

The Trefoil

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You've got to
have friends...



GUIDING FOR ADULTS
Trefoil Guild

In this issue

We introduce the
all-new Trefoil
STARS Challenge

Discover how
much you raised
for RDA in 2018

Chief Guide
Amanda Medler
on Trefoil's help

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Trefs on Tour (TOTs) enjoying friendship and fun. See page 24



The official journal of the Trefoil Guild

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National President Liz Burnley

National Chairman Pat Downer

Editorial Board Jo Taylor (Chair), Frances Parrett, Charlotte Anslow, Pat Downer, Judy Ellis, Ann Hall, Linda Hill-Tout, Margaret Froome, Jane Webster

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The Trefoil Guild

Girlguiding

17-19 Buckingham Palace Road
London SW1W 0PT

Tel: 020 7834 6242 EXT 3010

Email:
trefoilguild@girlguiding.org.uk

Website: www.trefoilguild.co.uk
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Group Editor Anita Comerford

Managing Editor Gill Hook

Designer Alison Moffat

Picture Editor Robyn Barr

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Welcome

Hello everyone,

Welcome to the first edition of 2019. What a fantastic year we had celebrating our 75th birthday – but let's not stop celebrating and telling everyone how wonderful Trefoil is.

You, our members, have been amazing in raising money and awareness of the RDA and I really thank you for this. At the time of writing money is still coming in, but our plan is to present the final cheque at the opening of their new training centre and again to their Chief Executive at our Annual Meeting in Southport.

Many members are enjoying the Voyage award, but as more complete it we are launching an additional set of challenges – STARS. Please see pages 19-22 for details. This opportunity will be different from the Voyage award as it will be possible to complete it as a guild, an individual, or you can just use it as programme opportunities.

Your guild Chair will sign off completed themes to enable you to purchase the badge. So no books, no mentors but a simple-to-use challenge with lots of opportunities for everyone. The themes will be gradually introduced via our magazine and also on the website.

I wonder who will be the first to complete all five sections and get the metal badge? Thank you to our task and finish group for drawing together all the ideas from the planning weekend at Swanwick and producing this great programme.

2019 will see a lot of changes at national level; I complete my five-year appointment in June; both Ann Hall, our programme and development adviser, and Judy Ellis, international adviser, complete their five years later in the year and we will have four new region Chairs during the year. A succession plan is in operation and the trustees are meeting in April to work on our strategy for the next five years. I am sure that if you have any great ideas or would like to volunteer for any of the positions, your country/region Chair would love to hear from you.

We have an interesting year ahead of us but I am sure we will all continue to enjoy the fantastic fun and friendship we have from being a member of Trefoil Guild.

Best wishes

Pat.

Pat Downer

Fundraising for the Riding for the Disabled Association

After an amazing anniversary year, more than double the target has been raised for the charity. Linda Hill-Tout, National PR Adviser, looks at how the money will be spent



The Hartpury Countryside Challenge course...
IMAGE: Michael Martin Photography



...will be supported by Trefoil Guild

“The RDA are absolutely delighted with this outcome, which will contribute so much to their work”

As Reese Witherspoon’s character says at the end of the film *Legally Blonde*, “We did it” – and so have we! In fact, we more than doubled our £30,000 target. What’s more, along the way many of you have had fun, renewed old friendships, had lots of meals indoors and out, held raffles, organised church services and have taken part in sponsored walks etc.

Our total fundraising for the Riding for the Disabled Association (RDA) during our special 75th birthday year of Trefoil Guild at the time of writing stands at £83,000.

Well done to you all for your incredible hard work in achieving this marvellous total. Pat Downer, Ann Hall and I have

met with the RDA and they are absolutely delighted with this outcome, which will contribute so much to their work. Not only has the national RDA charity benefitted but so have local branches of the charity too. We don’t have the total of these local donations, but we know that it is a considerable sum.

What will our money be used for? There will be three main projects.

1) We are sponsoring the Countryside Challenge competitions for the next three years for £30,000. This is a competition for adults and children who have a disability. The competition

is about having fun, demonstrating horsemanship and balancing skills, and competing with others, as you can see in the pictures on the left.

2) At Lowlands Farm in Warwickshire, the RDA are building a new National Training Centre, which will be completed in April/May 2019. It will be a purpose-built centre where RDA riders, carriage drivers and volunteer instructors from all over the UK can come together to train. The new building includes a tea room where parents, participants and volunteers can meet together and socialise. Trefoil Guild will contribute £5,000 for equipment in the tea room, which will be called the Trefoil Guild Cafe.

3) With the remaining balance, the RDA have asked that Trefoil Guild sponsor the outdoor training arena at Lowlands Farm, which is used for training and practice by RDA competitors. The surface of the arena needs a special soft hygienic covering and the suggestion is that we meet the cost of the installation of the surface.

Our contribution to the Countryside Challenge will be used in a number of ways over the next three years:

1) Starting in 2019, the RDA are going to modify the Countryside Challenge course at Hartpury, so that the area around the pond will be in the shape of a trefoil rather than circular. There will also be a Trefoil Guild banner and Trefoil signs around the course.

2) Trefoil Guild will feature in the RDA magazine at Hartpury with an A5 portrait page advertisement.

3) The rosettes given to each competitor will have Trefoil Guild on the ribbon. Trefoil

members who will be visiting the Hartpury show between 12-14 July 2019 – and we are encouraging you to do so – may be asked to present rosettes to the competitors. Trefoil will also have a marquee and stand at the show.

4) Our total fundraising cheque will be presented to the RDA at the official opening of the National Training Centre in June 2019, which is set to be a high-profile event.

5) In June, the CEO of the RDA will be attending our Annual Meeting in Southport to thank you all for your wonderful support.

Thank you once again, and we look forward to meeting many of you at our Annual Meeting in Southport in June.



The new Training Centre at Lowlands Farm



Pony Alfie lends a helping hoof to the builders

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

If a picture paints a thousand words...

A new year and the chance to make a guild-wide resolution to take lots of photos when you go out and about for your meetings – using a smartphone or modern camera. It is SO disappointing when we receive images of members having fun that we would love to use but we can't because they are too small. (Additional hint: take more than one photo of the same thing – it won't cost you more and you will have a better choice.)

If you've received a photo by email, the attachment details may show its size in KB or MB – you're looking for an image that is at least 5MB as anything less will not be good enough to print. If you have a PC, open the photo on your computer and

then, using your mouse, right-click in the middle of the photo, find the option 'File information' to find the size of your photo in KB or MB. If you have an Apple Mac computer, right-click and go to 'Get Info'.

When sending a photograph via email, make sure you send it 'actual size'; don't reduce it if you are given that choice.

Meanwhile, thank you for getting your pro formas and photographs to us – complete with membership numbers – during the slower winter months. We are looking forward to receiving your photos throughout 2019.

When taking photos...



Please remember that 5MB or larger is best!

Celebrations continue

We are still receiving reports and photos of your fantastic celebrations and fundraising activities during our 75th birthday year. Have a look in this issue of *The Trefoil* to see what members have achieved.



Rainbows enjoying a Punch and Judy show during South West England's 75th birthday celebration



Safeguarding is an important issue

Girlguiding, safeguarding and you

Please have a look at the article by Girlguiding on page 34 along with the Trefoil Guild Code of Conduct to ensure that you are up to date with the latest safeguarding policies and procedures.

Compostable polythene coming your way in June

In response to your concerns about *The Trefoil's* plastic wrapper, we are pleased to announce that from June your magazine will arrive in a compostable polythene wrapper. This is a great step forward, and although it will increase the production cost by 3p per magazine, it means that we can continue to deliver an informative and engaging membership magazine that is also sustainable.

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,

Southport campsite update

We have been contacted by a Trefoil member from Sefton County who has noticed a discrepancy in the 'An away day in... Southport' article in the December issue of *The Trefoil*. The Scout Association's site for caravans/motorhomes is at their own centre on Marine Lake, Waterside Lodge, phone number 01704 510900. It is not at West Lancs Yacht Club, which is further along the lakeside. There are other campsites in the area, but she just wanted to pass on this information in case there were any queries.



Camping for Southport's Annual Meeting



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 June 2019 issue is 29 March.

Your snapshots

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

Fall of the poppies

This lovely display of poppies was made by members of Baldock Trefoil Guild for St Mary's Church, Baldock.

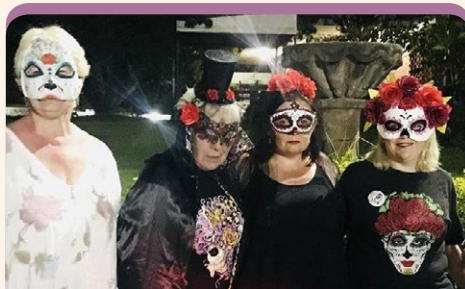
Gwen Keech,
Baldock Trefoil Guild



Celebratory tree

Members of Maelog and Offa Trefoil Guilds in Radnorshire planted a rowan tree in the forestry area at the Royal Welsh Showground on 21 November 2018 to commemorate the 75th birthday of Trefoil Guild.

Tina Cobb,
Maelog Trefoil Guild



Mexico visit

A group of 20 Trefoil members from Essex, Lincolnshire, Oxfordshire and Warwickshire joined together for a trip to Our Cabaña in October 2018 to celebrate the Day of the Dead. They spent three days in Mexico City sightseeing before joining a truly international group at Our Cabaña. Their trip included a visit to the town of Octopec and the local cemetery to see how families decorate their altars and graves to celebrate the Day of the Dead.

Conny Ziekemeijer
on behalf of Evelyn Walker,
Jubilee Trefoil Guild



Fundraising ramble

To celebrate Trefoil's 75th birthday and 60 years of Trefoil locally, 17 members from three guilds in Worcestershire joined together for a *Countryfile* ramble for Children in Need, which raised in excess of £270. The group walked either three or four-and-a-half miles depending on ability and much fun was had along the way with plenty of cakes to keep everyone going.

Heather Cruickshanks, Stourbridge Trefoil Guild

Walking challenge

Our guild has members who are keen walkers, so in 2018 we decided to take on the 75th birthday walking challenge, to walk 75 miles during the year. We have more than completed the challenge, having walked a total of 106 miles as a group, and at the time of writing we have two more walks to fit into 2018. We always enjoy our walks and we learn to accept whatever the weather and condition of footpaths has in store. There is always plenty to chat about on the way, and coffee shops feature significantly!

Anne Stockdale,
Chester Grosvenor Trefoil Guild



Tree decorating

Members of Goldsworth Park Trefoil Guild made decorations for West End Christmas Tree festival.

Bridget Elliott,
Goldsworth Park
Trefoil Guild

Bowling night

Members of Priory Trefoil Guild had a great night ten-pin bowling at 'The Bowlo', including two games of bowls and a platter of delicious snacks.

Chris Bulmer,
Priory Trefoil Guild



World Centres triumph

We are a group of Girlguiding/Trefoil friends of many years and this was our fourth visit to a World Centre, a long-held dream of visiting all the World Centres accomplished. We met these figures, a representation of the Day of the Dead celebrations, when passing through Mexico City on the way to Our Cabaña in November.

Patrice Graham,
Upper Irvine Valley Trefoil Guild



Back in time

Double Gloucester Trefoil Guild enjoyed an evening reminiscing, songs of yesteryear accompanied by musicians Victoria Ukuleles and old-time dancing. Members wore post-war attire and were treated to refreshments using recipes of that time. Funds raised were presented to the Gloucestershire Young Carers representative, who gave a talk.

Gay Limbrick,
Double Gloucester Trefoil Guild



Hand-crafted tribute

Members of York City Trefoil Guild hand-knitted and crocheted 3,000 poppies and attached them to netting to be displayed on the outer walls of All Saints Church, Pavement, York, in November 2018, and afterwards at the National Railway Museum, York.

Myra Puckerin,
York City Trefoil Guild

Pedal power

A year to the day since a major operation, I completed my 75km cycle ride to celebrate 75 years of Trefoil Guild. We headed for the undulating countryside of rural Holderness, as I am still slow on the 'ups'! We also visited the 158 Squadron Memorial at Lissett. It was just great to get out on the bike again.

Judith Benson,
Driffild Trefoil Guild



Coastal path walk

After the Wales Annual Meeting, members walked part of the Pembrokeshire Coast Path at Saundersfoot.

Vivienne Grant,
Llandaff Trefoil Guild



Champagne travel

To end the 75 year celebrations of Trefoil, a group of us travelled to Edinburgh from Manchester on the Northern Belle. We enjoyed a four-course breakfast with Champagne reception. In Edinburgh, we had time to explore the Christmas

markets and local culture. Our return journey included a five-course meal and second Champagne reception. We had a fantastic time and it was a great way to end the birthday celebrations.

**Kirsty Screeton,
North Manchester Trefoil Guild**



Memorial service

For the 75th birthday celebrations, Staffordshire Trefoil Guild arranged a thanksgiving service in the chapel at the National Memorial Arboretum, which was attended by 120 members. After the service, members visited the Trefoil Guild commemorative stone.

Marilynne Stokes, Lapley Trefoil Guild



Charity champions

New Milton Trefoil Guild, Hampshire West, chose The Red Box Project as their Christmas charity. As Girlguiding is a female organisation, it was the obvious choice for us; the charity provides sanitary items to local schools nationwide to ensure that no girl finds herself unable to attend school due to period poverty.

Linda French, New Milton Trefoil Guild



China works visit

Members from Llandaff Trefoil Guild visited Nantgarw China Works and Museum in Cardiff.

Vivienne Grant, Llandaff Trefoil Guild



Tree planting

Members planted a rowan tree (red berries for Trefoil) to celebrate our 75th birthday. Janet Olsen had planted a tree in the same place with Guides and Brownies during the Queen's Jubilee year.

**Janet Olsen,
North Wolds West
Trefoil Guild**

Promise date

Four new members of Llandudno Trefoil Guild made their Promise in November at St David's Church Hall, Craig Y Don, Llandudno.

**Wendy Moore,
Llandudno
Trefoil Guild**



Picture this...

If you'd like to see photos of your own guild's activities here, check that your photos are the right size – see Noticboard on page 6 for tips and hints – and send them to *The Trefoil* at the address on page 2.

An interview with... Chief Guide Amanda Medler

Amanda reveals her vision for Girlguiding, what she has learnt from Trefoil Guild members and her secret weapon to help her face challenges

Chief Guide Amanda Medler believes that many leaders will credit Trefoil Guild members for skills they have learnt, and that Trefoil members help Girlguiding in so many ways. She asks us all to remember that every encouragement we can give to adult leaders really means something; volunteers don't seek praise, so to receive

"Volunteers don't seek praise, so to receive an unexpected thanks... can really motivate and lift us up"

an unexpected thanks or well done can really motivate and lift us up, especially when delivered by people who might once have been your Brown Owl.

Amanda says that Elizabeth Ferrier, former national Trefoil Guild Chair, taught her a lot about strategy, people management and approaches to getting decisions made and action taken, and our current Chair, Pat Downer, who was chief commissioner when Amanda was a county commissioner in LaSER region, convinced her that you can give service and have fun at the same time.

Amanda was delighted to have the support of the volunteers on the Council who elected her and is proud to serve



Amanda Medler is grateful to Trefoil members

the wider membership in the role of chief guide. She believes that her biggest challenge will be to combine working full time with the time required to fulfil all the responsibilities as chief guide. She hopes to encourage all members to embrace and share her vision for Girlguiding, which is that guiding is an experience shaped by girls, relevant to their lives today, on offer



The guiding experience remains the same

in every community across the UK. She says that it is an amazing programme, delivered by motivated adult volunteers.

Amanda joined Brownies in Swanley in 1973 and has been a member ever since. She was a Brownie leader in Loughborough and has been a Guide and Ranger leader in Middlesex North West county for over 20 years. She remembers the excitement of going away with her friends on Pack Holiday, saying that it was great fun and the first time she had been away overnight. She recalls rock climbing as a Guide at Blackland Farm and white water rafting with her unit in the Czech Republic. Another special moment was being inspired by the Guides in Belarus, who were committed to carry on guiding despite a very challenging situation.

In her spare moments Amanda likes to spend time with her nieces and nephews, which she says is even better when she can combine this with her passion for sport and especially watching Spurs, her favourite football team.

Amanda believes that as a movement Girlguiding has always adapted to the society and times we operate in, and that harnessing the benefits of digital technology can connect us across the world as Guides and Girl Scouts as never before. Community Facebook pages can be a great way to find potential new

leaders ready to start new units to help Girlguiding grow. For new and existing leaders, e-learning is another great benefit of using technology to help ensure we are trained in all relevant matters to keep girls safe and provide an exciting programme responding to today's realities. The guiding experience remains the same through time; based on the Five Essentials method and with the Promise at the core of all we are about. Combining the timeless philosophy with the modern programme activities continues to be a recipe for success in attracting girls and young women to join across the country.

Finally, we asked Amanda what gadget in her life that she couldn't manage without. She told us – a kettle! She believes that most challenges can be faced after a cup of Earl Grey tea; give it time to brew and use the time to think the problem through. A solution will usually emerge without the need to read the tea leaves. She would also enjoy hot chocolate and s'mores with Olave or Agnes Baden-Powell so she could ask for their advice for inspiring guiding to start or restart in communities across the UK – guiding grew for the first six decades and we have the potential to grow again.



The Girlguiding programme is successful

Thank you from Girlguiding!

A look at how Trefoil grants help fund life-changing experiences for girls and young women

Did you know that Trefoil Guild gives grants to Girlguiding every year? We'd like to say a big thank you to Trefoil members for all their support over 2018, and let you know some of the ways the grants were spent.

Getting new units off the ground

One initiative the money is spent on is the Trefoil Guild Starter Pack, which helps new guiding units cover the costs of the key things they need to get started in guiding. Up to £40 can be awarded to pay for resources such as new programme materials.

Carol, Leader of 7th Laidon Brownies, used the Trefoil Guild Starter Pack to help launch her unit. She said, "We used the grant to purchase four sets of skills builder packs. This meant we had plenty of choice to offer the girls when

we started. During Parliament Week, we laid out all the cards and the girls did a secret vote to choose which to start with. Without the grant, we would have only been able to afford one or two packs, so they would have had much less choice."

Ann, Leader of 1st Carmyle Rainbows, also used the starter grant for her unit. "It helped so much as we were a brand-new unit with no money. The girls loved receiving their new Rainbow handbooks."

Helping young women go for GOLD

Grants from Trefoil Guild are also put towards Guiding Overseas Linked with Development (GOLD). GOLD is a scheme in which women aged 18 to 30 visit WAGGGS member countries to lead projects such as leadership skills training, recruitment drives, or setting up guiding units. Trefoil Guild gives 20% of each participant's fundraising target for the expeditions; without this generous donation, many wouldn't be able to take part in GOLD.

Rachel went on GOLD Aruba in 2017 before leading GOLD Maldives in 2018. She said, "GOLD has given me opportunities that I never could have imagined and has opened up even more doors since. Most importantly, GOLD has created memories and friendships around the world that will last a lifetime."

Gemma, a participant on GOLD Europe in 2018, added, "GOLD has taught me



Trefoil grants help women take part in GOLD



GOLDies are the leaders, advisers, commissioners and trainers of the future

"The money is instrumental in enabling young women from all backgrounds to access once-in-a-lifetime opportunities"

that life really does begin at the edge of your comfort zone. It's shown me that anyone with a dream can achieve anything if they set their mind to it."

Rachel Hesselwood, Girlguiding's volunteer GOLD coordinator, shared why Trefoil Guild's contribution is so important. "We are so grateful to the Trefoil Guild for their generous donation

towards GOLD each year. The money is instrumental in enabling young women from all backgrounds to access once-in-a-lifetime opportunities. Plus, they often return from their projects excited to take on new roles in local guiding. GOLDies are the leaders, advisers, commissioners and trainers of the future and without the investment of the Trefoil Guild, this wouldn't be possible."

For more information on how Girlguiding spends grants from Trefoil Guild, contact trefoil.guild@girlguiding.org.uk.

An away day in... Belfast

Ulster PRA Lizzie Hogg tells us about some of the great attractions in Northern Ireland's capital city



Titanic Belfast visitor attraction



The Palm House in the Botanic Gardens

Just a few minutes' walk from the vibrant city centre is **Titanic Belfast** where you can find out about the famous vessel, visit the regenerated water front and the slipway where the ship was built and take a tour of the **Titanic Quarter**, which includes a visit to HMS Caroline, the last surviving battleship of World War I.

Belfast City Hall has links to the Titanic too, as many skilled shipyard workers helped fit out the magnificent building.

Botanic Gardens is a public park that includes the Victorian Palm House, designed by Charles Lanyon. It's one of the earliest examples of a glasshouse made from curved iron and glass. Explore the Tropical Ravine where orchids, palms, bromeliads and bananas grow.

In the **Ulster Museum** you can view Northern Irish art, an Egyptian mummy, or see a salamander made of gold and rubies and other remarkable finds from a wreck from the Spanish Armada.

Author CS Lewis, who wrote *The Chronicles of Narnia*, was born and grew

up in Belfast. Follow the self-guided **CS Lewis Trail**, which starts at The Searcher statue in the east of the city and includes CS Lewis Square, which contains seven Narnia-inspired statues. Visit **Belmont Tower**, a Gothic-style late-Victorian school building that houses a Lewis exhibition displaying first editions of the Narnia books. Enjoy coffee in one of the local Lewis-inspired coffee shops.

Interested in contemporary music? Follow the **Van Morrison Trail** to visit some of the places the musician knew as a child growing up in the east of the city. You may recognise some of the place names as they are mentioned in the lyrics of a number of his songs.

Visit **St Anne's Cathedral**, consecrated in 1904, and look out for the Girlguiding window.

Finally, you could take a tour of **Crumlin Road Gaol**, which was operational from 1846 to 1996 and is now a popular tourist attraction in the city.

Enjoy your visit!

The Trefoil STARS Challenge

Our big 75th birthday celebrations are over and we hope you are ready for a new challenge...

Attendees at the 2017 national Programme event at Swanwick put together lots of ideas and then a working group went on to develop them into a themed programme resource for guilds and members. And here it is – the new Trefoil STARS Challenge!

Why is it called STARS?

All our members are STARS and now you can gain a badge to prove it!

The STARS challenge in your guild.

We hope that the themes and challenges within STARS will be incorporated into guild programmes. They encompass the four key messages of Trefoil – Find Friendship; Get Active; Give Support and Get Involved – and the STARS Challenge is intended to help guilds to create varied, interesting, inclusive and meaningful programmes that will help to retain and attract members.

What is the challenge like?

There are five points to our Trefoil STARS and each point will concentrate on a different theme, based around the five letters of the word STARS:

- S – SKILLS
- T – TOGETHER
- A – ACTION
- R – ROAM
- S – SELF



Will there be a badge?

Yes – there is a different cloth badge for each theme and these can be put together to form a star. On completion of all five STARS themes, a metal badge will be available.

Who is it for?

The STARS Challenge is for Trefoil Guild members only. It is designed to be used within guild meetings and events, and to encourage varied and interesting programmes. You may however work towards it as an individual or a smaller group. Each challenge has been designed to enable all members to participate,

Continued on p22

Pull out
and keep
these pages

S for Skills

Each theme is different. To achieve the badge you need to complete FIVE out of the EIGHT clauses below. AT LEAST one of the five should be undertaken with other Trefoil members



1 How handy are you? Invite someone with 'handy' skills to come and teach you basic maintenance skills, eg simple car maintenance (oil, water, wipers), putting up a shelf, changing light bulbs and fuses, turning off water, gas, electricity at the mains.

2 Learn a new handicraft skill. Have you tried calligraphy, quilling, felting, spinning?

3 Learn a new outdoor skill. Can you use a GPS, read a map, propagate plants by cuttings, build a dry-stone wall, learn geocaching?



4 Extend a skill or activity of which you already have some knowledge and take it to the next level.



5 Teach or share a skill or an interest you already have with other Trefoil members, or offer to share this with local Rainbows, Brownies, Guides, Rangers or leaders.



6 Would you like to write, paint, sculpt or take up a new interest? Attend a class or invite someone to come and lead an evening for your guild members.

7 Invite members of your local Ranger unit to come and share their smartphone or computer skills with you.

8 Brush up on some of your old guiding skills. Can you still tie a bowline, light a fire, cook a damper, pitch a tent, send a message by Morse or semaphore, tie a friendship knot? Share your prowess with other Trefoil members.

T for Together

Each theme is different. To achieve the badge you need to complete FIVE out of the EIGHT clauses below. AT LEAST one of the five should be undertaken with other Trefoil members



1 Go on a tree walk around a local woodland area, if possible with a tree enthusiast. If you do this as an individual, tell your guild about it.

2 Choose a worthy cause and do something for them, for example knitting for premature babies, twiddle mitts for people with dementia; or you could take up something completely different that meets a real need.



3 Raise awareness of Trefoil by holding an open evening for local guiding adults to challenge perceptions of what Trefoil is about.

4 Plan to do something really different with your guild and send a photo of the event to *The Trefoil* magazine.

5 Make and take a plate of food to share at your Trefoil meeting, or have a foodie-themed meeting.



6 Find out if a local guiding group or individual needs support for an event or equipment and offer help, by either fundraising or another form of support.

7 Go on a virtual or real mystery tour for everyone to enjoy and take part in. If you decide to have a go at a virtual tour, use geoguessr.com as a starting point.

8 Have a games meeting using board games or cards.



...Continued from p19

irrespective of circumstances or type of guild. If you are doing the challenge as an individual or small group you should share, tell, or show your achievements to other members of your guild.



Where will it be available?

The first two STARS themes, SKILLS and TOGETHER, are here in this issue of the magazine. They are also available on the Trefoil website, trefoilguild.co.uk. The next two STARS themes, ACTION and ROAM, will be in the September 2019 edition of *The Trefoil* and added to the website; the final one, SELF will be in the March 2020 magazine and also added to the website. They will all stay on the website for the foreseeable future.

How do you gain the badge?

Each STARS theme has EIGHT clauses. To gain the badge you must complete FIVE of these. There is no minimum or maximum time limit for completion of any of the clauses.



Look out for the next two STARS themes, ACTION and ROAM, in the September issue

Who signs off the challenges?

Your guild chairman, when she feels that you have satisfactorily achieved or fulfilled your chosen challenge(s). If the chairman herself is taking part in the challenge then the other members must agree that she has also completed it satisfactorily.

How do you get the badge?

The application form is on the Trefoil website, trefoilguild.co.uk. Complete this and send to the Trefoil office (address on page 2) with your payment. The badges are £1 each plus postage as detailed on the form.

What about the Voyage award?

The Voyage award is here to stay and is still available to start or to continue. There will be no further Voyage award levels. The STARS challenge does not replace the Voyage award. It is an additional programme resource for all members.

Happy stargazing!

Sapphire Award

At the 2018 Gordon County event, County Commissioner Joyce Petrie presented Gladys Cruickshank with her Sapphire Award for 60 years' service to Girlguiding.

Gladys has been County Vice-President since 2000. In 1951 she joined 1st Belhelvie Guides, then 1st Ardallie Guides and was leader of 1st Alford Guides for 26 years. She is also a member of Gordon Trefoil Guild.



Recycling champion

Glenda Tuttiett, Chairman of Kinson Trefoil Guild, received a certificate from ideas2action, a Dorset-based recycling charity, for her tireless collecting and distribution of reusable waste. She received the award on behalf of the whole guild.



Honours

Congratulations go to Winifred Tulloch from Orkney, who was awarded the British Empire Medal, and to Mary Machin from Ross-shire, who received an MBE in the 2019 New Year's Honours List.

Praise for Dee

When Dee Luke was awarded her 50-year service badge, all of Girlguiding Keynsham district in Somerset North got together for a celebration. The district commissioner made an ammonite cake, as Dee is a founder member of the 12-year-old Keynsham Ammonite Trefoil Guild.



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

Based in Devizes, Wiltshire, this guild enjoys plenty of sociable activities

Trefs on Tour (TOTs)

This recently formed guild is the result of a group of 20-somethings who got too old for The Senior Section and turned into a happy and active Trefoil Guild. They are based not far from Bath and all its attractions, but also have the Kennet and Avon Canal crossing their region and lots of countryside to walk.

Members are mostly active leaders in Devizes, but there are also quite a few men – husbands, boyfriends and even a brother! The age range of members is from 18 to 57, but the majority are 21 to 30.

You may meet members anywhere, because they go to annual meetings



Guild members enjoy getting out and about

(plans are in hand to be at Southport this year, so look out for them!) and enjoy daytrips and weekends away several times a year. They have movie nights, do crafts, enjoy skittles and make cocktails. In fact, if it's an activity that provides sociable fun, the TOTs could well be doing it! Other current plans involve visits to the London Dungeon, the Tank Museum in Dorset and a canal boat adventure!

The opportunity to get involved with TOPAZ has been appreciated by TOTs,



The recently formed guild is very active and includes a number of men



A tea dance was held to raise charity funds...

and two members have places on the Africa trip. Other members are planning to help by fundraising for them. Some members, including the males, have signed up to do the Voyage award (martial arts is a developing skill being practised by some members for theirs...) and a recent tea dance provided work for the 'teamwork' session of the award.

Jaime Scott is joint Chair of TOTs and her husband works at an Alzheimer's Support day club. It was agreed that the charity should be nominated for TOTs' support. The tea dance was promoted far and wide and an incredible £730 was raised. As a fundraiser, it was great fun and enjoyed by everyone who attended.

Says Jaime, "Trefoil doesn't impede on our roles as leaders – it gives you the freedom to have fun with your guiding friends and we find it's important when you work full time to be able to let your



...and was promoted far and wide

hair down sometimes. Trefoil is a support network that allows you to make lasting friendships but also provides an opportunity to explore.

"I like the flexibility that enables you to join in with active things if you want to. We organise our Trefoil through a closed Facebook group, and it works well."



TOTs members letting their hair down



International outlook

from Judy Ellis,
National International Adviser



TOPAZ applicants tackled various challenges during the selection weekend

Selection weekend

The TOPAZ selection weekend in October was very enjoyable. Unfortunately, illness caused several people to withdraw, so we had 13 of the original 19 applicants. Participants from across the UK worked in patrols to cook and keep the centre clean. In different groups, they tackled various challenges designed to see how they worked in a team. They had each chosen an element of the work of WAGGGS to research and presented their results to the whole group. As often happens at trainings, breaks were opportunities to exchange ideas and get to know each other. On Saturday evening, where everyone had brought something that they could teach the others, the intense discussions were so interesting that no-one wanted to go to bed, and the selection team gave

up and left them to it! This led to several suggestions, including:

- 1** This type of weekend should be a regular event.
- 2** The weekend should be called Trefoil International Opportunities – TRIO
- 3** Trefoil members who can't travel should be encouraged to look for international opportunities at home, by contacting local ethnic minority groups, recently settled refugees etc.
- 4** The work done by TOPAZ in Russia should be followed up by countries and regions, or by interested groups.

Perhaps you could discuss the suggestions within your guild and let me know via the Trefoil Guild office if you think they are interesting.



Marina from Ukhta and the TOPAZ team

Many thanks

Our first TOPAZ partnership project has, after three years, come to an end and 20 members in three teams have had memorable experiences. Our sincere thanks for the opportunity go to RADS and Marina Kornikhina, the RADS International Commissioner. Marina travelled with the first team in 2016. She became an honorary member of Trefoil, made her Promise and was presented with the official neckerchief. During our partnership, she has married and had a baby boy, so was unable to travel with the subsequent teams, but has facilitated the projects and provided support from home.

TOPAZ 18

The TOPAZ 18 team carried out the planned programme in Kaliningrad where they worked with 32 Girl Scouts, 52 youth workers, 50 students and 37 members of an English discussion group. Venues included classrooms, corridors and a ruined castle. The attraction of foreign visitors meant people were eager to attend, raising awareness of the programmes Girl Scouting has to offer and re-invigorating the Girl Scouts so that they are planning a recruitment

campaign. Several of the participants have volunteered to help set up new units. Two trustees and two workers from the local youth centre were interested in using the programme in their work, both with local orphanages and with 18 year olds who have recently left.

After a three-day break in Moscow, the team travelled 1,000 miles by train to Ukhta. These journeys were all overnight, the shortest taking 19 hours and the longest 33 hours, so TOPAZ members had plenty of opportunities to talk to (and share food with!) fellow passengers.

In Ukhta, where there is no Scouting, the team delivered training sessions to PE and Sports Science University students, older school children at a local language school and to adults who all spoke reasonable English. They visited three schools, meeting 176 ten to fourteen year olds. Two members of the team were interviewed and filmed by the university's media students. The TOPAZ team inspired Marina, who had hosted them, Zvereva, a teacher, and Misha, their interpreter, to join RADS and to speak with the education authorities seeking permission to set up a group of Girl Scouts.



School children in Ukhta

Route 75 anniversary road trip

Glen Aston takes us on a tour of TGIFC in her campervan

The idea for this trip came about when I was trying to think of a way to meet some members of the Trefoil Guilds I co-ordinate in TGIFC (Trefoil Guilds In Foreign Countries), for the 75th birthday.

I live in Brussels, Belgium, and am part of the Benelux and France Trefoil Guild. Our members are spread over four countries and it would be difficult to meet them all. We tried to meet some of them and the first was Karen, who came to wave us off on our three-week trip.

First stop was Luxembourg where we had dinner with Christine, another member of Benelux and France – and another guiding friend turned up and asked to join TGIFC. I'm hoping to welcome Jackie to our guild very soon.

Overnight and then down to Beaune in France where Jo had come to meet us

with her lovely family. They live near the Swiss border and we spent a lovely afternoon together on our campsite chatting about all things guiding and Trefoil Guild.

After a couple of days motoring, we reached Pinoso in Spain and stayed with Sherry, the Chair of the Pinoso Trefoil Guild. We had two happy days of activities with Sherry and the rest of the guild, sightseeing and socialising.

Another few days of holiday time and we found ourselves on the border with



Glen and Sherry in Spain



Karen waved Glen off



Catching up with Jo at a campsite in Beaune, France



Enjoying two happy days of activities with the Pinoso Trefoil Guild

Gibraltar being met by Moira, their Chair. There are 25 people in this guild but only about a dozen are active. What a lively group they are and it was lovely to spend time with them.

A long drive north from Gibraltar found us in Porto in Portugal where we had arranged to meet Pat. She is a long-standing member of Trefoil Guild, having previously been with BGIFC (now BGO

– British Girlguiding Overseas) for more than 60 years. Sadly, there are no longer any units in Portugal and Pat is the only member of Trefoil. Accordingly, she is a member of the TGIFC guild, which is made up of 'lone' members around the world.

Our final stop was in Toulouse in southern France to see Diane, a member of Benelux and France Trefoil Guild, who is also the Chief Commissioner for BGO. Four

other members of Benelux and France used to live in Toulouse but they had recently moved back to the UK. We had a great stay with Diane after which we drove the last 1,000-plus kilometres home.

Look out for a book about this trip!



Meeting Pat in Porto



With Diane in France

You can read more details about Glen's road trip in her blog on the Trefoil Guild website at trefoilguild.co.uk/75th-Anniversary-Roadtrip.



Your letters

Find out what other Trefoil members have on their minds

A good cause

 I recently found this reading (pictured right) on the wall of my feed room/rack room, covered by my rosettes. It has made me again feel very humble. In January I couldn't walk very well, but thanks to the skill of two surgeons, I can ride again.

My late husband was a county commissioner for Scouts while I was assistant county commissioner for Guides and an association trainer. We have always supported Riding for the Disabled Association – from the donations at his thanksgiving service we gave £500 to two different RDA groups.

One group took their young people on a holiday and the other put it towards

a new shed under a Dutch barn in which to keep their tack safe and secure. I was honoured to watch the young people ride, cut the ribbon on the shed and give a few words of encouragement.

Delia Askew, Unity Trefoil Guild



saw a child who couldn't walk
Sit on a horse and laugh and talk
Then ride it through a field of grass
And hush to feel the wind go past.

saw a lass (her brain was slow)
Ride on a horse and make it go
Up mountain track, thro' tumbling stream
And places she had never been.

To sit and stare, save from a chair




saw a man who couldn't crawl
Mount a horse and sit up tall
He put it thro' the dressage pace
And smiled at wonder on our face!

saw a child born into strife
Take up and hold the reins of life
And that same child was heard to say,
"Thank God for showing me the way!"

Adapted from the poem 'I Saw A Child' by John Anthony Davies

Tea party

 In September, we held an Afternoon Tea Party to celebrate the 75th birthday of Trefoil. Our invited guests included fellow guild members from Mid-Shropshire, Oswestry and Chester as well as members from guilds within our county of Clwyd. The Mayor and Mayoress of Wrexham were also present.

We were entertained by the Wrexham Tenovus Cancer Care Sing with Us choir and then enjoyed a delicious afternoon tea, prepared and served by Dot's Cafe, a local Wrexham tea room.


The afternoon ended with a raffle draw in aid of Riding for the Disabled, a service of thanks, prayers and Daylight Taps.

Sue Davies, Wrexham Trefoil Guild



Barbara with Victoria Trefoil Guild in Australia

Memorable Aussie visit

 I've just returned from a visit to see my son in Australia; prior to the visit, I contacted Victoria Trefoil Guild and, as a result, I was invited to

go to their Carols and Cake event at a town called Shepparton, which was a two-and-a-half-hour journey from Melbourne.

The speaker for the event lived near my son, so they kindly arranged for me to have a lift there and back. They had arranged lunch with local members and then had the carol service with soloists in a church, followed by a very enjoyable afternoon tea in the church hall.

It was a very memorable day and I was overwhelmed with their generous gifts and their kindness.

Barbara Lloyd, Wakefield North Trefoil Guild

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

All about...

Trefoil Guild staff and volunteers

Behind the scenes at head office

Did you know that only three members of staff are employed at head office to support the 20,000 members of the Trefoil Guild?

National initiatives such as Voyage award, Annual Meetings, Gatherings and Starter Packs are dealt with in the office, as well as the subscriptions process and the national finances, but lots of projects



Projects are dealt with by volunteers

are dealt with entirely by volunteers and trustees. The office welcomes enquiries about all things, but please remember that an answer may need to come from a volunteer and so may take a little longer to get back to you.

Walking the Pennine Way

Liz Burnley, President of Trefoil Guild, tells us about her epic summer adventure on foot...



When I gained my Brownie Pathfinder badge, I knew it might have its uses. I also thought I knew what 'Be prepared' meant. My summer adventure put both of those to the test – and it really was a test!

My partner Simon and I have both long dreamt of taking on the challenge to walk the 268-mile Pennine Way, all the way along the 'spine' of England. So we did, to raise funds and awareness for the Motor Neurone Disease Association. My late husband Roger died of this awful disease and we wanted to do what we could to help the vital work to find a cure.

We thought we had planned for all eventualities, but we didn't bargain on spending three weeks walking in the hottest summer since 1976! We stayed in local accommodation, carried just the basics (and a great deal of water) and made our way from the start at Edale in Derbyshire to Kirk Yetholm in Scotland. It

was a truly wonderful (if hot) experience. We marvelled at the changing scenery as every hill and moor took us into a new valley, a new landscape and a new part of our adventure. We left behind views of Sheffield and Manchester and found post-industrial valleys of the Pennines merging into the hot limestone of the Yorkshire Dales. The River Tees led us through the North Pennines and into wild and beautiful parts of Northumberland. Once over the Scottish border, our end point was in sight and our complimentary drink and certificate at The Border Hotel.

We met so many interesting and lovely people along the way, but the very special part was linking as we went with Trefoil and Girlguiding friends who came to share sections of the journey, invariably bringing good company and much appreciated refreshment.

Trefoil members were everywhere! Cheryl popped up out of nowhere after Black Hill, Holmfirth, with personally iced cupcakes and cold beer, just when I had run out of water. Carole gave us home cooking in Yorkshire, a DIY foot clinic

"We met so many interesting and lovely people along the way, but the very special part was linking as we went with Trefoil and Girlguiding friends"



Simon appreciates cakes from Della



A new valley, a new landscape and a new part of Liz and Simon's adventure on the Pennine Way

and the use of her washer. Della travelled all the way from Bristol to bring us cake at Bowes Castle in Co Durham. Hilary's giant frozen water bottles reached the parts other drinks couldn't and helped us on our way along Hadrian's Wall. Jill introduced us to the lovely Brownies in Bellingham, who took us to the playground, while Andrea and Margaret welcomed us into Kirk Yetholm with a boot full of cold drinks too. Where would we all be without the friends we have made through guiding? Thank you so much to all who helped us.

Looking back, now my feet belong to me again, it was the most amazing experience. We saw our environment in ways we hadn't noticed before. We got fitter as we progressed and we gathered a collection of new friends too – such as

Natalie from Belgium, who was walking from Dover to Cape Wrath in the Highlands, and Tom from Glasgow who was carrying on to John o'Groats. They inspired us on our way and made us think of challenges for the future.

So many of the people we met wanted to know more about the cause we were walking for and many had their own connections with MND, through family and friends. Their generosity, along with that of so many Trefoil and Girlguiding friends, helped us to raise more than £3,500 to help find a cure for MND. Thank you so much. Our dream came true and we hope it can make a difference too.



Brownies in Bellingham

Vital statistics

- 282 miles walked (including getting to our accommodation each day)
- 32,000ft climbed
- My step-counter measured $\frac{3}{4}$ of a million steps over the three-week walk
- More than £3,500 raised for the Motor Neurone Disease Association (mndassociation.org)

Safeguarding policy in the spotlight

How we aim to make this practice the best it can be

In Girlguiding, giving girls a safe space in which to thrive is our top priority. So, we want to make sure our safeguarding practice is the best it can be and that when we work together, we all have a clear understanding of our roles and responsibilities.

We've spent the past few years revamping how we support our members with safeguarding issues, improving our A Safe Space training programme and how we can work better together at every level. This is just part of what we need to do to ensure we are being the best we can be. We can still have fun and do all the activities we want to do but we also need to consider how we work.

What is driving this change? Legislation has changed, especially around children, young people and vulnerable adults, and as such we must change too.

Last year your Trustees wanted all Trefoil Guild members to receive Girlguiding's *A Safe Space – safeguarding pocket guide*, with guidance on what to do if you have a concern. Thanks to those who contacted us with their concerns. Your Trustees also introduced and updated the Trefoil safeguarding policy, which was aligned with Girlguiding's policy, to ensure we could work together in a practical and informed way. This is important, as many of you are still involved in activities where you are ideally placed to be a trusted friend or adult to the girls and each other.

Girlguiding has decided to look at what it can learn from the past in order to grow stronger for the future. So, we've decided



Trefoil members can be a trusted friend

that we're voluntarily reviewing historic safeguarding concerns. What does this mean for Trefoil Guild, and/or members of both Girlguiding and Trefoil?

We're asking you to share any information and records relating to any safeguarding concern, allegation or disclosure, however long ago it happened and even if you have no paper records. This includes:

- Safeguarding concerns you may have dealt with, which you reported at the time to your country or region, or to Girlguiding HQ;
- Any safeguarding concern associated with either a unit or previous role within Girlguiding, which may include residentials or gang shows, home or abroad;
- Any safeguarding concern you decided not to report at the time, as you weren't sure, or it wasn't appropriate to do so;
- Any safeguarding concern that wasn't recorded in writing at the time.

What should you do next?

If you provided this information through the General Data Protection Regulation (GDPR) checklist last year, you needn't send it again. If you have no information to share, you needn't do anything. Thanks to those who've shared their concerns – we're working through the information and we'll come back to you if we need to.

"In some cases, we may need to follow up on this information," says Geraldine Costello, Girlguiding's interim Head

of Safeguarding. "We recognise that policies and procedures have changed over the years, but if you followed the procedure in place at the time, there won't be any issues.

"But if the procedures of the time weren't followed, we'll need to look into it using our current safeguarding policy."

Information to be sent to
historicreview@girlguiding.org.uk.

Trefoil Guild Code of Conduct

This Code supports you by making your responsibilities very clear for you. Take it seriously and follow it with pride.

As a Trefoil Guild member you must always:

- *Be a good role model with behaviour and an attitude in line with Trefoil values and the Promise.*
- *Comply with all applicable UK laws and guidance.*
- *If your guild is based outside the UK, or you are part of an activity outside the UK, you must also abide by the law of that country.*
- *Make sure you follow Trefoil Guild policies and procedures and reread them from time to time, as they may be amended.*
- *Be responsible and accountable in the way you perform your role.*
- *Be fair and treat everyone with respect and dignity.*
- *Respect others' privacy in line with our policies and guidance.*
- *Communicate with others in an open and respectful way, whether in person, by phone, writing, or through digital media.*
- *Work together with other members, to promote Trefoil Guild.*

As a Trefoil Guild member, you must not act fraudulently or dishonestly, or do anything which brings (or is likely to bring) Trefoil Guild into disrepute, or have a negative impact on Trefoil Guild or its reputation.

What happens if I don't follow the Code?

Where someone doesn't follow the Trefoil Code, it is referred to as a breach. If someone believes you have acted in a way that breaches this Code, they are entitled to let Trefoil Guild know and it will be investigated. If you are found to have breached the Code, you may have your membership withdrawn in accordance with the Trefoil Guild Safeguarding Policy.

Trefoil Train Trek

As part of the 75th birthday celebrations, South West England members enjoyed a variety of railway trips, as Frances Parrett reports

In response to the national Chair's request to have an event towards the end of our 75th year, South West England decided to have a Trefoil Train Trek.

The list of aims for this event was thus:

- Give everyone in the region an event 'near' them...
- Involve other family members; husbands, boyfriends and children.
- Involve the newer, younger Trefoil groups in our region, so they feel part of it.
- Meet up and be seen at venues where the general public will notice us.

The South West is far-flung and while we wanted to visit the whole region in one weekend, it just wasn't going to be possible, so there were four Pre-Trek days; two in the Channel Islands, one in Gloucestershire and one in Cornwall. Each

of them was delightful, with time to chat and enjoy the theme that each county had chosen to go with.

A noble gaggle of 46 people, including our national and region Chairs, followed the Trek from Swindon, right around the region to Windsor. There were parties en route called 'Meet Up, Steam-Ups' (MuSu) and everyone was welcome to go to them.

The first 'MuSu' party was at STEAM Museum in Swindon – a 'Brunel' celebration in front of the Caerphilly Castle steam train (you can walk underneath it if you want to). There was a ceremony and short speeches that involved our banner – of which we were very proud.

At Avon Valley Railway we were welcomed by more than 250 members from Bristol & South Gloucestershire and Somerset North, who were enjoying the three train rides. There was a Wallace and



A 'Brunel' celebration in front of the Caerphilly Castle train at STEAM Museum in Swindon



Second World War day at Harman's Cross



All aboard the Watercress Line in Hampshire

Gromit theme and more than 80 people took part in the Wrong Trousers contest.

The theme of the journey between Bishops Lydeard and Minehead was The Seaside. Lots of Somerset members joined us on the train, and a unit of Rainbows who we invited to enjoy our Punch and Judy show. Their concentration and enjoyment became one of the highlights of the whole venture.

All too soon the Trekkies had to bid farewell to Somerset and head south to Devon. The train between Buckfastleigh and Totnes was completely full – and the cream tea at the station afterwards was made memorable by the performance of 'Widcombe Fair' by Devon members. Our evening journey towards Swanage was broken by delicious and piping-hot fish and chips at West Bay – with the help of Beaminster Trefoil members.

The next morning 46 waited at Swanage station for the train that would take us to Dorset's Second World War day at Harman's Cross; everyone was in costume, and there was an ARP warden putting everyone through their paces. Sadly, we had to leave before the 'evacuees' arrived

on the down train, as we had to speed our way via Hampshire's Watercress Line to Windsor. There were so many members who wanted to be involved in the 'Meet-Up, Steam-Up' at Alton that we were unable to have our party on the station platform (health and safety restrictions...), but the Alton House Hotel was fantastic, providing cups of tea without end and cream teas for all those who had room for one. There were hundreds of Jane Austen lookalikes enjoying the event.

We reached Windsor by 4pm and were met beside the museum train called 'The Queen' by Berkshire, Wiltshire and Hampshire members with banners and flags. The tourists were most intrigued. We held our ceremony, complete with music and the banner, and an RDA cheque was presented to the national Chair.

So, did we achieve our aims? Well, we met lots of people who wanted to know who we are, and were joined by husbands, children and grandchildren. Members from across the region turned up in droves; 1,300 of them throughout the whole Trek. And we certainly celebrated our 75th birthday together!



Set close to the tranquil Norfolk Broads, guiding friends have come together at Hautbois House for 30 years. Enjoy comfortable rooms, excellent home cooked food and a warm welcome. Hautbois House is perfect for your Trefoil event...a rural retreat with a difference!

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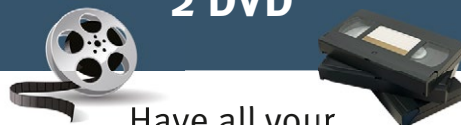
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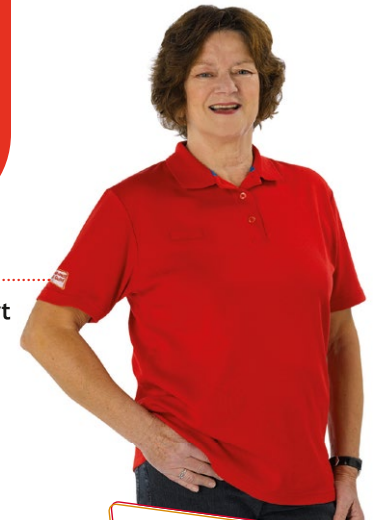
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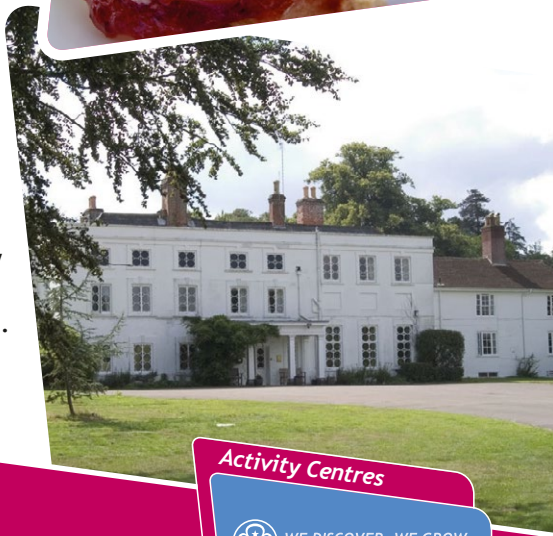
An adventurous 5 night break for walkers of all levels at the beautiful Waddow Hall, Lancashire.

>>> 11-16 August 2019

Bake Off

Dust off your baking hats and learn new skills from professionals before a bake off competition at Foxlease, Hampshire.

>>> 3 August 2019



Find out more about the above and our many other events at:
activitycentres@girlguiding.org.uk
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Activity Centres



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