

The Blue *sheet*



Norfolk's guiding news

July 2021



www.girlguidingnorfolk.org.uk

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The word that immediately comes to mind...

when reading this edition of the Blue Sheet is **WOW**. Coupled with a great feeling of pride and awe that so many wonderful things have been happening right across our county during the past few months. This is despite all the lockdown restrictions that we have all had to endure.

None of these many and varied events would have happened without the energy, commitment and passion of our wonderful volunteers so it was a great pleasure to be able to thank everyone with a special badge and card during Volunteers Week (see page 2).

The theme of food runs through this edition - Gourmet cooking (page 3) sounds great and oh, those wonderful Easter bakes (page 5). Such a shame the judges could not taste any of them.

Bronze, silver and gold awards have been flying off the shelf as girls from all sections have worked so hard to achieve these (page 4). Congratulations to all of them.

There is so much more to read about - an Anglia Brooch for a special lady, lots of sleepovers, a great new challenge and sparkly badge to mark a special centenary and a roundup of the work the ARC has been undertaking during the pandemic. It makes you tired just reading that! Well done to the team.

On the right are details of our new county postal address and landline as well as who to contact in case of an emergency.

I wish you all a very happy summer hopefully catching up with family and friends and I look forward to being able to get out and about to visit more of you over the coming months if the lifting of restrictions goes as planned.

Christine Martin

County Commissioner



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Volunteers Week 2021

To mark Volunteers Week 2021 and celebrate guiding in Norfolk in 2020 this lovely card and special badge landed on doormats all around the county in June.

Volunteers took to the county Facebook page and were all in agreement that it was a lovely surprise and brightened their day. Who doesn't love a badge, especially when it's sparkly!

Thanks go to the cover girls who, at very short notice, were tasked with cutting out a specific letter to hold for a photo but had no idea what the picture was for!

Help!

1st Hellesdon Rainbows are looking for a new leadership team. The current leaders are stepping back and need new leaders to reopen the unit which has been shut since lockdown.

It's a great opportunity for a new start - there's a long list of girls waiting to join!

Contact: eliz85beth85@yahoo.co.uk



Gourmet Guiding

Outdoor cooking is a staple activity of camping with Girlguiding and always has been throughout the organisation's long history. Whether you are making a quick cheese toastie snack on a buddy burner, or have mastered the cardboard box oven to cook pizza, the variety of meals to cook is only limited by your imagination.

Old Catton and Earlham Rangers met at Patteson Lodge in June to give these traditional cooking methods a go. The girls started by preparing their chosen cooking method; collecting wood for a fire, wrapping tin foil around a cardboard oven, or learning the set-up of a buddy burner.

Once the tins were out and fires lit, the Rangers began cooking, eager to taste the finished result!

Buddy burners act as a simple stove, made with an A10 (catering size) baked bean can over the top of a flame in a smaller tin filled with corrugated paper and wax. Some of the girls were able to fry an egg and make cheese toasties on top of the buddy burners, others chose to make a pineapple upside-down cake, soon realising that the cake mixture was going to take a lot longer to cook through, but found it very rewarding when they were finally able to tuck into their desserts!

The biggest flames were used to cook an egg on a string (more practice needed!), and eggs and bacon in a paper bag, all over an open fire. Some Rangers attempted to bake cookies in a cardboard oven, where food is cooked over flames in a foil-lined

cardboard box, but the box caught fire and cremated all the food!

Lastly, some girls tried 'lockdown cooking', to make a pizza and cake in a mug. This method is by using a microwave and has been a Zoom activity for many units meeting virtually.

If you are interested in the cooking described above, then you are invited to join the ARC in September for a special Heritage Open Days (HODs) event based on food and traditional cooking. The HODs festival is 10 - 19 September 2021 and we will be in-person at the ARC one weekend and online the other. Check out the Girlguiding Norfolk website for upcoming details.

*Jasmine Downes
Earlham District Rangers*



Guides Achieve Gold

3rd Aylsham Guides are so proud of seven Guides who achieved their Guide Gold Award this term. Their commitment to guiding over the last 4 years has been outstanding and it was lovely to hear their memories and experiences. Fortunately, they were part of NORJAM 2018, a truly epic international experience sharing a week camping with Guides and Scouts from all over the world - happy memories they will always treasure.

We also took the opportunity, when we were able to meet again outdoors, to hold our annual Macmillan Cancer Support sponsored walk. It was bluebell time at Blickling so on a beautiful summer evening the girls and leaders walked 7km of beautiful blue woodlands and parkland on their meeting night and enjoyed the freedom we so looked forward to. Family and friends supported our efforts once again and we raised a staggering £1368 for this charity which has supported many of our families.



The girls have been really committed to guiding throughout the pandemic and have kept in touch one way or another. This has inspired their friends to also want to join our unit which has now grown to 48 girls! This is all thanks to our amazing 4 adult leaders and 3 young leaders, who all gained the YL qualification during lockdown. Looking forward to great adventures in the future, including summer camp!

*Di Scott,
3rd Aylsham Guides*



Brownie Gold Awards

Congratulations to Ferne and Willow Townshend of 1st Hemblington Brownies, who recently received their Brownie Gold Awards. Once they set their sights on it there was no stopping them. They worked extremely hard throughout lockdown and sent us the most amazing presentations. All their hard work paid off when they received their awards one week before moving onto Guides.

We are delighted and super proud of them both. Enjoy the rest of your guiding journey girls and well done!

*Lee Ann Barrett
1st Hemblington Brownies*



GGN Easter Baking & Craft Competition

These photos show a selection of the cakes and crafty items the talented members across Norfolk created.

Well done to everyone who took part and congratulations to the winners!



The winners... Easter Baking

Class 1 Traditional Simnel Cake
 Rhiannon W - 2nd Wymondham Brownies
 Sophie S - 2nd Thorpe Guides
 Noel H - Hellesdon Trefoil Guild

Class 2 Norfolk Fair Buttons
 Hanna M - 2nd Wymondham Brownies
 Sophie B - Guide

Class 3 Chocolate Easter nest cakes
 Baylee C - 2nd Watton RAF Brownies
 Ava S- 1st Gayton Guides
 Gemma H - leader, 3rd Oulton Guides

Easter Craft

Class 1 Decorated eggs x 3
 Isla B - 1st Bunwell Brownies
 Delilah W - 2nd Wymondham Brownies

Class 2 Easter bonnet
 Seryn F - 3rd Oulton Rainbows
 Lucy S - 1st Hunstanton Rainbows
 Bethany C - 3rd Oulton Guides
 Mary H - North West Norfolk Trefoil Guild

Class 3 Spring themed table decoration
 Lily H - 3rd Oulton Brownies
 Hannah F - Bunwell Rangers
 Janis T - Norwich Trefoil Guild

Class 4 Easter/spring themed bunting
 Baylee C - 2nd Watton RAF Brownies
 Sunshine A - 1st Bunwell Guides & Rangers
 Rosie H - Aylsham Trefoil Guild



Toftwood's Mexican Themed Sleepover

27 girls took part in 1st Toftwood Brownies Mexican themed virtual sleepover during February half term. The unit's young leader, Mittens, should have been visiting Our Cabaña in Mexico this year but due to the pandemic this wasn't possible. The leaders decided it would be a nice idea to do some Mexican activities from a challenge badge pack that Mittens and her friends had put together to help fundraise for the trip.

The virtual sleepover consisted of 3 online Zoom sessions. During the first meeting Brownies made paper cup piñatas, Mexican mirrors and played taco beetle drive. After this, they prepared sleeping areas and families cooked Mexican meals including tacos, fajitas, enchiladas, burritos and churros.

At the second meeting, Brownies decorated tin cans and planted cactus seeds, made Mexican spin drums and played Mexican bingo. Bingo is one of our units favourite games to play and whenever we have a sleepover or pack holiday, we always manage to fit one around the theme.

In the last session Brownies made Mexican God's eyes using lolly sticks and multi coloured wool and decorated skull masks. They learnt about the 'Day of the Dead' festival and how this is celebrated.

The Brownies (and parents!) certainly enjoyed themselves and were awarded with a special Mexico challenge badge - now to plan our next sleepover!

Katie Theobald, 1st Toftwood Brownies



1st Sandringham Guides Centenary

The first page of the 1st Sandringham Guides Log Book shows that the Company was started in 1920 at the request of HM Queen Mary.

The unit should have celebrated its Centenary last year, but, unfortunately, this was not possible. However lots of planning has been going on to make sure that this very special occasion does not go unmarked.

No event like this would be complete without a challenge badge and the unit held a competition to produce one. The winning design is by Isabelle Mears and as you can see, it is very special, and sparkly!

The unit enlisted the help of Helen Green and her team at the ARC, including volunteers from the UEA and 3 girls doing work experience, to produce an interesting and entertaining challenge badge syllabus which covers the ten decades of Sandringham Guides and is suitable for all ages to take part in. The syllabus makes use of photos, press cuttings, photographs and objects to offer a large variety of activities. This will be of interest to many, as it provides a great insight into the history of the Royal Family, Sandringham and Girlguiding Norfolk.

A special video, introducing the Challenge Badge and explaining how it was put together, appeared on the ARC Facebook on Saturday 12th June, the Queen's official birthday. You can view the video at <https://www.facebook.com/GGNARC/videos/626660588292383>.

*Linda Watkinson,
Assistant County Commissioner*

Mrs. Walter Jones, the first Captain writes,

The 1st. Sandringham Company (Princess Mary's Own) was started in 1920 by the wish of H.M. Queen Mary who attended the inaugural meeting in the Parish Room, West Newton. There were also present, H.R.H. The Princess Royal, The Countess of Leicester, County Commissioner, The Hon Mrs. Cavandish, County Secretary, Mrs. Edward Birbeck, Division Commissioner, Miss Jarvis, District Commissioner, and Miss Duff, County Organiser who addressed the meeting.



A plaque has been carved, by David Andrews, member of Norfolk Scouts and father-in-law to the current unit leader Carla Andrews. This will be presented to and displayed at Sandringham when restrictions allow.



The challenge badge syllabus and information about the badge will be available on the Girlguiding Norfolk website and via links from the ARC and Facebook.

Cringleford Rainbows return!

With just one remaining pre-lockdown Rainbow, several new members, new leader, unit helper and DoE helper, Cringleford Rainbows was restarted in May.

We have been getting the hang of Skills Builders, first completing Reflect Stage 1 and a selection of UMAs as well as doing what the girls want. The picture shows 'making a Rainbow' at the request of our youngest member at 5 years, 3 days old!

Over the next year we hope to grow the unit to be able to make a difference to the local community and to get out for bigger adventures and so are looking for new additions to our leadership team.

Contact Sarah on cringlefordrainbows@yahoo.co.uk if you think that could be you!



DigiGirlz!

Members of Girlguiding Norfolk got involved in a DigiGirlz event in June, a great way to see cool technology, meet other tech-curious girls and get hands-on with coding and creating apps.

Hanna, 11, from Wroxham Guides said, "DigiGirlz with Girlguiding put on an amazing coding lesson that ran for 3 hours. My favourite part was coding a Wonder Woman 1984 game. We had to design a maze and put different things in for Wonder Woman to collect. If we were finished we were able to put in baddies!

(If you want a go visit: <https://arcade.makecode.com>). I really learnt a lot about coding and thought it was really fun!"

Anglia Brooch Surprise for Pat

In March I attended a Zoom meeting for people who were nominated for a guiding award and was surprised to hear that I had been recognised and awarded the Anglia Brooch! WOW - what a surprise, I would like to take this opportunity to thank the people who nominated me.

I have been guiding for many years - beginning in 1982 - with roles including District and Division Commissioner and County Leadership Coordinator. I'm now an Occasional Unit Helper sitting in on Zoom meetings with 1st Old Catton Guides and Division Verifier, verifying Leadership Qualification books for Wensum Division.

I have enjoyed my guiding life - always proud to wear the uniform - and have had many amazing highlights along the way

My first highlight is, of course, that I have been proud to see young people in my care enjoy guiding and grow up to be amazing women and mothers. Sometimes I see their children enter into guiding - that is a strange feeling!

I was proud to open 1st Old Catton Rainbows, believed to be the first Rainbow unit in Norwich. My name at Rainbows was 'Crystal' meaning that when you have a crystal you will always see a Rainbow.

Later, 1st Old Catton Rangers were born, at one time comprising 27 girls - amazing! We had some good, fun times and no hormonal girls I am pleased to say. These young ladies were fabulous!

A stand-out highlight from 2010 was joining 100 Guides from all over the UK on a trip to Our Chalet in Switzerland. It was somewhere I had always wanted to visit so to go there in Girlguiding's Centenary year was very special.

More recently I took on the role of County Leadership Coordinator, recording the training that

Girlguiding offers to Leaders in Training and verifying their Leadership Qualification books.

I could see that there was a need to update a system running alongside the computer - my baby was born! I created a system fitting to what was required of the post which was adopted not only by Girlguiding Norfolk but other counties as well.

Finally I would like to take this opportunity to thank everybody who has assisted me in running all the units I was involved in throughout my time in guiding. Without our wonderful volunteers Girlguiding would find it difficult to exist.

*Patricia Threadgold,
Catton District*



In 2018 Norwich City Council organised GoGo Hares leveret sculpture trail.

1st Old Catton Rainbow unit raised sufficient money to purchase a hare, painting it and naming it Crystal - a lovely surprise.



In 2004 I visited Lilongwe, Malawi.

The trip included a visit to two orphanages where Girlguiding had never reached. Before travelling I made a request on BBC Radio Norfolk for donation of Girlguiding uniform. On hearing this a gentleman asked 'what's happening with the boys of the orphanages?' - he then donated 11 football strips. WOW!

This created a bit of an ordeal to get the uniforms and football kits across to Malawi but we did succeed and I was privileged to go to the orphanages and donate the uniforms and kit. The children were over the moon at receiving these gifts.

We left the teachers direction on activities and the last we heard from the orphanages they are still successfully providing Girlguiding activities.

20th Birthday Sleepover for Acle Rainbows

In June 1st Acle Rainbows held a sleepover to mark the unit's 20th birthday.

Due to the pandemic, we couldn't get together as we would have liked but instead managed five 1-hour meetings either outside in the glorious sunshine at the local park or virtually on Zoom. During these sessions we completed 20 challenges and earned the ARC's fantastic, sparkly Time Traveller Badge.

We started our activities at 4pm making a night-light, clay keyring and building Lego Rainbows. At 6pm, as well as making a suncatcher and a rabbit finger puppet, we looked at the past, present and future of the unit and wrote a letter to the future girls, to be opened in 2041.

It wouldn't have been a celebration without balloons and cake, so the founder leader, Margaret, who is still a very active member of the unit managed to blow the candles out on our cake (with the power of Zoom) before we ate a very yummy pre-delivered slice!

At 8pm, we had quiet time with quizzes and stories.

Bright and early at 8am, we Zoomed in PJs to eat a rainbow coloured breakfast before a final hour of crafts, sewing a rainbow lavender bag and making a pencil holder from recycled materials.

Rainbows were all presented with a badge and treat bag of Rainbow Drops. It wasn't quite like the real thing, but a close alternative and enjoyed by all.

Sharon Rowsell, 1st Acle Rainbows



Big Thank You Certificates

Have you or do you know someone connected to guiding who has gone that 'extra mile' during this difficult period? This Anglia Region certificate is for people who have gone above and beyond the Zoom meetings/handouts to their units, really supported people and made a real difference.

Please send nominations to: awards@girlguidingnorfolk.org.uk



Singing Circle

The Foxlease annual singing circle event moved online this year enabling people from around the globe to join in. Participants from Canada, Australia, USA and France enjoyed Zoom sessions from Friday to Sunday and a campfire on the Saturday evening provided a chance to toast marshmallows.

Ann Ottaway, ARC Volunteer



Flexible Guiding

4th Norwich Rainbows celebrated the Queen's 95th birthday with a party in the park. The girls made tiaras, bunting and decorated a cupcake. Unfortunately, 3 Rainbow friends were isolating due to a school bubble breakdown so we quickly put an activity pack together and their parents organised a Zoom session - they were thrilled especially as they didn't miss out on the sparkly badge!

*Claire Everson,
4th Norwich Rainbows*



News from the ARC

What a busy time the ARC has had throughout Lockdown 3! Regular Monday volunteers, UEA volunteers, ARC Angels and Interns have all carried on with smiles and stamina as the past six months have evolved.

So, what have we been up to...

The new year welcomed our blooming **amaryllis** - you wouldn't believe how competitive growing a plant can be!

Facebook Live launched the **Time Traveller** badge and **Sandringham Centenary Challenge** badge.

ARC volunteers **hiked** virtually (though they did the actual walking) to Our Chalet via Pax Lodge, Foxlease, Brownsea Island, Paris, Munich, Switzerland and Sangam in India. And on the not-so-exciting side all our policies were reviewed during Monday meetings. We have also received extensive training from the **Community Archives: Skills, Support and Sustainability project**, as well as equipment for digitising some of our collection. You can also access the toolkit to learn to preserve your own collections.

Approximately **sixty virtual sessions** and trainings have been delivered by the ARC team to units and Trefoil Guilds all over the country, many based on UMAs, guiding history and the Tenderfoot Test.

GGN Aspires! A fascinating weekend - a great opportunity to listen to stories of inspiring women's careers. Still available to watch on the Norfolk County public Facebook page.

Unveiling of the latest Patteson Lodge **mosaic**. Artist Joy Holden, held a virtual coffee morning and told the stories behind the 11 mosaics. If you are staying on site, complete the mosaic trail and fill in an evaluation form - there is a badge!

The ARC welcomed three **UEA interns** sponsored by Santander to help with making the collection accessible. They have loved the opportunity and we have loved watching them fill 100s of boxes with our treasures! There is more to be done - Can you help? We'd love to hear from you!

Jasmine has represented Girlguiding Norfolk as part of the Wave project linked to **Heritage Open Days** to deliver an event attracting 18-25 year olds to the virtual and live events in September (weekends of 11-12 and 18-19). Sophie, working on her Queen's Guide Award Element 4, has led the **Share My Story Project** where members were trained in interviewing and then had the opportunity to do this in real life - including stories of mixing with royalty! Watch out for another opportunity to do this in the autumn... and there is a badge available for doing that too!

Now we are back we are delighted to be able to put our purple **bird-feeder**, in memory of our dear Debbie, out to feed... (see page 11)

So although we have only recently been able to enter the ARC again, we have made the most of this period to create other ways of offering our activities to you all! Do let us know what we can do for you!

Helen Green, County Archivist
archivist@girlguidingnorfolk.org.uk



Remembering Debbie

Recently I met with a group of guiding leaders at Salhouse village hall to place a commemorative bird bath in the garden. This was by way of remembering our good friend, Debbie O'Brien, a lovely woman, so kind and thoughtful and a true friend, who passed away last year.

Debbie joined Girlguiding to help out when her daughter became a Brownie but she soon realised what fun the adults have too and became a leader (Snowy Owl) with the 1st Salhouse Brownies.

Debbie loved numbers and for all of her 20 years in guiding she looked after the accounts for just about everyone in our District in one way or another. Although counting a mountain of 2p pieces each Thinking Day was not her favourite task!

Debbie moved over to be a leader with 2nd Salhouse Brownies and we all had great fun with



the girls at weekly meetings, outings, sleepovers and pack holidays. It was her mission to remember all of the Brownies names, something she just never could quite manage. Pack holidays with over 40 Brownies was a true test of her memory and the girls used to love attempting to trip her up, especially those girls that looked similar, blonde hair, pony tails, etc. "No Snowy Owl, I'm Alice, not Claire" and so on. Debbie also had a great time volunteering for NORJAM, being part of the hospitality crew and meeting people from around the world.

For all of her hard work and volunteering efforts, I was pleased to be able to present Debbie with a special Girlguiding Norfolk County Commissioner Commendation in March 2020. She was thrilled to receive this just before our first enforced 'stay at home' regime.

In 2017 Debbie joined the ARC team as a 'purple lady' where her administrative skills proved to be a great asset. Again, due to her love of birds, we have placed a commemorative bird feeding table at the ARC with a plaque that reads 'Our Friend Debbie, Always Smiling'. That, I believe, sums up Debbie beautifully.

Ann Shorten, ARC Volunteer

Non-Dunton Weekend

The Dunton Weekend, organised by North West Norfolk Division team, has been running annually for 12 years and as well as a training weekend is a great opportunity to catch up with other leaders. In January 2020 I got to experience my first Dunton Weekend and as a new leader I gained a lot from our weekend away.

As with all things recently, the weekend away was cancelled but, in true Girlguiding spirit, our wonderful team planned a virtual Non-Dunton Weekend instead. We knew things wouldn't be quite the same - we were all going to miss Alirae's cooking and the snow that always seemed to hit that weekend - but we were still going to be together and have the opportunity to learn and laugh.

The weekend started with a quiz. It was delightful to see all the familiar faces appear on screen -

faces I had not seen for a whole year! The quiz was full of laughter and puzzled looks as we attempted to answer questions from our quiz host Susanne. I must admit I did not do

as well as most with my dismal score of 12 out of 42 but I laughed more than I have done in months.

Saturday morning started with a training session by Catherine on risk assessments. Something that is vitally important to us all. In the afternoon Helen held a Puppet Making workshop. We made some very interesting creations and I can't wait to take my new found skill back to my Rainbow unit.

We finished our weekend with cake and a catch up whilst



planning for the upcoming Thinking Day.

We may not have all been together but it was a lovely weekend. We reconnected and renewed our support with fellow leaders. It was one of those times that really showed it does not matter the length of time apart or distance between our units, we are all there to help and support each other on our guiding journeys.

*Carol Smith,
1st Hunstanton Rainbows*

Grandma was a Brownie too!

Verity, of 38th Norwich Rainbows, decided to learn more about her Grandma's time in guiding and how she came to earn so many badges. Helen Green, county archivist, had recently inspired the unit with the history of guiding as part of the Time Traveller badge. Verity had seen her Grandma's badges, which were sewn onto her nurse's cape in 1975, and started chatting with Grandma about her memories.

She found out that Grandma was a Brownie sixer in the 1960s, before completing a big project about New Zealand to earn her Commonwealth Award as a Guide. She went on to earn her Queen's Guide badge, before helping run a Brownie pack as a Ranger Guide. Grandma was nicknamed 'Dizzy', and this can be seen written onto the inside of her Guide belt, alongside ruler lines she added to help her stay prepared. The belt is complete with a whistle, lanyard, and sheath knife.

Verity also learnt that Grandma went on lots of camp weekends where she met other Guides and Scouts and swapped badges with them. She had to do a paper round at 5am before cycling back again for camp breakfast, something that Verity is glad she doesn't have to do! Grandma said that these camps and the campfires were some of the happiest times of her life.

So, Verity has discovered the stories behind the beautiful badge cape, which also is home to her Mummy's Brownie badges. With all this knowledge of the past, Verity plans to go on to earn even more badges than her Mummy and Grandma, and even has her own space on the cape to sew them on to!

At the end of her research, Verity presented her findings and photos to the Rainbow unit over Zoom, who all listened with fascination.

*Jasmine Downes,
38th Norwich Rainbows*



Hair Donation!

Amilly from 2nd Thorpe Guides completed her first Guide interest badge, 'Aspirations' by raising over £1,700 for Little Princess Trust and donating a massive 41cm of hair. She worked very hard on this, sending her leader a lovely PowerPoint presentation. Well done Amilly!

*Olivia O'Connell,
2nd Thorpe Guides*



Madison Supports Guinea Pigs

3rd Oulton Brownie, Madison, recently decided to complete the Charity interest badge choosing to support The East Anglian Guinea Pig Rescue Centre. She raised £211 and has been invited to the centre to see the Guinea pigs and the charity's work.

Madison also used her fundraising activities towards part of the 'Buzz about Anglia' Challenge.

We're very proud of her!

*Pat Whittaker,
3rd Oulton Brownies*

