

The Trefoil

www.trefoilguild.co.uk | December 2017 | Issue No 247

A photograph of four women standing in a row, smiling, and holding small brass bells. They are wearing green shirts. In front of them is a small Christmas tree decorated with red ornaments. The background is a red curtain.

**We wish
you a merry
Christmas**



GUIDING FOR ADULTS
Trefoil Guild

In this issue

A feast of festive
food, memories,
music and a quiz!

Interview with
Bake Off star
Kate Barmby

A round-up of
some of our 75th
Birthday events

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Members celebrate
the festive season
with music. See page 4



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The Chairman writes...

Hello everyone,

I am sure many of you are busy making preparations for Christmas, but amidst the rush I would like to reflect on a visit earlier in the year to the Riding for the Disabled Association National Championships. As you know, RDA is the charity we have chosen to partner for our 75th birthday celebrations, and we are aiming to sponsor the Countryside Challenge, the finals of which take place at the Championships, for three years starting in 2019. If our total fundraising exceeds the target, the surplus will go to sponsor a room in their new building.

The Countryside Challenge starts in local RDA groups when new members learn to ride and about riding safely in the countryside. From here, riders are selected to go through the heats until they compete at the National Championships. The challenge aims are similar to those in Girlguiding; the rider has to work in a group (with a leader and possibly a guide), learn new skills and make decisions.

The first challenge on the course at the Championships earlier this year was when the rider was given a letter

and they then had to choose between two post boxes, ride to the chosen box and post the letter. Other challenges included halting at a road junction, passing through an arch, picking apples and putting them into a collecting box.

All the riders were disabled, some are blind, others unable to sit without aid and some with mental disabilities. The determination on their faces and pride on completing the challenges will stay with me for a long time. All competitors get a rosette and each day there is a winner with an overall winner at the end of the event.

Please do try to help raise money for this very beneficial event. Send money to the Trefoil Guild office and watch the website for both the amount collected and the date of next year's Championships – it's a great day out for your guild!

I wish you all a very happy Christmas and look forward with great excitement to celebrating our 75th birthday.

Pat.

Pat Downer

Ding dong merrily on high...

Christmas is coming, so ring out the bells and raise your voice in song!



Chew Valley handbell ringers like to encourage others to 'have a go'

It seems that a lot of our members ring bells to tell the good news of Christmas. Some ring handbells and hand-chimes, others ring the big beasties that swing high in bell towers up and down the land!

In the Surrey village of Ewhurst, bell ringers – including Jan Jesson of Cranleigh Trefoil Guild – ring for as many services as they can, but late night Christmas Eve is always very special to the band; there is a great sense of anticipation as they walk to the church with their torches, and as the bells ring out they hope their sound sends a message of peace and joy.

Sue Hall of Chesterfield Trefoil Guild tells us, "We ring the bells at St Peter & St Paul's Church at Old Brampton. For the crib service on Christmas Eve, the young ringers, aged ten and upwards, demonstrate their skills, then we ring for



The 'Volly' Choir stands in at Wells



The Netherurd Singing Circle raises funds

Midnight Mass and Christmas Day."

Deep in the Chew Valley, south of Bristol, a keen group of handbell ringers are especially busy in the lead up to Christmas. They play for a Nine Lessons and Carols service at St Mary's Church, Chew Magna, and when they visit the Monday Club for the elderly they encourage them to 'have a go'. Chew Valley Trefoil Guild member, Sue Curtis, who is also a Guide and Senior Section Leader, has been a ringer for many years.

In North East England, near Harrogate, the Emsley sisters, Marjorie and Judith, are kept busy leading Christmas carol hand-chime or handbell workshops, encouraging girls and adults to make music and have fun. "Leading up to Christmas, we always have a full programme of engagements – playing at residential homes and Church services as well as running workshops for Brownies, Guides, The Senior Section and Trefoil Guild members – not to mention some non-guiding groups."

South of Edinburgh, as the weather gets cold and Christmassy, Netherurd Singing Circle, Leaders and Trefoil Guild members get to work on their Christmas fundraiser. Each year, Netherurd is decorated to a different theme – Victorian, Edwardian,

Scottish, Alpine – and while the singing circle sings Christmas songs and carols on the stairs, a nearby Trefoil Guild provides volunteers to man the stalls. It all sounds lovely and warm and Christmassy.

Many Trefoil Guild members are kept busy singing in churches and cathedrals. Jane Withey is part of the Wells Cathedral Voluntary Choir, and Christmas is a very busy time for them; when the young choristers are home having a family Christmas, the 'Volly' Choir stands in.

Patricia Clarkson is Wiltshire South's Chairman, but also a committed church choir singer; she has been singing in St Nicholas Church Choir near Trowbridge, for over 20 years, and Christmas carols keep her busy too in December.

Community choirs enjoy providing Christmas concerts! Marilyn Wright of 2nd Bath Trefoil Guild tells of Bath Good Afternoon Choir. "We have sung in the Bath Music Festival and Bath Abbey and usually have a Christmas concert. I believe the act of singing improves your memory and lifts your mood. Nothing is better than belting out a song you enjoy, especially in the winter when everyone and everything feels a bit grey." And so say all of us. Enjoy your music at Christmas!



Jan sends out a message of joy in Ewhurst



The girls of Harrogate are happy to join in

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

Join in the musical fun

Come and 'Celebrate with Music' during the evening of next year's national Annual Meeting in Birmingham. Taking place in the Birmingham Symphony Hall from 7pm to 10pm, you can enjoy songs from the 40s, 50s and 60s sung by Tarantara, a mixed-voice choir comprising more than 60 enthusiastic members.

After the interval we welcome Abba's Angels, one of the UK's premier ABBA tribute bands featuring four very talented musicians. The evening will end with a party set of our favourite ABBA songs, dazzling stage lighting and glow wands for the audience to wave as they sing along!

All this for just £12.50 per ticket; all are welcome – Trefoil Guild members, guiding friends and family. The order form is on



Enjoy the music of Abba's Angels

the carrier sheet of this magazine, so don't throw it away! You do not need to have attended the Annual Meeting to join our 75th Birthday celebrations.

Gold success

Congratulations to everyone who has achieved the Gold Voyage Award. Because there are so many of you, in future names will go on www.trefoilguild.co.uk, as there isn't enough room in the magazine to print them all. You may even see your name on the website ticker tape! See page 25 for the most recent recipients of the Award.



Tarantara will be entertaining during the evening of the Annual Meeting

Goodbye Gillian...

We have to say thank you and goodbye to Gillian Spriggs, who has provided us with the Bedside Table articles for many years. You will have enjoyed tracking down the books suggested by her guests; it's a hard act to follow, but there will be a new article coming soon. Meanwhile, see Gillian's own Bedside Table choices on page 18.

...and hello Heather!

There's a new face on the Board of Trustees! Heather Hern from Cardiff is our new treasurer. Heather is a member of Penylan Trefoil Guild, and has held various roles in Girlguiding for over 30 years. She adds, "I have been involved with numbers all my working life and am looking forward to my new role as Trefoil Guild treasurer."



Heather Hern

Scarf trends

How do you wear your new scarf? We are writing an article – and getting photos for the website – so you can see members' ideas! If you find others are asking you how you tie yours, please get them to take a photo and send it in to the Trefoil Guild office with your contact email address.

Submissions to the magazine and website

We welcome all items submitted using the appropriate pro forma. These can be downloaded from the website and sent to the corresponding email address. If submitting items for the

For interest...

- Do you know about the Trefoil Guild Photography Group? If you are interested in getting out to take photos and sharing your skills with others, contact janewardropper@btinternet.com. Meanwhile, find out what they've been up to on page 12.
- The Trefoil Guild Camping and Caravanning Group is ten years old this year! Members usually meet up near the national Annual Meeting and also have other get-togethers. They are a friendly group, so if you have a caravan, campervan, or tent, why not find out more about these like-minded members! Contact Roger Swabey via swabeyroger@gmail.com.
- Members from across the country recently enjoyed a midweek Hautbois Heraldry break. All abilities are welcome on these breaks. Heraldry makes a great subject for the Voyage Award. The next Heraldry at Hautbois will be 20-24 August 2018. Contact Wendy Ingle guidertoo@yahoo.co.uk.



magazine please state whether you are happy for them to be considered for the website if there is too little space in the magazine. Submissions date for March 2018 issue is 3 January 2018

Your snapshots

We take a look at what guilds around the country have been up to recently



Hanging around!

Our guild visited Rushmere Country Park, and after seeing the herons in the heronry we explored the sculpture trail. The large spider enabled the ladies to 'let go', copying the children and having fun!
Ruth Oddie, Woburn Trefoil Guild

Lunch al fresco

We cooked our lunch over a wood fire (salmon fillets, new potatoes and salad followed by apple fritters). We enjoyed exploring the pretty site in the sunshine, relaxing and reminiscing about past camps and pack holidays.
Sue Moss, Kidlington Trefoil Guild



Narrowboat adventure

We had a fabulous weekend on the Kennet and Avon Canal. We all had a go at steering the boat, opening and closing locks and swing bridges and trying our hand at canal art. June made her Promise as a Trefoil Guild member, Jane celebrated her birthday with a cake, banners and candles and we all got a badge or two at the end.

Ann Wright, Surrey West Out and About Trefoil Guild



St Lucia festival

Around Christmas time in Sweden, one of the biggest celebrations is St Lucia's Day. Penny Wright of Hazlerigg Trefoil Guild taught the 49th Newcastle Brownies the St Lucia song and helped them to sing it at IKEA as part of the St Lucia celebration. Penny is pictured with member Dorothy Thompson, who had repaired the dresses she had made for a previous celebration. Also pictured are the 49th Newcastle Brownies and their leader, Pat Jackson, who is also a Trefoil Guild member.

Pat Jackson, Hazlerigg Trefoil Guild



First Region camp

Members from many guilds in LaSER attended the first Region Trefoil Guild camp, a traditional basic camp with lots of cooking on fires, campfire singing, crafts and activities. Everyone enjoyed the event, meeting other members and taking part in all camp routines. The weather was perfect and so was the campsite with lots of woods around and plenty of space. We very much hope this will become a recurring event and move to different Counties within the Region.
Sara Williams, LaSER

Segway sensation

Cumbria North Trefoil Guild members got together to enjoy walking in the forest, looking at baby ospreys via a television link and having a go at Segway along the steep forest paths. The experience proved very challenging but was extremely enjoyable – no-one fell off and, once at the top, members were rewarded with stunning views of the surrounding countryside.

**Alison Jary, Cumbria North Trefoil Guild,
North West England Region**



Sausage making

We made sausages, expertly instructed by Annamarie and Andy Stone. We minced the meat, then operated the sausage-making machine and divided the sausages into links. It was difficult but fun! We then had tea and cake and took home our very own sausages. They were delicious!

**Brenda Stewart-Jones,
Whittington
Trefoil Guild**

Flower power

Several members of Girlguiding Nottinghamshire, from Trefoil Guilds to Rainbows, combined to produce a beautiful Flower Festival at Hanson House, the Brownie Pack Holiday House. The theme of 'Songs the Guides Sing' was depicted in detail in the 33 very professional-looking arrangements.

**Pam Oakland, Nottinghamshire,
Midlands Region**



Cycling marshals

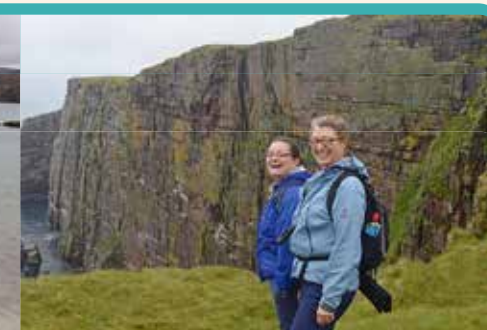
Members – plus one husband – from Ewell Trefoil Guild helped marshal the Prudential RideLondon-Surrey 100 cycling event on 30 July. We were assigned to pedestrian crossings in Leatherhead, Surrey. It was a long day, but we really enjoyed ourselves.

Margaret Willies, Ewell Trefoil Guild

Room with a view

Before going into the Congress Hall for our national Annual Meeting, members from Oxfordshire took a trip up the British Airways i360 – the Brighton observation tower – with lots of other members from all over the British Isles.

**Conny Ziekemeijer,
Oxfordshire, Anglia Region**



Island visit

The Ross-shire Voyager Trefoil Guild meets just four times a year. We are all working on our Voyage Awards and every three months we go on a trip out together. In May, we went on a day trip to Handa Island in Sutherland to see the puffins. We spent the day walking around the island, and three of the members were presented with their Bronze Voyage Award while we were there.

Moira Mckenna, Ross-shire Voyager Trefoil Guild

Snap happy

Fifteen members of Trefoil Guild had an amazing day at the Falkirk Wheel. They belong to the Trefoil Guild Photography Group and were on a five-day break enjoying the upgraded rooms at Netherurd. They try to have a holiday each year and have so far been to Broneirion, Waddow, Foxlease and Lorne. They learn so much about taking photos and downloading them on to their laptops, and are all ready to help each other and learn different skills.

Janet Ditchett, National Trefoil Guild Photography Group



Gaol break!

Members of East Belfast Trefoil Guild are released from Downpatrick Gaol!

Suzanne Shepherd, East Belfast Trefoil Guild



Loch Ness ride

The first adventure of the new Skye and Lochalsh Trefoil Guild was a 'Monster Blast' speedboat ride on Loch Ness!

Liz Burnley, Skye and Lochalsh Trefoil Guild

Iceland trip

A group of 29 Trefoil Guild members spent eight days in Iceland being amazed by lakes, waterfalls, glaciers, geysers, icebergs, geothermic pools and puddles, volcanoes, lava and drumlins. We took a ride on an amphibious boat in a lagoon of icebergs and seals, and enjoyed a walk in Reykjavik with an amazing young lady who told us all about Iceland.

Frances Parrett, various guilds



Glorious gardens

Ryedale Trefoil Guild like to go out and about and visit some local attractions; in the summer they visited Breezy Knees Gardens near York.

Chris Scruton, PRA North East England/ Simon Wright



Bolly good show

A fantastic Bollywood night was held at the Central Hall organised by Gibraltar Trefoil Guild. We were joined by Girlguiding and Trefoil Guild members from Hereford, UK, who came to Gibraltar to do community service, and on top of that we were entertained by a group of lovely Hindu girls too. As well as experiencing the art of henna, an Indian meal was also included. Thanks to the generous public who attended the event, we will be presenting a cheque for £600 to the Calpe House Appeal.

Moirá Dalmedo, Gibraltar Trefoil Guild

Getting creative

Some members of Ynys Mon Trefoil Guild on Anglesey show off the twiddle muffs they made for the Penrhos Stanley Hospital during a craft and cake evening.

Wendy Moore, Ynys Mon Trefoil Guild



Picture this...

If you'd like to see photos of your own guild's activities here, check the Photo Tips on the Trefoil Guild website for how to take good-quality images and send them to *The Trefoil* at the address on page 2.

An interview with... Kate Barmby

Kate Barmby, a Brownie Leader from Norfolk, captured the interest of our members when she appeared on *The Great British Bake Off* in 2016. We asked her about her experiences as a Leader and being a participant in the show

I was a Guide but never a Brownie and returned to guiding when I was an adult with children of my own. Like so many other volunteers, I fell into being a Brownie Leader when my daughters' unit faced potential closure. I valued Brownies as something that gave my daughters space to be themselves and discover new things, and I didn't want my own girls to miss out because no one was prepared to run the unit. However, my own girls have since grown up and moved on and I'm still there because I'm completely hooked!

Last year, my Brownies got to share in my own *Bake Off* adventures and I got the most amazing opportunity to show them that it is possible to follow your aspirations and not to be afraid of failure. The chances of getting on the show were slim, but I proved to them that no matter what the odds are, if you really want to do something it's worth having a go. Without a doubt, they were some of my most enthusiastic supporters and it's certainly inspired them to dream big!

I love watching each of my new Brownies' smiles grow bigger as they grow in confidence. I get to share in their fun as they experience new challenges, learn new skills, make new friends and create memories that will last them a lifetime. They are a fantastic group of girls whom



Kate with one of her *Bake Off* showstoppers

I have the privilege of sharing all my enthusiasms with, including baking. I had to keep it secret from them that I was a contestant on *Bake Off* and they were so excited when they found out. I have recreated my Gingerbread Showstopper with them and they all made versions of themselves out of gingerbread, which they then added to the structure.

I love to bake, and having the opportunity to spend uninterrupted time



Kate created this incredible unicorn cake for the Assembly House's Rainbow Afternoon Tea

baking and developing my skills was really exciting. Baking is one of the ways I show people that I love and care for them; all my bakes were very personal and developed with particular people in mind, using local ingredients grown or made by friends and family. Although I have great respect for the judges' comments and decisions, the hardest part of *Bake Off* is opening

"Baking is one of the ways I show people that I love and care for them"

yourself up to having something so personal to you criticised.

Being part of *The Great British Bake Off* has made me realise how much I want to inspire other people to have a go at baking, whether it's cooking damper bread on a stick over a campfire outside or beautiful sugar-work, so I will be pursuing every opportunity to do this with a wider audience wherever possible. I have been invited to give talks to and

share my experiences with members of Girlguiding and I really enjoy engaging with those members who are fans of the show and fellow baking enthusiasts. It truly is touching how supportive and lovely everyone in Girlguiding has been; I feel really quite humbled by it.

The smell and taste of baking is what links my memories, and this is most evident at Christmas. Everyone shares the cooking on Christmas Day: my mum makes the starters; my husband is in charge of the braised red cabbage and has to lift our enormous Norfolk turkey in and out of the oven; and I make my Christmas pudding to my own secret recipe (everyone has to have a stir and make a wish, though). My daughters assume responsibility for the table decorations, making personalised crackers and napkin rings. The only tradition we can't agree on is Yorkshire puddings – my husband's family always had them on Christmas Day, and we didn't!

Kate has shared her secret Christmas cake recipe with us – see page 35!

Girlguiding's programme journey continues

Members have had the first glimpse of our new programme. Here you can find out how it all fits together...

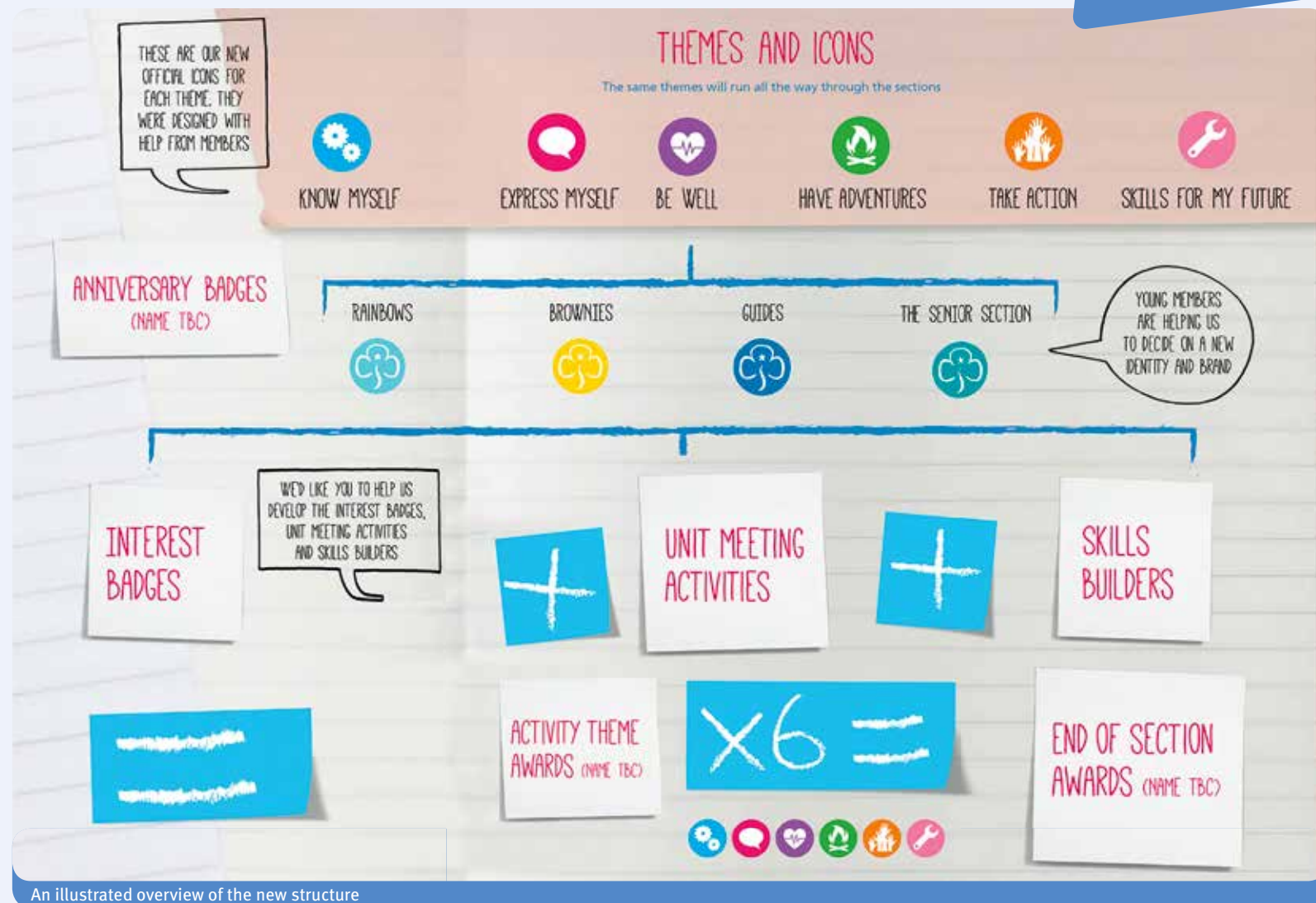


Changing to meet the need of girls today

A year ago, Girlguiding announced it would be overhauling its programme – what girls do in guiding – to better meet the needs of girls today and tomorrow. This term has seen units up and down the country starting to get a taste for the new programme, which will be fully launched in summer 2018.

How the new programme will fit together

While it's still a work in progress, we wanted to show you what the programme will look like once it's complete with an illustrated overview of the new structure, shown above right. We're



thrilled, and hope you will be too, that girls will be able to grow along with the themes, from Rainbows right up to the new 14-18 section. We are currently working with members and with Trefoil Guild on the full list of opportunities for 18-25 year olds, which is why it hasn't been included here.

What next?

It's still a journey for us all, so we'll need to work together to confirm some practical elements, such as names and branding. And throughout we'll be asking members to help us test draft activities, share ideas and finalise the finer details, with a more detailed framework to be shared in 2018.

Find out more

Go to girlguiding.org.uk/ourjourney to keep up to date with all the latest news about the programme. Or talk to your local Girlguiding leader, trainer or commissioner about it and they should be able to help answer any of your questions.



Gillian's favourite books



When We Were Very Young
A.A. Milne
Egmont
978-1405281300

Nature Lover's Book

Enid Blyton
Evans
Brothers Ltd
978-0237535681



Howards End is on the Landing
Susan Hill
Profile Books
978-1846682667

The Mysterious Mr Quin

Agatha Christie
HarperCollins
978-0007154845



Gillian Spriggs

As this is Gillian's last contribution to Bedside Table, we thought we'd ask her about *her* favourite books

The first books I owned were *When We Were Very Young* by A.A. Milne, with poems about Christopher Robin, and then the *Little Grey Rabbit* books by Alison Uttley. Then there was Enid Blyton's *Nature Lover's Book*, with beautiful colour plates even though it was printed during the war, plus her *Famous Five*, *Secret Seven* and *Mallory Towers* books.

As a teenager, I collected the *Abbey Girl* books by Elsie J Oxenham while my friend Noreen collected the *Chalet School* by Elinor M Brent Dyer. We are still friends and recently re-read my *Abbey Girl* collection.

The Diaries of Samuel Pepys is a book I always enjoy dipping into. It covers history from 1660-69, including the Great Fire of London and the Great Plague as well as details of private and domestic life.

I took Bill Bryson's book *Down Under* on holiday and enjoyed his travels in Australia where he says "the beer is cold and the sun nearly always shines". The book also include historical information about Australia.

Agatha Christie is well known for her crime books, but *The Mysterious Mr Quin* is very different. The book contains a series of short stories about Mr Quin, but I can't reveal who he is – that would spoil the mystery!

I don't think I shall ever be able to stop acquiring books and enjoying new reading experiences. Maybe I need to follow Susan Hill's example in her book *Howards End is on the Landing*. She embarked on a year-long voyage through her books, and read those she had never read, forgotten, or wanted to read again. Instead, we just build new bookshelves!

I have so enjoyed talking to the contributors to Bedside Table over the past four years and hearing their choice of books. My thanks to you all.

Leading up to our 75th Birthday celebrations

Linda Hill-Tout, Public Relations Adviser, reveals how some guilds are planning to celebrate our 75th Anniversary year

Trefoil Guild members, we have an exciting year ahead!

As you all know, our 75th Birthday year is fast approaching and our theme is Celebrate Together. National, Countries and Regions are busy planning for this big occasion. This is an excellent opportunity to publicise our events up and down the country so that we can attract new members to our organisation. It is also a time for us to have fun!

At the Annual Meeting in Birmingham on 16 June 2018, there will be a collage or a piece of artwork that will go on display to represent the history of each Country and Region, describing their time in Trefoil Guild. We hope you are

enjoying looking into the history of the Trefoil Guilds in your area.

Our chosen charity for this important year is Riding for the Disabled Association (RDA). This is a small charity that benefits many people of all ages and we hope you will help us raise funds on their behalf. We aim to have a Countryside Challenge event named after Trefoil Guild for three years, from 2019, at the National Championships in Hartpury, Gloucestershire.

We plan to have a marquee to promote Trefoil Guild at next year's Championships. It will be a fantastic day out for all, so bring a picnic and come and say hello.

See overleaf for some Birthday events...



Aiming to support the Countryside Challenge



Trefoil Guild will be at next year's event

RDA fundraising: Any money raised for RDA can be sent as a cheque made out to Trefoil Guild, or as a bank transfer: Trefoil Guild Acc-20344898, Sort Code-60-83-01.

Event dates

Here is a flavour of the Trefoil Guild 75th Birthday events being planned around the UK. Thank you to all the Country and Region PR Advisers who have given this information. Please ensure you tell your Country and Region webmasters of dates and events so they can be added to your website calendars. Trefoil Guild members visiting your area can then look at your calendar, find the event details and join in.

Anglia

- **17 March:** Essex West – Birthday service at Waltham Abbey Church
- **May:** Essex North East – Birthday county walk
- **15-18 June:** Essex West – Thames river trip
- **July:** Bedfordshire – County camp and church service
- **18 August:** Oxfordshire – Service in Dorchester Abbey
- **3-7 September:** Region Trefoil house party at Waddow Hall
- **22 September:** Lincolnshire South – Afternoon at Boston High School
- **1-4 October:** Essex South East – Foxlease break
- **November:** Hertfordshire – Craft day
- Buckinghamshire – Afternoon tea party
- Cambridgeshire West – Indoor garden party
- Norfolk – Weekend at Potters Resort holiday village

LaSER

LaSER Trefoil Guild is planning a variety of events to celebrate the 75th Birthday in 2018. Members have already begun by completing the first stages of the Capital Ring Challenge, which is a 75-mile walk around London – a section is completed each month with the final walk in July 2018

followed by an event at Crystal Palace. Many events will be taking place within Counties to make this a year to remember, including:

- **April:** Birthday celebration holiday at Hayling Island
- **July:** Southwark Cathedral celebratory service
- **September:** Birthday annual review in Worthing

Midlands

- **17 February:** Nottinghamshire – Thinking Day services with a 75th Birthday theme
- **May:** Northamptonshire – Residential stay on Brownsea Island
- **16 June:** Midlands is hosting the national Annual Meeting
- **June:** Northamptonshire – Weekend camp
- **7 July:** Outdoor celebration at Beaudesert, Staffordshire & West Mercia's County campsite on Cannock Chase
- **August:** Shropshire are planning a garden at Shrewsbury Flower Show
- **8 September:** Warwickshire garden party
- **October:** Region International Day in Worcestershire
- Derbyshire: Grand Birthday tea party and concert by Fishpond Choir

North East England

- **4 April:** Region Annual Meeting at the Gala Theatre, Durham
- **May or June:** Washington & Houghton Trefoil Guild – High tea with Prosecco at Beamish Hall, Northumberland. Members will wear special hats to commemorate the event
- **June:** East Yorkshire – Planning to cruise up the coast on The Yorkshire Belle to view Flamborough Head and puffins, with a fish and chip supper
- **6 July:** North Yorkshire South – Afternoon tea on a riverboat cruise from York on the Ouse
- **11 September:** Region visit to Beamish, County Durham
- **25 October:** Region Thanksgiving Service at St Michael Le Belfrey in York

North West England

- **22 February:** Lancashire West Trefoil Guild ladies lunch
- **22 February:** Thinking Day service at St Mary's, Easton
- **February-October:** Merseyside – A visit to the Terracotta Warriors displayed in Liverpool
- **10 October:** Celebration afternoon tea
- Region garden party
- During the year, there will be several thanksgiving services and afternoon teas

South West England

- **February:** Dorset – County Thinking Day
- **June:** Bristol and South Gloucestershire – Weekend at Briarlands campsite
- **June:** Jersey – Afternoon Tea at Samarès Manor

- **June:** Wiltshire North – Trefoil Guild camp
- **July:** Gloucestershire – Afternoon tea at Bowden Hall
- **9 September:** Guernsey – 75th Birthday tea party
- **12-14 October:** Trefoil Train Trek. Gathering, meet-up, steam-up, at different steam train venues throughout the counties

Scotland

One of our members is a keen Scottish country dancer and has composed a dance called 'Trefoil Celebrates'. Copies of the instructions are available for anyone who wants to learn the dance during 2018. Scottish members have also devised two 75th Challenge cards for £1 each. The first contains 14 challenges that range over a variety of topics and abilities and members can choose to do seven or five. The other is a Walking Challenge with distances suitable for all ages.

- **16-19 July and 3-6 August:** Residential events
- **October:** Celebration afternoon tea and entertainment at Aviemore



Members learn the Trefoil Celebrates dance



Ulster members look forward to celebrations



Members in Wales are walking the coastline

Ulster

- **19-22 April:** Sightseeing international trip to Dublin. Trefoil Guild members have the opportunity to meet Irish Trefoil Guild members. All members are welcome regardless of which guild they belong to
- **21-23 September:** Fun and Friendship weekend in Londonderry. Special service of thanksgiving in the Guild Hall followed by celebration events
- An Anniversary Walk with the only stipulation that the distance is based on the number 75 (eg 75km, 7.5km etc)
- The Ulster Chairman is challenging guilds throughout the country to recruit 75 new members
- Book of readings – A member is compiling 75 thoughts and readings for the 75th Birthday

Wales

Members in Wales are planning for the 75th Birthday year by endeavouring to walk the coastline, and have already

begun. All members are welcome to join in. Celebrations are mainly taking place in individual Counties, with events such as tea parties, walks, meals or a knees-up. Other events include:

- **20 October:** Brecon Cathedral Birthday Service
- One County is hoping to finish the coastal walk with an eisteddfod

Trefoil Guild in Foreign Countries (TGIFC)

- Cyprus – 1940s-style tea party on the beach. Dainty sandwiches and big hats. It is hoped to contact other overseas Trefoil Guilds by Skype during the party
- **October:** Benelux and France have planned a weekend away together in Hampshire
- Pinoso in Spain will be having a few days away in Benidorm and taking a train journey along the coast to Denia
- Members of Gibraltar Trefoil Guild plan to come to the national Annual Meeting in Birmingham for the first time

Whatever events you are holding, please send us your photographs so we can see how you are celebrating this special year. We hope you enjoy celebrating our 75th Birthday year and encourage new and old Trefoil Guild members to join in your celebrations. Let us make this a year to remember in Trefoil Guild!

Don't forget your 2018 SUBSCRIPTIONS!

It's time to decide how your guild is going to make next year's payment



Annual subscriptions are due to be paid by Thinking Day, and we sincerely hope you will consider making your subscription payment online. Payments made this way are 100% paper free and will save a considerable amount of administration time, which of course will help us to keep future annual subscriptions as low as possible. A high volume of paper submissions will mean employing more staff in order to cope with the workload.

Your June 2017 edition of *The Trefoil* gives you the process (below), so this is just a reminder. All members must be registered – everyone who is registered will have a unique membership number.

Your guild needs to make a decision on how to pay. You must choose one method for your guild – it is not possible to submit either a mixture of online and paper or individual and group. Choose to pay either as:

- individuals online, or
- a guild online, or
- a guild on paper.

It is not necessary for all guilds in a County to pay in the same way.

Payments include the national subscription, your Country/Region and your County subscriptions.

The subscription you pay to your local guild is the only one collected locally. One person in the guild may pay for

the whole guild – online through their personal account. In this case, it is important that the person paying is furnished with funds to cover all subscriptions before the payment is made. Note: credit card charges imposed for late payment will not be carried by Trefoil Guild.

You can ring the helpline number on your membership card if you have any queries about your payments.





Walking wonder

In May, Jean Bobker (pictured centre) from Broughton Trefoil Guild completed the Moulton Circular Walk in Yorkshire (102 miles) in 47hrs 7mins and the Northern Crossway (196 miles) in June. She was also planning to complete the Nine Maiden Marshes in Holland, the North Downs Way (153 miles) and Beacons Way (95 miles) during the year!

First for Marie

Marie Yorker, who has been in guiding for more than 30 years, including time as Barnard Castle District Commissioner, has been made an Honorary Freewoman of Barnard Castle – the first woman to achieve this. She is still active in the Division.



Honour for Diana

Diane Haigh received an MBE for 'services to young people in the Isle of Man and West Yorkshire through guiding' in the June 2016 Queen's Birthday Honours list. For the last 17 years she has been involved with Rainbows, Brownies and Guides at the 1st Ballaugh Unit. She is Secretary of Northern District Isle of Man Trefoil Guild and County PR Adviser.



Recognition for Margaret

Margaret Brookes MBE of Cheadle North Trefoil Guild received a card signed by every member of Stockport County in recognition of her recent award for 'services to guiding and young people in Stockport', in the Queen's Birthday Honours 2017 list.



Have you received an award, or know someone who has? Why not shout about it? Send the details and a photo to The Trefoil. Contact details on page 2.

Congratulations!

Well done to all those who have achieved their Gold Voyage Award

It is fantastic that so many of you are now achieving your Gold Voyage Awards. However, because there are so many, there is no longer room to list everyone's name in the magazine. In future, the names of all Gold Voyage Award achievers will go on the website, www.trefoilguild.co.uk, while those who have been awarded the Trefoil Guild Silver Brooch will feature in the magazine. Meanwhile, here is the final list of recipients of the Gold Voyage Award to be published in the magazine.



Anglia

Marion Walker, Margaret McGregor, Dinah Hutchin, Marion Cotterill, Eileen Hawkes, Toni Smith, Maureen Groves

LaSER

Mary Zoeller, Naomi Robinson, Eileen Walters, Julia Fordham, Miranda Pearson, Hilary Chittock, Sylvia Wood, Esmee Twist

Midlands

Sandra Kirkland, Vivienne Limb

North East England

Ann Massey, Doreen Skiven, Jean Jackson, Joanna McHugh, Wilma Head, Lesley Ingleby, Helen Watson

North West England

Lynn Isherwood, Jennifer Devonport, Doreen Smithers, Pat Turner, Louise Smith

South West England

Susan Eldridge, Margaret Cook, Marion Heath, Tina Hiton, Pat Aslett, Gill Aslett, Diana Traves, Pauline Wills, Avril Austin, Maureen Hutchins, Elaine R Harrison, Avril Strouse, Sue Carey, Sarah Smith, Mary Harston, Susan Norton, Wendy Nicholls, Shirleyann Smith, Ann Brett, Margaret Langford, Jean Langford

Scotland

Ann Struthers, Margaret King

Ulster

Roberta Long

Wales

Janet Vine

TGIFC

Marion Higgins

Central

Tania Hutchinson

You can find out more about the Voyage Award on the Trefoil Guild website at www.trefoilguild.co.uk/Voyage-Award



International outlook

from Judy Ellis,
National International Adviser

Introducing our TOPAZ 18 team

Even before the TOPAZ 17 team had travelled to Russia, it was time to select the team for 2018. Our last Russia project will see a team of four introducing Girl Scouting to new cities. The team has much in common: they joined guiding early, love camping and are all looking forward to spreading the fun and friendship of guiding. They include a teacher, a social worker, a lecturer in childcare and a public relations professional. Let's find out some more about them all...



Jennifer

Jennifer Bluck

Born in Luton, I became a Brownie, a Guide and a Ranger. I represented the UK at a Norwegian international camp, missing a GCE exam to go, much to the

disgust of my school! I relished 'survival camping' and got my Patrol Camp Permit, but company camps were best. Camping had a profound, long-lasting impact on me, and I held a Camper's Licence while running Guide units in Milton Keynes and High Wycombe.

I play the accordion, canoe, run a book club, do several textile crafts, ring tower bells at Ringwood and handbells in Fordingbridge, cycle and belong to U3A. North East Forest Trefoil Guild enables me to have a monthly quiet, calm cuppa with like-minded guiding folk – a bit of a reprieve in a rather hectic schedule!

Joanne Bradley

After studying in Cheltenham and working in Bahrain, I was drawn back to my home town of Shifnal in Shropshire. I was born in the cottage hospital and live just across the road from where it stood. I joined my local Trefoil Guild in October 2010 and we have lots of fun, great friendships and there's always amazing food!

After Brownies and Guides, I joined Venture Scouts, gaining both the Queen's Scout Award and Gold Duke of Edinburgh's Award. I loved the gang shows we did to raise funds for our headquarters, and our annual Guide camp where we played games and lit fires. I still recall the wonderful feeling when you manage to get that bedding rack to stand up without collapsing! I enjoy the adventure of travel,



Joanne

meeting new people and experiencing new cultures, sights, sounds and smells. I have never been to Russia and want to see if the subways in Moscow are really as ornate as they claim, or are the pictures of them just to attract tourists?



Marina

Marina Dancy

I am married with two grown children and two grandsons, and live in Northwich. I was a Brownie and Guide in Portsmouth and a Ranger in Southampton, taking part in Roverang gang shows and achieving the Queen's Guide Award.

I've been a Leader for 45 years, working in every section, as well as being District, Division and Assistant County Commissioner. I am a Trainer and through the Girlguiding North West England link with Eastern Siberia, have trained in Russia and camped at Lake Baikal. As a member of Mid Division Trefoil Guild, I have been working on the Voyage Award and am hoping to attain Gold level.

I trained as a nursery nurse and qualified as a college tutor, teaching childcare and assessing NVQ childcare and playwork. I do tap and modern dance, several crafts, and have been learning Russian for some years.



Sheila

Sheila Grodzinski

I live in London. My mother had been a Brownie and Guide, and I joined at seven, went on to Guides, helped when my daughter joined Brownies

and continued as a Leader for the next 28 years. I was District Commissioner, Division PR Adviser, and now I am the Chairman of Golders Green Trefoil Guild.

For me, there have been so many things I wouldn't have done without Girlguiding and Trefoil Guild – making a raft out of oil drums at Foxlease; crewing tall ships; joining in LaSER's Walk the London Bridges; visiting Copenhagen with Capital Jig; Eye 2 Ei Challenge from London to Paris; renewing my promise on the Eiffel Tower and again in Trafalgar Square among thousands of Girlguiding members of all ages, and helping at BGIFC Rainbow and Brownie units in Cyprus.

For the coming year, my challenge is to learn as much Russian as possible from my Russian daughter-in-law before next October.

We wish all of them well for 2018.



Team 17 arrive in Ufa. Look out for an account of their adventures next time

How will you spend Christmas?

We asked members to tell us how they would be spending the festive season, and here are some of the responses...



Santa, Mrs Claus and elves at Avon Valley

Magical times

We get to work for Father Christmas at Avon Valley. Last year, families travelled to the 'North Pole' by the Reindeer Rocket Express where they got a present from Santa, helped Mrs Claus to fix her broken bubble machine, then travelled through a magical forest, past Donner and Blitzen, ending up in a snowy Avon Valley Park with the mischievous elves!

Kim Pounsberry, Keynsham Ammonites Trefoil Guild

Starting on a high note

My 11-year-old son is a chorister at Ely Cathedral. On Christmas morning, the boys wake up in the choir boarding house where Father Christmas will have brought each of them a stocking. The first time we see our son is as he processes into the Cathedral to sing the morning service. The families then join the choristers for a shared lunch before the choir go back to sing evensong. The boys are then finally free at about 5pm when we get to go home and spend the rest of Christmas as a family.

Ray Almond, Cambridgeshire (via Facebook)

Caring at Christmas

I am a care worker, so will be out and about with various clients over the Christmas period.

Jan Hunter, Hampshire (via Facebook)

Aussie festivities

Two years ago, I visited my god-daughter in Western Australia for her 50th birthday, which is on Christmas Day. We had croissants and champagne for breakfast and, for lunch, a whole salmon cooked on a barbecue and lots of very interesting salads, followed by traditional Christmas pud and brandy butter.

Avril Dossetter, Heanor and Ripley Trefoil Guild

On the cards

When I was newly married, my husband said we shouldn't open our Christmas cards until 25 December. He said we don't open our birthday cards before the day, so why,

when celebrating Jesus' birth, should we open cards early? We opened cards on Christmas morning, looked at them properly, appreciated and remembered them far more than we had done before.

Margaret Screen, Matlock Trefoil Guild

Family gathering

Pre-Christmas dinner is our Dad's treat. Since the arrival of more and more pattering feet. Loving hugs, presents and cards to exchange, All seated, Dad with a list of meals arranged.

Crackers, poppers and hats still in place, After we are fed we clear a space. Pin the nose on the reindeer, musical chairs, Singing and dancing, then comes a loud cheer.

The giant Christmas cracker, handmade by Dad,

On the right track

I volunteer as Santa's helper on the Great Central Railway, which I do as service for my Silver Voyage Award – but I shall keep on doing it because it's such great fun.

Carolyn Little, Leicestershire

Helping the homeless

I volunteer for Crisis at Christmas in London at a residential centre where we look after more than 200 of London's homeless for eight days.

Eddi Newick, Berkshire (via Facebook)

One big pull and more presents to be had. Girls on one side, boys on the other, "A tug of the cracker", all fall together!

It's the grand finale of our yearly 'do'.

Last year we were 32. With Mum now 90, and

Dad 93,

Christmas tradition continues with our family.

From Norma Ayres, Buxton Spa Trefoil Guild

Celebrations abroad

My husband and I go away for Christmas and New Year every year. We have been to the Holy Land, Pyramids, Caribbean, Arctic and Canary Islands, and I've had Christmas dinners of pizza and curried goat! It is interesting to see how other cultures celebrate, and many consider New Year more important than Christmas. Nazareth high street was not even decorated on Christmas Day and we spent Christmas Eve at the Church of the Nativity (Jesus was supposedly born there), which sadly was full of news crews – and gunfire.

Susan Moira Melling, Internet Trefoil Guild



Carolyn volunteers to help Santa

Your letters

Find out what other Trefoil Guild members have on their minds

Give it a go!

 I am a member of Kent Lune Trefoil Guild in Cumbria South. I can't get to many meetings, as I have had myalgic encephalomyelitis (ME) for ten years, so my options for travel are very limited, but guild members all come to me once a year, bringing a nice tea with them! I would like to share the enjoyment I had completing my Silver Voyage Award. The Voyage Awards have been brilliant for me because although I have little energy, I have been able to find things to do for them that fit with being housebound and unable to walk more than a short distance.

For the Explore My World section, I have been looking at bastides in France, which were built in the Middle Ages as market towns but, as the Hundred Years War intensified, used for defence. My brother took me to visit the bastide villages near




Gill Moss completed her Silver Voyage Award

where he lives in the Gers department; he really enjoyed helping me and learnt about his area in the process.

I got my Silver Award in the summer and I am now starting Gold. I really want to encourage more members to attempt the Voyage Awards – as my guild Chairman says, “If Gill can do it, so can anyone.”

Gill Moss, Kent Lune Trefoil Guild

Grateful for guiding

 I have been an avid believer in guiding ethics for as long as I can remember. Some of my happiest days were when I was a Girl Guide. I spent much of my childhood in care of the local authority and the one constant I always had was guiding. It did not matter which children's home I lived in because once a week I could put on my uniform and I was a Guide, not a poor thing from a kids' home or the one without parents. I was a proud and enthusiastic Guide, equal to my peers, no different, and encouraged and wanted when it came to external activities. I went on pack holidays as a pack leader and loved Guide camp.

I believe guiding saved me from falling by the wayside. I had a code for life, I had made a Promise that had laws and my life had structure. The continuity guiding gave me made me the strong, independent person I am today. No Guide unit ever turned me away or treated me differently because I lived in a children's home, and when I was 15 I became a Young Leader. I felt that I had made a Promise for life. The one downside was when I got my Queen's Guide Award but had no parents to come to a party. My Guide Captain was sympathetic to this situation and


our Guide company celebrated with me and gave me a very special day indeed.

Guiding is alive and it can give someone more than anyone else can understand. It has given me a motto that is also my mantra in life. What has it given you?

Today, my Promise is carved on my heart and I feel it is important to pass on the things that helped me when I was growing up. Thank you, Lady Baden-Powell. I have something special to think about every Thinking Day, a day of thanks for me.

Fiona Scott Johnston-Jones, Weymouth Trefoil Guild

Cruising to a meet up

 My husband, Ron, and I embarked on the P&O ship MV *Arcadia* for a cruise to Norway and Iceland in July. On the first evening of the cruise I met a couple of Trefoil Guild members

from Northamptonshire. Several days passed and I caught no further sight of them, so I decided to ask *Arcadia's* Entertainment Manager if a venue could be organised to meet up with any other members of Trefoil Guild who might also be on the ship. This was duly arranged via the *Arcadia's* daily newspaper. I was delighted when 24 members arrived – from LaSER, SW England and the Midlands. We chatted, we sang, we swapped stories and discovered mutual friends. It was a morning of fun, fellowship and making new friends. Addresses were swapped and now we're looking forward to meeting up in Birmingham for next year's Annual Meeting. In true Trefoil Guild style, we finished with Daylight Taps, which was a truly emotional experience.

Avril Strouse, member of several guilds



Avril Strouse met several fellow Trefoil Guild members on a trip to Norway and Iceland

Please send your letters to: Trefoil Guild Office, Girlguiding, 17-19 Buckingham Palace Road, London SW1W 0PT, or email: thetrefoilmagazine@girlguiding.org.uk

Three of a kind

Triplets Mary Bloxham, Margaret Coleman and Georgina Leech are 80 years of age and here they tell us about their 73 years in guiding...



Left to right: Mary, Georgina and Margaret today

We are identical triplets, and at the age of seven, in November 1944, we made our Brownie Promise at the 260th Birmingham Brownie Pack and have been in Girlguiding ever since. We have happy memories of the times we spent with the Brownies and Guides of 260th Birmingham, the 61st Birmingham Cadet Company and also as Brownie and Guide Leaders.

Our first memories are of going to Brownies straight from school. What a lot



Left to right: Mary, Margaret, Georgina in 1947

we learnt – plaiting, sewing on a button, catching a ball, tying our Brownie ties, cleaning shoes and a host of other useful tasks. There were the ‘Six’ songs we sang as we danced round the very large wooden toadstool, which is still in the Brownie cupboard to this day!

At Christmas, Brownies and Guides of Hall Green District met up for the big annual ‘Good Turn’ party. We were all asked to take a toy that we no longer needed, and they were given to children who lived in children’s homes, or who came from broken homes etc. We had a real struggle finding three toys, as we always shared them. We also had to find three toys for the Sunday School Toy Service, so you can imagine that finding six toys was quite a job – and not without tears, as we gave away our favourites.

How we enjoyed Brownies, and looked forward to going up to Guides. Miss Doris Baker was our Guide Captain and what a lovely lady she was – so very talented in the way she led and trained the Guides.

Most of our memories are of camping. The equipment we had in the late 1940s was so very different to today’s lightweight equipment. We had an ex-army waterproof cape as a groundsheet, two or three heavy

ex-army blankets, blanket pins (nappy pins) and a sheet sewn as a sleeping bag.

Our kit for a week’s camp consisted of a complete Guide uniform (in which we travelled to camp), one blue Aertex shirt, one pair of navy blue shorts, a complete change of underclothes, spare socks, sandals or pumps, navy blue cardigan, blazer, gabardine raincoat, wellingtons, pyjamas and a spare cardigan to sleep in.

We made a flannel out of a piece of lint neatly blanket stitched around the edges in pink, yellow, or green, so we each would know our own. The toilets, or hessian ‘lats’, were just a trench, often dug out for us by the farmer. Oh, how muddy they became in the usual wet camps! Many of you must also have recollections of ‘fizzy drinks’, a ‘healthy’ drink to start the day.

It was a wonderful experience when we went with the 61st Birmingham Cadets to Adelboden and ‘Our Chalet’ in 1956, and another occasion we will never forget is when we were lucky enough to meet Olave, Lady Baden-Powell when she visited Birmingham.

As Brownie and Guide Leaders, we hope we have been able to pass on to young people many of the skills we have had the privilege of learning as Brownies and Guides.

All three of us are Trefoil Guild members – Georgina with the Coventry South Trefoil Guild and Mary and Margaret with Hall Green Division Trefoil Guild, Birmingham. We still enjoy guiding and hope we will be able to give something back to the organisation for a few more years. On 20 May 2017, we celebrated our 80th birthdays. It would be nice to know if there are any other triplets in Trefoil Guild.



Left to right: Georgina, Margaret, Mary in 1950

Christmas cheer

Enjoy a little festive fun with our special Wordsearch quiz

Can you find all the Christmas-related words hidden in the grid?
Words may be listed vertically, horizontally, or on the diagonal,
but must always be in a straight, unbroken line.

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

CAROLS
CRACKERS
CRIB
DECORATIONS
FAIRY
HOLLY
IVY

LIGHTS
LOGS
MARZIPAN
MIDNIGHT MASS
MINCE PIES
MISTLETOE

MOTTO
MULLED WINE
NUTS
PAPER CHAINS
REINDEER
SHOPPING

SLEIGH
SPROUTS
TINSEL
TURKEY
WRAPPING PAPER
WREATH

The answer grid will be published on www.trefoilguild.co.uk on 15 January.

Kate Barmby's now not-so-secret rich fruit cake recipe!

Ingredients

- 575g raisins
- 225g sultanas
- 225g currants
- 110g glacé cherries, rinsed and chopped
- 110g mixed chopped candied peel
- Finely grated zest and juice of a large orange
- 4 tbsp brandy
- 275g unsalted butter
- 150g light soft brown sugar
- 125g dark soft brown sugar
- 150g plain flour
- 125g self-raising flour
- A good grating of nutmeg
- 1 tsp mixed spice
- ½ tsp cinnamon
- ½ tsp salt
- 5 large eggs, lightly beaten
- 1 tbsp treacle
- 110g almonds, chopped

To finish

- 4 tbsp brandy or Cointreau
- 3-4 tbsp of apricot jam or marmalade warmed and sieved to remove bits
- 1kg marzipan
- Royal icing or sugarpaste



Method

Put all the dried fruit, chopped glacé cherries, mixed peel, finely grated orange zest, orange juice and brandy in a large bowl, stir well and cover in cling film. Leave for at least a day to soak. Once soaked, line a 23cm deep round cake tin with four layers of baking parchment and preheat the oven to 140°C/R1.

In a large bowl beat the butter until it is the consistency of mayonnaise, then add the light and dark brown sugar and cream until light and fluffy.

Put the flours, spices and salt in a separate bowl and use a dry whisk to mix and aerate.

Gradually beat the eggs in to the creamed butter and sugar a little at a time. Add 2-3 heaped tbsp of the flour mix with the final third of the beaten eggs to prevent the mixture curdling.

Once you have added all the beaten eggs, fold in the remaining flour and spices and then the soaked dried fruit mix, treacle and chopped almonds. Spoon the mixture into the prepared tin and level the surface. Put four layers of baking parchment with a 3cm circle cut out of the centre on to the

Recipe continued on next page...

Kate's recipe continued

surface of the cake. Tie a band of brown paper around the outside of the tin. Bake in the middle of the oven for 4 hours*.

Allow the cake to cool in the tin for about 15 minutes, then insert a skewer all over the cake and pour over 4 tbsp of brandy or Cointreau. Leave in the tin until completely cool.

At this stage you can wrap the cake in greaseproof paper and store in a tin, 'feeding' it occasionally with a tbsp of brandy or Cointreau, but I prefer to make my fruit cakes when I want them rather than storing them.

To finish, level the surface of the cake using a knife, then brush the top and the sides with the warmed apricot jam or marmalade and cover with a layer of marzipan. Leave overnight to dry before covering either in royal icing or sugarpaste.

***Kate says:** "This is the time it takes in my oven with an anodised tin; different ovens and tins will take different times. The cake is cooked when it is nicely browned, springs back when you press it and a skewer comes out of the centre clean."



How to... use Skype or FaceTime



A fun way
to chat to
friends
and family
via video

Skype can be downloaded on all brands of computer and phone, but FaceTime is an in-built programme that comes with all Apple products, such as iPhones and iPads.

They both work in a similar way – you can only video-call someone you have added as a contact and if they are using the same programme as you. Skype works by adding contacts via a search function, where you can search for someone by their name, phone number, email address or Skype username. FaceTime works by connecting to the contacts you have saved in your phone.

On both, you can choose either the telephone symbol, which will connect you like a normal call (but using Wi-Fi or network data); or the video camera symbol, which will connect you via a live video stream.

It will ring, like a phone, and once they've pressed the 'answer' button on screen you can chat face-to-face. To end the call, press the red 'hang up' button.

See www.trefoilguild.co.uk/
The-Trefoil-Magazine for more tips.

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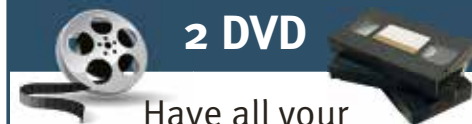
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If you would like to advertise in *The Trefoil*, contact: Trefoil Guild, Editor – Advertisements, 17-19 Buckingham Palace Road, London SW1W 0PT; or email: trefoilguild@girlguiding.org.uk

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Blackland Farm

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