

The Trefoil

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 **Trefoil Guild**

Explore your world



Meet Clodagh Dunlop,
the speaker at our
Annual Meeting 2025



Discover the wellbeing
challenge that's proving
to be a real WOW!



Be inspired by all the
fun activities enjoyed by
Rovings Trefoil Guild



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The official journal of the Trefoil Guild

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June 2025 edition copy date: 7 March 2025



Hello everyone

Those who know me well know how much I enjoy the international aspects of our wonderful Girlguiding and Trefoil Guild family. While I love to travel myself, I also enjoy virtual travel too, vicariously 'travelling' alongside friends as they share their experiences on social media. Last year, I 'travelled' alongside our TOPAZ group, as they worked and played alongside our local Guiding friends. You can find highlights of their trip, and others, on the international pages of this issue.

Our national programme adviser



works to put on great events for us all. We said goodbye to Sheila Leete in our December issue, and now it's time for you to meet our new adviser, Caroline Harries, from Wales. Caroline introduces herself on page 4 of this issue and I know she is looking forward to meeting you all at national events.

Our Annual Meeting in Belfast is now only 3 months away and there's still time to join in if you've not booked yet. You can find more details on the website. The atmosphere of fun and friendship is the standout feature of the day, but there's a serious aspect too. This is your opportunity to talk with our trustees and let them know how you feel about the Trefoil Guild, ask any questions you have, and share your great ideas for the future.

As the nights begin to pull out, enjoy planning your summer activities – a great chance to bring in some new members with some fun events!

Enjoy the spring, and I hope to see many of you in June.

Della Salway
National president



Fresh start

A warm welcome to **Caroline Harries**, the newly appointed national programme and development adviser



I have been actively involved in Girlguiding for over 40 years, and I still regard this as a privilege. My Girlguiding experiences have helped to focus my character and encouraged team spirit within my life, so now, my volunteering has expanded to include Trefoil – a new exciting opportunity!

I joined Girlguiding as a Brownie, progressing through the system holding various positions regionally and locally, I hold my Queen's Guide and Duke of Edinburgh awards, and I'm working on my Voyage awards and encouraging others to participate in STARS and Motivate. I have volunteered at board level for Girlguiding Cymru and more recently with Trefoil Guild Cymru as their programme and development adviser.

I have a willingness to learn, and a genuine commitment to Trefoil values. I aim to encourage and

motivate people, and to seek new opportunities to contribute meaningfully to board discussions and its decision-making processes. My professional journey has equipped me with the skills to lead effectively and efficiently. I have led projects and teams, driven strategic initiatives and my experience has taught me the importance of collaboration, integrity, and vision.

I aim to try to inspire and encourage members to discover their potential, enjoy participating in learning new skills, and trying different activities they may not have done before, all while ensuring we all have fun along the way.

So, I am now embarking on a journey with you to discover what amazing opportunities our members can have, supporting each other and helping people choose what's right for them in the world of the Trefoil Guild.



Team work

Meet the dedicated people who keep the wheels in motion to ensure the smooth running of Trefoil Guild

The Trefoil Guild office is based at Girlguiding HQ in central London. Alongside all the wonderful Trefoil volunteers is a team working behind the scenes. The team includes Marie, Courtney, Lydia and Mel.

Marie

I have worked for the Trefoil Guild for more than 8 years, covering finance, subscriptions, events and HR as office manager, while supporting the board of trustees and national chair. Away from the office, I am a Rainbow leader and am working on my Voyage award.

Courtney

Hi, I'm Courtney. Working with the national chair and trustees, I lead on Trefoil's communications, including the website, social media, magazine and branding. I also support subscriptions and member enquiries. Outside of work, I play rugby and love the Victoria and Albert Museum. Art,

history, and creativity inspire me, and I'm excited to connect with you!

Lydia

I have been with the Trefoil Guild for just over a year, and have enjoyed working on the magazine, reading through submissions and bringing it together. I do freelance graphic design and photography, play netball, and love walking my dogs Scout, Kimmy and Daisy.

Mel

I have recently joined the team as an administrator and will be the contact for any member queries about the Trefoil Guild. Outside of work I am an artist and illustrator specialising in portraiture. I also have a campervan, so when I have any spare time I like to head to as many Scottish islands as I can.

You can contact us on 020 7834 6242 Extn: 3010 between 10am and 4pm Monday to Friday, or by emailing us at TrefoilGuild@girlguiding.org.uk





Noticeboard

Bulletins and information for all our members

Venue checklist and health form

There are 2 new forms available on the Trefoil Guild website for members to use if they wish and which can be used flexibly to suit local needs. Both forms can be found in the events, trips and meetings section under the info and resources tab via trefoilguild.co.uk

The 1st is a venue checklist, and this can be used if you are looking for a new meeting venue or event venue and gives suggestions of what to

look for when visiting a venue. The checklist could also be used on an annual basis. A separate risk assessment should still be carried out for your meetings and any other events you organise.

The 2nd is a health form, which asks for more detailed information than the current emergency card and is aimed at residential events, whether in the UK or abroad. Members can keep their own health form or it can be held centrally by the first aider.

Safer guiding

Girlguiding have introduced 'safer guiding training', which replaces the safe space training. This training can only be accessed through the Girlguiding learning platform and is only for Girlguiding volunteers registered on GO. Any Trefoil member visiting or helping Girlguiding should speak to the unit leader for guidance.

Membership helpline

If you want to know your membership number, or need to update your telephone number, postal or email address, then simply call the membership helpline number: 0151 668 0493.

Submissions to The Trefoil and website

We welcome all submitted items using the appropriate pro forma, which can be downloaded from the website. Please state whether you're happy for items to be considered for the website if there is too little space in **The Trefoil**. Submissions date for the June 2025 issue is 7 March 2025.





A new chapter

The outlook for the future of activity centre Foxlease is looking very promising, says chief guide **Tracy Foster**

As many of you may know, Foxlease, one of Girlguiding's activity centres, closed its doors in December 2023. But that wasn't the end of Foxlease, as it entered a new chapter in November 2024 – under the ownership and management of Foxie's Future, a charity committed to preserving Foxlease's legacy.

It has exciting plans to keep the centre thriving as a campsite, activity centre and community resource for Girlguiding members and the wider public. More information can be found on Foxie's Future's website, where further announcements will be made about the future of the site, bookings and how to support Foxlease.

This was quoted in our recent update to all our members and I wanted all Trefoil Guild members to have this too.

Denise Wilson, Girlguiding's chair of the board of trustees, and myself, as chief guide and a trustee, said: 'On behalf of the trustees, we wanted to express how delighted we are that Foxie's Future are the new owners of Foxlease. We look forward to working together so that Girlguiding members can continue to experience adventure at Foxlease in the future.'

Girlguiding is glad to confirm that the money from the sale of the activity centres will go into a special future fund for the benefit of all our members. It will be used for adventure, including grants, for the future of guiding including our digital infrastructure, and for Girlguiding activities such as preserving our precious memories and artefacts in our archive.



Your snapshots

We take a look at what Trefoil members have been up to



Making a splash

Burwell Trefoil Guild's annual weekend away was spent at the 1912 Centre, a converted fire station, in Harwich. Being at the seaside, Friday night's meal just had to be fish and chips. Saturday dawned bright and breezy but a walk along the promenade to Dovercourt soon warmed us up. We had discovered that Harwich was celebrating International Pirate Day – so suitably attired, we had to join in.

Linda Larnner, Burwell Trefoil Guild

Monopoly Run

Our team of 7 from River Ash Trefoil Guild entered the Scouting and Girlguiding Monopoly Run Live, London. We were delighted to meet another Trefoil team from Nottingham, who were also taking up the challenge for the first time. We were excited to find that we had finished 2nd in our group with a balance of £2,980.

**Margaret Bennet,
River Ash Trefoil Guild**





Anyone for tea?

Sue and her 2 daughters volunteered to oversee the refreshments at the Trefoil event to celebrate Kent Weald county's 50th birthday. They filled and served several pots of teas during the celebration, always with a smile on their faces.

**Janette Willetts,
Allington Trefoil Guild**

Anchors aweigh!

Allington Trefoil members visited Ramsgate for a guided tour of the harbour and surrounding area led by South Thanet Trefoil members, as part of the Motivate challenge – water.

**Janette Willetts,
Allington
Trefoil Guild**





Party time

On becoming county chair, I found among some old files a certificate saying that North East Lancashire County Trefoil Guild (as we were then known) had been registered at Headquarters on 18 February 1949. A quick bit of maths told me that 2024 would mark 75 years since then – a good excuse for a celebration! So it all culminated on 6 October when 80 members from the county gathered at a local country hotel to celebrate.

Judith Diggins, Pendle Trefoil Guild

Flower power

Members of London Walkers and Talkers created Christmas wreaths under the expert tuition of Rosemary, the chief flower arranger at St Mary Magdalene Church, Wandsworth Common, as part of the Christmas tree festival. Proceeds went to The Awareness Foundation.

**Barbara Littlechild,
London Walkers and Talkers
Trefoil Guild**





Branching out

Members of Kidderminster Trefoil Guild, Guiders and friends were assigned a tree in Comer Woods, a National Trust wood near Kidderminster. Members made a variety of items to put on the tree, making the red and gold glow.

Gill Johnson,
Kidderminster Trefoil Guild

On the trail

The Saints' Way Trail is an ancient pilgrimage that covers approximately 30 miles (48km) from Padstow to the port of Fowey. 5 members of Liskeard and District Guild started the trail last March completing 6-mile sections when they could all get together. They stamped passports in churches en route finally finishing in November.

Lynne Gouldsmith,
Liskeard and District Trefoil Guild



Hot topic

A Fire Safety talk from Red Watch, our local fire and rescue station officers, was given to members of Kerrier Trefoil Guild, complete with a fire engine! They talked about the importance of fire prevention, making sure everyone realises the vital role played by smoke alarms.

Ruth Beretta, Kerrier Trefoil Guild



Walk this way

Members of the Scottish Ramblers Trefoil Guild enjoyed a weekend hiking on the Isle of Bute. 9 members walked from Rothesay to Loch Fad, had lunch and returned to Rothesay. The next day, we took the bus to Ettrick Bay, had a pre-walk coffee and snack at the cafe there and then walked along the tram line and also part of the West Island Way. Each evening, all the members staying on the Isle of Bute would gather for dinner and conversation.

Patrice Graham, Ayr and District Trefoil Guild



Trefoil afloat

Members from various Welsh guilds came together at Trevor on the Llangollen canal and spent a week travelling down the canal and back going over the Pontcysyllte Aqueduct and through the Chirk tunnel. We travelled along the canal to the top of Hurleston locks, where we turned and made our way back.

**Wendy Moore,
Llandudno and District Trefoil Guild**



Back in time

Some members of Unity Trefoil Guild, Northampton, taken at Lorne on a Midlands Trefoil Trip in September. What is special about this is Angela making her promise into the guild – she was the pack leader when I was a Brownie and Brown Owl, Delia is behind her! We all had a fabulous time at Lorne with other guilds from around the Midlands.

**Helen Hayward,
Unity Trefoil Guild**



Back in time

Liskeard and District Trefoil Guild did the 2 bridges tour at Saltash, featuring an exhibition exploring the history of the Tamar Bridge and Royal Albert Bridge. They also visited Elliot's Shop in Saltash. This has a perfectly preserved local grocers shop packed with iconic branded household items from the 60s and 70s – a unique time capsule.

Lynne Gouldsmith, Liskeard and District Trefoil Guild



Mexican festival

St Austell Trefoil celebrated the Day of The Dead festival on 31 October. This 3-day Mexican holiday is a special time when family members from the afterlife reunite with loved ones in the living world. An Ofrenda, or altar, is the central part of the celebrations where photos of loved ones are displayed. Trefoil members made decorated skulls called Calacas to celebrate this festival.

**Lynne Gouldsmith,
St Austell Trefoil Guild**



Support with gifts

Inspired by the work carried out at support charity Carecent that we heard about during a talk given at North East England region Trefoil Guild advent service, Priory Trefoil Guild decided to support them at Christmas. We visited with home-made gift bags, which members had decorated and filled with biscuits and chocolates. All people who were enjoying their breakfast were receptive to our banter and were able to laugh with us, despite their own problems.

Chris Bulmer, Priory Trefoil Guild



Safe to drink

9 members were involved in the presentation of a cheque for our charity Aqua Box at their Headquarters at Matlock in September. We went to Derbyshire to present the cheque for what we had raised. We were taken around the factory to see how the appliance was made. It was very interesting.

**Eileen Carter,
Heathrow Trefoil Guild**



In the swim

A few Trefoil Guild ladies braved the polar bear swim in Gibraltar. Bharti, Jeanette, Nora and Moira participated in the swim this year.

**Moira Dalmedo ,
Gibraltar Trefoil Guild**

If you'd like to see images of your own guild's activities on the pages of **The Trefoil**, please email your photographs to trefoilguild@girlguiding.org.uk for consideration.





From a mutual love of exploring the canals of the UK, the Narrowboat Trefoil Guild was born, explains **Dianne Davies**

The Narrowboat Trefoil Guild originated out of the old Guiding UK unofficial Yahoo group. From there a small group of Guiders, who knew each other only through the internet, got together to hire the narrowboat 'Spirit of Guiding' and set off together.

Since that beginning, a few years later 4 of those Guiders joined forces to buy shares in the privately owned narrowboat 'Sylph', and in 2011 the Narrowboat Trefoil Guild was born.

Over the ensuing years, the Narrowboat Trefoil Guild expanded to 15 members, from all over the UK,

united by their love of both Trefoil Guild and narrowboating. The 4 original shareholders changed boat ownership and continued to explore the canals as well as encouraging leaders to take girls narrowboating, too. Despite living in different parts of the UK, members have kept contact online in between trips and continued to meet in person 3 or 4 times a year.

Due to changing circumstances, in 2019, shares in the narrowboat 'Champion' were sold, but there were plans to continue boating by hiring Guiding, Scouting and community



narrowboats instead. A trip to The Falkirk Wheel and adjoining canals in Scotland was planned for April 2020. Alas, that trip coincided with the first lockdowns of the pandemic and had to be postponed. Rescheduled for October 2021, the trip eventually did take place, but with a much-depleted crew due to illness and accidents. It was enjoyed by those who did manage to get there.

The Narrowboat Trefoil Guild continues to plan to meet but the declining health and mobility of some older members means that the joint narrowboating days are over, although one member and her husband are fortunate to now own their own narrowboat.

Undaunted, in October 2023 the

group rented a remote but large cottage in the Peak District instead. Everyone had a wonderful time together, enjoying the countryside and more importantly, each other's company, although 2 of the original crew were missing because one was in hospital, and another had just contracted Covid.

Hopefully, this year they will all be reunited at the same self-catering cottage for a week in October. Just like narrowboating, just not afloat.



The heritage of North Wales

Guilds here enjoy fabulous landscapes in which to have adventures, says **Wendy Moore** of Trefoil Guild Caernarfonshire

Trefoil Guild Caernarfonshire is within the Wales region, situated in North Wales between the Eryri (Snowdonia) National Park and the Irish Sea. There are 3 guilds: Arfon, which, when not out and about, meets at Felin Bach, Girlguiding residential hostel close to Llanberis; Llandudno, which meets in Llandudno, 'the queen of Welsh resorts'; and Gogarth, whose members have various disabilities and all manage fantastic achievements.

During the year, the 3 guilds manage to get together at least twice and the guild in Anglesey often joins in as well. The first get-together is usually around Thinking Day, a good opportunity to celebrate the Guiding movement. Later in the year, the Gogarth Trefoil Guild invites Arfon and Llandudno to an awards evening where several Gogarth members are presented with their

Voyage awards and there is a presentation of their achievements.

Arfon Guild likes to make the most of its location during the summer – having a picnic on the shores of the Menai Straits, usually a delicious spread with a wonderful view over to Anglesey and down the Llyn Peninsula. Llandudno

Trefoil Guild is also keen to enjoy its location and has a picnic on West Shore, Llandudno, looking across to a different part of Anglesey with Puffin Island on the horizon.

We have also visited the RSPB at Llandudno

Junction, in a wonderful spot overlooking the Conwy

Estuary and across to Conwy Castle. Apart from looking at the wildlife, there is also the opportunity to go pond dipping. On a pleasant summer's day, a trip up the Llandudno Great Orme has been enjoyed by Llandudno Guild, again





with fantastic views over to Anglesey and the Isle of Man.

Trefoil members have visited Ynys Enlli (Bardsey Island) – the 'Island of 20,000 saints' – where all modern gadgets can be forgotten and where shearwaters fly in overnight and seals bask on its shores. It is separated from the mainland by Y Swnt, a treacherous stretch of water where the currents and bad weather can prevent Colin the boatman from taking his small ferryboat over, meaning that visitors can sometimes be stranded for days!

Caernarfonshire's position between mountains and sea means that the emergency services are very important. Arfon Trefoil Guild had a great opportunity to visit the Air Ambulance at Caernarfon airport and



have seen the fantastic equipment and the wonderful up-to-date helicopter, which often has to go into the mountains to rescue an unfortunate climber. Llandudno Trefoil Guild were lucky enough to visit the town's new lifeboat station. As the area around Anglesey and North Wales is popular with amateur sailors, the lifeboat is regularly called out.



Making connections in TOPAZ Lesotho

A group of 5 Trefoil Guild members journeyed to this southern African country to forge new friendships

Our whole Lesotho 2024 experience was both a challenge and a privilege; a reminder of how wonderful it is to be part of Girlguiding and Trefoil Guild worldwide. The team camaraderie was amazing, and our skills complemented one another. We knew we had to expect the unexpected, and this mantra served us well.

Our only 'hiccup' was missing the flight into Lesotho because our plane was delayed into Johannesburg. The next available flight was two days later, so we took the opportunity to relax and go on a game drive to see rhinos, lions and zebra. Thankfully, the Chief Commissioner, Mabohlale Lebeko-Emile, who accompanied us throughout, shuffled the programme so we didn't miss anything!

After a warm welcome, our first visit was to the British High Commission.



We had a great first meeting with the British High Commissioner, Harry MacDonald, who was interested in our work with the Lesotho Girl Guides Association (LGGA), offering to help with next year's LGGA centenary celebrations.

Last year was the bicentenary of the founding of the nation. We learned about this at Morija Museum and Archives, where Dot was able to share her experiences as an archivist. This history was brought to life when we climbed to the original settlement on the plateau at Thaba Bosiu. We saw the remains of the settlement, and the graves of all the Kings of Lesotho, and had spectacular views over across the country. We visited Mohale Dam, and learnt how important water is to Lesotho, as it sells it to South Africa!

Our main objective was visiting schools to work with Guides and



Brownies, but everywhere we went, everyone wanted to join in. Group sizes varied from 30 to 200, so we soon learnt to take far more craft items than we thought we would need. Our parachutes also came in very handy, as did impromptu songs and games. We also heard wonderful singing used to welcome us, to entertain us, and to sing the Promise. A highlight for Wendy was visiting Qhomane Primary School, which twinned with her primary school almost 50 years ago.

We ran a young leader training day on leadership and outdoor skills, and their joy in taking part and getting a certificate was infectious. We followed up the work of last year's TOPAZ group with a training to develop Trefoil Guild. Those attending made their promise and went away ready to set up guilds locally!

The High Commissioner joined us on a school visit, and when we met the Queen, Her Majesty Queen 'Masenate Mohato Seeiso, who is



the patron of Lesotho GGA. We told the Queen about our visit, she tried our crafts, and we renewed our Promise together. We heard about her support for a charity, Hlokomela Banana (Dignity for Girls), which we hope to be able to support further.

Guiding is crucial in Lesotho, empowering girls to reach their potential. We were honoured to have done a little to help promote Guiding and Trefoil in this wonderful country.

*Co-written by the Lesotho team:
Wendy Fisher, Caroline Steer, Dawn Thomas, Dot Salmon and Jane Barber*



Meeting of minds in Australia

A delayed trip to a Trefoil Gathering proved to be well worth the wait for two intrepid members, reveals **Barbara Scott**

My county chair challenged me: 'Why don't you go on a TRIO weekend?' So, several weeks later in late 2019, I found myself at Abney Scout and Guide Centre in Cheshire at a selection weekend for 2 events: a TOPAZ project in Lesotho and representatives for the 24th Australian Trefoil Guild Gathering in Perth, both in 2020. It was a fun weekend of getting to know people, trying to teach crafts to each other, and cooking and eating together.

A couple of months later, Sue Bowles, a Trefoil member from Hampshire, and I received emails to let us know we'd been chosen to go to Australia in August 2020. But, as our lives were put on hold for the next year or so, as we went from one lockdown to the next, hopes of going to Australia disappeared.

Sue and I stayed in touch and met up at the Trefoil Guild annual meetings: Llandudno followed by Glasgow; and life moved on. You can probably imagine our surprise when in September 2023 we got an



email to ask if we would like to represent Trefoil Guild at the 26th Australian Trefoil Guild Gathering in Geelong Victoria in 2024.

Finally, I met Sue in Terminal 2 of Heathrow Airport, and we were off! Some 28 hours later we arrived in Melbourne, which we spent the next 3 days exploring. Our expeditions included a trip out to French and Phillip Islands to see the local wildlife, which included koalas, an echidna (pictured opposite), black swans and purple swamphens. Most enchanting was the Penguin Parade.



On the Friday we donned our red polo shirts and took a train from Melbourne Southern Cross station to Geelong to join the 26th Australian Trefoil Guild Gathering. We weren't the only foreign representatives, as we were joined by Marj Bailey of British Colombia, Canada, who also gave a short presentation.

The next day, Saturday, was the start of the official business of the Gathering. The meeting was opened by the Chief Commissioner Girl Guides Australia, Dr Helen Reid, and we were welcomed to Geelong by the Mayor, Councillor Trent Sullivan with the words: 'The cafés are prepared, and the wineries have been warned!'

Sunday was a day for everyone to explore the locality, and Sue and I travelled via a chocolatier to the Memorial Arch at Eastern View on the Great Ocean Road.

When Monday rolled around Sue and I packed our bags and took a train back to Melbourne, where our new adventures were to begin. We were proud to have kept the Guide Law that



a Guide is a good friend and a sister to all Guides.

Thank you to the Trefoil Guild for giving us the opportunity, thank you to Jean Lawrowitsch for prompting me to apply, and thank you to Sue for being a good companion and for putting up with my snoring!

So, why don't you apply to go on a TRIO weekend and see where it takes you!



Seasonal recipes

Elaine Diack, chair of Trefoil Guild Midlands, has come up with some indulgent recipes, just in time for Easter

Chocolate and marshmallow fudge

Ingredients

4oz plain chocolate
2oz butter
2 tbsp double cream
4oz marshmallows
4oz icing sugar
2oz chopped nuts
½ tsp vanilla essence



Metric conversion:
1oz is approx.
28g

Method

- Mix the chocolate, butter and cream in a bowl over simmering water
- Add the marshmallows and stir until melted (I finished it off in the microwave so that the marshmallows melted more quickly)
- Stir in icing sugar and add vanilla essence
- Remove from heat and stir in nuts
- Pour into a 7in (18cm) square tin and decorate with halved walnuts
- Leave in a cool place to set and then cut into squares

Easter bonnet biscuits

Ingredients

3oz butter
8oz plain flour, sifted
3oz caster sugar
1 egg, lightly beaten
4oz marshmallows
(cut in half if tall)
Icing sugar
Edible decorations



Method

- Heat oven to 180°C/50°F/gas mark 4
- Rub butter into flour until it resembles fine breadcrumbs
- Stir in sugar then add egg and mix well to a firm dough
- Roll to 1/8in (3mm) thick, cut into circles
- Place on a greased baking tray
- Bake for about 18–20 minutes or until lightly brown
- Remove from trays to a cooling rack
- When cold, mix up some icing sugar and water
- Cover biscuit with icing and secure the marshmallow in the centre
- Decorate with edible decorations

Did you try making these treats? Don't forget to send us pictures of your creations! What recipes would you like to see in future editions?

Book club

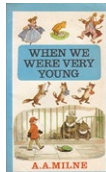
Jean Lawrowitsch, chair of Trefoil Guild North West England, shares her favourite books with us

I am a member of Stockport Trefoil book club. We always try to choose a book that is available from the library in paperback, audio and electronic forms, so it's accessible to all. Currently, we are reading *The Figurine* by Victoria Hislop. It's a story of thefts from archaeological sites in Greece, set against a backdrop of the family life of Helena, the main character.



My favourite childhood book

When We Were Very Young
by A.A. Milne



My Mum read this book to me as a child and I passed my love of it on to my own children. I enjoyed reading about changing the guards at Buckingham Palace, the King's breakfast and bears who would eat you if you trod on lines on the street!

Classic novel

Stoner by
John Williams



To quote *The Times*, 'The greatest classic novel that you've never read'. It tells the story of William Stoner, a professor at the university of Missouri in the early 20th century. It is beautifully written, very descriptive and tells of his life, love, loss and regrets.

What I'm reading now

Bamburgh by LJ Ross



I am also part of a Crime book club at Cheadle library, where we are encouraged to read

books by new and unfamiliar authors. Libraries are so much more than somewhere to borrow books. I love a murder mystery or thriller and read a range of books, including those from Lee Child, Kate Ellis, TM Logan and many more.



Friendship and fun

You rose to the Motivate challenge in so many ways, says **Caroline Harries**, national programme adviser

Motivate was launched in 2024. It was a personal challenge for you, but many have had fun working on this challenge together! Its friendship and fun to push your boundaries. Deciding what you would like to do, challenging things you may never have done before, new activities and working out how you could achieve them, in 3 areas of air, land and water. Many of you have buddied up with someone to help you achieve the 3 challenge areas.

For me, the purpose of all our members achieving new goals was very important, especially as part of the Trefoil Annual Meeting in Portsmouth, with trips around the Portsmouth historic dockyard and many of you grouped together to head off up the Spinnaker Tower – there is safety in numbers when you are trying to conquer a fear of heights!

Learning new skills, speaking out, just taking part in an event to support your local areas generally

and in Girlguiding. Let's see what you planned and achieved during the year:

■ Aqua box challenge – a challenge supported by Rotary International, all about how important safe drinking water is to people affected by natural disasters, extreme weather and conflicts in general.

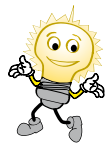
■ Bracknell Trefoil Guild got into the Christmas spirit to finish off part of Motivate. They crafted, crooned, chatted and quizzed over a cuppa and excellent homemade mince pies.

■ West Bromwich Trefoil Guild visited the Royal Air Force Museum at Cosford.

■ Malvern and Droitwich members have had a busy time enjoying a visit to the Isle of Man, fulfilling some of the clauses for their Motivate challenge, including a visit to the Laxey Wheel.

■ Portsmouth Annual Meeting activities included seeing the tower





and looking around the historic dockyard.

- Great day out for some of the Prestatyn Trefoil on the big wheel!
- Tetbury Trefoil Guild stepped inside Concorde on a visit to the Aerospace Bristol museum. It was a terrific day for the air section of Motivate.
- Neath Trefoil travelled by train to visit the BBC studios in Cardiff.
- Inspire Trefoil Guild, part of West Yorkshire West County, took part in water sports!

So many fabulous highlights for yourselves and Trefoil nationwide. I am so proud of all you have achieved in the spirit of finding friendship, giving support, getting involved and getting active.

Thank you for taking part and please continue to do so in 2025, you have made a magnificent contribution to not only your life story achievements but also to that of your local guilds and areas too. Keep an eagle eye lookout for the next opportunity.

How do I get my Motivate badge?

The Motivate badge is only available from your country and region team. Please contact them directly or via your county team to order yours. Each badge costs £1 excluding postage and packing. Central guilds should contact the national office.



Getting active

Members enjoy a real variety of activities, explains
Harriet Wibberley of Rovings Trefoil Guild

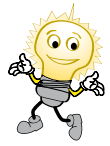


After years of enjoying Girlguiding events for Rainbows, Brownies, Guides and Rangers, a group of our local leaders agreed to start a new Trefoil Guild so that we could do some activities just for us! With the heritage of our area in Lancashire – a lot of textile mills – we were inspired to find a name that not only reflected this, but where and what our guild was to be. After a lot of consideration, we chose the name Rovings – not just because we are of no fixed meeting place and roam around our area, but also with the word roving being

linked to textile industries. A roving is a long, slightly twisted bundle of fibres that is used to make yarn or thread for textiles.

With our name set, and about 10 initial members, we set about our plans. Being of no fixed meeting place, nor tied to any 1 day or pattern of meetings gives freedom. Most of us work and all volunteer with local units, so we are rarely all able to make any single day or time.

We started with blackberry picking in Autumn 2023, a competition to see who picked the most berries and



then finding out what everyone had done with their berries – pies, dyes and cordial were amongst the products made. Over our first year we have enjoyed a variety of activities and also enjoy the added fellowship and interaction with other guilds in our area.

Our favourite activities through the year include making and glazing pottery cows and sheep, a Saturday morning on paddleboards and in kayaks (only 1 of us fell in – a real achievement and a lot of fun), and making lino cut Christmas cards. We had an evening finding out about some local history and a social action to save a key area in our community.

Our collective hopes and intentions for 2025 are high – including coming to the Belfast annual meeting in June, a cheese themed day out and a trip to the Emma Bridgewater pottery studio. Some of us are hoping to go on a European Christmas market trip, and a number of us are signed up for the Voyage award. We are open to all in our local area, and hope to continue our adventures, and through them our friendships.

As the months have passed, we have built up confidence in different members organising meetings. Ending 2024 with a meeting, we will reflect together on our best Guiding experiences to date, and our Trefoil Guild plans for 2025. Of course, if that comes with a small competition for who brings the most creative food board, then there may even be a prize!





A life less ordinary

Life rarely goes to plan, but for **Clodagh Dunlop**, the consequences of having a stroke were devastating – but that hasn't stopped her living life to the full

This year's Annual Meeting speaker is Clodagh Dunlop. As a young adult, Clodagh suffered an unexpected, devastating stroke. Prior to that she knew little about stroke, but she subsequently became an advocate for stroke survivors and is passionate about improving the services that are available.

Having a stroke brought huge challenges. Clodagh had to relearn to swallow, talk and walk. She also lost the power in her dominant right side and had to learn to do everything with her left-hand side including writing, cooking and driving. Her car was adapted so she can drive, as she'd be lost without her car.

A great achievement for Clodagh was being a summer camp counsellor for children from deprived families in inner city New York. The young people and Clodagh climbed mountains in New Jersey, cooked outside, slept under the stars and swam in lakes. It was rewarding to help young people overcome their many challenges and, at the same





time, she learnt a lot about herself through the experience.

In Clodagh's spare time she adores being outside no matter what the weather is and is a keen gardener growing her own fruit and vegetables. A favourite thing to do is to sit outside after a walk with her 3 dogs and listen to the birds.

Clodagh's family are her biggest influences. They encourage her to be the best version of herself she can be. She admires anyone who has been challenged in life in anyway and used that challenge to grow.

Her favourite comfort food is spaghetti bolognaise with cheese. She would share it with all her family and although her grandparents have sadly passed, she's pretty sure they would complain she didn't pick a Sunday roast dinner!

Although she has travelled around the world, including Australia, Southern Africa, China, Southern Asia, North America and Europe, even eating Kangaroo in Australia and

trying chicken feet when in China, for Clodagh there is no place quite like home.

She loved running pre-stroke and ran half marathons. Post-stroke, Clodagh goes to the gym everyday and dreams of being able to run 5km. She believes if you keep working hard at your dreams you can make them come true.

If Clodagh was Prime Minister for a day, the environment would be her focus. She would want to clean up our rivers, forests and plant more trees to clean our air. She got to visit 10 Downing Street and even used the bathroom there! Every time she sees the black door now on television, she smiles.

One of her best friends at school was a Girl Guide and, while Clodagh was in many clubs and societies, she was not a Girl Guide. She would hear about all the different activities her friend would do at Brownies, then Guides, and wished dearly that she could join her.

Stroke symptoms

The FAST acronym (Face, Arms, Speech, Time) can be used to recognize the 3 common signs of stroke.

- **Face:** Is their face drooping on 1 side? Do they find it hard to smile?
- **Arm:** Can they raise both arms fully and keep them there?
- **Speech:** Can they speak clearly? Is their speech slurred?
- **Time:** Time to call 999 if you see any of these signs.

For more information on stroke, visit 'symptoms of a stroke' on the NHS website.



Anglia's annual adventure

Games, cheerful walks and plenty of laughter were the hallmarks of a week at Hautbois, says **Christine Tanner**

September once again and 48 Trefoil members from the Anglia region gathered, this time at Hautbois Activity Centre, Norwich. Many knew what to expect, for others it was a first-time experience – and what an experience it turned out to be!

We got to know each other on the first evening by telling a truth and an untruth about ourselves – some surprising adventures and feats were disclosed. The first morning activities were archery and

zip wire, however, it rained! Not to be put off, our intrepid participants donned their waterproofs and had a good go. We played games in the evening, one of which was to try to end up with a present, grabbing them from someone else.

The theme of the week was Christmas and our mid-week visit was to Sandringham. We struck a spectacular site walking through the grounds in our blues and reds. Some knew what we represented,



others stopped to chat and find out – everyone was so cheerful and friendly. At noon we entered the house through the front door. Guides in each room explained how the King and Queen wanted the house to remain ‘lived in’. The Queen had even left instructions that nobody was to touch her unfinished jigsaw puzzle in the sitting room as, ‘She wanted to finish it herself on her next visit!’ We went through 4 rooms to the Ballroom, which raised a few eyebrows, with an exhibition of fashion dresses made from plants and waste products, such as nettles, butterbur and milk cartons. Some did not look too comfortable and others rather transparent! The day ended with a Christmassy quiz.

Thursday was a relaxed day, with some choosing to go to Norwich on the bus and others to explore the Norfolk coast. The kitchen staff provided us with the most delicious



Christmas meal to end our stay, crowned with a rich fruit cake. The evening entertainment was a mix of readings, poems and singing, ending with a hilarious Christmas skit based on, ‘If I were not upon the stage...’ The feedback at the end seemed to be, ‘I have never laughed so much in all my life’. In fact, for the whole week laughter could be heard echoing through the rooms.

So, here’s to next year!

Essex counties’ day

Three Essex counties’ day was held on 2 July at Chigwell Row in Essex West. There were crafts, activities and quizzes based on the World Centres, and the team event was to dress a Barbie doll in one of the country’s traditional costumes. The winning team from Essex North East dressed the doll in a Mexican style, together with a ‘wonky’ donkey. The teams then had to smash a piñata for the final outcome of the ‘cup’,



which was won by Essex North East. We had great fun and, as always, found friendship, got involved, gave support and were very active.



Wellbeing Our Way

Find out a bit more about the South West England
WOW initiative with **Hilary Crane**

Every 4 years, there is a national conference led by the national chair, with each country and region bringing a team. Last time, the aim was to work together, building links to take Trefoil forward by looking at physical, emotional and mental health, raising awareness and helping members.

Our plan was to create a series of short-term initiatives linked to the theme based on the concept of Wellbeing Our Way (WOW). It is not intended for all activities to be completed; the initiative is for dipping into or having a 'dabble' – according to the wishes of members. Each 'dabble' is participatory based. Participants could order a badge for simply taking part in the initiative, with no requirement to complete a specific number of clauses. 6 separate sections were identified. With each section lasting 3 months, WOW began in January 2023 and continued until the end of June 2024.

Each of the 6 sections provides a range of suggestions, along with some resources for activities. Here are a few examples from each section. Why not give them a try?

Keep Learning

- Take part in a World Association of Girl Guides and Girl Scouts (WAGGGS) World Centre virtual class (check the WAGGGS website for up-to-date ideas)

Take Notice

- Look for beauty in the unexpected; colours, scents, shadows – sit quietly for 15 minutes
- Visit the library; or even arrange a guided tour of all the facilities

Be Active

- Try out some of the NHS exercise programmes that can be found on the NHS Live Well website
- Add a team game or relay race to your guild meeting for 3 months, like balloon football. Can you beat your time and score each meeting?





Give

- Provide items for food banks or help to deliver them
- Give information to Guild members about the need to care for your heart

Care for the Environment

- Look at saving water, our most precious resource – invite someone from your local water board to speak
- Visit a local refuse recycling centre, or invite a speaker to speak about waste and what happens to it

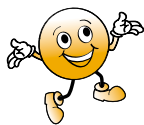
Connect and Support

- Befriend someone who lives alone by visiting, phoning, communicating. Check out the Age UK website for more information

- Contact other Guilds locally and invite them to some of your events

These are just a sample of 'dabbles', some to do as an individual and some to share as a Guild or group. Look out for the South West England display all about WOW at the Belfast Annual Meeting. Check out our 'dabbles', take a look at the badge and talk to our advisers.

STOP PRESS. Your country and regions have a small but limited supply of the cloth WOW badges for sale. When they are gone they're gone. Central guilds only contact the Trefoil office.



Easter quiz

How many questions can you get right?

- 1** What meat is traditionally eaten on Easter Sunday?
- 2** Which chocolate company produced the first ever chocolate egg in the UK?
- 3** What part of the cocoa plant is chocolate made from?
- 4** Which fruit cake with two layers of marzipan or almond paste is traditionally eaten at Easter?
- 5** How many cream eggs does Cadbury sell each year – 200 million, 250 million or 300 million?
- 6** What is an egg the symbol of in a number of faiths?
- 7** How many marzipan balls are usually on the top of a simnel cake?
- 8** Each Easter Sunday, Henry VIII ate an entire lamb. True or False?
- 9** What colour were the first Easter eggs dyed?
- 10** Which fruit is found in hot cross buns?
- 11** What year was the first ever chocolate Easter egg produced in the UK, 1873, 1883, or 1893?
- 12** Easter is celebrated on which day?
- 13** What headwear is often worn at Easter?
- 14** Which is the world's most popular chocolate egg?
- 15** What food is often served on Shrove Tuesday?
- 16** Who wrote The Tale of Peter Rabbit?
- 17** In which Disney film does Thumper appear?
- 18** What item does the White Rabbit in Alice in Wonderland always carry?
- 19** Name one of Peter Rabbit's siblings?
- 20** What was the name of Roger Rabbit's wife?

Easter quiz answers on page 38



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Easter quiz answers:

1. Roast lamb
2. J. S. Fry & Sons (Fry's)
3. Beans
4. Simnel
5. 200 million
6. New life and rebirth
7. 11 (representing 12 disciples, minus Judas)
8. False
9. Red
10. Raisins
11. 1873
12. Sunday
13. Bonnet
14. Cadbury Creme Egg
15. Pancakes
16. Beatrix Potter
17. Bambi
18. Pocket watch
19. Flopsy, Mopsy and Cotton-tail
20. Jessica

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Trefoil Guild

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