

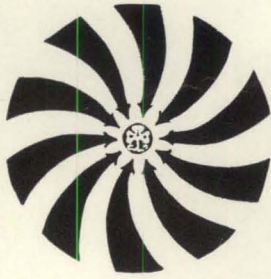
MATILDA

GIRL GUIDES ASSOCIATION, VICTORIA

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THINKING DAY SYMBOL

We all know the meaning of Thinking Day and its role in maintaining the unity of the Movement.

This symbol has been designed to be used around the world in connection with Thinking Day and the Thinking Day Fund.

- The World Trefoil in the centre of the design represents the World Association of Girl Guides and Girl Scouts.
- The arrows pointing towards the Trefoil represent action and give direction for that action. The arrows may also represent ways and means in which the World Association can be helped by all its members.
- The round shape of the design can be interpreted as the world-wide aspect of our Girl Guide/Girl Scout Movement.

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MATILDA

PUBLISHED BY THE GIRL GUIDES ASSOCIATION OF VICTORIA
20 RUSSELL STREET, MELBOURNE, VICTORIA, AUSTRALIA, 3000

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From our State Commissioner

Dear Everyone — Members and Friends,

How quickly the holidays have gone! I hope you all had a happy time and are now looking forward to all Guiding has to offer in 1976.

For many, January was not a holiday, this was the time of Camp Uralba and my thanks along with those of nearly 1000 Guides go to our wonderful G.I.C. Mrs. De Marchi and her terrific team of Guiders, who made this such a very happy camp for everyone. This was the first camping experience for many girls and I am sure they returned home full of enthusiasm, with many new friends and having learnt many new skills to share with their fellow Guides.

February is a most important month for Girl Guides and Girl Scouts throughout the world — the month when we celebrate Thinking Day, the birthday of Our Founder and the World Chief Guide. February, 1976, is especially important, we are celebrating the 50th birthday of Thinking Day.

On 22nd February I will be thinking of all those people I met at the World Conference and in the U.K. and I am sure as you think of Guides throughout the world you will also think of the many new friends you made at Camp Uralba.

Because this is the 50th Anniversary of Thinking Day I do hope you will all make that special effort to contribute just a little more to the Thinking Day Fund — adults too please. The World Bureau desperately needs every cent we can give — in 1974 the total contribution was £49,128 and for 1976 the target is £70,000, so we will all have to work very hard to reach this target.

Some suggestions are — a coin for each inch of your waist measurement or height,

year of your life or years in Guiding (latter two may be good for Guiders), give up ice cream, chocolate, chips for three days and give money saved to the fund.

Often we are asked how the money is used by the World Bureau, a few ways are — to extend Guiding in small villages or crowded cities, to organise international camps, to print Guide Handbooks, to organize classes for illiterates, to train new leaders.

Now I want to tell you about our challenge "Get Moving in '76" — which will culminate in Mini Olympics in September. The development of a healthy body requires three essentials, activity, nutrition and rest, and it is important that these be properly balanced. Any "Keep Fit" activities done by Ranger Guides, Guides and Brownie Guides could lead to individual Certificates or Interest Badges as set out in Part II's or Interest Badge Books.

In this issue of "Matilda" you will see listed some ideas to Get Moving from the Youth, Sport and Recreation Department's "Life — Be In It" campaign. How about trying some of these — they sound fun. They have been geared for everyone in the State. As Guides you can do, or have already done, many of these things. When you choose your four — and why stop at four — remember to try to develop some **new** skill to the best of your ability. You must show definite effort and participation towards improvement.

You could work as an individual, unit, six, or patrol. And how about trying to involve the rest of your family — they would have fun too.

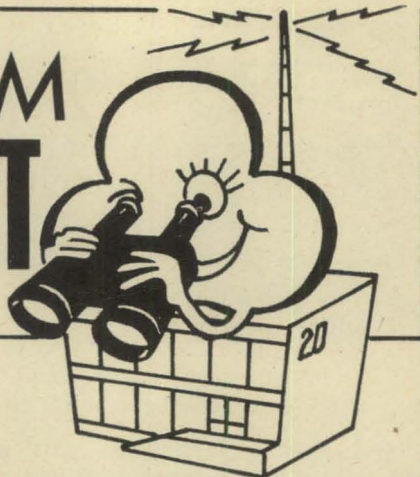
If you "Get Moving in '76" you can gain the badge we hope to have available towards the end of term.

A Happy Thinking Day to you all.

Love and Best Wishes,

Joan E. Grimwade

REPORTING FROM RUSSELL STREET



New Year Greetings to all from 20 Russell Street. We hope 1976 will be a marvellous year for everyone in every way.

Each month on this "Reporting from Russell Street" page you will find the sort of news previously given on the "Green Sheet". Please be sure to read it carefully each month and act promptly on those matters which particularly concern YOU and/or your Brownies, Guides, Rangers, Guiders, Local Association members, parents or friends.

Open Night for Guiders

Following a very successful Open Forum evening for Guiders in November, another date has been set aside for Guiders to come to Headquarters to matter about this and that with the State Commissioner. If you have some constructive thoughts to share with others, come on Tuesday, 30th March, at 7.45 p.m.

Walter Donald Ross Award for Service

Member countries of the World Association are invited to submit applications for consideration for the Walter Donald Ross Award for Service for 1975. This is the last occasion on which this award will be given as, following the death of Mr. Ross in 1974, the World Committee decided that the balance of the fund be used for making one more award only.

Commissioners are invited to submit applications on behalf of a Guide group in their District, Division or Region, and these should be made without the knowledge of the girls concerned. The entry should be for Service rendered either of a sustained or an outstanding nature. Further information concerning the conditions of this award can be obtained from Miss Barr at Guide Headquarters and it is suggested that any Commissioner who may be contemplating making an application contact her at an early date. Applications will close on 8th March.

Applications for Grants from State Youth Fund

Districts wishing to apply for a grant to help with building projects (new halls, repairs or maintenance), general running expenses or any other special project, are advised that applications may be made direct to the Department of Youth, Sport and Recreation, 570 Bourke Street, Melbourne. The closing date for general grants is usually mid-April, but requests for building subsidies may be submitted at any time. All applications should be forwarded on the official application forms which are obtainable at the Department's office. Unless there are extenuating circumstances, requests for assistance should be made for Districts as a whole and for individual units. In the case of grants for Campsites or camping equipment, requests made on

behalf of a Division or Region are more likely to receive support as a greater number of people will benefit.

Annual Report Forms and April Action Material

The Annual Report Forms and April Action material has now been wrapped in district parcels and we would be glad if Commissioners would arrange for these to be collected at an early date. Country Commissioners, if you cannot arrange for your parcels to be picked up, please advise so that we can arrange for them to be sent to you.

Visits to Headquarters

We are pleased to be able to tell you that Mrs. J. W. Draper, (35 Albury Road, North Balwyn, 3104), has kindly undertaken to arrange for members to come to see over Headquarters. We know there are many members who have not previously visited their central home so here is an opportunity for an enjoyable outing for them. If contacting Mrs. Draper to arrange a visit, be sure to give her several weeks notice and enclose a stamped addressed envelope for her reply.

An invitation to visit Fiji

The Scout Association has invited Australian Rangers and Leaders over the age of 16 years to join in a Scouting and Guiding Friendship Tour to Fiji for 2 weeks in August/September. Cost will be approximately \$450 (plus spending money). For further details please apply to the International Adviser, Mrs. W. Dwyer, c/- Headquarters, enclosing a stamped addressed envelope.

From Camping Department

A "Get-Together" weekend for all Camp Advisers and Recorders has been arranged for 10th-11th July at Britannia Park. Please mark this date in your diary now.

There is lost property from Camp Uralba at Headquarters eagerly waiting for owners to claim it.

Youth Garden Party at Government House

We have advance news of the date this year — 13th March — so you can start planning now. Numbers and general arrangements are expected to be as in previous years and there will be one adult invitation for each Region. Although no invitations have reached us yet, it is hoped they will be received in time for distribution at the Commissioners' Conference.

THINKING DAY GREETINGS

Here comes *THINKING DAY* again, and may I just say "many happy returns of the day" to all of you on this 50th Anniversary of Thinking Day.

A birthday is a time when we rejoice, and by giving our donation to the "Thinking Day Fund" we are helping our Movement to grow and to bring happiness to more and more girls throughout the world.

My warmest thanks to those who have sent me their "Thinking Day" messages, and best wishes to you all for success in your Girl Guide/Girl Scout activities.

Olave Baden-Powell



We are thinking of you on this special day and send you our love. We know you will be thinking of us too!

Lyn Joynt and staff of
the World Bureau.

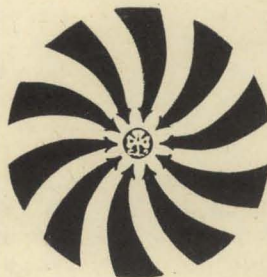
Birthdays are special and the 50th birthday of Thinking Day is very special indeed. On this day we will all be thinking of our Guiding friends in Australia and in the other 93 countries belonging to our World Association. I will certainly be thinking of you and wondering how you are celebrating Thinking Day.

Birthdays are a time for giving as well as receiving and all members of the Association in Australia have always been very generous in contributing to the Thinking Day Fund, which helps in countless ways the promotion of Guiding wherever there is a need. There are very many needs, so can I ask everyone to give a little extra this year to enable the World Association to answer these calls for help? We in Australia are really very fortunate and another cent or two from each of us would do so much to help Guides in countries not so fortunate.

My special Thinking Day greetings to all.

Mary Lambie

Chief Commissioner for Australia.





LIFE BE IN IT

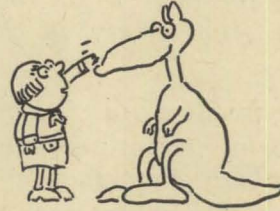
Our State Commissioner challenges each and every one of us to "Get Moving" in 1976 by tackling at least four of the suggestions given in the leaflet "Life — be in it", published by the Department of Youth, Sport and Recreation. This delightful leaflet is available free of charge from Guide Headquarters or chemist shops. To start you and your Brownies, Guides and Rangers off here are some of the Challenges —

- Make sandcastles. Even in winter the beach can be a fun place to visit.
- Walk the dog, play with the dog. Good for him. Good for you.



- Kick a ball with the kids. Who cares what sort of ball. It is just fun to do.
- Go fly a kite. It is quiet, non-polluting and provided you keep away from power lines, safe.
- Leave the lift and walk the last two or three flights to your destination.
- Build a billy cart. Play with it sometimes.
- Climb a mountain. You will be amazed at what you can see from up there. If you want to do it the right way, join a mountaineering club.

- Visit Sovereign Hill. Pan for gold. Go down a mine.
- Throw a frisbee. Catch a frisbee. Chase a frisbee.
- Canter. Trot. Gallop. Go ride a horse through the countryside.
- Have a picnic at Healesville Sanctuary. Walk and talk with the animals.



- Hit a little black ball off four walls. Play squash. After half an hour on the court you will really know you are alive.
- Skip a short rope. Skip a long rope. Skip on your own. Skip with the kids. But be a skipper.
- Go on a "nature hunt" through the Botanic Gardens. Find 15 or 20 different trees and plants.
- Have races and games in the backyard with appropriate handicaps for the "oldies".
- Share your lunch with a bird. Take a walk along a beach and feed the seagulls.



- Take a walk through history. Visit Como, Rippon Lea and Cook's Cottage.
- Sling a hammock and read a good book. Get out in the fresh air.
- Go mushrooming or blackberry picking. If it is private property, get permission first.
- Make hand puppets and put on a show. Encourage others to join in.
- When was the last time you saw your toes? Do five minutes of simple exercises every morning.
- Make some stilts. Use them. The kids will look up to you.
- Take a beach ball to the beach with you. Kick it. Hit it. Balance it on your head.

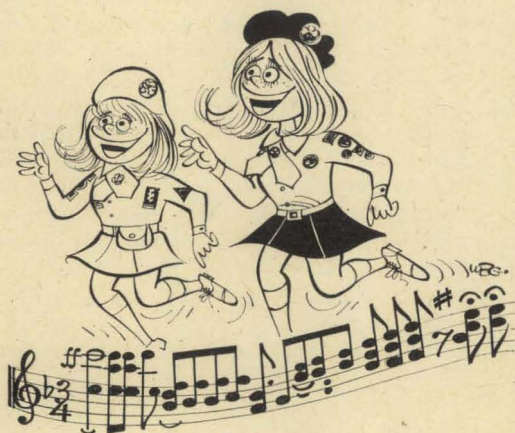
April Action - 1976

Now is the time to start thinking about and planning the activities that YOUR Unit is going to have for "APRIL ACTION" — 1976.

Last year's "APRIL ACTION" was obviously a great success and it was gratifying to receive so many favourable and constructive comments from girls and leaders following this fund-raising drive. These have been a great help in assessing requirements for the 1976 drive.

You will all be interested to hear that up to 30th June, 1975, \$19,701 was received by Headquarters. This was well over \$3000 more than in 1974 and more has been sent in since the end of June. This means, of course, that the same amount, that is the half kept by each Unit, has been used for Guiding either locally or elsewhere where it was needed, and so has been a wonderful assistance to Guiding in many directions.

Following are some of the Guiding projects supported by Units last year with their half of the money —



- Hall rental or building fund
- World Centres Fund
- First Aid kit for Unit
- Start "six" boxes
- Towards Christmas break-up
- To help Guide to Jumbunna
- Cupboard for Pack
- Towards Pack Holiday
- Camping equipment
- Darwin Guides Appeal
- Books for Unit library
- Towards Link-up trip
- Fares to Ranger Conference
- International Guiding
- Costumes for "Festival of Song"
- Shoreham Campsite
- National Development Project
- Sending Handbooks overseas

Again, you will be able to carry out your activities at any time during April — this seemed to be the most popular change made last year. You will see a longer-than-usual list of ideas for activities in the blue folder you will receive soon. The remittance form for Leaders and Commissioners will also be included in the folder.

This year, job cards will be distributed to District Commissioners: to be given only to those girls who wish to do individual jobs. There should be sufficient for each District's requirements. If, however, you do need more cards, please apply to Headquarters for them or, better still, check first with your neighbouring District which may have some to spare. This would save time and postage. Lone Guides and Rangers will receive cards through the Lone Adviser and Lone Guiders.

Folders and cards will be packed ready for collection from Headquarters from 13th February, and those not already collected will be distributed at the Commissioners' Conference at the end of February, so hopefully all Units will receive them early in March.

Have lots of fun and best of luck for a very successful "APRIL ACTION" — 1976.

NB

Letter to Guide Guiders

As this is the beginning of my term as Guide Adviser, I have a few points to pass on to Guide Guiders.

First is to explain about the Guide Section Representative Committee which I hope we can form by April. The idea is that our Section have a representative committee, meeting once a term on a Saturday afternoon and consisting of one Guide Guider or Assistant Guider representative from each Region. This would give us 26 Guiders.

I hope the representative can be in contact with Guide Guiders throughout her Region and so become a "two-way" communicator. The formality or informality of this depends on distances, numbers and feelings of Guiders in that Region. To meetings she will bring opinions and ideas of Guide Guiders and Guides. From meetings she will take reasons and ideas for things which have happened or can happen to help the girls in our Section.

It is being left to your Region Commissioner to decide how your Region's representative can be chosen, so if you have any ideas about that — phone her now.

In January, I was lucky to spend a little time at the State Camp which gave me opportunity to hear what Guides had to say about their companies and guiders. When a guide told me she thought we should "go back to the Old Programme", I began asking what they thought was different — for this is some statement from a girl who was only 7 years old when Australia took on the 8 Point Programme.

Guides' answers showed there are guiders who misinterpret the part they have to play in running a company; so my other point is mainly about guiders' attitudes to the 8 Point Programme.

What sort of Guider are you?

Are YOU opting out? Do you say, "but the girls are supposed to run it", then sit back and do nothing?

Do you blame the dullness of your meetings on the fact that the girls are supposed to choose, and then blame the Programme because they choose nothing?

Do you say, "I'm ONLY a leader", or "I am a LEADER"?

Yes — the guides must help plan the programme. They must help in its running. They must be given choice.

But — guiders MAKE the programme

happen. The girls have a short life of experience and are expected to contribute from that experience. Guiders are there to extend that experience by feeding in new and different activities. How do they know what they like or what they can do if they never try?

Life for the girls is not going to be just doing what they "like" to do. Guides need to be trained to help others and themselves.

Guide meetings are not an extension of school. Guiding has some special beliefs, aims and activities. If you experienced these as a girl, then as a leader it is your job to pass them on to your company. If you are new to Guiding and wonder what is special about it — then you had better attend more trainings and arrange to meet up with guiders who have the "spirit" and believe in what they are doing.

The guides who talked to me wanted their guiders to control them, to work WITH them, and to teach them.

However, to end on a cheerful note, there were guides who felt their guiders were doing a really great job and did not want them to change at all.

Have a good year,

Yvonne James.



CONSERVATION

We received a letter from the Director of National Parks congratulating a group of Guides on a splendid conservation project carried out at Cape Schanck National Park.

3rd Croydon Company cleaned up quite a large area of the park and made it so much more pleasant for the many visitors who use the area.

What a wonderful way of offering community service, enjoying the out-of-doors, keeping fit, enjoying relationships and carrying out conservation all at the same time!

How many other units could carry out this type of project?

I am sure EVERY unit in our State could find some place that really could do with a clean up.

What about your local park, or recreation reserve? Could a summer meeting be spent there, picking up cans or ziptops?

Could a weekend walk be spent along a roadside clearing cans or bottles? Would your local council appreciate help with weeding around street trees or gardens?

Are you a seaside unit? Perhaps you could clean an area of beach? And if you live near our south west coast, your help can certainly be used in clearing up the tons of oil nodules deposited on many of the beaches.

It is camping time again. Perhaps you could think ahead about the site, and how you may be able to use conservation activities there.

Could you pull thistles, destroy boneseed, pick up litter or broken glass?

Congratulations to 3rd Croydon Company from all of us; hopefully many other units will follow their fine example.

Anne L. Fraser.



Alpine

Adventure

Preparations

To prepare for "Alpine Adventure" (a 160 kilometre hike of eleven days duration, starting at Mount Howitt in North Eastern Victoria, crossing the Barry Mountains to Hotham and the Bogong High Plains to Mount Bogong, the highest mountain in Victoria) rangers took part in four preliminary hikes.

The first of these started off on a cool and damp morning which soon became very, very wet. Thirty-six rangers and leaders set out for Starlings Gap and the "High Lead". Many were hiking for the first time, as the preliminary hikes were open to all Rangers, and not restricted to those going on the Alpine walk. We camped at **Starlings Gap** and cooked tea with difficulty in the heavy rain. It was an invaluable weeked for showing how waterproof our gear was, and how to cope with inclement weather.

* * * *

Thirty-eight rangers and leaders were curious to find out about the mysterious hidden lake called Tarli Karng in Gippsland. They travelled 289 kilometres by van from Guide Headquarters and set up camp just after midnight.

On Saturday morning we followed the Wellington River for many kilometres, crossing river 18 times. Fortunately water was never more than thigh deep, but quite fast flowing. Only one Guider missed her footing on slippery rocks and got soaked. It was a fine warm day, and constant wetting of the feet was quite a relief.

After leaving the river we climbed Riggall's Spur — so named after the first white man to see Lake Tarli Karng. The spur was long — and steep — and tedious, but we eventually reached **Lake Tarli Karng** and set up camp in the twilight. Next morning a steep climb up Gillio's track taxed us all, but on reaching Wellington Plains it was easier going to McFarlane's Saddle, where our bus driver was waiting with the billy boiling. A great weekend in the sun, and we still had enough energy to sing all the way home.

* * * *

Have you ever seen **Mount Cobbler**? Nor had we — so we left Guide Headquarters one Friday night and set up camp 241 kilometres away, just after midnight at Howqua Gap at the foot of Mt. Stirling. Early on Saturday we climbed to the top of Stirling and enjoyed the view of Mount Speculation, Mount Howitt and the Crosscut Saw. We followed a track to Clear Hills and when this became completely overgrown, we used map and compass to find our way to the King River Hut. Arriving at 4.00 p.m. we enjoyed this delightful grassy campsite in the sunshine, and rangers splashed in the King River to remove the grime of a hot day's hiking. Our campfire that night was merry, as we sang every song we could remember. On Sunday we left early in overcast weather to climb to the Cobbler Plateau. Unfortunately, dense fog prevented us getting any view of the surrounding mountainous countryside, so we turned back before reaching the summit. We returned to King River Hut to meet our van for the long trip back to Melbourne.

After these hikes rangers realized the importance of lightweight equipment when you have to carry tent, sleeping bag, clothes and food etc. on your back for the whole trip.

* * *

The Cathedral Range is always a good test. It is difficult to know whether to call it bushwalking or rockclimbing. Leaving Guide Headquarters on Saturday morning, we travelled by van to the end of Cathedral Lane, just past Buxton. Climbing Chapel Hill was hot and tiring but we eventually reached the ridge with superb views of the Acheron River valley beside the Maroondah Highway. Our campsite that night was a grassy saddle called the "Farmyard", aptly named in this instance, as we met two white goats on our walk along the ridge. They were far from shy, and ate anything protruding from packs.

After a restful night we were the first party to leave the campsite, and so were rid of our four legged friends who stayed to see what the other campers had for breakfast. We climbed the "Razorback" with a steep drop on either side. At times we walked just below the ridge and were glad to be on the western side and out of the sun for a while. At last we reached Mount Sugarloaf

where we had lunch and Ranger's Own. Then along a jeep track to Keppels Lane where our trusty driver welcomed us again.

* * *

Altogether 106 rangers and leaders "enjoyed" these walks. Some disliked the rain, some the heat, and some the hills to climb, while others thrilled to the challenge and adventure of daring to go where only two feet could take you, and the wisely chosen contents of the pack carried on your back were all you had for shelter, comfort, food and warmth, whether it was a total fire ban day or a blizzard.

Watch Matilda for the story of our "Alpine Adventure".

S. HOPWOOD.

BROWNIES, GUIDES, RANGERS

Want to have fun, keep fit, make new friends?

These and more will be yours when you take part in

THE MINI-OLYMPICS

to be held in Melbourne on 3rd and 4th September, 1976.

Note the date, start training and stand by for more news.

BE PREPARED

A young guide taking orders for home-made cakes was turned down by a woman who explained that she was on a diet and would not want to eat a cake.

"Don't worry about that", said the girl. "Just buy a bag, and if you want me to eat them for you, I will."

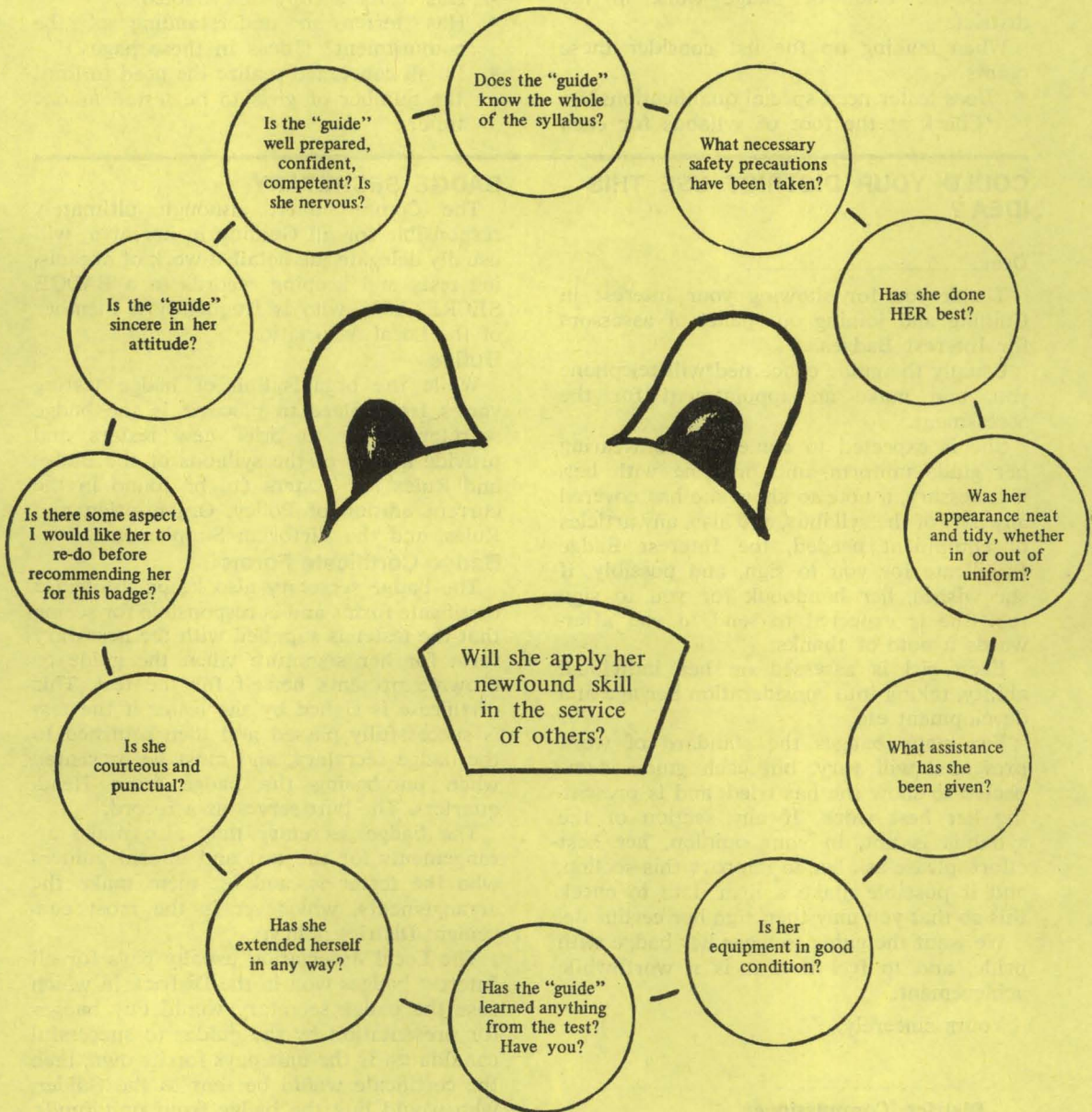
(from "Courier".)





MAKING THE MOST OF A BADGE

Through the Eyes of a Badge Tester



MAKING THE MOST OF A BADGE — Testers — Finding the Right Person

The District Commissioner with help from guiders is responsible for finding testers.

It is suggested that every year the list be checked. It is good for guiders to have contact with testers — ideally as a follow up after each assessment. If testers are present at the Annual District Meeting it provides a good opportunity for testers and guiders to assess the value of badge work in the district.

When making up the list consider these points.

- Does tester need special qualifications? (Check at the foot of syllabus for each

badge).

- Guide Knowledge and Australia badges. Testers must be registered with Headquarters.
- Camper Badge. Tester appointed by area Camp Adviser.
- Does tester know subject-skill — has she experience with children?
- Has tester a copy of syllabus?
- Has tester an understanding of the commitment? (Ideas in these pages.)
- Do all concerned realize the need to limit the number of girls to be tested at one time?

COULD YOUR DISTRICT USE THIS IDEA ?

Dear.....,

Thank you for showing your interest in Guiding and joining our panel of assessors for Interest Badges.

Usually the guide concerned will telephone you, and make an appointment for the assessment.

She is expected to come to you wearing her guide uniform, and bringing with her, if necessary, a note to show she has covered any part of the syllabus, and also, any articles of equipment needed, the Interest Badge Certificate for you to sign, and possibly, if she wishes, her handbook for you to sign too. She is expected to send to you afterwards a note of thanks.

Each girl is assessed on her individual ability, taking into consideration her age and development etc.

For many badges the standard of work presented will vary, but each guide is expected to show she has tried, and is presenting her best work. If any section of the syllabus is not, in your opinion, her best effort, please ask her to improve this section, and if possible make a firm date to check this so that you may then sign her certificate.

We want the guide to wear her badge with pride, and to feel that it is a worthwhile achievement.

Yours sincerely,

.....
District Commissioner.

BADGE SECRETARY

The Commissioner, although ultimately responsible for all Guiding in her area, will usually delegate the detailed work of organising tests and keeping records to a **BADGE SECRETARY**, who is frequently a member of the Local Association.

Duties

While the organisation of badge testing varies from place to place it is the badge secretary's job to brief new testers and provide a copy of the syllabus of the Badge and Rules for Testers (to be found in the current edition of Policy, Organisation and Rules, and the Victorian Supplement).

Badge Certificate Forms

The badge secretary also keeps the badge certificate forms and is responsible for seeing that the tester is supplied with the necessary form for her signature when the guide or brownie presents herself for the test. This certificate is signed by the tester if the test is successfully passed and then returned to the badge secretary, and must be presented when purchasing the badge from Headquarters. The butt serves as a record.

The badge secretary may also make arrangements for the test and inform guiders who the tester is, and let them make the arrangements, whichever is the most convenient District policy.

The Local Association usually pays for all Interest badges won in the District, in which case the badge secretary would buy badges for presentation by the guider to successful candidates. If the unit pays for its own, then the certificate would be sent to the Guider, who would buy the badge from unit funds.

KIM'S GAME AND VARIATIONS

Perhaps you have never met Kim. Kimball O'Hara is his full name. Rudyard Kipling tells his life story in his book "Kim".

Baden Powell thought that Kim was a good example of what Boy Scouts could do and included some adventures of Kim in his "Camp Fire Yarn No. 1" — now in the book "Scouting for Boys".

Kim was to become a secret service agent. To train him to notice small details and to remember them he played a game. He looked at a tray of precious stones, for one minute, they were then covered and Kim had to say how many stones were there and what sort.

If your girls have not played this — do try it — a tray full of precious stones would capture any girl's interest but you can settle for less valuable items

- sets of natural objects e.g. shells, rocks, seeds, leaves, etc.
- pictures of animals or birds
- scraps of material
- shapes
- nourishing foods from the pantry shelf
- items from other countries — e.g. dolls, stamps, coins, flags
- keys • coins • cutlery • badges
- a table setting
- a first aid kit
- "tools" of trade or profession
- model village — zoo

(position could be associated with compass points).

The number of objects and what you want recalled will vary according to ability of girls in your unit.

VARIATIONS

With a sketch. Some magazines have two cartoons, one is an altered version of first. Artist in the unit could supply cartoon.

Sketch maps would be ideal subjects. **With people.** Three friends walk through meeting room — they may pause a moment to speak — perhaps ask directions. After they are out of sight —

- (a) Players write description (story re missing persons, wanted by police would add to fun)
- (b) Friends return with altered appearance, perhaps swapping jewellery or badges if in uniform — players spot the changes.

With a camera. Take two photographs of some subject, moving items or people around before second shot. Players spot the difference.

With touch. A cloth bag (old pillow slip) of objects, players feel these through the material — when time limit is up, they write down objects. (Do not include sharp objects.)

Players pass around a bag of objects — remove one object and pass around again, repeat two or three times removing one object each time, players then write down what was missing each time.

Hang a number of objects on a rope stretched across a room. From another room the girls are led, blindfolded to the rope to feel objects. They return to their room, remove blindfold and write order in which objects are placed.

Teams of 6 to 8. To space **hold** hands at arms length, sit on floor. At one end of line place empty tray, at other end place another tray with 20 objects (not sharp). First player passes one object to neighbour who passes it on along line to empty tray. First player passes second object as soon as she has passed the first, but only **ONE** object may be passed at a time by any player. When all are passed check number before declaring winners. Return down line for next go. After playing a few times cover articles, and players list them — with description.

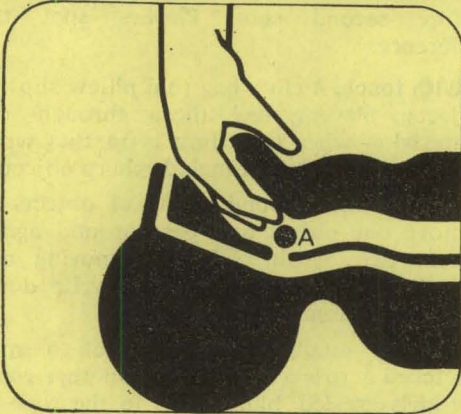
With sound. Make a series of sounds behind a screen. (Work to a written list for checking.)

Variation: Repeat sounds in re-arranged order or omitting one or two.

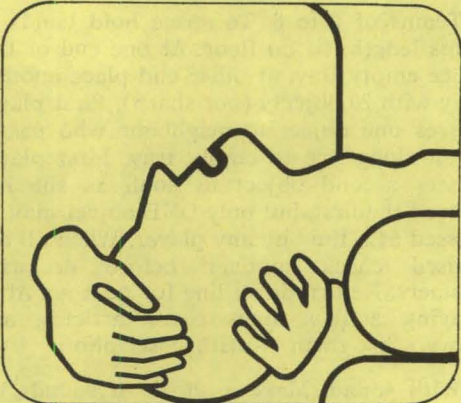
Tape recorder could be used. Make sure each sound is clearly distinguished from another. There could be a pause or number given. Sounds could be from out doors; kitchen; a particular trade or profession, e.g. telephone, sharpening pencil, typing, stapling, hammering, sawing, emery paper, drill; the locale of your meeting place — go for a walk with a tape recorder — combine a spoken description with sounds heard on the way — girls listen to tape and write down route taken — sounds could include public transport, public telephone, cash register of self service store, garage, balls bouncing on tennis court, swings creaking, etc.

RESCUE BREATHING MOUTH TO MOUTH METHOD

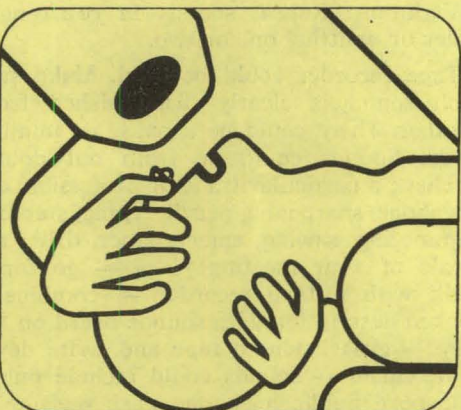
Lay patient on his back. If this can't be done easily commence rescue breathing where he is. Have someone call a doctor and ambulance.



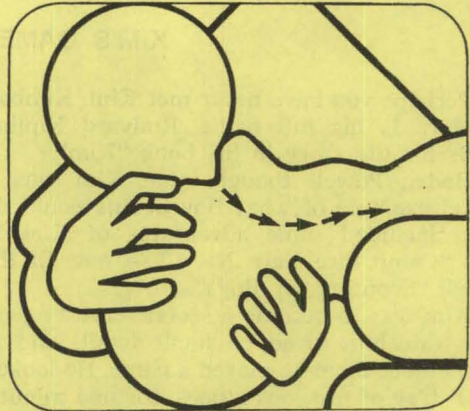
1. Quickly clear his mouth and throat of possible obstructions (e.g.) A. Throat must be clear and tongue forward.



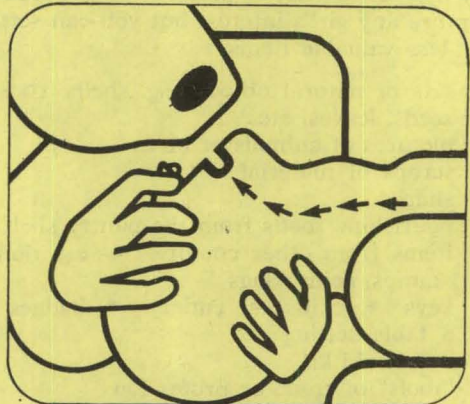
2. Tilt head well back to open air passage and keep tongue out of throat.



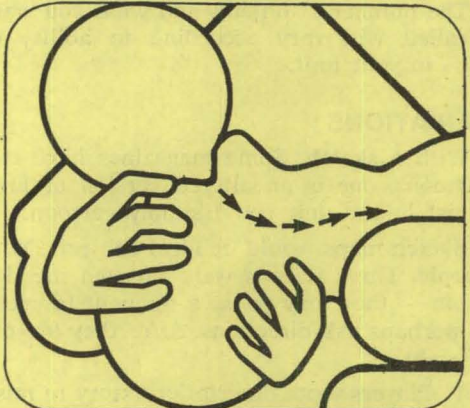
3. Pinch patient's nose, open your mouth wide, take a deep breath.
Support under shoulders will help but do not delay procedure if not available.



4. Breathe into patient, ensure air does not escape.
With children — breathe gently.
With adults — breathe fully. Watch chest rise.



5. Turn your head away while patient exhales. Listen for gurgling, sign of obstruction in throat. If no gurgling take another deep breath.



6. Then breathe into patient and continue with 6 quick deep breaths then slow to 12 breaths per minute.

Seal mouth and use mouth to nose when mouth to mouth not effective, mouth or jaw injured.

From WHY, reprinted with permission from The Milk Board and The National Safety Council.

JAMBOREE ON THE AIR

Our Guide Leader drove five of us to Mr. Ron Wilkinson's home in Newtown, Geelong to take part in Jamboree-on-the-Air.

We talked to scouts in New Zealand from the St. James Troop, and to rangers and brownies in Alice Springs. The weather was very bad, with a lot of static. We then spoke to scouts in Queensland, in Dalby and Roma. We could hear South Africa, but were not able to talk to them.

Mr. Wilkinson has a big "dish" and sends a signal and it bounces off the moon to America. He can then contact a radio operator in America, who must be seeing the moon too.

It was very good fun taking part. Cap had a talk too.

Robyn Turrill,
2nd Belmont Guide Unit.

Dear Matilda,

Members of our Brownie Pack were asked to complete a questionnaire and the favourite activity listed by most brownies was "corners". Others may like to know what we mean by "corners".

From six large sheets of caneite we made three hinged corners. They stand up on the floor as high as our heads and we can all work comfortably in our own "corner".

Before we had our "corners" our pack was always looking for more space to pin up notices, craft work, interesting pictures, special announcements and reminders. Now at most pack meetings we set aside time for work in our "corners". All sorts of interesting articles are pinned up — newspaper cuttings, decorations, a copy of the Brownie Promise and Law specially decorated for the "corner", a diary of plans and coming events, maps, flags, nature objects, uniforms of other countries, and for special occasions and seasons in the year we try to do appropriate decorations. As well as having its own "corner", each six has its own box of materials such as crayons, papers, drawing pins, tape, scissors, and other craft material.

When it is "corner time" there is a happy busy sound of hard working brownies, creating fine efforts for pinning up. At home time it only takes a few moments to safely close up the completed "corners" and store them away ready for next meeting.

1st Cann Valley Brownie Pack.

INTERNATIONAL EVENING

Fish Creek Guide Hall became an attractive setting for our recent District Annual Meeting. Walls were gay with travel posters and scenes from several member countries of W.A.G.G.S. Small tables were arrayed with souvenirs and craft work from Pacific and European lands.

Following the formalities of reports and election of office bearers, the climax of the evening arrived for excited brownies and guides. They paraded a colourful collection of international uniforms before an interested audience of parents and visitors, to a commentary about guiding in the countries represented. This added to our knowledge and understanding of our overseas sisters in the Movement.

Brownies then entertained with games from Brazil and Denmark, and guides sang a bracket of campfire songs from around the world.

For supper, which concluded a happy program, guides had made biscuits and slices from the "Recipes From Around The World" booklet, compiled and sold by 2nd Victorian Lone Rangers. These added extra interest to the Australian fare supplied by Local Association members.

We recommend this idea for districts wishing to involve mums, girls and guiders in the fun of preparing and participating in a happy evening.

V. Lumsden,
Leader, 1st Fish Creek Company.

REGION TRAINERS

Our heartiest congratulations on being appointed members of Region Training Teams to Miss Barbara Allison, Yarra Valley; Mrs. Dawn Barr, Wimmera; Mrs. Janet Cooper, South Eastern; Mrs. Wilma Escott, Metropolitan; Mrs. Margaret Humphreys, Ballarat.

DID YOU KNOW ?

The Chief Guide commenced her Guiding as County Commissioner for Sussex and was enrolled by the Founder in March, 1916, with a tiny group of Guides.

Mrs. Rita Bartlett of Western Australia shares this information with us. She has been in Guiding for 60 years and has corresponded with Lady Baden Powell for 44 years.

LOCAL



ASSOCIATION SECTION

THOUGHT FOR THE MONTH

22nd February is a very good day to think about others . . . so are the other 365 days in this leap year.

LOCAL ASSOCIATION MEMBERSHIP FEE

The question of a Local Association membership fee to the Girl Guides Association of Victoria was raised at the Local Association Conference.

Our State Commissioner, Mrs. Grimwade, explained that the present fee of \$1.00 which each Local Association pays annually is NOT a membership fee but is a conference fee — used to cover the costs of the biennial State Conference.

For a while now, it has been thought Local Association members should be asked to pay a membership fee to the Victorian Association — for Victoria has to pay an annual quota to the Australian and World Associations for all its members — Local Association and uniformed members alike. In the early days this was approximately 8c per member — an expense which could be easily covered by general income. However, in 1974/75 Victoria paid \$20,401 to the Australian and World Associations (46.5 cents per head) — with nothing at all being received from approximately 11,000 adult members.

We feel that if Local Association members can pay an annual membership fee to cover cost of their membership of the Australian and World Associations, this will help our State finances and to pay the quota for adult uniformed personnel. We do not wish to ask Guiders and Commissioners to pay a membership fee, as we feel they already give so very much to Guiding.

At the Conference, it was formally moved and seconded that a recommendation be submitted to State Executive Committee that 50 cents be paid by each Local Association member to the Victorian Association. This was subsequently approved by the Committee.

From April, 1976, the Conference fee as is, will be abolished.

50 cents membership fee, to be paid to your District Commissioner, will apply to the number of members, either enrolled or un-enrolled, which is submitted on the District Annual Report Form at the 30th April, 1976. This is the number on which Victoria pays its quota to Australia and the World Association. It will be necessary for each Local Association to either raise their own membership fee to include this 50 cent fee to Headquarters, or if preferred, the money could be raised in some other way.

We realise this is a new thought for many of you — but Victoria has been one of the few States in Australia where adults have not paid a membership fee — and what other world-wide organisation can you belong to for 50 cents per year?

COMMISSIONERS' CONFERENCE

District, Division and Region Commissioners are looking forward to getting together again at their annual weekend Conference to be held at Monash University at the end of February.

It is hoped that Local Associations have offered to pay or contribute towards the cost for their Commissioners to attend either for the whole or part of this weekend. Full weekend cost is \$28.00, and the minimum part-time charge for Conference Fee and Conference Room Fee is \$3.50, plus meals, morning and afternoon teas as required.

If you have not already made this offer, a re-imbusement would be very much appreciated by your Commissioner. It is most important for as many Commissioners as possible to attend their Conference, so that they may have more knowledge of Guiding to help the Guiders and girls in their particular areas.

(Continued on Page 153)

DATES FOR YOUR DIARY

February	22nd	Thinking Day
	27th-29th	Commissioners' Conference
March	13th	Youth Garden Party
	20th	Ranger Re-Union
	30th	Guiders' Open Night
April		April Action
	5th	Lady Delacombe Golf Day
	23rd	St. George's Day Service
	?	Shoreham Tennis Day
May		Annual Census Returns due
	5th	Region Commissioners' Meeting
	8th	Queen's Guide Presentation Ceremony
June	5th-6th	Trainers' and Region Training Advisers Weekend
	19th-20th	Ranger Conference
		April Action money due at Headquarters
July		Annual Reports and Subscriptions due at Headquarters
	3rd	Ranger Guiders' Conference
	3rd	Lone Local Association Annual Meeting
	9th	Ranger Debutante Ball
	20th	Division Commissioners' Meeting and Open Day for All Commissioners
		Region Commissioners' Meeting
September	28th	Region Commissioners' Meeting
	3rd-4th	Mini Olympics
	3rd-7th	Visit of Australian Chief Commissioner
	3rd, 4th, 7th, 8th, 9th, 10th, 11th	Gang Show
October	2nd	Queen's Guide Presentation Ceremony
	25th	Annual Meeting
November		Jamboree on the Air
	10th	Region Commissioners' Meeting

Note: Changes and additions to the above will be made known through "Matilda" when necessary so be sure to READ YOUR "MATILDA".

(Continued from Page 152)

CAN YOU OFFER HELP ?

A request has come from an Extension Ranger leader, Miss Doris Kane, who works for the Victorian Society for Crippled Children and Adults. She asks if any Local Association members could spare an hour or so to push handicapped people in wheelchairs around shopping centres such as Southland, Eastland, Northland, Chadstone, Doncaster, etc. Transport to the centres is not required. If anyone is able to offer help, please contact Miss Kane on 550 3384.

* * *

Please send articles for this section to Mrs. D. O. Oldfield, 4 Embling Road, Malvern, 3144.

RECIPE CORNER

Lemon Cheesecake

One packet Milk Coffee or Marie biscuits, ¼ lb. butter, 8 ozs. Philadelphia Cream Cheese, 1 tin condensed milk, ½ cup lemon juice, 1 teaspoon vanilla.

Base: Crush biscuits, mix with melted butter. Press into bottom of 9" spring-form tin. Bake in moderate oven for 10 minutes. Cool and place in refrigerator for at least 30 minutes.

Filling: Beat softened (room temperature) Cream Cheese until creamy, gradually add condensed milk and blend well. Add lemon juice and vanilla, and continue beating until mixed well together. Pour on to base and chill well. When ready for use, spread thin layer of cream (if desired) and top with strawberries, passion fruit or a crushed Peppermint Crisp chocolate bar.

GUIDING AND POLITICS

It has come to our notice that, during the recent Federal Election Campaign, some members of the Movement were seen at political meetings in uniform and others took part in a fund-raising effort for one particular party. We would therefore like to remind all Leaders that Guiding is non-political and that "members of the Association in uniform, or acting as representatives of the Movement, must not take part in meetings or activities of a political party". (P.O.R. Rule 44.)

The fundamental aim of the Movement is to help each girl to develop to her full potential so that she may become a conscientious and worthwhile citizen. Each girl is encouraged to pursue her own beliefs in such matters as religion and politics, having regard to the principles expressed in the Guide Promise and it is important that Guiding is not used as a vehicle of persuasion. Should a Guide unit wish to undertake a service project by caring for children at polling booths for example, such course of action is quite acceptable as they would be serving the community in a general way without any political bias. As individuals we are free to support any political party in whatever way we wish but, when acting as members of the Movement we must not align ourselves to any one party.

That Guiding is non-political is a fundamental principle of the World Association and it is important that all members adhere to this irrespective of their own personal thoughts in the matter.

INTERNATIONAL

Girl Guides Association of Thailand was very pleased to receive our donations to help in the work amongst 1,000 Cambodian and Vietnamese families in the province of Surin — mainly in buying rice, medicine and clothing. Members are now teaching these refugees to grow vegetables, weaving and other handicrafts to help them to be more independent.

So far \$1068.29 has been sent from Australia.

Victoria contributed \$618.29 to this amount.

TREES PLANTED AT CAMP SITE

At Janet Whitlam Memorial Park, South Belgrave, 100 trees have been planted. Campers, please look after them, and water if necessary.

Tall trees are Eucalyptus Robusta (Swamp Mahogany) and Acacia Pravissima (Ovens Wattle) Flower spring.

The medium ones are Acacia Pruinosa (Frosty Wattle) Flowers January-February, Aconis Junipera (Juniper Myrtle) white flowers, Pittosporum Undulatum — Flowers in Spring, has orange berries and Hymenoporum Flavum (Native Frangipani), scented.

Low trees are Callistemon Violaacea (Violet Bottlebrush), purple, red, flowers Spring, Melaleuca Laterita (Robin Red Breast Bush) orange, scarlet Bottle Brush, flowers in Summer and Melaleuca Hypericifolia (Red Honey Myrtle) dark red, flowers in Summer.

If cared for, these trees will make the property more attractive and should attract more birds to the area.

WORLD HARVEST FOR HUMANITY DAY

Besides being Leap Year Day, 29th February has been designated World Harvest for Humanity Day in an imaginative scheme to make the people of the World more aware of the hunger and poverty experienced by so much of its population.

On this bonus day everybody is asked to think of those people less fortunate than themselves, people deprived of the proper means of living, food, shelter, health services, etc. Everybody is urged to assist these people by making a contribution towards self-help projects which will be initiated and supervised by major International Aid Organisations — Freedom from Hunger, UNICEF, etc. Perhaps you and your girls would like to help?

FOR SALE

Commissioner jacket, skirt, shirt (size 36), handbag, plain navy shoes (size 9B), tie. Excellent condition, dry cleaned. \$25. Apply to Mrs. D. Allen, Box 1, Noorat, 3265.

QUEEN'S GUIDE PRESENTATION CEREMONY

The next Presentation Ceremony will probably take place early in May and information to this effect should now be passed on to present and prospective Queen's Guides. It is necessary that papers for any girl who is to attend this Presentation should reach Headquarters by **17th March AT THE LATEST**. Information about Ceremony and rehearsal for it will be sent to the girls concerned at the end of March.

LEISURE TIME ACTIVITIES

During school holidays activity programs are held at Headquarters and suburban centres.

Training (in macrame, basketry, plastic tubing articles, enamelling, paper flowers and toffee making) will be held at Headquarters on Tuesday, 30th March and Wednesday, 31st March, from 10.00 a.m. to 2.30 p.m. for activity program staff.

Cost is 50 cents per day plus small charge for materials used.

Please apply to Mrs. M. Pritchard, 16 Comer Street, East Brighton, 3187. (Telephone: 92 3708) including stamped, self addressed envelope, note of day/days you wish to attend and list of crafts in order of preference, by 16th March. Numbers limited.

1976 SCOUT GANG SHOW

Commissioners please note that Gang Show needs and wants young guiders **on stage**, so if you have any guiders aged between 17 and 25 years in your District, here is their opportunity! They need to be free for rehearsals on Monday evenings from June until September, 1976.

Apart from cast, other departments needing help, are Secretarial, Public Relations, Costumes, Front of House, Make-up, V.I.P. Hostessing, Typing/Shorthand, Dressmaking, Usherettes.

Application forms may be obtained from the Secretary to Advisers, Mrs. B. McNally, 20 Russell Street, Melbourne, by sending a **stamped self-addressed envelope** for return of same. Applications close 12th March, 1976.

SANDRINGHAM 50th ANNIVERSARY

Official ceremony, afternoon-tea (2.30 p.m. to 5.00 p.m.) and Basket dinner and Campfire (6.00 p.m. to 9.30 p.m.) will be held on Saturday, 21st February, 1976, at Guide Hall, Trentham Street, Sandringham.

Thinking Day/Anniversary Church Service will be held in Methodist Church, Bay Road, Sandringham at 10.00 a.m. on Sunday, 22nd February.

Overnight accommodation available. R.S.V.P. for dinner by 18th February. Mrs. Hendrie 598 7449. Mrs. Meech 99 1628.

RANGER REUNION

Calling all ex-Rangers (1920-1975) to join **RE-ENCOUNTER 1976** at 20 Russell Street, Melbourne on Saturday, 20th March, between 10.30 a.m. and 4.30 p.m. Apply to Miss Heather Cathcart, 20 Harrow Street, Box Hill, 3128. (Telephone 89 4069 A.H.) for luncheon reservation (\$1.00) and further information.

"PLAYING THE GAME"

A conference for Commissioners, Guiders and Local Association members from Western Border, Otway and Western Plains Regions will be held at Lake Bolac on Tuesday, 13th July, 1976, from 10.00 a.m. to 3.30 p.m.

Speakers, discussion, stall, shop, display. Lunch \$1.00.

Details from Mrs. L. G. Weatherly, "Blythvale", Streatham, 3351.

SCENIC CAR TOUR

Contact David Grilli (288 3070) or David Coysh (232 7599) for full details of Newnham Rovers Scenic Car Tour (428 kilometres in Eastern Victoria) to be held from 2nd to 4th April, 1976.

Tour open to all Rangers and Rovers.

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COMMISSIONERS' CONFERENCE

Friday, 27th February, to Sunday, 29th February, 1976.

Take your bearings and leap into Guiding in 1976 by attending the Commissioners' Conference at Monash University.

Travelling from the city along Dandenong Road, turn left into Wellington Road, then left into Blackburn Road, first left into Normanby Road and left into second service road to car park and Halls of Residence, the Conference venue.

Location map obtainable at Headquarters.

PROGRAM

Friday

- 3.00 p.m. — Registrations, room allocations in Farrer House foyer.
- 5.00 p.m. — Pre-dinner drinks.
- 5.30 p.m. — Dinner.
- 7.00 p.m. — Take a Bearing — Let's get to know each other.
- 7.30 p.m. — Official Opening Dame Edith Bolte.
- 7.45 p.m. — *GIVING SERVICE — Wing Commander R. J. Hardiman.
- 8.45 p.m. — Informal Supper.

Saturday

- 7.50 a.m. — Morning Prayers.
- 8.00 a.m. — Breakfast.
- 9.15 a.m. — *KEEPING FIT Mr. R. Becker.
- 9.45 a.m. — Advisers' Panel, Question Time.
- 10.45 a.m. — Morning Tea.
- 11.10 a.m. — *EXPLORING THE ARTS — Mrs. Carmel Benjamin.
- 12.15 p.m. — Lunch. — Rest.
- 2.15 p.m. — Roll Call.
- 2.30 p.m. — *THINKING FOR YOURSELF Headquarters Training Team.
- 3.30 p.m. — Afternoon Tea.
- 4.00 p.m. — *KEEPING THE GUIDE LAW — Headquarters Training Team.
- 5.15 p.m. — Pre-dinner Drinks.
- 5.45 p.m. — Dinner.
- 7.15 p.m. — *GETTING TO KNOW PEOPLE Barbara Kearney and Guests. Campfire. Supper.

Sunday

- 8.15 a.m. — Breakfast.
- 9.30 a.m. — Guides' Own.
- 10.15 a.m. — Advisers' Panel, Open Forum.
- 11.15 a.m. — *ENJOYING THE OUT-OF-DOORS — Camping Department.
- 12.30 p.m. — Lunch.
- 1.45 p.m. — *BECOMING A HOMEMAKER — Mrs. Rosemary Hepburn.
- 2.45 p.m. — Thoughts from The State Commissioner. Announcement of new committee. Closing.
- 3.30 p.m. — Afternoon Tea.

All meals will be served in Farrer Dining Hall.

Refreshments will be available in Howitt Hall.

Meetings will be held in Deakin Hall.

For further information please contact Lorna Mole on 569 8931 or Alison Main on 29 7662. The treasurer, Olwen Davidson, will be happy to answer money queries on 560 0172. Please note this most recent number.



A DAY IN THE COUNTRY

A day in the country for Fitzroy District was organized by Koo-Wee-Rup District Commissioner, Mrs. Joyce Mills, Cranbourne Division Commissioner, Mrs. Shirley Methven and Mrs. Barbara Kearney, National Project Leader, with wonderful co-operation and generosity of many local people — individuals, business firms, community organisations.

Early one Sunday morning, over eighty guides, brownies and their leaders left by bus from high-rise flat areas of Fitzroy and arrived at the Fauna Park in Bayles, where they were met by guides, brownies and leaders from Koo-Wee-Rup and Catani.

A tour of the park appeared to be one of the highlights of their day; for some it was their first look at such things as emus, peacocks, etc.

Local leaders assisted by husbands and friends, barbecued sausages, burgers and chops to satisfy appetites of over 100 guides and brownies. Salads, fresh fruit and drinks disappeared in no time.

Following lunch, all the visiting girls were given a pony-ride on "Teddy", thoughtfully provided and supervised by Mr. Ken Methven. This experience will not readily be forgotten by little girls who have never been out of an area surrounded by buildings 20-25 stories high.

Out to the farm of Mr. Noel Johnson for a hay-ride. Some fed calves, some collected eggs and all learnt something new.

Such comments as "Did these really come from the chooks?", "Look at the clouds, they move", "Can't I take some hay home? It feels lovely", and many more moved local Guiders to the point of tears.

Back to the Scout Hall where Koo-Wee-Rup Local Association had prepared afternoon tea. Now it was the visitors turn for emotion. Sandwiches, creamcakes and icy poles all for them!

The afternoon concluded with the singing of "Happy Birthday" to the Koo-Wee-Rup company, celebrating their sixth birthday, a speech of thanks from a visiting guide, who presented Mrs. Mills with a wall hanging, made by the girls themselves to commemorate their visit, onto the buses and then back home.

Grateful thanks to all who helped — Cr. C. Utber, Mr. and Mrs. N. Johnson, Lions Club, who donated all the meat, Rotary for

paper plates, mugs etc., Noel Uren, Pam and Don Williams, Bayles Butter Factory, "Joes" and Peters, Lindsay Black, Catani, Devon Meadows, Cranbourne and Lang Lang Local Associations for donations and Koo-Wee-Rup Local Association for assisting with the catering.

All who were connected with the day's activities voted it one of their most worthwhile ventures and a most moving experience.

G. Mason,
Koo-Wee-Rup Local Association.

VISIT TO WARRNAMBOOL

Recent highlight for Strathmore Guides was a return Link-Up visit to Warrnambool.

After a long train journey on Friday night we were met at the station by our hostesses and excitedly greeted guides who had visited us earlier in the year.

On Saturday morning we went by bus to the Brucknell Scout Camp, and after Flag Break, in the rain, we set off on a trail laid along a bush road and as directed, tried to remember all stations between Melbourne and Warrnambool, noted all bush sounds, identified different flowers, and listed all things in a marked circle, before seeking the treasure.

After lunch, which some cleverly managed to cook outdoors, we took part in Mini Country Olympics. Ten events included tossing miniature hay bales, gathering the potato crop, milking a cow (rubber glove), duck waddling and even using branding irons. Winners were later presented with medallions.

Saturday night saw St. John's Hall packed for Warrnambool's own Festival of Song, in which every unit in the Division took part.

Sunday morning was free until lunch time barbecue at the Guide Hall. Guides Own at the Botanical Gardens, was followed by a brisk (because of heavy rain) walking tour of the City.

After a hot casserole tea, kindly provided by the Local Association, we were driven to the station for our return to Melbourne. Before leaving we planted a tree, marked with a plaque, to commemorate our visit. Strathmore Guides say THANK YOU WARRNAMBOOL — it was a wonderful weekend — in spite of the RAIN.

TRAINING CALENDER

COMMISSIONERS AND UNIT LEADERS with the necessary experience are welcome to apply for **ANY** Training. Applications should be sent **prior to the closing date** and be **accompanied by the training fee and a stamped self addressed envelope**. Training fees are \$3 unless otherwise stated. **Early application for all trainings is recommended.**

STAGE 1 TRAINING

Ararat — 29th-30th May and 19th June — time 10.00 a.m. to 8.30 p.m. Saturday and 10.00 a.m. to 4.00 p.m. Sunday. Applications to Mrs. A. Hucker, "Wallabadah", Lake Bolac, 3351 by **7th May**.

Casterton — Weekends 20th-21st March and 10th-11th April — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. D. Maconachie, 372 North Boundary Road, Hamilton, 3300 by **1st March**.

Chadstone — 10th-17th March-7th April — time 7.45 p.m. to 10.00 p.m. **plus** weekend 3rd April time 9.00 a.m. to 9.00 p.m. at Chadstone — 4th April 9.00 a.m. to 4.00 p.m. at Dandenong Campsite. Applications to Miss M. Hunt, 8/7 Alcala Avenue, Chadstone, 3148 by **18th February**.

Creswick — Weekends 20th-21st March and 1st-2nd May — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. G. Platt, Lot 109 Beresford Crescent, Darley via Bacchus Marsh by **1st March**.

Geelong — Weekends 27th-28th March and 1st-2nd May — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. A. Bell, 1 Layton Crescent, Newtown, 3220 by **8th March**.

Headquarters — Tuesday 16th, 23rd, 30th March, 6th, 13th April — time 10.00 a.m. to 3.00 p.m. Applications to Training Department, Guide Headquarters by **26th February**.

Leongatha — Weekends 20th-21st March and 10th-11th April — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. J. Gaudion, 32 Blackmore Avenue, Leongatha, 3953 by **27th February**.

Morwell — Weekends 20th-21st March and 1st-2nd May — time 10.00 a.m. to 4.00 p.m. Note: Please bring a cut lunch, hot drink will be provided. Applications to Mrs. K. Marshall, 29 Hearn Street, Drouin, 3818 by **1st March**.

Pyramid Hill — Weekend 13th-14th March — times 10.00 a.m. to 9.30 p.m. Saturday and 9.30 a.m. to 4.30 p.m. Sunday. Applications to Mrs. R. Wilkins, P.O. Box 492, Bendigo, 3550 by **18th February**.

Seymour — Weekends 13th-14th March and 10th-11th April — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. M. Gorman, 33 Batten Street, Seymour, 3660 by **23rd February**.

Shepparton — Weekends 13th-14th March and 3rd-4th April — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. J. Murphy, 73 Balaclava Road, Shepparton, 3630 by **23rd February**.

STAGE 2 TRAINING — FOR WARRANTED GUIDERS

Note: Stage 2 training is aimed at helping you directly with your leadership role. Please assess your needs and list them on the application form.

Beechworth — Weekends 13th-14th March and 3rd-4th April — time 10.00 a.m. to 4.00 p.m. Applications to Mrs. D. Hamilton, "Hamilton Park", South Wangaratta, 3677 by **23rd February**. **Please note relocation of this training, previously advertised as at Chiltern.**

Headquarters — Thursday 4th, 11th, 18th, 25th March, 1st, 8th, 22nd April — time 9.45 a.m. to 1.00 p.m. Applications to Training Department, Guide Headquarters by **20th February**.

PACK HOLIDAY TRAINING

"Mirrabooka", Ocean Grove — Weekend 13th-14th March — times and fee to be advised. Applications to Mrs. D. Bell, 1 Layton Crescent, Newtown, 3220 by **23rd February**.

PATROL LEADER TRAINING

Glenroy — Weekend 10th-11th April — time 10.00 a.m. to 4.00 p.m. Note: Leaders Saturday, Leaders and Patrol Leaders, Sunday. Applications and \$1.50 fee to Training Department, Guide Headquarters by **19th March**.

Mooroolbark — Saturday, 1st May — time 10.00 a.m. to 4.00 p.m. Applications and \$1.00 fee to Mrs. H. Graham, 21 Warwick Road, Montrose, 3765 by **9th May**.

LOCAL ASSOCIATION TRAINING

Bacchus Marsh — Friday, 30th April — time 9.45 a.m. to 3.30 p.m. Applications plus \$1.50 **per Local Association** to Mrs. G. Platt, Lot 109 Beresford Crescent, Darley via Bacchus Marsh by **9th April**.

Geelong — Thursday, 29th April — time 9.45 a.m. to 3.30 p.m. Applications plus \$1.50 **per Local Association** to Mrs. A. Bell, 1 Layton Crescent, Newtown, 3220 by **8th April**.

Hamilton — Tuesday, 27th April — time 9.45 a.m. to 3.30 p.m. Applications plus \$1.50 **per Local Association** to Mrs. D. Maconachie, 372 North Boundary Road, Hamilton, 3300 by **6th April**.

Moe — Wednesday, 24th March — time 9.45 a.m. to 3.30 p.m. Note: Please bring cut lunch, hot drink will be provided. Applications to Mrs. K. Marshall, 29 Hearn Street, Drouin, 3818 by **3rd March**.

SPECIAL SUBJECTS PROGRAMMING

Saturday, 24th April — time 10.00 a.m. to 3.00 p.m. Applications plus \$1.50 to Mrs. A. Bell, 1 Layton Crescent, Newtown, 3220 by **2nd April**.

CEREMONIAL

Headquarters — Tuesday, 16th March — time 7.30 p.m. to 9.30 p.m. Applications plus \$1.00 to Training Department, Guide Headquarters by **28th February**.

CONGRATULATIONS to the recipients of the following:

Guiders' Long Service

(35 years) Mrs. D. Fox, Blackburn.
(15 years) Mrs. E. French, Tyabb; Mrs. D. Nicol, Yarram; Mrs. L. Galvin, Noble Park; Mrs. M. Lee, Cohuna; Miss S. Bradshaw, Northcote; Mrs. B. Sansom, Rye.

Combined Long Service

Mrs. H. Grandin, Moorabbin.

* * *

Thanks Badge

Mr. J. A. Burns, Strathmore; Mr. G. Thomopoulos, Blackburn.

APPOINTMENTS AND WARRANTS

A warm welcome is extended to the following:

Division Commissioners

Mrs. M. S. Cohen, Brighton; Mrs. E. Youens, Moorabbin West; Mrs. N. A. McKenzie, Bellarine; Mrs. J. Oakes, Central Murray; Mrs. W. J. Eather, Sherbrooke; Mrs. J. S. Temple, Upper Kiewa.

District Commissioners

Mrs. B. P. Williams, Toolamba; Mrs. J. A. Ablitt, Moyhu; Mrs. N. G. Richards, Bentleigh; Mrs. J. Black, Altona North; Mrs. R. N. Deller, Altona; Mrs. M. T. Whitbourne, Murchison; Mrs. T. J. K. Jamieson, Rushworth; Mrs. J. A. Potter, Syndal North.

Ranger Guider

Miss L. Beard, Northcote East Rangers.

Assistant Ranger Guiders

Mrs. J. M. Parr, Northcote East Rangers; Mrs. J. Bassett, Heywood Rangers.

Guide Guiders

Miss L. M. Rigby, 1st Heywood; Miss M. L. Lardner, 1st Leitchville; Miss J. E. Cummins, 3rd Moorabbin South; Miss K. A. Walker, 1st Croydon; Mrs. J. Bullock, 1st Great Western; Mrs. C. Bateson, 1st Watsonia; Mrs. M. Selzer, 2nd Morwell; Mrs. L. R. Mewett, 1st Horsham; Miss V. Popple, 1st South Morang; Miss A. J. Ferris, 1st Leongatha; Mrs. M. K. Borlase, 2nd Kew; Mrs. B. L. Chester, 2nd Bairnsdale; Mrs. D. F. King, 1st Highton; Mrs. S. J. Langford, 6th Kew; Mrs. L. J. Sutcliffe, 1st Strathfieldsaye; Miss S. Logan, 3rd Horsham; Mrs. D. Cachard, 4th Laburnum; Mrs. J. Camburn, 2nd Laburnum; Mrs. B. W. Edwards, 1st Anglesea; Mrs. M. A. Wilson, 4th North Balwyn; Miss S. F. Nankervis, 1st Preston; Mrs. G. N. Wilson, 2nd Dromana.

Assistant Guide Guiders

Mrs. R. G. Hawken, 1st Leitchville; Mrs. M. B. Rogers, 1st Lilydale; Miss J. M. Grellet, 1st Great Western; Miss F. J. Fouvy, 6th Kew; Miss D. Beck, 1st Watsonia; Miss G. Atkinson, 1st Tanjil Valley; Mrs. J. Hopman, 2nd Morwell; Miss M. A. Cohen, 4th St. Kilda; Miss A. Horsley, 2nd Bellfield; Mrs. N. J. Newman, 1st San Remo/Newhaven; Miss C. A. Hannah, 1st Leongatha; Mrs. D. H. McKerral, 1st Glen Waverley; Mrs. W. Davison, 1st Tongala; Mrs. J. O. Marriott, 1st Bairnsdale; Miss L. A. Charleston, 2nd Bairnsdale; Miss C. Pugh, 1st Highton; Mrs. N. Hicks, 1st Manangatang; Mrs. P. Wright, 2nd Diamond Creek; Miss B. J. Muller, 6th Kew; Mrs. J. L. Harwood, 3rd Sunshine; Mrs. D. Charles, 3rd Montmorency; Miss J. M. Fookes, 1st Deepdene; Mrs. R. D. Collins, 8th Hawthorn; Miss P. Marshall, 1st Ballan; Miss B. R. Smith, 1st Eltham.

Brownie Guiders

Mrs. J. R. Burhop, 1st Koo-wee-rup; Mrs. J. W. Dyke, 2nd Trafalgar; Mrs. R. H. Bainbridge, 2nd Lilydale; Mrs. T. Lowery, 1st Briar Hill; Mrs. R. Robson, 3rd Koonung Heights; Mrs. A. Baulch, 4th Colac; Mrs. G. C. Savage, 2nd Horsham; Mrs. G. B. Ebbs, 3rd Horsham; Mrs. A. Norman, 1st Nhill; Mrs. W. L. Brookes, 1st Hastings; Mrs. N. A. Bedford, 5th Glen Waverley; Mrs. G. P. Crapper, 2nd East Doncaster; Mrs. W. F. Stewart, 1st Grantville; Mrs. F. Holdsworth, 1st Manangatang; Mrs. J. R. Doll, 3rd Yarraville; Mrs. B. H. Laughton, 4th Cheltenham; Mrs. A. J. Stone, 1st Shelford; Miss R. E. Teal, 1st Portland; Mrs. J. Ferguson, 1st Seaholme; Mrs. J. D. Guy, 1st Diamond Creek; Miss M. Johnson, 4th Highton; Mrs. G. R. Wilson, 4th Box Hill; Mrs. P. C. Kohn, 4th Traralgon; Mrs. R. Welbourn, 1st Belvedere Park; Mrs. K. Richardson, 1st Nunawading; Mrs. E. V. Larner, 2nd Nunawading; Mrs. C. Miller, 2nd Doveton; Miss R. L. Walsh, 1st Murrumbeena; Mrs. P. Holt, 1st Dingley.

Assistant Brownie Guiders

Mrs. L. Matthews, 2nd Trafalgar; Mrs. G. G. Chismon, 2nd Lilydale; Miss A. Cainer, 4th St. Kilda; Mrs. J. Bailes, 2nd Karingal; Mrs. S. M. Turner, 4th Colac; Mrs. M. Gray, 1st Watsonia; Mrs. F. N. Black, 3rd Morwell; Mrs. A. A. Johnson, 1st Hastings; Mrs. G. Watson, 1st Hastings; Mrs. B. J. Trimble, 5th Glen Waverley; Mrs. B. R. Ennor, 1st Glen Waverley; Mrs. C. Truman, 1st Grantville; Miss R. L. Brown, 3rd Yarraville; Miss K. Dickman, 4th Cheltenham; Mrs. B. F. Revell, 2nd Cheltenham; Mrs. L. J. Curtis, 1st Newborough; Mrs. C. Podger, 5th Beaumaris; Miss M. J. Evans, 4th Highton; Mrs. K. Legh, 3rd Laburnum; Miss M. Brudenell, 3rd Hampton; Miss S. van Beekhuizen, 3rd Hampton; Miss S. L. Davis, 1st Hampton; Mrs. L. F. Moloney, 2nd Kyneton; Miss H. Hoddinott, 1st Ballan; Mrs. C. J. Viney, 1st Ballan.

REGISTRATIONS

1st St. Leonards Company; 1st Undera Pack; 1st Keilor Park Pack; 5th Ferntree Gully Pack; 2nd Mornington Pack; 3rd Werribee Pack; 1st Patchewollock Company; Olinda Local Association.

RESIGNATIONS AND RETIREMENTS

We acknowledge with gratitude the services given by the following, whose Warrants have been returned:

Division Commissioners

Mrs. G. W. D'Argaville, Sherbrooke; Mrs. J. Duncan, Assistant — Central Murray; Mrs. J. Mathews, Sunraysia West; Mrs. R. Cronk, Merri.

District Commissioners

Mrs. R. Wood, Moyhu; Mrs. B. C. Wheelhouse, Toolamba; Mrs. S. J. Kealey, Bentleigh East; Mrs. Muirhead, Bentleigh; Mrs. N. F. Wood, Altona; Mrs. A. E. Bertram, Murchison; Mrs. P. Tomlinson, Katandra West.

Ranger Guider

Mrs. L. J. Hathaway, 3rd Bundoora (Extension) Rangers.

Guide Guiders

Mrs. R. M. McLean, 1st Hallam; Mrs. A. Clark, 2nd Forest Hill; Mrs. L. J. Hathaway, 3rd Bundoora (Extension); Mrs. J. V. Roberts, 1st Highton; Mrs. L. Kennedy, 1st Preston; Mrs. M. J. Savill, 1st Heywood; Miss J. M. Payne, 1st Coleraine; Mrs. A. O. Parsons, 1st Bendigo.

Assistant Guide Guiders

Mrs. B. Juillerat, 1st Glen Waverley; Mrs. C. Nolan, 1st Glen Waverley; Miss H. Macquire, 3rd Belmont; Miss S. J. Rankin, 2nd Eaglehawk; Miss M. L. Lardner, 1st Leitchville; Mrs. L. R. Mewett, 1st Horsham; Miss V. Popple, 1st South Morang; Mrs. B. L. Chester, 2nd Bairnsdale; Mrs. D. F. King, 1st Highton; Mrs. D. Cachard, 4th Laburnum; Mrs. A. C. Goodes, 1st Merino; Mrs. B. W. Edwards, 1st Anglesea.

Brownie Guiders

Mrs. W. Caulfield, 2nd Glen Waverley; Mrs. O. G. Guthrie, 1st Donald; Mrs. E. R. Brudenell, 2nd Eltham; Mrs. A. Dickson, 1st Hallam; Mrs. J. R. Carthy, 2nd Terang; Mrs. K. Nero, 1st Wangaratta; Miss D. A. Kean, 1st Vermont; Mrs. G. Glasscock, 1st Koo-wee-rup; Mrs. B. J. Trimble, 5th Glen Waverley; Mrs. H. J. Moffatt, 4th Cheltenham; Mrs. T. Tuck, 1st Grantville; Mrs. I. Gunn, 1st Carrum Downs; Mrs. W. S. Anderson, 4th Mt. Waverley; Mrs. M. Fay, 3rd Box Hill.

Assistant Brownie Guiders

Mrs. M. Goodwin, 1st Croydon; Miss B. F. Hunt, 1st Goornong; Mrs. C. W. Smith, 1st Lancefield; Miss L. Reekie, 3rd Hampton.

PEANUTS

by Dr. Phelan.

Yes, peanuts can seriously injure or kill young children. Children under the age of 5 or 6 years given peanuts, other nuts, biscuits or chocolate containing nuts, can inhale them into their wind-pipe and block off a large part of one or both lungs.

Nuts are particularly likely to be inhaled into the lungs if the child is playing or running about while eating them. Having a mouth full of nuts is very dangerous because if more than one piece is inhaled, both lungs may be blocked off. The child is then unable to get sufficient air in and is likely to suffocate.

Small pieces of plastic, such as ball point pen tops, small seeds, for example, watermelon seeds, in fact any small, hard object less than about $\frac{1}{2}$ a centimetre in size may be inhaled by a small child. Such objects should not be left in places where small children are likely to put them in their mouths. Young children should never be given nuts or nutty things to eat. Nuts should never be served at any party when young children are present. During the excitement of a party, inhalation is likely to occur. What a terrible way to end a party.

If a child accidentally obtains nuts and coughs or splutters while he is eating them, it is probable that he has inhaled one into his windpipe. Medical attention should be sought very promptly. Similarly if the child coughs or splutters when he has any small, firm object in his mouth, inhalation is likely and he should be taken to a doctor and the doctor told about the possibility of a child having inhaled something. It is best not to tip him upside down and slap him on the back. This could dislodge the object from the lungs and it may then be caught in the voice box which is extremely dangerous. It is best not to try emergency measures at home but rather to take the child promptly to the local doctor or to the Casualty Department of a hospital.

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