

The Trefoil

www.trefoilguild.co.uk | November 2015 | Issue No 239



Enjoying autumn
sunshine



GUIDING FOR ADULTS
Trefoil Guild

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Gathering

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The official journal of the Trefoil Guild

Published each March, July and November

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FSC Logo
to be
dropped
in here

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© The Trefoil Guild 2015. Registered
charity number 1075232.

If you would like to advertise in
The Trefoil please write to:
Trefoil Guild, Advertisements
17–19 Buckingham Palace Road
London SW1W 0PT
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MARCH 2016 EDITION COPY DATE:
5 January 2016

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We regret that we cannot guarantee publication of all items sent in.



The Chairman writes...

Hello everyone,

Guiding is a movement and with that comes the inevitable change. The first change for this edition is that I am very pleased to say that our staff members are now settled into their new office back at Headquarters in Buckingham Palace Road. They are based on the bright and airy third floor – quite unlike the cramped conditions of the temporary accommodation. Huge thanks to them from all of us for the great service they continued to provide while enduring three office moves in two years.

By the time you read this, our Administrator, Fiona Caslake, will have left her employment. Fiona covered Charlotte Anslow's maternity leave. Fiona's contract was extended to help Charlotte and for the move. She has been a great asset to us, particularly with PR and social media, and she will be greatly missed. We wish her well in her new employment.

They say things come in threes, and the third change is that this is the final edition of our magazine to be produced by the team at Girlguiding. Their work has increased so that they can no longer

undertake our contract and so we welcome Newhall Publishing for 2016. From next year, you will receive four magazines a year – in March, June, September and December. The September edition will include our annual report and coverage of our annual meeting. I would like to thank all the team at Girlguiding who have produced our magazine and for all the help and support they have given Trefoil Guild.

Along with change we embrace all that is dear to us, and in this edition there are lots of ideas for your World Thinking Day celebrations. This is also an opportunity for your guild to offer help to a local unit. Share with its members some of the traditions of World Thinking Day, as well as having fun yourselves.

The year is drawing to an end so I send season's greetings to you all and hope that, however you choose to celebrate, Christmas is a very happy occasion for you.

Best wishes,

Pat.

Swanwick Gathering 2015

The Choice is Yours was the theme for the national Trefoil Guild Gathering 2015 at Swanwick in Derbyshire.

Who can say that they've had dinner with a group of people from Shropshire, eaten breakfast with ladies from Ulster and South London, talked during a walk with members from Essex and Wiltshire, eaten lunch with a lady from Blackpool, and spent a photography session with a gentleman from Brussels?

All that was within 24 hours of arriving at Swanwick for The Gathering 2015! In all, 175 members from Orkney to Guernsey, Paris to Ulster, spent three wonderful days in the Derbyshire countryside making new friends and meeting up with those they'd long forgotten. I lost count of how many times I said, 'If you're from ..., then you must know ...', and 'Do say hello to ... next time you see her'. A number of ladies there were the only members from their guild attending, but nobody had a reason to be isolated – everyone was welcomed in true guiding fashion and didn't feel alone for long.

A varied programme of activities

Our programme was large and varied – handbell ringing, painting, jewellery making, belly dancing, walking, a pop-up

planetarium and visits to Chatsworth, the National Memorial Arboretum and Denby Pottery, to name a few. We were superbly entertained by Kath Birkinshaw, a shepherdess from a Peak District hill farm who gave us an insight into her hard and rewarding work throughout the year with the aid of some fantastic photos. Sir Richard FitzHerbert of Tissington Hall greatly amused us with tales about life in a large 300-year-old country mansion. He explained how the house has remained a



Everyone was welcomed in true guiding fashion.

family home but has undergone changes to ensure it will still be here for generations to come. He also talked about how the tradition of well dressings for which Derbyshire is famous continues in his local village. The Fishpond Choir, from nearby Matlock Bath, gave us a musical taste of Africa and entertained everyone greatly with their joyful spirit. Their playful choir leader introduced each song with a witty description. The weekend was rounded off with a brain-taxing quiz, and we all discovered new things about the world's bridges!

Our thanks must go to Ann Hall, National Programme and Development Adviser, and the planning team who spent a great deal of time putting the programme together. We left for home with renewed enthusiasm and promises to keep in touch with our new-found friends.

Jo Taylor, Volunteer Editor, *The Trefoil*



National Arboretum update



International Service (GIS) and the monies raised by Guides to fund air ambulances, mobile canteens and a lifeboat during the Second World War.

As you may know already, around a year ago we handed over the garden that Trefoil Guild once maintained and progress has been made to create a new memorial for members to visit. In a quiet opening near the river, the Trefoil Guild memorial now contains two benches which have been moved from the previous garden, a copper beech tree and a new stone detailing why the memorial is at the National Memorial Arboretum. The stone's plaque mentions those members who served in the Guide

Trefoil Guild branding guidelines

Do you find the branding confusing? If your guild is in the process of ordering new sweatshirts, designing an event poster, or producing a Christmas card to sell, you may be glad to know that there are guidelines to help you understand what is good branding and how it can make sure your Trefoil Guild looks like it is part of the wider organisation. The guidelines are available are on the Trefoil Guild website.

Scarf competition

Have you sent in your design for a 75th birthday scarf yet? Entries are welcome from individuals and groups, and are due by 1 December 2015. An application form is available on the Trefoil Guild website. Send your design by email to trefoilguild@girlguiding.org.uk or to the Trefoil Guild office marked for my attention.

Pauline Merchant, National PR Adviser

Emergency (ICE) Cards

The emergency cards are so useful! You can download a copy from the Trefoil Guild website (Resources > Forms) and take it to Trefoil Guild organised breaks. It can be printed onto card or paper (in colour or black and white) and the three folds produce a credit card-size slip which will fit into a wallet. Personal health details are

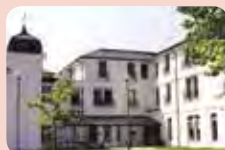
hidden inside, for privacy, and the same card can be taken to every event.

Your snapshots

It was fantastic that so many of you sent in photos for the Snapshots pages in this issue, and we are sorry that we could not include them all. It's great that you are so enthusiastic about sending your pictures to the magazine – please keep them coming!

Pax Lodge event – Living Your Song

Come and meet and sing with Melinda Carroll, singer and producer of the *Girl Scouts Greatest Hits* series. Friday 20 to Sunday 22 May 2016, £150 per person. For more details contact: Rachel Swygart at rachel@paxlodge.org or 020 7435 2202.



Australian Gathering correction



Our apologies go to Katharine Diver of Isle of Man Trefoil Guild, whose name was misspelt in July's Snapshots.

Voyage Award cloth badges

Voyage Award cloth badges are available to purchase alongside metal badges from Country and Region Programme and Development Advisers.

Trefoil Guild Camping and Caravan Group news



The Camping and Caravan Group is made up of Trefoil Guild members,

friends and partners from all over the country; like-minded persons are always welcome.

The Trefoil Guild Annual Meeting rally in Harrogate will be at the Three Acres Campsite (two miles from the meeting venue), Thursday 16 to Tuesday 21 June 2016, £10 per unit per night.

An autumn rally will be held at Monks' Barn Farm, Stratford-upon-Avon, Thursday 15 to Tuesday 20 September 2016, £7 per night.

If you are interested in joining any future events, further details and booking forms can be obtained from the Trefoil Guild website in the 'Events' section, Lorraine Jones at lou_lionel@yahoo.co.uk, 01633 400678, or Roger Swabey at swabeyroger@gmail.com.

Memories of The Senior Section

Have you been digging out those recollections of The Senior Section ready for the centenary celebrations next year? Please send your stories of events you enjoyed or felt privileged to be involved in; skills you learned then and still use; people in your unit you will never forget; journeys on water or to exciting places; anything that has stayed with you. All of these are needed now! Please get them to the Trefoil Guild office by Tuesday 1 December at the latest.

Office closure dates

The Trefoil Guild office will be closed from Thursday 24 December to Monday 4 January 2016.



Submissions to the magazine and website

We welcome all items submitted using the appropriate pro forma. These can be downloaded from the website and sent to the corresponding email address. If submitting items for the magazine please state whether you are happy for them to be considered for the website if there is too little space in the magazine.

Submission date for the March 2016 issue is 5 January 2016.

BBC tour

Amersham Trefoil Guild had a tour of the BBC, and saw the news area from a gallery. Two members took part in a radio play and Janet presented the weather on a closed TV circuit. Here we are, sitting on *The One Show* sofa.

Frances Ashdown, Amersham Trefoil Guild

**Bell boating day**

It was a glorious sunny day in July when Midlands Chairman Jo Dowling visited Staffordshire as part of her Region tour. Water was the theme of the tour, and Staffordshire certainly delivered with a bell boating day at Manor Park.

Marilynne Stokes, Staffordshire PRA

**Carnival time**

Members of Burwell Trefoil Guild, Cambridgeshire, became a 'walking float' for the Burwell Carnival Parade. The theme of the parade was science fiction and fantasy; Burwell Trefoil Guild members went as 'Ghostbusters'.

Linda Larner, Burwell Trefoil Guild

**Essex Fun Day**

At the beginning of July, around 100 members enjoyed, for the third year running, a Fun Day hosted this year by Essex North East. Activities included climbing and abseiling, archery, crafts, wide games and quizzes.

Maxine Trick Jones and Margaret Butler, Essex North East

Bowled over

Members of Reigate Trefoil Guild had a thoroughly enjoyable evening playing bowls, and although a few members already play with local clubs we were all pleased with our progress on the evening, managing to get nearer the jack (most of the time!) as the evening progressed.

Karen Murphy, Reigate Trefoil Guild

**Armchair keep-fit**

Armchair keep-fit is a valuable way to encourage everyone to stay mobile and keep muscles strong and joints flexible. We gently stretched, flexed and tightened from top to toe in time to music, working only as hard as was comfortable. It was a fun session that we all felt better for, in the knowledge that we can help ourselves to keep moving with gentle exercises from a chair.

Pamela Fagan, Saxtead Trefoil Guild, Suffolk

Uganda adventures

The overall impression from my second visit to Arua in Uganda is of wonderful local people who welcomed us into their homes, schools and churches, leaving an abiding memories of love and friendship. The intense poverty experienced by families in rural communities and lack of medical and educational support and resources all have such an impact on able children but even more so on those with disabilities, including two siblings I met – Ishmael, who is five, and his sister, Ocokoriu, ten. Both of the children are paralysed from the waist down. We were thrilled to be able to measure Ocokoriu for a wheelchair, which will be delivered shortly.

Elizabeth Higton, Scotland Chairman



New guild in York

The newly registered Priory Trefoil Guild, situated at Acomb, York, has 11 members. Here they are at their first meeting.

Chris Scruton, PRA North East England

Weaving with Brownies

Trefoil members were asked to show 16th Shrewsbury Brownies activities around the Four World Centres. Collette Breeze is in the photo showing a Brownie how to weave a God's Eye.

Muriel Rayner, Mid Shropshire



Waddow owl talk

Friends of Waddow enjoyed a talk about owls, and some were able to handle these lovely birds.

Margaret Thornley, PRA North West England



Botanic gardens visit

Members of Gordon Trefoil Guild visited Cruickshank Botanic Gardens in June. While there, they met with Curator Mark Paterson, who introduced them to the splendour and colour of the garden as well as areas of research and special interest.

Isabel Irving, Scotland PRA



Twiddlemuffs

Members of Beverley Trefoil Guild in East Yorkshire have been busy knitting what are affectionately known as twiddlemuffs to donate to The Old School House residential care home, for people living with dementia in Beverley.

Twiddlemuffs are knitted bands to which items such as buttons, beads, bells and zips can be attached. People with dementia often have restless hands and like something to keep them occupied, and the twiddlemuffs provide a source of visual, tactile and sensory stimulation at the same time as keeping hands snug and warm.

The photo shows Emma Smith, manager of the care home, with Trefoil Guild members June Hutchinson, Anne Hearne and Chairman Angela Gresswell.

June Hutchinson, Beverley Trefoil Guild

Photo by Les Stubbs, used by permission of East Riding of Yorkshire Council



New recruit

Dorsetwide Trefoil Guild members were delighted recently when Sue Clay joined their guild. Sue is the wife of Robin Clay, the grandson of Lord and Lady Baden-Powell. Members of the guild welcomed Sue when she made her Promise. Both Robin and Sue have agreed to be joint County Presidents of Girlguiding Dorset.

Jan Vince, PRA Dorset

Trefoil Guild takes the lead

It is 70 years since Guernsey was liberated from enemy occupation, and Liberation Day saw Guernsey celebrating with a cavalcade. Girlguiding Guernsey took part, with over 100 members walking along the sea front, waving their flags, led by Trefoil Guild who carried the Girlguiding Guernsey banner. It was a joyous occasion with thousands of islanders lining the route.

Anneliese Barrell, PRA South West England



Nifty nails

At our April meeting we had fun being shown how to tie scarves in various ways, and then painted each other's nails. One member wondered how her cows would react to her lovely blue nails when she fed them next morning, and another member thought it a shame to have to do the weeding!

Edith Boyd, Clogher, Tyrone



Our tree, then and now

During Tree Planting Week in 1973, the church Brownie Pack planted a tree at St Columba's Church in Portadown. Here are the Brownie Leaders of 1973 Rhoda Gill and Sadie Croft – now valued members of Portadown Trefoil Guild – posing by the tree, which is now tall and healthy.

Merle Whyte, Rhoda Gill and Sadie Croft, Portadown, Armagh



Nautical day out

In June, Rhiwbina Trefoil Guild organised a day trip to Bristol to visit the *SS Great Britain*.

Liz Norsworthy, Rhiwbina, Cardiff and East Glamorgan



Fun with Friends

Friends of Broneirion had a great time at the Activity Centre making use of all the facilities.

Jenny Davies, PRA Wales



Rainbow starter pack presentation

Members from Cwmbran Trefoil Guild presented 2nd Abergavenny Rainbows with their starter pack. The Rainbows entertained the guild by singing songs and telling them all about what they had done over the Easter holidays. Members told the Rainbows all about guiding and the role of Trefoil Guild. They then helped the Rainbows complete the first page of their information booklet from their starter pack, looking at their spelling and colouring. The evening ended in another sing-song and the guild members wishing the children a happy time in Rainbows.

Billie Ann Williams, Cwmbran Trefoil Guild, Gwent



South West Annual Meeting

South West Region Trefoil Guild held their Annual Meeting in Bath – and were delighted to meet with 'Lady Maybury'. This 'Georgian' lady had fond memories of her time as a Guide – and the fun her daughters had in guiding, so there was a lot to chat about!

Frances Parrett, Deputy Volunteer Editor, *The Trefoil*

An interview with... Liz Burnley

The *Trefoil* Editor, Jo Taylor, took time out to get to know our new President a little better.



I put some questions raised by *The Trefoil* Readership Panel to our new President, Liz Burnley.

Liz considers that her first job as President is to find out how best she can support National Chairman, Pat Downer, the Executive Committee and the membership to grow and strengthen Trefoil Guild. Liz looks upon our 75th celebrations in 2018 as an ideal time for us to spread the word about what we do – to give new

members support to find friendship, get active and get involved.

Liz believes that we have a strong forward plan and is excited to be able to support that in any way she can. She thinks that growing our membership is a key area for everyone. It means both welcoming new members and ensuring that what we do is interesting and exciting for everyone. She says, “Guiding for adults” is really key, and I love the way we have special interest guilds being set up. We will need to be flexible to enable new members to find something for them which fits in with their lives and helps them to continue to develop the fun and friendship found through guiding.’ Liz is keen to strengthen our fantastic links with Girlguiding and believes that the support we can provide makes a

Liz believes that we have a strong forward plan.

real difference to busy Leaders.

Having only recently moved to Scotland, Liz is still getting to know her new guild but what struck her immediately was how special it is to find guiding friends through Trefoil Guild wherever you are. She has been a member of Girlguiding since she was seven and can’t imagine what life would have been like without the friendship, fun and the skills she has learned along the way.

As a lover of the outdoors, Liz told me she believes that the Voyage Award is a great reason to try something new, including an outdoor adventure. She’s also keen on almost any type of textile craft, and her craft party piece is making silk ribbon flowers!

She told me that the most exciting event she attended in guiding was her very first international camp, as a Ranger, at Peak ’74 in Derbyshire. It was an amazing experience to meet Guides and Scouts from all over the world. However, her mountain-top memory in her guiding life so far was the launch of guiding’s Centenary at Crystal Palace. She says, ‘I felt honoured and humbled to be at the very same spot where those amazing girls asked Lord Baden-Powell for



“Something for the girls” all that time ago! I wonder if they ever knew just what they started!’

A great many people in her guiding life have influenced her, but none more so than her Guide Leader, Rita Aris. Liz told me that she was

an extraordinary woman who really knew how to put ‘girls in the lead’, while always making sure she was there to support and encourage.

I asked Liz about the strangest thing that she has eaten on her travels. She said that she found that Tibetan tea is something of an acquired taste – black tea with globules of rancid yak butter and salt. Um... yum? However, her ideal campfire supper is corned beef hash followed by bananas done in foil in the embers, with bits of Mars bar inside! She would have to share it with Lord and Lady Baden-Powell, of course, and would ask them what they think of their movement now. She believes that they would be very proud indeed!

Finally, I asked Liz if she were Prime Minister for a day what she would do. She told me that she’d make all MPs listen to Girlguiding Advocates explain to them how they can make sure girls and young women live in a society that gives them equality.

Liz is surely going to be a brilliant advocate herself for members of Trefoil Guild!



Welcome return!

It's taken almost two years, but our historic home is open for business again – and in better shape than ever.

Come and take a virtual look around! From the outside, everything looks pretty much as it did when the building was first opened in 1930 – but inside, we're using the space much more efficiently. That means we can now fit our staff into the front half of the building (reducing our running and upkeep costs) and lease the back half to hotel company Nadler Hotels – so the building is actually earning money for guiding.

Lower ground floor

Home to: ICANDO and members' area

Our fourth Activity Centre reopened in July and is already welcoming girls for sleepovers and badge days. When it's not full of girls in sleeping bags (or the 2nd Abbey Rainbows, who meet here each week), we can open out the space into a boardroom or move the walls to create several smaller meeting rooms. And our new members' area is the perfect spot for Leaders, units and Trefoil Guild members looking for somewhere to eat their packed lunches or freshen up before a visit to our Patron at Buckingham Palace.



Ground floor

Home to: Reception and shop, and Property Management



The shop just got mobile – the shelving units are moveable so we can double the size of the shop in minutes by expanding out into the reception, or keep things enclosed. If you've visited us before, you'll notice some fairly big changes right from the start – the staircase and lift have moved.

First floor

Home to: IT and Digital and Creative Communications

The next four floors are all laid out in a similar way – a mix of open-plan desk space, smaller meeting rooms, 'touchdown spots' where visiting volunteers or home-based staff can work, and sofas for quick chats.

Second floor

Home to: HR, Finance, Projects, and Public Relations and Public Affairs

Zoe Durnford, Youth Voice and Campaigns Officer, says, 'For the first time since we moved we have been able to have both the Advocate and the British Youth Council panels at the same time, so it's really exciting to be in the new building.'

Third floor

Home to: Chief Executive and Chief Guide's office, Volunteer Support and Trefoil Guild

Charlotte Anslow is the Administrator for Trefoil Guild. As part of a project to improve communication in the organisation, she met with senior volunteers at HQ in August. She explains, 'We discussed communication across all aspects of Trefoil Guild and are trying to improve our processes and put new ones in place.'



Fourth floor

Home to: Youth Programmes and Events, and Fundraising and Marketing

Naomi Hurrell, Peer Education Programme Coordinator, welcomed a Task and Finish Group to the new building for a weekend in July to work on the new peer-education resource on mental health and resilience. She says, 'Being back at HQ means we can make the most of the flexible space, look things up then and there, and turn the work around more quickly.'



WORDS: HELEN JEFFRIES

Fifth floor

Home to: Quality and Membership Development, and the boardroom

The top floor of the building is where you'll find our boardroom, staff lunch area and balcony with views out over the Buckingham Palace gardens. Again, the boardroom walls are moveable so we can accommodate everything from a Trustee Board meeting to all-staff gatherings or Task and Finish Group meetings.



Open for business

If you're planning a trip to London soon, drop in and say hello. The Girlguiding HQ shop reopened on 30 June, fully stocked with uniform, books, badges and souvenirs.



'Our new HQ brings us into the 21st century. We thought carefully about the needs of our staff, volunteers and girls in its new design and can all feel very proud of the results.'

GILL SLOCOMBE, CHIEF GUIDE



Sarah's books of choice



The Road Home
Rose Tremain
Published by Vintage
ISBN 978-0099478461



The Children's Book
AS Byatt
Published by Vintage
ISBN 978-0099535454

The Century Trilogy

Ken Follett
Published by Pan Books
Fall of Giants ISBN 978-0330460552
Winter of the World ISBN 978-0330460606
Edge of Eternity ISBN 978-0330460613



Roy Grace series

Peter James
Published by Pan Macmillan
You Are Dead ISBN 978-1447255741
Want You Dead ISBN 978-1447203193
Dead Man's Time ISBN 978-144727632



Sarah Little, Chairman, London and South East Region

As a child Sarah enjoyed having books such as *Winnie the Pooh* read to her. As an adult with her first pay cheque, she bought a special edition of JR Tolkien's *The Lord of the Rings* trilogy.

Sarah loves stories in books but, as she is dyslexic, she struggles with reading. The rise of audible downloads has meant that she can listen to books on her iPod. She listens to her books while driving, ironing and cooking! Sarah has belonged to a book group for several years and this has meant that she has read books that she would never otherwise have considered.

Some books chosen by Sarah's book group stand out for different reasons. *The Road Home* by Rose Tremain is about Lev, a Polish man coming to England to make his fortune. We see Lev's highs and lows, but throughout the warmth of his personality shines through. Sarah said that as she read she shared Lev's emotions.

The Children's Book by AS Byatt covers the period from the end of the 19th century to the First World War. It centres on a Fabian family, living in the Weald of Kent, and their connections. This absorbing tale covers a variety of topics, the Arts and Crafts movement, the changes in the role of women, politics and much more.

The Century Trilogy (*Fall of Giants*, *Winter of the World*, and *Edge of Eternity*) by Ken Follett covers the history of the 20th century from the viewpoint of five families whose lives are intertwined, and sees events from the viewpoints of different nationalities and different levels of society.

For holiday reading, Sarah enjoys thrillers and detective novels, especially the Roy Grace novels by Peter James because she knows the area around Brighton in which they are set. Others she has enjoyed include Tom Clancy's Jack Ryan series and Lee Child's Jack Reacher series. With the main characters remaining the same throughout it is like catching up with old friends!

Sarah spoke to Gillian Spriggs

National International Adviser, Judy Ellis, introduces our pull-out section on celebrating World Thinking Day.

Celebrating World Thinking Day

Delegates to the fourth World Conference in the USA in 1926 suggested a special day for Girl Guides and Girl Scouts. They chose the joint birthdays of Robert and Olave Baden-Powell, 22 February, and, some years later, a Belgian Guider remarked that birthdays usually involved gifts, so couldn't the members give a small gift to raise funds for the world movement? Lady Baden-Powell's fascinating 1932 letter suggesting the 'penny for your thoughts' is available to read at www.worldthinkingday.org › About WTD › The history of World Thinking Day.

I'm sure many of you remember shining pennies for the collection, and using candles to represent the light of guiding around the world. WAGGGS is very grateful that many guilds still contribute to the World Thinking Day Fund, and you can be proud that you are enabling many girls and young women to experience this inspiring movement.

In 2016 the theme for World Thinking Day is 'Connect' and there is an activity pack, with a badge, available from WAGGGS which Trefoil Guild can use. The pack aims to get us connecting with ourselves, friends and the world, and to share the joy of that international connection with others.

I was lucky enough to reconnect with

several old friends from around the world at a meeting in Finland recently. We share the same ethos, so the conversation ranged wide. Girl Guiding and Girl Scouting is one of the most interesting topics – how it was in the past, the new developments and initiatives in different associations, and how other Trefoil Guilds work were all subjects we covered. Discussions with three or four nationalities taking part make for very interesting exchanges, as things we take for granted do not always exist elsewhere – for example, if children do not start school until they are seven years old, then guiding doesn't start until then, so a Rainbow section isn't possible.

In addition to the Promise and Law, one thing that WAGGGS members have in common is World Thinking Day. I hope you enjoy our suggestions for activities on the following pages, and perhaps plan a contribution to the World Thinking Day Fund, so that even more can be done to spread Girl Guiding and Girl Scouting into countries where they do not yet exist.

Judy Ellis, National International Adviser

In 2016 the theme for World Thinking Day is 'Connect'.



How does your guild celebrate World Thinking Day?

Ann Hall, our National Programme and Development Adviser, reminds us that the 2016 WAGGGS World Thinking Day theme is 'Connect'.

On the theme of 'Connect', a useful resource can be viewed or downloaded at www.worldthinkingday.org > Themes and Activities. It is aimed at young members but many of its ideas can be adapted for guilds to enjoy. This pack links well with Trefoil Guild's strategic plan, which aims to grow our membership through being welcoming, offering exciting programmes and developing our four key messages:

- Find friendship
- Get active
- Get involved
- Give support.

Our National Chairman Pat Downer's article in March's issue of *The Trefoil* explains how we can all contribute to this, and World Thinking Day is a great opportunity for us to take action.

Friendship activity

A stranger is a friend you haven't met yet.

What makes a good friend?

- In pairs make a list on a piece of paper.
- Join with another pair and share your ideas.
- Talk about these and agree on the top five qualities needed to be a good friend.
- Share these with the rest of the group.
- How can you use these ideas when welcoming or recruiting new members to your guild?



Is there someone in your guild you don't know very well? Make a point of getting to know her better at your next meeting.

We can all remember feeling a bit lost when going somewhere for the first time. Keep an eye out for anyone looking a bit unsure at the next event you go to, and make a point of talking to her and making her feel welcome.

Get active

Every journey begins with a single step.

Wear your Trefoil Guild scarf, badge or top for a day when you are out and about with others who are not members of Trefoil Guild or Girlguiding. Hopefully this will give you an opportunity to tell them about Trefoil Guild and what we do. Use the little *Lost for words* pocket guide (Trefoil Guild Key Message card, free from www.girlguidingshop.co.uk, order code 6879) to help you, and carry copies of the Trefoil Guild publicity leaflet to hand out (also free, order code 6882).

Do something different for World Thinking Day

- Go out for a meal of a cuisine you have never tried before.
- Climb a hill and watch the sunrise or the sunset – weather permitting – on 22 February!
- Renew your Promise somewhere special.
- Have a 'bring a friend' meeting and arrange an evening of international crafts, activities and food or activities around the five World Centres (find out more about the fifth world centre – Africa – on the WAGGGS website www.wagggs.org > About the World Centres > Fifth World Centre).
- Have a tea- or coffee-tasting morning with an international flavour – try tea from India, Sri Lanka, China; coffee from Kenya, Ethiopia, Brazil; biscuits or cakes from other countries. You could use the morning to raise funds for an international charity of your choice such as WaterAid, Unicef, Oxfam, Living Goods, Against Malaria Foundation or Aquabox.
- Go and see a foreign film with subtitles.
- Have a cookery or *Ready, Steady, Cook*-style evening with less familiar foods from other parts of the world.
- Try t'ai chi, salsa, Nordic walking or yoga.
- Have a campfire sing-song with songs from around the world.

Get involved and give support

- Does your local guiding unit, District or Division hold a World Thinking Day event?

- Is your guild part of it? If not, talk to the Leaders or Commissioner and ask if you could join in or help in any way. Many Trefoil Guild members have a fund of international knowledge and experience that local Leaders may not be aware of.
- Offer to help Leaders with an international activity or badge, or to talk to girls about a visit to one of the World Centres.
- Plan and carry out a fundraising activity for the World Thinking Day Fund. There is an interesting discussion activity on page 25 of the WAGGGS *Connect* resource.
- Support a local community project, either by volunteering or raising funds.



NEW DESIGN!

A5 Notebook

Hardback,
lined paper
8386
£5



NEW DESIGN!

Pen

8387
£1.50



Gift bags x6

11x16.5cm
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Bookmark

10.5cm
7171
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Scarf Ring
4cm
2295
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8770
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NEW!

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Polo Shirt

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40%
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*Not suitable for children under 36 months

Polo Shirt

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40% polyester
£15



Scarf

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recycled
fabric
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Trefoil Guild Essentials

Teddy

Clip*
2026
£2.50



Badge

8470
65p



Jacket

60% cotton,
40% polyester
£24



Order codes by size/style

Adult Size	10-12	14-16	18-20	22-24	26-28
Size	Small	Medium	Large	X Large	XX Large
Cream Polo Shirt	7434	7435	7436	7437	7443
Jacket	7326	7327	7328	7329	7330
Polo	7397	7398	7399	7400	7401

We have everything you need to promote the spirit of Trefoil Guild, as well as items from our affordable gift range - with many gifts under £5, they make ideal stocking fillers and occasional presents.

You can also be assured that we choose suppliers and factories that meet our stringent product quality and safety standards and fully comply with their country's laws, rules, and regulations regarding labour, the health and safety of their employees, and the environment.

Why buy from us?

Whether you buy through this leaflet, your local volunteer shop or a Girlguiding shop, 100% of profits go back into guiding and so benefit girls and young women in guiding across the UK - this isn't the case if you buy on the high street!

Did you know?

Many volunteer shops are open evenings and weekends and are run by friendly volunteers who really know about guiding and can give you impartial advice. And, most importantly, the profits from anything you buy at your local volunteer shop are used to support guiding in your local area.

How to buy?



0161 941 2237

Call us to order anything from this leaflet over the phone. Just speak to our friendly and knowledgeable Sales Team and quote the reference TG2015.

You can phone us from 9am to 5pm on Monday, Tuesday and Thursday, 9.30am to 5pm on Wednesday; 9am to 4.30pm on Friday.

www.girlguidingshop.co.uk



Our online shop is secure, easy to use. You can browse our whole range with ease and get your order delivered straight to your door.

Postage and packaging: There is a £3.95 charge towards postage and packaging per UK home or BFPO address; for the Channel Islands the charge is £4.50. All other overseas deliveries will be charged on an individual basis according to weight and size.

The perfect gift!

Girlguiding vouchers can be redeemed in all Girlguiding shops, Girlguiding Scotland shops and volunteer shops (excluding online shop).

8010 £5 voucher
8011 £10 voucher
8012 £20 voucher



Trefoil Guild Recruitment

To promote guiding for adults!

6882 Leaflets (x50)

6880 Postcards (x50)

6881 Posters (x10)



NEW!

Bag

Microfibre-coated polyester, 35x39cm
8388
£12



NEW DESIGN!

Silver-plated Photo Frame

For 90x140mm (3.5x5.5in) photo with mount, 140x190mm (5.5x7.5in) without
8396
£6.50



A5 Notepad

Lined paper
8359
£3.60



Daisy Bowl

Diameter 21.5cm
2419
£25



NEW!

Votive

8564
£22



Raspberry Votive

Diameter 9.5cm
2417
£20



China Mug

Height 11cm
8358
£4



Music on World Thinking Day

We can share music with the girls – it is fun and it gets us up and moving!

Do you have fond memories of District gatherings on World Thinking Day, when candles were lit as we thought about other countries, and songs were sung? What songs conjure up those days for you? *It's a Small World* maybe or *Hey, hey, hey, it's Thinking Day*?

The little yellow *Chalet Songbook* currently available from Janet Steele (Friends of Our Chalet), at janetfooc@stelson.co.uk is certainly chock-full of international songs, and as a movement we have a wealth of simple international dances.

Here's a list of action songs that you might like to share with your members or District:

- *Masilowe*
- *Hoida*
- *Swedish Rhapsody*
- *Estonian Arm Swinging*
- *Lapada*
- *Ak Shav*

(All from *Songs from All Sorts* published by Girlguiding Anglia.)

Musical suggestions

Were you planning to take Ann's suggestion and try a foreign cuisine? How about African food and drumming to continue the theme? Spicy food from South America is amazing – and so are samba drumming and dancing. I could suggest a lamingtons and didgeridoo evening. Steel drums and Jamaican jerk chicken with spicy plantains? Sounds like a tasty combination to me.

Music is a great connector of people



Connect

Can we find and keep friendship by connecting with Trefoil Guilds around the globe to wish them Happy Thinking Day? So easy nowadays with Skype or FaceTime. Can you contact your Trefoil Guild penpals in Australia? For one guild it would be night time, for the other it would be daytime, so you could sing the relevant TAPS to each other!

Music is a great connector of people. It joins together people of all languages and creeds, so do try to include it somewhere in your plans!

Frances Parrett, Girlguiding Trainer with Music Speciality, Campfire Leader





Maundy Money

Rotherham South members Jenny Holland and Audrey Radford were presented with Maundy Money by Her Majesty the Queen at the Maundy service at Sheffield Cathedral on 2 April.

Chris Scruton, PRA North East England



Laurel Award

When Girlguiding Sheffield's Helen Clarke was presented with the Laurel Award, her mother, Margaret Fleetwood, Anglia Trefoil Guild Chairman, was there to help her celebrate. As Margaret also holds the award it set people wondering if there are any other mother and daughter Laurel Award holders.



Past Escort Badge

In May, Jo Marsh of 2nd Winchester Trefoil Guild was presented with the Past Escort Badge at Winchester's Mayor Making Ceremony, having escorted the outgoing Mayor of Winchester on all kinds of occasions during her term of office.

Gold Voyage Awards

Congratulations to Barbara Davies of 1st Lincoln Trefoil Guild, Joy Lammin of Cherwell Trefoil Guild, Janet Darby of Lowestoft Trefoil Guild and Sarah Jane Gee of Woodbridge and District Trefoil Guild who gained their Gold Voyage Awards.

Long service awards

Ann Martin and Dorothy Griffith, from Poulton Le Fylde Trefoil Guild, have been presented with Girlguiding 50-year badges by Lancashire West County Chairman, Christine Verity. Kathleen Davies of Cleveleys Trefoil Guild, was presented with a brooch to mark 50 years in Trefoil Guild.

Trefoil brooch

Marjorie Godden was presented with the Trefoil Guild brooch by Rosemary Dibben, South West England Trefoil Guild President, for all her work as Somerset North Chairman over the last six years.

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

Sometimes it's a planned activity that speaks volumes about a Trefoil Guild!

Caterham Trefoil Guild in Surrey East is a recently reopened Trefoil Guild. Sue Weeks-Wheelson tells us about her first-ever Trefoil Guild meeting there.

'I had had no idea what the challenge that Julie and Menai had devised for us was. True, I had noticed Menai threatening Lesley with a water pistol earlier, which should have been a clue, but I did not pick up on it!

'There was a row of yellow plastic ducks on a low wooden fence, and we had to knock them down using a variety of water pistols, which was not as easy as you might think! At first no one succeeded, but following advice from a waiter from Bollywood (a local restaurant), who had come out (obviously very intrigued!) to watch us, we changed our position and tactics and the ducks were now in range. I eventually managed to knock some down using a medium-sized pump water pistol. I have to say I have not laughed so much for ages, and you would not believe how competitive we all were!

'After a hot drink back in the hall, we were set another challenge, this time in two groups. We had to build a tower using cocktail sticks and jelly babies! Again, it was more challenging than you might think! Ours was wobbly and eventually



collapsed and we got so sticky with the sweets – there was sugar everywhere! The other group's tower was a much better design; more stable and taller. (I have decided that my forte is shooting ducks, my personal best being five).

'If we are going to have this much fun every time, I'm glad I've joined the Trefoil Guild!'

Sue Weeks-Wheelson



President's gift

Former President, Brenda Parke, tells us about a dream come true thanks to Trefoil Guild's parting gift to her.



For about 20 years (my daughters tell me) I have repeatedly said that one day I would like to try carriage driving, but have just

never got round to doing it. When representatives from Riding for the Disabled spoke to the Trefoil Guild Council about how Trefoil Guild can help them, we saw carriage driving pictures and I quietly voiced my ambition. Our sharp-eared National Chairman heard me. So it was that at my last official duty as National President, at our annual meeting in Ulster, I received a gift certificate for carriage driving together with a cheque for further lessons.

I had to wait for several weeks before there was a vacancy for a lesson at a time that I was able to go. Carriage driving seems to be a popular pastime for both able-bodied and disabled people, young and old.

I have now been for my first lesson! A member of staff was in the carriage with me and taught me how to hold the reins – coachman style – and how to make Molly, the pony, walk, trot and turn right and left. I'm not sure how effective my instructions to Molly were because she does the same route each time she is out so she knows exactly where to turn and whether to walk or trot! I thoroughly enjoyed the experience in spite of the heavy rain and I am looking forward to my next lesson. I met several of



the staff and young people who help them. They are not referred to as 'disabled' but as 'special people' and they were all so cheerful and welcoming.

Riding for the Disabled is such an important organisation, providing unique experiences for people of varying degrees of physical and mental ability. The staff and the ponies work extremely hard and long hours, often in cold and wet conditions to make each experience special.

Thank you all for providing me with the gift certificate, making this long-held ambition of mine possible and so enjoyable.

Brenda Parke





International outlook

from Judy Ellis,
National International Adviser

Have you received an invitation from abroad?

I hope you all enjoyed your travels this year. Sometimes, visits to family result in new friends in an overseas guild, and this, in turn, can lead to invitations and exchanges. If this happens to you, and you are invited to join an overseas group at a national event, please check that they have consulted their National International Adviser before accepting. Numbers at such events are often limited and the home members have first call on places, so it is not always possible to accept overseas guests. UK members lucky enough to be accepted will be requested to ask their own National International Adviser to countersign the application form to vouch for their Trefoil Guild membership.



WAGGGS and Nepal update

My summer break this year was spent in Finland, with trips to St Petersburg and Estonia. The Guides and Scouts of Finland hosted the annual gathering of the Olave Baden-Powell Society (www.ob-ps.org), which supports WAGGGS by fundraising. There were 23 countries represented, and Anita Tiessen, WAGGGS CEO, and Nicola Grinstead, Chair of the World Board, told us about the latest developments and future plans.

At the gathering, we heard from two Nepalese Guides about their work during and after April and May's devastating earthquakes. Iksha was the lightest in her rescue team, so crawled across unstable roofs to retrieve precious cooking pots, clothing and bedding from ruined houses. The Guides' teams are building shelters for displaced families before the coming winter. These shelters flex, rather than collapse, during the many aftershocks, and cost only £110.



We joined in Finnish Guides' and Scouts' PR taster activities in a park and visited an island Guide and Scout camp where girls and boys were practising first aid, cooking and playing games, and visiting their sauna before cooling off in the lake.

Guild travels

Margaret Garland of Basingstoke Trefoil Guild was invited to visit two guilds in Australia during her four-week stay with an Australian Trefoil Guild member. She stayed at a Trefoil camp and saw many interesting places. She says, 'I found new friends, discovered Trefoil Guild as the family I always knew it was, and am left with a deep appreciation of the Guide and Trefoil fellowship.'



Information and opportunities

Could you be our next National Public Relations Adviser?

In August next year Pauline Merchant, our National PR Adviser, completes her term of office. Pauline has helped to turn around perceptions of Trefoil Guild and she has taken it to places it has rarely been before – notably to universities, allowing girls who are involved in guiding to keep in touch while they study. I am confident I can find Pauline's successor among our versatile membership, and if we make the appointment early Pauline will be able to support the new Adviser in her role.

This volunteer role includes:

- Advising the National Executive Committee on PR and marketing matters
- Managing and coordinating the work of nine Country/Region PRAs
- Attending at least six meetings a year (three national Executive meetings and three Adviser meetings)
- Helping to compile the Trefoil Guild Annual Report

- Helping to organise displays at events such as the Trefoil Guild Annual Meeting
- Producing reports as required.

We are looking for someone who is enthusiastic and well-organised, with good knowledge of Trefoil Guild, its aims and structure. You should have great communication skills and have some ideas of how to build on existing foundations. This is a great opportunity for someone to add valuable experience to their CV. There is a role description in *The Trefoil Guild Handbook*. You will be supported in your role at national level by the national Executive, and by Trefoil Guild staff.

The initial term of the role is three years with an optional extension of two years.

Interested? Please send a short résumé of your experience, and details of your Guild and County, with reasons for being interested in this role to nationaltrefoil@gmail.com by 19 December 2015.

Pat Downer, National Chairman



Saying thank you

Trefoil Guild has introduced a brand-new Thanks and Recognition brooch and certificate. If you know of someone who deserves an award, contact your County Chairman for details about the criteria for eligibility and how to apply.

Country/Region challenges

Does your Girlguiding Country or Region issue challenges that are open to all sections, including Trefoil Guild?

Do they aim to raise funds for, encourage participation in, or raise awareness of, a specific project? Have you taken part? Let us know what the challenge was for and what you did.

Send any details to *The Trefoil*, using the magazine or website pro forma that can be downloaded from the Trefoil Guild website at www.trefoilguild.co.uk > Resources > Forms.

Don't forget to include any photos and put 'Country/Region Challenges' in the 'What was the activity?' column of the form.

We will publish some of your activities during 2016 and put others on the website.

Returned copies of The Trefoil

Does every member of your guild get *The Trefoil* magazine? At the Trefoil Guild office we sometimes get magazines returned because the address or postcode is not correct. Care should be taken when completing the census form, and if at all possible, each member should confirm that their own details are accurate, including their name, so that it will appear correctly on their membership card.

Please note that if your membership was registered after 16 July 2015 you will not receive a membership card until next year, and that if you received a card in 2014 you would not have been sent a new one in 2015.



As we are increasingly encouraged to communicate by email I wonder whether we will lose the art of letter writing.

Today most communication is done electronically. Most young people use text messaging or some other form of electronic messaging – what a great way to keep in touch with family and friends.

However, I feel there is still a place for a written missive in our society and I would like to see more paper records of thoughts and opinions kept for posterity. Where would we be today without all the historical letters that have shaped our understanding of the past and its personalities?

Letters have become a vital part of our culture and understanding of the past, so how are we to leave a comprehensive record of our civilisation for the future? Will our descendants think we saw life through a hash tag?

Let's keep the letter alive as a special way of keeping in touch.

Val Cole, Medway Trefoil Guild



My wife, (Margaret) Ann Friswell (née Tremain), died recently after a lifetime in guiding. She was a Brownie and Guide in Scarborough, a Guide and Ranger in Palmers Green (North London), a member of the Scout and Guide Club at Reading University, and a Leader in St Albans, Worthing and Silverstone (Northants). She was Head of the Programme and Training Department at Headquarters from 1982 to 1986. She joined the Trefoil Guild in Horsham and was District Secretary; she also helped out at local Guide units when needed. She really lived by the Guide Promise and Law. We

gave her a good funeral, helped by a strong contingent of Leaders and Trefoil Guild members but we were unable to contact all who had been involved in guiding with her. I hope that this letter will reach those who knew her.

NC 'Fris' Friswell, Horsham, West Sussex



In response to Bronwen Jenkins' letter [March 2015], our County is divided into 12 Districts, is situated in the North East of Scotland and is made up of many villages and small towns. It is a rural area of around 2,000 square miles. We are bordered by Aberdeen city, Kincardine and Deeside, Moray, and Banff and Buchan.

We find the best way to run an inclusive guild is to work as one unit for the County and to hold our monthly meetings at different locations around the central Grampian area, meeting in Guide huts, village or church halls. This means that each member takes a share of the distance travelled to meetings.

Further to this we vary our meeting times with the seasons as weather conditions can be severe and we all prefer to drive in reasonable daylight. So from November to March we meet at 1:30pm and from April to October we meet at 7pm. Meetings last around two hours and include hospitality; hostesses closest to the chosen location provide the 'goodies'. Any excuse for an earlier start and the inclusion of a soup and sandwich lunch is always met with approval. We also venture out to visit and explore, being fortunate to have many interesting castles, properties, locations and walks in our lovely County.

We have a main cohort of around 35 members who regularly attend and enjoy an

interesting and varied programme, but we also encourage all who are interested, be they former members of Girlguiding or those actively involved, whether working or with small children, to pop in for the odd meeting that especially interests them and to share the fun. We advertise our monthly meeting in the local press as well as on guiding-related sites.

This variability within the programme has proved to be very popular over the years and I would recommend that Radnorshire give it a try.

Audrey Jeffries, PRA, Gordon Trefoil Guild



In response to Christine Buffrey in the November 2014 issue and Mary Spencer's reply in March, I also camped at a Jubilee Camp in 1960. This one was in August, in Warwickshire, and one which Betty Clay attended.

I took a photo of Betty Clay having 'elevenses', which I subsequently sent to her. My letter was opened by Lady Baden-Powell, who sent me a charming letter explaining that her daughter had already left for Rhodesia and she would post the photograph on – which indeed she did. Eventually I received a handwritten air letter from Betty Clay thanking me for the photograph and explaining in great detail their travels in Rhodesia. These two personally signed letters are of great value to me.

Sheila Gate, Burnham-on-Sea, Somerset



I grew up in a small village in Norfolk. We had no local Brownies or Guides so it was an organisation I had never been able to join.

In 1970 I married and moved to Northolt in Middlesex. It wasn't long before Janet, a friend I had made at my church, told me that the Brownies needed someone to help Brown Owl and asked me if I would be willing. Soon after starting my guiding journey I made my Promise and donned a uniform. Later I helped out with Guides as well.

I don't think I was a natural Leader but I did enjoy helping at meetings, holidays and camps.

Years later, I moved to live in Ivybridge in Devon. The first week at church I was approached by Maggie, who asked if I had ever had any guiding experience and told me about Trefoil Guild. So I was introduced to the Trefoil Guild for the first time. This was three years ago.

My reasons for writing this is to say how much I enjoy Trefoil Guild and how lovely all the members of my guild are. We have so much fun and enjoyment together at the same time as supporting local guiding. Also, to encourage any Leaders who are struggling because of lack of adults to ask people face to face if they are willing to come along and give it a go. There may be people like me who would love to help but don't know they are needed. I am so grateful to my friend Janet for asking me all those years ago. Trefoil Guild has opened up a new richness in my retirement here.

Joy Davies, Ivybridge Trefoil Guild, Devon

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

Trefoil experiences

We meet two members whose sense of adventure know no bounds.



The dogs know only one speed – very fast.

Arctic dog sledding

Pat Ascroft of Garstang Trefoil Guild, Lancashire, has been in guiding for 67 of her 77 years and says that skills learned and working as a team kit you out for whatever you pitch yourself against in later life, and come in useful in extreme conditions!

Pat accepts challenges to raise money for people with learning difficulties and their families under the umbrella of Mencap. Previous challenges have included long-distance cycle rides in India and Cuba; climbs in China, Japan and Patagonia; crewing on a tall ship; and treks in East Africa and Peru.

Dog sledding in Swedish Lapland was Pat's most arduous challenge to date. Driving a sled with four Alaskan huskies over five days for seven hours a day (covering around 35 miles a day), through forests and across lakes was an awesome experience. Pat says, 'The dogs know only one speed – very fast. We were told that if you fall off, never to let go of your sled,

because the dogs will just keep going. We were in five to six feet of snow and it snowed every day. We never saw the sun, moon, stars or Northern Lights; and sound, or a lack of it, is one of the things that grab you in the Arctic.'

Team skills learned in her Guide Patrol and as a Unit Leader went a long way towards helping Pat to be a useful team player. Everyone was taking part as individuals – responsible for themselves and the work they had to do to ensure their five days of dog sledding was achievable – but a helping hand, given or received, can make all the difference to whether it's enjoyable or not.



Drag racing novice

Gwen West, who is a member of Hinchbrook Trefoil Guild in Cambridgeshire, decided she would accompany her sons, Steve and Rob, to Santa Pod Raceway near Wellingborough for a day out. She took her own car so she didn't have to stop at the track all day.

As her sons took a break racing their cars, they persuaded Gwen have a go as well. Steve took her on her first run down the track and showed her how to line up on the start line and where to exit the track after a run.

Gwen was asked by the marshals not to carry her walking frame in the back of her car in case she stopped suddenly. This raised a few smiles as then her sons had to get her timing tickets from the race office because she couldn't get them herself without her walking frame.

Gwen put in many runs on her first trip. The race director gave her a few tips to improve her technique, and she was very disappointed when the marshals told her the track was closed for the day. Her sons had been waiting for her to finish so they could go home.

Later, Gwen registered for the Santa Pod Run What Ya Brung Challenge and was

Marshals asked Gwen not to carry her walking frame in her car.



given a race number in the same class as her sons. She frequently won points for the fastest reaction time. This is the time from when the lights go green to when you leave the line. Gwen consistently had reaction times of 0.1 seconds or better.

For Christmas, Steve and Rob bought Gwen a separate car to be used for racing and, after attacking it with a large selection of tools, it was made around 100 kilos lighter which improved its times. For Mother's Day, instead of flowers, Gwen got a nitrous oxide injection for her car, and she began to regularly win races against unsuspecting younger drivers.

Steve is currently regretting his decision to get his mum to have a go at drag racing and is building her a new car with a turbo engine and an automatic gearbox. He is also hoping to find some sponsors to help with the costs!

Go Gwen!



Have you heard of the Internet Guild?

The Internet Guild was formed in 2009 as a way to join Trefoil Guild without having to belong locally.

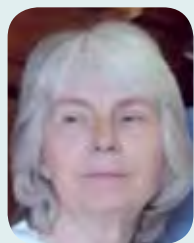
Why join?

There are many reasons for joining: perhaps there is no guild in your area, you may not have transport to get to meetings, meeting times don't suit, you may be confined to home, you may not live in the UK or you may work unsociable hours. In fact, any reason whatsoever!

We have 63 members including three men, our national President and the Chief Guide. A third of the Internet Guild membership is in their 30s and 40s; some are joining to do the Voyage Award and nearly all our new members are Leaders in Girlguiding. Members live in all corners of the UK as well as Canada, Cyprus, Finland, Sweden and the USA.

We have a Facebook page, but some members prefer to be kept informed by email.

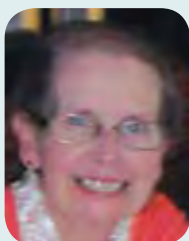
Let our members tell you why they



have joined: **Janet** says, 'As a past member of the movement who has moved around quite a lot I would like to keep in touch with Trefoil friends (and meet new ones) but find that I do not necessarily fit in to a local Trefoil Guild who have spent a lot of guiding time together and have their own memories'.

I was so happy when a member told me about the Internet Guild.

Steph joined after trying to find out about groups locally to do the Voyage Award. She says, 'One group meets during the day when I work and the other group on an evening when I am an Assistant Beaver Scout Leader so I was unable to attend a local meeting'.



Pat joined at the beginning of the year. 'I belonged to my local guild for 13 years. I really enjoyed the activities and the chance to meet up with old friends.

Unfortunately over the last 12 months my health has deteriorated and I am no longer able to attend meetings. I felt really sad at the thought of leaving the guild. I was so happy when a member told me about the Internet Guild. Now I can continue to be a Trefoiler and make lots of new friends too. All I had to do then was to join Facebook which I did over the New Year break'.



Natalie, one of our original members, says, 'At the same time as I ceased active guiding, I began to

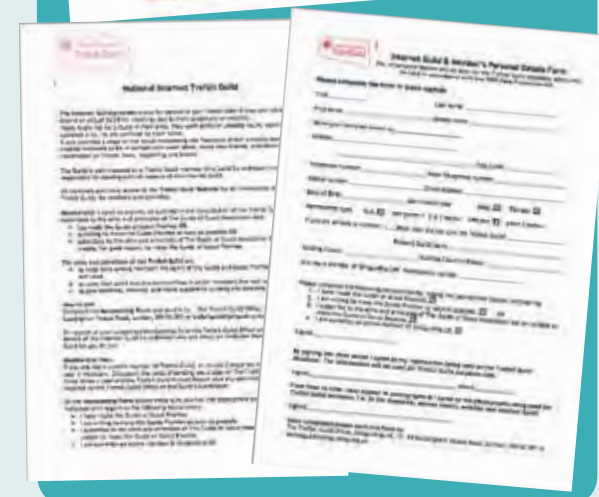
spend more time outside the UK, either in Finland or in South Africa. The Internet Guild, therefore, provided a wonderful opportunity to stay in touch with the movement'.



Anne, a recent new member, says, 'Although I don't consider myself to be in hardship I was finding it increasingly

difficult to afford the local guild's outings. I've also had several periods of ill health. The Internet Guild seems a good way to keep in touch with Trefoil Guild without feeling guilty about non-attendance and without worrying about the cost of outings'.

Download the information sheet and membership form for the Internet Guild at www.trefoilguild.co.uk > Get involved > Internet Guild. Perhaps you know someone who might like to join?



How to... use Facebook

If you don't have Facebook already, it's very easy to sign up.

- Visit www.facebook.com and create an account by following the sign up instructions.
- Once you're signed up, you can become Facebook friends with anyone else who is signed up. You never know who you might find! You can search for friends, old and new.
- Trefoil Guild has a Facebook page that has over a thousand 'likes'. You too can 'like' our page by searching for Trefoil Guild and clicking the 'like' button.
- The Trefoil Guild Facebook page gives regular updates about anything from Trefoil Guild developments to what members' favourite guild activities are. This encourages members to discuss and share their stories with other like-minded people outside their own guild meetings. It's a great way to keep in touch with others and feel more involved in the organisation.
- Other Facebook pages you might 'like' include Girlguiding, The Scout Association and the World Association of Girl Guides and Girl Scouts. Some of the World Centres also have pages.

Classifieds

Bed and Breakfast— Bournemouth/ Poole area

Top quality
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THE NATIONAL COUNCIL OF WOMEN OF GREAT BRITAIN

WORKING FOR WOMEN AND GIRLS FOR 120 YEARS

Our aims:

- to interest and educate women in the UK in local, regional and national affairs
- to work to improve the quality of life for all by providing a forum for women of many diverse views and experiences to come together as individuals
- to act as a co-ordinating body to which societies may affiliate, to exchange information and ideas, formulate policy and promote change.

Interested? Contact the NCW Administrative Office, 72 Victoria Road, Darlington DL1 5JG, telephone 01325 367375, email: info@ncwgb.org website: www.ncwgb.org

What are you doing in 2016?

Our activity centres run a variety of events throughout the year

9 to 13 May 2016	Young at Heart - leisure break activities for the young at heart	Waddow Hall
5 to 9 September 2016	Food Glorious Food - leisure break celebrating all things food	Waddow Hall
31 October to 4 November 2016	Hags and Heritage - leisure break exploring local legends at a spooky time of year	Waddow Hall
7 to 11 March 2016	Card Makers' Paradise leisure break	Foxlease
13 to 15 September 2016	Tablets for the Terrified leisure break	Foxlease
17 to 20 October 2016	Creative Patchwork leisure break	Foxlease
24 January 2016	RSPB Big Garden Bird Watch	Blackland Farm

Waddow Hall 01200 423186 www.waddow.org.uk
Foxlease 023 8028 2638 www.foxlease.org.uk
Blackland Farm 01342 810493 www.blacklandfarm.org.uk



Celebrate the season

Looking for somewhere to celebrate Christmas with your family or colleagues?

This festive season, come and enjoy our events or a delicious lunch or dinner in one of Girlguiding's beautiful buildings. Foxlease and Waddow Hall are taking bookings now!



Foxlease, Hampshire

- * Two-course meal £21 per person
- * Three-course meal £27 per person
- * Buffet £15 per person

For more information, and to book, please contact: Foxlease, SO43 7DE

Tel: 023 8028 2638

Email: foxlease@girlguiding.org.uk



Waddow Hall, Lancashire

Get into the festive spirit with great food, friends and fun!

- * Christmas meals from £15.95 per person
- * Christmas tree festival, 7 to 12 December, £1.50 per person
- * Family Christmas evening, 11 December, £5 per person in advance, £6 on the gate
- * Carols at Christmas (including 3-course meal), 12 December, £24.95 per person
- * New Year House Party, 30 December to 2 January, £192 per person

For more information, and to book, please contact: Waddow Hall, BB7 3LD
Tel: 01200 423186

Email: waddow@girlguiding.org.uk

All prices include VAT

Activity Centres



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- Self-catering and camping options.
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Blackland Farm



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- En-suite, self-catering and camping available.
- Organised breaks available including a variety of craft and hobby workshops.

Foxlease



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- In the beautiful Ribble Valley.
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- En-suite, self-catering and camping available.
- Organised breaks available including a variety of activities and workshops.

Waddow Hall



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