truly represent the spirit of guiding, it mystifies me why you have felt the need to choose such an image. I feel that Girlguiding UK has damaged itself by using this poster which I quite frankly find distasteful.

**Jane Brown**  
Edinburgh

- Katrina Evans, County Commissioner for Edinburgh, replies: Although considered to be controversial, the advertisement certainly became a talking point around the City of Edinburgh and raised the profile of guiding.

This was reflected in the success of

the Recruitment Campaign, which has been a very positive step for Girlguiding Edinburgh with nearly 100 enquiries about volunteering. Hopefully, the majority of these will now be converted to Leaders in units where we have hundreds of girls on waiting lists.

### Great idea

We would like to pass on our thanks to Anne Dee from Nottinghamshire who came up with the idea for *The Twelve Days of Christmas* task, in October's *Activate*.

We decided to give it a go, collected all the equipment and extended our meeting time to two hours.

The girls worked in two groups. They thoroughly enjoyed themselves and managed to produce all of the items in the time given.

Edible items were devoured, the punch consumed and the decorations taken home. The evening was declared a success.

Thanks again for such a good idea.

**Heather Wayborn and Liz Thomas**  
Guiders  
79th Bristol, St Martin's Guides

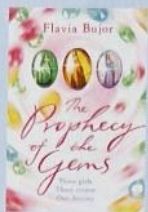
- If you have an activity or craft idea that you would like to share with others, please write to the address on page 30.

## GIVEAWAYS

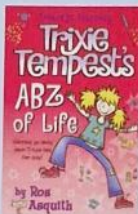
## Fun fiction

Harper Collins Children's Books has launched two new books for eight- to 12-year-olds: *Trixie Tempest's ABZ of Life*, a fun reference guide by Ros Asquith, and *The Prophecy of the Gems*, written by acclaimed French teenager, Flavia Bujor.

Guiding magazine has 35 copies of *Trixie Tempest's ABZ of Life*, worth £3.99 each and 15 copies of *The Prophecy of the Gems*, worth £10.99 each, to give away. Mark your entry Guiding magazine/Books, stating your preferred title.



HARPER COLLINS CHILDREN'S BOOKS



## Get crafty

Get a taste of Hollywood glamour at an International Craft and Hobby Fair (ICHF) show this spring.

Each show will feature textile art, needle craft and hobbycraft with workshops, illustrated talks and demonstrations as well as a special 'Hollywood Bride' exhibition.

The shows are in Brighton **February 6-8**, Glasgow **March 4-7**, and Birmingham **March 11-14**. For more information call **0142 527 2711**.

Guiding magazine has eight pairs of tickets, worth £12 a pair, for the Glasgow show and 12 pairs of tickets, worth £18.60 a pair, for the Birmingham show to give away. Mark your entry Guiding magazine/ICHF and indicate your preferred location.



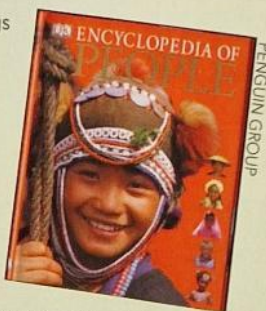
## People and places

The *Encyclopedia of People* brings children face to face with the world and its people.

Divided into seven areas of the world, the encyclopedia combines learning and reference with a captivating collection of stories and photographs.

Each section focuses on the daily lives, customs, languages and religions of people from every corner of the globe.

Guiding magazine has 15 copies of the *Encyclopedia of People*, worth £15 each, to give away. Mark your entry Guiding magazine/Encyclopedia.



PENGUIN GROUP

## GREAT GARDENS

This imaginative Brownie, from the 5th Tooting St Boniface Pack, won joint 3rd place in this year's Wandsworth in Bloom children's painting competition with this picture of her ideal garden.

Anna was presented with a certificate and a prize at a ceremony while sailing down the Thames on a cruise ship!



MANDY DYMER

## POSITIVE ROLE MODEL

The 3rd Shirley Brownies were thrilled to receive a visit from Katie Boyce, a children's author and illustrator.

Katie ran a workshop and talked to the Pack about being an author, inspiring a few of the girls to want to follow in her footsteps.

Katie was a Brownie more than 15 years ago so she was very interested to find out how the organisation has changed.



KATE MANSDEN

## SAILING CHALLENGE

Hannah, a Guide from Kent hasn't let Myasthenia Gravis, a rare medical condition which causes muscle fatigue, stop her enjoying her sailing hobby.

However, because of her condition Hannah needed to raise £1,500 to buy a suitable boat.

With the help of friends and family Hannah managed to raise the money and she was thrilled to receive £130 from the Olave Baden-Powell Bursary Fund.

Here she is enjoying the new boat.



H. HITCHIN

If you want the chance to win one of our great giveaway prizes, the closing date for entries is **February 28**. Photos, letters and competition entries should all be sent to **Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT**. You can also email **guiding@girlguiding.org.uk**.

## READY STEADY GO!

MARGARET MCFADDEN



The 20th St Marks Rainbows, Belfast, raised over £210 for the Children's Marathon Challenge, run by the charity Children with Leukemia.

The girls were thrilled to receive a special certificate and a sticky badge for their efforts.

Here is one of the Rainbows proudly showing of her certificate after the unit presentation.

## FUN RUN

More than 30 Guiders and Young Leaders from London fund-raised for Girlguiding UK when they took part in the Flora Light Women's Fun Run in September last year.

The ladies ran or walked a 5km course around Hyde Park, wearing Surprise Yourself! tops and distributing Girlguiding UK leaflets.



DECLAN O'REGAN

## WORLDWIDE GUIDE

G WELCH



At 19 years of age, Gemma Welch, a Guide Guider with the Great Barr (Sundial Lane) unit is one of the youngest Girlguiding UK members to have travelled to all four of the WAGGGS World Centres.

The Guider, from Birmingham, has recently returned from a trip to Sangam, in India. She has also stayed at Pax Lodge, visited Our Chalet three times, and was selected to represent her Region at an event at Our Cabaña in Mexico.

## SKILLS FOR WORK

J FILMER



Guides and Rangers from Kent East got a taste of the world of work when they took part in a skills day at Canterbury College.

The girls tried out lots of new skills including laying a brick wall, plumbing, designing a magazine cover, and silver service.

## IN MARCH'S **Guiding** magazine

### ON THE BALL

Find out about the voluntary opportunities for Leaders and Senior Section members at Girlguiding UK's Football Festival.

### MAKING HEADLINES

A round-up of the media coverage Girlguiding UK received during 2003.



BOUG PETERS

### FORWARD PLANNING

The first-ever Recruitment Week was a great success — now it's time to start planning Recruitment Week 2004.

**Plus all the latest news, your views, and much, much more...**

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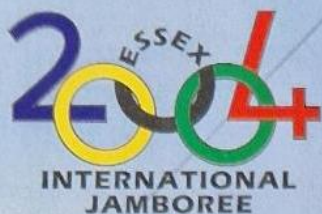
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World Wide Web site address: <http://www.girlguiding.org.uk>

General insurance enquiries tel: 01737 783690; Suretravel tel: 01372 749191



31st July to 7th August

Kirby-le-Soken, Essex

## The ultimate summer camp!

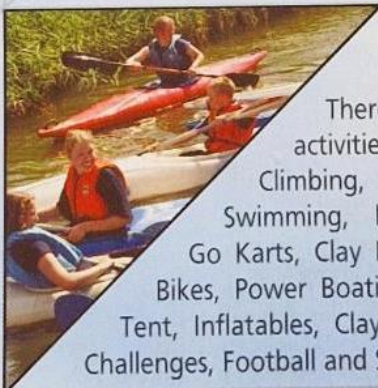


Be part of the Essex International Jamboree 2004 where over 5,000 Scouts and Guides from across the world will be taking part in an Olympics themed week of activities and entertainments in the countryside of Essex.

The Jamboree will have a large range of campsite facilities including a Market Square with a variety of Cafes and Shops, a Supermarket, Post Office, Cyber Cafe, Bank and a Cinema.

### entertainments

During the week there will be a whole range of entertainments including Chill Out Zones, Dance Marquee, Theatre Workshops, Talent Shows, Soft Rock Cafe, Karaoke, Bistro, Battle of the Bands, Fast Food and Street Entertainments.



### activities

There will be a large selection of activities including Abseiling, Air Rifles, Climbing, Canoeing, Sailing, Windsurfing, Swimming, Hockey, Radio Shack, Volleyball, Go Karts, Clay Pigeon, Crystal Maze, Mountain Bikes, Power Boating, Archery, Local Visits, Craft Tent, Inflatables, Clay Pigeon Shooting, International Challenges, Football and Stilt Walking.

## Don't delay, Book today!

For further information and a booking form please contact

**[jamboree@essexscouts.org.uk](mailto:jamboree@essexscouts.org.uk)**

2 Victoria Road, Writtle, Chelmsford, CM1 3PA, England.  
With a stamped self addressed envelope.



You can also visit the website for further information

**[www.essexscouts.org.uk/jamboree](http://www.essexscouts.org.uk/jamboree)**



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