

The Trefoil

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GUIDING FOR ADULTS
Trefoil Guild



**Walk this way
for friendship**



Could you be part of
the TOPAZ family?



Meet the speaker for our
virtual Annual Meeting



Fun ideas, a Penny Hike
and TWO quizzes to try

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We regret we cannot guarantee publication of all items sent in. SEPTEMBER 2021 EDITION COPY DATE: 1 JULY 2021

Hello everyone



June has arrived, full of expectations and opportunities now that the amazing vaccine programme is well underway across the UK and beyond.

June is the month with the longest day and the greatest amount of daylight. It is also known as Great Outdoors Month, so let's all enjoy the freedoms we have. We have been looking forward to a time when we can shake off the restrictions of the last 15 months and meet up again – something we are all looking forward to. There may still be guidance to follow so let's all do this safely.

June is also Effective Communications Month, so why not get out there and encourage all those who have never enjoyed our wonderful organisation, or who need reminding about its benefits, that we are here and ready to welcome them.

Some of you may still want to Zoom, and that is fine until you are ready to venture out again.

Please remember to check and update your personal details on the database, either online using your membership number, or by using the Membership Helpline on 0151 668 0493. We will only ever use your details to carry out Trefoil business.

I have met so many members online during the last 15 months, but I am really looking forward to meeting you all face to face again.

Eileen Martin

Opportunity

Could you be our next Chair of Finance and General Purposes and a Trustee of Trefoil Guild? We are looking to appoint a successor to Jane Webster, whose five-year term will finish at the end of 2021. The designate role will start in summer 2021 to allow a well-organised handover of the role. Previous experience in a senior voluntary or work capacity in this area will be a requirement, as this is a wide-ranging role covering Finance, managing the Risk Register and ensuring that all Policies and Procedures are updated annually. To express your interest and receive the Role Description, please contact marie.burgess@girlguiding.org.uk



Spreading the word about Trefoil fun and friendship

As she hands over the reins as National Public Relations Adviser to Frances Parrett, **Linda Hill-Tout** says now is the time to recruit new members

The last year has been a very challenging year for everyone. Face-to-face Trefoil meetings have not taken place, and our Annual Meeting in Southend-on-Sea was cancelled. Even in 2021 it will take place online. The activities where we meet friends and have fun have been missed by everyone.

Arrangements for lockdown have been different in each of the four home countries, with different rules again for Trefoil members overseas. Trefoil members have not let this faze them. Most of us are now familiar with Zoom, Skype and Teams – virtual meetings have become the norm, and members who are not quite so ‘tech savvy’ have had phone calls, newsletters and booklets to keep them in touch. Virtual murder mysteries, afternoon tea parties, craft sessions, stories and poems, talks from members and singing have all taken place.

Trefoil members have contributed to the fight against the virus by providing

toiletry bags for hospitals, making masks, knitting blankets and much more. Many

Trefoil members are key workers and have continued to provide essential services during the pandemic – well done and thank you to you all.

Most members have received their vaccine, and as we get back to normal, it is time to plan to recruit new members.

I am sure that after so long in lockdown, many people will be looking for fun and a friendly group to join. Here is our platform to increase our membership.

So dust off all those posters and leaflets that you have found in the bottom of drawers and cupboards, and start handing them out. From September there will be a recruitment video and PowerPoint presentation available to help when you give talks and demonstrations as part of our recruitment campaign.

Let’s all work together and look forward to many more years of a truly thriving Trefoil Guild.





We need to find inventive ways of getting people to join us, says incoming National PRA **Frances Parrett**

After a career that was action packed thanks to education, Guides and three children, in retirement one just has to keep going. The joy of Trefoil soon became a priority – Keynsham Ammonites Trefoil Guild has been so much fun that I was keen to take on Trefoil PR in our county, then in SW England, to enthuse others to join and support Girlguiding.

Working with Jo Taylor on *The Trefoil* magazine harnessed my interests in technology, telling stories and writing news. After six years of encouraging Trefoil members to take good action photos and tell us about themselves, it's time to move on – but look out, I'm still going to want those interesting photos (I'd love to Zoom with members about how to do this).

We also need to find inventive ways of getting more people to join us, so that is going to be a priority for me.

Having things we care about in our lives is important. One of mine is music;

singing on Zoom during lockdowns was so therapeutic. Trefoil and Girlguiding had singing enthusiasts Zooming regularly with many UK singing circles, but most surprising were the twice-a-week cross-Atlantic Zoomalong sings (7pm for them, midnight for us). These involved West Coast US, East Coast US, Canada, Australia and all countries and regions of the UK. Our new Zoom skills made World Thinking Day this year memorable (topped only by those amazing services our Guides enjoyed in Westminster Abbey).

Most important in my life are my children and grandchildren and Foxlease. Since 2011, a team from Somerset North have been running Fox-Breaks twice a year.

I'm looking forward to this new role – and to working with the national advisers, as well as your region and county advisers – and all of you, so we can continue to broadcast the good news about the fun and friendship of Trefoil!



Noticeboard

Bulletins and information for all our members

Do you doodle? Everybody can, not everybody does

Did you know a doodle is a drawing made while a person's attention is otherwise occupied? Popular kinds of doodle include cartoon versions of famous television or comic characters, invented fictional beings, geometric shapes, or patterns.

Join in the fun – let's doodle!

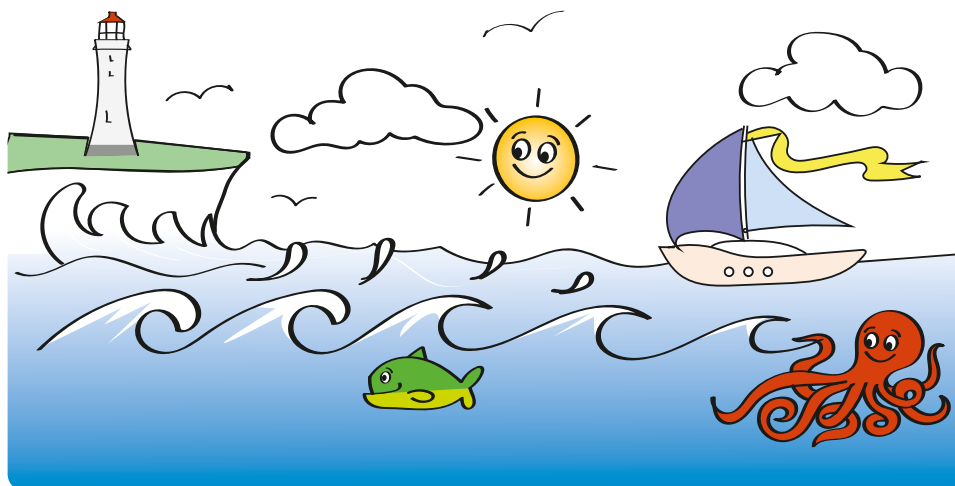
Are you a doodler? Here it is, your chance to take part in the first ever **Trefoil Guild Cartoon Competition**. Wow!

There is a fantastic prize – the winning entry will be published in the December issue of *The Trefoil* magazine.

Topic: A fun drawing which is Trefoil inspired, or depicts an amusing situation from your imagination.

Rules:

- 1 Drawings on maximum A4 paper or electronic document layout.
- 2 Electronic versions should be sent as an attachment.
- 3 One entry per person.
- 4 The closing date for entries is 1 September 2021.



Please mark your envelope 'Cartoon Competition' and send to The Trefoil Guild Office, 17-19 Buckingham Palace Road, London SW1W 0PT by 1 September 2021 or email your entry as an attachment to thetrefoilmagazine@girlguiding.org.uk using 'Cartoon Competition' as the subject line, by 1 September 2021.

Ready, steady, go! Let's doodle!



Introducing Elaine

Elaine Diack (below) is the new region chair for Midlands. She recalls, “I joined the Brownies aged 30, when I was asked to help for ‘just one night’. I became Brown Owl and stayed for seven years. I continued with Girlguiding but more behind the scenes. At around this time the Trefoil Guild started in my area, so I joined and the rest, as they say, is history. I have been Trefoil Guild county chair for Northamptonshire for almost five years and have enjoyed every minute.

“I’m excited and a little nervous taking on this role. I truly believe the Trefoil has a lot to offer our members. I have made lifelong friends and visited places I never dreamed I would. I’d encourage everyone to take opportunities and try new things if they can. I have a sense of belonging to something worthwhile. Meeting others, learning new skills, comradeship, sharing a cuppa, a cake and a giggle all ‘keep the spirit alive’. Away from Trefoil, I work in a pharmacy and so have been on the front line, along with others. I really hope it won’t be too long before we can meet in person.”



A difficult task!

We’re going to ask you to do something very difficult! We are building a library of Trefoil photographs so that we can stop using stock photos in *The Trefoil* magazine. We have some photos that have been submitted and not used, and we have those which have been used previously, but there are not enough.

Now comes the difficult bit – we’d like you to send us photos without expecting them to be published. They don’t need to illustrate a story, but they do need to be of Trefoil members in action.

Would members who take photos at guild activities please consider sending them to thetrefoilmagazine@girlguiding.org.uk for inclusion in the library? Unless they are out of focus, or have a thumb in front of the lens, don’t think they aren’t good enough – fill in the pro forma and send them in. We’d rather have lots of photos that we can’t use than no photos that we can. Please send us your photos!

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 September issue is 1 July 2021.



So you want to see your story or photo in *The Trefoil*?

Here is a guide to contributing to this magazine

The Trefoil is the members' magazine and, since Jane and I have become the editors, we've had to choose between submitted articles on similar subjects. We've also heard from members disappointed because their contribution hasn't been used, so here's a reminder of the criteria we use to accept submissions.

The first is length. A single page has a maximum of 350 words with one or two photos, a double page has 600 words with two or three photos. In a choice between an article that is longer than the maximum word count and one closer to the maximum, the shorter one is likely to be chosen. A choice between an account of a long walk and one about an unusual hobby or activity will probably see the unusual one chosen, to give our readers more variety. Any submissions that aren't used in an issue are kept on file for use in future or are displayed on the

website. Photos sent with articles, or for Snapshots and Letters, very often can't be used because the resolution (the number of dots per inch that make up a digital photo) isn't high enough. Send

photos as they come from the camera or phone, at least 1MB in size. Send them as an attachment.

Don't copy and paste into a Word document – Word compresses photos so that they can't be used. For more tips, please see *How to take good photos* on the website here: trefoilguild.co.uk/How-to-Series. Take

photos of people in action, not standing in a group.

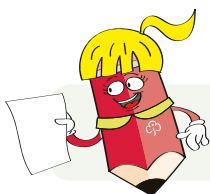
So please remember:

- Keep submissions to 600 or 350 words.
- Make the subject unusual or told from a different angle.
- Take photos of people in action.
- Send photos in high resolution attachments.

Judy Ellis, Editor



We're looking forward to lots of photos and articles full of the fun and excitement of Trefoil Guild.



Your snapshots

We take a look at what guilds have been up to



Catching up

Friends of Foxlease had a Zoom meeting where we did crafts such as make an origami fox, as well as some group singing and lots of catching up.

Bridget Elliott,
Goldsworth Park Trefoil Guild



Picnic lunch

Jean invited up to five members to bring their packed lunch to eat in her lovely garden on numerous occasions during last summer.

Liz Pennington, Boston Spa Trefoil Guild

Decorating day

We had great fun decorating chocolate Easter eggs with icing and sweets.

Louise Beale, Southam Trefoil Guild



Lifting spirits

One of our members received the Huggie bear and little poem from a friend in Australia at Christmas. She shared it with our group and some of us decided to make them and share them with our local lunch club members. The feedback was that they had been pleased to receive them and it had fairly lifted their spirits.

Janet Dowswell,
Mid Kent Trefoil Guild



Solitary ramble

Due to lockdown rules, the Scottish Trefoil Guild Ramblers are unable to meet or go on any walks together. Pictured is Liz, who plans all the rambles, on a 'ramble' on her own in the area where she lives.

Liz Howie, Kilwinning Trefoil Guild

Family fundraising

The Barratt family, who are all in Girlguiding, are pictured helping out Trefoil with a photo during lockdown to help promote the launching of their fundraising initiative for the three air ambulances in the region.

Chris Bulmer, NEE Region



Peace trails

Stockport's new Girlguiding Commissioner, Tracey Johnson, held a trail week throughout our districts in the days leading up to Thinking Day. To ensure Trefoil and Girlguiding worked together, all Trefoil members were invited to join in with the trails and a special Zoom event was held on the Sunday that more than 50 Trefoil members joined to sing along to *This Little Guiding Light of Mine* and renew their Promises; all were thanked for their involvement. The trails involved window displays and five letters that revealed the word PEACE, and was well received by all ages. It was a great way to feel involved and there were some fantastic window displays. I even got a lovely little Positivi-TEA gift at one of the window displays, which I enjoyed while relaxing when I got home. On the Sunday evening, Stockport town hall was lit up blue and the WAGGGS world flag was flown at St George's church throughout the week. It felt great to see a presence around our town.

Katherine Bowett, Stockport County Trefoil Guild



Virtual event

This year, thanks to Zoom, more than 100 people were able to join Ulster Trefoil Guild's Virtual Thinking Day Event. That's four screens with 25 people on each! Members were joined by special guests Eileen Martin, National Chair of Trefoil Guild, the Chair and some members of the Irish Trefoil Guild, guest speaker Susan Hogg, Scotland Chair and members of the Ulster Singing Circle. There was a lot of excited chat as people joined the event and saw Trefoil friends from both Northern Ireland and the Republic of Ireland. Activities were based around the theme of peace. Individual members of the Singing Circle led the singing of favourite campfire songs and members sang along at home on mute, entertaining just their families! There was also an 'international show and tell', where a number of people showed a souvenir from an international trip that evoked memories for them, and also for others who had travelled with them. Susan gave a very interesting, illustrated talk on TOPAZ and her trip to Russia in 2017. The evening finished with the renewal of Promises and the singing of Taps. This international event was only possible because of Zoom. So many people from different parts of the UK and Ireland would not have been able to get together physically for an evening event such as this and feedback was very positive. Quite a number of people stayed on after the event finished to catch up with friends.



Andree Best,
Ulster Trefoil Guild



Caring knitters

In the run up to Christmas, members from Penylan Trefoil in Cardiff knitted squares and made them into lap blankets. These were passed on to local care homes through the Rotary Club of Cardiff East. Rotarian Paul Gregory is pictured passing on the blankets to St Saviours and St Albans Care Home staff member Emily Downs, socially distanced and masked. Well done to all our knitters.

Sharon Gregory, Penylan Trefoil Guild

Sew much fun

Nine members of the Mid Kent Quilting group took part in a round robin challenge during lockdown at the end of last year. Each person thought of a theme then prepared a 12" square with their fabric background choice. You will recognise the themes in the picture. They were water, birds, garden, shapes, rockpool, hearts, autumn, trees, and flowers.

Janet Dowswell,
Mid Kent Trefoil Guild



Preparing for Easter

Members had decorated real eggs in advance and showed the meeting, and everyone made a paper cross whilst on Zoom. We meet on Zoom every month.

Judith Spencer-Gregson,
Central Croydon Trefoil Guild

World Day of Prayer

For the second year, members took part in the local World Day of Prayer. This year it was written by the women of Vanuatu. This provides an opportunity for us to develop our beliefs and find out about the lives of the women of Vanuatu.

Angela Morfett-Jones,
Lincoln South West Trefoil Guild





Walking STARS

Two members of NorLan Trefoil Guild had an enjoyable afternoon in August walking along a local canal for a STARS Challenge. They took a circular walk along the Forth and Clyde Canal, which also took in the historic Bar Hill Fort.

Joyce Gallagher,
NorLan Trefoil Guild



Touching tribute

The Trefoil scarf above belonged to Dee, a member who died in 2014. Given to one of our members, Linda, she will tie it to her bag so Dee comes to every meeting.

Kathryn Blackburn,
Driffeld Trefoil Guild

Summer lunch

We are Guiding friends, who have met and worked together for the county for years. We meet up for coffee, lunch (and wine) and sometimes in my summer house. When we were first allowed to meet in small groups outside last summer, I invited my twin sister, who was a Guider too, to join us and we held what we called our 'socially distanced Patrol meeting'.

Kate Devlin, Midlothian Trefoil Guild

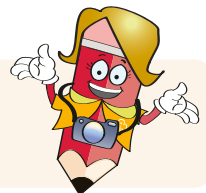


A meeting in an envelope!

We posted an envelope through each member's door. It contained a Christmas card, quiz and craft plus a Kit Kat, chocolate coin and sachet of coffee for refreshment. This allowed members who weren't comfortable with Zoom activities to feel they were still connected to the guild. A good time was had by all, and although the craft was a bit trickier than it looked, it ended up decorating a number of Christmas trees!

Joyce Clarke,
Middlesbrough Trefoil Guild

Please email your photographs to thetrefoilmagazine@girlguiding.org.uk. All photographs of members throughout this issue were taken in accordance with Covid-19 guidance.



Welcome to your virtual Annual Meeting

Join us online to hear from our President,
National Chair and others, plus guest speaker
Major Natalie Taylor, military GP and adventurer

Preparations are well under way for our first virtual Annual Meeting at 2pm on Saturday 19 June 2021. The meeting is being held virtually and in line with the Charity Commission Guidance for Annual Meetings during Covid-19.

We have worked to keep as many areas of the Annual Meeting true to our traditional meetings as possible, but, of course, there are some changes.

The meeting will begin with a welcome from our President, Liz Burnley, followed by our Annual Report for 2020 from our National Chair, Eileen Martin. There will be a presentation of our Annual Accounts provided by our Treasurer, Heather Hern. The Chief Guide, Amanda Medler, will share a report on Girlguiding. This will round up the business part of our meeting.

Following this, we are delighted to announce that we have a guest speaker,

Major Natalie Taylor, pictured below, who will be known to some of you. While working as a full-time military GP, Natalie co-organised, and was assistant leader on Ice Maiden, the first all-female team to cross Antarctica coast to coast using muscle power alone.

She is a Nordic ski instructor and captained the Army Medical Services (AMS) Ladies' team at the British Biathlon and Nordic Championships where they won the AMS's first-ever silverware, including gold in the team 10km classic race. Outside of work,

she competes in adventure racing with Team Endurancelife and has won several ultra-marathons, including the 6633 Arctic Ultra in Canada in 2015. Natalie says she gained her expeditionary spirit and thirst for adventure as a Guide.

She is a unit helper, leader and ambassador of Girlguiding in Powys, and is currently developing an 18-30s



leadership international to Finland with Staffordshire Guides. Her latest adventure was a trek across Oman. We look forward to hearing about her adventures.

To complete our afternoon, Liz Burnley will announce the date and the venue for the 2022 Annual Meeting, when we hope we will be able to meet up face to face again. The meeting will finish with Daytime Taps, which we encourage all of you to sing along to, whether on your own or with those you are watching with.

Then it is over to our members for the traditional post-meeting tea and coffee. We hope that many of you will be able to gather in small groups, abiding by your local guidance, which may vary across the UK and TGIFC.

You will be able to join the Annual Meeting via our website. Go to trefoilguild.co.uk on the internet as

you would normally, either on your computer, laptop, phone, tablet or iPad – any device will work. There will be a notice on the home page that reads: *To join the 2021 Trefoil Guild Annual Meeting, please click here* ›

Clicking this will take you to the page where you will be able to watch the annual meeting when it starts, find information about the speaker and read the agenda.

You will be able to watch the Annual Meeting via a video player on the page. If you lose connection during the meeting you can refresh or reload the page using

the refresh symbol (usually found to left or right of the URL bar where it says trefoilguild.co.uk) and if you can't hear the audio, make sure your volume is turned up.

We look forward to sharing the Annual Meeting with you.



President Liz Burnley and Chief Guide Amanda Medler will be speaking at the virtual Annual Meeting

“Natalie says she gained her expeditionary spirit and thirst for adventure as a Guide. She is a unit helper, leader and ambassador of Girlguiding in Powys”



Supporting girls through a pandemic

How an online hub gave girls and young women opportunities to have fun, stay connected and build their resilience during lockdown

At the start of this year, we conducted a study to find out how girls and young women aged 4-18 in the UK were coping during the third national lockdown and with the changes in their lives over the past year.

The research showed that although many continued to struggle with the effects of lockdown and social distancing on their mental health and well-being, some were finding ways to cope. More than half of older girls aged 15-18 felt more overwhelmed and anxious during the third lockdown than they did during the first one, and three quarters said the pandemic had a negative impact on their mental health (this was up a third from March 2020). Two in five girls aged 4-18 felt lonelier as well as more bored and fed up during the last lockdown.

As children and young people returned to home learning during the winter, 70% of girls told us they were missing

their friends, and almost three in five girls said they were finding home schooling harder and more stressful. Older

girls in particular – 64% of 15 to 18 year olds – were worried about falling behind in their schoolwork, and 66% were worried about how cancelled exams will affect their future opportunities.

Reflecting on the past year and the first national lockdown, 49% of girls and young women

felt they had learnt how to cope with difficulties better this

time, with over half of them saying they had learnt more about themselves and the things they enjoy during this lockdown. Girls told us they had found ways to keep themselves happy and well, such as speaking to friends and family on video calls and being outdoors and in nature. Youth clubs and groups also helped 59% of girls during the pandemic, as did keeping physically active.

Girls and young women believe group activities and youth clubs really helped





them cope throughout the pandemic. 65% told us that being part of Girlguiding during this time helped them feel more connected and less lonely, 31% felt it allowed them to help others and 47% recognised it had supported their mental health and well-being.

One Girlguiding member, aged 16, said, “I’ve really enjoyed connecting with my guiding friends during this lockdown – albeit virtually. Not only is it a break from the day-to-day monotony of home schooling, but it provides an opportunity to have fun and chat with others outside of my home.”

#AdventuresAtHome

Since March 2020 we have continued to provide girls and young women with opportunities to have fun, stay connected and build their resilience through the creation of #AdventuresAtHome, an online hub of activities open to children and their families across the UK, to help them continue to have fun, build resilience and support their wellbeing during this time.

By the end of 2020, and as we entered the new year in another lockdown, it was clear that #AdventuresAtHome had become a key resource enabling volunteers to keep guiding going in challenging circumstances, so we decided to continue releasing new content on a regular basis. In addition



#AdventuresAtHome showed lots of fun activities

to activity downloads, the hub also includes follow-along activity videos and short games sourced from leaders and designed to be used in a digital setting. We have also focused on offering leaders the support they need and tried to make it easier for them to transition to virtual and socially distanced guiding with ideas for adapting activities from the programme.

We know this year has been incredibly unsettling for many, especially young people, so to support their wellbeing we’ve pulled out activities for all ages from our Think Resilient peer education resource. We will continue to make these available for all young people to access while units are unable to meet face-to-face.

Where can I find everything?

You can read more about our research on our website.
For all #AdventuresAtHome content, head to girlguiding.org.uk/what-we-do/adventures-at-home.





An away day in... the Scottish Borders

Just a few miles south of Edinburgh you can enjoy even more spectacular scenery and historic sites

From Edinburgh you can travel by bus through Eddleston, Peebles, Innerleithen and on to Galashiels or Melrose, or by train on the Borders Railway to Galashiels and on to Tweedbank. Both journeys have amazing views, including the Border Hills.

Travelling by bus, you could stop off at the village of Eddleston to see the **Polish Map of Scotland**, a 40m x 50m 3D outdoor concrete model in the grounds of Barony Castle. In Peebles, visit the **Tweeddale Museum and Gallery**, which houses a tribute to John Buchan, the author of *The Thirty-Nine Steps*.

Go south to Innerleithen where you will find **Traquair House** (the oldest inhabited house in Scotland), **St Ronan's Wells** and **Robert Smal's Printing Works**, owned by the National Trust for Scotland.

Onwards to Galashiels and the opportunity to visit the **Great Scottish**



Tapestry, due to open in a purpose-built venue this year. The tapestry is one of the world's largest tapestries consisting of 160 hand-stitched panels created by 1,000 stitchers and illustrating 12,000 years of Scottish history.

If you choose to travel by train, the route from **Edinburgh Waverley** is 35 miles long, with nine stations, and runs on one track with three passing loops. It is the longest new domestic railway to be built in more than 100 years and travels through former mining towns, wide open farmland and the lush valleys for which the Borders are famous, before ending deep in the picturesque Scottish Borders and the land of Sir Walter Scott. A short bus or taxi journey from **Tweedbank** takes you to **Melrose** to explore the historic market town, famous for its Abbey.

If you travel from June to August, look out for the **Borders' Common Ridings festivals** held in towns throughout the area, where locals on horseback take part in Riding the Marches, a historic custom.



Traquair House and (top right) St Ronan's Wells



Achievements

Maundy money

Darwen Trefoil Guild member, Barbara Pendlebury, was due to be a recipient of Maundy money from the Queen at Windsor Castle on 9 April 2020. Unfortunately, due to the pandemic, the event was cancelled and the 92 Maundy coins arrived by special delivery to Barbara at home. Barbara has been a Guider for 30 years, a Trefoil member for ten years and is a longstanding member of the Lancs East Singing Circle. She has always been involved in church life, has cooked meals for church events and regularly visits the elderly and vulnerable.

Chief Commissioner's award

West Lothian Trefoil Guild were privileged to celebrate via Zoom a special award presented by Scottish Chief Commissioner Moira McKenna to Sylvia Banks for long service to all guide sections in Livingston. Only ten of these awards are presented each year. Sylvia has had an impressive record in guiding, leading units in all sections. She is also involved in training and many more activities, and is a trusted person who is greatly respected.



Laurel award

Jean Parkes (right) received her Laurel award via Zoom, presented by Midlands Chief Commissioner Abi Salter. It was attended by her Girlguiding friends from various stages of her Girlguiding leader's life both in the UK and overseas during the last 55 years.



Honour for Betty

Betty Nelmes, a member of St Lawrence Church, Barnwood, Gloucester, has been admitted as a member of the Company of St Kyneburga. St Kyneburga was the co-foundress and abbess during the 8th century of the first religious community at what is now Gloucester Cathedral. Membership of the Company recognises and honours service to the Church in the Diocese of Gloucester, usually over a very long period of time. Betty was District Commissioner and Camp Adviser for Churchdown District in the 80s. Before lockdown, Betty could be found most Saturday mornings volunteering in the Gloucester and Coopers Hill Guide Shop, either filling up shelves or talking with parents about the uniform needed for their child.



**Have you received an award, or do you know someone who has?
Send the details and a photo to *The Trefoil*. Contact details on page 2.**



TA
PE
HI

Start

GET OUT
AND ABOUT!

TAKE A FUNNY HIKE

Start

GET UP
AND GO!

Toss a coin to
choose left or right
(Tails: go left, heads: go
right) and then at each
junction until you
reach a symbol.

Turn over to find the
key to your surprise
activity



GET OUT AND ABOUT!

Keep the
'board' to
use again in
September



BBQ with international dishes like souvlakia or paella.



Plant a willow tunnel in a children's playground.



Use your phone to video an outdoor guild activity for local PR.



Explore a maze.



Have a day out at a local activity centre.



Visit a national plant collection.



Organise a Trefoil break or holiday.



Identify ten different trees on your regular walk.



Play boules or bowls.



Link with another guild in a nearby county.

GET UP AND GO!



Write a neighbourhood treasure hunt for local units.



Play garden chess or draughts.



Practise tai chi for 30 minutes outdoors.



Plant a vegetable hanging basket.



Sing around a campfire.



Invite local Girlguiding leaders to a campfire supper.



Visit a National Garden Scheme open day.



Have a pop up Trefoil waffle/pancake stall for PR.



Go geocaching or orienteering.



Plan a pop-up picnic with food from five different countries.



I'm buzzing from my new hobby

When choosing how to complete her Gold Voyage Award, **Amanda Berry** of Cyprus County Trefoil Guild hit on a very special new activity

I have just completed the Gold Voyage Award, and I must say I had a lot of fun challenging myself. I planned and took a trip to Israel, exploring Jerusalem, Tel Aviv and Bethlehem; I helped out at my local Guide unit, becoming an assistant leader and completing the adult leadership qualification; I learnt sign language and now teach an adult sign language introduction course, and I organised and led a Brownie 'wizarding' camp.

For the 'Myself' section, I decided to take up a new hobby – beekeeping! Before lockdown, I spent time with beekeepers in England and Cyprus, learning how to care for the bees and maintain the hive. I took two workshops with a bee and honey-promoting charity in Cyprus and six online courses, learning the history, anatomy and language I would need.

The main challenge I faced was that I live in Cyprus where the weather patterns are very different from the UK

and so much of the information I was learning did not translate.

Here's what I learnt from beekeeping:

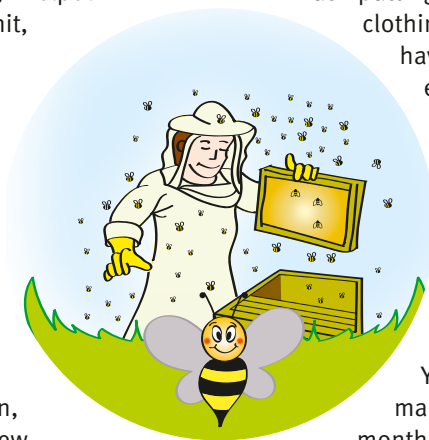
1 Be prepared – no short cuts. You can't rush putting on your protective clothing, and you need to have all your tools and equipment at hand when you start delving into the hive, especially when you have 10,000-plus angry venomous flying machines surrounding you.

2 Patience is a virtue!

You can't rush a bee to make honey. It takes six months before the first honey can be taken from a new hive.

One of the positive things about having the bees is that it has forced me to spend more time outside in the garden, growing flowers as well as vegetables.

I have now taken possession of my second hive, and another 10,000-plus bees, so next year I should be able to start harvesting plenty of honey and wax. And the family, I'm sure, will keep on growing.



Meet a guild

Drawn from many different guilds within LaSER, members of London Walkers and Talkers guild were not deterred by lockdown, as **Pip McKerrow** reveals

Greater London boasts 47% of green open space, with more than 3,000 parks and a diverse network of footpaths making it a wonderful city to explore. What better way can there be than to discover new places and not-so-famous landmarks whilst you walk and talk!

Our early walks focused on central London, easily accessible by public transport from all over LaSER. Together we discovered weird and wonderful sights off the beaten tourist track on our monthly Sunday walks: the 1830s' Grade II-listed terraced street featured in *Mr Selfridge*, *Doctor Who* and *Call the Midwife*; the last remaining wherryman's seat in London; Cross Bones graveyard, the final resting place for London's mediæval prostitutes and now a shrine to the poor of London.

In Spring 2017, we set about walking the Capital Ring; a 78-mile, 15-section walk along London's green pathways, all perfectly linked to the public transport system. Our aim was to complete the walk in Summer 2018 as part of the Trefoil Guild 75th Anniversary Celebrations. As we walked, the challenge snowballed and with more and more people showing an interest, various catch-up walks had to be organised so that no one missed out. More than 100 Trefoil members joined us on a ridiculously hot day in July 2018 for our final five-mile walk to

the Girlguiding Maze in Crystal Palace Park. What an achievement!

Our membership is drawn from 11 of the 19 LaSER counties and we're a varied bunch of people with a great wealth of life experiences, which makes for a very interesting group. As confidence has grown, members have invited us to share their local walks, encouraging us all to step a little further afield, sharing their knowledge and secrets of the locality. Many of us are also active members of Girlguiding and previously particularly appreciated completing A Safe Space L2 conversation with a trainer as we walked.

We don't just confine ourselves to London, though. We opened up our first international trip, a three-day visit to Belgium, to Trefoil members across the UK and thoroughly enjoyed making new friends as we walked the battlefields and



Exploring with four-legged member Cruse

joined The Last Post ceremony at Menin Gate. We're also keen participants in the national walking festivals and eagerly look forward to donning our boots in Shropshire in October.

We moved seamlessly to monthly virtual walks in 2020, especially welcoming the opportunity to walk further afield from the comfort of our own homes. When restrictions allowed, we walked in small groups and shared our photos. Being fully engaged with technology has enabled us to respond quickly when announcements have dashed social plans; we've slotted in extra coffee and chats and set ourselves all sorts of challenges, from learning to video our walks to *Desert Island Discs*.

Always up for new ventures of one kind or another, we've formed an online Voyage Award support group, encouraging each other to use our multifarious lockdown experiences with the hope of collectively celebrating our personal achievements by the end of summer. New found skills in drag queen artistry;

training in the use of Zoom; walking five miles every day and volunteering in vaccination centres will all be acknowledged.

Looking forward, we're keen to tackle a 26-mile walk mentioned in Tracy Chevalier's book *A Single Thread*. The Clarendon Way follows a route from the River Itchen in Winchester to the Avon in Salisbury. Whether we get to do that in 2021 remains to be seen, we'll just be glad to get back walking together. The risk assessment is ready, bring on our new season of adventures!



Members of London Walkers and Talkers Guild enjoy many different types of walks, from shore to street

“More than 100 Trefoil members joined us on a ridiculously hot day in July 2018 for our final five-mile walk to the Girlguiding Maze in Crystal Palace Park”



What do you know about our World Centres?

Enjoy this quiz as reminders of the history and opportunities the World Centres provide for us all

We very much hope that our World Centres will be opening again in 2022 after having each been closed for more than 12 months. So many of us have enjoyed visiting these magnificent places, making friends and gaining happy memories. Look at the World Association of Girl Guides and Girl Scouts (WAGGGS) website and follow the link to World Centres where you can find out more about what's going to be on offer – the centres are holding some virtual sessions during 2021, so you could even try those.

KUSAFIRI

1 At which World Conference was the decision taken to potentially create a fifth World Centre in Africa?

- A.** 32nd WC Amman, Jordan 2005
- B.** 33rd WC South Africa 2008.
- C.** 34th WC Edinburgh 2011
- D.** 35th WC Hong Kong 2014

2 What does Kusafiri mean in Swahili?

- A.** Hello **B.** World peace
- C.** African sun **D.** To journey

3 In November 2019, Kusafiri was in Tanzania as part of the Juliette Low Seminar – how many locations across the world were taking part?

- A.** 18 **B.** 21 **C.** 35 **D.** 40

OUR CABAÑA

4 When did Our Cabaña open?

- A.** 1955 **B.** 1957 **C.** 1958 **D.** 1960

5 How many guests can Our Cabaña accommodate?

- A.** 100 **B.** 108 **C.** 124 **D.** 130

6 Which is the first event due to take place in 2022 when Our Cabaña reopens?

- A.** Mexican Taste **B.** Pick and Mix
- C.** Monarch Butterflies **D.** Sea Adventures

OUR CHALET

7 Who opened the Chalet in 1932?

- A.** Olave Baden-Powell & Juliette Low
- B.** Juliette Low & Helen Storrow
- C.** Helen Storrow & Olave Baden-Powell
- D.** Olave Baden-Powell & Clementine Tangeman

8 Trefoil weeks started at the Chalet in which year?

- A.** 1961 **B.** 1963 **C.** 1968 **D.** 1971

9 What can you find in the Spycher building?



Our World Centres (clockwise from right): Our Chalet, Pax Lodge, Sangam, Our Cabaña and Kusafiri



- A.** Accommodation **B.** Ski equipment
C. Washing facilities **D.** Shop

SANGAM

10 “Come to Sangam to learn about yourself, your leadership and HER world” is taking place when?

- A.** 11-17 July 2022
B. 4-10 July 2022
C. 25-31 July 2022
D. 18-24 July 2022

11 Which item is not currently on the Sangam ‘wish list’?

- A.** Bluetooth speakers
B. Glue sticks
C. Smoke detector
D. Fishing net

12 *Sangam we belong* was written to celebrate their 50th birthday, which was in which year?

- A.** 2010 **B.** 2012 **C.** 2018 **D.** 2016

PAX LODGE

13 The two conference rooms at Pax Lodge are named after which two countries?

- A.** Monaco & Denmark
B. Kenya & South Africa
C. Netherlands & UK
D. America & Canada

14 Who officially opened Pax Lodge in 1991?

- A.** Princess Margaret of the UK
B. Princess Benedikte of Denmark
C. Lesley Bulman-Lever, WAGGGS CEO
D. Barbara Hayes, Chairman of the World Committee

15 Who fundraised to ensure that Olave Baden-Powell’s pins were donated to Pax Lodge and would therefore remain within the Guiding family?

- A.** WAGGGS **B.** ISGF **C.** OB-PS
D. World Centres Committees



Light at the end of the TOPAZ tunnel

If all goes according to plan in easing the lockdown, we hope to reinstate our overseas plans, says
Sheran Oke, National International Adviser

Is the end of our Covid lockdown finally in sight? If all goes according to plan, by the time you read this we will have started to meet our family and friends, but still not be able to follow our dreams and travel overseas, exploring new places and meeting new friends around the globe.

Our TOPAZ programme (Trefoil Overseas Partnership – Adventure with Zest!) has also been affected. This exciting international opportunity started in 2016. For three years, teams travelled to Russia to work with the Russian Association of Girl Scouts (RADS) on raising their profile in towns and villages.

Autumn 2019 saw a project in India, where our Trefoil members worked alongside the Deep Griha Society at a school and orphanage 45 miles north of Pune, working to empower rural women through income-generating skills. The team, helped by Newtown Rotary, has recently sent 800 books to expand the school library as well as donating £2,500 in money and resources.

We had very much looked forward then to our planned trip to Lesotho in 2020, working alongside the Girl Guides Association of Lesotho. However, the trip was suspended because of the global pandemic. We sincerely hope that,

as the situation resolves, we will be able to reinstate our plans as soon as possible.

Over the course of the past year we have not been complacent: we have been speaking with WAGGGS member organisations to explore further partnership opportunities, so watch this space for more information.

To support this, we will be holding TRIO information and selection weekends, but before we can do this we do need further confirmation of the national situation. Once this is clear, we will publish details of the weekends in a future magazine and on the Trefoil website.

Hope that you will consider being part of our TOPAZ family and ‘see you soon’.



From the left, Elizabeth Higton, Jenie Dore and Marina Kornikhina broadcasting a phone-in programme on Radio Volgograd to raise the profile of RADS locally

Adviser weekend goes virtual

As with so many events over the last year, the pandemic put paid to a face-to-face meeting, but the online day was a huge success

At the 2019 Advisers' Weekend it was agreed that the weekend should move from alternate years to an annual event. Despite planning in early 2020 for a residential weekend in October, the pandemic halted that. The date was changed to the first weekend in March 2021, which then became a virtual advisers day. Despite these setbacks, this event was a great success.

The International Adviser, PR Adviser and Programme and Development Adviser from the nine countries and regions took part. For many, due to restrictions, there has been little contact with their country or region colleagues, especially for those new in post.

Eileen Martin welcomed participants and started the day with a 'getting to know you' activity. Two breakout sessions were organised. The morning was spent with each team of country or region advisers working together on a given task, in their own group breakout room.

At the start of the afternoon, Judy Ellis,

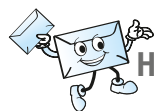
newly appointed editor of *The Trefoil* magazine, and her deputy, Jane Smart, introduced themselves and gave a brief resumé of their roles, and

discussed how advisers can support with magazine articles, identifying and encouraging contributors. Three afternoon breakout sessions, focussed on advisers' specific areas, were led by the national advisers, Sheran Oke, International Adviser, Linda Hill-Tout, PR Adviser and Sheila Leete, Programme and Development Adviser.

The response from evaluation forms reflected the positivity of the day overall. Though much is gained from face-to-face meetings, this Advisers' Weekend has shown that it is possible for virtual events to be as successful.

Moving on to a wider audience, the feedback from this event will be invaluable in the planning of the National Conference to be held in October 2021, looking at the forward planning of Trefoil Guild.





Have your say

Your letters

Find out what other Trefoil members have on their minds

This little light of whom?

At a car boot sale in Melton Mowbray, one of my Trefoil Guild members found a lamp in the shape of a trefoil and, being a keen Guide, bought it for 20p. Underneath the trefoil was a plaque that read: To M. E. Truman, From Stocksbridge and Deepcar District Guiders, Old Guides, Guides and Brownies.

Once home, her son cleaned the lamp and refitted the electrics. She showed it to me and wondered how she could return it to the district. I remembered that the mascot for the First President's camp (a virtual camp in 2018, held to raise money for the Kensal Green Cemetery memorial) called Agnes BEARdon-Powell was made by a Girlguiding member from Stocksbridge and I had won the bear in a raffle. I contacted the mascot maker, Georgina, and told her about the lamp. She was very excited, as there is a book of the history of the Stocksbridge Guides that includes a picture of Miss Truman receiving the lamp in 1951 (pictured). Georgina and I met in Leicester and I was delighted to hand the lamp back to the district from where it came.

Carolyn Little, Melton Mowbray Guild, Leicestershire



The lones arranger

Few people would have expected 2020 to be an ideal time to start a new Trefoil Guild. However, for one group of ladies it proved to be the perfect moment.

Trefoil Guild in Foreign Countries (TGIFC) has members around the globe: some close enough to meet in person, others not. When everyone started to use virtual spaces to meet, Glen Aston, co-ordinator of TGIFC, suggested that these lone members meet online. On

Tuesday 30 June the first Zoom meeting was held. We named ourselves the International Lones Guild (ILG) and our meetings are full of laughter, memories and sharing information. With 13 members in eight countries and a time difference of up to 18 hours it can be quite a challenge to organise a meeting, but we have two sessions for each meeting so no one has to stay up too late or get up too early.
Claire Banazol, International Lones Guild



Rainbow gift

Somewhere over the rainbow, way up high,

There's a land without Covid, waiting for you and I.

Somewhere over the rainbow, skies are blue,

And, if I blow lots of bubbles, Granny, will they fly to you?

For over a year now I have been unable to see my little grandson due to restrictions. By May of 2020, I had already cleaned the house, sorted the garden, painted the shed, crocheted blankets and knitted hearts. I needed a new project.

My son sent me a beautiful cross-stitch sampler. It was so evocative of the time. Rainbows and hearts, a tree of hope for the future, and an image of my six-year-old grandson blowing bubbles.

I was grateful that I had been taught to do cross-stitch by friends in Collingwood Trefoil just a few years earlier. I used it to help with a Thinking Day project we were doing. It then came in useful for my 'learn a new craft' section of the Voyage award.

There was a lot of work to this wonderful rainbow picture, and it took me all year to complete. I added the 2020 as a lasting

reminder of our lockdown days. All I have to do now is to frame it.

**Margaret
(Mae) Cardill,
Collingwood
Trefoil Guild**



A Limerick story

There once was a High Wycombe Guild
Whose meetings were terribly chilled.

They needed no reason

Whatever the season

To drink all the gin they distilled.

The business took no time at all

'Cos it was always so cold in the hall.

To warm themselves up

They all had a cup

Twas a wonder they didn't all fall.

Joan started the evening with singing.

In no time, all our ears were a'ringing.

We all stamped our feet

In time to the beat

While our skirts we were frantically flinging.

Then Margaret demoed her art.

We all tried our best to take part

But our vision was blurred

And our speaking was slurred

(a) So we didn't get far past the start

(b) As we tried very hard not to.....!

(Select one of the above!)

Maureen tried oh so hard to collect money

But we all found this really quite funny.

It was always most strange

How we never had change

Which made her an unhappy bunny.

We finished the meeting with Taps

But before we go home to our chaps

There's enough for a toast

To our genial host

Next week we'll try making some schnapps!

**Alex Adkins, Chepping
Wycombe Trefoil Guild**



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



Make your Trefoil mark

As restrictions ease, here are some ideas for your meetings, whether real or virtual

Promenade with us

A year ago, all our programme plans, as a guild, county, country or region, were turned on their heads. It didn't take long for us to realise that any face-to-face gatherings were going to be limited to no more than groups of six, if we were lucky.

In true Trefoil fashion, many of us soon faced up to the challenge of alternative ways of keeping in touch, either digitally, through newsletters or telephone. We

have become increasingly inventive in online activities – singing or dancing, quizzes, crafts, virtual foody fun or virtual travels. Some guilds or counties have set up additional regular virtual meetings, such as craft groups or book clubs.

Having discovered these skills, I am sure there will be times that many guilds will continue to meet virtually, especially during the darker winter months when some members would rather not leave

Use your loaf!

Did you know that 1 August is Lammass Day? From Anglo Saxon times, Lammass marked the beginning of harvest time. King Alfred mentions 'hlafmæssen dæg' or 'loafmass day' in 895. By the Middle Ages it had become Lammastide.

In parts of England, tenants had to present freshly harvested corn to their landlords around the first day of August. This was traditionally a time of community gatherings and festivals, celebrating

with horse racing, bonfires and dancing.

Mediæval guilds created elaborate displays of their craft wares and decorated themselves and their stalls in bright colours, marching in parades and performing plays and dances. These festivals, including morris dancing, can still be found in rural towns and villages.

Why not celebrate Lammass with members of your guild, by trying the following ideas?

- Make a Lammass broom or besom. Collect a

bundle of twigs and tie at the top with a Lammass ribbon – green ribbon for abundance or gold ribbon for prosperity. Pick





home. However, by the time that you receive your copy of this magazine, most of us will have received our vaccination against Covid-19 and will be hoping that we might soon be in a position to meet up, not only with our families, but also our many Trefoil friends.

Let's hope that all those programme plans that have been put on hold will be dusted off and on the agenda once more. We are all looking for the light at the end of the tunnel.

If we are able to meet face to face again, I challenge Trefoil Guilds to go for a promenade! Many of us live by the sea, quite possibly with its own promenade, or you could find a park or open space new to you to promenade with friends or, if restrictions allow, there may even be a

Prom(enade) in the Park performing close by. Whichever promenade you choose, dress up in style, and make your Trefoil mark. Don't forget to take your camera with you and send in those photos for future copies of our magazine.

We all hope that there will soon be a time when this pandemic will be fully under control.

Meanwhile, we must all continue to follow restrictions closely, for our own sakes as well as others.

Sheila Leete



a sprig of mint, put this in a pouch and fasten to your broom. Hold your broom with both hands and focus on your intention on gathering in your harvest for winter. Turn slowly three times in a clockwise direction, then start to sweep towards your kitchen or hearth. Put your broom where you consider the heart of your home is and leave until winter is done.

- Sing the Lammas song *John Barleycorn*, about the circle of life.
- Make a corn dolly, like

those pictured here. There are many websites showing how to make one – try edenproject.com/learn/for-everyone/how-to-make-a-corn-dolly. If you have green or gold ribbon, why not tie this to your corn dolly?

- Make your own early harvest loaf – tie with Lammas ribbon and share with your friends. Eat it fresh, as soon as it is made, if you can.
- Gather seeds from flowers or fruit and vegetables – collect and dry these seeds for future

growth. Have fun, give thanks and celebrate.

• **See over for more about the STARS Challenge**





How are you getting on with the STARS Challenge?

Lots of you found this an ideal way to fill time during lockdown, says **Jean Mullane**, Region Programme & Development Adviser, Anglia

Many members have already started on their STARS pathway – some have already completed all their challenges and are happily displaying their badges. If you haven't yet taken up this challenge, why not start now?

In 2017, Trefoil teams from across the UK came up with the ideas for the challenge, and a working group then developed them into the format that we have now. It is designed as a resource to “help guilds to create varied, interesting, inclusive and meaningful programmes that will help to retain and attract members”. (*The Trefoil*, March 2019)

It is called STARS because all our members are STARS!

Members can also work towards it as an individual or in a smaller group. There are five points to the STARS, each point having a different theme based on the letters of STARS.

The themes are SKILLS, TOGETHER, ACTION, ROAM, and SELF.

Each theme has been designed to enable all members to take part.

Challenges may be adapted to fit guild or

personal circumstances if the chosen challenge is similar and fits the theme.

Each STARS theme has eight clauses and to gain the badge for that theme you must complete five of these. There is no maximum or minimum time limit for completion of each clause. Your guild

Chair signs off the badge when she feels that you have achieved your chosen challenge. If the

Chair is taking part, the other guild members must agree that she/he has also completed it to their satisfaction!

There is a different cloth badge for each of the five themes. These can be put together to form a star. When all five themes have been signed off, a metal badge will be available.

All the details about STARS, including an application form to order the badges, can be found on the Trefoil Guild website at trefoildguild.co.uk/STARS.

Why not join the STARS official Facebook group? Log on to Facebook and search for Trefoil Guild STARS.

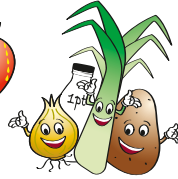
Happy STARGazing!





A summery quiz

Relax in the sunshine with our seasonal quiz questions



1 Which fruit is associated with Wimbledon tennis?

2 With what do you garnish Pimm's?

3 Who wrote the song *Summertime*?

4 And for which show?

5 Where does The Queen spend her summer break?

6 Who went on a *Summer Holiday* in 1963?

7 In which year was the choc ice invented?

8 Where and in which year was the first World Guide Camp?

9 Can you name the eight Punch and Judy characters?

10 In which year did the population first enjoy an August Bank Holiday?

11 Who made an impact when she emerged from the surf wearing a bikini in the James Bond movie *Dr No*?

12 Cold soups are popular in the summer. What are the main ingredients of vichyssoise?

13 Why do so many artists enjoy painting in the seaside resort of St Ives?

14 Which landmark in Paris grows in the heat of summer?

15 Which UK resort has the longest promenade?

16 What is the word for summer in French, Italian, German and Spanish?

17 Whose feast day is celebrated on 15 July?

18 Where does Knollys Rose Ceremony take place?

19 When does the National Eisteddfod of Wales take place?

20 After whom was the month of August named?

Answers will be in the next edition of *The Trefoil*, and will be on the Trefoil Guild website by the middle of July

Lockdown creativity

Trefoil members have been getting creative during this extraordinary year

Natural things

In this age of clicks, bangs and rings
Spare a thought for the beauty of natural things.
The colours of a rainbow, frost on the grass,
Trees in silhouette when summer is past.
The multi-shades of autumn leaves,
Gossamer webs that a spider weaves.
The sight of a bird as it darts through the air,
A glimpse of a fox, a rabbit, or hare,
The tumbling waterfall drops from on high.
Various cloud shapes decorating the sky.
Take a small child to look at them too,
Then you will see their beauty anew.
Through their eyes everything is strange and amazing
So don't be ashamed to stand there – just gazing,
Simply enjoying the view.

Pat Armstrong, Airedale Trefoil Guild



Notes to self

- It's probably my age that tricks people into thinking I'm an adult.
- Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember... don't sing!
- I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.
- I'm getting tired of being part of a major historical event.
- Don't worry about

your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

- If you can't think of a word, say "I forgot the English word for it". That way people will think you're bilingual.

- I don't always go the extra mile, but when I do it's because I missed my exit.

- We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it...

Anonymous



Time to care

*(with acknowledgement to
WH Davies' poem, Leisure)*

What is this life if, full of care,
We've too much time to stand and stare.
But wait a bit, this isn't true!
There's much more time for me and you.
Time to talk upon the phone
And share the news from us at home.
Time to look and see the trees
And marvel at the gentle breeze.
Time to be grateful for the friends
Who shop for us till lockdown ends.
Time to appreciate our homes
And share ideas with those alone.
Time to know our neighbours well:
Friendships will last, as time will tell.
Time to value those who care,
And risk so much to keep us here.
A good life this if we can care,
It means so much, just to be here.

Barbara Wing, Reigate Trefoil Guild



2020

2020 – what a year it's been this time,
But fingers crossed it'll turn out fine.
Lockdown, lockup, different each week.
It's all confusion, when it's calm we seek
Friends not seen, and family too.
No wonder we're feeling sad and blue.
Chins up, I say, let's look ahead,
To meeting up, the virus dead.
The sun still shines,
The world goes round,
Friendships will be lost
And new ones found.
Have faith in what you know and do,
It really is all up to you.
We'll get through this, of that I'm sure,
'Normality' will return once more.

Brighter days will be ahead,
At least, I think that's what Boris said.
Best foot forward, head up high,
Let's be positive (well, we'll try!)
We've got each other to lean on,
Positive thoughts make us strong.
Here's to twenty-twenty-one,
My, how time does move on.
We will be back all together,
Enjoying laughter and the weather,
Catching up and sharing tea.
No more groups of just six or three.
And through all of this please remember,
The joys of being a Trefoil member.
Yvonne Ward,
Tadcaster District Trefoil Guild

Quiz answers

How well did you do on the **British women quiz** from last issue and the **WAGGS quiz** in this issue?

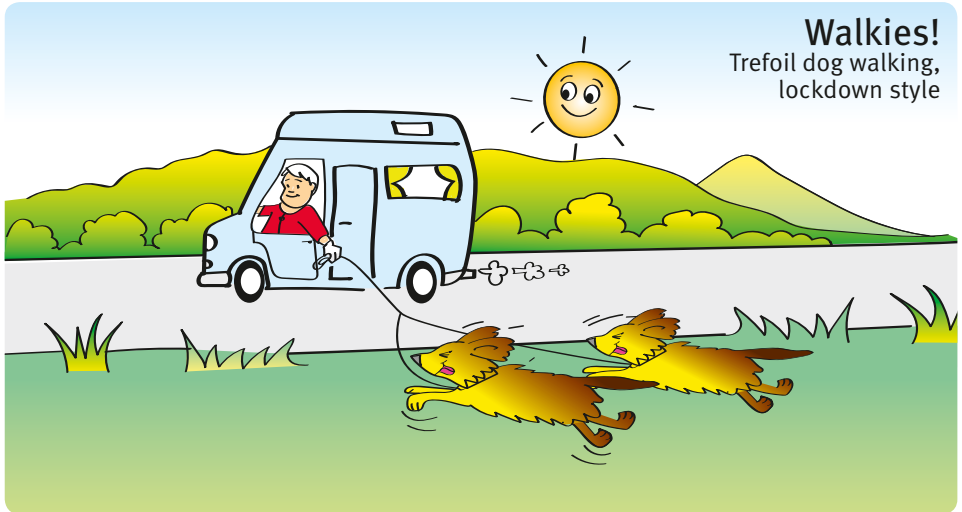
British women quiz (with thanks to Jo Taylor, who compiled it)

- | | | |
|--|---|---|
| 1. Elizabeth Garrett Anderson in 1865. (Elizabeth Blackwell was British but gained her qualification earlier in the USA in January 1849. James Barry was born in London and raised as a woman in Cork, but lived life as a male from the age of 20 in order to go to medical school) | 10. Playwright. | 29. Posh Spice. |
| 2. Mary Quant. | 11. George Eliot. | 30. Tanni Grey-Thompson. |
| 3. They were both born in Chesterfield. | 12. Tessa Sanderson. | 31. St Paul's. |
| 4. She was a member of Sinn Féin and she was in prison. | 13. Ruth Ellis. | 32. Nicola Sturgeon. |
| 5. Icení. | 14. Tracey Emin. | 33. Gavin & Stacey. |
| 6. Agatha Christie. | 15. <i>Sanditon</i> . | 34. Heptathlon. |
| 7. The Born Free Foundation. | 16. Ada Lovelace. | 35. Suffragist. |
| 8. Anne Boleyn (Correction: she was the second child of Henry VIII) | 17. St Thomas's | 36. Glenda Jackson. |
| 9. Helen Sharman. | 18. 1977 – the Queen's Silver Jubilee year. | 37. Six – Mary Quant, Agatha Christie, Twiggy, Julie Andrews, Tanni Grey-Thompson and Jessica Ennis-Hill. |
| | 19. Adele. | 38. Helen Sharman, Amy Johnson and Jessica Ennis-Hill. |
| | 20. Edith Cavell. | 39. Florence Nightingale (Florence, Italy), Tessa Sanderson (St Elizabeth, Jamaica), Nancy Astor (Virginia, USA). |
| | 21. Nicola Adams. | 40. Elizabeth Garrett Anderson and Millicent Garrett Fawcett. |
| | 22. Nancy Astor. | |
| | 23. Mary Berry. | |
| | 24. Amy Johnson. | |
| | 25. Orange seller or actress. | |
| | 26. Robert Galbraith. | |
| | 27. Twiggy. | |
| | 28. Julie Andrews. | |

WAGGS quiz answers

- | | | | | |
|------|------|------|-------|-------|
| 1. C | 4. B | 7. C | 10. B | 13. D |
| 2. D | 5. B | 8. C | 11. D | 14. B |
| 3. A | 6. A | 9. A | 12. D | 15. C |

The last laugh



Trefoil 2020 booklet

Read about Trefoil members' experiences during the pandemic



Our *Trefoil 2020* booklet is now published, sharing how our members coped with living through a pandemic.

A year ago, many of us did not expect to still be living with restrictions in 2021 and that by now we would be meeting together as guilds, counties, countries, regions and nationally. The pieces in the *Trefoil 2020* booklet reflect just how Trefoil members have faced challenges and have managed to keep in touch.

Your country and region will be in touch soon regarding how you can purchase a copy of *Trefoil 2020*.

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A warm welcome awaits...

There's plenty to look forward to on our leisure breaks at Blackland Farm, Foxlease, Glenbrook and Waddow Hall

Take a peek at our fully catered 'Explore... week' package, running from August

Our leisure breaks will be run according to latest guidelines. We guarantee a transfer or refund if we have to cancel.

DAY 1

- Arrival
- Lunch
- Afternoon excursion
- Evening meal
- Dancing



DAY 2

- Breakfast
- Coach excursion
- Lake District, New Forest
- Lake down forest?
- Lunch!
- Quiz Night ✓



DAY 3

- Coach tour
- Film Night



DAY 4

- Guided Walk
- Cheese and wine



DAY 5

- Excursion to local area
- Departure (i)



checklist

- snack ☐ earphones
- at ☐ puzzle book
- one. ☐ walking boots/
- sp & compass trainers

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