

The Trefoil

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Bronwen's a crafting queen



GUIDING FOR ADULTS
Trefoil Guild

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final part of our
STARS Challenge

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track for a Gold
Voyage award

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The official journal of the Trefoil Guild

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Welcome

Hello everyone

Welcome to the first edition of 2020 as we look forward to another exciting year.

What a lot of changes we had in 2019. Pat Downer completed her five-year term as national Chair. Ann Hall and Judy Ellis (Programme Adviser and International Adviser) both completed their terms of office, and we welcomed their replacements, Sheila Leete and Sheran Oke, to lead us forward for the next five years. We also welcomed four new country/region Chairs to the Board of Trustees.

Our April meeting at Swanwick saw us pull together the bare bones of our strategy, and we decided to form three task and finish groups for Recruitment, Digital Strategy and Governance. We will share the outcomes from the groups when they have completed their tasks. Thank you to all those who applied to help take Trefoil forward.

Following the amazing amount of money collected for RDA during our 75th birthday celebrations we are now supporting the Countryside

Challenge and the Trefoil Kitchen. Please remember to pop in if you are attending an event at the National Training Centre, Lowlands Equestrian Centre in Shrewley, Warwickshire.

Our STARS (Skills, Together, Action, Roam, Self) challenges are proving to be very popular, with many of you taking part and gaining the badges to work towards the metal badge for completing all five sections. Look out for the latest ideas on pages 19-22.

Our TOPAZ partnership with Russia has come to an end. This year we are undertaking a project in India while our new five-year partnership with Lesotho Girl Guides Association begins in 2021. Why not think about taking part in one of these opportunities?

I look forward to meeting many of you at events around the country and at our Annual Meeting in Southend on 6 June. Best wishes,

Eileen Martin

A varied and wonderful programme

Sheila Leete, national Programme & Development Adviser, recounts all the fun of the national Gathering in Swanwick



Steel drum sessions were just one of the activities on offer

When I was approached to be a part of the working group for our national Gathering, I was really excited but had little idea of how the event would be run, or of the Hayes Centre in Swanwick base. As Trefoil county Chair for Dorset, and a Girlguiding leader for many years, I have always enjoyed being involved in events, but this

was my first experience at national level, so I was delighted to be part of the team.

With around 140 participants, including some from overseas, it was all hands on deck to ensure that we were prepared for their arrival. Trefoil sails flying, delegate packs at the ready, rooms allocated, session rooms labelled and signposted, it was no time at all before the first Trefoil members were spotted heading our way.

On Friday evening after everyone settled in, had wandered around the buildings and grounds to get their bearings, met up with old friends and made new ones, it was soon time for dinner before the evening entertainment. Ann Hall, the then national Programme and Development Adviser, welcomed everyone and then we



Members enjoyed craft workshops

sat back to enjoy a medley of songs performed by a local rock choir, who got us tapping our toes and singing along.

Saturday dawned with members checking their programme, ready for the day ahead. The programme included the choice of two coach trips. The first was to Hardwick Hall, a stunning Elizabethan country mansion, created by a formidable woman, Bess of Hardwick. The second coach trip visited two destinations: first the National Tramway Museum at Crich, then Sir Richard Arkwright's Cromford Mills, the world's first water-powered cotton spinning mill dating from the 1700s. With much to explore at both centres, either could have warranted a full day excursion. For some, the choice

“It’s not an easy task balancing activities to suit the needs of all, but this event went a good way to meet this challenge”

would have been to spend more time at just one centre. If this was the case, I’m not sure which I would have chosen.

Meanwhile, back at the Hayes Centre, there was a huge range of activities. Craft or art workshops included pyrography, lace making, steel drum sessions, photography and book folding, and other sessions were held in tai chi, archery and murder mystery. The well-dressing sessions produced wonderful displays made from fresh flower petals in the traditional manner.

Saturday evening’s entertainment was a talk by the Plague Doctor, a light-hearted



The ceilidh evening was full of laughter

look at how to treat the plague and other ailments closer to home!

A similar range of activities were on offer on Sunday. Again, a coach trip was an option, this time to the National Memorial Arboretum. Once more, a venue not to be missed and enjoyed by all.

Our final evening had us all kicking up our heels with a great ceilidh band, the Derbyshire Ranters. Plenty of laughter and fun with reels and gallops, spins and do-si-dos! What a wonderful way to end a brilliant time together.

Thanks to all who took the time to complete the evaluation forms. Your comments will help us to look at the planning for future events. It’s not an easy task balancing activities to suit the needs of all, but I do believe that this event went a good way to meet this challenge.

The Hayes Conference Centre in Swanwick, Derbyshire, which is set in beautiful grounds, was an ideal place for the Gathering. Ann Hall had obviously worked long and hard to bring together such a varied and wonderful programme.

Do make sure that when details of future Gatherings are available you don’t delay in booking your place.

See you there!

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

Australian fires

Many of South West England Trefoil members will be visiting Longleat in May as part of TREFARI 20, a Trefoil safari that involves five different wildlife parks and zoos. They will see the gorgeous koalas, but may not see the koala keepers – their expertise is being used in Australia to rescue fire-stranded bears!

You may have been worried about your pal Trefoil members Down Under during the dreadful bush fires, and we are glad to report that Fraser Coast Trefoil (featured in June 2019 magazine) are all safe and far away from the danger area... but several of them are concerned about relatives who are living right in the fire zone.

Girl Guides Australia has set up an emergency fund to support Guides in and around the impacted communities. Go to girlguides.org.au/2019-2020-australian-bushfire-crisis/ for more information.



Koala keepers from Longleat are in Australia

Creating a badge?

If you are having a local event, or are creating a challenge and want to design a badge for it, have a look at trefoilguild.co.uk/Logos-and-Templates for guidelines.

Trefoil Guild requires that all locally produced badges have three elements on them:

- The red trefoil.
- Your guild, county or country/region name.
- The name of your event or challenge.

Check the design with the branding team at the Trefoil office. Badges that don't fit the requirements may need to be recalled, so please follow them carefully.

The guidelines will ensure you create a badge that is both fun and attractive, while adhering to our identity guidelines and avoiding potential trouble with other organisations.

Happy designing!

Camping and Caravanning Group

If you are interested in this group, which was featured in the December 2019 issue, you will need to know that Roger's email address has changed. Please note that it is now swabeyroger@gmail.com. If you wish to find out about the 2020 rallies, one near Southend-on-Sea and the other at Stratford-upon-Avon, go to trefoilguild.co.uk/Camping-and-Caravanning-Group for more details.

Good news

Liz Burnley has agreed to extend her term as President of Trefoil Guild from three to five years.



We need your gardening expertise!

Gardeners needed urgently

We know that many Trefoil members are also keen gardeners; some of you are volunteers in large gardens, and some of you specialise in what you grow. Is there a garden which you recommend other members should visit, or maybe there's a particular reason why your own garden gives you so much pleasure? If you would like to contribute to an article in the June issue of *The Trefoil*, you will need to write to the Trefoil office straight away. Please put 'GARDENERS' in the subject line of your email so it stands out. The deadline for the article is 15 March.

Dates for your diary

- Our annual meeting will be held in the Cliffs Pavilion, Southend-on-Sea, on Saturday 6 June. If you haven't sent your application form yet, it was on the carrier sheet of the December issue of *The Trefoil*.
- In 2021, our annual meeting will be held in Venue Cymru, Llandudno, on Saturday 19 June.
- A date for advisers: The country and region programme, international and PR advisers' conference will be held in Birmingham on 2/3 October 2020.

Task and finish groups

The Recruitment task and finish group has held its initial meeting and the Digital Strategy and Governance groups will be meeting soon.

Apology

In the December edition of *The Trefoil* we reported that Elma Fraser, of Ross-shire Trefoil Guild, had received an award for 45 years' service. In fact Elma received Girlguiding's 60-year Long Service award. We are sorry for our error, and for any distress we may have caused.

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 June 2020 issue is 25 March 2020.



Your snapshots

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

Right track

Members of Loddington Trefoil made their Promise with County Chair, Elaine Diack, on the platform at Wicksteed Park.

Kate Reneerkens
Loddington Trefoil Guild



Hats off to the Bobbles!

Burwell Trefoil Guild entered a team, the Burwell Bobbles, in the Cambridge University Scout and Guide Club's annual Marathon Challenge. Teams walked up to 26 miles through mud and rain for up to nine hours visiting incident stations along the way. Following a day of fun and laughter, the Bobbles came second and were rewarded with a hot meal, a certificate and a badge.

Linda Larner, Burwell Trefoil Guild

Story time

More than 200 Rainbows and Brownies took some magic water and went Down the Rabbit Hole, where they were greeted by the White Rabbit and went on to play croquet with the Queen of Hearts, meet Alice and sit down for tea with the Mad Hatter. Leaders and girls delighted in their trip to Wonderland, where the Blakewater Trefoil Guild 'pack of cards' guided them on their journey.

Hilary Wensley, Blakewater Trefoil Guild





Island adventure

Members from North West England – 58 in total – descended on the Isle of Man for five days. We explored the island, visiting many places of interest, using various forms of transport, and a coach tour was organised to visit the old capital Castletown and then on to The Sound, where seals were very much in evidence. A guided tour of Tynwald – the Manx Parliament building – gave

an interesting insight into the oldest continuous parliament in the world. Evening activities included Manx crafts and entertainment, and the Manx Folk Dance Society performed. Our final evening was a very light-hearted occasion with wine tasting and some quizzes at a local village hall. We had a brilliant time.

Catrina Williams
North West England PRA



Stunning displays

Trefoil members made a flower arrangement depicting a bonfire with greenery and flowers.

Wendy Green
Spenn Valley
Trefoil Guild



Recycled Brownies

Our Trefoil members became 'recycled' Brownies and leaders and replicated a traditional Brownie Pack Holiday with the theme of Recycling, forming groups called Tins, Paper and Glass. We joined Brown Owl in a pre-breakfast yoga class each morning, decorated place mats,

and made candles and shell cones. We also painted pebbles for a Treasure Hunt. We held an indoor campfire and the 'Brownies' joined in the singing with gusto. There was much fun and laughter from start to finish and we are already planning next year's Pack Holiday.

Carol Fitton, Tower Trefoil Guild



Great Gathering

At the Gathering, the well-dressing sessions produced wonderful displays made from fresh flower petals in the traditional manner.

Beryl Miller, Matlock Trefoil Guild

Fun and friendship

Jeannette Thompson, Chair of South Down, made gadgets at the Ulster Fun and Friendship Weekend at Lorne.

Lizzie Hogg, Ulster PRA





Easy rider!

On reaching my 80th birthday, my husband asked if I would like to have a new motorbike to mark the occasion. Here I am, 80 years young, still going strong and in perfect working order!

Janet Bollington

Cooper's Hill Trefoil Guild

Knitter extraordinaire

As part of the Voyage award, Bronwen Anthony of Matlock Trefoil Guild is knitting twiddle muffs for dementia patients in local hospitals. So far, she's knitted 45 muffs, equating to 249,075 stitches! Others have been sold to support Helen's Trust, the guild's local charity, enabling people with terminal illness to stay at home.

Beryl Miller, Matlock Trefoil Guild



Wonderful walkers

In November, London Walkers and Talkers Trefoil Guild explored West Wickham, Hayes and Keston commons.

**Janette Willetts,
London Walkers and
Talkers Trefoil Guild**



Susan's surprise

Susan Hogg, Scottish Chair (front right), was surprised to be presented with Girlguiding's Laurel award when she thought she was answering a cry for help from the Gordon county commissioner the night before she left for a holiday. As they sat chatting at a table in the empty Acorn Centre, in processed her family and grandchildren, along with Guiding and Trefoil colleagues. Susan's daughter even had the presence of mind to rifle through her mother's wardrobe and bring along a uniform shirt. And there was cake!

Patrice Graham, Scotland PRA



Origami fun

We spent the afternoon learning how to make origami decorations for our entry in the local Christmas Tree Festival. The members in the photo were having such fun and laughing lots as they made the decorations.

Isabel Parker
Clevedon Trefoil Guild



Are they nearly ready?

Trefoil members at Ulster Trefoil's Fun and Friendship Weekend enjoyed the outdoors making pancakes on a Trangia stove. This was one of the new skills that the ladies tried during the weekend.

Lizzie Hogg, Ulster PRA

Strolling by

Each month, a strollers group is led by a Trefoil member on a three to four-mile walk. Other Trefoil members/friends are invited to meet up with the strollers at the end of the walk for dinner at a chosen venue.

Louise Smith

Cheshire Border County Strollers



Glorious gardens

Members of Wee County Trefoil Guild visited the Japanese Garden at Cowden, near Dollar, and had a lovely time.

**Patrice Graham,
Scotland PRA**



*Full steam
ahead!*

Marion Banks of Sompting & Lancing Trefoil Guild tells us all about her training to be a steam locomotive driver for the Myself section of her Gold Voyage award

I volunteer at the Amberley Museum in Sussex within the Narrow Gauge Rail Group. For my Silver Voyage award I had become a steam loco fireman (or rather firewoman!), so I decided to train as a steam loco driver for my Gold award.

This was not something I thought I'd be doing when I joined the group. However, having been given the opportunity to blow the whistle and have a short drive of the steam train 'Peter' (above) on Mother's Day 2014, I was instantly hooked...

We arrive at the museum at 7am, put the kettle on, don overalls and safety boots and prepare 'Polar Bear' or 'Wendy' ('Peter' is currently out of service), our

100-year-old locos, for service. Following safety checks, the fire is lit to raise steam. Then, with the fireman, we begin to polish and oil the loco. During this time the fire is constantly fed, as the pressure rises. About 2½ hours later, we leave the shed in a cloud of steam to collect the passenger carriages.

Driving the steam train is hot, dirty and oily, but is also empowering and great fun. The loco feels like a living, breathing beast that needs respectful, gentle handling, understanding, feeding, watering and oiling – lots of oiling!

I work with amazing colleagues, meet wonderful visitors and most importantly

of all, I get to give opportunities for young and old alike to come on to the footplate, see the fire and blow the whistle! It's great to see the smiles and witness their surprise, as the whistle is quite loud.

At the end of the last run we return to the shed to put the loco to bed; reducing the fire, cleaning the tubes, wiping the paintwork down, filling the water tank and coal bunker. The loco is returned to the shed to steam gently while cooling down.

It's then time for me to wash off all the soot, oil and grease, and have a well-earned cuppa.

I have enjoyed my journey through the Voyage award, and have a new skill that brings joy to myself and the many visitors to the museum.

So, if you happen to be in the area come along and visit the museum; I may just be driving or guarding the train!

See amberleymuseum.co.uk for further details.



'Wendy' the loco is 100 years old

"Driving the steam train is hot, dirty and oily, but is also empowering and great fun. The loco feels like a living beast"



Marion takes charge of locomotive 'Polar Bear'



Being our best

A look at how the Girlguiding community made a difference

As we've waved goodbye to Girlguiding's last five-year strategy – Being our best – let's look back at everything we've achieved in that time. Our Being our best plan for 2020 was the first time we had girls, volunteers and staff come together to decide what we wanted the future of Girlguiding to look like. We consulted nearly 23,000 people, and together laid out our vision for the future of Girlguiding.

Everything we wanted to achieve was grouped under four themes – Excellence,

Access, Voice and Capacity. Let's look back at some of what we've done together to make a difference.

Excellence

This drove us to get better at everything that we do for girls. As part of our plan for excellence, we reviewed and renewed our entire programme of badges, activities and everything girls do in units. This was revealed in summer 2018 after four years of collaborative work with members. We worked to introduce new e-learning and launched a new A Safe Space training, so we can all know we're being our best at keeping girls safe. We also started some new events for girls, empowering them to laugh,

**Being
our best**



Girls have been empowered to laugh and learn

learn and challenge themselves at our activity centres and around the country.

Access

This encouraged us to pledge to work together and make sure that more girls from all backgrounds could benefit from what we do. It led us to reach even more people and spread the word about guiding in our first-ever recruitment campaign in which we announced to the world that we were For The Girl. Last year's launch of the Inspire Girls campaign attracted over 5,000 new volunteers into guiding.

We developed and shared thorough guidance on inclusion, and launched grants to help accessibility for units in need or growing in less well-off areas, which will improve access to guiding across our organisation. We are also proud to have celebrated all our LGBT members, with units up and down the country attending Pride marches.

Voice

We are committed to listening to girls and promoting their Voice. As a result, our Advocate panel has given girls the opportunity to influence the advocacy and research work we do, while also speaking out about Girlguiding and the issues that

matter to them. When we launched Future Girl, we heard from over 76,000 girls about the changes they'd like to see in the world, and we'll continue working to make those changes a reality. Girls told us they are worried about the environment, so we ran our first community-wide social action week, Future Girl Acts, where 5,859 units (approximately 104,124 girls) signed up to take action on plastic pollution.

The Girls' Attitudes Survey has allowed us to listen to girls, in and out of guiding, for 11 years and share their thoughts and fears on wellbeing, safety, sexism, technology and more.

Capacity

This has meant working collaboratively to improve our processes and decision-making. With this in mind, we launched a new website and online shop, giving Girlguiding a modern presence in the digital world and making it easier to find what you need. Our website has given us a bigger, brighter platform for sharing the work you do and the difference we can make, and has introduced guiding to even more girls and parents.

Now we look to the future and our new strategy for 2020 and beyond. This will be a shared goal for a brighter Girlguiding future, and what we need to do to get there. Around 50,000 girls, volunteers, parents and staff have fed into the development of the strategy and we can't wait to see what great things we'll all continue to achieve together.

An away day in... Newcastle upon Tyne

Alison Gordon reveals the best places to see in the city based on ideas from members of the four Newcastle guilds



The 'Blinking Eye' Millennium Bridge



The Theatre Royal's Georgian architecture

A short walk from Central Station you will find the fascinating **Discovery Museum** telling the city's story, its importance to Britain and the rest of the world. Close to the station is **The Lit and Phil**, an independent library housed in a public building with a free reference section, making it a tranquil place to browse.

Nearby are two cathedrals worthy of a visit – the Anglican **St Nicholas** is mainly 14th century with its unique Lantern Tower, and the Roman Catholic **St Mary's** was designed by Pugin in Gothic revival style.

Tyneside Cinema, influenced by 1920s Art Deco style, offers both a traditional coffee room and cafe bar.

The **Grainger Town** area is the historical heart of the city. Visit the **Grainger Market** – originally a meat and vegetable market, the 111 stalls now include independent traders with produce from around the world plus the **Marks & Spencer Original Penny Bazaar**, the smallest and oldest M&S, which opened in 1895. In this area

you can climb all 164 steps of **Grey's Monument**, built in tribute to Earl Grey and the Great Reform Act. Stroll down **Grey Street** with its fine Georgian architecture, including the **Theatre Royal**; continue down Dean Street to the **Guildhall** and **Quayside**, from where you get a view of the seven bridges that cross the river Tyne. The 'Blinking Eye' **Millennium Bridge** tilts to allow boats through and links to the **Sage** music venue, **Gateshead Quays** and the **Baltic Centre for Contemporary Art**.

East along the Newcastle Quayside you come to the vibrant **Ouseburn** area. Here is the entrance to the **Victoria Tunnel**, previously an underground wagonway, now open for tours. Nearby is an urban farm, **Seven Stories** (the National Centre for Children's Books) and **The Biscuit Factory**, the UK's largest independent art, crafts and design gallery.

If you need to relax, **Jesmond Dene**, **Exhibition Park** and **Leazes Park** offer green spaces and refreshment stops.

The Trefoil STARS Challenge

Introducing the fifth and final theme, with a recap on the previous four themes and a look at how to take part

We hope that you and your guilds are enjoying taking part in the challenges suggested in the first four STARS themes. Here we launch the fifth and final theme – S for SELF.

The STARS Challenge is for Trefoil 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 theme has been designed to enable all members to participate, irrespective of circumstances or type of guild. You may adapt challenges to fit local and personal circumstances as long as your chosen challenge is similar and fulfils the spirit of the clause.

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 through any media available, for example email, photos, phone calls, Skype, etc.

Each STARS theme has EIGHT clauses. To gain the badge you must complete FIVE of these. There is no minimum or



Enjoy your STARS challenges

maximum time limit for completion of any of the clauses. Your guild chairman signs off the badge, 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!

The badge application form is on the Trefoil website trefoilguild.co.uk under the GET INVOLVED tab. Complete this and send to the Trefoil office with your payment. The badges are £1 each plus postage as detailed on

the form. All the challenges are also there on the website together with other helpful information.

So, turn the page for the final theme...





S for Self

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 *Do something you've always wanted to do* – with your guild, with a friend or on your own.

2 *Arrange and take part* in a Trefoil 'pamper' day or evening, or go on a spa day.

3 *Hold a cake* and pudding recipe swap event, with tastings if possible.



Swap cake recipes

4 *Make time to declutter a* cupboard, organise your old photos, or your garden shed, or something similar. Show your fellow Trefoil members before and after photos.

5 *Take time to explore a* book or piece of music in a genre new to you,

then share and discuss with fellow Trefoil members, or have a book or music-based meeting where members bring and share their favourite books or music.



Share a new book

6 *Revisit a hobby or interest* from your past and share your achievements with your fellow Trefoil members.

7 *Share amusing memories* of guiding days or school days with your fellow Trefoil members.

8 *Revisit some favourite* old guiding games and activities and, if possible, end your meeting with a sing-song of the old favourites.

PREVIOUS STARS THEMES

Here is a recap on the STARS themes from previous issues of *The Trefoil*...

S FOR SKILLS

How handy are you? Invite someone with 'handy' skills to teach you 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.

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

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

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

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.

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.

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

Brush up some of your old guiding skills.

Can you still tie a bowline, make a lanyard or turks head, light a fire, cook a damper, pitch a tent, make a washing-up stand, send a message by Morse or semaphore, tie a friendship knot? Share your prowess with other Trefoil members.

T FOR TOGETHER

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.

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.

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

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

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

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

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 this as a starting point: geoguessr.com.

Have a games meeting using board games or cards.

A FOR ACTION

Make contact with a guild that is new to you and arrange to get together for an event, meeting or online, eg Skype.

Research three local issues and debate at your guild meeting, eg planning, potholes, public transport.

Take action to grow the membership of your guild by 10%, or set up and support a new guild.

Brighten up a local public place by planting flowers, bulbs or trees, eg a care home, grass verge, traffic island or railway station.

Take action to support and help run a guiding event, other than helping with refreshments!

Take action to get an article, report, story or picture of your Trefoil into the local paper/s, *The Trefoil*, or on local radio.

Find out about the history or origins of a local tradition or custom and then take part in it, eg cheese rolling, well dressing, black pudding throwing, gurning, 'clypping' the church, walking the bounds, Morris dancing.

How green can you be? Go greener for a week with no waste, or no plastic, or by using public transport more.

R FOR ROAM

Invite members who have completed any level of the Voyage award to talk at your Trefoil meeting about their challenges, particularly those relating to Explore My World.

Take part in a Trefoil or Girlguiding international trip, or plan one of your own to visit another Trefoil country or region.

Invite a speaker to talk about the different plants that enhance our senses and design a sensory garden, visit one, or create one.

With Trefoil members explore a local footpath, coastal path, canal or riverside walk in your area by using maps, guides, computers etc.

Choose a place of special interest and discover different ways of travelling to it. If able, make the journey, and travel with Trefoil members using your chosen method and take photos of your trip.

Invite a farmers' market stallholder to your Trefoil meeting to talk about their produce, or visit a local farmers' market and explore the products on sale.

Find out about the Trefoil TOPAZ project.

Ask your international adviser for more information. Try some of the activities in the TOPAZ Challenge – Travel the World section – or invite a member who has taken part in a TOPAZ project to talk to your guild.

Invite someone to your Trefoil meeting to talk about the wildflowers, trees or birds in your local area or make a trip to identify them or explore a local nature reserve with a knowledgeable guide.



Farmers' markets have many interesting stalls

HOW TO TAKE PART

Remember that the themes and challenges within STARS can 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 which will help to retain and attract members.

When you have completed all five themes of the challenge you will be able to purchase a metal badge as pictured right. An order form is available on the Trefoil Guild website at trefoilguild.co.uk/STARS. Badges will be priced at £2.50 each + P&P.

We look forward to seeing pictures of what you have been doing in *The Trefoil* magazine, so get snapping.

Happy stargazing!





Honour for Pat

Pat Ascroft, Chair of Garstang Trefoil Guild, was presented with the British Empire Medal by Lord Shuttleworth – Lord-Lieutenant of Lancashire – at Lancaster Castle in October 2019. She was honoured for her fundraising efforts over many years for MENCAP and the community.

Una's award

After serving six county commissioners, Una Jackson, a member of Priory Trefoil Guild, recently retired as county badge secretary for Girlguiding North Yorkshire South after 31 years. Una was presented with Girlguiding's 50-year Long Service award, and is pictured here with Amanda Medler, Chief Guide, and Alison Cunningham, County Commissioner, North Yorkshire South.



Congratulations

Congratulations to the following members who received the British Empire Medal (BEM) in the 2020 New Year's Honours:

Val Cadd from Darlington Afternoon Trefoil Guild, for services to Education.

Beverley Chidley, a member of Toddington Trefoil Guild, for services to Brownies and Girlguiding in Dunstable.

Kathleen Greaves from Willow Tree Trefoil Guild, for services to Young People.

Amelia Mathewson a member of Glenrothes Trefoil Guild, for services to the community in Levenmouth, Fife.

Valerie Symon from Woburn Trefoil Guild, for services to the community in Bedfordshire and Buckinghamshire.

• Further congratulations go to **Cris Jones**, a member of Newport and District Trefoil Guild in Shropshire, who has been awarded the Trefoil Guild Silver brooch.

Have you received an award, or do you 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

Frances Parrett finds out what Trefoil life is like for those who live on islands

Trefoils on islands

For all Trefoil members, transport and communication can be a challenge, but how much more challenging must these be if your guild meets on an island? We asked members on the Channel Islands, Scottish islands and Anglesey to share the trials and tribulations of island life.

Channel Islands

Guernsey has two guilds – Sarnia, formed in 1996, and Guernsey, formed in 1948. Guernsey guild has about 24 members, of whom only half use a computer, so communication is difficult. Members of both guilds remember fondly when they hosted the South West England Annual Meeting in 2013 and had the chance to join in with lots of other Trefoil members.



Members of Jersey Trefoil Guild having fun

Some Guernsey members were ‘Trekkiies’ during the SW England Train Trek in 2018, and took part in seven ‘Meet-Up, Steam-Ups’ over the final weekend, as well as the one held on their island. Visits to Foxlease are a treat that some look forward to.

All Channel Island members try to take part in region events, but travel is expensive; both Jersey and Guernsey have airports but flights are often delayed due to fog. If you are fortunate enough to stay with a kind Jersey or Guernsey person in their lovely home, they will suggest you don’t strip your bed before you head to the airport – you may need it again when your plane is cancelled!



Members of Guernsey Trefoil Guild in traditional island costumes

Scottish islands

The Western Isles Trefoil Guild in Scotland must be applauded for their determination to get together. They meet up about four times a year, but if you look at the map of their area, and appreciate that there is no public transport, to go anywhere different you have to catch a ferry or plane. Members are dependent on post and telephone to keep in touch.

In August 2019, some members travelled by minibus to Tarbert, Harris, then took the ferry to Skye, so they could meet up with Liz Burnley and friends and enjoy Skye attractions. An interesting and lovely time was had by all. Orkney



Orkney Trefoil Guild raised money for the RDA

Barbara. Their programme is impressive; full of good works, adventure and fun.

Anglesey

Many islands are joined to the mainland by a road or two, which makes things much cheaper for Trefoil members. Anglesey members have managed to maintain a 25-year-old twinning with members from Dún Laoghaire, near Dublin, thanks to the Holyhead Ferry. Nevertheless, they can feel remote from meetings, so were very pleased to host the Wales Annual Meeting in 2019.



Planes and ferries are used by Orkney members

Trefoil members are very busy supporting Girlguiding and getting involved with island activities. Barbara Hutchison says, "There is so much going on, and so much to see and do," for which they are up to date thanks to their local paper and radio. They meet every month and use email to keep in touch with each other. Just like the other islands they find travel expensive and challenging, "Travel by sea can be interesting depending on the weather and folk's sea legs," says

To sum up, many of these Trefoil members seem happy with island life. "There are few dangers or crimes, we have beautiful scenery and good walking, and we enjoy swimming and exploring beaches," says Western Jersey's Hilary Lambert, who adds, "We don't have to travel far and live fairly close to each other – three miles is a long journey!" Most members admit it can be difficult to get to family occasions on the mainland; they miss big shows and events, large shops and museums, but they are always happy to return to their friends and the peace of their island.



International outlook

from Sheran Oke

National International Adviser

Opportunities to travel with Trefoil

As you are all probably aware, international has always been a major part of Girlguiding, and you may think that as a Trefoil Guild member any chance of international travelling or opportunities with Girlguiding has now passed you by. How wrong you are! Let's look at some of the opportunities that are available to you.



The TOPAZ Team with Marina in Ukhta, Russia

TOPAZ

Trefoil Overseas Partnership Adventure with Zest (TOPAZ) is Trefoil Guild's own international way of allowing its members to undertake projects overseas; it is our equivalent of GOLD (Guiding Overseas Linked with Development). Some of the projects undertaken include supporting the development of guiding in Russia and promoting guiding in India via Sangam, one of our World Centres. In 2020 we have six of our members aged between 20 and 70 supporting the Lesotho Girl Guides Association in the development of their own Trefoil Guild. As you can see, age

does not matter. If this is something you may be interested in, look on our website or in *The Trefoil* for details of the next TRIO (Trefoil International Opportunities) weekend, due to be held later this year.

Media links

The world seems to be getting smaller – through media links, television, radio and newspapers we can experience what is happening around the globe. We are far more aware of changes taking place that affect both us and people in other countries. We have the opportunity to use media platforms such as Twitter, Facebook, Snapchat and Instagram to stay abreast of what is happening in the world.



You too could get involved with TOPAZ

World Centres

As well as undertaking projects, visiting our World Centres is another way you can be involved in an international experience. We are very privileged as an organisation to have five World Centres literally 'at our fingertips' waiting to welcome Trefoil members, either independently or in groups. At these centres there are a wide range of programmes on offer that provide exciting and varied activities in which to participate. If you want to experience the heat of Sangam, including many of its local Indian customs and traditions; the beauty of Our Chalet, with some winter sports added in; the fun at Our Cabaña and its Mexican flair; or even the mystery of Kusafiri in Africa – give it a go. You could perhaps spend a weekend at Pax Lodge in Hampstead, meeting visitors from around the world, and you will even be provided with varied and exciting international



Experience the heat of Sangam

activities through their programme. I promise that at all of these venues you will have an experience you will never forget, and will make some amazing friends along the way. Take a look at wagggs.org/en/our-world/world-centres/ for the World Centres details.

Your suggestions

What will always be valued are your thoughts on what you feel that you can do, either as individuals or through Trefoil Guild, to become involved in many of these international issues. It is hoped that you will use the Trefoil Guild website to make suggestions for future projects or to create chats about international events that affect all of us. The Trefoil Guild Board of

Trustees looks forward to supporting the development of international opportunities for all our members through your ideas and suggestions. Don't forget that you can always discuss your thoughts and ideas with your country/region international adviser or contact me directly at trefoilguildinternational@gmail.com. Let's make a difference and give all Trefoil members the opportunity to take part in an international experience!



SAY 'YES' TO NEW ADVENTURES

International Adviser for Anglia region, Maureen Arnold, is no stranger to 'adventuring' with fellow guild members, having embarked on once-in-a-lifetime international trips to India, Mexico and Iceland with tour operator Venture Abroad

After speaking to Maureen, we sum up why she chose to visit Iceland on her most recent trip, the benefits of travelling with other Trefoil members and the ease of arranging holidays with a tour operator...

The wonders of Iceland

In November 2019, Maureen and a group of 22 Trefoil members – aptly named 'Global Group' – travelled to the Land of Fire and Ice to explore what this awe-inspiring country has to offer. The father of one of the ladies within the group was based in Iceland during World War II, which was part of the reason the pin dropped on the map here for their visit – that and the spectacular natural wonders. The trip

included such highlights as a dip in the charming Secret Lagoon (one of Iceland's oldest swimming pools, offering a unique bathing experience to rival that of its better-known counterpart, the Blue Lagoon); witnessing shooting geysers and dramatic waterfalls on Iceland's Golden Circle Tour; and exploring the world's most northern capital city, Reykjavik.

Come together with Guide groups from around the world

In 2015 and 2018, Global Group experienced two far-flung adventures to Mexico and India, where they immersed themselves in the countries' rich cultures and traditions. Joining programmes at the treasured WAGGS World Centres



Members make a new friend in Reykjavik

– Our Cabaña and Sangam – the trips offered the opportunity to come together with Guide groups from around the world to form new friendships and feel a true sense of belonging.

“Our Cabaña was a most enjoyable experience”

A holiday with Trefoil Guild members

An important part of what Trefoil Guild represents is a setting ‘to meet like-minded people to share your next adventure – whatever that might be’. Travelling together with other guild members is the perfect opportunity to take on a new experience with old friends and new. Together you’ll discover new places, appreciate different cultures, gain a sense of self and form fond memories.

“I think they feel safe because they are with like-minded ladies. Some are by themselves and it’s nice company for them and a chance to get to know each other”

Travel in safe hands

Choosing to travel with a tour operator, such as Venture Abroad, provides you with reassurance that your trip is in safe hands. With experts committed to providing support before, during and after your tour, you can relax in the knowledge that everything will be made as easy as possible for you and you can enjoy your travels and get the most of your special trip.

The only question is, “Where to next?!”



Friendships new and old on a trip to Iceland

About Venture Abroad

Whilst many will have heard of, and perhaps even travelled with, tour operator Venture Abroad on their Annual Meeting weekend packages, you may not know that they also offer tailor-made international trips designed exclusively for Trefoil Guild members. If you’d like to find out more about exciting international trips for your Trefoil friends, get in touch with their expert team on **01332 650 413** or visit **ventureabroad.co.uk**.

Your letters

Find out what other Trefoil members have on their minds



Scottish and Canadian Guides get together

Scotland-Canadian reunion

 In July 1973, 15 Scottish Guides and 15 Canadian Guides from Atlantic Canada met for the first time at Netherurd House. With three leaders from each country, we had a week there and had great fun getting to know each other and exploring the area. Visits included Abbotsford, Cairnpapple Hill and Edinburgh. We tried various crafts including making Celtic pins and dyeing wool using plant materials as natural dyes. We also had a wonderful ceilidh complete with dancing and lots of singing.

We moved from Netherurd to South Newton for a week-long camp before a week of homestay. Many firm and lasting friendships were made during this time.

In 1974, the 15 Scots and three leaders headed for a month in Atlantic Canada, spending a week in Newfoundland, Nova Scotia, Prince Edward Island and New Brunswick. It was wonderful to meet up again with our Canadian friends.


Kathy Wasson, who was my exchange partner, kept in contact and we have met up several times over the years. Kathy is talking about a 50th anniversary reunion in 2023 in Scotland. It would be great if anyone knows the contact details of any of the Scottish group. If you do, please pass on my contact details: fionawaddell15@gmail.com.

Fiona Waddell, East Lothian Trefoil Guild



Cromford Mill was one venue visited

Gathering thanks

 May I, from the Ile de France (ie suburbs of Paris), thank Charlotte Anslow and her team of helpers for the excellent weekend spent in the lovely Derbyshire countryside at the Gathering in October 2019.

The accommodation was first rate and the choice of activities, ranging from renewing one's knowledge of the Industrial Revolution at Cromford Mill to tai chi, yoga, handicrafts and the fun of the steel bands were unsurpassable.

With the background of friendship, over excellent meals, and meeting other members of Trefoil from as far away as Vancouver and Australia, we spent a memorable weekend.

Barbara Aveling, TGIFC



Susan's certificate and medal after donating 100 pints of blood

Donating blood is so worthwhile



It was when I was in college in the late 60s that, along with a group of friends, I donated my first pint of blood and I've been donating ever since. I've donated in schools, church and village halls, but now, to comply with health and safety, I go to a four-star hotel. No longer are camp beds used but chairs that recline and even swing. Nor is it just a cup of tea afterwards but chocolate biscuits or crisps and other such delights.

So why donate? I am very grateful that I am fit and healthy and, once in the routine, it is such a simple thing to do. A few years ago I was told that my blood was important, as it is the subtype Ro. What makes this subtype special is that

only 2% of donors have it, and it is used in the management of sickle cell disease.

After 50 pints I got a badge, then when I reached 75 pints I was invited to a lunch and was presented with a large engraved glass dish. In 2019, I reached 100 pints and was invited to another lunch and received a badge and a medallion. At each lunch, recipients of blood spoke of how their lives had been saved by blood transfusions – all very moving stories.

About ten days after giving blood I receive a text telling me where it has gone – one of the London hospitals usually. So next month I'm off to donate another pint, which should make it 103!

Susan Heyes, Kendal Trefoil Guild

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

Fun, friendship and fellowship

Helen Barham of Mold Trefoil Guild and Meena Khiyora of Lapley Trefoil Guild took part in the Canadian Trefoil Gathering



Helen with the Australian delegates

So what would you call a group of 250 Canadian Trefoil ladies who exude joy, fun, friendship, caring and everything that would come in brown paper packages tied up with string? The answer is a Gathering.

What is a Gathering? A question we asked when, after a TOPAZ selection weekend in September 2018, we received a letter inviting us to attend the Canadian Trefoil Gathering in Sudbury, Ontario, Canada in June 2019 as UK delegates. Was it a conference? Was it training? No, it was simply Trefoil members from all over Canada (distance no problem) who

gathered together to fulfil the themes of Fun, Friendship and Fellowship.

We realised that Canada was a long way to go for just five days, so with husbands prepared to come too, we turned it into a holiday, arriving first in Toronto, where we enjoyed many sights and experiences.

We flew to Sudbury for the Gathering and were welcomed with a shoulder bag full of goodies and our itinerary for the week. We found we were sharing a room with Bonnie and Linda, who were from Ontario. A welcome/opening ceremony was held in the hall, and once the official business was over and flags paraded, we were entertained by a local school choir from Sudbury, who were enchanting. One of the songs they sang was the laughing song from *Mary Poppins*, which they did with much gusto and enthusiasm!

Prior to the event we had selected which sessions we wished to do from a huge range of topics, so Helen became intrigued with internet safety, relaxed with aromatherapy, dazzled in jewellery making and shimmied in



All the international delegates



Helen, Canadian Brenda and Meena



A very special Trefoil Guild campfire

belly dancing! Meena disciplined herself in self-defence, became aware of brain architecture and fraud, and found out about historical landmarks of Sudbury. All the sessions were carried out with much humour and organisation.

At the campfire, we found that our guide songs really do stretch across continents. Helen commentated that never as a 12-year-old guide did she ever imagine she would one day be singing *Land of the Silver Birch* actually in Canada!

For outings, Meena chose an urban trek of Sudbury and Helen selected a day out in North Bay and a trip on the lake there. The local Trefoil Guild of North Bay acted as enthusiastic and caring hosts for that day and were truly amazing and full of fun.

We gave a presentation about Trefoil Guild both nationally and in our respective areas, along with the other international ladies from America and Australia. We also attended a meeting with the representatives of all the provinces and we learnt some very interesting facts

about how Trefoil is organised in Canada. All Canadian Trefoil members are required to complete the equivalent of a DBS check, as they continue to work with girls, and they join Trefoil at the age of 30.

Saturday evening was party time and about nine coaches turned up to take us all to a gala dinner in a restaurant in Sudbury attended by the Deputy Mayor. It was a magical evening –the restaurant full of chatter, fun and friendship. The closing ceremony the following morning was very touching and humorous, particularly when the aprons that the organising team had worn were auctioned for charity, raising \$870 to be divided between the CWFF and GGC scholarships. The thankyou to the event organisers went on forever!

Goodbyes were said, email addresses exchanged and, sadly, we were really homeward bound.

Thank you Trefoil for the opportunity to attend such an event, and thank you Canada for such an amazing time. The memories will last and keep on giving.



Delegates from around Canada and the world

Beyond your horizons

Jill Stott, International Adviser for Wales, has put together a diary of ideas suitable for all abilities and which can be done on your own, together with friends, or as a guild

March

Spring in Japan is magical, as from late March to mid-April the whole country is swathed in the pink flowers of sakura (Japanese cherry). Hold a 'pink' meeting – decorate your meeting place, all wear pink, eat pink cake, or try making or tasting some Japanese food.



Cherry blossom

April

Earth Day is on 22 April. It reminds us to think about the threats our planet faces and what we each can do to manage our own environmental impact. We could write to politicians or give some money to a cause. Locally, we could share ideas about how to cut down on single-use plastic, or how much more of our household or garden waste could be recycled.

May

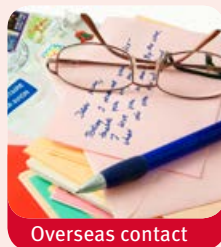
Get up with the lark one day and listen to the dawn chorus. Returning migrating birds seeking territories and mates are particularly active immediately after first light. Songs carry around 20 times better around dawn, when it is cooler and less windy, than they do at noon. The RSPB offers dawn chorus events all over the country.

June

Time to get up and do! Find out what volunteering opportunities are in your area, or find a project you could support by knitting/sewing/fundraising etc, that you could do as a guild. If you are already volunteering then try to inspire others to be involved too – perhaps by giving a talk about your work, the impact it has on you and those you are supporting.

July

International Friendship Day is celebrated on 30 July. Contact family and friends who live abroad (instead of just at Christmas), invite someone from another country to come to talk to you, or become pen pals with an international guild or lone member.



Overseas contact

August

Go beachcombing, walking, ride on a bus, train or boat, tidy up the garden or just sit in the sun and enjoy a good view and the summer sounds.



Beachcombing

September

The time of year for lots of fresh fruit and vegetables. Try some you haven't before; use them in a recipe that is new to you; bake a carrot cake, banana cake or similar to share, or sell for a charity; make some jam or chutney; make up a basket of fruit or veg and donate the goodies to a home, hospital, or someone in need.



Use a recipe you haven't tried before

October

Diwali, the Hindu festival of lights, is celebrated between mid-October and mid-November. The ladies will be busy making sweets at home to share with family, neighbours, friends and strangers who pass by. Try making some sweets; there are plenty of no-cook recipes that you can try out at your guild meeting.

November

Nights are drawing in. Spend an evening listening to different styles of music from around the world, or by several international composers or bands.



Listen to international composers or bands

December

Research how Christmas is celebrated in other countries. Use some of the ideas to plan your family's or guild's celebrations. Be sure to have a happy one – and try to make someone else's Christmas happy too.



Christmas fun

January

Celebrate Chinese New Year by trying a selection of teas such as fruit teas, green tea (made using the new, green shoots of the tea plant), Earl Grey or different brands of plain tea. In some years, Chinese New Year falls in February, so you can interchange this activity with February.



Try different types of tea

February

Bring out those old photo albums of holidays taken to bring back memories and share them with others, or ask someone to talk to your guild about adventures abroad. Now's the time to start planning guild outings or holidays.



Does your guild do an activity based on what month it is? Let us know using *The Trefoil* contact details on p2 – and don't forget to send us pictures!

Getting together

From creating miniature worlds to a social circle, here are two more specialist groups that might interest you

Anglia Miniaturists

This is a group of Trefoil members who are interested in dolls' houses and 1/12-scale miniatures. Barbara Kippax explains, "Currently we are from guilds in Norfolk, Hertfordshire, Lincs. South and Cambs East, and we try to meet two or three times a year for a day. We also meet at Dollshouse & Miniatures fairs, the best ones being Kensington Town Hall and the NEC.

"Each autumn we spend three days at Hautbois. We try to work together on a project, or have a visiting expert to lead a workshop. This year we had Jane Harrop from Cheshire, who helped us construct one of her kits. The first evening we learnt how to make our own chalk paint and next day we constructed a 1930s-style shop window box. Most of us chose the chemist shop and spent the day putting together bandages, bottles of poison,

packets of medicines etc, before finally placing them into the box that we had either stained or painted. Two chose to do a drapers' shop window and their bits and bobs were just as tiny as the chemist items. Jane left nine happy miniaturists on Wednesday morning to carry on with their own projects. Come and join us!"

For more details, contact Barbara on bjk17@btinternet.com.

Commonwealth & International Circle

This group began life as the Overseas Circle in 1941. It took its present name in the 1960s, and as guiding visitors no longer spend weeks sailing from the other side of the world, are unlikely to need an emergency bed, or to be met at a terminus by a member, our role has changed to a solely social one.

We meet once a month in the afternoon at the Hinsley Room, Morpeth Terrace, London SW1. Our meetings cover a variety of topics and have included speakers from Girlguiding and Girl Scouting locally and worldwide, the Catholic Clothing Guild and supporters of a village in Madagascar. Members share their own interests, and we have been entertained by a Sea Shanty group. Refreshments are served at the end of our meetings, and at Christmas and our AGM we enjoy a buffet lunch.

We welcome everyone, and if you are interested, please contact Pamela Lane: lanepams@aol.com, 07789242838.



Anglia Miniaturists enjoying a workshop



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For further details visit
[girlguidingactivitycentres.org.uk/](http://girlguidingactivitycentres.org.uk/friends-blackland-farm)
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