

Time Traveller Challenge

Bring the past to life, gaze into the future
and have fun creating your very own chapter of guiding history



Find our badge order form on
page 50

Each section of our challenge has a **PAST**, **PRESENT** and **FUTURE** element because we believe that what you are doing now and what guiding will achieve in the future are just as important as what happened in the past.

We want you to explore guiding history and tradition but also have fun bringing the past to life and looking to the future. The badge is totally flexible - please adapt it to your unit - all we ask is that you try at least one activity from **PAST**, **PRESENT** and **FUTURE**.

The only **MUST-DO** part of the badge is **Section 5 LIVING IT** which brings together everything you have achieved and learned. In addition we suggest that:

Rainbows complete **three more clauses** from any other section

Brownies complete **four more clauses** from any other section

Guides, Rangers and adults complete **five more clauses** from any other section

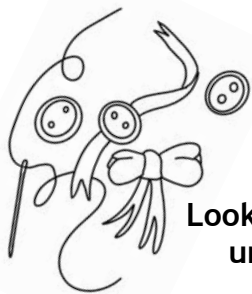
SECTIONS

1. Wear It - exploring uniforms and badges
2. Do It - challenging yourself in old and new ways
3. Make It & Bake It - getting creative
4. Record It - archiving, preserving and keeping a record
5. Living It - bringing history to life

We have lots of information and activities to help you here, on our website and on our social media pages (<https://www.girlguidingnorfolk.org.uk/arc-home/>, Facebook @GGNARC, Twitter @GGNorfolkARC and Instagram @girlguidingnorfolkarc). Please don't feel you have to read it all - just select the bits that interest you the most.

So, have FUN and enjoy sharing the amazing legacy of 100+ years of guiding history.

Girlguiding Norfolk's Archive Resource Centre (ARC) is the UK's only purpose-built collections building, housing approximately 30,000 items of guiding history. The Time Traveller Challenge was devised with the help of the ARC Angels, a group of young Girlguiding Norfolk members who offer the perspectives and skills of today's youth, to help preserve and share the ARC collection. We help the ARC volunteer team to research and create promotional materials, assist with the preservation of donated items and enthuse other members with "living history" by dressing up in old uniforms and participating in traditional activities. The ARC Angels have a shared love of time travel - an enthusiasm which gave rise to this badge; we hope others will be able to share their passion for guiding history, recognise how things have changed when compared to the present day, and speculate on what the future holds for our beloved organisation.



Section One - Wear It

Look the part when you time travel to a guiding era of your choice - discover uniforms and badges from guiding history and look ahead to the future.

PAST

1. Uniform Catwalk

Borrow some uniforms worn in years gone by and have a dressing-up night or cat walk show. Ask your local Trefoil Guild or county archivist for help - or use modern day clothing to try and replicate the look. Vote on your favourite uniform era.

2. Miniature Make

Using scrap material, make an old-fashioned Rainbow, Brownie, Guide or Ranger uniform for a teddy or a doll. There are some example uniforms on pages 8-11.

3. Uniform Through the Ages Puzzle

Using patrols, sixes or groups, hand out the uniform sheets on pages 8-11, giving a different page to each group. Each group cuts the sheet of paper into nine pieces along the lines shown. Groups then swap sets and match the uniforms correctly.

PRESENT

4. Uniform Time Travel Trumps

How does your current uniform shape up in terms of practicality, style, comfort and smartness? Cut out the cards on pages 13-16 and give the uniforms a score in each category depending how comfy, practical, stylish you think they are. Then follow the rules on page 12 and play Time Traveller Trumps. Or print out several copies of each sheet and play SNAP!

5. Uniform's A-Changing

Someone shouts out the names of different parts of old uniforms. Each part has a corresponding action. The girls act out that item and the last one to take up the pose or do the action is out.

Long skirt - hands on knees

Hat - hands on head

Promise badge - hands on heart

Smart shoes - sensible walk

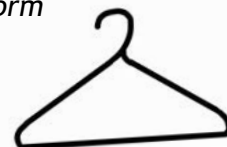
Trainers - run on the spot

Neckerchief - make an X shape with arms across the chest (mimic the shape the neckerchief makes at the front)

Brownie sash - one arm diagonally up and the other down (mimic the shape of sash)

Whistle - hands around mouth and make a whistle noise

Rainbows!/Brownies!/Guides! - spin in a circle to show off current uniform



6. Uniform or No Uniform?

Have a debate on whether we should have uniform at all in guiding. Is it valuable? If so why? Are you proud of it? If not, why not? Debate the issues and put it to a vote.

FUTURE

7. Design a uniform for girls in your section to wear in 20 years time. What colour will it be? What will it be made from? Will it be high-tech? Use the templates on page 17 to create your design on A4 paper or get one of your group to lie down on a huge sheet of paper (or lots of small ones joined together) and get creative with a life-sized design.

How are your sewing skills? Take it further by actually creating your design for real - or in miniature for a teddy or doll.

8. Design a futuristic Promise Badge - see page 18 for ideas and pages 30-32 for an introduction to heraldry, which will help you choose symbols for your emblem.

Section Two - Do It

Try your hand at activities girls would have done in years gone by and set new challenges for guiding members in the future

PAST

Complete a challenge that Rainbows, Brownies, Guides or Rangers would have done years ago or play one of their favourite games (see pages 19-20 for details).

PRESENT

1. Visit

Come and see us at the ARC in Norfolk or make a virtual visit via the internet (see page 21 for details on how to do this).

You can borrow our Museum In A Box alternatively, or invite your own archivist or someone with a collection of guiding memorabilia to come to your meeting.

2. Puzzles

Do our Badge and Book Care Word Searches on pages 22-26 or Rainbow Dot-to-Dot, page 27.

3. Blankets

Have a campfire blanket or badge "show and tell" evening and reflect on your favourite badges and why you enjoyed them so much. Contact the ARC to borrow some blankets from our collection or book an online blanket discovery session with one of our volunteers (see page 21 for details).

4. Counties

County badge colouring - see pages 28-29 for some designs used in counties across Girlguiding Anglia. Find out what your county badge looks like and what its symbols mean.

FUTURE

5. Challenge the next generation

Create a badge for girls in your unit to do in 20 years time - give it a name and design some fun and challenging tasks for them to complete.

6. A new look

Design a new badge or emblem - it could be for your six or patrol, your unit or for a special occasion like a sleepover, camp or holiday in the future. Check out our heraldry guidelines on pages 30-32 for some ideas to inspire you.





Section Three - Make It & Bake It

Crafts and cooking - we love it! Try out these activities and see how many fantastic creations you can produce

PAST

1. Rations

During the Second World War food was rationed in the UK with very strict limits on how much you could eat each week. Have a look at your ration allowance and recipe ideas on page 33 and create a menu for a three-course meal using just those ingredients. You could create your wartime meal and invite a guest to share it as part of your Living It celebration.

2. Experimental cooking

Use a traditional method of cooking, such as a buddy burner, haybox or open fire to create something yummy to eat.

3. Skill

Learn how to sew on a button or if that's too easy, make a buttonhole to go with it!

4. Make it

Knit or create a simple a mug hug, a macramé key ring or a newspaper sitter. See pages 34-37 for instructions.

PRESENT

1. Campfire

Traditional campfire treats are still as popular as ever and can be made around the campfire, or indoors either using a normal oven or tea lights. You'll find full instructions on pages 38-41 for S'mores, orange cake, dampers and more. Or create your own campfire treat.

2. Five-a-Day

Make rainbow fruit skewers or fruit smoothies - there are some recipe ideas on pages 42-43.

3. Make a friendship bracelet.

4. Make invitations to your Living It event.



FUTURE

1. Create your own recipe for a futuristic party snack - be creative and use as many of these elements as you can

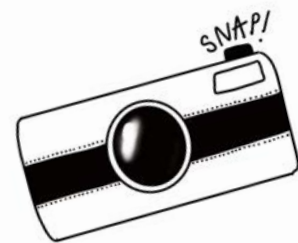
- plastic free
- aware of dietary requirements including dairy and gluten free, vegetarian and vegan
- low food miles/sustainable
- colourful and yummy

Take it further and create your own recipe book with lots of ideas for starters, main courses and desserts.

2. Make something useful, like a bag, a desk tidy, or a flowerpot/flower vase, which will last into the future. Can you make it from recycled or sustainable materials?



Section Four - Record It



There's no sense in doing a heritage badge and not keeping a record of it - so find some exciting ways to make sure your memories, skills and special items don't simply fade away. Be inspired by our recording tips on page 48.

PAST

1. History of your unit

Find out about your own unit - when did it start? Who was the first leader? Where did the girls meet? Record what you find in an interesting way. For ideas on how to do this and where to find your information, see page 44. If there are few or no records of your unit's early days, keep it general or choose a particular period of time - Second World War or the Swinging Sixties, for example - and find out what guiding was like during that era.

2. Visitors

Invite girls and women who used to belong to guiding to a meeting to see what you do now. Have things changed? What is still the same? Ask your visitors to bring their uniform, camp blanket and badges if they have them to show you. Take photos and record what they say - you can write it down or record the conversation on your phone.

For Brownies and Rainbows, invite Guides, Rangers or Young Leaders to share their campfire blankets with you. Ask them about their favourite badge and find out why they love it.

PRESENT

3. Log Book

Start a unit log book or scrap book to document what you do, updating it a few times each year. You could make it a traditional scrap book, a photo book, a slideshow or video diary - or any other type of record you prefer.

4. Songs

Record your favourite Rainbow, Brownie or Guide song or make up a new song specially for your unit. You could use a tune you already know or compose your own.

5. Keep it Safe

Find out how to look after records and how to preserve fabrics, uniforms and badges. See hints and tips from ARC experts and volunteers on pages 45-47.

FUTURE

6. Time Capsule

Create a time capsule and put in things that represent you and your unit now. Include a message to guiding members in the future and, with permission, put in contact details for girls in the future to get in touch with previous members. See page 49 for guidance on what information you can safely keep under data protection laws.

7. Online

Hold a virtual meeting - what activities work well in an online meeting? Imagine what guiding meetings in the future could include and design challenges appropriate for those future guiding members...remember to test them out yourselves!

8. A Letter to You

Create your own personal time capsule in the form of a letter to Future You. Describe your hopes and ambitions for your life, or draw a picture of what you think you might look like when you're an adult.



Section Five - Living It



Now you've done all the hard work it's time to let your hair down and start bringing it all to life

In this section we invite you to get into time travel in a big way - whether you choose to go back to the past or forward to the future. It's entirely up to you how you do it, but this is a great opportunity to dress up and time travel with uniforms, food, activities and singing.

By recreating what people wore in the past, the music they listened to and the things they ate, you can really get a feel for how they lived and what their lives were like.

And with a little bit of imagination, you can zoom forward to the future and explore how life might change in years to come.

You could go all out for a big multi-section event or simply hold a special time travel evening within your unit. It's up to you, but here are some ideas to get you thinking...

- Have a living history camp, pack holiday or sleepover - make guiding past, present and future the theme for your residential event
- Go on a night hike or picnic dressed in outfits appropriate either for the past or for some time in the future
- Throw a Tea Party themed on a different decade - try the 1920s, 1940s or 1950s
- Have a disco - pick a decade or time travel through lots of different musical eras
- Light a campfire and have a time travelling evening enjoying songs old and new - including the one you may have composed in Section Four - Record It
- Have a themed Enrolment for new members of your unit - wouldn't it be great to see what they would write in their Letter To Future Me?
- Celebrate your unit's anniversary by throwing a time travelling birthday party
- Get dramatic and put your findings on stage - create a living history show and include singing and dancing to bring your research to life
- Run a quiz for your unit about the history you have collected - you could make this a quiz and chips evening or a charity quiz, perhaps even for parents and friends of the unit too



Where guiding history comes alive!

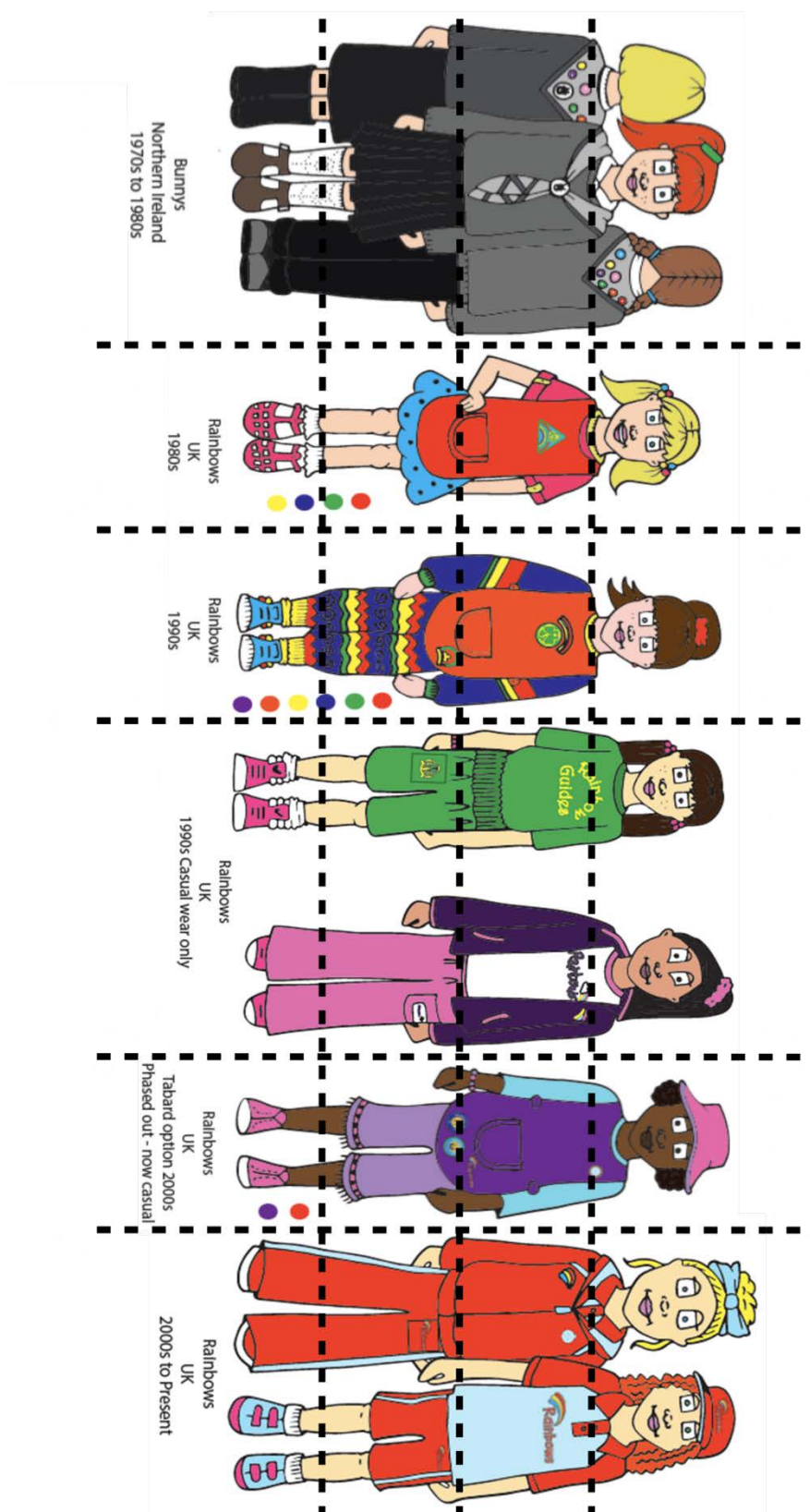
Time Traveller Challenge



Resources Section

Section One - Wear It

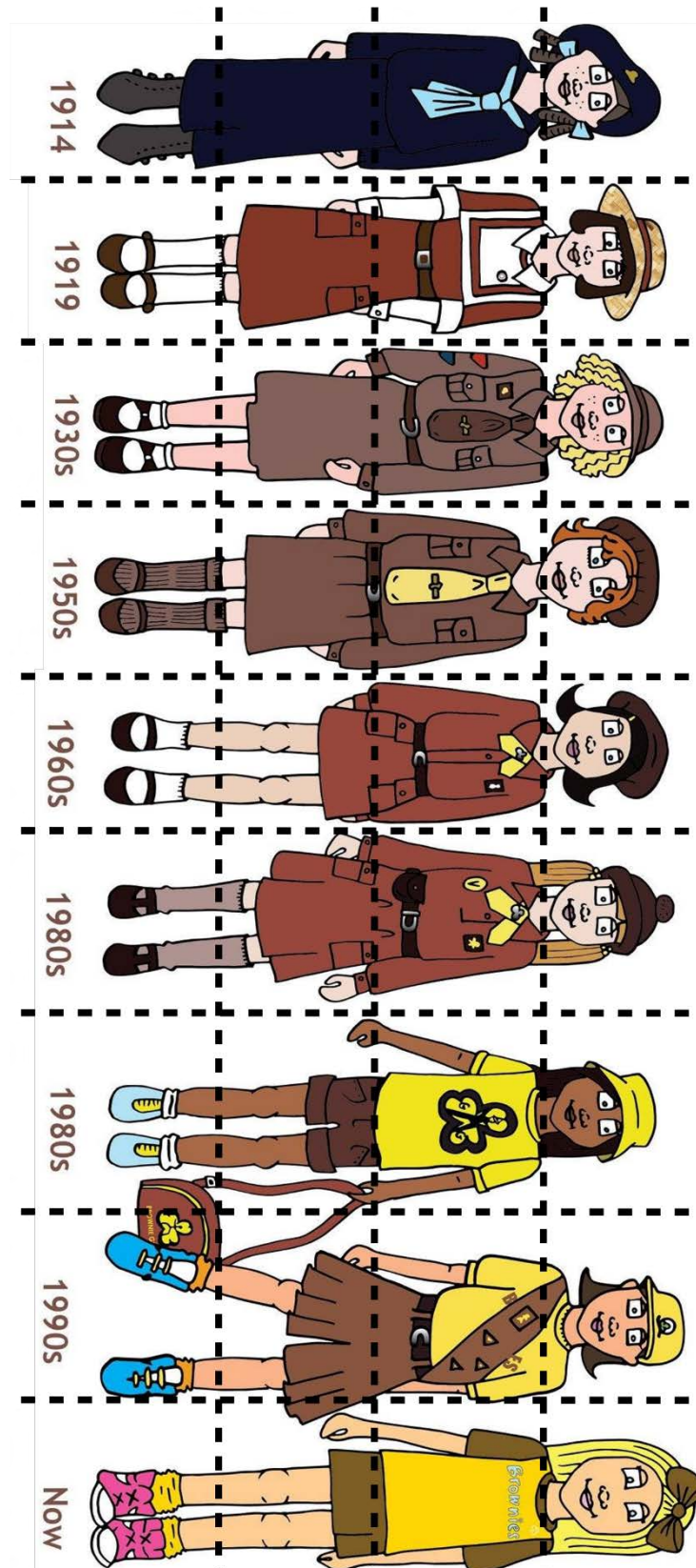
Uniform Through the Ages Puzzle : Rainbows



Drawings courtesy of Lisa Edwards

Section One - Wear It

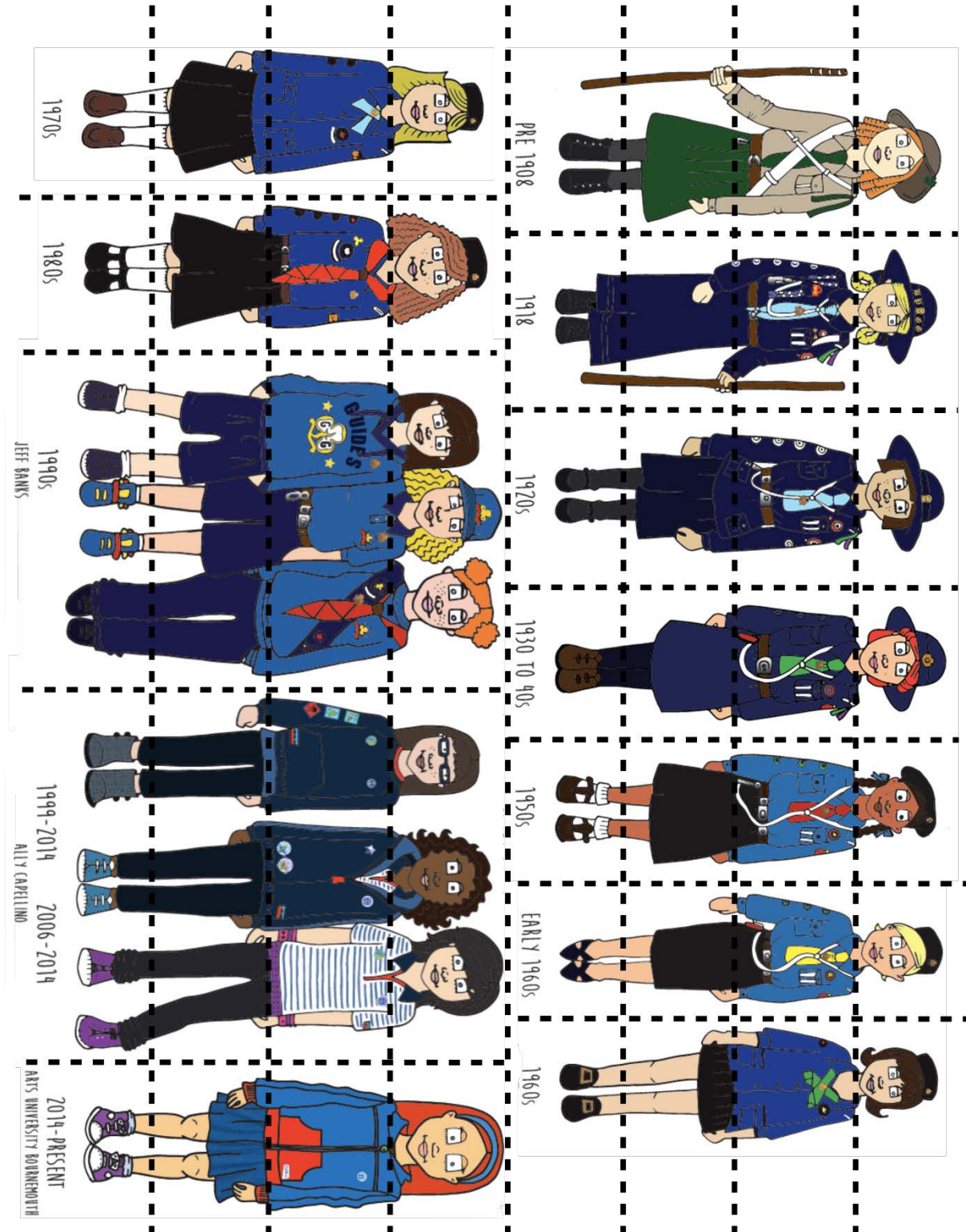
Uniform Through the Ages Puzzle : Brownies



Drawings courtesy of Lisa Edwards

Section One - Wear It

Uniform Through the Ages Puzzle : Guides



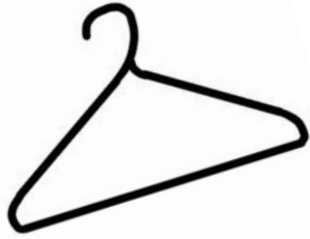
rawings courtesy of Lisa Edwards

Section One - Wear It

Uniform Through the Ages Puzzle - Ranger and YL Section



Drawings courtesy of Lisa Edwards



Section One - Wear It

Time Travel Trumps Rules

Discover more about guiding uniforms through the ages and judge them on their smartness and practicality

Read me aloud first before you start playing

Shuffle the cards and deal them out so everyone has the same number of cards.

If there are any spare cards place them in the middle and the winner of the first round will claim these as well.

The player to the left of the dealer will start first.

They must pick a category from their card, such as comfort or smartness, and read out the value that relates to that category. The other players must now read the value for the same category on their card.

The person with the highest number wins the round and takes everybody's card from that round putting those cards to the bottom of their pile.

It is now their turn to choose the next category.

If two or more cards have the same number, place them in the middle, and the same player chooses again from their next card. The winner of this round also takes the cards in the middle.

The winner is the person with all the cards at the end.

Section One - Wear It

Time Travel Trumps - page 1

1914 BROWNIE

Dark blue skirt, knitted jersey, cap or tam and Rosebud brooch in the hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



Brownies were known as Rosebuds at first but the name changed in 1915

1915 BROWNIE

Brown dress over white blouse, with white collar and a rush hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1930s BROWNIE

Summer uniform - cloth hat, cotton dress, belt & brown tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1950s BROWNIE

Brown wool beret, dress with top pockets, belt & yellow tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1960s BROWNIE

Cotton dress, woollen bobble hat, leather belt, crossover tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1990s BROWNIE

Mix and match uniform with cullottes, polo shirt, sash & hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



Section One - Wear It

Time Travel Trumps - page 2

2000s BROWNIE

Long sleeved T-shirt, gilet and Brownie trousers

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1917 GUIDE

Mid-calf length skirt, felt hat, leather belt, heavy cotton overshirt & tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1930s GUIDE

Below knee length skirt with tuck in shirt, leather belt, felt hat and tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1940s GUIDE

Wool beret, knee length skirt, cotton shirt with pockets, belt and tie

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1960s GUIDE

Short skirt, cotton over-b blouse with low pockets, small tie & polyester hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1990s GUIDE

Mix and match uniform with trousers, blouse, sash and baseball hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



Section One - Wear It

Time Travel Trumps - page 3

2000s GUIDE

Gilet, long-sleeved shirt, with any trousers, leggings or skirt

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1916 SENIOR GUIDE

Ankle-length navy skirt, blue pocketed blouse, belt, felt hat, tie, lanyard

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1916-1967 CADET RANGER

Navy skirt, blue regulation blouse, blue beret, white tie, belt

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1920 SEA RANGER

Navy skirt, shirt, linen hat, black tie, lanyard with whistle, blue woggle

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1943-67 AIR RANGER

Navy skirt, pale blue shirt or jersey, black triangular tie, woggle, navy hat

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1943-67 LAND RANGER

Navy skirt, grey jersey, triangular tie, woggle, blue beret with red hat badge

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



Section One - Wear It

Time Travel Trumps - page 4

1967-90 SENIOR BRANCH

Aqua-marine shirt, air-hostess style hat, navy skirt & belt, tights

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1990s SENIOR SECTION

Sweatshirt, baseball cap, navy joggers and badge tab

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



2000s SENIOR SECTION

Pale blue blouse with contrasting inner colour and SS logo

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



RAINBOWS from 2004

Red leggings, polo shirt and hoodie with Rainbow logo

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



1987 Rainbow

Coloured tabard to be worn over normal clothes

Practicality ☐

Design ☐

Comfort ☐

Smartness ☐

Warmth ☐



My Uniform Now

Practicality ☐

Design ☐

Comfort ☐

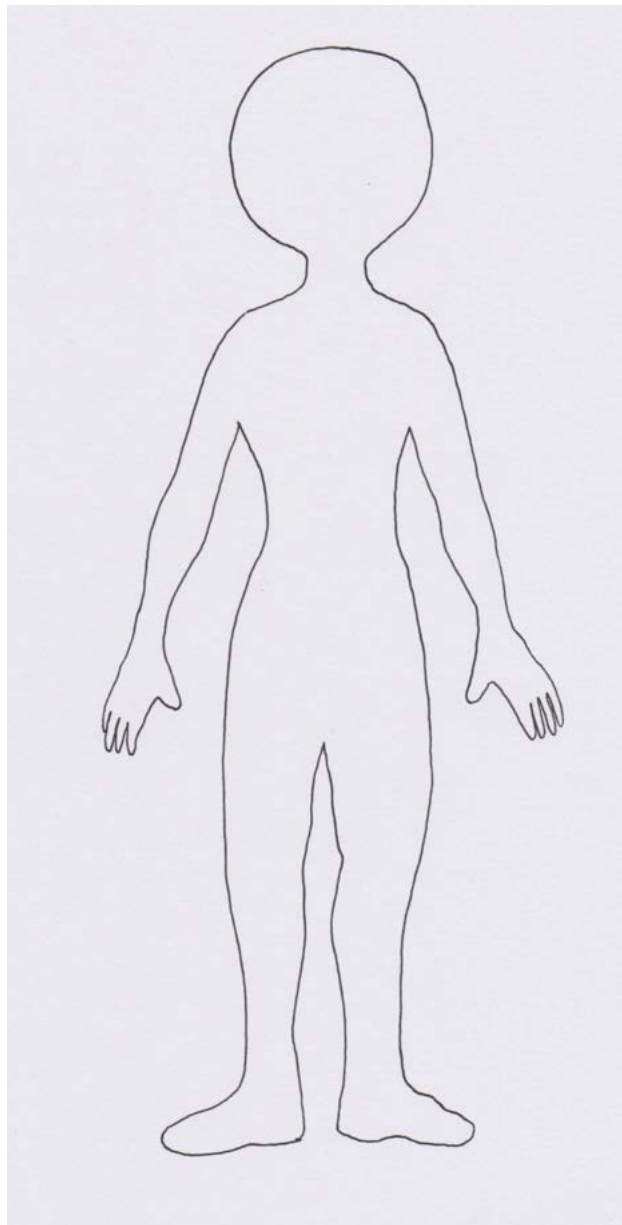
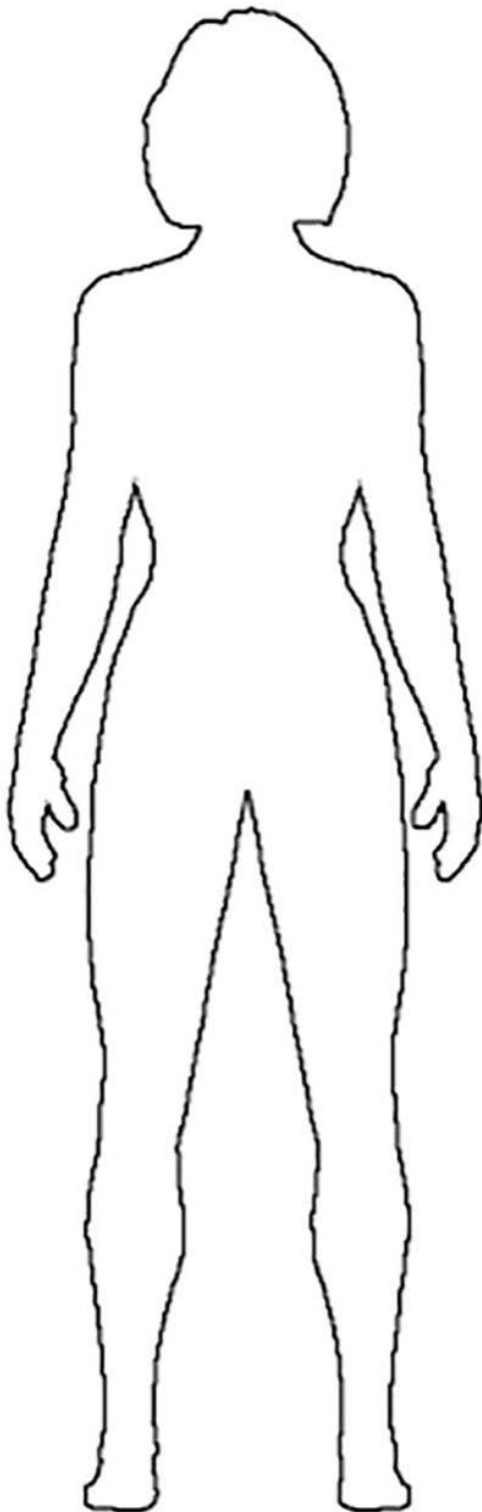
Smartness ☐

Warmth ☐

Draw a picture of your own current uniform here and fill in the details to see how it compares to the others

Section 1 - Wear It

Use this template to design a future uniform for someone in your section



Section One - Wear It

Design a new Promise Badge for the future

Promise Badges have changed a lot over the years before standardisation to the modern design in 1994. Although the trefoil has been the main feature for most of these designs from the beginning of guiding, there have been some other symbols used. The current badges are circular, but they haven't always been.

So, what do you think makes a Promise Badge so special? How would you re-design it? What shape and colours should it be? Have a go at making your own - here are some methods you could try but be as creative as you wish!

Guides and Rangers

Try making your own fabric badge, by sewing or embroidering. You can cut out your design from scraps of fabric (such as clothes destined for the bin) and sew it onto a larger piece for the background. Ask your leaders for sewing tips as most will have years of practice at sewing badges onto blankets!



If you wish to try embroidery, then you will need a hoop and cotton/canvas fabric. Once you have secured your fabric firmly inside the hoop, draw on your design in air-erasable pen or lightly in pencil. Pick your coloured threads and start embroidering.

Running stitch and **back stitch** are the easiest to learn, and you should start by tying a knot in the end of the thread and poking through the fabric from the back. Running stitch is simply going in and out of the fabric at a regular distance. Back stitch creates a continuous line. You start by poking up through the fabric at the furthest point of your stitch then coming back and going back through the fabric at the closest point to join to the previous stitch. When you have finished using your thread, tie a double knot at the back of the fabric to a stitch close by to make sure it is secured.



Running Stitch



Back Stitch

Rainbows and Brownies

Try making a badge by decorating a paper plate. Raid your craft box to find some options - maybe paint, foam or felt, or pom-poms and ribbons for a more 3D effect.



Section Two - Do It

Choose one of the challenges which Rainbows or Brownies would have done in years gone by



Rainbows started in 1987 for girls aged 5-7 and in the early days their activities were based on the colours of the rainbow. Try one of their favourite games from those days.

Come Into Our Garden

Rainbows dance around chanting "Come into our garden and what shall we see". The Leader might reply "A giant sunflower for you and me".

The Rainbows then try to act the garden item mentioned.

Hide A Rainbow

The Rainbows hop and skip around the room until the Leader shouts "rabbits" - then they crouch down in a tiny ball, with eyes tight shut. The Leader covers one or two girls with a coat or blanket. She then calls "up" and the other Rainbows hop up and work out who is missing.



Brownies began in 1914 and were originally called Rosebuds. In those days they took a test which, if they passed, would make them a Second Class Brownie - in later years this would also be known as the Golden Bar. Brownies had to pass 12 different tests - but you can choose just one.

- Know the composition of the Union Flag and the right way to fly it.
- Lay a table for two for dinner.
- Throw a ball so that a girl six yards away catches it four times out of six. (Six yards is about 5.5 metres in metric measurements.)

Or play this Brownie game popular in the 1950s.

In the Pond

A ring is chalked on the floor (or a long rope laid in a ring) and all the Brownies stand around the edge of it. The middle is the pond, the edge is the bank.

If Brown Owl says: "*In the Pond*", the Brownies jump into the circle and the last one to move is out.

If she says: "*On the Bank*", they jump onto the bank and the last to move is out. But if she says either "*On the Pond*" or "*In the Bank*", these are impossible, so anyone who moves is out.

Section Two - Do It

Choose one of the challenges which Guides or Rangers would have done in years gone by



Try one of these challenges from the early days of guiding which began in 1910:

- Lay and light a fire using no more than two matches.
- Run 100 yards in 20 seconds or skip 100 times without a break.
(100 yards is about 91.4 metres in metric measurements.)

Or have a go at one of these games, popular with Guides in years gone by.

Passing Rope

The Patrol Leader winds a rope of 6-7 yards over her arm. Her Patrol are standing in line behind her. At the signal she starts to unwind the rope from her arm, and as she does so she passes the unwound end to the Guide behind. Each player passes it back to the one at the end, who winds it up on her arm as it reaches her. As soon as the player at the back has received the end of the rope, she runs to the front of the line and starts unwinding the rope. Repeat until all the Guides have had a turn and the Patrol Leader is back at the front of the line.

Foreign Shopping

Guides in their Patrol corners are shopkeepers. One person in turn from each Patrol is the 'foreign shopper' who can't speak English. The Guider tells each shopper which item to buy (e.g., eggs). The shopper goes back to her Patrol and mimes what she wants to buy. Once she is successful, and her patrol have guessed the item, the next player then approaches the Guider for another item to buy. The first Patrol to 'buy' all the items on the Guider's shopping list wins.



In 1994 Look Wider challenges were introduced into the Senior Section programme for those aged 14-25. The name came from a saying of Lord Baden-Powell, the founder of guiding and scouting. He said:

"Look wider! And when you are looking wider, look wider still."

It was a fun and flexible programme which encouraged people to challenge themselves, learn new skills and see more of the world. Look Wider was divided into eight parts known as Octants. Try one of these challenges from the programme.

- Upcycle an item of clothing or furniture
- Take part in a Christmas Shoe Box Appeal
- Volunteer with a younger group to teach them a specific skill, such as road safety or first aid
- Go stargazing and learn some astronomy
- Complete a basic family tree

Section Two - Do it

**Want to come and see us at the ARC in Norfolk
or book a virtual visit? Here is how you do it**

The ARC (Archive Resource Centre) is a purpose-built, temperature-controlled building next to Patteson Lodge Activity Centre in Norfolk.

It has thousands of amazing treasures collected from more than 100 years of guiding history, and is unique in this country because Girlguiding UK, our national body, does not currently have accessible archives.



But the collection really comes to life when people visit us to explore and discover our incredible artefacts for themselves. While many items are precious and fragile, we do have lots of things visitors can handle and explore. Dressing up in old uniforms is always a favourite activity and we have camp blankets dating back many decades, each with a history to tell in badges!

We can lend items for your event - within a reasonable distance - and we also have a **Museum in a Box** resource, which provides everything you need to run your own successful heritage activity for your unit.

Many units visit the ARC - including those staying at Patteson Lodge and Girlguiding Anglia's nearby Hautbois Activity Centre. We can run a session for you about guiding skills from the past, uniforms, what Guides did during the wars, how women's lives have changed over the past 100 years, or any other guiding or women's social history topic you would like. Ask us!

Find out more about the ARC and how to book a visit or a loan on our

website <https://www.girlguidingnorfolk.org.uk/arc-home>

DUE TO CURRENT CIRCUMSTANCES WE ARE PRODUCING AN ARC VIDEO TOUR, and can come and do section-specific sessions via Zoom for your girls. Get in touch for more details.

Contact our ARC experts via email - archivist@girlguidingnorfolk.org.uk.

We can't wait to hear from you!



Section Two - Do It

Word Searches - Rainbows and Brownies

Rainbow Interest Badges

A A G I L I T Y H G
B O O K L O V E R V
D B I S A D L B Y B
R E C Y C L I N G L
A L B Y F I V J K U
W G P E V E I K E Y
I P O X M L R P Y L
N M H P Z X K F L E
G U N A T U R E A V
Y T U U C V C C R O

AGILITY
BOOKLOVER
DRAWING
NATURE
RECYCLING

Brownie Interest Badges

Z L R L U R G J I Q T K B Y X
E O L E C O L L E C T I N G C
T E I C P E R F O R M I N G F
A I T V T Q X L Q Y Y B N E L
O R E D J A P V G C S U G E A
W H C W O W M Z Y Z R X Z V N
C T A H Z E R O W A S T E I G
T L O C A L H I S T O R Y F U
O S D V T E H M V Z S B E L A
Q I A Q V J O B S A U A J N G
Y M N C M M B L E H U K K J E
B N C L J T O C O Y Y I X E S
N Z I Q X O A M G G A N U R C
D V N G Z P F P O Z Y G G M G
L E G Q S B J P T T T Q C C A

ARCHAEOLOGY
BAKING
COLLECTING
DANCING
JOBS
LANGUAGES
LOCAL HISTORY
PERFORMING
SPACE
ZEROWASTE

Section 2 - Do It

Word Searches - Guides and Rangers

Guides Badges and Awards

H I G F D T C A H U M A N R I G H T S R
 H K K E C H T L A E W N O M M O C E P O
 G B N A V I G A T O R P E S K Q G N W N
 E N P Y P V T I J Z G Z U Z S J Y H F R
 I D I C N A Z R K S N A U A Z Y G O D V
 M K J T V F I T N E S S P C D R M X K G
 O O U H A D B U M K P R O L U E E X F T
 K N R O C G E O S T C M H B J N W K S H
 R G N I N G I A P M A C N T I O Q Z D H
 F V Z V Q I Y T O K A I C Q S I R R A R
 V Y X I B Y D H S S D J Z J C T L T T L
 X S C Q F I W P P E C P B S C C M D I K
 U U G K D K J I F A V D I N K E X S M Y
 Q Z B J C E R O U J R N A O V F R A R I
 Y Q F H O A E E Q N P G I U Z N D X E V
 I I A L T K W U X Y S I O V K O F P P D
 X D S I U I O V P P W U D T M C I E P R
 M Q O D D E R A P E R P E B O D K M M F
 P N R Q Z C P U Z G E R F X U H O V A Y
 S D R E Q G N I L C Y C P U P T P M C O

BEPREPARED
 ASPIRATIONS
 CAMPAIGNING
 CONFECTIONERY
 FITNESS
 HUMANRIGHTS
 INVESTIGATING
 NAVIGATOR
 PHOTOGRAPHY
 UPCYCLING
 DUKEOFEDINBURGH
 COMMONWEALTH
 CAMPPERMIT

Rangers Badges and Awards

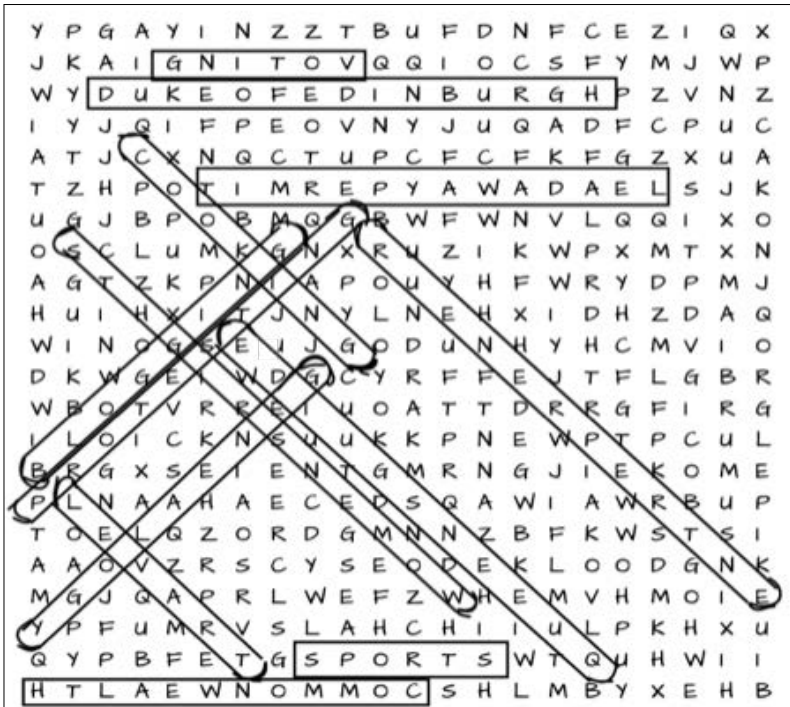
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 J K A I G N I T O V Q Q I O C S F Y M J W P
 W Y D U K E O F E D I N B U R G H P Z V N Z
 I Y J Q I F P E O V N Y J U Q A D F C P U C
 A T J C X N Q C T U P C F C F K F G Z X U A
 T Z H P O T I M R E P Y A W A D A E L S J K
 U G J B P O B M Q G B W F W N V L Q Q I X O
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 A G T Z K P N I A P O U Y H F W R Y D P M J
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 D K W G E I W D G C Y R F F E J T F L G B R
 W B O T V R R E I U O A T T D R R G F I R G
 I L O I C K N S U U K K P N E W P T P C U L
 B R G X S E I E N T G M R N G J I E K O M E
 P L N A A H A E C E D S Q A W I A W R B U P
 T O E L Q Z O R D G M N N Z B F K W S T S I
 A A O V Z R S C Y S E O D E K L O O D G N K
 M G J Q A P R L W E F Z W H E M V H M O I E
 Y P F U M R V S L A H C H I I U L P K H X U
 Q Y P B F E T G S P O R T S W T Q U H W I I
 H T L A E W N O M M O C S H L M B Y X E H B

BLOGGING
 COOKING
 ENTREPRENEUR
 GENEALOGY
 PROTESTING
 SPORTS
 TRAVEL
 VOTING
 WOMENSRIGHTS
 DUKEOFEDINBURGH
 COMMONWEALTH
 LEADAWAYPERMIT
 QUEENSGUIDE

Section 2 - Do it

Word Searches - Answers

RANGERS



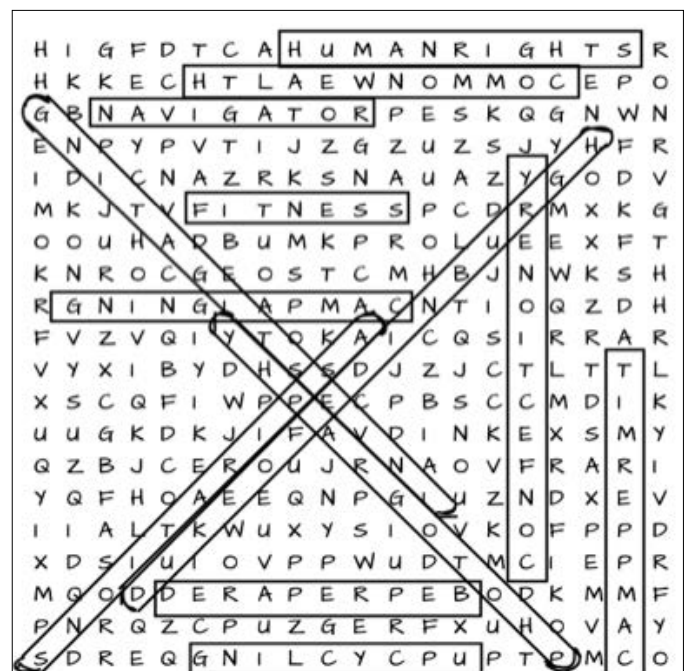
RAINBOWS



BROWNIES



GUIDES



Section 2 - Do It

Find the 11 things that will harm your books and one thing that will help your books to stay in good condition.

o	x	p	a	f	t	i	g	n	x	r	j	g	y	k	u	z	s	b	g
d	i	r	v	o	m	h	d	u	s	t	v	e	m	b	o	p	w	u	j
u	n	j	e	l	a	f	s	l	p	o	l	j	g	p	l	e	h	v	z
n	g	x	i	d	i	r	t	y	h	a	n	d	s	k	n	n	u	f	y
t	q	s	r	e	s	m	v	g	o	m	y	i	l	q	z	a	j	o	m
i	l	t	w	d	h	n	u	g	i	e	s	j	a	i	f	n	p	o	r
d	b	e	l	p	l	v	j	b	x	m	c	w	h	m	l	d	g	d	s
y	i	c	k	a	z	b	o	o	k	m	a	r	k	n	v	c	x	a	w
b	f	o	w	g	k	u	m	b	x	l	i	o	d	s	d	r	o	n	i
o	g	j	r	e	h	n	l	g	a	k	s	s	g	f	m	a	e	d	l
o	h	b	i	c	v	r	k	z	e	w	e	z	p	x	h	y	i	d	e
k	r	e	m	o	l	s	g	w	i	t	r	b	s	k	o	o	h	r	g
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h	g	u	e	n	g	s	x	n	n	h	d	a	m	p	u	w	p	n	u
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l	u	m	b	r	i	k	u	i	n	i	u	l	d	i	l	f	t	j	s
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e	l	e	m	i	h	a	l	b	y	z	m	h	j	b	n	f	t	k	l
s	q	n	t	f	a	d	h	e	s	i	v	e	t	a	p	e	a	q	i
t	u	s	m	y	l	e	o	u	m	q	i	n	g	f	w	l	e	a	m

heat
Pen and crayon
untidy bookshelves
folded pages corners

dust
adhesive tape
dirty hands
sticky notes (eg Post-Its)

sunlight
damp
food and drink



Using a _____ will help my books stay in good condition

Section 2 - Do It

Book care Word Search answers

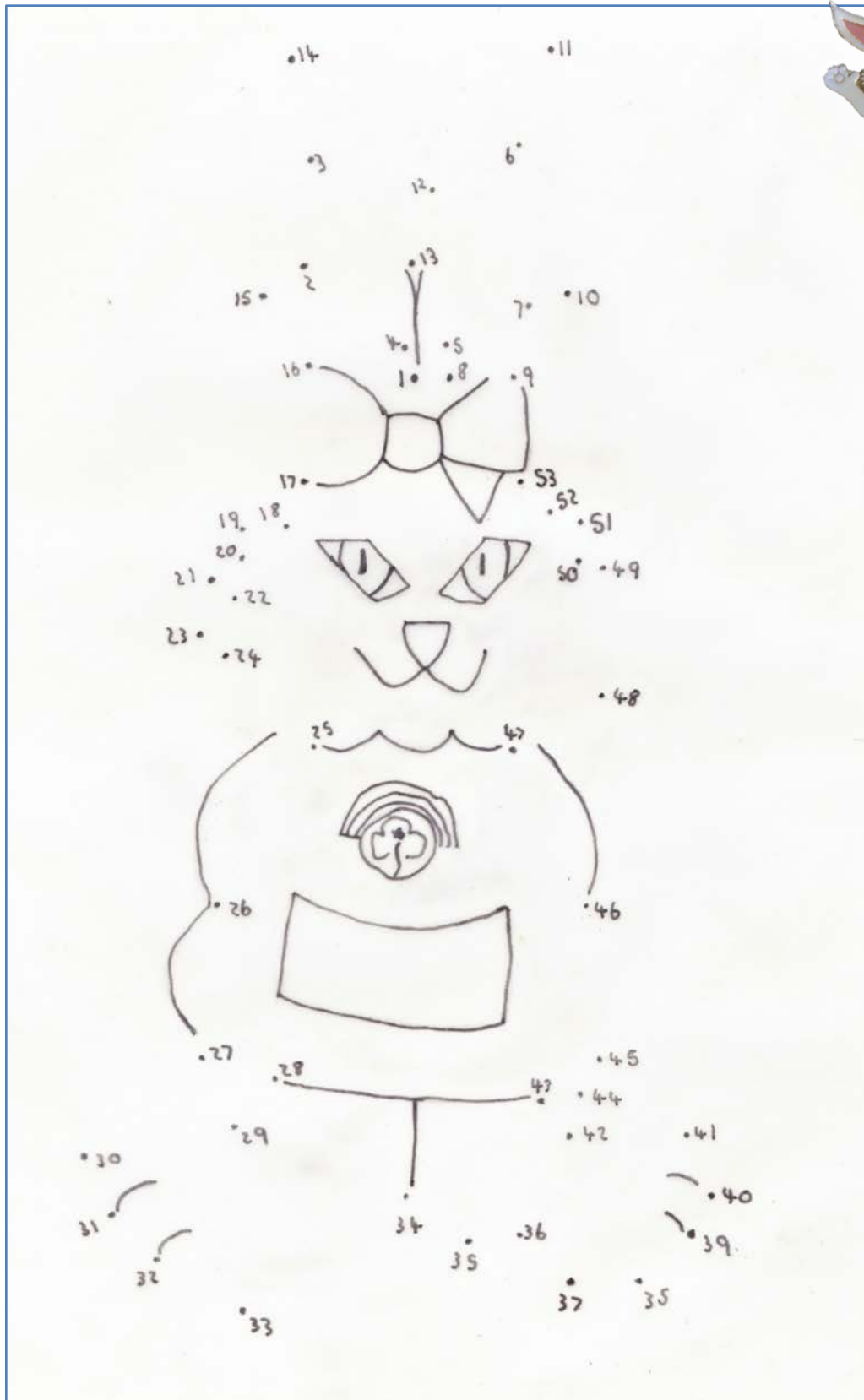
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n	g	x	i	d	i	r	t	y	h	a	n	d	s	k	n	n	u	f	y
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d	b	e	l	p	l	v	j	b	x	m	c	w	h	m	l	d	g	d	s
y	i	c	k	a	z	b	o	o	k	m	a	r	k	n	v	c	x	a	w
b	f	o	w	g	k	u	m	b	x	l	i	o	d	s	d	r	o	n	i
o	g	j	r	e	h	n	l	g	a	k	s	s	g	f	m	a	e	d	l
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s	o	h	g	r	y	l	u	m	o	l	k	l	v	i	n	n	s	i	o
h	g	u	e	n	g	s	x	n	n	h	d	a	m	p	u	w	p	n	u
e	y	z	s	e	h	u	y	v	l	t	q	y	s	a	r	v	l	k	d
l	u	m	b	r	i	k	u	i	n	i	u	l	d	i	l	f	t	j	s
v	w	o	f	s	c	y	d	t	h	w	g	m	h	e	a	t	g	p	o
e	l	e	m	i	h	a	l	b	y	z	m	h	j	b	n	f	t	k	l
s	q	n	t	f	a	d	h	e	s	i	v	e	t	a	p	e	a	q	i
t	u	s	m	y	l	e	o	u	m	q	i	n	g	f	w	l	e	a	m

Using a B O O K M A R K will help my books stay in good condition

Section 2 - Do It

Rainbow Rabbit was introduced in 1987 to help the Rainbows with remembering to keep their Promise, and the soft-toy version with her felt tabard was adopted as a mascot by many units.

There was also a cute enamel pin badge.

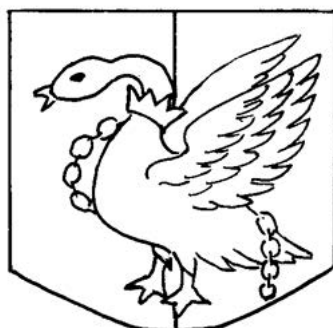


Section 2 - Do It

Have a go at colouring in these badges which represent the counties belonging to Girlguiding Anglia - see next page for colour ideas



Bedfordshire



Buckinghamshire



Cambridgeshire
East



Cambridgeshire West



Essex



Hertfordshire



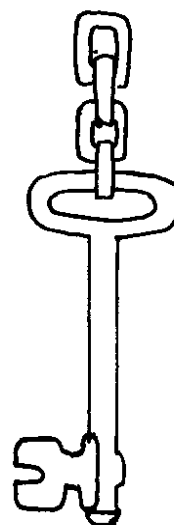
Norfolk



Lincolnshire



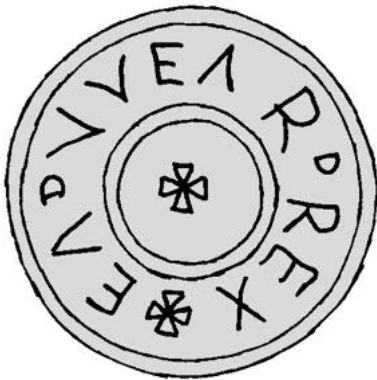
Oxfordshire



Suffolk

Section 2 - Do It

Here is how the badges actually look but you can colour them as you wish



Bedfordshire



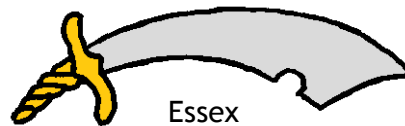
Buckinghamshire



Cambridgeshire
East



Cambridgeshire West



Essex



Hertfordshire



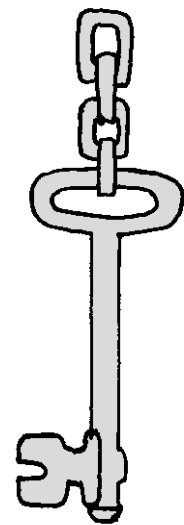
Norfolk



Lincolnshire



Oxfordshire



Suffolk



Section 1 - Wear It

Breaking the Heraldry Code

Use our Heraldry pages to find out more about heraldry and to get some design ideas for your own badges. We are grateful to Wendy Ingle for this information.

Heraldry is the study of coats of arms, how they are designed, how they can be described, and what can and cannot be shown on them.

Heraldry grew up in an age when armour covered all of a knight's body and face. It was VERY important that your enemies and your friends knew who you were. There is a tale that during the Battle of Hastings the rumour went round that William had been killed. The Bayeux Tapestry shows him having to lift his helmet so that his followers could see that he was still alive. Hastings was fought before heraldry got started - but you can see how useful it would have been if his shield had a design which shouted 'I am William of Normandy'!



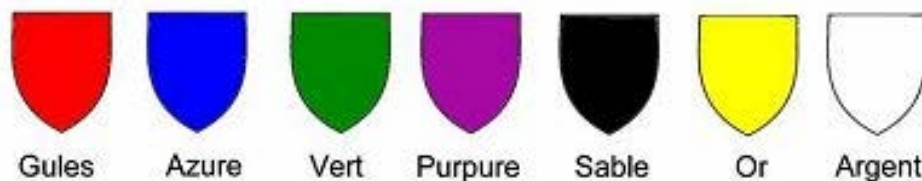
This is also why it is important to understand that a coat of arms belongs to one person at a time only. Eldest sons can inherit arms from their fathers, but other family members have to have changes to the design.

On a more bloodthirsty note - in battles of the middle ages a knight could be taken prisoner if he was defeated, and ransomed back to his family, so it was vital to be recognised by your enemies too.

COLOURS, or TINCTURES

Because heraldry evolved long before modern English was spoken, the language of heraldry is a mix of old French and old English. There are four colours which are usually used - red, blue, black, and green. These are called Gules (pronounced Goolz), Azure, Sable and Vert (pronounce the 't'). Less often seen is purple, called Purpure. There are also two 'metals', which are Or and Argent. Or is gold and is usually drawn as yellow; Argent is silver and usually shown as white. These bold colours ensure that the design on a shield is very clear. To add to that clarity there is a rule which says that a colour must not be placed on a colour, nor a metal on a metal.

Notice I always mention the colours with an initial capital. This helps the unusual words to stand out in your description and is especially useful when we use 'Or' meaning the colour.



Print several copies of one of the shields at the end of this (or draw something similar). Colour it various ways, some breaking the rule and some following the rule. Prop them up at the other end of the room and see which design shows up the clearest.

BEING BOLD

Look at illustrations of ancient shields and you will notice that the charge (the design on it) fills as much of the available space as possible¹.



The shield colour is there only as a background for the design on it. Do not make your charges too small, nor too fiddly.

BADGES

Although the coat of arms was a man's personal design, he often also had a badge - and this was worn by his supporters and his followers. They were also used on his standards. In Guiding we have beautiful embroidered standard, usually made by our members, to represent our Regions, Counties, Divisions and sometimes Districts and Units. They always have a Guide badge at the hoist (next to the pole), then the County badge, followed by the motto on a bend and badges to represent the area.



A

Less than ten years after Guiding began most Guide counties had their own county badge. Some are on shields, some are on lozenges (a diamond shape) and some are on no background. My own favourite is Essex (A) - partly because it is my county but also because it is a clean and simple design. The 'sword' is known as a seaxe, and represents the typical short knife of the Saxon settlers. It is taken from the arms of the geographical county of Essex.



B

Norfolk's is Britannia (B), and also not on a background. It does not come from the geographical county, but from the Norfolk County Regiment.



C

You will often read that our county badges should be on a lozenge not a shield, because women don't have shields. This is not quite correct. If a county badge is from a proper coat of arms we should not be wearing it without permission anyway, since it is not our coat of arms. Often it is the arms of a county council(C). Sometimes, as in the case of the early Rutland county badge it is the arms of a baron (D). However - we have been wearing most of them for 100 years now - and no-one has objected yet!



D

A woman's arms are shown on a lozenge because traditionally they did not fight so did not have shields. Sometimes they are shown on a cartouche, or oval shape, because it is often easier to fit in the charges on this shape, and more recently on a fancier cartouche, such as that of Catherine Middleton before she married Prince William(E).



E

However - a body of women is treated as an honorary man. So if a girls-only school has a coat of arms granted by the College of Arms (not just a badge on a shield they have made up themselves) it will be shown on a shield (F).



F

¹ all photos by W Ingle, taken at Arundel Castle.



Two more of our Anglia County Badges are examples of what heraldry calls canting arms. This means a play on a name, and canting arms were very popular. If you know that barry wavy Azure and Argent (blue and white wavy line) means water, you can see that Oxford is an ox and a ford, and Hertford is a deer (hart) and a ford.



While most Guiding badges are not heraldic at all the lessons of heraldry can be very useful when designing.

The colour rule - don't put a colour on a colour, or a metal on a metal.

Keep the outline clear and not fussy.

Fill the space.

LEARNING MORE

If you have enjoyed discovering about heraldry, you might like the Beasts, Banners & Badges Challenge on the Girlguiding Anglia website.

<https://www.girlguiding-anglia.org.uk/resource/girlguiding-anglia-heraldry-challenge>

There is also a support pack published by the Heraldry Society, created for Guides.

<https://www.theheraldrysociety.com/wp-content/uploads/2018/03/Heraldry-For-Beginners.pdf>

GLOSSARY

Argent	silver (often shown white)
Azure	blue
canting	a pun, or play on words
cartouche	an oval shape
charge	anything borne on a shield
field	the surface of the shield, background to the charge(s)
Gules	red (pronounced 'goolz', with a hard 'g')
lozenge	a diamond shape
Or	gold (often shown yellow)
Purple	purple
roundel	a circle
Sable	black
tincture	colour
Vert	green

Section 3 - Make It & Bake It

Rationing

Food rationing started on 8th January 1940 and lasted for 14 years. It was introduced to ensure that everyone was able to have an equal amount of food each week. The first items rationed were bacon, butter and sugar. Additional items were added, such as tea (July 1940), cheese (May 1941), eggs (June 1941) and even biscuits (August 1942). Rations did vary depending upon what was available and a typical allowance per person, per week was:

Eggs - 1 fresh each week and 1 packet dried eggs per month

Meat to the value of 1s.2d (one shilling and sixpence)

Bacon/ham - 100g (4oz)

Butter - 50g (2oz)

Cheese - 2oz (50g)

Jam - 450g (1lb) every two months

Margarine 100g (4oz)

Milk - 1800ml (3 pints)

Sugar - 225g (8oz)

Sweets - 350g (12oz) per month

Tea 50g (2oz)

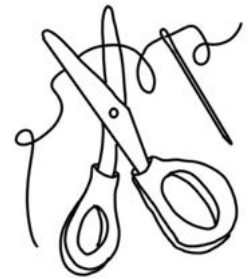
What happened when you went on Guide camp? You shared your rations and would have eaten a menu similar to this which was prepared by the Ministry of Food and published in the August 1941 edition of *The Guider* magazine:

A. WEEK'S MENU FOR CAMPS				
	BREAKFAST	DINNER	HIGH TEA	SUPPER
1	Porridge Bacon and Fried Bread Wheatmeal Bread and Margarine Tea	Boiled joint and dumplings Cabbage and Potatoes Wheatmeal Bread Trifle	Mixed Vegetables and Cheese Sauce Tomatoes and Wheatmeal Bread and Margarine Tea	Wheatmeal bread and Margarine Cocoa
2	Porridge Salt Cod Kedgeree Wheatmeal Bread and Margarine Tea	Cold Meat Roll Salad and Jacket Potatoes Wheatmeal Bread Roly Poly and Jam Sauce	Beans and Bacon with Parsley Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa
3	Porridge Bacon and Potato Omelette Wheatmeal Bread and Margarine Tea	Meat and Vegetable Stew Potatoes Wheatmeal Bread Chocolate Mould	Lentil Soup Lettuce and Cheese Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa
4	Porridge Savoury Hash Wheatmeal Bread and Margarine Tea	Meat and Vegetable Pudding Peas (or Beans) and Potatoes Wheatmeal Bread Stewed Fruit and Custard	Fruit Fool Bacon Spread and Radishes Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa
5	Porridge Bacon and Fried Potatoes Wheatmeal Bread and Margarine Tea	Irish Stew Greens and Potatoes Wheatmeal Bread Ginger Pudding and Custard	Potato and Watercress Soup Jam Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa
6	Porridge Salt Herring Hash Wheatmeal Bread and Margarine Tea	Fish Pudding and Parsley Sauce Carrots and Potatoes Wheatmeal Bread Stewed Fruit and Rice Pudding	Potato Cheese Salad Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa
7	Porridge Sausages and Fried Bread Wheatmeal Bread and Margarine Tea	Thick Mince Stew Beans (or Peas) and Potatoes Wheatmeal Bread Summer Pudding	Mixed Vegetable Stew and Parsley Cheese Wheatmeal Bread and Margarine Tea	Wheatmeal Bread and Margarine Cocoa

Does that sound appetising? What else could you have made with these rations along with anything you could grow at home, or in your allotment? How creative can you be?

Section Three - Make It & Bake It

Simple Mug Hug Pattern



There are lots of patterns online for Mug Hugs, simple and ornate, so you can make yours as difficult or as easy as you like.

Our pattern here is a very simple garter stitch one and was designed for a typical enamel camp mug with a diameter of 9cm and a circumference, the measurement around the middle, of 26cm.

You will need

- about 10g double knitting wool
- a pair of 4mm needles (US size 6)
- a button.

Cast on 7 stitches and knit 6 rows.

Row 7: increase into the first stitch, knit to the last stitch and increase into that stitch. (Increase by knitting into the front of the stitch and, before you take the loop off the left hand needle, knit again into the back of the same stitch).

Row 8: Knit

Continue repeating rows 7 and 8 until you have 15 stitches on your needle.
Knit another 54 rows without shaping.

Next row: Knit 2 stitches together, knit to the last two stitches, knit two together.
Next row: knit.

Repeat these two rows until you have 7 stitches on your needle.

Knit two more rows.

Buttonhole row: knit 3, put the wool around to the front of the needle, knit the next two stitches together (the wool will slope across the right hand needle) then knit the last two stitches.

Knit another three rows then cast off.

Sew the ends of the wool neatly into the mug hug, sew on an appropriately sized button and get hugging your mug!



Photographs by ARC volunteers.



Section Three - Make It & Bake It

The instructions for this cute Macramé Owl come from the ARC's treasure trove of activity resources. It was written by Sister Jo Langford, a Guider and trainer from London, and would probably have been an activity for Guides or Rangers. It's quite a challenge but once you get the hang of it, the results are well worth the effort. If you don't have crochet cotton, use any wool - the thicker the yarn, the bigger the finished owl! These are the original instructions - see next page for more modern step-by-step photos.

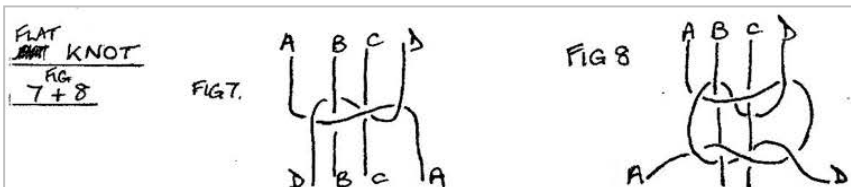
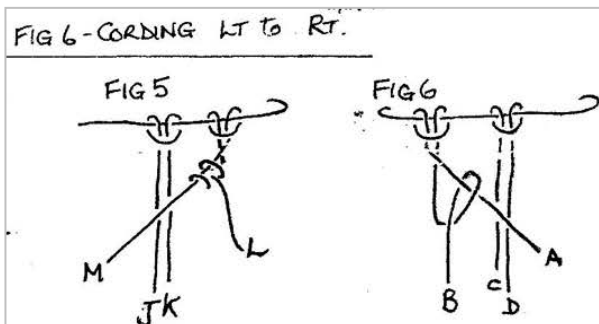
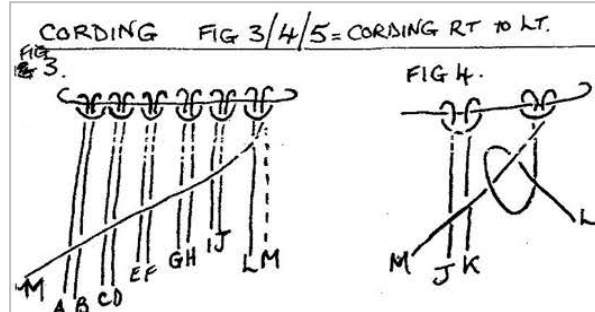
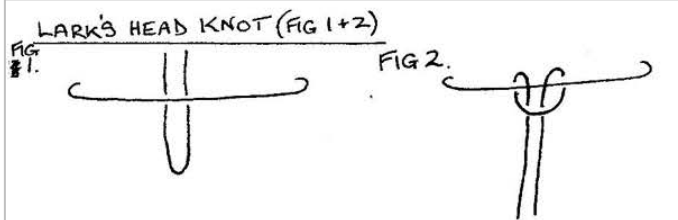
THE OWL BROOCH

Materials needed: 1 small safety pin. 6 x 24 ins. Twilleys super No.3. cotton (four brown & 2 yellow) 2 small beads. small twig for perch.

Instructions:

1. Fasten a safety pin to hem of dress or knee of trousers.
2. Fix the threads to the pin using a lark's head knot with the 2 yellow on the outsides (fig 1 & 2)
3. Pick up first thread on the right and lay it over the others (fig 3) & with new outside thread work two half-hitches (fig 4 & 5) Continue working two half hitches over thread M with K, J, H & G (This is called cording) Take care to keep the yellow thread tight & at the angle you want the Owl's eyebrows. Work the other yellow thread on the right into the middle in the same way. No yellow should show through the brown.
4. Now do the same on the other side bringing the yellow thread on the left to the centre, cording as you go, so you have the four yellow threads in the middle ready for the beak.
5. Work 5 flat knots with yellow threads A & D (figs 7 & 8) keeping threads B & C tight.
6. Pull the work slightly apart above the flat knots & pop centre two yellow threads B & C through & pull down at back to form beak. Work a flat knot under beak with A & D.
7. Thread a bead onto the second brown thread each side of beak.
8. Work the body by taking the right centre yellow thread out to the right & cording the five right threads over it.
9. Take 2nd right yellow thread out to side, cording the four brown over it, ending with the yellow thread that went first. Now take 1st brown out and cord others over it (3 brown & 2 yellow). Carry on till five rows of cording have been worked on each side of the beak.
10. Using two outside threads on left & two outside of right tie a flat knot round all other ~~new~~ threads.
11. Place twig on the flat knot & tie 2 half-hitches with each pair of yellow threads round twig to look like feet.
12. Using a long end, tie 3 or 4 half-hitches round the rest of threads to secure.
13. Cut the tail to the desired length.

Different thicknesses of thread, string and wool can be used to give different sizes of owls.



Section Three - Make It & Bake it

Macramé Owl

You may find it helpful to use these step-by-step photos compiled by one of our ARC volunteers.



Fig 1 & 2



Section Three - Make It & Bake It

Newspaper Sitter Instructions (also available on video)

You will need

Newspaper (about 16 large/wide sheets per sitter)
Ordinary sticky tape
Waterproof tape
Scissors
Carrier bag or ziplock bag
Pens to decorate

1. Fold your newspaper sheets into long strips about 2-3cm wide. Put a bit of sticky tape on each one as you go to stop it from coming undone.



seven strips too.

2. Take one of the strips and lay it horizontally on your work area. Tape eight strips vertically to the first strip, keeping them evenly spaced with just a couple of millimetres in between.



3. Begin to weave another strip horizontally across the eight pieces of newspaper, going over one, under the next and so on to the end. Repeat for the next

4. When you have woven all eight strips, trim the ends of the strips to about 3cm and fold over to make an edge. You will need to fold one half of the strips, secure with sticky tape, then turn the sitter over to complete the strips on the other side. That way, you increase the strength of the edges by having them folded both front and back.

5. Use the pens to decorate your sitter - be sure to include your name so you can identify yours around the campfire.



6. If you are using a carrier bag, pop the sitter inside and tape it down firmly with waterproof tape. If using a ziplock bag, simply put the sitter in and zip up.

Section Three - Make It & Bake It

Campfire Treats Recipes - Easy, Medium & a Bit More Tricky!

Always check for food allergies or intolerances before you create any of these treats and make sure you have followed safety procedures for using a campfire or tea lights.

We have ranked the difficulty of these recipes based on prep time, number of ingredients and amount of equipment needed.

They are all tried and tested (and tasted) as the very tastiest of campfire snacks. Please have fun and enjoy these however you like them and feel free to play around with ingredients and toppings ☺.

And it goes without saying that they are best enjoyed with guiding friends, a lovely big campfire and a good sing-song.



S'mores (easy)

Prep time: <5 mins

Cooking time: 5 mins

Great round the campfire but S'mores can also be assembled cold and put under a grill for 3-5 minutes to melt. Or use a tea light to melt your marshmallow indoors.

Ingredients: (per serving)

- 2 chocolate biscuits, or plain biscuits +
- 2 squares of chocolate
- Marshmallows medium/large

Equipment

Embers or tea light or other appropriate indoor heat source, and skewer- wooden or metal



Method

1. Place chocolate on biscuit (if not using chocolate biscuits).
2. Thread one or two marshmallows on a skewer and toast over the embers of the campfire until golden brown on the outside and gooey in the middle.
3. Put the warm marshmallow onto the chocolatey side of one biscuit using the skewer and place the other biscuit on top, carefully pull out the skewer by pressing the two biscuits together slightly. Enjoy - but be careful the marshmallow will be hot!

Chocolate Banana Splits (easy - cook on embers)

Prep time: 10 mins

Cooking time: 10 mins

Ingredients (per serving)

1 banana - medium to large
a handful of chocolate chips or chunks
a handful of mini marshmallows
Optional toppings - peanut butter,
flaked nuts, chopped fruit or extra
sweets ... be creative!

Equipment

Strong foil - to wrap each banana
individually
Knife and plate - for assembly- and a
spoon for eating
Tongs



Method

1. Slice the banana, with peel still on, from stem to tip halfway through. Do not cut the peel on the opposite side or your filling will leak out.
2. Carefully squeeze the banana at the ends to create an opening and place the chocolate chips and marshmallows inside. Stuff with as many fillings as you'd like.
3. Completely wrap each banana in foil by bringing the sides together and rolling them in, allowing some air to be trapped inside the parcel. Make sure nothing can leak out. Place, split side upwards, in fire embers and leave for 5-10 mins, to melt fillings.
4. Remove from the fire using tongs, open the foil and banana peel carefully and dig in.

Campfire Popcorn (easy - cook on embers)

Prep time: 5 mins

Cooking time: 5-7 mins

Ingredients

Popcorn kernels - handful/2 tbsp per
person
1-2 tbsp vegetable oil
Salt or sugar (or both) - pinch

Equipment

Heavy duty foil
Long skewer or tongs - preferably metal

Method:

1. Prepare a square of foil and place the popcorn kernels in the centre of it.
2. Drizzle the oil then the salt or sugar (or both) on top of the kernels.
3. Fold the foil in half diagonally over the popcorn kernels to create a triangle. Crimp the edges of the foil to make a large triangular pocket - the crimping should be 3-4 cm at least from the edge of the foil leaving the corn room to pop without a escaping.
4. Make the area at the top of the packet extra thick with foil, then pierce this area with the skewer or use this area to hold with tongs.
5. Place or hold in a hot area of the embers, shaking occasionally. When the kernels start popping give one final shake, and remove from the heat as soon as popping rate slows to avoid burning.
6. Open the foil carefully as steam will escape. Add more salt/sugar if needed.



Campfire on a Biscuit (medium)

Prep time: 5 mins

Cooking time: 0 mins

Ingredients: (lots of flexibility here)

The ground - biscuits (any biscuit will work, chocolate ones are a favourite)

Logs - chocolate fingers, Matchmakers, wafer curls or chocolate flake

Fire - strawberry laces, strawberry pencils, Smarties, sprinkles, or red wine gums

Embers - icing sugar and water



Equipment:

Small bowl, spoon and plate

Method:

1. Mix the icing sugar and water together to make water icing - not too runny
2. Place the biscuit on the plate and spread a layer of icing on it to act as glue
3. Arrange 'log' and 'fire' toppings on top of the biscuit to look like a fire.

Apple Bake (medium)

Prep time: 10 mins

Cooking time: 15-20 mins

Ingredients (makes 6)

6 apples

3 tbsp softened butter

3 tbsp brown sugar

Raisins - small handful per apple

Chopped nuts- walnuts and peanuts are most popular, if you like nuts!

Equipment

Apple corer or sharp knife, chopping board, mixing bowl, strong foil, spoon



Method

1. Wash and prepare the apples. Core each apple but importantly do not go all the way through the apple, leave the base of the apple intact so that the filling won't leak out.
2. Mix the softened butter, brown sugar, raisins and any other fillings together in a bowl, making sure to incorporate the butter and sugar together.
3. Spoon the filling into the core of each apple and wrap the whole apple in foil, seal well, make a note of the top opening.
4. Place in the embers of the fire and leave to cook for approximately 15 minutes.
5. Remove from the fire and open the foil carefully as the contents will be hot. Serving with ice cream, cream or custard - which is a particular favourite of our ARC volunteer.

Chocolate Orange Sponge Cake (a bit more tricky)

Our example image shows vanilla cake rather than chocolate

Prep time: 15 mins

Cooking time: 30 mins

Ingredients (makes about 10)

10 oranges - medium/large and non-easy-peel work best

Pre-prepared cake mix pack or 100g self raising flour, 50g cocoa, 150g sugar, 150g butter, 2 eggs

Equipment

Sharp knife, spoon, mixing bowl, wooden spoon, strong foil



Method

1. Prepare the cake mixture as per packet instructions. If making from scratch, cream together the butter and sugar in the bowl then add the eggs and then fold in the flour.
2. Slice the top off the orange (and save this as it will be a lid)
3. Scoop the orange flesh out and save each peel intact. If desired add some orange flesh to the cake mixture for extra tastiness
4. Fill each orange approximately 2/3 full of cake mixture and replace orange "lid" to make a complete seal of peel.
5. Wrap carefully with foil making note of the top and place in the embers of the fire, cooking about 30 minutes, turning once during cooking. Remove from the fire and open carefully. Eat from the foil with a spoon.

Dampers (a bit more tricky)

Prep time: 10 mins

Cooking time: 10-15 mins

Ingredients

150g self raising flour (or about 1 average mug full)

50g sugar (or about 1/3 of a mug full)

2 dessert spoons butter, room temperature is best

200mls water or milk (about 2/3 of a mug)

Equipment

Mixing bowl, wooden spoon, stick (clean, to wrap the damper around for cooking), toppings if desired - we suggest chocolate spread or jam



Method

1. In the mixing bowl rub together the flour and the butter until the mixture resembles bread crumbs and all the butter is combined. Stir in the sugar.
2. Add the water or milk a little at a time until the mixture forms a stiff dough. The dough should be very firm so that it won't fall off the stick when cooking.
3. Form a serving of dough into a thin sausage about a finger's width in diameter and wrap around the stick in a spiral, making sure you seal the end nearest the fire.
4. Hold the stick over the white-hot embers of the fire and rotate whilst cooking. The damper should be firm when fully cooked and sound hollow when tapped.
5. Carefully remove the damper from the stick - it can be enjoyed on its own or with chocolate spread, butter or jam.

Section Three - Make It & Bake It

Food for the Future

Always check for food allergies or intolerances before you create any of these treats

These recipes have been devised, tested and tasted by our ARC volunteers. You can make up your own recipes or try variations on the ones we have included here. Use your unit's favourite ingredients and see how creative and unusual you can be.

Fruit Smoothie

Ingredients (per smoothie)

One banana
100g strawberries
100g blackberries
50g blueberries
5 tablespoons of orange juice

Equipment

Blender or blending wand
Jug
Glass/cup (to serve in)



Method

1. Peel and slice a whole banana into small pieces, then put it into the jug.
2. Wash the strawberries and blackberries in water before cutting the stems and leaves off.
3. Put these in the jug with the banana.
4. Measure and pour 5 tablespoons of orange juice into the jug.
5. Pour the contents of the jug into a blender or get your blending wand and place it in the jug. Next turn on the blender/blending wand and blend until of a smooth consistency.
6. Once blended, pour into a glass/cup to serve - you can save some for later.

Fruit Kebab

Ingredients (per kebab)

Half an apple
A few fresh pineapple chunks
Small handful of grapes
A banana
Half a lemon

Equipment

Chopping board
Knife
Wooden kebab skewers

Method

1. Slice your apple into bite sized slices using the chopping board and knife. Squeeze lemon juice over them to stop them going brown.
2. Remove the stems from the grapes and wash.
3. Next, slice the banana and pineapple into small chunks.
4. Arrange your fruit into a pattern of your choice on the wooden skewers. You can serve them on the chopping board or use a plate.



Chickpea Dip (Hummus)

Ingredients

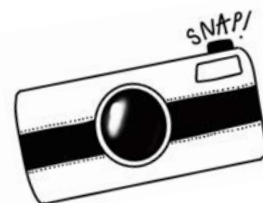
1 tin of chickpeas
4 tablespoons of olive oil
Lemon juice

Equipment

Jug
Blender or blending wand
Small serving bowl
Vegetable peeler

Method

1. Open the tin of chickpeas, drain over the sink, then pour them into the jug.
2. Add four tablespoons of olive oil and then four large squirts of lemon juice.
3. Pour the contents of the jug into the blender or put the blending wand in the jug and blend until thick and of the consistency of a dip.
4. Once blended, pour the dip into a small bowl to be served.
5. Serve with fresh vegetable sticks, such as cucumber, carrot or celery and/or pitta bread.



Section Four - Record It

Top tips from the ARC on how find out about the history of your own unit and guiding in your area

Finding information about your unit can be fascinating and rewarding. Use this badge as a reason to delve into history just for fun or link it to a particular celebration, such as an anniversary or unit birthday.

- Find out how old your unit is by asking your leader to look on GO, the guiding organisation website. (Every unit has to be registered)
- Try and fill in a bit more detail by finding members who belonged to your unit in the past. Again, ask around among leaders and former members to find these people.
- Get in touch with your local Trefoil Guild whose members have often belonged to guiding and played an important role in the past. They would love to talk to you about their guiding experiences and would have lots of information to share about a particular unit or, more generally, what guiding was like for them.
- If your unit meets in a church hall the church may have members who know about its origins or paperwork which has more information about it.
- If you have a County Archivist, someone who looks after the heritage of guiding near you, ask if they have information about your unit, or about guiding of that era.

There is lots of information about the history of guiding on the internet including Leslie's Guiding History - she has kindly agreed that we can include details of her site here.

<https://lesliesguidinghistory.webs.com/>

TOP TIP - when doing general internet research it is helpful to search for Girl Guides as well as Girlguiding. The original name, Girl Guides, later became The Guide Association and was changed again in 2002 to Girlguiding UK.

And finally dig in the unit cupboards! One of the best treasures in our collection was a logbook found mixed in amongst old tents in a garden shed. It dates back nearly 100 years.

You may find Time Traveller badge also helps you to complete parts of the current Girlguiding UK Programme. It might be helpful for certain elements, such as:

Rainbows - Family Tree and Storyteller Interest badges, plus Reflect and Communicate Skills Builders.

Brownies - Collecting and Performing interest badges, plus Network and Communicate Skills Builders.

Guides - Guiding History and Photography interest badges, plus Network and Communicate Skills Builders.

Rangers - Costumes, Event Planning, Volunteering and Digital Design interest badges, plus Communicate, Influence and Lead Skills Builders.



Section Four - Record It

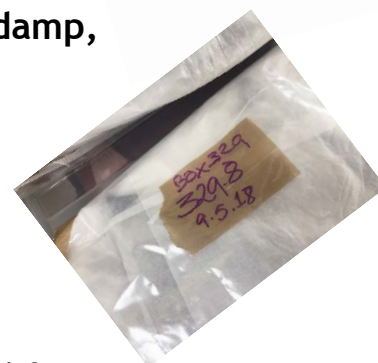
ARC top tips on storing uniform to protect it from damp, dirt & bugs

You will need

White tissue paper - do not use coloured tissue which could stain the fabric - acid free if possible (available online)

Polythene or plastic bag

Wide parcel tape & scissors



Cleaning

Always clean uniforms before you store them. Are your items washable?

IF YES - wash on a delicate cycle at 30 degrees C with non-biological laundry wash.

IF NO - contact the ARC for more information - they can also advise on belts.

FELT HATS, BERETS and older WOOL SERGE SKIRTS will need dry cleaning.

After washing and drying, consider ironing your garment where appropriate (not everything will be suitable for heat).

Folding and Wrapping

For this example, we are using a blouse which you should lay flat on a table.

1. Place a sheet of acid free tissue in the body of the blouse between the front and back, then thread a piece, cut or folded, up each sleeve. Now fold a suitable length of tissue to place round the neck under the blouse collar.

2. Now the fiddly bits! Wrap each button with a small piece of tissue, which you have made into a tissue sausage and twist it, to protect the fabric and button from chafing damage. Historic folds are points of weakness and therefore should be supported with tissue; you should not put new folds into an item if you can help it unless they are supported by tissue. If the garment has buttons or a zip, then you need to manoeuvre tissue between the zip and fabric or fold a piece down the length of the zip to encase it if it is full length. Tissue also helps to prevent indents being left in textiles, stops chaffing and the potential of metal zips spreading rust onto the fabric. The blouse is now ready to be folded so place another piece of tissue between the layers of folded fabric and fold the garment to a suitable size, remembering about historic folds.

3. Now you need a sheet of polythene or bag. Do not use the very thin plastic shopping bags as these disintegrate relatively quickly. Wrap your tissue garment in polythene and try to remove excess air, being careful not to press or squeeze the textile, which could damage it. Seal thoroughly with sticky tape to make an airtight parcel; this also reduces possible condensation and stops clothes moths and other bugs creeping in or out!

Labelling

Very important so that you can tell what it is in all the wrapping! As a minimum put the basic information on the label, eg *Guide Blouse 1980s, Size 34*". You could include additional details such as *Mum's Guide blouse, her name, belonged to 1st Trumpton Guide Company from (dates)* and any other interesting memories. These notes can be useful if you are given things from older friends and relatives - you don't want to forget their stories. Store details on a sheet of paper in an envelope inside the parcel or fixed to it; it is important to have more than one record of everything in case one gets lost/damaged.

Freezing

If you can, place your parcel in a freezer for one month to kill bugs and fungal spores which may be in the fabric. When you take your package out, you should allow it to acclimatize slowly over 24 hours, so that you don't create microclimates, before you unwrap it from the polythene. Keep the article wrapped in tissue to continue to protect it if you are storing it. A cool dark cupboard or drawer with any other guiding memorabilia is a good place.

Section Four - Record it

Top tips on how to preserve and take care of your guiding badges

Objective: to prevent damage, deterioration or contamination

If you know the provenance of the badge (whose it was and where it came from) it is helpful to write that down: eg, *I gained my Brownie Writers badge in 1977* or *I was District Commissioner 1998-2002*.

Make sure your badges are stored in protective housing, whether it be a lidded box or sealed acid-free container if possible.

TOP TIPS

- **Do not over polish/clean metal badges;** they should not come into contact with water. Even if you dry them well, there will be areas where you cannot dry properly which may lead to rusting.
- **If your badges are pinned on a tab** - leave them in situ with a labelled plan of the badges.
- **If badges are sewn on a uniform, necker, poncho or camp blanket or any fabric** - leave them in situ with a labelled plan of the badges. Preserve the fabric following the guidelines for fabric/uniform care on page 45.
- **If your badges are loose** try to physically separate them with cardboard dividers or in a chocolate type of box.
- **Cloth badges** can be separated by tissue paper and enclosed in a box to prevent light or water damage.
- **Avoid sticking labels on cloth badges;** if possible separate them into individual sleeves or pockets, and labelled. In this case you will need to be careful the labelled sleeve is not separated from the badge.
- **Labels** can be attached with thread on metal badges or they can be pinned on a square of card with details written below the badge.
- **All loose badges** can best be housed in acid-free transparent slide or print preservers in a ring binder or loose leaf album, acid free as far as possible.
- **If your badges are displayed in a picture frame,** leave them in situ, but just check there are no gaps for little insects to enter.



Section Four - Record It

How to look after old photos and manage digital images

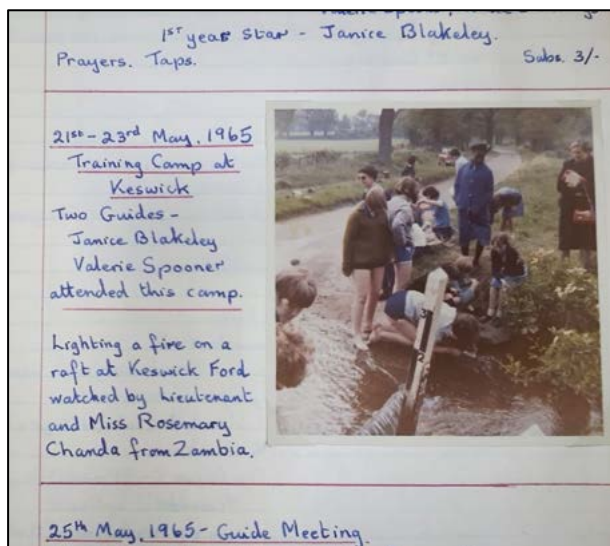
Photographs are a lovely way of seeing how fashion, hairstyles and surroundings have changed and also create memories to look back on in the future.

If you print your photographs it is best to store them in an acid free box somewhere safe and at a constant temperature such as a cupboard or under a bed. You can, of course, put them into an album or scrapbook but avoid Sellotape and glue as it destroys photographs.

A date and description of the photo will help jog your memory in the future and provide an insight for anyone who has the pleasure to see them. If you need to write on the back, use a soft pencil, such as a 2B. Don't use ink as it will fade, or biro which could cause legible marks on the other side of the photo. If possible, use acid free albums and tape.

Ideally gloves should be worn to handle photographs as you can leave fingerprints on the surface which will cause them to deteriorate. If you don't have gloves, make sure you have very clean and dry hands with no moisturiser on and handle photographs only by their edges.

Digital cameras are now the normal way of taking photographs - these need to be backed up regularly, whether onto a hard drive or memory stick and put into sensible sized folders with a description of the subject, date and/or location.



We take far more digital photographs than we ever did with film cameras, so delete any which are out of focus or not relevant.

Turn them into a photo book, print them out and put them on the wall - don't let advances in technology catch you unawares so you lose the ability to retrieve all these sentimental and important photos!



The photograph on the right records an important moment for Girlguiding Norfolk - as volunteers stitched a new county standard. But without the right information attached to the digital photograph, it is not much use to future archivists! Adding names, date, location and information about the activity would make it much more valuable.

Section Four - Record It

Need some inspiration on how to record your research in a whizzy way? Here are some top tips from our ARC volunteers

However you choose to record your information - whether it's a written or a sound/video recording - always remember to include the **Five Ws**:

Who
What
Why
When
Where



Make sure to record these key details for every piece of information or item to ensure it is accessible and easy to understand for future members.

Some recording ideas:

PowerPoint Presentation - storing information digitally helps to preserve it for members of your unit and for future generations. You could do an annual presentation to show the evolution of your unit, adding new information and pictures every year. It's a great way of keeping a record of what you did.

Scrapbooking is an excellent way to store information creatively, adding drawings, photographs, letters, forms and badges. See pages 46-48 for information concerning how to preserve and store materials such as these.

A unit diary could help to record all the goings-on in your unit - pick a member each week to write a few sentences about what you did in the meeting and any other details to look back on in the future. Make sure to date and sign this work so it can be traced back. You could make this a digital diary to ensure it is preserved long into the future, storing it on a hard drive or other secure online space. See page 49 to check what information you can keep under data protection rules.

A video diary would be a very 'living' record of history for your unit which would truly capture the spirit and be a wonderfully informative resource to look back on. You could record clips at unit meetings, camps and holidays to preserve all sorts of information including uniforms, activities and members. You could screen the movie at the end of the year for the family, friends and members of the unit to see what everyone has been up to. You could have a screening of your first video diary as part of your Living It event.

At the moment there is no long-term solution to storing digital archives, according to the National Archives, because technology keeps changing all the time. So be aware that, over time, you may need to copy your digital records from one form of storage to another - but always make sure you make an exact copy of the original and don't change it in any way. Make sure you keep a link to the permission forms relating to your photographs.



Section Four - Record It

Data Protection - what can we keep?

Many people worry that new rules on data protection mean we can no longer keep the sort of information, photographs, memorabilia and personal details that we used to do. This is not true - although there are some changes which mean we have to do things differently.

The UK Data Protection Act 2018 (also known as GDPR) is designed to keep information safe both on and offline. Organisations have to be clear about what information they store, why it is being kept and what it will be used for. It also gives individuals the right to know what details are being stored about them and to have inaccuracies corrected.

Girlguiding has a duty to make sure that all information it stores complies with this law.

But when information is being kept for archiving purposes, there is an exemption to GDPR rules which applies when the archives being kept are in the public interest.

You can find more information about GDPR as it applies to Girlguiding here <https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/membership-administration/gdpr/whats-changing/>

The website also outlines what can and can't be kept for guiding archiving purposes.

What you can keep

- Press cuttings
- Current records - stored in a secure area
- Records of the history of your unit - for example, programmes of events, projects you may have done, such as tree planting
- Photos - you can keep photos for historical purposes as long as they can't be connected to personal information such as addresses or date of birth. It's fine to have names on them and keep them in photo albums. If you've got loads of digital photos just pick out the ones that best show the event.
- Scrapbooks

What you can't keep

- Old forms - including health forms etc unless there was an incident or safeguarding concern
- Contact lists - regardless of their age
- Current photos that you don't have permissions for

Information Commissioner Elizabeth Denham says the new law recognises how important archives are:

"Data protection is not an end in itself. It does not prevent archiving, it supports it. Good data protection leads to effective data governance and records management - two essential elements of archiving."

For full information from the commissioner, visit this online guide.

<http://www.nationalarchives.gov.uk/information-management/legislation/data-protection/>



TIME TRAVELLER BADGE ORDER FORM

Thank You for your support

In buying this badge you are helping to support the work of the
Archive Resource Centre, part of Girlguiding Norfolk

Please complete this form and then email to ARCTT@girlguidingnorfolk.org.uk

Name of Unit: _____

Name and address: (where badges should be sent): _____

Postcode: _____

Email: _____

Phone contact: _____

Number of badges: _____

First 30 Badges at £1.50 each £ _____

Additional badges charged at £1.25 each £ _____

Plus postage & packing

1-10 badges £1

11-20 badges £2

21-59 badges £3

60+ badges £4.50 £ _____

Total including postage: £ _____

Office use:

Ref no

Date of:

- Receipt of form
- Payment received
- Posting of badges

Please indicate your preferred method of payment:

PayPal

☐

BACS

☐

Cheque

☐

We will be in touch on receipt of this form to provide appropriate payment details and a reference. On receipt of payment your badges and a receipt will be posted to you.

Please ensure you have supplied your email, clearly written.

Many thanks for ordering from us.... We hope you enjoy the challenge and the badge!

I consent to Girlguiding Norfolk County collecting my details via this form. I understand that the information provided will be processed by Girlguiding Norfolk County in accordance with General Data Protection Requirements, that the data will only be used for processing my purchase and that it will not be shared with other organisations or kept for longer than necessary for this purpose. Full details are included in the Girlguiding Norfolk County Privacy Notice available on request.

\\time traveller badge order form v1

From: Leslie Smith
Sent: 20 June 2020 12:49
To: Archivist (Girlguiding Norfolk) <archivist@girlguidingnorfolk.org.uk>
Subject: Re: permission

I hereby give permission for links to my websites to be published in any Anglia Archive Resource Centre publications.

Leslie Smith

On Friday, 19 June 2020, 15:18:08 BST, Archivist (Girlguiding Norfolk) <archivist@girlguidingnorfolk.org.uk> wrote:

Hi Leslie

Many you please give permission for us to include links to your website/s in our new fundraising badge called Time Traveller.

Many thanks.

Helen

Helen Green
Girlguiding Norfolk County Archivist
ARC (Archive Resource Centre)
14 Gt Hautbois Rd, Coltishall
NR12 7JN
Open Mondays 10-4 and other times by arrangement
Follow us on

Website: <https://www.girlguidingnorfolk.org.uk/arc-home/>

Facebook: Girlguiding Norfolk Archive Resource Centre - ARC

Instagram: Girlguiding Norfolk ARC

Twitter: @GGNorfolkARC

Branding Matters

Mon, Aug 3, 5:00
PM (4 days ago)

to me, Branding, Helen

Hi Chris,

Many thanks for your email, it's a great design! I can confirm it meets branding guidelines and is OK to produce.

Best wishes,

Maria

From: Chris Bond
Sent: 30 July 2020 15:59
To: Branding Matters <BrandingMatters@girlguiding.org.uk>
Cc: Helen Green <archivist@girlguidingnorfolk.org.uk>
Subject: Girlguiding Norfolk Archive Resource Centre badge proposal

Dear Branding Team

Please find attached a proposal for a Time Traveller badge which has been put together by the Archive Resource Centre in Norfolk. We are part of Girlguiding Norfolk and we're a mini-museum, housing a collection of artefacts, uniforms, badges, memorabilia, etc, from 100 years of guiding.

Our badge explores the past, present and future of guiding and so we wanted it to look like a swirling time tunnel - hopefully it does!

Would you mind having a look at how we have used the GUK trefoil and just give us any feedback?

It will be a 70mm badge with an overlocked border and the grey colour will be metallic, so that it looks partly glittery.

many thanks

Chris Bond

ARC Steering Group member and Guide unit leader.

From: Margot Grosset
Sent: 01 July 2020 10:56
To: Archivist (Girlguiding Norfolk) <archivist@girlguidingnorfolk.org.uk>
Subject: Re: Uniform Timeline book

Dear Helen

I presume you are talking about the images from " Uniforms Through time" I have a spare copy here at home which I am happy to send to you to use in any way. Please can you give me the address to which I am to send the book?

Best wishes to all of the Guiding family in Norfolk

Margot Grosset

-----Original Message-----

From: Archivist (Girlguiding Norfolk) <archivist@girlguidingnorfolk.org.uk>
To: Margot Grosset
Sent: Wed, 1 Jul 2020 9:49
Subject: Uniform Timeline book

Good morning Margot

How are you? I do hope you have stayed safe during these challenging times... think of you all often!?

We are moving on with ARC projects and are producing a fundraising badge. We are wanting to produce a top trumps game based on uniforms... Because of the problems of not being able to do face-to-face guiding at the moment, we wondered if we could use those amazing images in your book... would that be possible please... and if so could we have access to the images please? Tricky ask, I know, but fingers crossed here. We would of course give you credit.

I look forward to hearing from you.

Best wishes

Helen

Helen Green

Girlguiding Norfolk County Archivist

ARC (Archive Resource Centre)

14 Gt Hautbois Rd, Coltishall

NR12 7JN