

The Trefoil

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All revved up to Give Support



GUIDING FOR ADULTS
Trefoil Guild

In this issue

Discover all the
festive fun our
members enjoy

Tips on ways to
go international
at meetings

How to spread
the word about
membership

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Find out why Stone Trefoil Guild were messing about on motorbikes on page 9



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Welcome

Hello everyone

At the end of the summer, my local Trefoil met up with the lovely members on the Western Isles of Scotland. We had a fantastic day, finishing, of course, with afternoon tea!

It made me think about how very special we are. Within minutes it felt as if we had known each other all our lives. In a way, we had. We shared that passion for guiding and could relate, as friends, so very quickly.

That happens all the time through Trefoil, doesn't it? We "make new friends but keep the old". I wonder how we can do better at sharing that with even more people? It feels as if we are sometimes a well-kept secret, so let's make a resolution for 2020 to find new ways to welcome more members into Trefoil.

For those in guiding, we can be a great support and a way to let busy leaders have a little time for themselves. For those with fond memories of guiding, we keep that flame alive through shared friendship

and 'guiding for adults'. For those who have never been members at all, what a wonderful way to share the magic by joining locally and experiencing at first hand just what an amazing bunch of people we are!

Maybe you can bring a friend along to a meeting? Maybe have a 'taster' event to let new people see what we are all about – and what they are missing! Perhaps someone can share a skill and then see what they could be part of. Let's reach out to friends, new and older, to let more people be part of something quite special.

Let's make 2020 the year that we reach out to more people and shout out loudly about who we are and what we can offer. Let's share that secret – it is only fair, after all!

Liz Burnley

Liz Burnley

- Editor's note: See page 14 for more recruitment ideas



Huge congratulations to our President, Liz Burnley, and Simon Benyon, who were married on 4 November. We are sure that everyone in Trefoil wishes them a wonderful future together.

The most wonderful time of the year...

By the time we get to mid-November, it suddenly seems OK to celebrate Christmas in a myriad of ways, and Trefoil members do just that!



Three Rudolph look-a-likes visited Hampshire East Trefoil Guild

Handbell ringing, stage shows, cooking, dressing up, murder mysteries, quizzes, Christmas carol bingo, church Christmas tree festivals, county Trefoil Christmas tree competitions, Christmas craft days, Christmas songs with jingle bells and kazooes, Christmas movie nights and don't forget those memorable carol services – you could easily continue this list with all the things our members enjoy.

Church Christmas tree festivals have become very popular, and provide a great opportunity for PR in the community. Members post lovely photos of their trees on Facebook, but this year please take a photo of the tree with the members who planned and decorated it. Bridgend Trefoil Guild decorated their Celebration of

Women tree in honour of '35 women who have made a difference' – from Amelia Earhart to Dame Tanni Grey-Thompson.

Christmas seems to bring out a zany and fun-loving nature in most Trefoil Guild members: Wiltshire North had a Christmas 'Fun Day'; one guild held a Christmas Fayre in the Park; Weston Bay and Weston Laurel, guilds for members with disabilities, enjoyed a Christmas party, and Bay members performed the story of Epiphany. In Hampshire East, members were given packs of red, white and green crêpe paper and challenged to create an outfit in 15 minutes... and had a visit from three red-nosed 'reindeer'.

Some members love crafts, and others run a mile from them, but Christmas

creations can be an exception for craft-shy Trefoil members – perhaps because at this time of the year, the footpaths are muddy and the nights are cold. Blackwater Valley members invited a talented florist to their meeting so everyone managed to make a beautiful arrangement, and Bristol West Trefoil Guild created some very jolly snowmen. In Somerset North, each guild brought a Christmas craft for others to share during a county gathering day.

For many of us the season really starts in October when we put together our Christmas Child boxes. There is so much industry as hats and mittens are knitted and toys, soap, school supplies and hair accessories are donated and sorted. (Take a look at Rebeca's shoebox story at samaritans-purse.org.uk/article/uk-shoebox-stories-rebeca/)

Whatever your members decide to do to celebrate and enjoy the Christmas season, do remember to take good-quality photos to send to us – and have lots of fun!

“Christmas seems to bring out a zany and fun-loving nature in most Trefoil Guild members”



Jolly snowmen created by Bristol West



Floral arrangements at Blackwater Valley



Bay Trefoil Guild performed an Epiphany play



Bridgend Trefoil's Celebration of Women tree

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

Inspiring Anna

What an adventure Anna McNuff has been having (see the September issue of *The Trefoil*) and what an inspiration she is to members of both Trefoil and Girlguiding.

I heard her speak to hundreds of youngsters in the Forum in Bath, and her visit to Bristol the night before was on the local TV news. You can't buy the kind of PR we got that night when the female presenter genuinely reacted with, "Guides have a brilliant time, don't they!"



Barefoot walker Anna with Brownies

African adventure

The 2020 TOPAZ trip will be to Lesotho. Read more about our plans for this exciting venture on page 27. If you have been a member for six months or more, you can apply to be part of it.

On trend

Have you treated yourself to the new smaller version of the Trefoil scarf yet? They are

made from 100% polyester, measure 135cm by 52cm and are available from

www.girlguidingshop.co.uk for just £6.60.



Annual meetings

The 2020 national Annual Meeting will be held on Saturday 6 June at Cliffs Pavilion, Southend. You can order tickets using the address sheet that came with this edition of *The Trefoil*. Meanwhile, turn to page 18 to discover some of the highlights of the town. Looking ahead to 2021, the national Annual Meeting will be held on Saturday 19 June in Llandudno, North Wales.

Special interest groups

Are you a member of a special interest group? It might be gardening, genealogy, walking, geocaching, photography, knit and natter/craft and chatter, camping, music/singing, reading...

We have a new feature series starting on page 35 about different national groups that are part of Trefoil, or may be of interest to members. Please write and tell us about your special interest Trefoil group and share it with your fellow members.

Get involved

You can influence the future of Trefoil Guild by joining a Task and Finish Group. Find details on the carrier sheet of the September issue of *The Trefoil*, beside your name and address.

When taking photos...



Please remember that 5MB or larger is best!

Snap happy

Are you the person in your guild who takes lively photos of your members, then posts them on Facebook? Please don't forget to check the new guidelines on taking and using photos for Trefoil, especially for *The Trefoil's* Letters and Snapshots pages, and the national website.

We need your photos and stories, but the images need to be a large enough file size to use in print (no smaller than 5GB) and we need information about what the images show. See Magazine and Website Content Pro Forma for submitting stories at www.trefoilguild.co.uk/Forms.

You can send them electronically – just fill in the pro forma, attach the images and get your story and the very best photo in by the submission date (see below).

Has someone achieved something special in your guild? A community or national award? Tell us about it for the Achievements page! (photo, story and pro forma are also essential)..

Going global

Does your guild make contact with other guilds around the world, or even locally, on World Thinking Day? Maybe you have pen pals in Australia, New Zealand or Canada? Does anyone communicate with one of the relatively new Trefoil Guilds in the USA? Maybe your members use FaceTime or similar to contact a group from a neighbouring county? Do write and tell us how you are using the amazing technology we have today for your World Thinking Day celebrations. Meanwhile, turn to pages 19-22 for suggestions of how to include international programme ideas in your regular meetings to show we're part of a global organisation.

Subscriptions

The national annual subscription rate for 2020 will be £14. Region and county levies may be added to that. Don't forget that subscriptions are due by 22 February, a date that's easy to remember – if you are planning World Thinking Day, you should also be planning your payments! Have a look at page 15 for the different ways to pay.

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 the March 2020 issue is 2 January 2020.

Your snapshots

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

Festive fun

A local entertainer attended Gordon Trefoil Guild's meeting and provided music, games and storytelling for our Christmas celebration this year. Pictured is Pat Miller having fun.

Patrice Graham, Scotland PRA



Crazy golf

Bebington Trefoil Guild invited Wirral County Chairman Anne Branch to a round of crazy golf.

**Catrina Williams,
North West England PRA**

Waterfall wonder

While staying in Adelboden in Switzerland, 20 Trefoil members from South West England spent an afternoon at the Trummelbach Falls where members conquered their fear of heights and forgot about their aching knees to climb inside the mountain, where we watched the largest subterranean waterfalls in Europe thunder down the caverns.

Susan Bush, various guilds





Blood Bikers

Stone Trefoil Guild invited Colin Hodgkins from Staffordshire Blood Bikers to their recent meeting to talk about and raise awareness of the amazing work carried out by the blood bike charity. Apart from blood, they also transport a variety of urgent medical items. It was an informative and interesting talk, and members were also given a detailed description of – and close encounter with – one of the bikes.

Marilynne Stokes, Stone Trefoil Guild



Brownsea adventure

Members of Burwell Trefoil Guild visited Brownsea Island – a trip that met all our expectations, helped enormously by the glorious weather. We investigated the whole island, enjoying the scenery,

beach, wildlife, history, crazy golf and natural play area! It was terrific to see such a beautiful island still being used as a campsite years after it was first instigated by Lord Baden-Powell.

Linda Lerner, Burwell Trefoil Guild



Belarus visit

Three members from Hampshire North county joined a visit to Belarus to celebrate 20 years of a link with the Association of Belarussian Guides. All had been involved from the start of the link and were interviewed for Belarussian local TV and newspaper. We visited an interesting estate with a museum housing war artefacts and musical instruments from the 1940s and ate our lunch sitting on giant clothes pegs! The rest of the estate now houses huts demonstrating and selling crafts, has animated fairy tales in small cabins, a boating lake and an Upside Down House, which we explored. It was a most peculiar feeling 'walking on the ceilings' with all the furniture stuck above on the 'floor'.

Robbie Hill, Hampshire North county

With thanks

A cheque for £420 was presented to a representative of Blood Bikes who in return presented Trefoil Guild with a certificate of appreciation for the donated funds.

Wendy Moore, Wales PRA



New faces

We are a small, newly formed guild, but we all have had a long association with guiding, and most of us have been friends for years. In August, five of us went to Edinburgh for four days taking in lots of the Edinburgh Fringe and the Tattoo.

**Janet Hornsby,
Taddington Trefoil Guild**



Amazing alpacas

Members of Surrey West Out and About Trefoil Guild visited Pennybridge Alpacas near Hook in Hampshire. We were amazed to hear that the farm has over 90 alpacas, which all the staff know individually by name. Alpacas are reared for their wonderfully soft fleeces, and they come in all sizes and colours. We took some of them for a walk around the farm; we had instructions to always be behind the animal and to watch out for them raising their heads, as this meant they were about to spit – not a pleasant experience for the recipient!

Ann Wright, Surrey West Out and About Trefoil Guild



Croquet evening

Members enjoyed an evening playing croquet. We had lots of fun trying to knock one another off course.

**Joyce Wiggins,
Tower Trefoil Guild**



Walk reunion

Believe it or not, this group and a few others walked the Pennine Way together 33 years ago in 1986. Organised by the staff at Glenbrook (now Derbyshire's Outdoor Activity Centre), we had two groups either walking south to north, or the reverse. Over the years many reunion walks have taken place, the most recent at Waddow. Alas, we no longer walk 15 miles a day – more like five!

Beryl Miller, various guilds



Narrowboat trip

Chew Valley Trefoil took a narrowboat trip with training on working locks and steering the boat. The less mobile enjoyed the trip too, with sun hats and cups of tea/coffee with biscuits/cakes, making the journey pleasant for them while they were entertained by the antics of those trying to steer the boat or operate the locks!

Sue Curtis, Chew Valley Trefoil Guild



Belfast trip

Caerdydd Saith Trefoil Guild recently visited Belfast and stayed at Lorne House, the home of Girlguiding Ulster. We visited Crumlin Road Gaol and took a tour to the Giant's Causeway. On the way back we stopped off at The Dark Hedges where scenes from Game of Thrones were filmed. Another trip was to the Titanic Exhibition, which was very moving and took you through the journey from the construction of the ship at the Harland and Wolff shipping company in Belfast right through to the unfortunate sinking of this magnificent vessel.

Rachel Sinderby, Caerdydd Saith Trefoil Guild

Capital ramble

Trefoil Guild Ramblers enjoyed doing the west end Water of Leith walk in Edinburgh. The murals are part way along the tunnel located there.

**Patrice Graham,
Scotland PRA**



Picture this...

If you'd like to see images of your own guild's activities here, check that your photos are the right size – see the Photo Tips on the Trefoil Guild website – and send them to *The Trefoil* at the address on page 2.

Challenges of growing Trefoil

We have such a great time in Trefoil that it's time to share that with new members, says Linda Hill-Tout, National PRA



Although we are losing members at a faster rate than new members are joining, which means the number of Trefoil members is decreasing, the good news is that we are recruiting – I am pleased to say that every country/region has had new members over the last year and from January to June this year we were joined by 291 new members.

As Chairman Eileen Martin mentioned at our Annual Meeting, we have around 1,100 guilds. If each guild increases its numbers by one member each year we will have 5,000 more members in five years.

Why recruit?

It is so important that we keep our numbers at a healthy level to ensure that Trefoil Guild continues as it is today, offering the opportunity to meet friends, new and old, to have support when we need it, and to have fun and a fulfilling social life. We have marvellous opportunities to take part in the Voyage award, STARS, Trefoil holidays and TOPAZ. Healthy membership numbers are needed to sustain Trefoil Guild.

How do we recruit?

Of course, there is no magic way to recruit, so each country/region must decide the

best way to recruit in their area to meet their needs, but here are a few ideas:

- Bring a friend to your Trefoil meeting and make them welcome.
- Do a leaflet drop in your area, in new housing estates, organisations, exercise classes and gyms.
- Make closer links with Girlguiding and encourage members to make the change to Trefoil when they are ready. Ensure that they are aware that Trefoil is open to everyone over 18 years old.
- Put up posters in leisure centres, libraries, GP practices, community centres etc. Sometimes supermarkets and shops have noticeboards you can use.
- When you are out and about in groups, talk to people about Trefoil, give them a leaflet and invite them to a meeting.
- Social media – keep your website up to date, and include things of interest to the community. Use Facebook, Twitter and your country/region and county website.
- Attend events locally, such as fetes, fairs and carnivals, and be sure to identify yourselves as Trefoil members.
- Media coverage: If you are enjoying an activity that might interest the community, submit it to your local newspaper to encourage people to join you.

Let's all commit to recruiting new members!

If anyone has any further ideas they would like to share on recruitment, let us know. See page 2 for contact details.



Time to consider... how to pay

Your subscription deadline is 22 February 2020

It's the time of year when guilds think about collecting subscriptions for the payment deadline of 22 February 2020, so here are some things for you to consider:

Paying on time

This ensures that your country/region and county receive their levies quickly. They need this to enable them to run efficiently for you. It also saves office time, as all payments can be processed together.

Method of payment

We ask guilds to agree how they will pay:

Pay online as a guild:

- One member pays online for everyone – remember, if you are doing this it is essential that all of the money is paid to the person making the payment before it is put through.
- All members of the guild agree to pay as individuals – someone in the guild needs to take responsibility to ensure that members don't forget to do this. A huge amount of office time is wasted each year following up payments.

Pay by guild cheque:

On the Guild Bulk Subscription Payment

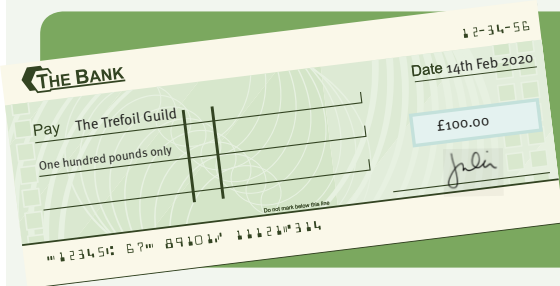
Form – the more costly option in processing by the office. The chosen payment method affects each and every member:

- Paying online saves office time spent processing.
- Paying by cheque adds an additional cost to Trefoil Guild in processing the cheque plus the cost of extra office time.
- Getting the wording or the figures on the cheque wrong – or forgetting to sign it – attracts a fee of £6 per cheque from the bank plus the cost of office time in processing. In 2019, the number of cheques rejected by our bank increased.

The good news is that 16% of members paid online in 2019, against 13% in 2018. This is still a small proportion of members.

Help us to help you manage the subscription rate:

- By considering online payments of subscriptions.
- By taking care when making out cheques
- By keeping your guild membership details up to date and advising the office when members leave.
- By paying your subscriptions on time.



PLEASE MAKE SURE YOU:

- Write in the correct date
- Make it payable to The Trefoil Guild
- Make sure the written figure and the numerical figure correspond
- Make sure the cheque is signed



The 18-30 offer

Building a community of young women in Girlguiding

1 What is the 18-30 community?

Girlguiding's 18-30 community is about making sure young women have a great experience in guiding, as volunteers and in a social context. We want to build a community of young women and upskill and empower them to make a difference in Girlguiding and the wider world.

This new community for 18-30-year-olds is entirely peer-led and self-organised. There's no programme, badges or weekly group meetings. Instead, every young woman within the community has the flexibility to choose the opportunities that are right for her.

2 There is no programme, but there are many routes to get involved.

This community provides a space to bring together many exciting opportunities

for 18-30 members of Girlguiding to get involved. The seven pathways are:

- **Adventure and challenge**

Challenge yourself through our outdoor and adventurous activities. In Scotland, an 18-30 community organised a hiking weekend, and in York, an adventure and crafting day took place in late October.

- **Beyond the UK**

Get involved in guiding internationally, for example on a GOLD project. We have also been trialling new and more accessible ways to travel abroad with Girlguiding, such as 'Book and Go'.

- **Events experience**

18-30-year-old members take part in most of Girlguiding's festivals and events while learning to organise and run their own. In LaSER, our regional



The 18-30 Your Adventure event at Waddow

coordinator is bringing together a one-day adventure at a TAC.

• Voice and action

Becoming a Girlguiding Advocate or taking part in projects such as Action for Change gives young women the chance to speak up on issues that matter to them. They can support others to do the same through coordinator roles.

• Sharing Skills

Developing skills hubs across local guiding to connect members with skills to units who need them.

• Leading the Way

Building members' leadership experience and skills through a variety of roles, Girlguiding training and qualifications.

• Developing Others

Help other girls, young women and volunteers to learn and develop.

3 Young women are leading the community, every step of the way.

Part of what makes the offer exciting is that it's led by young women empowered to try new things and expand opportunities on the ground. The community will continue to grow over time and the opportunities

available will vary from area to area, depending on what young women there want and wish to run themselves.

We've also been doing lots of research with young women to learn more about what they want and need in order to have the best possible experience in Girlguiding. We'll use this to develop the support and opportunities available for young women across the UK, such as 'Your Adventure', a special event for 18-30s that was held at Waddow earlier this summer.

4 We have coordinators in every country and region of the UK.

Each country and region has a volunteer 18-30 coordinator. They're creating communities in their area through building local networks and developing new opportunities for social meet-ups, learning and volunteering. They can tell you about any plans in your area, and how you can get involved. Lots of them have Facebook groups you can join to keep up to date.

5 You can get involved.

If you're aged 18-30, there's lots more information about all of the opportunities available as part of the offer on the Girlguiding website at girlguiding.org.uk/what-we-do/young-women/

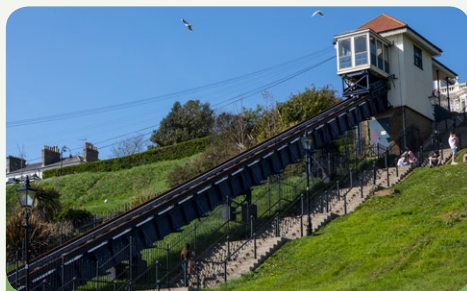
In some areas, 18-30-year-old networks and Trefoil Guilds are already working closely together. So, whatever your age, if you'd like to organise joint activities, why not contact your local coordinator to find how you and your guild can work with them.

An away day in... Southend-on-Sea

A warm welcome in this sunny coastal town awaits Trefoil members at next year's Annual Meeting



The pleasure pier is the longest in the world



The Cliff Lift takes you up to gardens and parks

Leafy green avenues greet you as you approach Southend-on-Sea through the Essex countryside. The town grew from the 7th century Saxon settlement of Prittlewell. It became a busy market town in the 13th to 16th centuries and extended south to form Southend High Street in the Edwardian period. The advent of the railway meant that the resort continued to thrive into the 20th century.

Southend Pier is our iconic attraction – Sir John Betjeman once said, “The Pier is Southend, Southend is the Pier”. It stretches 1.34 miles into the Thames estuary. At low tide, the water retreats up to a mile from the coast, so the original pier of 1829 was extended to allow Victorian Londoners to sail down the Thames to enjoy a day at the seaside. By 1848 it became, and still is, the longest pleasure pier in the world, surviving wars, fires and collisions. Why not take the half hourly train ride to the end of the pier?

Prittlewell Priory, which was founded in the 12th century, and **Southchurch Hall**

and Gardens, a Grade I-listed medieval moated house that is now a museum, are both well worth a visit. Southend Museums have developed two interactive walking tours around the town to promote well-being. All you need is a smartphone or tablet with access to the internet to navigate the walks.

The **Pier Museum** portrays local history and the **Sea Life Adventure Aquarium** takes you below sea level to view colourful marine life. The **Central Museum** has displays of human and natural history and houses a planetarium showing the wonders of the night sky.

The funicular **Cliff Lift** takes you to the award-winning **Cliff Gardens** and parkland – fitness addicts can join the locals at 7am to run up and down the 100-plus steps beside the lift!

You can wander along the cliff paths or watch the container ships and lighters (flat-bottomed barges) seemingly glide across the mud of low tide.

Enjoy your visit to Southend-on-Sea!

International is 'not just Thinking Day'

Including international programme ideas in your regular meetings shows we are part of a global organisation, says Judy Ellis, International Adviser

Do you remember the activity packs and weekend events entitled International is 'not just Thinking Day', which were produced by Girlguiding in the 1990s? They encouraged leaders to include international ideas in the programme all year round to emphasise that we are part of the largest international organisation for girls and young women.

In the following pages you'll find ideas for celebrating World Thinking Day, but also for sessions in your usual programme.

World Thinking Day guild party

- Challenge your guild to bring food and drink to share from as many different WAGGGS member countries as they can. Try to include something from each WAGGGS region.
- Keep the countries of origin a secret until after everyone has eaten.
- Decorate the table with flags of WAGGGS member countries, with at least five from each region.
- Eat!

Then try these competitions:

- **Food quiz:** Identify both the country and name of the different dishes you have eaten.



A trefoil of coins – see overleaf to find out more

- **Flag it up:** Who can identify the largest number of the flags on the table?
- **Where on Earth?** What you need are:
 - 1 A large world map
 - 2 Blu Tack (or similar)
 - 3 Wool
 - 4 Artefacts – ornaments, souvenirs, implements – from as many different countries as possible
 - 5 List of countries of origin with a blank column for answers for each participant
 - 6 Three small prizes, one for each competition

Ask each participant to identify on the answer sheet the country of origin of the artefacts laid out on a table. Attach a length of wool to each object and to the correct country on the map as you give the answers.

Pull out
and keep
these pages

Joint World Thinking Day celebration

Why not involve younger members of Girlguiding?

I've often heard our members say that they don't have much contact with members of Girlguiding in their area and don't know how to be more involved. One way you could try is by offering to organise a district/division celebration to help Girlguiding's young members and new leaders to understand World Thinking Day.

How?

- Get together with your district/division commissioner to fix a suitable date.
- With the commissioner, decide the length of the event, whether you'll charge the girls to attend, and if so, how much.
- Decide if you will include a badge as part of the event. There is a Girlguiding Thinking Day badge as well as a WAGGGS badge.
- Book a suitable venue as soon as possible (you might need display boards and activity tables).
- Appoint a first aider.
- Complete a risk assessment.

Before the day

- Before the Christmas holidays, send a World Thinking Day invitation to all the units in your district/division. Remind leaders that they will need parents'/guardians' consent for the girls to attend.
- Ask each girl to bring five cleaned 2p coins or a 10p coin (1 penny in 1932 would be 28p today) for the World Thinking Day Fund.

- Request each unit to choose a country that is a member of WAGGGS. Make sure you have at least one unit representing each WAGGGS region at the event.

- Set the girls a challenge:

- 1 To research the culture of their country
- 2 To find out about its guiding
- 3 To display what they've found in an interesting way

You could give them some suggestions if there are leaders who are new to Girlguiding. (They could dress up in national costume or Guide uniform; bring food and drink typical of the country; or find a game, a craft or a dance from the country that they could teach everyone. What are the different sections called and what is the Promise of the chosen Association?)

On the day

- Arrive at least an hour before the girls are due.
- Set up tables and label them with the name of the unit(s) for displays. Keep some for crafts.
- Keep an area clear for games or dancing.
- Prepare drinks for leaders and girls.
- As girls arrive, direct them to their labelled table, and give them a deadline by which to set up.
- Allow time for girls to view each other's displays, and to talk to the girls staffing stalls. Remember girls will need to work in shifts, so that everyone sees the displays.



Learning the ukulele is one idea with an international theme – see overleaf for more

A World Thinking Day ceremony

You need: Battery tealights and a large trefoil template.

To do: Once all the units have shown their displays and taught their skills, give out the battery tea lights. Ask the girls to form a horseshoe with the trefoil template in the centre. As each unit lights its candles in turn, one member says something like, “We light these candles and think about the Rainbows, Brownies, Guides and Rangers of,”, inserting the name of the country they represent and using the names of its sections.

Each girl places her candle on the trefoil template, and the next unit takes its turn. Once all the candles are on the trefoil, the girls can place their coins. Alternatively, each unit lights one candle and places their coins on the template.

World craft day

Instead of asking the girls to bring displays, set up a carousel of crafts from around the world led by Trefoil members and leaders, and either give each group a specified time at each craft, or allow the girls to dip in and out as they wish. Finish with a candle ceremony as before.

WAGGGS World Thinking Day activity pack

The theme for the 2020 World Thinking Day is Living Threads – Diversity, Equity and Inclusion, and you can download the pack from wagggs.org/en/resources/world-thinking-day-2020-activity-pack/

This pack can be used with your guild or with young members. It contains instructions and resource lists for every activity, and there is a badge available for those who complete the three themes.

International ideas for regular meetings

Here are some international ideas you might try for your usual programme.

If you don't know of anyone you could ask to talk to you on a particular subject, you could ask your international adviser for contacts.

Speakers

- Invite someone who has experience of working on a WAGGGS committee to talk to you about WAGGGS and hold a mock election for the World Board.
- Ask a member of Girlguiding who has taken part in GOLD or a country/region partnership to tell your guild about her experiences.
- Invite a member of a TOPAZ team to come and give a talk on their project.
- Raise money for someone who is taking part in TOPAZ.

Reaching out

A way of experiencing international guiding without travelling:

- Invite members of your local community with roots in a different country to show you the crafts they do, or to show how to prepare and cook their favourite food.
- Do you have women in your community who don't speak English? Why not invite them to your meetings to help them practise speaking.
- Perhaps you have someone in your guild who is a qualified teacher? You

could offer English lessons to women in local communities with little or no English.

Food

- A bring-and-share meal with dishes from different continents.
- Visit a Japanese, Lebanese, Mexican or Vietnamese restaurant.
- At a supermarket, identify food from as many different countries as you can and plan a meal using as many as possible.

Activities

- Plan and carry out a campfire/singsong using songs from or about other countries.
- Try crafts like Guatemalan worry dolls, Russian straw work or Turkish macramé.
- Contact an overseas Trefoil Guild by letter or via Facebook, Skype or FaceTime.
- Celebrate World Thinking Day by joining Thinking Day on the Air with your local amateur radio enthusiasts.
- Learn a foreign instrument such as a ukulele or panpipes.

There are lots of ways you can enjoy the international aspect of our worldwide organisation!

Don't forget to take good quality photos and send them to The Trefoil





Elma's award

Helen Fraser, who was known as Elma, began her guiding life when she joined the 1st Dingwall Brownies in 1939. She continued guiding as a member of 1st Dingwall Guides and then became a Guide leader. Her roles have included district and division commissioner, and a number of county appointments.

On 16 April 2019, two weeks before she passed away, the Lord Lieutenant, Janet Bowen, presented Elma with a special award for 45 years' service. The County Commissioner, Tina Dempster, the Scottish Chief Commissioner, Moira McKenna, and a group of Trefoil members met at Elma's home for the presentation. She was delighted to receive this special award, which was very well deserved.

Proud moment

We reported in December 2018 that Pat Mayle of Greater Manchester West was awarded a Trefoil Guild Silver brooch for her work coordinating the comfort bag scheme and involving the county. Now the scheme has been given the Queen's Award for Voluntary Service.

Pat says, "In September 2015 we collaborated with GMW and Salford Royal Hospital Bereavement Nurse Team to provide them with the bags. Trefoil members sewed the drawstring bags, and everyone from Rainbows upwards collected the contents. So far 10,000 bags have been made.

"We are so very proud to have been presented with the Queen's Award for Voluntary Service, something none of us would ever have dreamed of and in a way very humbling."



Congratulations!

The following members have been awarded the Trefoil Guild Silver brooch: Sarah Little and Gill Crook of LaSER and Margaret Geering of Anglia.

Have you received an award, do you 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

Members of this guild enjoy everything from local walks to trips overseas...

Pontyclun

Pontyclun Trefoil Guild is a busy group, located in a small village in South Wales that's about ten miles from the capital Cardiff and 15 miles from the coastal towns of Barry and Porthcawl where we meet for walks to enjoy our marvellous coastline. We are also just three miles from The Royal Mint in Llantrisant but, alas, we do not have any free samples!

The guild was established in 1987 when 18 leaders, past helpers and friends came together, as they shared a wish to have something for themselves. We are always looking to recruit new members and make new members very welcome, and currently



Pictured with the longest place name in Europe

our membership stands at about 18. Our guild has members of all ages, so lots of our activities take place at weekends or in the evening. We have interesting talks, games nights, craft evenings and social evenings with food and drink. Pontyclun members enjoy the fun of Annual Meetings – this year we could be seen at both Anglesey and Southport.

One popular event each summer is the invitation to attend Gill Clay's home (Lord Baden-Powell's granddaughter)



Guild members enjoy a bracing day by the sea



A walk in the fabulous Welsh countryside

for lunch, a nice walk, games of croquet and a swim. It's good to meet Trefoil members from across the county.

Eight of our members belong to a singing circle and regularly put on entertainments; in May they went to Stockholm to sing for five days. We have an annual boules competition in September against the neighbouring Trefoil Guild in Bridgend, and we enjoy a barbecue every year to raise funds for Gornelion House, our county Brownie house and campsite. We also go on an annual walk along the coastal path with Bridgend and Porthcawl Trefoil Guilds. Right now we are planning a theatre trip to see *Les Misérables* at the Wales Millennium Centre in Cardiff.

Pontyclun Trefoil members enjoy trips abroad and in this country. We have visited Berlin, Prague, Bruges, Rome and Our Chalet in Switzerland, to name a few. One member even completed a VSO assignment in Papua New Guinea. We have also had members attend Hartpury for the last two years to help run the Trefoil Guild stall at the RDA Championships. We

try to visit local landmarks and last year it was to the Mansion House Cardiff and an exhibition in Plas Llanelly House.

We do our best to support different local charities and local Girlguiding when Guides or Rangers are going abroad. We participate every year in the church's Christmas tree festival. We also help Broneirion, our Welsh training centre, with their Christmas Fair.

One of our own members needed support when she was experiencing a difficult time, and we helped to support her by setting up a regular Tuesday coffee morning. This has continued over the past five years, supporting others.

Always busy, we have a team working in the archives of our county and run a 'Pocket Money' shop for Guides, Brownies and Rainbows visiting Gornelion. We are always very keen to promote Trefoil and in doing so have lots of fun, making great friendships, supporting each other and remaining active.



Tucking in to treats at a get-together



International outlook

from Judy Ellis,
National International Adviser

Here are some examples of how the festive season is celebrated in different parts of the globe...

Peru

Celebrations take place on Christmas Eve, or *Noche Buena* ('Good Night'). After attending *misa de gallo* ('rooster mass') at 10pm, families eat Christmas dinner of turkey or pork with *tamales* – corn dough stuffed with raisins, peppers, olives and cheese – and salad. Adults drink wine and children spiced hot chocolate. Children open their presents and when they've gone to bed, adults salsa the night away!



A Peruvian *pesebre* – a crafted nativity scene

The Philippines

Filipinos have the longest Christmas in the world. They start on 1 September and finish Christmas on 6 January or later! The traditional decoration is the *paról*, a paper lantern like a five-pointed star. On 16 December, the first of nine dawn masses called *Simbang Gabi* takes place. After the midnight mass on Christmas Eve, the family eats dinner of roast suckling pig and Edam cheese with rice cakes, and the children open presents. On Christmas Day there are visits to extended family where children pay their respects to the elders.

The Czech Republic

Czechs begin Christmas on Advent Sunday with street decorations and markets. On 5 December, St Nicholas, an angel and a devil visit homes to give good children gifts and bad children a lump of coal. On Christmas Eve, the celebration begins. Dinner is soup followed by carp or veal schnitzel, with potato salad followed by special Christmas biscuits. Baby Jesus brings the children's gifts to the tree while everyone is eating and rings a bell as he leaves. Children open their presents and then everyone attends midnight mass, before spending Christmas Day with loved ones eating roast duck or goose.

Branching out

By the time you read this, the TOPAZ 2019 team will be home, having spent three weeks in India working in a village associated with an orphanage and school, 45 miles north of Pune. They taught women income-generating skills to improve their economic situation, and worked with the boys on various crafts. Many of you have seen their fundraising stalls at events around the country. They are very grateful for the support you have given them.

In August, Eileen and I met Mme Nompumelelo Nomngongo, the Chief Commissioner of the Lesotho Girl Guides Association (LGGA), to discuss our TOPAZ partnership. The LGGA is delighted to have the opportunity to work with Trefoil Guild, as it has no programme for adults, although it has leaders, who do not run units, who have been in the Association for some time.

Sometimes, younger leaders who are running the Association make the older leaders feel like they have no place in the organisation, so there may be a lot of experienced women who could be supporting the Association but have no means of doing so. The LGGA has already gathered a group of former leaders and introduced the idea of a



The Lesotho TOPAZ partnership meeting

Trefoil Guild, which seems to have been received positively. They have plans to elect a committee to organise the founding of a national Trefoil Guild.

Guiding takes place in schools in the capital, Maseru. The LGGA is active in a government literacy programme, and would like to take guiding to villages where early marriage for girls as young as 13 is a problem. This needs a close partnership team if it is to be accepted.

The LGGA is anxious to involve boys in the project so that they are aware of the benefits of educating girls and waiting until they are older before marriage. By joining guiding, even after marriage, girls could continue their education informally while preparing to become healthy mothers of healthy children.

And finally...

As this is my last International outlook, I'd like to thank you all, particularly the trustees and country/region international

advisers, for the support and enthusiasm you have shown for International during my term of office. I wish my successor, Sheran Oke, as enjoyable an experience as mine has been.



Happy 21st!

Since Fox-Breaks began eight years ago, members have enjoyed the wide range of fun activities on offer...

Fox-Break – what’s that? Something to do with Foxlease? Maybe a leisure break? The answer is, Fox-Breaks are memory makers!

Candlelit constellations and hot mulled wine in the dark on the lawn; a reindeer keeper who became very cross as things went wrong at the North Pole; camping Guides carrying torches and meeting us at the front door for a wartime ‘Lights Out’ ceremony in 2015 (sending shivers down the spine); filling Christmas stockings in the dead of night; one guild performing

the ‘Dorothy Perkins’ sketch (DP herself was a very lively 80-year-old); taking newbies up to the Quiet Room and watching their reaction; one lady coming down the zip wire, saying “I’ll never do that again!”; making silver rings with a very talented Trefoil silversmith; ringing little cowbells in the dark en route to the Coach House, where Our Chalet was sung... “My family will never believe what I did!” quoth one lady during the fondue afterwards.

Fox-Breaks started in November 2011, at a time when Foxlease really needed more people to use it. Following a Friends of Foxlease meeting, a few people from Somerset North discussed whether there might be a market for a midweek break for Trefoil members who are free.

Eight years later, we are working towards Fox-Break 21 when we will celebrate all the fun we have had, not to mention putting very nearly £200,000 through Foxlease’s books. We usually have one



A wide range of crafts are made by members

Fox-Break in March and one in November, but there have been mid-year ones, too, and this October and November, for our 21st celebration, we have two: an Alpha and a Beta Fox-Break.

Many of the Fox-Break regulars bring activities to share: technology skills, gardening, walking, a wide range of crafts, music, genealogy – you name it, we've probably run a session on it. Using the bus at the gate, we offer open-ended ideas such as exploring Lyndhurst or another nearby town using a trail leaflet, finding deer in the forest, going off for a day to Brownsea Island, or visiting the Titanic Exhibition in Southampton. Our customers, over the years, have come from Oxfordshire, Nottinghamshire, Surrey, all over the South-West, Wales and even Scotland.

Why are Fox-Breaks so successful? Our theory is that our customers come ready to enjoy themselves – ready to join in with murder mysteries, singalong karaokes, around-the-house trails, quizzes and so much more! Some members come in teams of six, some as a pair, and many come just on their own – it doesn't seem to matter, as



Welcoming a new flag

“Technology skills, gardening, walking, a wide range of crafts, music, genealogy – you name it, we’ve probably run a session on it”

Trefoil members make friends! With usually about 58 members squashed into the dining room, Fox-Breaks are fun!

If you are free from a Monday to a Thursday and enjoy a good laugh, join the contacts list and put the next one in your diary. Contact pra.swetg@gmail.com.



Handbells are among the musical treats



Map reading in the great outdoors

Your letters

Find out what other Trefoil members have on their minds

Blooming lovely!



We are really proud of Laty Edmonds, one of our members, who took up the challenge and planted the Trefoil Rose from Harkness. She has nurtured the rose and never thought it would bloom and smell so beautifully. Laty is very pleased with the result, especially as she had the root in the package a while before planting. We have discovered a new skill in one of our members!

Moirá Dalmedo, Gibraltar Trefoil Guild



The Trefoil Rose blooming in Gibraltar



A different way of discovering local history

These boots are made for walking



Long Buckby Trefoil Guild is a relatively new group who meet monthly on a Wednesday night.

Our meeting in September 2019 was a local shoe walk around our neighbourhood hosted by Roger Frisby.

Long Buckby was once famous for its shoe industry – especially for long boots. What a fantastic and informative walk we had! For some it even filled in time gaps from childhood memories.

Roger took us back in time and we walked to view landmarks of local buildings where once stood factories, purpose-built houses for the shoemakers and small workshops in gardens that are still standing, as seen in the picture. Some are now preserved under listed status.

It's funny how we all can walk a route daily where history once stood. Our walk ended with a drink and catch up at the local pub, while sending Roger home with local fish and chips as a thank you. We all agreed that come summer we would book a further walk with Roger looking at the shoe industry in Northampton, perhaps with a picnic stop this time.

Clare McRae, Long Buckby Trefoil Guild

Allsorts e-Guild



Our Trefoil Guild spans three regions and is a bit different from the norm! Allsorts e-Guild is an online group based in Bognor Regis with a wide-ranging membership. We don't have regular meeting times and places, as we organise events and meetings through WhatsApp – an internet facility that we have on our phones.

Our programme for the year is varied and flexible. We occasionally have meetings in people's homes for planning ahead, improving IT skills, or sharing knowledge (and food!), with some members taking part via video link. Mostly, members post events and activities on WhatsApp

to invite others to join in – and we have great fun when we can get together.

We like to include a residential, a day in London and a charity to raise funds for in our annual programme as well as offering support to Girlguiding and getting involved in county, regional and national events where we can.

Nothing is compulsory and the only limit to our programme is our imagination, adventurousness, purses and time. All you need to join us is a smart phone, the willingness to take part and, of course, a sense of humour!

Diane Rhodes, Secretary, Allsorts e-Guild



Members of the Allsorts e-Guild enjoy a variety of activities

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

Christmas treats

Beryl Mayhew of Athill Trefoil Guild tells Frances Parrett how much she and her fellow Ukuladies use both music and baking to raise charity funds

Athill Trefoil Ukuladies are all members of Athill Trefoil Guild in Leeds. One of our members, Joan Peart, joined a U3A ukulele group in Ilkley, and after giving our guild a performance that we really enjoyed, we were inspired to start our own group.

Joan agreed to lead us and eventually we became a group of seven. After a few months we gave our first performance for friends and families, and were really spurred on by their positive reactions.

That was about three years ago and since then we've had so much fun and have found creating music very therapeutic. Our performances include the county Trefoil 75th birthday Thinking Day service, the Lord Mayor of Leeds British Legion Poppy launch, Christmas festivals, carol concerts and many charity and Girlguiding groups. We have even been part of a flash mob

in Hull where we joined lots of ukulele enthusiasts who all 'popped up' by the statue of Queen Victoria in the city centre. We performed 'You are my sunshine' to some very surprised shoppers before doing the same in a shopping mall and then in a park – all great fun.

Another time we literally raised the roof when performing in a gazebo at our local scarecrow festival on a very windy day. Several people held down the sides of the tent and like the musicians on the Titanic we strummed on regardless. Amazingly, no one mentioned that WE looked like bedraggled scarecrows by the end!

If anyone is kind enough to give us any money, we donate it to a charity. Last year we contributed to the RDA and this year to the Children's Air Ambulance. We practise each Wednesday in each other's homes

Clare's Christmas Log

Ingredients

- 4oz/100g plain dark chocolate
- 4oz/100g plain chocolate cake covering
- 2oz/50g butter
- 7oz/175g digestive biscuits
- 2oz/50g marshmallows
- 2oz/50g raisins
- 2oz/50g walnuts

Decoration

- 3oz/75g plain dark chocolate
- 150ml/1¼pt double cream



The Athill Trefoil Ukuladies play at Christmas festivals and carol concerts

and, being Trefoil members, there has to be cake too! It has been great to sample each other's wonderful baking, so in order to raise money for the RDA, we decided to compile a book of our favourite recipes, entitled *Sweet Treats*, which includes Clare's Christmas Log, as seen below.

The book was very popular – we sold more than 200 copies – and with proceeds

from both the book and our ukulele shows, we were able to send £330 to both our local RDA and the national Trefoil RDA fund.

We have lots of dates in our diary, so at this time of the year we are working on Christmas carols as well as guide songs, tunes from the First World War, hits from the 60s and show tunes – the Ukuladies of Athill Trefoil Guild keep on strumming!

Method

1 Melt chocolate, cake covering and butter together. Break up the biscuits into the chocolate mixture. Cut up the marshmallows and add to the chocolate mixture, together with the raisins and walnuts. Mix well.

2 Turn into a large square

of foil and roll into a log shape about 20-25cm (8-10in) long. Wrap foil tightly around the log and chill overnight.

3 Remove foil, turn on to serving plate.

4 To decorate, melt the chocolate, allow to cool. Whip the cream to soft peaks and stir a little into

the chocolate to loosen.

Lightly stir in the rest of the cream and spread quickly over the log. Chill until set.



Meet your new Trustees

Sheila and Sheran are taking over two major roles in Trefoil

Sheila Leete

*National Programme
and Development Adviser*

It was a surprise when Eileen Martin asked me if I would consider taking on the role of national programme and development adviser. I loved being a Brownie and a Guide, and our daughters have been through Brownies, Guides and Rangers. I didn't become a leader until we moved to Germany for five years when my husband accepted a contract with the MOD. With no one to run the Brownie unit locally, the rest is history!

Returning to the UK, I soon found a unit needing a leader. I have loved being involved in county Girlguiding events, running residentials and many overseas challenges with Guides and Rangers.

Since joining Trefoil, I have organised a holiday to France, have been county Chair and was one of the 2017 TOPAZ team. For Trefoil's 75th birthday, I helped organise the South West England region Annual Meeting and gala dinner.

My husband and I love to travel, and spending time with our family. I enjoy crafts, and since retiring have learned to play the piano and joined a choir.

In my new role I am looking forward to making new friends across the UK.



Sheran Oke

*National International
Adviser*

It is strange to be writing this on the evening of 20 October – nine years to the day since we celebrated Girlguiding's Centenary finale and I concluded my appointment as the UK Lead Centenary Volunteer. What a year that was! Since then I have supported my daughters in guiding and have started new adventures of my own by joining Trefoil in my home village of Toddington, Bedfordshire.

I feel really privileged to be the new national international adviser for Trefoil. I intend to use my knowledge as a former International Commissioner, Chair of Europe Region and member of WAGGGS World Board to help keep Trefoil relevant to our members today and in the future, cherishing the unique international aspect of our organisation and supporting and finding ways in which this remains live.

Working alongside the Board of Trustees and other advisers will also be key, as we move forward in delivering our strategy, and I look forward to getting out and meeting and listening to our members.

Alongside my Trefoil appointment, I work as the Director of Nursing and Midwifery at Northampton General.



Getting together

Enjoy meeting up with like-minded people? Here are some specialist groups in which you might be interested

In this new series we aim to tell you about groups and national guilds – some of which you may wish to join and others that you may be interested to know about.

Camping and Caravanning Group

This group consists of Trefoil members, friends and partners from all over the country. Formed in 2007, we meet twice a year; once wherever the national Annual Meeting is being held, and in the autumn somewhere convenient to us all. Jean Wheeler of Anglia region has successfully looked after us since our inception.

Our rallies have taken us throughout the UK. We usually camp on rally fields for long weekends, although we do have certificates allowing us to rally for five days at the discretion of the land owner.

Like-minded people are always welcome. Should you be interested in joining in, details and booking forms can be obtained from either Lorraine Jones at lou_lionel@yahoo.co.uk or Roger Swabey at roger.swabey@btinternet.com. Details of events are also published on the calendar on the Trefoil Guild website.

Communities Trefoil Guild

The Communities Trefoil Guild was formed in 1954 for members of religious communities who were once members of the guiding movement. Their service to Girlguiding worldwide is through prayer, and members very much appreciate being able to support Girlguiding in this way. An



Camping takes place twice a year

intercession letter, containing specific items for thanksgiving and prayer, is circulated four times a year to members of the Communities Trefoil Guild, together with *The Trefoil*. In communities where rules forbid membership of any secular organisation, permission is sometimes given by the Reverend Mother for the whole community to use the letter.

If Trefoil Guild members have any prayer requests for guiding events or people, or wish to receive further information about the Communities Trefoil Guild, contact can be made through the Trefoil Guild office.

The annual subscriptions for Communities Guild members are paid by sponsorship from guilds or individual members. Sponsors are encouraged to write to their Sisters, who very much value this contact, though they may not be allowed to reply. Sponsorship contributions can be sent to the Trefoil Guild office. Payment should be made to The Trefoil Guild. The Communities Guild Coordinator is grateful to hear of new sponsors at any time

Pantomime quiz

Have some fun with our festive questions...

Look for the
answers on the
Trefoil Guild website
in January

1. In which century did **pantomime** first come to Britain?
2. What was its origin?
3. Who did **Cinderella** marry?
4. Who pulled her carriage?
5. What was **Ali Baba's** job?
6. Can you name the seven dwarfs in **Snow White**?
7. Where did **Dick Whittington** go to seek his fortune?
8. How many times was he Lord Mayor?
9. In **Jack and the Beanstalk**, what did the goose lay?
10. How long was **Sleeping Beauty** told that she would sleep?
11. What is the goose's name in **Mother Goose**?
12. Can you think of a couple of **pantomime** catchphrases?
13. From where does the villain enter?
14. Who composed the **Sleeping Beauty** waltz?
15. Where did **Aladdin** find the lamp?
16. What is the name of the fairy in **Peter Pan**?
17. By which castle was the Disney film of **Beauty and the Beast** inspired?
18. In **Robin Hood**, which county does the sheriff come from?
19. Who wrote **The Snow Queen**?
20. Who was **Little Red Riding Hood** going to visit?

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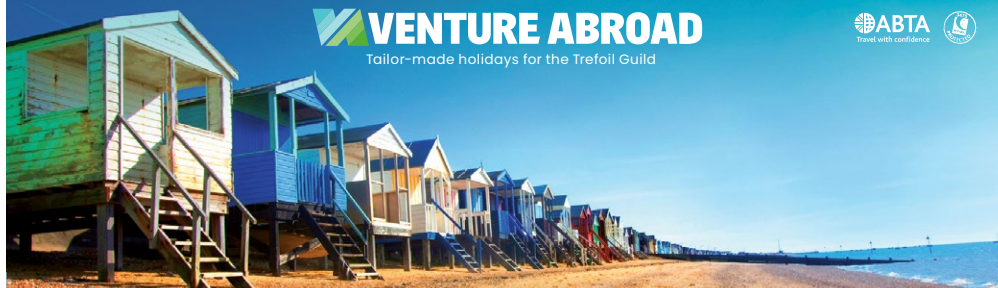
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