

GUIDING in AUSTRALIA



NOVEMBER 1994
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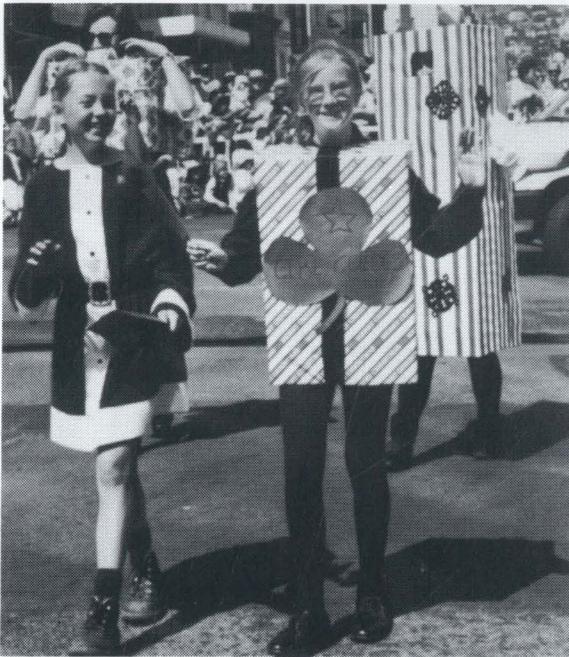




Support Group President, Christine Durham (in hat) looks a little surprised at the Edge Hill District 40th celebrations. Photo courtesy Peter Smith of Cairns Post, Queensland.



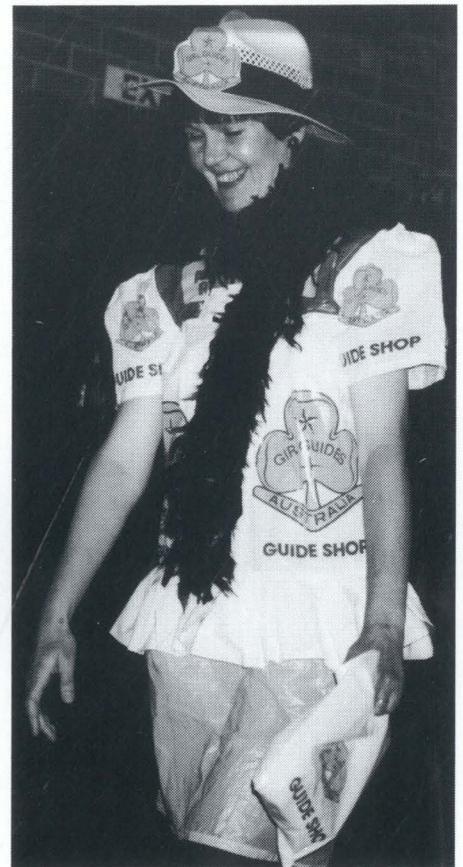
1st Wagga Wagga guide, Zoe Northby competes in Murrumbidgee Division's ironwoman regatta. Photo courtesy The Wagga Daily Advertiser, New South Wales.



Santa's helper with Christmas boxes at the Hobart Christmas parade, 1993. Photo: Jan Allan, Tasmania.



Anyone for gridiron? Two happy participants at the Scout Guide Show in Perth show their muscles are almost ready! Photo: Merrill Cole, Western Australia.



Denise Palmer, Vermont Guide Leader, modelling the Towards 2000 girl guide uniform, designed by Dora Hodgson, Brownie Guide Leader from guide shop carry bags. The occasion was a farewell dinner for parade compere Elaine Wallbridge and retiring Maroondah Region Commissioner, Margaret McKellar. Photo: Victoria.

message from the Chief Commissioner

The 28th World Conference reaffirmed its mission that the World Association of Girl Guides and Girl Scouts would remain a separate organisation dedicated to the advancement of girls and young women.

During the year your Australian association has worked very hard to educate the public why this is so. The first steps were taken at the program and training conferences in January 1994. Some of you will know of members who were involved in the research project undertaken in August, September and November, which was an outcome from those conferences. The Association must always be alert to the needs of girls and young women, and be prepared to adapt where necessary.

This year seems to have passed quickly for me. However, I am sure for those members and their families effected by the disastrous drought, the year without rain has passed very slowly. We are all sad to see our sister guides suffering in this way. Let's hope the situation does not go on for much longer, and



those parched areas of our country receive sound, soaking rain, to herald a happy new year.

The new year is going to bring a new look national magazine. It will be easier to read and will have more diverse content, focusing on both guiding issues and those important to girls and young women. If your subscription is due, make sure you don't miss the first exciting issue for 1995.

Many are busy making plans to attend Making Waves, the Asia Pacific regional camp for guides at Orana in Tasmania, or Yaringa, the ranger event in Western Australia. To all those attending these events, have a wonderful time. The friends you make there will be friends for life. You have a unique opportunity

to savour the special feeling that comes from being part of a national or international event, and to experience the wonderful bond which binds guides together, wherever they come from in the world.

I hope you have found the last twelve months rewarding and fulfilling. I constantly hear of the accomplishments of youth and adult members and am very proud of you all. Leaders, you provide admirable role models for the girls, giving your time generously, freely and happily. Your dedication is greatly respected. Thank you very much for the immense job you do for our Association and the community.

I wish you all a safe, happy and well deserved holiday. I hope you will have time to reflect on the past year and its achievements, and look forward to 1995 with much anticipation and enthusiasm.

At this special time in the Christian calendar, I wish all Christians a happy, holy and blessed Christmas.

Janette Lockhart Gibson

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COVER PHOTO



Australian Paper

The cover paper for the magazine is kindly donated by Australian Paper.

Mandy Macky, Assistant Chief Commissioner soars into EAGLE!

Photo: Bob Spratling, Victoria.

The Olave Award winner 1993

The transformation of a rubbish heap into a healthy vegetable garden helped the 1st Cavell Guide Unit of the Girl Guides Association of New Zealand to win the Olave Award 1993.

The vegetables grown by the girls are given to the Auckland City Mission for distribution in food parcels to needy families, helping to provide a nutritious diet to families in this city area.

Congratulations to the 1st Cavell Guide Unit who are truly carrying out the Promise and providing service to the community.

Jan Holt
Director
World Bureau

The Olave Award 1994

The Olave Award is an international award to honour the memory of the World Chief Guide, Olave, Lady Baden-Powell and to keep alive her belief in the spirit of service.

It is awarded for a spontaneous effort with no thought, a sustained effort or outstanding achievement of a group.

Details are available from your state association.

VALE

Mrs Kathleen M Davies-Cooke, OBE (UK) died on 26 June, 1994, aged 91. She was the founder of the trefoil guild and was much involved in the International Fellowship of Former Scouts and Guides (IFOFSAG).

Mrs Davies-Cooke was Vice-Chairman of the 13th World Conference, Oxford 1950.

*Our World News
September 1994*

Papua New Guinea update

Three years after her last visit to Papua New Guinea, Asia Pacific Committee Member Angela, Lady Carrick, witnessed first-hand the tremendous progress made by the national organisation there.

Many of the goals she drew up with the executive and council for a structured training program, more up-to-date, relevant publications, increased membership and a sound financial base, are close to achievement.

Plans are afoot for a training for trainers, for the production of handbooks for guides, rangers and leaders, and for the extension of guiding to all 19 provinces in the country. The Association now has clear goals for the future.

*Our World News
September 1994*

Peace packs

WAGGGS is delighted to report that approximately 824,200 Peace Packs have been promised so far. Here are just some examples:

Austria 6,788 for Croatia, Canada 10,400 for Mozambique, Cyprus 5,000 for Lebanon, Denmark 10,000 and Germany 5,000 for Kenya, Finland 12,200 for Russia and Uganda, Ireland 4,800 for Georgia, Italy 25,000 for Angola, Japan 50,000 for Pakistan, New Zealand 17,400 for Uganda, Taiwan (Republic of China) 17,400 for Sri Lanka, UK 97,600 for Cote d'Ivoire, Mauritania and Guinea, USA 432,000 for Thailand, Mozambique, Kenya, Zaire, Mexico and Tanzania, Iceland, Norway and Sweden have joined forces to supply 37,700 for Tajikistan.

*Our World News Supplement
September 1994*

Thinking Day will soon be with us again ...

Initiated by Baden-Powell in 1932, Thinking Day provides a focus for members to think about their counterparts around the world and to remember them by participating in international activities and contributing money to the promotion of girl guiding and girl scouting.

Thinking Day materials produced by WAGGGS are available from guide shops and program ideas can be found in this issue of *Guiding in Australia*, pages 22-23.

Guiding in Hong Kong

Hong Kong in South-East Asia is currently a British colony comprising Hong Kong Island, Stonecutters Island, the Kowloon Peninsula and the New Territories in mainland China. With less than three years to go until Hong Kong's sovereignty returns to the People's Republic of China, its six million residents are uncertain about the future of their sunny territory.

In 1997 Hong Kong will become a region of the People's Republic of China, and concerted efforts are being made by The Hong Kong Girl Guides Association to introduce guiding into China. The program encourages its 31,000 young members to mature by developing their minds, physical fitness, character, creative abilities, relationships, home skills and enjoyment of the outdoors. The social priorities of the Association are reflected in its integration of girls with special needs into existing units, and a ranger unit has been established at the Tai Tam Correctional Institution where girls aged 14 to 21 are retained for criminal and drug-related offences.

The Association keeps the public informed of guiding activities through the press, radio and television. It contributes regular columns for newspapers and magazines, and publishes a bi-monthly newsletter and parents' newsletter.

Welcome South Africa

national update

After 30 years South Africa returns to the Commonwealth. I was privileged to attend a special service of welcome at Westminster Abbey in July 1994. During the service the national flag of South Africa was carried through the Abbey, and placed with the other flags of the Commonwealth. The address was given by Dr Desmond Tutu who was overjoyed by the event which had a wonderful atmosphere of celebration mixed with a message of reconciliation and thanks. It was a truly moving occasion, made extra special for us by the inclusion of Lerato Mkize in our party of ranger guides. Lerato is from South Africa and is working at Pax Lodge during the summer. Her smile during the service was only matched by that of Dr Tutu!

I wish I could share the whole service with you, but perhaps this small extract from The Bidding sums up for guiding as well as South Africa, what we all feel:

"We look to the future with hope and trust, knowing that there are great challenges but also great opportunities. Together we ask for God's guidance and grace for all South Africa's citizens and her leaders, and we pray for the whole life of this great Commonwealth of which we are members."

Mrs Jane Garside JP
The Commonwealth
Chief Commissioner



(left to right) Lerato Mkize
with Mrs Jane Garside

NATIONAL FLAG OF THE REPUBLIC OF SOUTH AFRICA



The new national flag of the Republic of South Africa, which was taken into use on 27 April 1994, replaces the previous national flag which flew from 31 May 1928 until 26 April 1994. The design and colours of this new national flag are a synopsis of the principal elements of South African flag history from the earliest days until the present time.

The Chilli red (a deep red/orange), white and blue are taken from the earliest stages of flag history, while green, black and gold came into use in South African national flags during the 19th Century. All six colours also play a prominent role in more recent South African flags. No universal symbolism is attached to any of these colours, and they may be interpreted at will.

The unique central design represents the convergence of diverse elements in South African society, which then take the road ahead in unison. This idea of convergence and unification links up with the motto of the national coat of arms, *ex unitate vires*, which means 'unity is strength'.

HAPPY CHRISTMAS

The staff at Australian headquarters wishes you and your family a very happy and relaxing Christmas.

Australian headquarters will close on **Wednesday 21 December 1994** and re-open on **Monday 9 January 1995**.

We are looking forward to the exciting challenges and opportunities for guiding in 1995.

AUSTRALIAN EXECUTIVE

As you are receiving this month's *Guiding in Australia*, the Australian executive will have just finished its meeting at Kindilan in Queensland. Keep a watch out in the February issue of *Guiding in Australia* for information about the meeting, including the results of the Promise and Law renewal, recommendations from the research of the needs of the girls and the appointment of the new Australian program committee.

We appreciate the Queensland Association's hospitality and thank them for organising the Annual General Meeting at their headquarters on 31 October 1994.

Barbara Horsfield
National Executive Officer

WORKSHOP IN NEPAL

In January 1995, Barbara Horsfield will be in Kathmandu to conduct a management workshop with Nik Faizah Bt Nik Mustapha, previous chief commissioner of Malaysia. The workshop is one of a series in the Asia Pacific Region for national administrators of member organisations. Participants from Nepal, Bangladesh, India, Pakistan and Sri Lanka will be in Kathmandu from 4-10 January to discuss WAGGS, organisational structure, communicating, managing resources and strategic planning.



Swim to live

With such a magnificent climate and the abundance of beaches and waterways, Australia is a nation of water lovers.

A large portion of the population spend time at the beach, and today most children are learning to swim.

Water may bring pleasure but it also brings potential dangers. Each year, approximately 500 people drown in Australia. Despite the attraction and potential hazards that Australia's magnificent coastline brings, people swimming at patrolled beaches rarely drown. A large percentage of drownings occur in lakes, dams, home swimming pools, inland rivers and irrigation channels. The majority of those who drown are clothed, do not intend to enter the water and are within a few metres of safety.

The highest incidence of drowning occurs amongst preschool children. The number of children under the age of five years drowning in Australia is higher than in most developed nations, including USA, Canada and Great Britain.

The incidence of drowning is strongly related to -

- ▼ inadequate supervision of young children playing in or near water
- ▼ lack of physical barriers such as pool fences between young children and the water.

SWIM-SET GIVE-AWAY

This month the best program idea wins a swim-set by Eyeline Australia



Turn to page 23 for details.

Fortunately, more and more schools and organisations such as the Girl Guides Association are helping children learn basic water safety, resuscitation and rescue methods.

Guides' responsibility

PO&R outlines all the rules regarding swimming and water sports. These rules can save lives and protect leaders from litigation. They don't just apply to swimming, they apply to all water activities.

Make sure you are familiar with these regulations and that suitably qualified people are on hand whenever you are doing a water activity. Encourage the girls in your unit to gain their lifesaving awards and to learn water first aid.

Badges to earn

Brownie guides - swimmer and water safety

Guides - lifesaver and water survival

Ranger section - service certificate

Great exercise

Swimming is a great exercise. It develops cardiovascular fitness and health, improves flexibility and strength, and contributes to toning the entire body.

Due to the buoyant effect of the water, swimming places less stress on joints and reduces the chance of injury and muscle soreness, making it ideal for anyone who has a physical problem such as arthritis, back problems, joint disorders or is recovering from an injury.

Different swimming strokes use different muscles. Using alternative strokes enables you to get a whole body workout - something which no other single aerobic activity allows you to do.

Freestyle is the most efficient stroke in terms of time and distance and is favoured by many people.

Potential dangers

It's important to be able to spot and understand the dangers found in water environments.

Some points to consider:

Rivers/Creeks/Channels:

Dangers to look for include:

- ▼ currents
- ▼ submerged obstacles
- ▼ changes in water level and current speed
- ▼ crumbling banks
- ▼ uneven and unsafe river beds

Swimming in areas such as canals and channels is illegal.

Lakes and dams

The flat, still appearance of lakes and dams is often deceiving. Strong winds can produce short, choppy waves and reduce water temperatures, increasing the chances of hypothermia.

Hypothermia

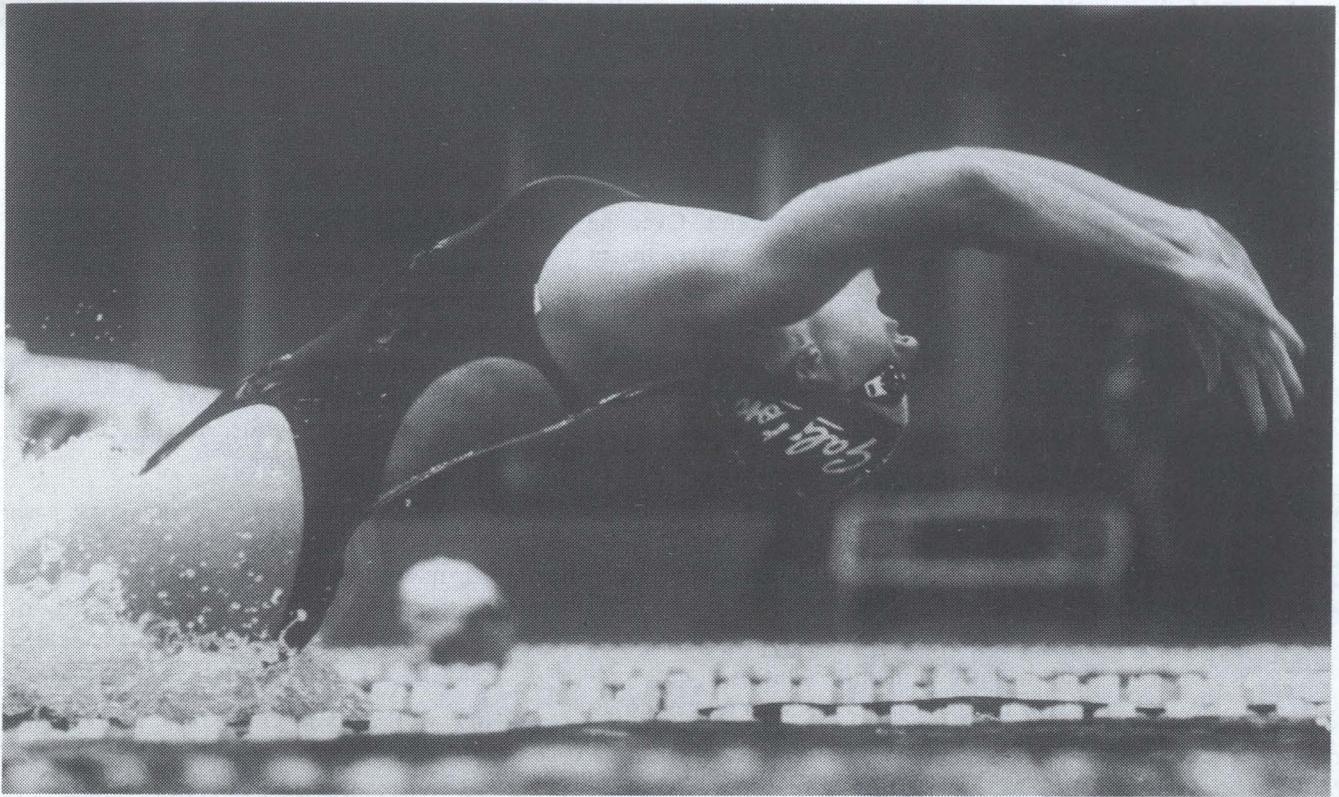
The danger of hypothermia exists in most waterways regardless of season. The sudden immersion into cold water can cause shock, which can be fatal.

Hypothermia, a condition unrelated to the air temperature, can occur if the water temperature drops below 18°C.

The normal body temperature of a human being is 37°C, but when the body temperature drops below 35°C the person is said to be suffering from hypothermia or exposure.

Sudden immersion in cold water causes the pulse rate and blood pressure to rise. In a young person, this is usually not a problem but in an older or less fit person it may cause a heart attack or stroke.

Children and thin adults lose body heat more rapidly, reducing their survival time in cold waters.



Elli Overton. Photo courtesy Craig Golding, Sydney Morning Herald

From Brownies to the Olympics

Swimming champion Elli Overton stood tall and proud on the podium at the recent Commonwealth Games in Victoria, Canada, receiving medals for the 100 and 200 metre backstroke and 200 and 400 individual medley. She's come a long way since joining brownie guides in Mt Isa.

When Elli's family moved to Sydney, she transferred to a local unit. However, swimming commitments soon took priority, and Elli chose to spend her time at the pool rather than the guide hall.

To a non-competitive swimmer, it's hard to imagine what inspires a person to swim lap after lap, day after day, but when you speak to Elli her love for swimming shines through. "When I was seven I did a sport and recreation camp and won a medal or two, which was really exciting," said Elli, "But basically I just love swimming, I always have."

"I surprised myself when I made the Australian team at the 1991 World Championships in Perth. That's when I first thought about going to the Olympics."

There's no such thing as sleeping in for Elli. Each week she has 10 two hour training sessions in the pool, as well as three gym sessions. Between trainings, she studies part time for a Bachelor of Business degree.

As Elli is quick to point out, you don't have to be a champion to train. "It's an excellent feeling to be fit, and swimming is a great way to stay fit," explained Elli.

"There are lots of kids who train who are just average swimmers - but what's important is to do the best you can. If you can improve on your best time, that's what counts. That's still what's important to me."

Commonwealth Games

August saw Australia glued to the TV screen, sharing in the successes and disappointment of our athletes. Despite being thousands of miles away, the electric atmosphere and incredible team spirit shone through. When Elli speaks of the Commonwealth Games, you can still hear the excitement in her voice, but the World Swimming Championships in Rome is a different story.

"The atmosphere at the Commonwealth Games was fantastic. The swimming team really got together and the whole team did well," she explained. "Going to Rome for the Worlds was difficult because we were so tired. It was really hard, because I knew the Chinese were going to win everything, but when I saw the others doing so well it really gave me a lift."

"We did a lot of team cheers at the Commonwealth Games but this didn't really happen in Rome as being in an outdoor stadium the noise didn't carry. The spectators were different too. The Italians didn't get into the spirit of the games - whereas the Canadian crowds were fantastic. Half the spectators were Australian, so when you stood on the podium you knew you were singing the right words to our anthem because half the stadium was singing with you!"

What's next?

Elli has her sights set on the Pan Pacific Championships in Atlanta in 1995 and possibly the World Short Course Championships in Rio.

Some 32 years ago, a very wise owl said to one terrified but excited little girl wearing a new brown uniform, "Do you know that when you make a promise, you must always try your very best to keep it?"

A Promise was duly made, witnessed by my peers and my very proud parents. Over the next few years the words themselves meant very little but the message was woven into my very existence. The Promise unobtrusively affected almost everything I faced, both within the Association and outside.

Through guiding I was introduced to life outdoors and I began to notice God's beauty in the wider world. I was a blue wren and I well remember watching for the first time the antics of this graceful little bird and his jaunty disposition in caring for his family.

Into rangers we took our responsibilities into the wider community where we were prepared for the many doors soon to open to us. We developed initiative, made our own choices (for better or worse) and, like my peers, I became the centre of my own universe. No longer children, we faced adulthood and our ways diverged.

EFFECTS OF A PROMISE

Norma Purtle, Queensland

"WHEN YOU MAKE A PROMISE, YOU MUST ALWAYS DO YOUR BEST TO KEEP IT"

My own path took me far from home into a totally new life with the Women's Royal Australian Navy. I wondered at the struggles faced by many of my fellow recruits or their lack of self-discipline. How could they have come so far and done so little? Many came from sheltered or strict homes and were, in essence, running away from home.

I began to appreciate the wide experiences guiding had given me. My ready assimilation into naval life was rooted in ten years of belonging to an organisation which had searched out my strengths and weaknesses, making me appear very self-assured in all that I faced. I had made my own decisions, been given loving support by my parents and peers and guided from behind through those often embarrassing but important adolescent years. I completed my training and life became more mobile when a decade of travelling around Australia began. Wherever I went the hand of friendship was extended and I was welcomed as a brownie guide leader. The thread that had begun as a child strengthened into a new dimension and I felt great pride and joy every time I asked a tweenie "Do you know that when you make a promise, you

must always try your very best to keep it?"

The young trusting eyes of a child looked up and remind me of the unwritten but sacred trust placed in me with the issue of a warrant - to try my very best to engender the spirit of guiding; to encourage initiative and offer opportunities for girls to find their strengths and overcome their weaknesses; to truly challenge them into attempting the difficult as well as acknowledging their natural talents; to give them an insight into those around them and to foster that level of friendship which accepts, with compassion and understanding, the whole person whilst not rejecting that which we find different.

As we approach 85 years of guiding, ask each and every leader to examine themselves and their motivation in donning the blue. Is it for prestige, for standing in the community or maybe even for the power to influence these young lives and set rules for others to follow?

How well do you know the girls in your units? Do you know their fears? What challenges do they avoid and how can we help them to face what they fear or simply dislike doing? Do we give them the opportunity to fail or do we control instead of guide them?

How can we temper their quest for adventure and excitement with a sense of responsibility and service?

Say your Promise out loud. Are duty, service and helping still relevant to you personally? Have you truly thought about the wider implications of these apparently simple words? Is your duty to God the god of our ever increasing materialistic values or those more difficult moral values? Do you help others as long as there's a badge or public recognition or maybe you expect eternal gratitude? Do you serve the Queen and country when someone else organises an event or when it's convenient for you?

What of our Association? Ever restrictive practices are creeping in, to the exclusion of spontaneity and resourcefulness. "You can't do that," I'm told, "There's a rule, you know." I don't advocate throwing caution to the wind, but surely guidelines are sufficient. Where leaders are confined by too many rules, the end result flows on to result in a lack of initiative in the girls we serve through lack of our opportunity to introduce new and exciting challenges.

We are becoming like those strict, over-protective parents whose children join the navy to taste life to its fullest, opening doors in their lives without any self-discipline. We are blue wrens in danger of losing our jaunty dispositions in caring for our 'family' for fear of letting them make their own mistakes.

I believe that the Girl Guides Association is in danger of collapsing in upon itself but I pray that it is not too late to stem the tide. Girls are leaving, leaders are leaving and their silence is their legacy to us.

Let your light shine on and rekindle the flame in your district. If someone says, "You can't," reply, "Why not?" If rules impede your program, seek out their origin - could be they are local rules. Venture into new territory, break new ground and above all else, if the girls want to try something, encourage them, don't place obstacles in their way. Don't let yourself be deterred because of red tape or fear of failure. Guiding is us and if we unlock the doors to the future, it will be easier for the girls to follow.

Editor's Note:

This well written article has some thought provoking points which prompt a comment.

I have been a leader for 12 years and during this time no-one has ever told me "No, you can't do that". In fact *PO&R* contains very few 'must nots' and it is possible for youth members to participate in all manner of adventurous and exciting activities, providing safety guidelines are strictly adhered to. The guidelines are there for leaders' and girls' safety and protection. They are not there to place restrictions on the program.

Leaders who might be experiencing the kind of problems Norma writes about would do well to follow her advice. If *PO&R* does not forbid an activity that it is covered by the Association's insurers, and you are using the Association's approved instructors, ask why you have been told you can't do it. If you don't receive a satisfactory answer, ask again!

Pat James
State Contributing Editor
Queensland

GIFTS THAT LET CHRISTMAS HAPPEN FOR YOU!

What present will your loved ones discover under the tree this Christmas? Will they find the treasures of the local department store or the riches of heaven? Gifts that money can purchase or what the heart can give?

Here's an idea. Resist becoming embroiled in the frenzied pace of the shopping mecca this year. Use that time well. Time to sit with a child, to hold your spouse, to be with your God. Time to think up your own unique approach to gift-giving. Perhaps gifts that spend your time and presence instead of your money.

Gifts that reduce tension and create an atmosphere of peace.

Gifts that take a little extra thought for the uniqueness of the receiver; that show you are prepared to put yourself out - even change a well-worn habit!

Gifts that show you care; about the world, the environment.

Gifts that arise from a heart of love and which plant a seed of faith - no matter how tiny or fragile.

Gifts that belong to the scene of a tiny child lying in a manger.

Gifts that clothe a poorly-clad shepherd boy or challenge the wisdom of kings.

Gifts that bring light to the darkness and point the way to God-among-us.

What gift will you place under the tree this Christmas?

LOVE

PEACE

JOY

TIME

CARE



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Skin Cancer

It's preventable yet has one of the highest mortality rates.

Here's how to avoid becoming a statistic this summer.

Australians have the highest rate of skin cancer in the world. Skin cancer is the most common cancer in Australia and is increasing.

About 1,200 people die from skin cancer in Australia each year, 80 per cent from melanoma. Crude incidence rates in Australia per 100,000 population were 37.7 for males and 30.5 for females. Corresponding worldwide age-standardised incidence rates were 30.5 and 23.9 respectively. Lifetime risk of developing melanoma before the age of 75 years was one in 156 for men and one in 368 for women.

New South Wales incidence rates for melanoma in 1983-87 (25.9 males and 23.8 females per 100,000) were at least twice those in most other countries, the next highest rate occurring among non-Maoris in New Zealand (18.6 males and 23 females per 100,000).

Early detection and treatment of skin cancer means a better chance of cure.

How is skin damaged?

Ultraviolet (UV) rays from the sun do the damage. These rays injure living cells beneath the skin, making them swell and the skin burn.

In an effort to prevent further injury, your skin develops a tan. But the damage accumulates, tan after tan, year after year.

When you are still quite young, your skin can become old looking, dry wrinkled and blotchy. It can also develop skin cancer.

Who is at greatest risk?

- ▼ Those who don't protect their skin from the sun
- ▼ have fair skin

- ▼ spend a lot of time in the sun
- ▼ have a family history of skin cancer
- ▼ are born in Australia and/or spent their childhood here.

What you should check for?

- ▼ Any new freckle, mole, sunspot or unhealed sore
- ▼ A spot that looks different from other spots
- ▼ A new spot which changed colour, size or shape over the last few weeks or months.

Types of skin cancer

There are three major types of skin cancer. The most common are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC) that rarely spread to other parts of the body and are seldom fatal. Malignant melanoma is the most dangerous form of skin cancer, which, if not detected early, can spread to other parts of the body.

What is ultraviolet radiation?

Ultraviolet radiation (UVR) is produced by the sun and made up of ultraviolet A, B and C rays.

UVC rays are potentially the most dangerous, but as they are blocked by the ozone layer they do not cause damage. The ozone layer does not filter out UVB and UVA rays, which are known to cause sunburn and long term skin damage leading to skin cancer and eye disease.

UVR varies according to cloud cover, the position of the sun, pollution and the amount of ozone in the atmosphere. UVR is not heat and can't be seen or felt, so UVR rays still represent a problem in winter. It takes longer for them to damage your skin, but the risk is still there.

Protect yourself

The best protection of all is natural protection, which means using shade wherever possible and staying out of the sun between 10.00 am - 2.00 pm or 11.00 am - 3.00 pm during daylight saving.

Sunscreens offer the best artificial protection, by absorbing or reflecting UV rays. It is most effective when used with other UV protection such as a shirt, hat or sunglasses.

Use a sunscreen that is SPF 15+ broad spectrum and water resistant. Sunscreen must be applied to clean dry skin at least 20 minutes before going outside, giving it time to be absorbed. It must be reapplied every two hours if you have been in the water or sweating, but remember reapplied sunscreen is not as effective.

Tanning using sunscreens

SPF 15+ blocks out at least 93% of UV rays, but still allows about 7% of UV rays to damage your skin and give you a tan.

Protect yourself by

Slipping on a shirt with a collar and sleeves.

Slopping on Sunscreen that is SPF 15+, broad spectrum and water resistant.

Slapping on a hat with an 8cm wide brim or a cap with flaps.

Wrapping on sunglasses with Australian Standard AS1067 that fit the face well.

Don't forget 13-19 November is National Skin Cancer Awareness Week. Summer Skin Cancer Campaign is from November 1994 to February 1995.

Flying High

Wind, rain and dead rabbits could not dampen the enthusiasm at EAGLE '94 - Every Australian Guide Leaders Event, recently held at Britannia Park campsite, Victoria.

Assistant Chief Commissioner, Mrs Mandy Macky, was to open the event, but when the time came she was nowhere to be seen. A whistle from the trees alerted eyes skywards, and Mandy zoomed in on a flying fox. The rain held off long enough for her to address the participants, perched high above in the semi gloom of a dark wintery Melbourne night. A maypole dance followed where all the states joined together to become one nation for the event and for guiding at all times.

The week long program contained many varied activities for the 56 leaders from Australia and New Zealand to develop their skills and gain new ideas. They attended a rally to put into practice the skills learnt during a morning's "first class" activity - compass, lifeline throwing, first aid, bed making (complete with difficult patients) and the creation of patrol songs. Guests of honour, Lord and Lady B-P were accompanied by Mrs Storrow (somehow their accents sounded vaguely like the Australian guide adviser and the assistant chief commissioner). Money raised was donated to the international department to make Peace Packs.

Our intrepid Australian Training Adviser, Mrs Sylvia Le Marquand, had many surprises in store when she presented a wide game. The leaders were aliens who had to investigate the earth to see if earthlings were treating the planet correctly and could be allowed to stay. They received instructions and



*Mandy Macky, Assistant Chief Commissioner, adopts an unusual position to open Eagle '94.
Photo: Doris Spratling, Vic.*

a kit which contained one gardening glove and an energiser, a raw egg, which could only be put down for a maximum of five minutes at any one time. A few hundred yards later they were given cooking utensils and lunch - a dead unskinned rabbit! Looks of horror, disbelief and in some cases disgust flashed across the leaders faces. Yet in typical guiding spirit they found at least one member of each patrol willing to skin the rabbit and a variety of cooking methods - from cooking on the back of a shovel to roasting on a hand made

spit - ensured most tasted rabbit for lunch.

No guide event is complete without a campfire, and campfire at EAGLE was a rowdy affair. The night songs of resident crickets were drowned out by rousing renditions of many old songs which some of the younger members hadn't heard before and many of the older brigade had forgotten!

Although the leaders participated in other activities ranging from tai chi and leadlighting to massage, body shop and wood working, they still found time to relax. And where better than a visit to a local winery for a pit roast dinner with typical Australian entertainment!

International guests always bring many ideas, and the three New Zealand leaders were no exception, entertaining their Australian counterparts with songs, new ideas and of course the stick dance.

Australian events are a time for meeting old and making new friends. A time, as stated by Mrs Heather Barton, State Commissioner for Victoria, to become revitalised, re-enthused, and stimulated. There's no doubt the EAGLE participants fulfilled this criteria. As one leader said "I came to enjoy myself, have fun and learn new ideas, and I did".



Stamp Fever Explodes Across Australia!

Stamp fever exploded across Australia in October as 'Zootober', the theme for national stamp collecting month, got underway.

As part of the celebrations, a colourful and attractive set of stamps, featuring endangered animals of the world living in Australian zoos, was launched.

The aim of the stamps is to raise awareness about the vital need to support Australian zoos which have become the Noah's Ark of the 1990s in their efforts to save threatened animal species.

Spokesman for Australia Post's Philatelic Group, Russell Hick, said "One and a half million Australians collect stamps - close to 10 per cent of the population."

"A stamp album is like a mini art gallery. Whether you are nine or 90 you can join in, and of course, you learn so much from the many different stamp issues released during the year."

Stamp collecting is one of the world's most popular hobbies. You can collect by country, design or by subject.

Rugby Union legend David Campese said "I love the new endangered animal stamps. When I worked at Taronga Zoo in Sydney I really appreciated just how special the animals are. It's estimated there are about a million animals in the world's zoos. Sadly, more and more of these animals belong to the endangered species list."

The World Conservation Union (IUCN) predicts 6,000 species could disappear worldwide within the next 10 years.

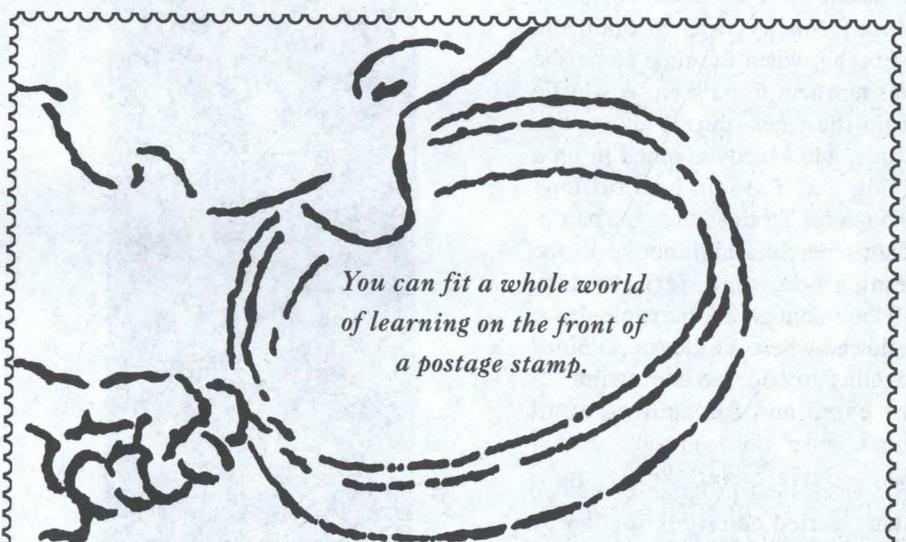
Apart from the stamps, beautiful books are available for children and adults. *The Stamp Gang Go To the Zoo* is an

educational and fun book for kids about Australian zoos and animals. *Zoos of Australia*, a book for older children and adults, looks at the history of our zoos. In addition, there's a wall chart for the kids, postcards and first day covers featuring the endangered animals.

There are many ways to support zoos - pay them a visit, become a friend of the zoo, sponsor or adopt an animal.

Children can receive a free quarterly magazine about stamp collecting by writing to Stamp Explorer, Reply Paid No.14, PO Box 511, South Melbourne, Victoria 3205. Adults can also receive a free quarterly magazine by writing to Australian Stamp Bulletin, Reply Paid No.64, Locked Bag 8, South Melbourne, Victoria 3205.

'Zootober' products are available from post offices across Australia.

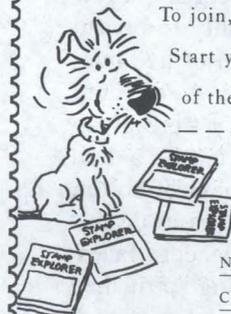


Stamps and stamp collecting epitomise the saying 'great things come in small packages'. As well as being lots of fun, stamps are a great way to open up a whole new world of learning for kids. Stamp collectors can learn about nature, Australian history and culture, the environment ... a whole world of things. Stamps are, in fact, an education.

To get involved, enrol your group in our *Stamp Explorer Club*. It's free, and you will receive special offers and copies of our information-packed quarterly magazine. The full colour pages are overflowing with the stories behind the stamps, competitions and activities.

To join, simply send your details to the Reply Paid address provided.

Start your group on something that will stay with them for the rest of their lives. Start them on stamps today.



Please enrol our unit in the *Australia Post Stamp Explorer Club*.
Mail this coupon to: Reply Paid 14, Stamp Explorer Guides,
P.O. Box 511, South Melbourne, VIC 3205.
(No stamp required if posted in Australia)

Name of Unit _____

Contact Name _____

No. of Copies required _____

Address _____

City/Suburb _____ Postcode _____



NOV

When the Russian Ice-Breaker Kapitan Klebnikov sails from Hobart in December bound for the Antarctic continent, four members of the Girl Guides Association will be among its 120 or so passengers and crew.

It is worth noting that these four women have given valued service over a long period of time in almost every aspect of the Movement's work. They have been involved in leadership training, camping, program development, administration and publications; holding senior appointments such as state commissioner, state executive officer, Australian training adviser, state training adviser and national development officer.

They have also contributed at world level. Two have had the distinction of representing the Association at one of the World Association's triennial world conferences which are attended by the top personnel of most of the 128 member countries. Three have undertaken training assignments in underdeveloped countries and assisted in the planning of special international events in the Asia Pacific region.

The Antarctic continent is the oldest, coldest, highest, driest, windiest and emptiest landmass in the world. It makes you wonder why four usually level-headed and hardworking women, should choose to spend a large portion of their resources on a journey which will take them through one of the worst sea passages in the world to reach a treeless landscape of rocks, ice and snow?

Spirit of adventure

Was it through guiding these guide leaders acquired their strong spirit of adventure and their love of a challenge? Some will say it is more likely these characteristics were inherited from their parents and that guiding, nurtured a trait already evident. It was probably their love of adventure which drew them into the Movement in the first place.



ANTARCTIC BOUND

Guiding today

What of guiding today? Does the desire for adventurous activities attract girls as it used to, and does the Movement emphasise this aspect enough? Do its programs have the same appeal as they did 20, 30 or 40 years ago? Are they sufficiently challenging and exciting to counter the negative effects of the role computers play in the education and the social lives of the girls of the 1990s?

Obviously our four expeditioners are very excited about their plans and the adventures they will experience in Antarctica's unique environment, the last true wilderness on planet earth. It is a well documented fact that the few people who have been able to visit this vast area never forget its overwhelming silence and its incredible beauty.

May all aspects of their voyage in the Kapitan Klebnikov far exceed the expectations and hopes of these four guide adventurers, Margaret

Coleman, New South Wales, Peg Barr, Victoria, Jill Johnstone, Victoria, Margaret Elliston, Tasmania.

Let's hope we find out!

From a roving reporter, Victoria

Brownie guide or guide holiday accommodation - in natural bushland adjoining Garigal National Park, Davidson, New South Wales (close to Sydney). Hall sleeps 25, kitchen with microwave, bathroom with shower, campfire grass area. Phone: (02) 975 1022



The chance for lones to get together is a rare occasion.

Wind, dust and sticky buns! Each muster (New South Wales state guide camp), assumes its own uniqueness. To the almost 1,500 leaders and girls attending the 12th biennial camp, the dust was a stark reminder of the drought gripping their state.

Wind, fire bans and chilly nights further tested the campers' resolve. This conspiracy of the elements failed to diminish the muster spirit and fun and friendship prevailed.

Themes from musters past have ranged from wild flowers to famous women. We have visited the pioneering and colonial eras, been besieged in Mafeking with B-P and experienced rural life 'mustering at Gunnedah'. This year, returning to our own campsite, Tara, in the foothills of the Blue Mountains, we were stepping back in time again, to Medieval England, conjuring up visions of knights of old, though certainly no damsels in distress.

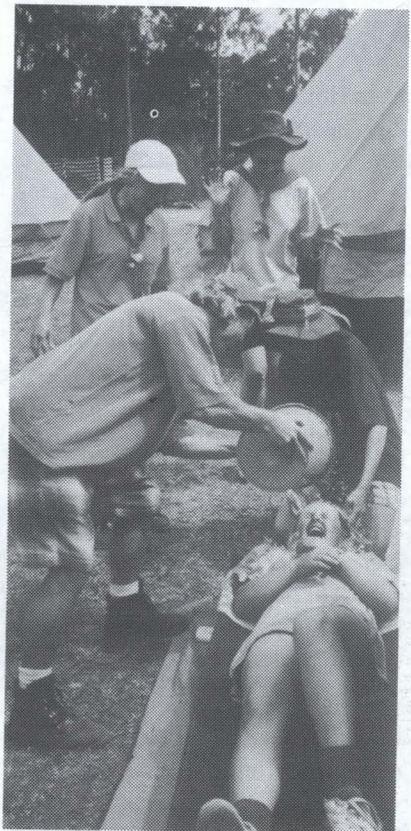
The group camps revelling in names such as Nottingham, Canterbury, Locksley or Banbury Towns, with emblems like falcons, unicorns, wolves or ravens brought forth castellated gates, drawbridges, armoured knights and heraldic pretensions. The bell tents topped by pennants would not have been out of place 600 years ago.

TOTALLY WILD MEDIEVAL MUSTER

The orderlies group, the 'red jesters' - ranger section and junior leaders - were to be found in Cadbury Castle and just as predictably the central staff, emblem 'the hound' resided in Camelot.

Beneath the stars, the wizard Merlin perhaps, though more likely the State Commissioner, Liz Davies opened the camp. Invoking the guiding spirit she exhorted the gathering to make friendships, to renew the fellowship, to live the guide Law and to have fun. Imagination was invited to run free in such a magic setting.

Not that the entire camp remained in time warp; archery was in demand as ever, but also a video workshop proved to be enormously popular with the guides. A mystery tour proved to be a hike along the waterfront from Manly - for some guides their first ocean experience.



Hair washing! Tim Bailey from Totally Wild, Channel 10 does the final rinse.

Our water activities centre RTS Tingira provided a totally nautical experience where canoeing, yachting and power boating merged with more medieval viking boat races. The scenic railway and the Three Sisters of the Blue Mountains were high on the guides' most talked about list. A starlit disco also propelled the guides into the present.

Adventuring at Cataract Scout Park; abseiling, pioneering, wide games and bivouacking at Tara rounded out the more adventurous aspects of the program. The traditional campfire and Guides Own on such a large scale would have been a new experience for most.

Visitors' day transformed the camp into a medieval festival in Sherwood Forest. An exhibition of medieval sword fighting captured many a guides imagination, judging by the poetic responses which flooded into the *Town Crier*, the camp newspaper the following day! For at least two visitors, memories of previous musters were strong. One mother who wrote to *Town*

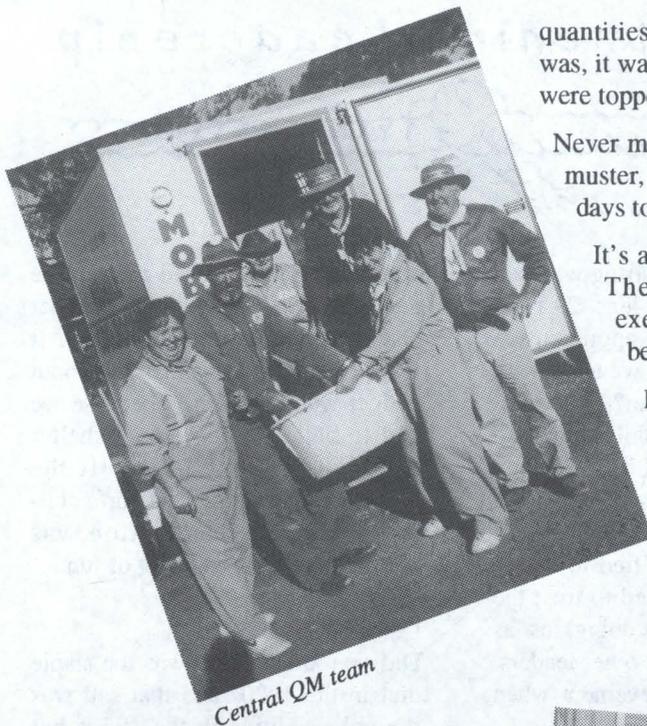
Crier recalled attending the first muster as a guide and a chance meeting made there which had blossomed into a lifelong friendship. Similarly, a trefoil guild member found her 'memory bank refired' as she praised guiding friendships for being invaluable - 'making guiding bonds and links for the future'.

The wife of the New South Wales Governor, our State Association President, Mrs Sinclair, also visited for several hours. The highlight of her visit being the presentation of over \$1,000 from the camp to the drought relief appeal. One sub camp had raised money by conducting a hair washing service!



Mrs Sinclair gets into the spirit of the Medieval Muster.

Many gumnut guide and brownie guide visitors were able to experience first-hand the fun and excitement to come in the guide section. The guides themselves were exposed to the enthusiasm and fun of the ranger section and the junior leaders during the entire camp. The rangers and junior leaders helped to run the program activities, became reporters for the newspaper, helped with PR and roamed the campsite as messengers and couriers. They sang louder than any other group, enthusiastically supported their own coffee shop, invited guides to relax in their 'rage' tent and gave many a leader hope for the future of guiding. They also did much to promote that there is life after guides!



Central QM team

Leaders also found respite from the elements at the Blue Boar Inn. Coffee and laughter are always a good way to unwind, especially when combined with talent quests, or trivia quiz, sing-alongs or medieval ball.

When a list of all musters was posted for leaders to indicate their previous participation, it was found that one leader had attended all of them, several had missed only one and the vast majority of leaders had attended several - many starting as guides. It is not difficult to understand the very special place that 'going to the muster' holds for so many. Rene McNeil, leader-in-charge of the first muster, was helping this time with badge making. When asked about the 'good old days' she felt little had changed, though there seems to be less campfires than there used to be.

TV crew on location

From times medieval to virtual reality as a TV film crew from *Totally Wild* roamed the campsite with presenter Tim Bailey to the delight of the guides. Just another day at the muster!

The sticky buns? The scullery maids (QM's) obviously decided that along with the healthy fruit snacks, some of us needed an additional energy charge. To that end they provided copious

quantities of sticky buns. Trouble was, it was hard to tell whether they were topped with cinnamon or dust!

Never mind, we'll still return next muster, taking our precious holidays to do so.

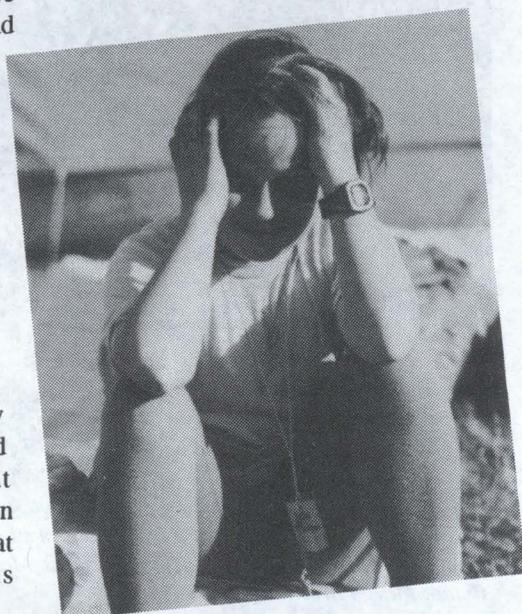
It's a great game, this guiding! The muster experience exemplifies the game at its best.

Planning starts in a few months for 1996.

Trish Stuart
State Contributing
Editor
New South Wales



Central hygiene team



Strengthening Leadership



As a piece of yellow string was tied around upturned table legs, 29 pairs of eyes watched with apprehensive thoughts of "What are we to do with this? What does it mean? This training team of ours certainly thinks up some weird things." Little did they know, the string was really a 100,000 volt electric cable! Oh no! Everyone had to be lifted to safety over the wire! They had to trust the team knew what it was doing, just as we put our trust in the other leaders. What a sense of achievement when we all made it!

If only you could have seen the wonderful facial expressions of the leaders when balloons, elongated with cold water, were passed from one person to the next - all waiting for the inevitable to happen. No they didn't break, not even a tiny spill! We certainly learnt to believe in our own and other leaders' abilities through these sessions.

Time for the training team to be creative. We were given 45 minutes to organise a wide game. By the time we navigated radio-active ponds and traversed rivers of flowing lava on newly discovered islands, our

watches were rendered inoperable due to the radio-active forces. What else awaited the intrepid leaders? It was good we knew something about gadget wood and ropes because we had to build transporters, a shelter or a platform one metre off the ground. This really tested our ability! Still, our imagination was unlimited and we had a lot of fun.

Facts and Figures

Did you know bread was the staple diet in the 1920s and that salt was the only additive in the 1950s but not so in the 1990s? Exploration of the 1920s, 1950s and 1990s was used as a basis for research during the advanced leadership training. It is amazing what can be learnt and the interesting snippets of information gleaned from such research.

The Tasmanian training team is to be congratulated on providing an in-depth, innovative, informative and interesting weekend. Just think what awaits the girls in their units - we hope they are ready for us!

Sue Hawkins
Tasmania



One way to test the strength of a platform is to sit on it!
Lynne Muir, Liz McCashon, Noeleen Griffiths, Margo Browning, Sue Hawkins.
Photo: Margo Browning

Gain as much as you give

I remember with amazement fellow health professionals discussing the perceived needs of the centre's volunteers and how these 'angels' could be assisted. As a committed volunteer of the Girl Guides Association I certainly did not feel like an angel and nor did I want to be treated like Florence Nightingale!

As youth leaders, our members have the opportunity to give and receive in many areas including education, encouragement, support, training, and leadership. Leaders often perceive their volunteer work as the unpaid job that compliments the other areas in their lives. They gain respect and perform their duties to the best of their abilities.

In return for their work, leaders are 'paid' in skill development and access to a supportive group network. An important area of development within the Association has been with social issues that affect girls, young women and the women who lead them. This includes child abuse, infectious diseases and self-esteem. These issues are targeted through programs for girls and young women and training of their leaders.

The Association trains volunteers to lead girls and young women, and through leaders provides a role model in volunteerism. Girls and young women are given access to opportunities to develop their potential and, in turn contribute to the Association and its young people.

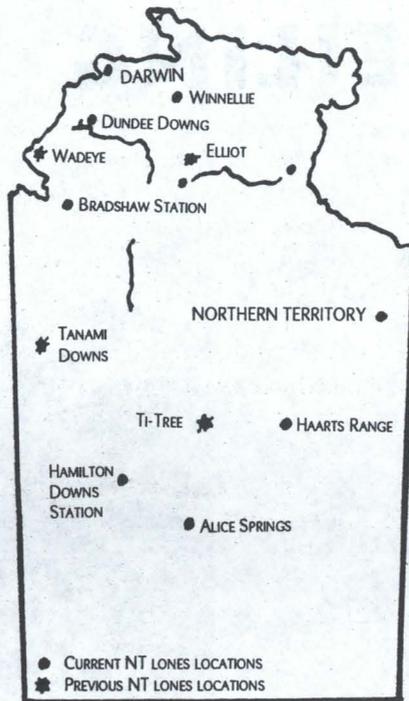
So, when people exclaim how wonderful I must be to give up my time to do volunteer work, I encourage them to understand that I gain as much as I give. I develop my skills and confidence and volunteer work develops the positive outlook of thousands of girls, young women and women all over Australia and the world. Volunteer work is positively me!

Shelley Vanderwerff
Victoria

A ripple in motion

Have you ever sat quietly by a creek or lake and aimlessly tossed in the pebbles around you? Stop and think for a moment of the ripples you set in motion. It's possible to retrieve the pebbles and toss them again, but try as you might you cannot stop the ripples. There is no way of controlling the duration or distance they travel.

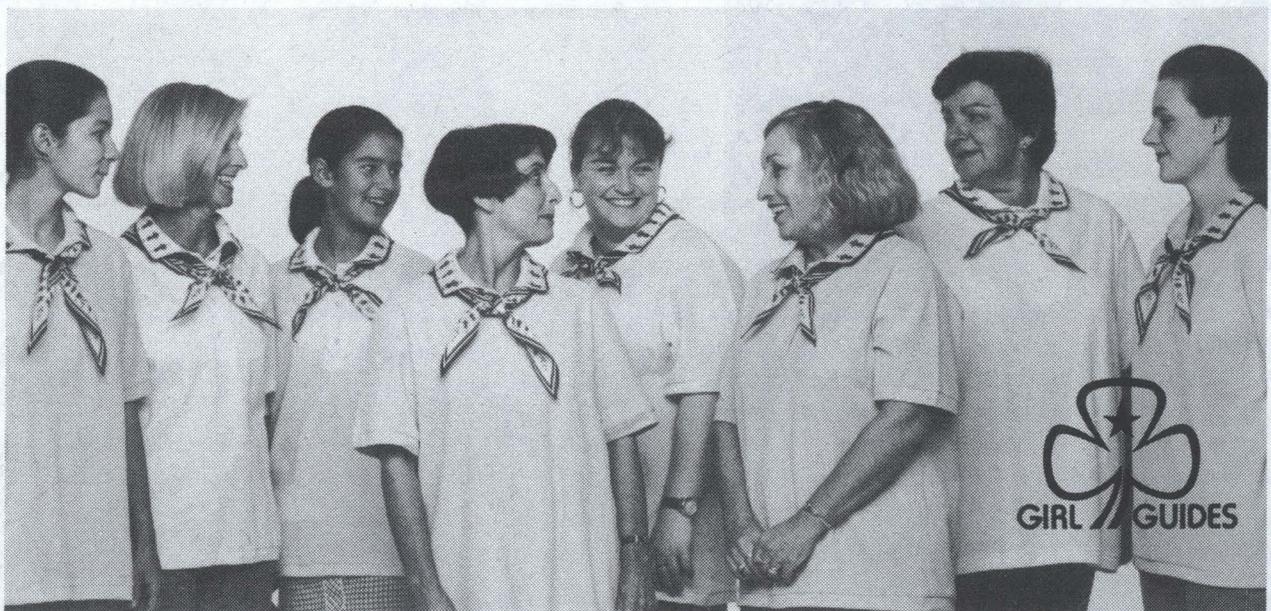
When I first started as a lone leader in the Northern Territory I had no real understanding of the distance that lone unit letters, which communicate the month's activities, would travel. Membership from girls who participate in lones is small for the Territory but they are active and really enjoy the challenge that guiding brings. Each monthly unit letter covers about 2,000 miles



before it returns to me in Alice Springs. Just like the pebbles in the pond I see our unit letter as starting a ripple, taking guiding out to the girls regardless of distance.

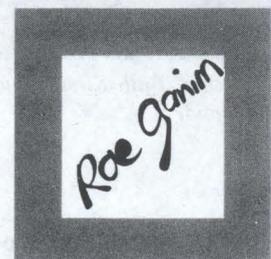
To date, I have only met two lone brownie guides and hope that the chance will arise to meet more in the future. For lones it is important to meet other members in Australia. Thank you to those leaders and girls who have already made lones welcome while on holiday. If your unit has not had an opportunity to meet a lone, think about an invitation for the future. Lones would love to join you in whatever you may be doing - an active meeting would be a whole new world you could share with them.

Karen Byrne
Lone Leader, Northern Territory



New Rae Ganim polo shirts are the perfect alternative for any informal occasion. Choose pale blue with navy trim, lemon with navy trim or white with red trim. The versatile, comfortable polo shirts come in sizes s-xl available from your local guide shop.

\$28



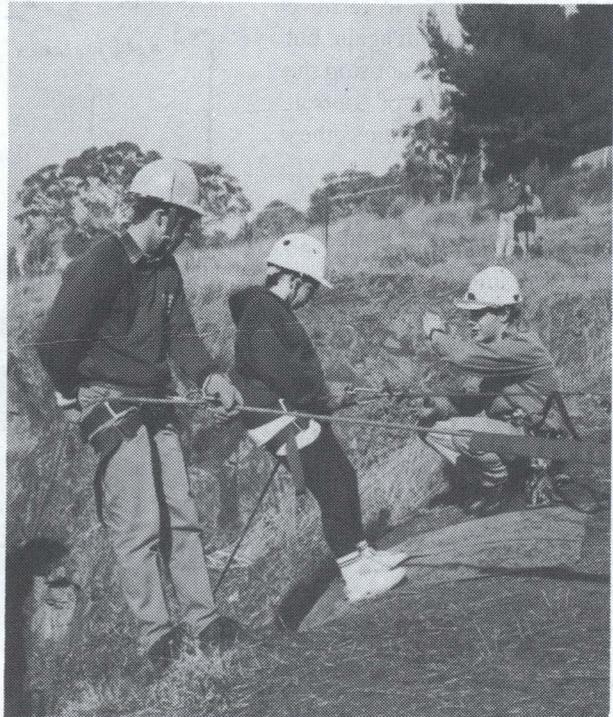
step
by
step

ABSEILING

The 'terrors' of travelling up and down a cliff face whilst attached to a rope were confronted and overcome by guides from the Riverina Region, thanks to the expertise, instruction and encouragement from members of the 6th Wagga Wagga Rover Crew and Venturer Unit.

The girls were instructed in the safety aspects of abseiling before being guided through their introductory 'step' into the unknown. The real excitement came at the Pioneer Quarry in Wagga Wagga where the guides abseiled and all walked away with very large smiles at the end of this great adventurous activity.

New South Wales



Liz Nash, Koorungal guide and Adam Rapmurd, venturer receive final instructions from Michael Harding, rover, before taking the first step.



The smile says it all, Kirsty Gould, Mt Austin guides.



Almost there! A Tumbarumba guide descends the cliff face.

All photographs supplied by New South Wales.

EXPLORING PHILIPPINES CULTURE AND CUSTOMS

with our November
calendar family



Pearl of the Orient

The Philippines is frequently called the Pearl of the Orient. It consists of more than 7,000 islands, many of which are not inhabited. Manila, the capital, sprawls in a wide semi-circle around the Pasig River.

Initially populated from Malaysia, the Philippines has a large Chinese population. Ruled in modern times, firstly by the Spanish and then the Americans, the population is one of the first genuine multicultural societies.

The Spaniards brought Christianity with them, and the Filipinos readily accepted the Spanish love of fiestas and dance. These traditional festivals celebrate a bountiful harvest, re-enact a historical event or give thanks to a town's patron saint.

This is evident at Christmas. After midnight church services, the family gathers at the eldest member's house for Christmas dinner. Then, meal finished, it is on to the next in order of seniority - and the next, and the next. (Most Filipinos have large families). No wonder there are street processions to shake it all down!

Culture

The Philippines is a unique blend of east and west, in appearance and culture. It is famous for the 'bayanihan' - the spirit of kinship and camaraderie, and hospitality is a common denominator in the Filipino character. Spanish, Malay and Chinese influences blend with the local fare to create distinctive local food flavours. Delicious spices, new and intriguing fruits, the

freshest seafood and rice. Tagalog is the national language. However, the Philippines is the third largest English-speaking country in the world.

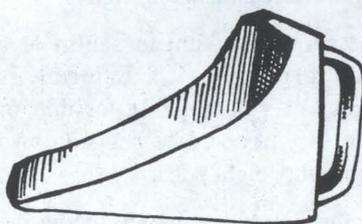
Climate

The Philippines is a tropical country with an average temperature of 32°C. However, rains and typhoons are common from June to October.

Jai-Alai (pronounced Hi-a-ly)

Jai-Alai is a very old ball game believed to have been invented by the Aztec Indians some hundred years ago. When played by experts, it is the fastest ball game in the world. Experts have a special curved wicker scoop which is strapped to the wrist, with which they catch and throw the ball.

But our form of jai-alai is a game your brownie guides can play. The special curved wicker scoop replacement can easily be cut from an old four or five litre plastic oil bottle.



The container is marked, then cut into the shape using a sharp knife or kitchen scissors.

To play: Two players stand facing a blank wall, (no windows please) about 4 to 5 metres away. Each has a scoop in her hand. One player has

a tennis ball in the cup of her scoop and with an overhand throw, flings the ball against the wall. As the ball re-bounds the other player has to catch the ball in her scoop and return it against the wall. Remember, the cup at the bottom of the scoop is used to catch the ball before throwing it back. The ball is not hit with the scoop, it is caught and thrown. A point is scored if you catch and return the ball but your opponent fails to do so.

Our version of jai-alai can be played either indoors or outdoors and is a lot of fun. But catching and throwing is not quite as easy as it sounds.

Happy jai-alai-ing!

Recipe - Bibingka

3 eggs
3/4 cup sugar
2 cups plain flour
4 tsps baking soda
1 1/4 cups coconut milk
1/2 cup grated cheese
Banana leaves, wilted (optional)
Butter

Beat eggs until light and creamy. Add sugar gradually, beating well after each addition. Sift flour and baking soda together. Beat dry ingredients alternately with coconut milk. Pour batter into two nine inch cake tins that have been greased and lined with banana leaves. Bake at 350°F for 10 minutes. Take out and sprinkle with cheese. Bake for another 20 minutes, brushing twice with butter while baking. When done, brush again with butter and sprinkle with sugar.

Leticia Johansen-Weaver
Multicultural Committee

program ideas

These programs for gumnut guide meetings and the ideas for games, songs and other activities have been contributed by gumnut guide leaders throughout Australia. We have numbered the programs so that at the end of the year you will be able to refer to them easily.

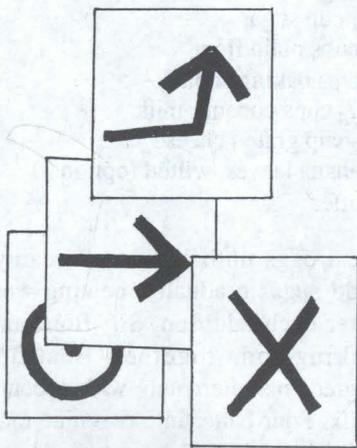
Program 8 - Camping

This program requires quite a lot of preparation and equipment. It provides a good opportunity to seek the help of guide and ranger guide units as their equipment and assistance may be needed.

Opening: Gumnut guide song

Activity: Skill, tracking signs.

Before the meeting lay down tracking signs, preferably outside or somewhere the gumnut guides aren't likely to see them when they arrive. Use materials such as sticks, stones, pine cones. Ask gumnut guides to discover the signs, look at them to decide what they mean, and together make another set of signs. Use four or five of the simple signs such as an arrow (straight ahead), a bent arrow (turn in the direction of the arrow head), a cross (don't go this way), a circle with a small circle in the centre (I have gone home). Have the same signs clearly drawn on small cards.



Divide the gumnut guides into groups of three or four. As they will stay in these groups for the rest of the meeting, they may like to choose their own groups

Give each group a bundle of small cards. Some of the cards may be

blank and the others will have a tracking sign. Then the gumnut guides play 'snap', or 'grab', with the cards. After a few minutes, before the game is played out, each group is invited to make a trail - using the materials in the signs first made - to a 'special place', an area where each group will work until the end of the meeting.

Activity: Cooking and achieving

Prepare for each group - a packet of instant pudding (chocolate), one banana, about five chocolate buttons or buddies, five powdered milk, small utensil for carrying water, billy, spoon, plastic cup each, plastic ground sheet.

Tell the gumnut guides a short story about being at a camp in the bush with only this equipment.

Read the instructions on the pudding packet to the girls, then set them the task of making the pudding, working in their group's 'special place'. Some discreet guidance may be needed so they can complete the task themselves.

While the pudding is setting, ask the gumnut guides to make a tent for each group by tying a long rope (with some assistance and perhaps some ingenuity) between trees, or onto a fence and verandah posts or any suitable and safe upright.

The screening, tent tarpaulin or a very large piece of material, is thrown over the rope. If possible, or necessary, it could be pegged down with lightweight pegs.

By the time the tents are ready, the pudding will have set, so the gumnut guides crawl into the tents to sample their cooking skills. They will want to stay in the tents and talk for a while. Leaders may or may not be invited to visit! Before it is time for the meeting to finish, the gumnut guides should wash and dry the billys and cups in bowls of



Enjoying the chocolate pudding whilst inside the tent!

warm water and leave them stacked on a clean plastic sheet. They may need another wash later.

Closing song: Cuddly Koalas, sung together and then in two parts as a round.

Game: Chinese Dragon

The gumnut guides form a single line, each holding the waist of the girl in front of her. The dragon's head has to catch its tail. Once caught the head goes to the end of the dragon and becomes the tail with a new head starting the game again.

Trash the Ash

Stop smoking! Life's fun without resorting to that fag! It's cool not to smoke! These were the thoughts a group of Burnie guides in Tasmania wanted to spread when they applied for and received a grant to promote non-smoking messages in their local community. Their quit smoking rap song was performed during Quit Week '94 in front of brownie guides, cubs and parents before the performers became radio stars on Radio 7BU.

"These talented guides wrote, arranged and performed their rap song which has great appeal for young people", leader, Heather McCarthy, said when asked about the girls' involvement in the Trash the Ash Campaign. "Everyone worked as part of a team, and all sensed a feeling of real achievement when it was completed. A couple of the girls who chose not to perform the Rap song were still part of the team, as they organised supper and hall decorations. The audience could see the girls almost oozing with pride."

QUIT SMOKING RAP

Background Rap: Dum da dum da dum don't smoke (repeat)

Talking: Oh my goodness look at her smoke! It is so gross!
The only reason she smokes is because she thinks it's so cool!

Chorus: You gotta stop! Before you drop!
Take that fag from your mouth!
I say it now. Take it out.
Don't be a dag take out that fag! Don't be dumb just to be like some!

Backing: (That's the way you gotta go, put your fags in the bin when I say so)

Background Rap:

Verse 1: While you're near people they'll yell,
Because you smoke you smell,
So if you wanna be as fresh as a daisy,
It's cool not smoking, so don't be crazy!

Chorus Repeat

Verse 2: If you don't smoke you will be healthy
Without your fags you will be wealthy,
Look at us, we don't smoke,
We're having fun, no need to choke.

Chorus Repeat

Ending: So listen to our rap, we know you're not thick,
So throw away your fags and quit, real quick!

Talking: Now she's quit, she really is cool,
She looks at the guys, and all the guys drool.

2nd Burnie Guides
Tasmania

It's no accident 20,000 people die needlessly each year

Smoking is the largest preventable cause of death in Australia. Cigarettes contain thousands of different substances, many of which seriously damage your health. The carbon monoxide in cigarettes is the same as the gas that comes out of car exhausts. It leaves the heart with less oxygen, making it harder for the heart and brain to work as they should. Nicotine is a poison used in insecticides which affects the blood vessels, raises blood pressure and increases the heart rates. Tars are poisonous chemical compounds which collect in the lungs and cause cancer. Other chemicals in cigarettes include cyanide, arsenic and ammonia.

Most adults who smoke became addicted to tobacco when they were children. In 1990, 29% of Australian schoolgirls aged 16 smoked each week; one in five 12-year-olds bought cigarettes for themselves.

Once you're hooked on smoking it's not always easy to give up. Quit Campaign, which produces excellent resources to help people give up smoking, said most people make two or three attempts before they finally quit for good.

Having the motivation to throw away the cigarettes is just the first step. Dealing with withdrawal symptoms, which may last up to 15 days (but thankfully not all at once)

is the next major hurdle. Quit Campaign have produced a pocket guide titled "You can quit" which outlines the withdrawal symptoms and what to expect.

Help the girls in your unit understand the effects of smoking. Quit Campaign has excellent resource material on everything from how to reach and influence young children to some zany pamphlets for adolescents.

The Quit help line operates in all states and puts callers through to the Quit Campaign in the states from which they are calling.

Phone 131 848

Thanks to the Quit Campaign for supplying information.

Guiding in Australia Highlights Contents list 1994

TOPIC	MONTH/PAGE	TOPIC	MONTH/PAGE	TOPIC	MONTH/PAGE
AWARDS		JOTA		Israel	
Congratulations!	June, 25	37th JOTA	March, 35	Italy	Sept, 9
Congratulations!	Aug, 24	Save the Koala Day	July, 8	Philippines	Oct, 33
Congratulations!	Nov, 37	Touching the Lives of the Elderly	June, 24		Nov, 33
Dettol Community Awards	Feb, 39	Launch of Guide Month	June, 33		
Dettol Community Awards	March, 18	A Pacific Jewel (<i>Kiribati</i>)	Aug, 17	Guides International Family	Feb, 7
Dettol Winners - back cover	June	BACH	Sept, 16-17	IYF	Feb, 18-21, 23
Dettol Community Achievers	Aug, 35	Fond memories as BACH winds down	June, 35	Using Self Government	Feb, 20
Working to Keep Australia Beautiful	July, 37	BACH: A simple idea with a big impact	Oct, 34-35	Family Fun, Fitness and Food	March, 11
				Launch of IYF Project, Vic	March, 21
				Family Knitting Project	April, 14
				Give a Family a Break	April, 15
				General Information	May, 7
				The Spectrum and the Family	May, 23
				IYF	June, 11
				Guiding, a Worldwide family	July, 11
				Program Ideas	March, 20-21
				Program Ideas	July, 20-21
				Program Ideas	Aug, 18
				Family Tree	Aug, 23
				Syllabus for IYF Badge	April, 20-21
FEATURES		GENERAL		MULTICULTURAL	
LPG - a consumer guide	March, 24	AYPAC	May, 10	Mixed Articles	Mar, 22-23
Making the Bed Fit the Baby	April, 11	Australian Council for Women	May, 11	Aid for Bosnian Women	Mar, 22
Fire!	April, 12-13	UNIFEM	June, 17		
The Flying Padre	May, 12-13	Gumnut guide questions and answers	Feb, 32		
An Editor's Lament	May, 31	Australian Training Conference	April, 10-11	NATIONAL UPDATE	
Just a Leader?	June, 4-5	Tour of the Four World Centres	April, 37	News from Australian Executive	Feb, 2-3
The Environment and You	June, 12	Working with scouts	June, 10	Gumnut Guides Q and A	Feb, 32
The B-P Emblem for Amelia	June, 23	I am a Volunteer	June, 17	Results from Australian Program	March, 12-13
Girls do a Green Good Deed	June, 25	A Successful Career	July, 4	and Training Conferences	March, 12-13
A Win for Lones	June, 36-37			Queens Birthday Honours	Aug, 3
Aim High - Where?	July, 5	HEALTHY LIVING		News from Australian Executive	Aug, 2
Guiding - A Worldwide Family	July, 11	Jump into 1994	April, 31	<i>PO&R</i> Amendments	Aug, 5
Child Abuse	Aug, 14-15	Breast Cancer	April, 8-9	Playing by the Rules	Aug, 39
Saudi Arabian Experience	Aug, 36-37	How I Found Kathy	June, 14-15	Finances	Sept, 3
Women Leadership in the Years Ahead	Sept, 14-15	Iron	Sept, 10-11	Zootober	Sept, 12
PIGS	Sept, 13	Epilepsy	Oct, 8-9	Zootober	Nov, 10
Girl Guides Don't Tell Lies	Sept, 37	Skin Cancer	Nov, 9		
GIRL GUIDES TO PLACES		INTERNATIONAL YEAR OF THE FAMILY			
Hope from an Ancient Legend	Feb, 16	<i>Calendar families</i> -:			
Local Environment Competition	Feb, 33	Aboriginal and Malaysian	Feb, 10-11		
Scientific Discovery	Feb, 34	Greek	April, 7		
Young Muslims Break Down Barriers	Feb, 36	Sri Lanka	May, 8		
Bushfire Update	Mar, 19	Egyptian	June, 6		
Zile - Latvian Jamboree	Mar, 23	Cook Islands	July, 10		
Camp Ngia	Mar, 32	Uganda	Aug, 12		

PEACE

Change for Peace	Feb, 5
Sharing Peace	July, 7
Packing for Peace	Aug, 20-21
	Sept, 20-21
	Oct, 20-21

PROFILES

Miss Teenage Victoria	Feb, 16
Can you read semaphore? - profile on <i>Sylvia Le Marquand</i>	Feb, 31
Miss Queensland Achiever	March, 15
Gabi Hollows	March, 17
True to Her Promise - Ray Balfe	April, 33
Human Gold - Our Gwen	May, 11
Pat Hansford Passes On	May, 16
A Journey to Understanding (<i>Kate George, Aboriginal lawyer</i>)	July, 12-15
A Woman of Substance - D Petersen	July, 31
Focus on Women - Pat Goodheart	Oct, 10-11

PROGRAM AND TRAINING IDEAS

Gumnut guides

Thinking Day Ideas	Feb, 6
Rabbit Theme	April, 19
About Me	May, 19
Autumn Leaves	June, 19
Messages, Rock and Roll Party	July, 19
A Trip to the Snow	Aug, 18
Pink	Sept, 18
Water	Oct, 18
Camping	Nov, 18

Brownie guides

Heraldry	Feb, 22
Stage a Two-ring Circus	Feb, 37
Pow Wow Rhymes	March, 5
Snakes and Ladders / Knitting on a Peg	March, 36
Giving Service, Chain of Hearts, IYF Mobile	June, 18
Make and Create	July, 18

Big Foot	Sept, 23
Service Challenge	Oct, 2
Planning a Guides Own	Oct, 22

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Wide Game - Intergalactic Jamboree	March, 4
Out of Doors -Take a Hike	March, 33
Try a Bush Survival Camp!	June, 13
Patrol Power	Aug, 38
Guides - A Pre-Promise Challenge	Sept, 23

Rangers

Brain Power	April, 22
Pre-investiture and Ranger Challenge	May, 22
Badges and Certificates as a Resource	June, 22
Safety in the Snow	July, 22
Get fit to Ski	July, 23
Keeping Warm	Aug, 22
Linguist Badge	Aug, 23
Creativity	Sept, 22
Getting Guides Home Safely	Oct, 23
Trash the Ash	Nov, 19

Something for Everybody

Pressing Leaves and Flowers	April, 19
Reflector Ovens	April, 36
Asia Pacific Silver Jubilee Challenge	May, 5
The Guiding Partner	Sept, 24-25
Camping Certificate Re-vamped	Sept, 25
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Refugee Program Ideas	Oct, 19
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Christmas comes but once a year!	Nov, 24-25

PROMISE AND LAW

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Your View	March, 38
Promise and Law Renewal	April, 3
Our Law and Promise	May, 18
Promise and Law Program Ideas	May, 20-21
	June, 20-21

Promise and Law Program Ideas	July, 8, 17
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Promise and Law Update	Oct, 3
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Communicating	March, 8-9
F Words - Fundraising Ideas	March - Sept
Let's Tell Our Story - Local Newspaper	March, 16
Guiding Image and Effective Comm	May, 9
Australian Council for Women	May, 11
Girl Guides Go Places! - The Video	June, 7
The Ladder of Communication	June, 10
A Successful Career for You	July, 4
Speaking Up for Guiding	Aug, 10
Plan Your Promotions	Sept, 34

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Positively Me	Sept, 8
Positively Me	Oct, 15
Positively Me	Nov, 17

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Riding for the RFDS	May, 13
Bike for Life	Oct, 6-7
Swim for Life	Nov, 4-5

TREFOIL GUILD

Trefoil Guild News	April, 38-39
Link of Friendship	May, 38
IFOFSAG - A Very Special 40th B'day	May, 39

WORLD NEWS

	March, 6-7
	April, 6
	May, 4
	Aug, 8
	Nov, 2
Asia Pacific News	June, 9
25 Years of Asia Pacific Region	Sept, 38

THINKING DAY 1995

A Thinking Day ceremony that includes a number of members of the unit or gathering is great and links in with our caring and sharing philosophy.

Program:

Start with a round robin of activities from the world regions (allocate a time).

Bring everyone together and commence the ceremony with Colours.

- ▼ explain what Thinking Day is
- ▼ read the Thinking Day message from our Chief Commissioner.
- ▼ read the Thinking Day message from WAGGGS.
- ▼ present Thinking Day contributions and explain what their contributions will be doing.

February 1995 issue of *GiA* will give you this information

Sing or listen to an appropriate song for example: *Sisters in Guiding; The Blue and the Gold.*

Ceremony:

FIVE CANDLES

We light these candles to remind us of girl guides and girl scouts in the five regions of the world

FOUR FLOWERS

We collected these to remind us of the four world homes - tiger lily for Sangam; geranium for Our Chalet; rose for Pax Lodge and marigolds for Our Cabana.

THREE SEED HEADS

These seeds represent the Promise all guide and girl scouts make when they join this worldwide Movement.

TWO STONES

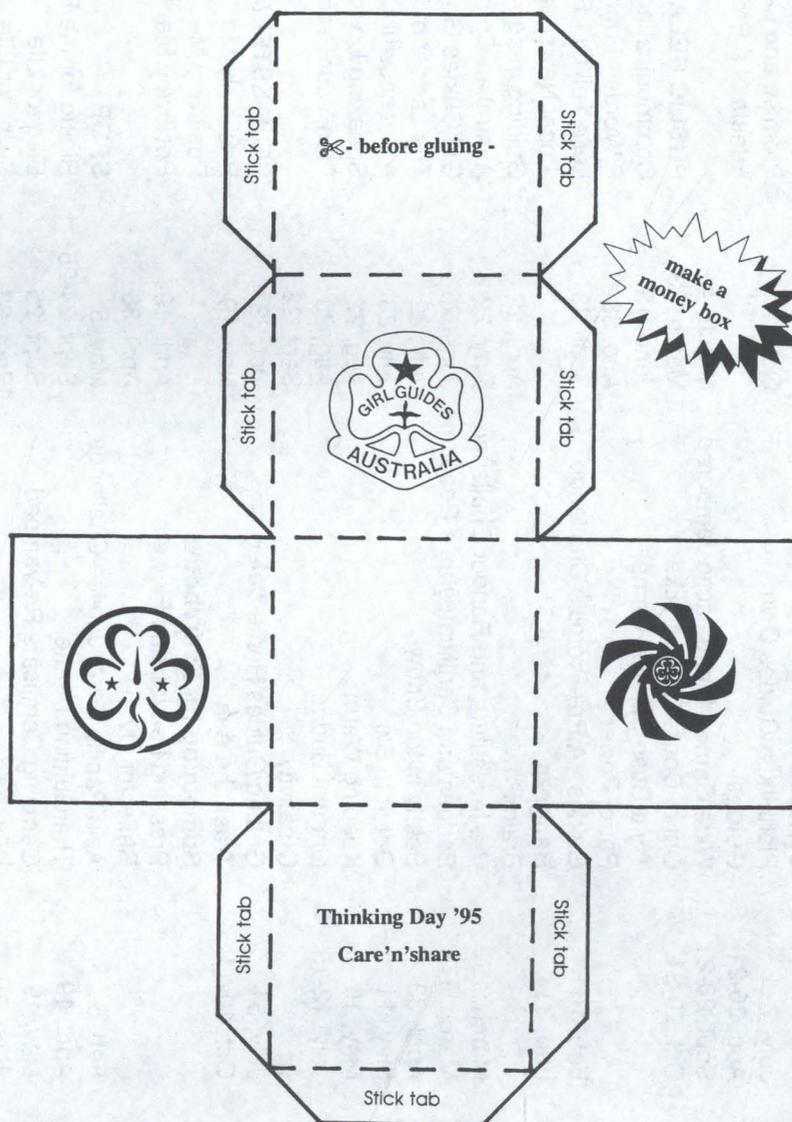
We remember the birthdays of Lord and Lady Baden-Powell who began guiding and promoted it around the world.

ONE MIRROR

For ourselves, the members of WAGGGS who believe in the Promise and Law and who have fun doing guiding activities.

Cut on continuous line

Fold on broken line



Prayer:

We thank Thee, O God, for Thy continued blessing on the guide Movement from the first until now;

For the love and work of the World Chief Scout and Guide;

For all in every country who have faithfully kept their Promise at whatever cost to themselves;

For all the happiness and good fellowship of our guide family here and in all places.

For these and all Thy mercies we give Thee thanks, O God.

Amen.

Closing:

Gumnut guide song, Brownie Bells, Taps, Ranger Song, World Song.

Western Australia

BIRTHDAYS GALORE!



A SHARED CELEBRATION

Thinking Day has important historical significance for the gumnut guide section. It was on 22 February 1990 that the newest section of guiding in Australia was launched, so Thinking Day 1995 will be the 5th anniversary of gumnut guides.

What better way for six-year-olds to enjoy the celebration of Thinking Day than through the theme of birthdays, and whilst considering the history of their own section, gain an understanding of guiding heritage by reflecting on the birthdays of Lord and Lady Baden-Powell.

Activities might include:

- ✿ Looking at photographs and pictures of the founders, as well as children, toys and artifacts from long ago.
- ✿ Share a simplified story about B-P and the founding of guiding.
- ✿ Prepare a Thinking Day party with iced girl guide biscuits or make a serviette ring with Thinking Day sticker or a guide logo.
- ✿ Write a caring Thinking Day message to a friend.
- ✿ Invite a grandparent or trefoil guild member to share a story from their childhood or tell one of B-P's yarns.
- ✿ Play games from the past.
- ✿ Make an ice-cream container into a birthday cake and add a slot for collection of coins to be sent as gifts around the world.

Or you might share in an event with other members of the guide or scout families. However, when involving gumnut guides in combined activities, do consider the developmental levels of six-year-olds. For example, participation in a formal church service, might mean the involvement of extra adults.

Activities need to be fairly immediate and relate directly to the children's understanding of their own world. So make your Thinking Day activities fun, meaningful and memorable.

Look out for the B-P story for gumnut guides in February 1995 issue!

Di Vernon-Reade
Australian Gumnut Guide
Adviser

Let's party!

Guiding is 85 next year so why not do something radical for Thinking Day? Have a giant birthday party!

Choose a venue, preferably in a public place, as the more attention you attract the better it will be for the Association.

Invite all members of the district, division or region, trefoil guild members, scouts and members of your community. Put guiding on show - let everyone know how fabulous we are!

Advertise the party in your local newspapers, put up posters in shops, libraries, schools and so on. Plan games and activities which may be enjoyed in large groups or as round robin type activities. Have a simple orienteering course, a rope bridge, set up some tents, toss horse shoes, have sack races, tug of war and perhaps a campfire or Blue light Disco at night. (Blue Light Discos are run by the Police Service in Queensland and are very good. Approach the Police in your state to see if there is something similar).

Plan your catering well in advance - it only needs to be simple - a sausage sizzle and birthday cake spring to mind. You could charge a small fee to cover your expenses. Have some leaflets or brochures on hand to advertise guiding, ask the PR people in your state to give you some pointers.

Last but certainly not least - go out there and promote guiding. You know how great it is, so let someone else know so they can join in the fun.

Some readers may not believe that this is a very suitable Thinking Day activity but think about it. Our numbers are down so what greater celebration of the Association can there be than to have a birthday party and put guiding on display at the same time.

Lord Baden-Powell encouraged us all to think widely - so get out there and do it!

Pat James
Queensland

PROGRAM IDEAS COMPETITION



This month we have a swimset by Eyeline Australia to give away to the person who sends in the most exciting program idea - it could be you!

No idea is too big - or too small - maximum words 150. Photos and illustrations are welcome too.

Send your entry (including name, address and phone number) to:

Program Ideas, Guiding in Australia, PO Box 6, Strawberry Hills 2012

Closing date:
30 November
1994

Have-a-go!

This competition is open to **all** members of the Association.

Christmas comes but once a year!

Mince Pies

Christmas is a festive time and by tradition we prepare luscious food. For hundreds of years the mince-pie has played an important part in the festivities and celebrations.

Originally called mutton pies they were made from mutton or lamb. The idea was that everyone would be reminded of the sheep over which the shepherds kept watch at the first Christmas. Mutton, though, was not the only ingredient according to a famous book published in 1827. It gives a very rich recipe which includes geese, turkeys, ducks, rabbits, curlews, blackbird, pigeons and many other birds.

The first mince-pies were highly spiced to remind everyone of the wise men with their gifts of frankincense and myrrh. The pies were oval shape and patterned on top to give the effect of straw on the manger in which the Christ Child was placed.

Now days mince-pies are made with fruit and suet chopped and minced and mixed with nuts and other ingredients.

Did you know?

Ivy juice was used to dye hair and make a sunburn ointment.

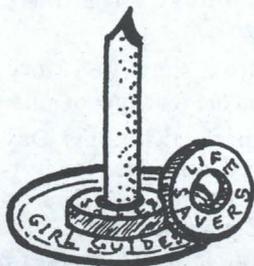


A tea made from holly once was used to cure measles, rheumatism and asthma.

Dried mistletoe berries helped cows give rich milk and were used as medicine.

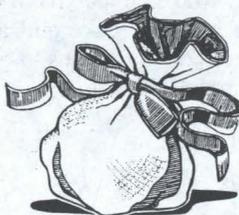


Christmas candles



Christmas candles that you can eat. You will need: round biscuits, life savers (two for each candle), sugar cigarettes, coloured icing.

Ice the biscuits and assemble the candles as shown.



Pot-pourri

This takes two minutes to make and is delightful in its simplicity. It can be used in clothes drawers or hung on the bathtub spout so that the bath water runs over it to give you a fresh, all-your-own scent. This gift can only be used once as it will mould.

You will need:

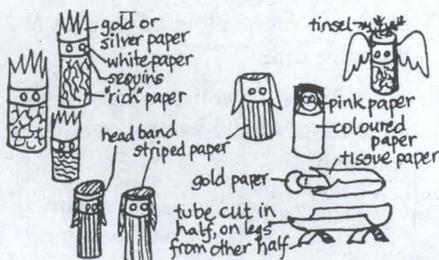
A square of cheesecloth or nylon net 7.6 cm (3 inches); herb mixture for the filling; ribbons.

Instructions:

Place the herb mixture in the centre of the cheesecloth or nylon net. Pull the four ends to make a ball and tie with a ribbon.

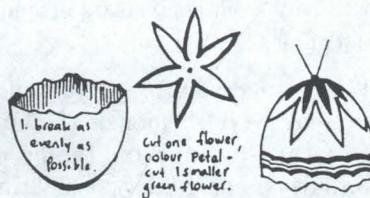
Nativity scene

(using paper holders)



Decorations

Early Christmas trees were decorated with fruits, paper roses, angels, long strings of popcorn and paper stars. In Poland, egg shells were used to make flowers for the tree, the egg symbolising new life.



Flower

You will need:

- ▼ eggs
- ▼ coloured tissue paper or snippets of coloured contact
- ▼ cotton for stem and stamen.

Make a hole top and bottom of egg and blow the egg's contents into a cup, or clean cut through the egg fairly low down. Tidy the edges and wash carefully.

Using coloured tissue or contact, cut petal shapes and stick over the base of the shell. Decorate round the broken edge. Make the stamen by cutting coloured crochet cotton. Tie in the centre using the thread to hold the flower, thread through the hole in the top.

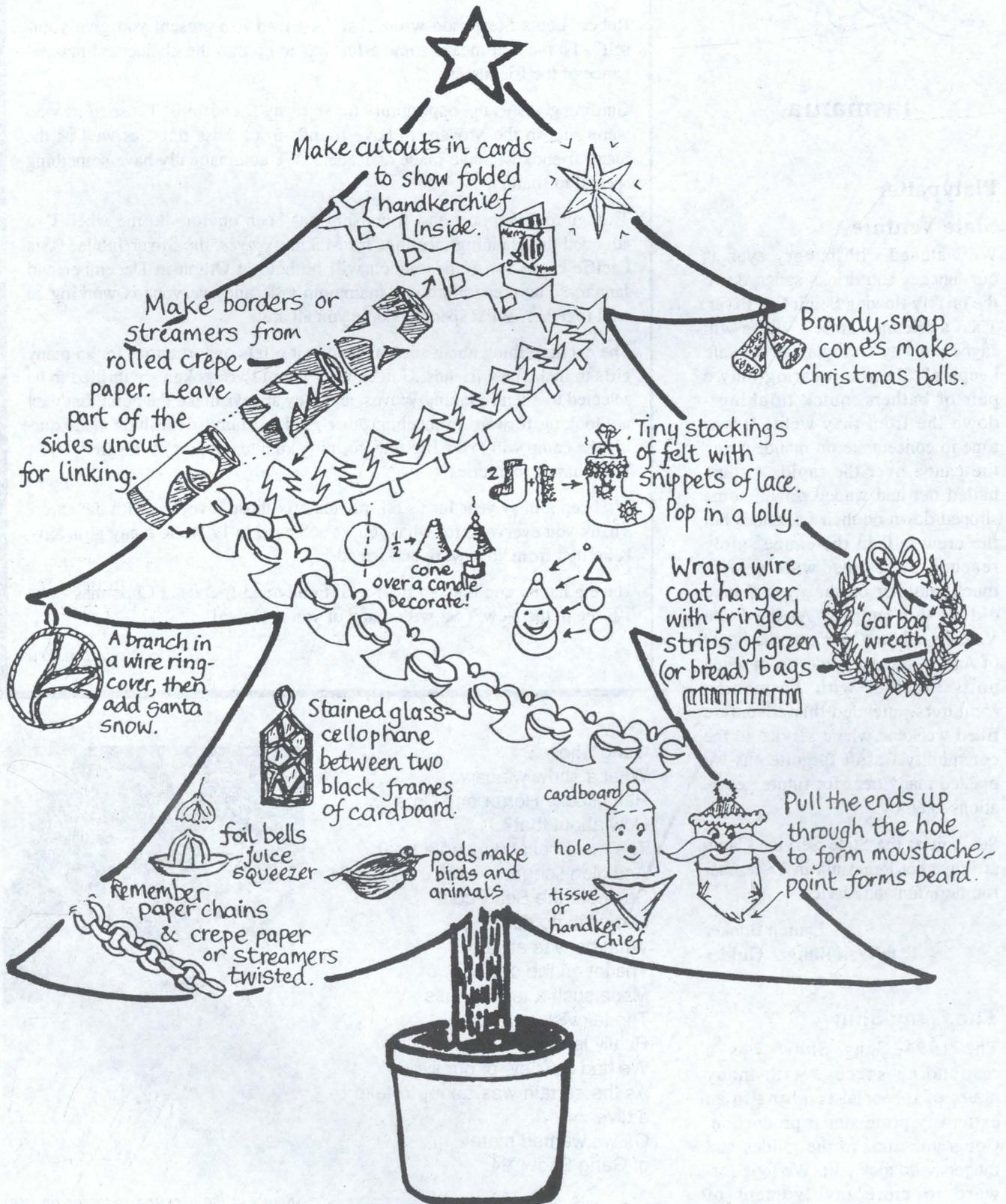
Bells

You will need:
Heavy gauge aluminium foil
and a lemon squeezer.



Measure across your lemon squeezer to find the radius of the circle you will require. Cut a circle of foil. Simply press the foil over the impression of your squeezer to make a pretty bell shape. Finish off by sewing through a cord by which to hang the bell.

Photocopy this page and ask the girls to decide which crafts they would like to make for Christmas





Tasmania

Platypatter

State Venture

We watched with hungry eyes as our lunches and drinks sailed down the briskly flowing South Esk River. Then a dilemma arose - where will Jayne put Fay's sunglasses for safe keeping? She was wearing only a pair of bathers, quick thinking - down the front they went! It was time to concentrate on manoeuvring the canoe over the rapids - some bailed out and waded down, some slipped down on their backsides but the crew still in the canoe safely reached the calmer waters, with much laughter on the way. Where did all this happen? At the State Venture held at Quercus - the home of Agfest. Ranger guides from seven units together with Tasmanian Venturers, attended this adventure filled weekend where service to the community wasn't forgotten as we planted many trees for future generations to enjoy.

See you at the State Service Camp at Freycinet Peninsula in December for more fun and service!

Lauren Bunker
Tam'resk Ranger Guides

The Gang Show

The 1994 Gang Show was a resounding success with many hours of rehearsal resulting in an extremely professional production. Congratulations to the guides and rangers who took part. We look forward to more involvement of Tasmania's talented guides next year.

From the State Commissioner

I'm writing this while holidaying in Canberra with my family. We've enjoyed seeing the sights but one of the highlights has been meeting with a friend from university days. We've corresponded somewhat irregularly over the years, but haven't met since we started our careers.

Once we'd recognised each other (her hair colour has changed as much as mine!) it wasn't a problem talking, catching up on news, enjoying the company and the friendship. We hope it won't be so many years before we meet again.

Robert Louis Stevenson wrote that "A friend is a present you give yourself". To me that means some effort has to go into the choice and maintenance of the friendship.

Guiding gives us the opportunity for so many friendships. Those of us who were girls in the Movement have friends from those days, as well as the many friends we have made as leaders. We automatically have something special to share.

This guiding support and friendship has been obvious to me when I've attended the planning meetings for Making Waves, the Silver Jubilee Asia Pacific camp for guides which will be held at Orana in December and January. The preparation is a mammoth task, and everyone is working so well together. What special people you all are!

The exciting thing about such a camp is it offers opportunities for so many girls to make new friends. Guides with whom I've spoken are thrilled to be selected to attend Making Waves, and they always make the point that they are looking forward to meeting other guides. Many friendships made during the camp will last a lifetime, forming an integral part of the girls' lives. What happy memories!

It's been a busy year for us all, particularly those involved with the camp. Thank you everyone for what you've achieved in 1994. So many girls have benefited from your work and friendship.

Have a happy and blessed time with family and friends at Christmas - and I'll see in the New Year with many of you at Orana!

Diane Truskett

Gang Show '94

What a show we saw
Hair, Rocky Horror and Cats
How about that?
The male ballet danced a treat
And didn't seem to miss a beat
Seymour the Sea Scout
Left us in no doubt
What he was all about
The lot on the city bus
Made such a terrible fuss
The television news
Really left us all amused
We had the time of our lives
As the curtain was about to take
a dive
Oh we wanted more
of Gang Show '94.

Sue Graves



Ready in the dressing-room for an item for Cats at the 1994 Hobart Gang Show. Photo: Jan Allan



Western Australia

Camping Committee

A very joyous Christmas to our many guiding friends throughout the state. This has been a very busy year with many assessments in all sections and new changes to the *PO&R*.

Every success to the re-construction of the outdoor section in the regions in the coming year. This will give a closer link to outdoor activities whilst still having contact with Guide House.

Best wishes to all for 1995 and sincere thanks to all who have assisted with camping.

Jean Bell
Chairman Camping Committee

Huntingdale units are the pride of the community

It's not everyday you get to meet West Australian Premier, Richard Court but Huntingdale guiding units did when they were presented with the Community Pride plaque for caring for a park in their local area.

Since early this year the Huntingdale brownie guides have kept clean and tidy the Empire Way Reserve. More recently they have been joined by the Huntingdale guides and the Thornlie gumnut guides and together they have all been involved in the 'Clean Up Australia' campaign by collecting rubbish from the park.

Premier Court said the award officially recognises the special efforts of people in the community.

From the State Commissioner

Dear Friends

Throughout 1994 I have had the opportunity to meet so many guiding friends. The year has been filled with activities such as Nutty Owl Hoot, Trek-a-bout, Joey and Gumnut Guide Day, water activities day, new leaders' morning tea, region gatherings, trainings, conferences ... the list could go on. However, the most important things that have been happening occur each week at the unit meetings. The thought, time and effort you have put into guiding this year has been appreciated by the girls and their parents. Thank you everyone for your dedication.

Very shortly you will be winding up your program for the year and looking forward to that well earned break. Before you close let's not forget to make plans for Thinking Day 1995. This will be an extra special time - the start of Western Australia's 80th year of guiding.

During the break, girls and leaders will be attending Making Waves in Tasmania, the Scout Jamboree, Far Horizons and Yaringa. To all of you - best wishes for a happy and memorable time.

On behalf of Carmel, Janet and Pam, may I wish you and your families a very happy and safe holiday and a peaceful festive season filled with love. Thank you all for the time, energy and enthusiasm you have given to guiding in 1994 and we look forward to another great year in 1995.

Janis Wittber

"The efforts of the Huntingdale guiding units shows what the community can achieve if we are prepared to make an effort and take pride in the local environment. The fact that these are young people is all the more reason why their efforts deserve recognition because it shows that young people of today are aware of the need and responsibility to keep our environment clean."

Heard on the grapevine ...

A lone message from a lone guide replying to her sponsor in the Read-a-thon "lones is cool". Yes Jodie - lones is cool - so is guiding.

❖Retiring Darling Range Region Commissioner, Hella Hackett will remember Trek-a-bout '94 for a long time. As a farewell she was escorted around the 10 km circuit in Forrestfield in a golfcart before joining with some 150 people for a BBQ. Guiding was definitely out and about that day!

❖The right person for the right job - Thea Brown, newly appointed Region Commissioner for the Kimberley Region is so enthusiastic we're told she's already moving mountains. Considering the territory involved, that's not a bad start.

❖We couldn't think of a better way to finish the year - no space for any more gossip! Thank you everyone for your contributions this year. Enjoy a happy, peaceful Christmas and holiday time and come back

How times have changed

From the September 1943 issue of *The Guider* (priced at threepence!) comes the story of how the guides in Yorkshire helped with medicinal herb drying during the Second World War.

When the war broke out many medicinal supplies normally available from Europe were just not available in England so the Ministry of Supply had to find a means of gathering some of the most urgently needed herbs such as foxglove leaves - digitalis - heart stimulant. Committees were formed in all counties and drying centres and depots set up.

Guides were among the 28 voluntary helpers who sorted and packed dried coltsfoot and raspberry leaves, nettles, lime and elder flowers - all much needed medicinal drugs. The girls were working for their War Service badge.



Northern Territory

Something fishy

1st Sanderson Guide Unit held a family night with a difference. The girls and their families got together at Stokes Hill Wharf, a popular attraction for many Darwin residents and tourists for a night of fishing.

It was a long way down to the water from the jetty due to the low tide but this still did not prevent the spirit of activity. As the night progressed the Darwin harbour's tropical sunset provided a beautiful back drop for the contented fishers.

Three fish were caught, a moonfish, small rock cod and unknown fish. The highlight of the evening was a pod of dolphins which skimmed across the horizon.

Everyone enjoyed fish and chips and all agreed, especially the dads, it was a great night. A similar activity has already been slotted into next year's calendar.

Chonneette Sondergaard
Leader, 1st Sanderson Guide Unit

Bougainvillea Parade

The Northern Territory's entry into the Bougainvillea Parade was represented by everyone in uniform as an International Guiding Family. The parade was a tremendous spectacle to watch and the committee and staff of the Bougainvillea Festival Association congratulated us on our entry and look forward to our continued involvement.

From the State Commissioner

The lovely dry season weather in Darwin is over and the wet is starting to build up. Although I do not cope well with the humidity I do enjoy the time I spend in Darwin.

The 1st Monkani Ranger Guides invited me to a Scrunge Night. Dressed in scrunge attire I enjoyed a formal three course dinner under the stars. The occasion was the farewell to Caryn who had turned eighteen and was leaving the unit. Thank you for a terrific night!

I received an invitation from the Department of Veterans Affairs to the Northern Territory launch of Australia Remembers 1945-1955 and was pleased I was in Darwin and able to accept. The launch was held at the Museum and Art Gallery of the Northern Territory. Australia Remembers is the start of a 12 month commemoration campaign designed to remember Australia's war heroes and the fight for the liberation of their fellow man.

Our Annual General Meeting was again very successful. This year Leisha Bateman was the guest speaker. She spoke of her wonderful experiences in India at the Sangam Adventure II event and the camp she worked at for underprivileged children. Thank you Leisha for your very interesting and moving speech.

I visit the 1st Nightcliff Guide Unit regularly and was pleased to assess Tanya for her hostess badge. Tanya entertained me very well and I enjoyed the delicious scones, jam and cream she served for supper. Some of the guides had earned the boating badge and I was asked to present these also.

I am now home again for a short while. The 450 km drive home to Yulara is always interesting and this time approximately 50 km south of Alice Springs I saw three pairs of magnificent wedge-tailed eagles feeding on a carcass on the side of the road. The summer flowers are starting to appear and yellow is the dominant colour brightening the landscape. The wattles, cassias and paper daisies are beginning to bloom. Now that the weather is warmer the bearded dragons, skinks and thorny devils sun themselves on the bitumen.

This is the last issue of *Guiding in Australia* for 1994 and I ask myself "where has the year gone?" It has been another successful year for guiding in the Northern Territory and Marg and I thank you for your commitment and hard work over the past 12 months.

We wish you all a safe and peaceful Christmas with loved ones, family and friends.

Sue Ride

Crazy or just mad?

Leaders from Darwin, Jabiru, Katherine, Northern Territory and Kununurra, in Western Australia, got together for a live-in weekend at Taminmin High School to train in music, art and drama. Marg Callister, a diploma trainer from Victoria inspired the leaders to come out of their shell through sharing her wonderful talents. Fun, fellowship and laughter was the spirit of the weekend with individuality the key to success. A leader always believes she is a little crazy to take on such a position but the

conclusion is that no one is completely MAD until you have been to a music, art and drama training. The sight of one leader quietly telling the younger one sitting next to her "Why are you colouring in the eyes of the mask, you have to cut them out to see!" The younger one quietly destroys the evidence as they chuckle together at the craziness of it all. Go MAD and have a celebration was the theme of a live-in weekend and that is exactly what happened!



Victoria



Introducing Sue Campbell, Victoria's other assistant state commissioner. Years of experience both as a guide and at state level has given Sue, the ideal background for her demanding new role.

Sue joined the Movement as a guide. As she was an only child, her parents thought it was important she had more contact with other young people. She revelled in camping and in the challenges and opportunities which came her way, including becoming a Queen's Guide.

Living in the small and close knit Central Metropolitan region brought with it many responsibilities and demands. She worked as assistant brownie guide leader in South Yarra, and for many years as guide leader of 1st Toorak Company. She was assistant region commissioner for 18 months, and the region's outdoor activities coordinator and international representative.

Sue is married and has two children, Ryan, 7, who is a joey scout, and Amy, 5, who plans to work full-time as a guide leader when she grows up!

Helen Cameron

From the State Commissioner

Dear Friends

When you read the article "Take Twelve Girls" below, ask yourself just how effectively are we preparing the girls in guiding for their future? A future which will be so different from one we faced as girls. Are we teaching them the skills they need? Are we creating the right environment for them to grow in self-esteem and confidence, to learn to believe in themselves and their abilities?

Perhaps one of our greatest challenges is to continue to make changes, both within our own lives and within the guide Movement. Changes which keep us in touch with the needs of today's girls. In each of us there may be a little voice which says, "Don't change, don't take risks. You might make a mistake."

We all love the comfort of familiar places, faces and activities. We all feel anxiety at the prospect of change, yet it is true that the greatest opportunities and most rewarding experiences come about through dramatic change. We can make it easier for ourselves to embrace and create change and in so doing enjoy a life that is full of choices and fresh options.

In guiding, we are in a continual process of change. How can we learn to participate actively in the process of change instead of resisting it? We are working in several areas to determine what changes are needed. At national level, a survey is being undertaken on the needs of girls and young women of today to help us to work out whether our program meets these needs. At state level, we are doing market research into why people join our Movement, why they leave and why they are not interested in being a part of guiding. Perhaps each one of us think we know the answers to these questions, but to truly know, we must ask the people who are directly involved. Then we have real data on which to build a marketing plan and make informed decisions for the future.

Perhaps to be more effective, we will need to take some risks and step out of our comfort zone. We may need to turn fear of the future and indecision into confidence and action. Anyone who has read the wonderful book *All Things Uncertain* will recall that one thing is for certain - the future is unknown - and we can be sure that change is inevitable. I believe that if we are going to appeal to more girls and leaders we will have to make some changes - and we will need to do this in the not too distant future.

Heather Barton

Take twelve girls

Girls now at school will be likely to work in paid employment for at least 30 years.

Yet, many schoolgirls still regard work as something to fill in the gap between getting married and having children. These facts from the Australian Bureau of Statistics may be enlightening -

- three will need to work alongside their partner to keep the family going;
- three will get married and divorced soon after;
- one will have a partner who is physically violent and or an alcoholic who can't hold a steady job;
- one will need to work because her husband is unemployed;
- one will never marry;
- one will be widowed;
- one will never have a child; and
- one will be supported by her husband all her adult life.

The GEN, May 1992



Queensland

Peace packs, peace packs, everywhere!

What a wonderful job you did! Newspaper articles and photographs were spotted in many areas, local businesses donated items and put up display materials and the girls excelled themselves and gained good PR for the Association. Some units far exceeded the expected response with 30 and 40 peace packs from two brownie guide units.

How did you go? Did the project work? Did you have fun collecting the items? How did the girls, parents and your community respond? Send information and photographs to Pat James c/-head-quarters, right away!



Stacey Hatch and Natalie Pola of Durack Brownie Guides.
Photo: Tony Cannon

The *Guiding in Australia* team in Queensland wishes our readers the compliments of the season. Thanks for your interest in, and support of our national magazine. Watch out for the new style February issue!

From the State Commissioner

It has been another challenging year - thank you all for your support. I wish everyone a restful Christmas and look forward to working with you all in 1995 and to celebrating 75 years of guiding in Queensland and 85 years in the world. Let's show the community that guiding is alive in '95.

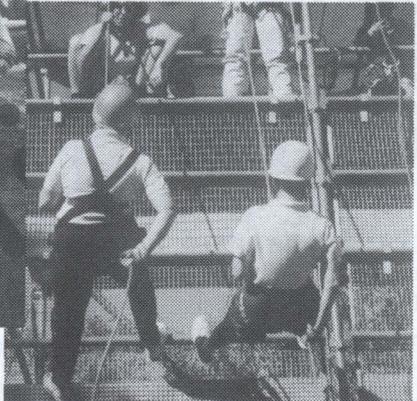
Ann Fletcher



Fairy Guide Mother in full regalia at the state adventure camp.



... and of course no self-respecting Fairy Guide Mother goes abseiling without her crown securely attached!



... and over the edge went our fearless leader!

Around the state

Edge Hill District in Cairns celebrated their 40th anniversary and sent in some beautiful photos - thank you, Cynthia! It seems the display of old photographs was pretty eye-catching too. 2nd Iluka Guide Unit have been sponsoring Chanda, an Indian girl for about two years. Guest speakers from India have visited the unit and spoken about the area where Chanda lives, Indian food, dress and customs. District Leader, Glenda Cordwell says it has been a valuable learning experience for the guides and their leaders. Iluka brownie guides took part in a car wash to raise funds for peace pack materials. Their Adopt-A-Cop Constable, Brian Roots rolled up in the squad

car which the girls obligingly washed. We hear they did a good job too! It's nice to hear about this kind of service, well done Iluka and thank you Glenda for sharing this news with us.

❖ 1st Brassall Guides, Ipswich, and their fearless leaders set off for a camp with a difference - aboard two houseboats. Leader, Fay Baker wrote an article about their 'floating' camp and sent it in to Pat for *Guiding in Australia*. Well done, Fay, just what we like to hear about.

❖ Algester District Archivist, Joan Rae rang to tell us about the fabulous artwork on the outside of their guide hut. Lots of brownie six symbols and such to cover up the graffiti! Thanks Joan.

WOW! WE'RE 85 IN '95 - GET READY FOR THE CELEBRATION



New South Wales

Note Pad

November

- 5 25th birthday! RTS Tingira
- 9 Open day for brownie guides, RTS Tingira
- 12 Zoo presentation sponsorship cheque, Western Plains Zoo, Dubbo
- 19 Peace Pack packing, Guide House
- 19 B-P Emblem presentation, Glengarry
- 20 Guide Scout Cathedral Gift Service, St Andrews

December

- 2-4 Rangers Eighth Wonder Moot, Heathcote Scout Camp
- 4 Snow Daisy Soiree, Trethaway Gardens, Petersham

Welcome

Welcome to State Outdoor Activities Adviser, Dawne Blanch. Dawne has vast experience and qualifications to equip her for her new challenge.

State Water Activities Consultant, Kathryn Follows also comes with loads of experience and qualifications. Kath hopes to continue to encourage a high standard of safe boating across all waterways of New South Wales.

AGM

This year's AGM was attended by over 300! There were many highlights, and the unveiling of the 1993/94 annual report was certainly one of them. It was produced 'in house' to reduce costs, as one speaker noted, "the joy of guiding shines through". Congratulations to the PR team, coordinators of the project and indeed the AGM.

From the State Commissioner

Nobody told the wattle about the drought! As I write, it is brightening up the dull hillsides and bare gullies with generous, gold springtime blossom. By the time you read this, it will be a memory - and a hope for next year.

Those of us whose guiding memories go back a long way often remember 'the good old days' in a golden haze. It is wise to remember that today will be 'the good old days' one day too.

We are all in the 'business' of creating happy, memorable, worthwhile experiences for children - today's children. Because the challenges of every day change as the world changes, we need to be flexible. Falling membership presents us with our biggest ever challenge. Time and again we see demonstrated that where there is wise leadership and flexibility, our membership is strong.

Can you think of anything as flexible as a kangaroo? Sure - they can't hop backwards, but with leaps and bounds they go forwards - and as my garden will bear witness, no fence or cattle grid will keep her out! If we can be flexible within the guidelines of *PO&R*, then I believe we will progress, in leaps and bounds too!

This weekend, I was fortunate enough to share a day with our pioneer guiders. Our State President, Mrs Sinclair, attended their AGM for part of the morning, and was fascinated, as I was, by their reminiscences. All these ladies were leaders before 1933. It was fun to be there, a learning experience, and an inspiration. Among many memories, we heard from Mrs Gwen Thew (formerly Dunban) who was a guide in the 1st Bondi Unit (first in NSW), and who, aged 11, attended Government House to 'model' the guide uniform for Dame Margaret Davidson in 1920!

The ideals which inspired these women are still ours. The program which enthused them may have changed, but the fun and friendship that still brings a warmth to their hearts and a twinkle to their eyes is still ours to share - let's share it as widely as we can.

We may have a drought at the moment, but the rain will come - in the meantime every new member will be 'an extra patch of gold' on the hillside - especially if she's still there next year!

Liz Davies

Treasurers' reports are seldom the zenith of an AGM, nevertheless, State Treasurer, Rowena Whittle managed to endow hers with her inimitable enthusiasm and incisiveness. She explained the Association had worked hard to cut expenses and ensure the better management and reporting of its finances. She advises that we need to increase income - which means not just increased membership but also our support of guide shops and state campsites.

Two special presentations followed. A World Flag was presented to the Scout Association's air activities centre at Campden where several of our members have undertaken flying instruction, and the Olave

Baden-Powell Memorial Award to Encounter 1st Baulkham Hills Ranger Guides for their community service of 10 years primarily to a local nursing home.

Finally, a compelling guest speaker, Dr Robyn Groves of the United Nations High Commissioner for Refugees. Robyn invited us to leave our 'comfort zone' and understand the immense hardship, deprivation and fear they face daily. The work of the UNHCR, which brings hope to refugees, was explained. Cooperation with WAGGGS on peace initiatives was explored and the importance of child to child contact inherent in our Peace Packs demonstrated.



South Australia

CANDLE - a weekend for district leaders and commissioners, had an interesting range of activities - from serious sessions on health, PR and money matters, to fun times walking around Douglas Scrub, hearing about Bangladesh from Melanie Brehaut and Rose Eerden, and making bridal gowns and 'the uniform of the future' in the classic elegance of newspaper. Don't miss the fun next time.

❖ As part of the Women's Suffrage Centenary, a photographic history of guiding in South Australia was displayed in Adelaide Arcade. The display included historic uniforms and a wide cross-section of people viewed the display with interest.

❖ Ten members of Adelaide's trefoil guilds helped celebrate the Boandik Trefoil Guild's second birthday at Mt Gambier during August. The weekend was spent visiting local tourist attractions, participating in lively sessions and activities and enjoying lots of fun, fellowship and laughter. During a joint session with support group members, several members re-affirmed their Promise.

❖ Murray Bridge District celebrated the International Year of the Family with a family day at the Monarto Zoo. A bus tour around the zoo and through the enclosures gave everyone a close up view of the animals, especially the giraffe that tried to put his head in the bus window! After a walk around the area, the girls presented a cheque towards sponsoring the baby Przewalski Horse.

From the State Commissioner

Is guiding really good for girls?

Carry on Guides in August was spectacular, colourful and professionally presented. The obvious enjoyment of participating and the poise and confidence displayed by even the seven year old brownie guides, as they performed before Dame Roma Mitchell, special guests, parents and friends, confirms our assertion that guiding is good for girls.

Girls taking part in Wide Game 3 needed to use skills learned in their units, solve problems, plan, use their initiative and they had fun as they survived a simulated plane crash at Wongalere. They were also out of doors and making the most of a beautiful day. Every girl I spoke to said "I've enjoyed what I've been doing today."

Ranger guides were having a WOW of a time at Roonka in August, caving, off-road driving and canoeing. It was the coldest weather, but the comments were "When can we do this again - and it needs to be for a week next time."

We had a marquee at the Royal Adelaide Show, and were part of the Environmental Trail. Thousands of girls and families visited and there were squeals of laughter as children explored the maze built by the ranger section. Some girls were already guides, others had been guides, and many said they didn't know anything about guides. We gave out hundreds of leaflets and many asked for contact numbers.

Several girls said "I went to brownie guides or guides for one, two or three weeks, but we didn't do anything except play games and so I didn't continue". Obviously, every unit night has to be purposeful and enjoyable and the girls have to see the value in coming. There needs always to be a challenge - something which they are planning and working toward. It might be a camp, a performance, a competition, a fundraiser or service. The girls achievements need to be acknowledged not only through badges, but an understanding that their efforts are leading somewhere. Then girls will know that guiding is good for them.

Dorothy Price

❖ 1st Highgate and 3rd Goodwood Brownie Guides learnt about multiple sclerosis and participated in the MS Readathon. This annual event raises funds for research.

Winter sleep out

Koonkurri Ranger Guides and Modbury Guides held a Winter Sleepout at their guide hall.

Part of the program included watching a video about Fred's Van, a Christian outreach program for young homeless people. The volunteers supply food, clothing and blankets to homeless youths in Adelaide and the film shows Fred's Van in action, in areas in the city where homeless people 'squat'. A homeless young lady speaks about life on the streets - a life that is not glamorous but really hard. She expresses her gratitude to the visit's made by Fred's Van late on



Tuesday and Saturday nights, because often they don't have anything to eat between the van's visits.

After this powerful video the ranger guides and guides felt they wanted to do much more than just raise money for the Winter Sleepout. So, in addition, they are going to raise more money for Fred's Van.



"POSITIVELY ME!"

by Lorraine Richards, Victoria

Is self-esteem important?

Self-esteem is important because everyone wants and needs it. It makes it possible to cope with life's disappointments and its changes. Self-esteem is the key to our psychological well being.

Our level of self-esteem affects virtually everything we do. It affects the choices we make - choices about what we will do with our lives, and where we spend our energy and time. It affects our ability to give and receive love and to instigate change. Women with low self-esteem find it difficult to act in their own best interests and to ask for the respect they deserve.

The society and culture in which we live, the parents who brought us up as well as our place in the family, all impact on self-esteem. For many women, a sense of self worth has not developed. Studies have shown that many women find it difficult to like and value themselves.

If you were asked what you like best about a friend what would you say? It is likely you'll find it easier to come up with more attributes about your friend than yourself. Liking and approving of yourself is important. When you have a stronger sense of who you are, you are less likely to be influenced by other people.

Women may have learnt to suppress their individuality. We have come to view ourselves as others see us. We may have been encouraged to ask not "What do I desire?" but "Am I desirable?" and not "What are all my needs and how do I fulfil them?" but "What are other people's needs and how can I accommodate them?"

Some interesting facts

In America psychologists have found that belonging to a youth group or community organisation helps develop positive self-esteem which enhances a young person's capacity to resist substance abuse, crime or unwanted pregnancy.

Psychologist Abraham Maslow, found that psychologically healthy people are those who live their lives to the full. Calling them 'self-actualising' Maslow found they were, 'without one single exception involved in a cause, something outside themselves'.

As leaders in a self-esteem promoting environment, we have opportunities to provide positive role models and growth enhancing experiences. Self development is necessary for the growth of our self-esteem. Who we are, what we think and how we accept and love ourselves are issues we need to grapple with.

Really making the difference!

Try to remember what you wanted from your own parents or leaders. Did you want attention, recognition, understanding? You may not have received it, but you can give this gift to leaders and girls in your charge.

This helps their self-esteem in four ways:

- ▼ You are able to acknowledge their unique abilities and talents. You will reinforce them, nurture them, help them recognise what is special about themselves.
- ▼ You understand their behaviour in the context of who they are - you don't misinterpret a natural shyness as being stuck up or unfriendly, or a need to be alone as rejection.

- ▼ You can focus on changing behaviour that is important to change.
- ▼ Girls who feel they are understood can afford to be authentic rather than fearful. If you can accept both the good and the bad, then she can accept herself. This is the cornerstone of good self-esteem.

Look for the positives

Every action children make is an attempt to meet their needs. As adults we often respond to these actions in habitual ways which may not promote self-esteem. We can change these responses by practicing the following types of exercises.

- ▼ Pick out a couple of positive qualities in a girl or leader and reinforce them. Notice examples of talents, skills, interests and so on. She may be surprised, embarrassed or even rejecting of the feedback at first. Girls not used to positive feedback may not be able to see their abilities on their own or be able to accept such feedback without practice.
- ▼ Find occasions to praise. "You did a good job and you did it very quickly." or "I'm glad you got it done" and not "It's about time."
- ▼ Give the girl as many chances as possible to develop her ability and to prove it to herself as well as to others.

This approach is guaranteed to reduce negative behaviours. It is an essential feature of an environment which promotes self-esteem and psychological wellbeing.

Reference: McKay, M and Fanning P; Self Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving and Maintaining Self Esteem. New Harbinger Publication, 1987.

Caring for Wildlife

How you can help sick, injured or orphaned native wildlife? The girls may be able to apply their efforts to one of the following badges, Naturalist or Animal Lover for brownie guides, Pet Keeper or Naturalist for guides, an Interest Certificate for ranger section.

WHAT DO YOU DO IF YOU FIND:

1. A baby bird out of its nest?

If the parents are nearby, allow them to handle the situation. However, if the baby is under attack or exposed to severe weather conditions, you may have to assist.

If the baby is too young to fly, you may be able to return it to its nest. Some birds leave the nest a day or two before they are ready to fly and will be attended to by the parents on the ground. In this situation, simply protect the bird from attack by locking up your pets until the young bird is able to fly.

2. Injured or sick wildlife?

Handle the animal as little as possible. Animals are usually in shock in these situations and the most important thing is to treat them for this, as shock alone can kill an animal.

Place the animal in a cardboard box with a towel or soft cloth in the bottom for warmth and air-holes around the sides. Place the cardboard box somewhere quiet, dark and warm.

Do not attempt to feed the animal. Animals in shock are not interested in food and incorrect or forced feeding can be detrimental to the animal's health, even causing death.

If the animal appears dead, but is still limp and warm, treat as for a sick animal, as it may be concussed or shocked. Check the pouch and surrounding environment for young. If the mother's body is warm, leave the young in the pouch and place the mother's body in a cardboard box, as for a sick animal. If the mother's body is cold, remove the young from the pouch and wrap snugly. Place it under your shirt to keep warm.



HOW TO PREVENT WILDLIFE FROM BECOMING SICK, INJURED OR ORPHANED:

The main problems for wildlife living in the urban or rural environment are caused either directly or indirectly by humans. Some of these problems are:

1. Feeding wildlife

Many animals can be attracted by artificial feeding. However, this can lead to many different problems, including dietary deficiencies causing birth defects, obesity, increased risk and spread of disease, dehumanisation and risk of predation from domestic animals.

What you can do

Do not feed mince meat to carnivorous birds. This leads to calcium deficiencies and the crippling of birds, the effects

often being passed to the next generation.

Do not feed bread, honey or sugar to lorikeets and other seed or nectar eating birds. This causes deformities and even death due to poor nutrition.

Do not feed any wildlife on a regular basis, they can easily become dependant on you for food, as well as being easy prey for nearby dogs and cats.

Plant native species in your garden and provide safe nesting sites by planting tall trees as well as low thick shrubs. Possum nesting boxes are available from WIRES.

2. Motor vehicles

Many native animals are killed when hit by cars. Dusk and dawn are the most dangerous times as animals are active and difficult to see in the poor light.

What you can do

When driving at dusk or dawn, take extra care and drive slowly.

Always stop and check an animal on the side of the road. Even animals that appear dead may require assistance or may be carrying young.

Treat any injured animals for shock, and, if possible, transport to the nearest vet, or phone one of the support groups listed opposite.





3. Habitat loss

Trees and natural bush provide food, shelter and nesting sites for native animals. Lack of native environment forces animals out of their native areas to hunt for food and nesting sites. They are then often forced into direct contact with humans.

What you can do

Avoid cutting down trees in spring. If you do, check first for nests in hollows. Old dead trees provide valuable nesting sites. Think twice before removing.

Plant native trees and shrubs wherever possible. Most local councils provide information on species indigenous to your area.

4. Entanglement

Many birds and bats become entangled in nets or in materials discarded by humans.

What you can do

Never leave string, twine, wire or fishing line lying around.

Think about where your garbage ends up. For example, the plastic bag you leave in the beach car park could end up being swallowed by a pelican or seal.

When covering fruit trees with netting, make sure that the net is pulled taut to allow birds and flying-foxes to bounce off without becoming caught.

5. Pets

Domestic pets take a great toll on vulnerable native animals. Cats hunt and kill native birds, as well as other small animals such as possums, bandicoots and lizards. Unwanted aquarium fish which have been flushed down the toilet may end up in rivers causing problems for native fish, and rabbits that have gone wild eat the food of native animals and even live in their burrows.

Protect your pet as well as wildlife by taking a few simple precautions.

- ▼ Keep your pets inside at night.
- ▼ Two bells, at the back and front of a collar around your cat's neck can act as a warning to wildlife.
- ▼ Keep your cat inside as much as possible during spring when baby birds are easy prey.
- ▼ Have your cat or dog desexed so it will not add to the population of unwanted pets.

6. Poisoning

Many animals are poisoned with chemicals not necessarily intended to harm them. Insects and plants that have been poisoned will affect any animal that eats them.

What can you do

Do not bait meat for foxes and other vermin, this can easily be eaten by an unsuspecting native animal. Contact National Parks and Wildlife (NPWS) for information on the humane trapping of feral animals.



Avoid the use of chemicals on your garden and fruit trees.

7. Shooting

Although all native reptiles, birds and mammals are protected in New South Wales, native animals do become victims of shootings.

What you can do

Report any unauthorised shooting to the police or NPWS.

Contact list

WIRES operates only in New South Wales, Wildlife Care Network operates in Victoria but there are 'sister' groups in other states. Elsewhere government departments organise the work using informal volunteer networks.

Please find below the main functional contacts you can use for assistance with fauna enquiries:

ACT, Wildlife Foundation
Phone: (06) 296 3114

New South Wales, WIRES
Phone: (02) 975 1633 (24 hours)

Northern Territory, Government Department, Phone: (089) 811585

Queensland, Government Department, Phone: (07) 20 2200

Tasmania, Government Department, Phone: (002) 33 6556

South Australia, Government Department, Phone: (08) 207 2243

Victoria, Wildlife Care Network
Phone: (016) 37 3931 (24 hours)

Western Australia, Government Department, Phone: (09) 334 0333

AUSTRALIAN VOLUNTEER

Happiness is a joy you earn
Smile at the mirror, smile return
Lend a hand, two hours a week
Give of yourself, and give some cheek
Be their eyes, be their ears
Join the ranks of the volunteers

Depression haunts a soul alone
Be a friend on the telephone
Fight a fire, fight a flood
A bit of soot, a bit of mud
Good for the soul, it's down to earth
Lend your skill for what it's worth

Life's a mirror, bounces back
Don't hide at home, mirror crack
Keep in touch with life around
See the colour, hear the sound
Smell the rain, wash the tears
Join the ranks of the volunteers

It makes you smile and you wonder why
You're so lucky it makes you cry
You're the stone, fair dinkum built
You're not sad and full of guilt
Oh no not you, you have no fear
You're an Australian volunteer

Used with the kind permission of
John Williams - Emusic Pty Ltd

AUSTRALIA'S CHILDREN

Australia's children are our future
They deserve our full support
We must feel it is our duty
To see how they are taught

In play schools and kindergartens
In the home and in the school
They must always know we love them
For that's the golden rule

They must learn to love each other
And respect each other too
To play the game at all times
And see the other point of view

For none of us is perfect
We all have our little faults
But we must learn to live with others
As we grow into adults

The nation of the future
Is within our children's reach
But whether it's a better one
All depends on what we teach.

Reprinted with kind permission Campbell
Scott Crockett Western Australia

I'M SPECIAL

I'm special. In all the world there's nobody like me.
Since the beginning of time, there has never been another person like me. Nobody has my smile.

Nobody has my eyes, my nose, my hair, my hands, my voice.
I'm special.

No one can be found who has my handwriting.

Nobody anywhere has my tastes-for good or music or art. No one sees things just as I do.

In all of time there's been no one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from anybody else, ever.

No one reacts to any situation just as I would react. I'm Special.

I'm the only one in all of creation who has my set of abilities.

Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combination of talents, ideas, abilities and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphony sound when all are played together. I'm a symphony.

Through all of eternity no one will ever look, talk, walk, think or do like me. I'm special. I'm rare.

And in all rarity there is great value.

Because of my great rare value, I need not attempt to imitate others. I will accept-yes, celebrate-my differences.

I'm special. And I'm beginning to realise it's no accident that I'm special. I'm beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I.

Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes.

That one is me. Because ... I'm special.

K Byrne
New Zealand

Letters Please!

This is your chance to have 'your say'.
Please send letters marked 'Your Say' to
PO Box 6, Strawberry Hills, NSW 2012.





Gumnut guide Sara Doyle and brownie guides Jessica Ringma and Melissa Harris have fun preparing for the May Fair. Photo courtesy The Redland Times

All the fun of the fair!

Capalaba district held a 'May Fair' which was an enormous success. A healthy profit was put aside for the development of an amenities block for their guide hut and \$200 was donated to the Capalaba Salvation Army - a very worthwhile organisation.

All members of the district - including the gumnut guides, three brownie guide units, two guide units, leaders and support group members - worked together to ensure the success of the fair. Donations were received from 61 local firms and Brisbane companies and the donated goods and vouchers were auctioned or raffled at the fair. Support group president, Keith Belcher, made a wonderful auctioneer keeping the crowds entertained with his constant flow of wit. It was heartening to receive so much community support, especially in such difficult economic times.

Queensland

Congratulations!

The following service awards were received between January and September 1994

Banksia - for meritorious service in a local area.

New South Wales
Robin Dafter
Sandra Essex
June Gardiner
Margo Hartridge
Barbara Jessep
Gwen Molloy (deceased)
Sue Tickell



Wattle - for unusually good service to the Association.

New South Wales
Linley Bartlett
Dawne Blanch
Valda Everingham
Julie Mallam
Betty Stevens



Bar to the Wattle - for additional excellent service to the Association.

New South Wales
Margaret Doorey
Marie Eckersley



30 Year Long Service

South Australia
Ann de Koning

Post Box Bulletin

*Christmas comes but once a year,
When it comes it brings good cheer!*

So says the well-known rhyme - and we need to be sure our messages of good cheer will be sent early enough to reach their destinations in good time for the Christmas celebrations. If your unit is linked with one overseas, it's time to prepare your Christmas cards, tapes or whatever form your messages will take and mail them before the closing date. Post offices have lists of the closing dates for surface and air-mail to all parts of the globe. (Perhaps leaders could challenge the girls in their units to gather all the information about Christmas mailing from the local post office). Can't you just imagine the excitement when a brownie guide unit in Hong Kong receives a greeting from brownie guides in Australia!

Please remember, when preparing your Christmas greeting, that your guide penfriends overseas may be of a faith other than Christian, and your messages should be worded appropriately, respecting that difference. You, in turn, may receive a greeting from your link when their special festivals are celebrated.

Those with individual links, too, should be preparing the Christmas mail for their overseas links.



Cards and letters in the mail -
How do they travel - air or rail?
Right around the world they go
In sunshine, wind or rain or snow.
So it's time now, don't you think,
To send bright greetings to your link?
May Christmas Day be filled with joy
And new hope for each girl and boy.
So write your cards and send your mail
and hope world peace may soon prevail.

Give thought to what your words convey,
Rekindling hope on Christmas Day.
Even those of different creed
Enjoy the thought that penfriends need
To share the Christmas message, thus
Inspiring faith and hope and trust.
Now's the time when Post Box sends
Greetings o'er the world to friends.
So now the Post Box Team sends you
Christmas greetings warm and true!

Interstate unit links will need to be prepared and sent before units close for the long summer holiday. Christmas mail for individual links should also be sent early. As many people spend Christmas away from their normal addresses it would be best to send greetings to arrive about the time school breaks up.

By the way, in a matter of weeks your unit will probably be starting the long summer break; so it's a good idea to think about the message you'll be sending to your links for Thinking Day 1995!

This year has been a happy and exciting one for Post Box team, it has been very fulfilling to make so many overseas and interstate links. May these be the beginnings of long friendships. We would like to know just how many of these links do last a long time, and we'd love to hear about any special things which have happened through Post Box.

Best wishes for a happy and successful year in 1995 with lots of Post Box links!

Joan Burch
Australian Post Box Secretary

Roomy repairs at Foxlease

Thank you so much for your most generous cheque for the Australia room. It was such a coincidence; the previous day a guider had reported that one or two of the beds in the Australia room were in need of repair. I had ordered a bed for one of our other rooms and asked the housekeeper to order more, saying "I don't know where the money is coming from!" On the very same morning I received your cheque in the post.

I really do appreciate the fund raising which your guides and trefoil guilds have done for us. Please thank everyone on our behalf and send them greetings from Foxlease.

Mrs Hilary Chittock
Centre Manager
Foxlease, England

Thank you

The donated funds to Our Cabana are used to support our scholarship program, to pay expenses of volunteer staff who come from many countries to work at Our Cabana, as well as for special program equipment and supplies. Each of these items ensures a more enhanced international experience for all of the participants attending sessions at Our Cabana. The continuing support of the Girl Guides Association of Australia is very much appreciated. Thank you.

Joan Lintz
Treasurer
Our Cabana Committee



Dialogue for Peace

The Irene Fairbairn Challenge of \$2,000 will be awarded to two young women to attend one of the peace dialogues of their choice.

Planting the Seeds:

Where: Pax Lodge
Time: 4-18 September 1995. Optional tour of Britain till the end of September at additional cost.
Who: Two members aged 18-25 years
Cost: Approximately \$4,000.

Women as Peace Makers:

Where: Sangam
Time: 7-20 October 1995. Optional tour of north India at additional cost.
Who: Two members aged 18-25 years
Cost: Approximately \$3,000.

A Whole New World:

Where: Our Cabana
Time: 16-30 September 1995 (includes Los Angeles and Mexico City)
Who: Two members aged 18-25 years
Cost: Approximately \$4,500.

Australian closing date: 15 December 1994

Workshop on Children's Rights and Camp for Indian Children

Where: Sangam, India
Time: 4-25 August 1995 (includes event and camp)
Who: Adult members of WAGGGS
Cost: Approximately \$2,750, includes travel, accommodation, event fees, insurance, visa, administrative costs and international tops and bag.

Australian closing date: 28 February 1995

C.O.S.I.E '95

Where: Lancashire, England
Time: 24 July to 24 August 1995 (includes London, Lancashire and Our Chalet)
Who: Members aged 14-17 years and leaders with good camping skills.
Cost: Approximately \$4,250, includes all transport, event fees, insurance, international tops and bags and most meals.

Australian closing date: 28 February 1995

Look Wider '95

Where: Waddow Hall, Lancashire, England
Time: 24 July to 24 August 1995 (includes London, Lancashire and Our Chalet)
Who: Members aged 18-25 years and two leaders
Cost: Approximately \$4,350.

Australian closing date: 15 December 1994

Ceilidh '95

Where: Netherurd House, Scotland
Time: 15-22 July 1995, Pax Lodge and South East England
22-29 July 1995, camp, Netherurd House
29 July - 5 August, 1995, home hospitality.
Who: Leaders with camping experience
Girls aged 14-16 by 30 June 1995.
Cost: \$3,700 includes fares, accommodation, most meals, international tops, bags, insurance and administration costs.

Australian closing date: 28 February 1995

Guiding Tour of North America '95

Where: Visit the Canadian Rockies, Niagara Falls, French Quebec, the East Coast of USA
Spend time in San Francisco, Yosemite National Park, Las Vegas and perhaps the Grand Canyon before returning to Australia or going on to Our Cabana in Mexico.
Time: 4 August - 6 September 1995, tour.
6-13 September 1995, optional session
Who: Adult members and friends, husbands welcome.
Cost: \$7,000 includes all transport, accommodation, some meals, cabin bag and administrative charges.

For further information please contact your state international adviser or the Australian international department.

A Taste of India III plus tour Sangam

Where: Pune, India
Time: 11-19 September 1995 - A Taste of India III
20-30 September 1995 - tour (including Taj Mahal, Jaipur and Delhi)
Who: Active adult members, friends, families (both men and women)
Cost: Approximately \$3,000 which includes event fees, airfare, administration, visa, tour of India and all accommodation.

Australian closing date: 31 March 1995

NB: Please check with your state international adviser for closing dates in your state.

Guiding in Australia

The official magazine of Girl Guides Association of Australia

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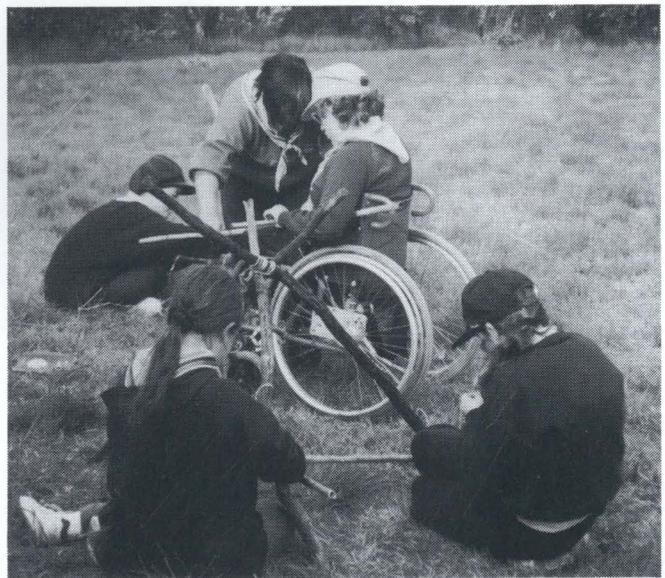
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Toasting marshmallows, Northern Territory state pack holiday. Photo: Barbara Walker.



Donating food collected for Salvation Army with Fairy Guide Mother - Camp Celebration June '94. Photo: P Gilchrist, Queensland



Mana Farm guides in camp, making camp gadgets. Photo: Pat Burgess, South Australia.



Making ready for Making Waves. Members of the Tasmanian Orana committee pictured at the weekly working bee. Photo: Jan Allan, Tasmania.



Yvette O'Brien, Colac and Angela Riodan, Camperdown kicked up the spray when practising rafting skills on the Hopkins River at Jubilee Park, near Warrnambool, Victoria. They were enjoying participating at a water safety challenge rally with 67 guides from Otway Region. Photo: Victoria

