

The Trefoil

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Having a
splashing
75th Birthday
year!



GUIDING FOR ADULTS
Trefoil Guild

In this issue

Making friends at
World Thinking
Day in Antigua

Ideas for our
75th Birthday
Challenge

It's all alpacas
and flamingos
for a new guild!

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Lancashire Border Trefoil Guild enjoyed the Blue Lagoon during a trip to Iceland. See page 31



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Welcome

Hello everyone,



We hope you enjoy the June copy of your magazine. In it you can find out about how to take good photographs to ensure you have a record of this special year, as well as some challenge ideas for your guild for the summer. There is also an article by the mountaineer Nigel Vardy who amazed us all at the teams' day in Swanwick with the challenges he set himself despite injury.

There is an important article on pages 16-17 about the changes in the data protection law that affect every one of you. A brief overview about what every guild and member needs to do has been produced and is on the website and being cascaded down to you in the usual way. Please do take time to read this, as a breach with data could result in a very hefty fine!

Risk assessment information is now available on our website to help members assess events and activities and hopefully reduce accidents. Good news on insurance – Girlguiding has amended its insurance policy and from now on all members will be insured for the same amounts irrespective of age.

I hope you are all enjoying the celebrations that are well underway

for our 75th birthday. Many of you will now be preparing for our annual meeting in Birmingham. If you are a last-minute person, do email the office to see if there are any tickets left – it is always great fun to meet up with friends and make new acquaintances. This will be closely followed by the cruise along the Danube, where we have filled two boats, so expect lots of feedback.

If you are raising money for our appeal for the Riding for the Disabled Association (RDA), please send your money to the Trefoil office and your guild will then receive a certificate of thanks. The total amount raised is being monitored on our website – go to Resources / 75th Birthday Celebrate Together / RDA.

Whatever you are doing, try to ensure that every member has the opportunity of attending at least one event. I will have the pleasure of visiting every country or region during the year and so look forward to meeting as many of you as possible.

Happy birthday!

Pat.

Pat Downer

How to take great photographs

We love receiving your photos, so here are some tips and advice from Tasha Best to make sure they are good quality



Mobile devices make it easy to take a photograph in the middle of an activity

Using devices such as mobile phones and iPads for photos

Mobile phones and tablets are getting better in quality all the time and are easy to use to grab a good shot in the middle of an activity or craft session. As phones and tablets are so handy to carry around, they make it easy to get the all-important shots that look great in the magazine, and can be used for recruitment materials, and on the Trefoil website.

Photo problems that are easy to solve

Having a dirty or smudged camera lens on a phone or tablet can easily happen and makes the photo blurry and unclear. Checking this before you shoot can make a world of difference – cleaning a lens with a glasses cleaning cloth also helps. Almost every device that takes

photographs has the ability to focus on the subject automatically. On phones and tablets, tapping the screen where you see your subject usually makes the camera focus on it.

Size and type of photograph

We often have photographs submitted for use in *The Trefoil* that unfortunately are of too low quality, in terms of content and file size, so we can't use them. For publication in *The Trefoil* the file size for a photo needs to be a **minimum of 1MB**, so that when they are reproduced there is no loss in clarity. In terms of content, blurry, overexposed or out-of-focus pictures are often submitted that are not possible to use.

Digital photos are submitted the most often, with printed photos being posted

in to the Trefoil office occasionally. Members will sometimes print out digital photos to submit them by post, but this is not necessary and they will be asked to submit the original file of the photograph.

All images are made up of pixels – tiny squares of colour that you can see only if you zoom in. Pixels are the information that makes up an image. Generally, the more pixels your photograph has, the more details it will capture and the more it will retain its quality when or if you edit it. All cameras have a megapixel number that tells you how many pixels are in an image.

File types

The other thing to consider is the file type. We accept the following file types:

.jpeg or .jpg
.bmp
.png
.gif

Jpeg is the standard format that most photographs are saved in, especially on phones, tablets and digital cameras.

We cannot accept .pdf, .psd, .pxd, .tiff or any other format.

We also often receive Word documents with photos embedded into them. These cannot be used, as the quality of the photo file is so dramatically reduced by the Word program. A request will be made for the original photo file.

How to transfer large files

There are a number of ways to transfer large photos or many files. Free transfer computer programmes such as WeTransfer (wetransfer.com) are useful for this. WeTransfer is one of the best – you don't have to sign up or log in, you just need your email address and the email address of the recipient. It lets you add up to 2GB



Happy, animated faces make for good photos



Look for a focal point that's a bit different

of files and send them over. You can also include a message so that the person you email knows it's you who is sending files.

Dropbox is also an option – for this you need to log in or create an account and will need to 'share' the folder containing your images with the magazine's email (or other recipient). Please include a message if you do this, as we have to be wary of clicking links from emails.

Get snapping!

Lots of the comments we receive from members call for more action shots, photos of members visiting different places and more photos of our younger members. So, get out those cameras and phones and send us your pictures!

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

You heard it here first

Our official name is 'The Trefoil Guild', but after consultation with members, it has been agreed that we will now largely refer to ourselves as 'Trefoil', which will also be reflected from this issue of *The Trefoil*.

We need more letters

Please keep your ears to the ground for subjects that would make good letters for *The Trefoil* – and encourage members to send them in. Experiences; happenings in your area; interesting memories, opinions and people – we NEED them all!

TOPAZ update

In 2019, we have a project in India. From 2020 to 2022 we are negotiating a three-year project in Lesotho, South Africa. If you are a Trefoil member and would be interested in taking part, there is an application form on the address sheet with this issue of the magazine. A selection weekend will be held on 27-28 October 2018.



75th birthday events



Please take lots of photos – and look after them!

We will be asking you to get them to us by the copy date of 3 October for the December issue for 'region round-up' pages.



Join us on our walk to celebrate 75 years

The 75k walk – day visitors ONLY if you have booked

Those of you who are planning on joining part of the 75k birthday celebration walk in September should remember to book your places via the Trefoil office. It costs £25 per day and includes the evening meal and entertainment. Hurry though – places are limited, and do please note that you can't just turn up on the day. For more information go to www.trefoilguild.co.uk/75k-celebration-walk.

Scent and sensibility

If you dislike the smell of your new magazine, try taking it from the packaging and leaving it for a couple of hours. The printers assure us it is just the ink and nothing to worry about, and the smell very soon disappears.

Party time

Foxlease invites you to celebrate Trefoil's 75th birthday on Saturday 4 August. Tea, cake, activities, games and crafts will make a fitting birthday bash! It costs £30 per person. Contact foxlease@girlguiding.org.uk or 02380 282 638.

Data protection

GDPR (General Data Protection Regulation) is in the news because of changes to data protection law with effect from May this year, so there are important changes that affect us; information is available on pages 16-17, and will also be on our website in the next few weeks.

Fit & Fed volunteers wanted

This project is part of the StreetGames charity, which provides activities and a lunch for children in deprived areas during the main school holidays. The charity is looking for volunteers to help with catering and activities, and thought of Trefoil as we have experience with both. It could be an ideal for service for the Voyage Award. See www.streetgames.org/fandf/fit-and-fed for more details.

Corrections

On the letters page of the March issue of *The Trefoil*, the caption on the photo of Cardiff stated it was the Senedd building but it was the Millennium Centre. On the Snapshots pages of the same issue, the picture from Moira Dalmedo should have said that she is a member of Gibraltar Trefoil Guild, not Cyprus – sorry Moira!



We are waiting to hear your ideas

Annual Meeting – Birmingham

The Trefoil staff are looking forward to seeing you at the Birmingham Symphony Hall. We have a very bare tree that NEEDS 'leaves' to be attached to it... so please pop along to write a few words on one about your 75th birthday celebrations, and then put it on the tree. Come and look at the display board too, which has some suggestions about how you can improve your photos so they are accepted by the Readership Panel for inclusion in the magazine.

Is there a Trefoil Guild in your area that would make interesting reading? Jo, Frances and Margaret would love to hear your views and suggestions about *The Trefoil* too – so do come and chat.

Submissions to the magazine and website



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

please state whether you're happy for them to be considered for the website if there is too little space in the magazine. Submission date for September 2018 issue is 3 July 2018.

Your snapshots

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



Celebrate Together!

Ross-shire Trefoil Guild invited Voyager Trefoil Guild to join them for their Thinking Day event and Celebrate Together.

Elizabeth Sutherland,
Ross-shire Trefoil Guild

Read all about it!

An article about Trefoil written by Hilary and Sheila appeared in local newssheet the Driffield Leader, which is circulated to more than 6,350 homes in the town every two months by the Driffield Methodist Church. We thought having the article in the paper was a great way to let everyone know about Trefoil's 75th Birthday.

June Wilson, Driffield Trefoil Guild



Sew far, so good

Members agreed to participate in a sewing challenge to commemorate 75 years of Trefoil. We spent an evening discussing designs to make a collage/quilt. Each person was given a square of fabric that was to be the background for their design and the photograph shows the results of our hard work two months later.

Joy Topping,
Thames (Kennington) Trefoil Guild



Village event

The 'day of the village' event is to promote what is available in the town of Pinoso. We had a stall telling people about Trefoil and guiding, and we gave out trefoil-shaped biscuits.

Ann Gibbins,
Pinoso Trefoil Guild



Step right up

A group of happy Lurgan ladies are pictured enjoying the view from the steps of the round tower on Devenish Island, County Fermanagh.

Lizzie Hogg, PRA Ulster

First walk of 2018

Arfon Trefoil Guild did their first coastal walk of the year, heading around Valley in Anglesey. They walked through mud, large puddles and snow, then finished off with afternoon tea.

Wendy Moore, Arfon Trefoil Guild





Hat'll do nicely!

Trefoil members supported Girlguiding South Down division's LaSER #TheBigSleepover on February 24. Around 150 Rainbows, Brownies and Guides visited the five World Centres without leaving the local village hall! They made friends and tried out new skills, such as making Mexican food. Pictured sporting their Mexican sombreros are three LaSER stalwarts from Sussex Central county: Trefoil Guild Chair Jane Brown (left), county commissioner Lisa Barden (centre) – both Henfield Trefoil Guild members – and Judy Fuller, Beacon Trefoil Guild member and Girlguiding county president (right).

Pennie Thomson, Beacon and Henfield Trefoil Guilds



Pamper evening

All members provided something towards a pamper evening, such as footbaths, hand massaging, smoothies and scented candles. Everyone had a very relaxing evening!

**Alison Jary,
Carlisle and Border
Trefoil Guild**



Russian treats

Members from Lancaster and Cheshire Deeside joined Lancashire West to celebrate Thinking Day with a Russian theme. Activities included dancing, traditional Tartar folk art and egg dipping. Russian nibbles, including cottage cheese with honey and chak-chak – a typical Tatar greeting dish – were sampled as well as tea tasting. Audrey MacNaughton gave a presentation on her TOPAZ visit in 2017 and everyone renewed their Promise.

Audrey MacNaughton, Blackpool Internet Belles, Poulton-le-Fylde and others in Lancashire West Trefoil Guilds



Windmill service

We held a Thinking Day service inside Reigate Heath Windmill, the only UK windmill that is a consecrated church. It holds about 30 people and services are held every month.

**Veronica Ballard,
Reigate Trefoil Guild**



Which way now?

Lancashire East Trefoil Guild went on holiday to Ilfracombe, Devon, with 47 members from its eight guilds. We stopped for lunch and a short break on Tuesday during a tour of Exmoor and these members of the Blakewater Trefoil Guild were planning our next stop – but could not decide where.

Hilary Wensley, Blakewater Trefoil Guild



Behind you!

Intrepid members of a guild based in Frodsham, Cheshire, braved a cold day in January to walk in Delamere Forest, stopping at the popular Gruffalo statue in the forest for a photograph.

Kath Gee, Weaver Division Trefoil Guild



Flower power

Holywood Trefoil Guild in North Down, Northern Ireland, approached the council to see if they could create a trefoil-themed flower bed in the park. Ards and North Down Council agreed to not only produce the bed but also to fund it! Guild members were delighted as the flower bed is in a very prominent position on the side of the A2, a very busy road, and is seen by thousands of commuters who pass this location on their way to and from work each day.

Lizzie Hogg, PRA Ulster



And so to bed...

Guides completed a challenge from the First Class Award of 1946 entitled 'Prepare a bed for a stretcher case. Change the sheets on the bed with the patient in it', and Trefoil members completed part of a clause from the 2018 Guide Communicator Badge that said, 'Play at least three computer games and write a brief review of each one'. We'll leave it to you to work out which was more successful! We all then enjoyed tea prepared by the Guides.

Cath Wilkins, Trefaldwyn Trefoil Guild

Historic uniforms!

This Thinking Day evening event was led by Judith Benson, the county archivist for Girlguiding East Yorkshire, who wore a uniform from 1943, the year Trefoil began. She brought along uniforms for different sections of guiding from 1943. That year, Guides worked for their Tenderfoot badge when joining, so members tried several of the Tenderfoot challenges.

**June Wilson,
East Yorkshire Trefoil Guild**



Cheers to mocktails

Members found recipes for mocktails, then made them and gave them to other members to sample. They were enjoyed by everyone, especially the hot ones on a cold evening! The activity was part of the 75th Birthday Challenge badge.

**Moirá McKenna,
Ross-shire Voyager
Trefoil Guild**



We escaped!

Dyrham Trefoil Guild had an adventure in Bath Escape Rooms. We were divided into two teams and sent off to a room. Our task was simple – just get out again! Each room was filled with clues – some hidden, some obvious, none easy! Our guiding skills helped us to piece together the answers and (eventually) find our way out. The picture shows us after we had escaped and were enjoying a plate of cakes as a reward! Dyrham Trefoil Guild is quite a new group. We are all involved in Girlguiding in the South Cotswold division of Bristol and South Gloucester county, and we are enjoying the chance to meet up once a month to do something without the girls.

Joanna Wallis, Dyrham Trefoil Guild

Spreading the word

Lesley Howarth, county Chair of North Yorkshire West, is pictured with the new sails purchased out of the £1,000 grant given to promote Trefoil in our 75th Birthday year. Guilds across the region were consulted on how best to spend the money. Lesley negotiated with the suppliers regarding the design. We are hoping that the sails will promote Trefoil at meetings and events throughout the region and encourage new membership in our 75th year.

Lesley Howarth, North East England Trefoil Guild



Lighting candles

Wendy Moore spent Thinking Day in New Zealand celebrating with Guides, Brownies and adults. Activities included lighting remembrance candles.

**Wendy Moore,
Caernarfonshire
Trefoil Guild**



Picture this...

If you'd like to see photos of your own guild's activities here, check the Photo Tips in our helpful feature on page 4 for how to take good-quality images and send them to *The Trefoil* at the address on page 2.

Sharing World Thinking Day in Antigua

During a recent holiday, Donna Smith, Chair of Yeovil Trefoil Guild, was fortunate to be able to share World Thinking Day with the Guides and Brownies in Antigua



I made contact with the commissioner and it was like I had known her all my life; she was friendly and welcoming and delighted to see me, especially as we were leading up to World Thinking Day.

I visited the Guide headquarters in St John, the capital of Antigua, including the Guide shop where I purchased some badges, and the commissioner was keen for me to have a shirt and a tie that I could wear to their celebrations.

World Thinking Day in Antigua lasts for the whole of the week in which 22 February falls. Guides and Brownies wear their uniform to school, and there are events throughout the week, ending with



The Brownies making their Promise

a church service shared with the Scouts in the main church in St John.

I arrived in good time for the celebration, which was to include a Promise ceremony, and was delighted to see guiding flags and the WAGGGS flag flying. I proudly wore my new shirt and tie and, on meeting the commissioner, it was obvious she was pleased to see me smartly dressed. With a wry smile, she checked my tie to be sure I had tied a reef knot, much to everyone's amusement! All the Guides and Brownies looked very smart in their uniforms too.

I was very warmly welcomed and met many of the youngsters, as well as the leaders and we all enjoyed a photo opportunity. With the power of social media, some of these photographs were immediately shared with one of the leader's far-flung family members in America, Ghana and right across

"I had truly experienced what the worldwide sisterhood of guiding really meant – being welcomed by the guiding family in Antigua as though I had known them all my life"

Antigua! Further amusement was created by queries such as, "Who is this white woman with you on Thinking Day?" I was quite obviously the one looking a bit different. I was very surprised to meet a leader who had come to Somerset when we camped in Cheddar to celebrate 75 years of Girlguiding.

The ceremony itself was an incredibly memorable experience; with the help of the Guides, the Brownies gathered local brightly coloured flowers that they placed around a mirror on which sat the wise owl; this was the mirror in which the Brownies would look before they made their Promise. Such happy memories flooded



The mirror was decorated with flowers



With my new-found friends in Antigua

back of making my own Brownie Promise – twisting and turning, looking into the water to see myself!

After the Guides had made their Promise, the commissioner spoke about Lord and Lady Baden-Powell, telling the girls a little about the history of Girlguiding and emphasising that by making a Promise they had become members of the 'Worldwide Sisterhood of Girlguiding'.

That sisterhood and friendship; helping others; doing my best; giving service; keeping my own faith and being respectful of others have all been a great part of my life. To this day, 57 years since making my own Brownie Promise, much of what became important to me then, still is to this day.

I had truly experienced what the worldwide sisterhood of guiding really meant – being so warmly welcomed by the guiding family in Antigua as though I had known them all my life, and making lifelong memories – especially during this year of Trefoil Guild's 75th Birthday.

Thank you to my Antiguan Girlguiding family for such a memorable World Thinking Day.

Changes to data protection

One of the biggest changes to the UK data privacy law has come into effect. Here's our guide to what you need to know



There are new rules on data protection that everyone needs to know

The General Data Protection Regulation, known as GDPR, replaced the UK Data Protection Act 1998 on 25 May 2018. It gives you more control over how your data is used and how you're contacted. It also means that organisations like Girlguiding and Trefoil have to review how we manage your personal data.

What is personal data?

Any information relating to a person that can be used directly or indirectly to identify them. This can include a name, photo, an email address, bank details,

posts on social networking websites, or social media handles eg user names, or a computer IP address.

What's changing?

- All organisations will tell you why they're asking for your personal data, why they need it, what they want to use it for, if they're going to share it and how long it will be kept for.
- All data must be kept safe to prevent any potential theft or loss.
- If personal information is lost or shared improperly, this is a data breach. All

incidents like this must be reported. If a data breach risks harm to an individual either financially or reputationally, we'll need to report these to the regulator.

- Existing individual rights have been added to and updated. For example, people now have the right to have their data deleted, and the right to have copies of their data (SAR) has been made more accessible.
- If we get it wrong the fines have been increased. The maximum fine is €20 million (£17.5m) or 4% of an organisation's annual turnover.

"If we get it wrong... the maximum fine is €20 million (£17.5m) or 4% of an organisation's annual turnover"

What we're asking Girlguiding and Trefoil members to do to keep data safe

If you're also a member of Girlguiding, or you volunteer for us, here are some steps that we're asking all of our members to take with our data. The same applies to members of Trefoil.

- Check all the places you may have stored data, for example cupboards (at home and at any meeting places), notice boards, loft, laptops, tablets, CDs, memory sticks, your handbag – and so on!

- If you find any paper documents, contact lists, personal details of former members then please either shred them or tear/cut them into small pieces so they can't be put back together again.
- For electronic devices, delete personal information and empty the recycle bin. Destroy CDs by scratching them or breaking them before throwing them away.
- Make sure you have permission to keep details of any current member that you have. As soon as a member leaves, remove their data using the above methods. Keep the records in a safe place, in a secure area where no one can access them, such as your home.
- Get rid of old records, contact lists etc, using the above methods.
- For photos, make sure you have the permission of members to use them on websites, social media etc. If you don't have permission, you can't use them!
- When sending an email to multiple addressees, send the email to yourself, and 'blind copy' (Bcc) everybody else. Write at the beginning of the email who you are sending it to, for example 'members of the Anytown walking group'.
- Any information you do share has to be password protected, and notification of the password should be sent separately. Ensure that no one else can access your email account.

Need help?

The Girlguiding website has lots of help about how we're implementing the changes we need to be GDPR compliant, and what we're asking Girlguiding members to do to make sure everyone's data is safe. There's more information at girlguiding.org.uk/making-guiding-happen/running-your-unit/membership-administration/gdpr/.

An away day in... London

Do you wish you knew more about a nearby region so your members could plan an enjoyable 'away day'? In the first of a new series, we highlight great things to do in London



The Serpentine in Hyde Park

Royal parks ramble

The first suggestion comes from ICANDO in London. The ICANDO London Challenge takes place in St James Park, Green Park and around the Serpentine in Hyde Park. Each person walks a route with questions to answer, and there are plenty of park benches to sit on and watch the world go by. The day starts with an introduction at 11am in Girlguiding HQ. You should take a packed lunch and a drink. Cream tea is served from 3pm and you can earn the special London Challenge badge too if you are badge collector! Details of how to book this day for your guild can be found on the website.

Other London gems

Holland Park; Stroll around the Kyoto Garden among the koi carp, stone lanterns and Japanese maple trees.

Regents Canal walk; Watch the world drift by from a bench, or wander along the old canal towpaths.

Isabella Plantation in Richmond Park;

This organic woodland garden is best visited when the rhododendrons and azaleas are in full bloom. For eating, choose from Pembroke Lodge, a Georgian mansion with spectacular views, or the Roehampton Café. It has a cycle path, and public toilets with disabled access can be found at most of the main gates.



Covent Garden is great for shopping

Covent Garden for a busier type of day

On the traffic-free cobblestone square of Covent Garden Piazza, enjoy the free entertainment from street performers, then step inside the market building to browse food and craft stalls.

Tell fellow members about places in your region that aren't necessarily on the tourist list! Send ideas to the Trefoil office so we can all benefit from your knowledge.



Trefoil 75th Birthday Challenge

Have you completed the challenge yet? If not, says Ann Hall, national Programme and Development Adviser, here are a few ideas...



We are hoping to raise £30,000 for RDA (Riding for the Disabled Association) in this celebration year – can you help? Please send your donations to the Trefoil office (see address on page 2).

You can do the 75th Birthday Challenge on your own, with a friend, with your guild, unit, or any group you wish. You could easily build challenges into your meetings, outings or holidays. The badges are available from the Girlguiding shop, product code: 8405. They are £1 each, of which 10p goes to our RDA fundraising project. So have fun, 'Celebrate Together' and send your pictures to *The Trefoil*, the Trefoil website or social media.

T for Teamwork

This could be anything, big or small – as long as you plan and take part as a team:

- A celebration party for your guild or afternoon tea somewhere special.
- A trip out – to the theatre, a heritage railway, a flower show, up a mountain, down a mine, to a city, to the country.
- A coffee morning, a sponsored swim, a quiz night, a talent show, a choir concert.
- Running the coffee bar at a big Guide, Scout or other event.



Old photos are a good way to share memories

R for Remember

Trefoil started officially in 1943. Life for girls and women was very different back then. Look back and celebrate our heritage and happenings:

- Have a memories evening. Ask everyone to bring a badge they gained as a Brownie, Guide or Ranger, or an old photo, or something they used to use in the home and share the memories.
- Find some old pictures/postcards of your town or village and compare them with what is there today.



Visit a heritage railway



Try 'exotic' pineapple upside-down cake

E for Explore

Explore somewhere or something new. If getting out is difficult, you can explore by reading, going online, taking up a new interest or getting an expert or enthusiast to tell you about something new to you:

- Visit a local castle, museum, archaeological or heritage site or somewhere else you've not before. There might be an audio guide, but if not, find someone who knows about it to make your visit more interesting.
- Explore a genre of music new to you – opera, rap, baroque, folk, brass band – the list is endless.
- Explore an aspect of your city, town, village or locality that you know little about. It might be a famous person or local legend, a local industry now disappeared, local custom or dialect. Share what you find out with your guild or local guiding unit.
- Try 'glamping' – the name for glamorous or luxury camping – or 'champing', a recent scheme for sleeping in a church. Find more information at www.champing.co.uk.
- Brighten up an area near you – plant some bulbs, or tidy an overgrown area.



'Glamping' is camping but with a little luxury or glamour thrown in



Make time to spend with friends

F for Fun, Food and Friendship

This one is easy – 2018 is our celebration year and we want everyone to enjoy it, so share fun, friendship and food:

- Have a barbeque or picnic or party.
- Have a recipe swap evening with tastings of what you've made.
- Create and taste test freshly made smoothies, cocktails or mocktails (non-alcoholic cocktails).
- Try the food of a country other than your own.
- Join in with your county, or country/region celebrations.
- Invite another guild or a local guiding unit or non-guiding friends to celebrate our birthday year with you.



Swap recipes and taste the delicious results



Walking is just one outdoor sport to try

O for Outdoors

You don't need to climb Snowdon to have fun out of doors!

- Try Nordic walking, archery, croquet, walking football, yoga, tai chi, Wii bowling, Zumba Gold or bocce ball. Ask at your local library or leisure centre – many of these are low-impact sports for the less active.
- Go pond dipping, sledging or grass sledging.
- Take part in a conservation project.
- Plant a tree to commemorate our 75th year.
- Adopt a flower bed in your town, village, local station, park or other public place.
- Try geocaching – there is probably a club or group near you to show you how.
- Take a boat trip on a canal or river.
- Make a cardboard box oven and cook in it.



Pax Lodge is one of the World Centres and is right here in the UK

I for International

Look wide!

- Learn some welcoming phrases in different languages.
- Learn a game, dance or song from another country.
- Find a penfriend or Facebook friend, or twin with a guild in another country.
- Find out about TOPAZ (Trefoil Overseas Partnership, Adventure with Zest). Look at the TOPAZ challenge and try some of the activities.
- Visit one of the World Centres. You don't have to travel abroad – Pax Lodge is right here in the UK in Camden, north London.

L for Learn

It's never too late in life to learn something new!

- Ride a segway or walk a llama.
- Draw, paint, sculpt or do balloon modelling or teabag folding.
- Use a computer, send an email, use Facebook or Twitter.
- Use a satnav or GPS device.
- Identify wild flowers, grasses, trees or garden birds.
- Knit, crochet, use a sewing machine or make lace.
- Post pictures or accounts of your challenge on your county website or send it to local newspapers.



Get crafty with teabag folding

Tell us what you've been doing for the Birthday Challenge.



Download a form from trefoilguild.co.uk, fill it in, attach a good quality photo and email it to thetrefoilmagazine@girlguiding.org.uk. Or upload your pictures to

🐦 @TrefoilGuild and 📘 TrefoilGuildUK



Recognition for Ivy

As mentioned in the March issue, Ivy Lee, a member of Belfast Trefoil Guild, was awarded the MBE for Services to Girlguiding in the 2018 New Year's Honours List. Ivy is a former Chair of the Belfast Trefoil Guild. She is also Vice President of Girlguiding Ulster. In 1963, Ivy became captain of 155th Belfast Guide unit and has held many Girlguiding roles. Ulster Chief Commissioner, Brenda Herron, said, "Ivy is a very committed member of Girlguiding Ulster. She has supported hundreds of girls to try new activities, and continues to do so. I am pleased that such an enthusiastic ambassador for guiding has been awarded an MBE."

Congratulations!

Since the March issue of *The Trefoil* we have been notified about the following members of Trefoil who received the MBE in the 2018 New Year's Honours List:

- Frances Sloan, Chair, Aldouran Wetland Garden, for voluntary service in Leswalt, Wigtownshire.
- Janet Woodroffe, for voluntary and charitable services in Wistanstow, South Shropshire.
- Julie Dixon, for services to the community in Northumberland.



BEM for Sally

Sally Morris, a member of Oundle and Thrapston Trefoil Guild, was awarded the BEM in the Queen's Birthday Honours in 2017. She received it for services to the community in Islip.

Silver lady

Congratulations to Esme Joyce from LaSER who has recently been awarded the Trefoil Guild Silver Brooch.

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.

Meet a guild

New guild Chester-le-Street is based in the County Durham market town seven miles south of Newcastle upon Tyne. Guild Chair, Helen Pendlington, tells the story of how this fun-loving guild first started and what they have been up to

“Starting a new guild was no longer just talking – it had become very real”

Six Guide leaders set off on a bus trip to York for afternoon tea, shopping and a bit of sightseeing. On the way home after an enjoyable day, we talked about how we like-minded people don't usually have time to get together, except when we are looking after the girls in our units. And so the idea of setting up a guild was born.

Word quickly got around and we were approached by leaders, assistant leaders and unit helpers right across the division. Starting a new guild was no longer just talking – it had become very real. After a busy June inaugural meeting, the formal

paperwork was completed by July and we became an official Trefoil guild.

Our first challenge was a Soroptimist International Challenge badge. Called Shared Vision, it involved visiting a farm to learn all about alpacas. We were each given a lovely gift – a bag of alpaca poo!

The next challenge was taking part in the Race for Life Pretty Muddy 5km; some of our younger members finished their Queen's Guide and Commonwealth awards as well as getting very muddy!

One of our most thought-provoking and moving meetings to date has been a visit



Malcolm Brown made his Promise dressed as a flamingo



Visiting an alpaca farm

from the charity that raises awareness for motor neurone disease. Activities were provided that showed us the effects the disease has upon an individual and those around them, helping us appreciate the impact this dreadful illness has on people and those who care for them.

Some of our members have enjoyed the experience of making their Promise in unique places; none more so than the first (and, to date, only) male member of our guild, Malcolm Brown, who made his Promise dressed as Flossie the Flamingo at Girlguiding North East England's Flamingo Fling event, surrounded by many inquisitive young members who all wanted to know what Trefoil is – a great PR exercise!

We planned a weekend together where there were no time schedules

and no alarm clocks; it was a weekend to simply chill and relax and have 'me' time. We weren't disappointed and found it was extremely therapeutic – and tremendous fun!

So many memories have been made over the last few months. Future plans for the guild include a geocaching evening dressed in wellies and onesies; learning to knit and supporting our local units in their fundraising efforts. There is to be a river cruise on the River Wear, silver jewellery making... and much, much more!

We are grateful to everyone for making us feel so welcome in Trefoil, and can't wait for the adventures the future holds for us – together.



Muddy marvels!



Relaxing around a campfire



Motor neurone awareness



International outlook

from Judy Ellis,
National International Adviser



TOPAZ teams met recently to start thinking about future projects

TOPAZ

Our TOPAZ pilot project with our partners, The Russian Association of Girl Scouts, will come to an end in October 2018. TOPAZ teams have been successful in helping RADS expand into new areas and, by appearing on local TV and radio, have raised the profile of the Girl Scouts in the regions in which they have worked.

Previous teams' evaluations have helped us develop a project programme that will satisfy our current members and attract new ones. We'll be changing selection methods to allow participants to work together over a longer time, and

we'll also be looking at the length, cost and type of projects.

We are planning a one-off project for 2019 while we set up a new three or five-year project to begin in 2020. Selections for both will take place in autumn 2018 to allow the teams time to raise funds for the project. Application forms are available on the Trefoil website.

Remember to look at the new TOPAZ challenge when you're planning your programme next year. It explores the elements of the TOPAZ logo and will take over from the Russia challenge, which has been so successful in helping the teams finance their projects.

We welcome any comments that would help us tailor new schemes for our members – what sort of project would you enjoy taking part in? Where would you like to go? How long should it be, and how much would be a reasonable cost?



Sarah Nancollas, the CEO of WAGGGS

WAGGGS

WAGGGS has appointed its new CEO. Sarah Nancollas, who originally qualified as a civil engineer, has considerable experience of leading non-governmental organisations, having previously been CEO at Variety, Lepira and the Canon Collins Trust.

WAGGGS has a new partnership with Nutrition International and Global Affairs Canada, which will focus on changing the attitudes to nutrition for girls and young women. This was launched in March and will work in Bangladesh, Madagascar, the Philippines, Sri Lanka and Tanzania, where female adolescent malnutrition is widespread. Through a programme of practical activities, girls will be encouraged to speak out about nutrition in their communities. In many countries women are denied a balanced diet by traditional attitudes and beliefs. These restrictions in their diet can lead to anaemia and other health issues for girls, and the WAGGGS partnership hopes to lead to a change of attitude in the communities affected.

International advisers meeting

The country and region international advisers got together to plan how to help you include international ideas in your programmes, so that we don't just think of our international connections on World Thinking Day but are able to integrate them throughout the year. They have produced enough ideas to keep you going for several years, and these are on the Trefoil website!

If you are hoping to organise a group holiday overseas, or to visit one of the World Centres, you'll find the new guidelines written by the international team very useful. Please don't forget to tell your country/region adviser your plans, as she will be able to help you plan a successful trip.

When you're away please take lots of photos



Then, afterwards, send a short account of your holiday with your photos to the international adviser at the Trefoil office at the address on page 2.

Trefoil cruise

I'm looking forward to meeting many of you on our birthday cruise down the Danube. It's obvious that we have a great enthusiasm for international travel, and to be able to celebrate with two boats full of like-minded people is going to be very special.

Double gold

Betty Gosling and her daughter, Diane, have both gained their Gold Voyage Award, but their involvement in guiding and Trefoil is far more extensive than that...

Betty and Diane are members of Walton-on-Thames Trefoil Guild in Surrey. Over the years, Diane, who is a Queen's Guide, has been a Brownie, Guide, young leader, Guide leader and assistant Ranger leader.

By contrast, Betty was not a Brownie or Guide but first became involved in Girlguiding through her two daughters. She became a Tawny Owl (having first passed the Tenderfoot test and being enrolled) and district badge secretary. She and her husband were valuable members of the local association.

For the past three years, Betty has been a unit helper with 1st Esher Brownies, having started this role for the Service section of her Silver Voyage Award. Betty and her husband owned a narrowboat and, through guiding, Betty joined the Thames Scouts Cruising Club with which they travelled extensively.

There is an international guiding link between mother and daughter. In 1976, as a young leader, Diane along with four other girls from her unit in Hersham travelled as part of a group from Surrey West Guides and Surrey Scouts to Primi Camp in Denmark. "I thoroughly enjoyed Primi Camp because it was true camping, with the addition of being with Guides and Scouts from Denmark," recalls Diane.

As a leader in 1985, Diane took a group of Guides to Switzerland, where they stayed in Adelboden. During the holiday, they visited Our Chalet and the local



Betty and Diane with their certificates

well-known woodcarvers as well as the Scout Centre in Kandersteg. When Betty goes to Our Chalet later this year on a Venture Abroad holiday, she will have visited four of the WAGGGS World Centres, having previously stayed at Sangam, Our Cabaña and Pax Lodge.

While undertaking Explore My World for the Gold Voyage Award, Diane visited Monkey World Ape Rescue Centre in Dorset and has learnt more about the need for wildlife protection. For the Myself section of the Bronze Voyage Award, Betty decided to find out about her grandfather's life. She says, "I did a lot of research and discovered that he had been wounded in 1918 at Hill 60 in Belgium. On his return to the UK he was treated at a military hospital in London, which was staffed entirely by women."

Keep on running

Heather Ponting-Bather of Great Western (Swindon) Trefoil Guild, tells us about her greatest challenge

My two favourite hobbies are guiding and running, and in 2017 I ticked 'Run a marathon' off my bucket list. I started running aged 35 and have enlisted a Rainbow leader, a Brownie leader and two Guide leaders to join our local running club, the Royal Wootton Bassett Hounds, starting with the 'Couch to 5k' group.

Running the Bournemouth marathon was a huge challenge, both physically and

"The Bournemouth marathon was the hardest thing I have ever done"

mentally, and required months of training. I even went on training runs in Adelboden when I visited Our Chalet during the summer with my Guide unit and girls from around our county. The hills were hard, but the mountain air really helped!

When marathon day arrived in early October, I felt as prepared as I could be for what lay ahead. I had stayed overnight at Mountbatten Court in Bournemouth after seeing the B&B advertised in *The Trefoil*. Pat and Andy, my hosts, were brilliant and I slept like a log the night prior to the race, then Pat cooked me porridge and poached eggs for breakfast.

The weather was unseasonably warm for October, something I hadn't bargained for, so 26.2 miles in bright sunshine and 20 degree heat certainly made it more difficult. I'll be honest, the Bournemouth



Heather raised more than £400 for WAGGGS


marathon was the hardest thing I have ever done, but I was proud (and relieved!) to finish in a time of 5hrs 33mins.

My next running challenge was the London Landmarks Half Marathon at the end of March, which coincided with my 40th birthday. After the fantastic experience I had in Switzerland, my time was 2hrs 18mins 17secs and I raised more than £400 for WAGGGS, to help more girls enjoy all the things I have as a Guide and leader.

Your letters

Find out what other Trefoil members have on their minds

Happy memories

 When Ripon Trefoil Guild visited the local Town Hall it brought back memories for Joyce Baslington, who said, "My husband John was Mayor of Ripon from 1989 to 1990, and he requested that the Mayor should have a guard of honour of Scouts and Guides at the St George's Day parade. There, I met Barbara Dixon, and we got on well."

I had never been involved before with either Scouts or Guides (only as a parent), so was somewhat surprised when she asked if I would be her secretary when she took over as county commissioner. I enjoyed the years in office and it turned out to be a good decision. In a roundabout way, it was as a result of wearing that beautiful chain all those years ago that I became involved with Trefoil where I have made so many friends.

Clare Watkinson, Ripon Trefoil Guild




Joyce Baslington relives mayoral memories



Members on a visit to Our Cabaña

Our Cabaña visit

 On 25 October 2017 five members from Trefoil Guild Scotland set off to spend eight days at the Day of the Dead event at Our Cabaña. Our fellow attendees consisted of Girl Scouting alumni from two parts of the USA; one young adult leader from Australia; adult leaders from other regions in the UK; members of The Senior Section from Midlands region and a group of four from Wirral Trefoil Guild. So there were no language problems!

Our activities were varied and, in typical guiding fashion, we had challenges to complete that gained some of us the Scorpion badge. Visits included one to Taxco (one of the most important silver centres), another to Cuernavaca (where there had been some earthquake damage to the local cathedral) and two visits to the town of Ocotepc, renowned for its Day of the Dead celebrations.


Houses where there had been bereavements welcomed all visitors to view how they had decorated the rooms in honour of the relative. Clothes of the deceased are laid out on an altar like a bed surrounded by the person's favourite items, which could be anything from books to bottles of local beer. Our gift to each house was a candle and in return we were offered local food and a drink. We

also visited the cemetery where families gathered to decorate the graves, to eat and drink and to listen to the mariachi bands playing. Marigolds were in profusion everywhere as they are referred to in Mexico as 'the flower of the dead'.

All too soon it was our final meal during which we were entertained by a mariachi band. There were lots of farewells in the morning and then home, or on to our next destination. For the five of us it was Mexico City and five more days of exploration.

Isobel Irving, Trefoil Guild Scotland

Blue Lagoon Promise

 Members of Lancashire Border Trefoil Guild celebrated our 75th birthday by taking a trip to Iceland's capital city, Reykjavik, in February 2018. Its most prominent landmark is the church Hallgrímskirkja with its imposing 74.5m-high bell tower. We also visited the city's concert hall, Harpa, which symbolises two things

– the economic crisis (exceeding your limits) and the recovery (seeing through and finishing what you set out to do despite any hardships). A highlight of the building is the splendid glass façade.

Other highlights of Iceland included the spectacular Gullfoss waterfall and the unforgettable Strokkur geyser. Despite the freezing cold February weather, we very bravely donned our swimsuits and, displaying our banner, bathed in the geothermal spa Blue Lagoon where one of our members very proudly made her Promise. We enjoyed our evenings spent eating, chatting and playing UNO, and we all took part in and completed the 75th Birthday Challenge.

After an unforgettable trip, we are all so happy and pleased to share many pictures, treasured memories and unforgettable moments. We are extremely fortunate to have enjoyed such an opportunity. Thank you, Trefoil.

Joyce Wiggins, Lancashire Border Trefoil Guild



The Blue Lagoon geothermal spa was enjoyed by members on a trip to Iceland

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

GOLD report

In 2017, Girlguiding sent GOLD teams to work with the Guide Associations of Aruba, Ghana, Jordan, the Maldives, Oman, Rwanda and Zambia

Trefoil grants GOLD team members 20% of the project cost; teams raise the remaining 80% by activities ranging from ceilidhs to competitions. In thanking Trefoil, many say that without the grant they couldn't have taken part. Teams are selected at Go for GOLD weekends, and there are many more applicants than places. Around 80 are selected by ballot, and of these about 30 will be offered a place. Teams of five will then be led by a previous GOLD participant, giving continuity to the projects.

The Maldives

For the majority of their stay, the GOLD team lived on Hulhumalé and visited Raa Meedhoo and Mahibadhoo by ferry. In Malé, they trained leaders on WAGGGS, the history of UK guiding and conflict

resolution, and ran sessions with Stars, Little Maids, Guides, leaders and the executive committee. On Mahibadhoo and Meedhoo they trained young leaders and adult leaders on communication, decision making and effective leadership. The leaders all enjoyed their new-found knowledge and skills as well as new songs and games. Training on self-esteem and body confidence involved the Guides shouting "I am amazing!" and everyone feeling empowered. The Little Maids took part in a paper relay race and joined in with lots of singing. A memorable evening closing ceremony took place on the beach with a barbecue next to a shipwreck.

Back in Malé, a weekend for young leaders concentrated on short-term achievable projects, time management and confidence building. Further sessions



In Ghana, the GOLD team concentrated on the six Cs of the Ghanaian Guiding programme



The teams trained Guides as well as leaders

examined the current Young Leader programme, the Badge & Award scheme, uniform, event plans and fundraising, before the young women presented their hard work to the MGGA executive committee for approval. The team enjoyed training 901 participants over 43 hours.

Ghana

The GOLD Ghana team travelled to Accra to train about leadership using the six Cs of the Ghanaian Guiding programme: creativity, communication, collaboration, citizenship, commitment and character.

They trained Guides and leaders, but found in some regions that almost all leaders were inexperienced, so had to alter planned trainings to give them ideas to take back to their new units. In some areas, Scouts also attended, and the team was impressed by the combined creativity that invented songs about string, a ball



Leaders were given ideas to share with units

and an IKEA bag! The new leaders were surprised by the global nature of guiding, and were eager to join in the activities so they could share them with the girls. In Accra, at the end of the three weeks, new and experienced leaders worked together to understand good and bad communication through role play, and risk assessment. The evaluations of the programme were positive and the team was pleased with the impact it had.

Oman

Oman was the destination for another GOLD team. Over three weekends, they had prepared their training plans on leadership, recruitment and informal education. Beginning in Muscat, training leaders, and girls of 14-19, they then flew south to Salalah where they joined the national camp, organising sessions for Guides and older girls. They had the luxury of sleeping indoors rather than in tents but joined the girls for sightseeing visits. They flew north again to Al Batinah where they trained headmistresses in recruitment and leadership. Training through interpreters proved a challenge, as sometimes ideas were misinterpreted, causing confusion. Despite this, their visit inspired much enthusiasm and encouraged the opening of new units, and they can be proud of their success.

Challenge yourself

Mountaineer Nigel Vardy – aka Mr Frostbite – was a real inspiration when he talked to members at Swanwick last year and many have asked to hear more. Here he tells us about his life and his achievements...

Losing your fingers and toes to frostbite might, for many, herald the end of their mountaineering career. Learning to walk, write and drive again at 30 years of age is enough to take on, but all I wanted to do was return to the mountains. Some thought me irresponsible, but you take out of an accident what you take into it. Let me explain...

I was brought up in Derbyshire and spent my youth walking the hills of the Peak District, or working on a relative's dairy farm. It wasn't a fair-weather upbringing. Rain, shine, light or dark, I was in the fresh air and loving life.

Belper High School taught Outdoor Pursuits and, like it or not, all pupils went sailing, potholing, climbing, canoeing and whatever else the teachers could come up with. Risk assessments had not been invented and we regularly came home bruised and filthy. Experiences such as these bred a self-reliance, which has remained with me throughout my life.

Work that was hard physical labour followed. I began travelling in my early twenties, doing relief work in Asia and South America, before mountaineering took over my adventures. All this bred a hard work ethic, which, combined with my self-reliance, was my saviour when I was marooned in an Arctic storm on Mount McKinley in Alaska. Surviving freezing



Nigel Vardy inspires many with his outlook

conditions and coming home with a smile on my face was what I was born for.

Besides learning how to be self-reliant, I also learnt how to be adaptable in my childhood. Not everything goes to plan and my adventures taught me to adapt to changing situations. When the day came to remove my fingers and toes, I cried. Depression followed as I felt useless and a liability. I had to learn how to work with my changing body and adapt to the future. Within days, I was walking, writing and even tying knots in climbing ropes.

What I took into my accident were my childhood experiences. What I took



Nigel says his upbringing helped instil in him self-reliance and a love of the outdoors

"I have many further adventures planned. I look over the horizon and live life with my eyes wide open"

out was the desire to fight, recover and return to the mountains.

Since then, I have travelled across the world on numerous expeditions, pushing myself to my mental and physical limits on many occasions. My injuries require a great deal of care and I have become expert at operating as normal. Jungles, deserts, mountains and ice caps have all done their best to wear me down, but I have tackled them all.

It might sound as though I never stop or sit down, but at home I often rest my injuries through necessity. When you

have sections of your hips grafted on to your feet, you have little choice!

What the future holds is unknown. I have many further adventures planned, even though my wounds are slowing me down. I continue to look over the horizon and live life with my eyes wide open. I enjoy every sunrise and sunset, live with nature and love to breathe cold mountain air...

That's something we all can do!



Mr Frostbite still has plans despite his injuries.
IMAGE: Nicola Harris Productions

Vlogs and blogs

Connecting via the internet

A vlog is a video-based diary that talks about one subject with the aim of entertainment or tutorial. A blog is a text and picture-based website that focuses on one topic and can be written by anyone.

You can find vloggers and bloggers all over the internet discussing every topic you can think of and providing tutorials to help anyone with an internet connection achieve what they want to.

Blogs are good for setting up for trips – travellers can record how the trip is going and keep in touch with folks back



Vlogs and blogs can teach and entertain

home. Vlogs are the perfect resource for learning a new skill, as vloggers take the viewer through a process step by step and show it in real time – a great example of this is decorating cakes.

There are now many famous vloggers and bloggers who have their own followings based on the topics they talk about.

Classified

New Zealand South Island and Stewart Island tour

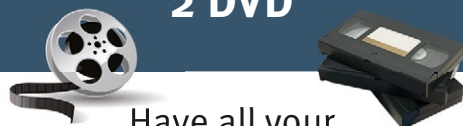
Join us for an 18-day summer tour of the South Island of New Zealand, starting 27 February 2019.

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French property for sale

Trefoil Guild member reluctantly selling country house near Monet's garden at Giverny.

Easy access to central Paris by road (1 hour) and rail into Saint-Lazare. House comprises 6 bedrooms, 2 bathrooms, 2 receptions, large kitchen and washroom. Adjoining courtyard contains chalk cliff and four caves. Walnuts, wild orchids and lovely birds abound in season. Needs some TLC, consequently low price.

For more details, **please email b.aveling@wanadoo.fr**.

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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- 11-31 August 2018: Blackland Farm
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- 13-17 August 2018: Waddow Hall family
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- 12 September 2018: ICANDO London Royal
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2019 PACKAGES FOR THE Trefoil Guild Annual Meeting

Combine the official business of the 2019 Annual meeting with local excursions and an evening of entertainment in the traditional coastal town of Southport.

We're also offering our pre and post-tour options so you can make the most of your time in the North-West of England. From Liverpool to the Lake District, explore all this UK region has to offer!



PRE-ANNUAL MEETING TOUR, LIVERPOOL

Tuesday 4th – Friday 7th June

- ✓ 3 nights' half-board accommodation
- ✓ Return coach transfers from Southport to Liverpool
- ✓ Includes a guided walking tour of Liverpool and entrance to Speke Hall

ANNUAL MEETING WEEKEND, SOUTHPORT

Friday 7th – Monday 10th June

- ✓ 3 nights' half-board accommodation at a choice of different hotels
- ✓ Transfers to and from Southport Train Station to your chosen hotel
- ✓ A range of optional excursions to discover the history and beauty of Southport

POST-ANNUAL MEETING TOUR, THE LAKE DISTRICT

Monday 10th – Friday 14th June

- ✓ 4 nights' half-board accommodation
- ✓ Return coach transfers from Southport to Newby Bridge
- ✓ All excursions as per the listed itinerary, including transport and entrance fees (see website for more details)

The New 2019 Venture Abroad Brochure is Coming Soon!

Featuring a range of fantastic holidays created exclusively for members of the Trefoil Guild. Brochures will be available at the 2018 Trefoil Annual Meeting or you can register to receive your copy at ventureabroad.co.uk/trefoil or call us on **01332 342 050**.