



Autumn 2019
Issue No: 654

Trefoil News



ADVENTURES

AWARDS

CHALLENGES

NEW BADGES

OPPORTUNITIES

Trefoil News



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ABOVE: Alison Cowzer and a Ladybird show off IGG cookies at the IGG/Earthology garden at Bloom 2019; the President Michael D Higgins and his wife, Sabina, discuss bees with a Ladybird; and Leo Varadkar and Sarah Blake of Earthology test the eco-brick bench in the IGG/Earthology garden.

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Submit your articles, photos or queries to
trefoil.news@irishgirlguides.ie

From the Chief Commissioner

Dear fellow Leader,

Fáilte ar ais! Welcome back to the start of the Guiding year 2019-2020! With schools and colleges restarting all over the country, autumn can be a great time of hope and optimism. When we begin something, like a new Guiding year, we often feel full of energy and are full of ambition for the adventure ahead. Programme planning and Leader's meetings are a key part of fuelling that ambition and, working together, our volunteers can create fantastic opportunities for our youth members. In the coming weeks 550 IGG Units will reopen their doors to over 10,000 girls and young women across Ireland to offer Guiding opportunities. It's a wonderful sense of belonging to have such a large Guiding family!

Thank you to all our volunteers for giving the girls your time, your enthusiasm and your energy. Sometimes the rewards are immediately evident, and other times, it may take a few years to reap. Either way, the benefits are far-reaching and worthwhile.

The summer of 2019 has been a busy time for many volunteers and staff. Over 400 members travelled abroad to events and camps, excellently representing the organisation on the international Guiding level. This included the brave Explorer Belt participants who ventured to an unknown destination in Europe and undertook the toughest outdoor challenge in IGG - hiking 180km over 10 days carrying all your belongings and living on €3 a day each! Well done to all involved in this amazing adventure!

Congratulations to our four IGG Leaders who attended the WAGGGS Europe Conference in Croatia. They joined with our Guiding sisters in CGI to form a joint Council of Irish Guiding Associations contingent and were all wonderful ambassadors for Ireland.

Last year, we held a Pitstop Review of the



Journey Pro



Journey Programme across all Branches. Based on the feedback from Leaders and girls, the Branch Committees considered some minor tweaks to the programme. The changes are printed in newly amended *Journey Programme Planners* and details of these are in each Branch section of this *Trefoil News*. An updated copy of the *Leader Travel Guide* (the 'purple book') will be posted to all Units, and new Planners are available to purchase in the Distribution Centres. All changes are also available freely on OGM. If anyone wants to buy new empty planner folders to fill themselves, these folders are available for sale too.



Programme

On behalf of IGG, I would like to thank all the volunteers and staff involved in the review, in the printing and publication of the resources and all those who helped update OGM.

I would like to warmly welcome Annemarie Harte who began as our new Chief Executive Officer in August. Annemarie has extensive experience in senior management positions in other similar organisations and we all look forward to welcoming Annemarie back to Guiding, and reigniting the Guiding light she experienced when she was a Brownie.

As the autumn rolls in, I wish all the best to each Unit and all involved in our upcoming Guiding events such as the Regional Conferences, National Guide Awards and the various trainings around the country.

Yours in Guiding,
Helen Concannon
chief.commissioner@irishgirlguides.ie

Helen Concannon
Chief Commissioner

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Editor's Note...

Greetings Leaders,

Trefoil News this autumn contains news about changes to the Journey Programme - check out the Brownie & Guide Branch pages for details and further information will be posted out to Units.

There's lots of exciting badge work to be done with the new Outdoor Challenge and Europe badges. We hear about the exciting adventures of the Explorer Belt; meet some of the Communications Committee members; read up on some mindfulness tips; and we introduce the new CEO and West & Central Midlands RDO.

Did you partake in the Ladybirds' 30th birthday party? If so, see if you feature in the many photos on the Out & About pages.

And... book your Gaiety Panto places now (page 20)!

Claire de Jong
trefoil.news@irishgirlguides.ie

INSERTS: a) IGG Child Safeguarding Statement 2019
b) Team Hope Christmas Shoebox Appeal flyer

ON THE COVER: Centenary Guide and Senior Branch Leaders on Aer Lingus plane when members were awarded their Aviation badge mid-flight; Ladybirds celebrate their 30th birthday at Dublin Zoo; and Senior Branchers rejoice in receiving their Explorer Belt.



TREFOIL GUILD NEWS



The months of August and September are the time when all the Guilds are putting in place their programmes for the year. We, at National level, are planning a trip to the Christmas markets and maybe a spring city break.

Over the years we have set targets and have achieved many of these so it is time to set some new ones.

Target 1: Continue to raise the profile of Trefoil Guild and thereby increase our membership.

Target 2: Review the Evergreen Challenge and make changes so that more people take part.

Target 3: Make better use of the Trefoil Guild Facebook page.

Target 4: Set up an internet working group to focus on Trefoil Guild's online presence.

When you receive this *Trefoil News*, Mary Faye, a member of Kildare Trefoil Guild and Patricia Cassidy, a member of Le Cheile (CGI's equivalent to Trefoil Guild) will be attending the European Meeting of ISGF (International Scout and Guide Fellowship) in Bremen, Germany. It is good to be represented on the international stage and stimulating to be able to share ideas and priorities with members from other countries.



We held our Annual Meeting in May and it was a lovely gathering. The Chief Commissioner came to present Dilys Lindsay with a 'Thank You' badge in recognition of the years of work she has given to IGG. We had been very much looking forward to being enthused by Niamh Shaw, the IGG Ambassador, as our speaker, however, unfortunately she was ill and unable to attend. We had also hoped to present Caitriona Kelly with her Evergreen Challenge Award, the third person to complete it, but she was also unable to attend at the last minute.

For more information about Trefoil Guild contact IGG National Office at 01 668 3898.

HEALTH QUALITY MARK

IGG received its sixth Gold Health Quality Mark from the National Youth Council of Ireland (NYCI) in recognition of our work on health promotion for young people. Presenting the

award at our National Programme and Training Committee meeting at National Office on 18 May, Lisa Harold from the NYCI National Youth Health Programme, said, "This award is a testament to the hard work and dedication of all at Irish Girl Guides. They are committed to the highest quality standards in health promotion and it is clear that ensuring a healthy and safe place for young people and staff is a key priority here."

Ms Harold added: "Congratulations are in order to the staff, volunteers and young people of the service, especially those who have guided the organisation through the process to ensure

that their work is in line with national and international best practice in the area of youth health promotion."

IGG National Programme and Training Commissioner, Jenny Gannon, said she was delighted that the organisation's ongoing health-promoting work was being recognised in this

way. "We take great pride in the high quality youth work our 12,000 members are involved in across the country and welcome this acknowledgement of that work," she said.

"Irish Girl Guides has successfully maintained the Gold Standard in Health Promotion since the award was launched in 2001. We continue

to incorporate health-focused approaches in our programmes, events and weekly meetings because we believe that they form the basis of good quality youth work relevant to today's young people."





DATES FOR YOUR DIARY

SEPTEMBER	7	EGM of General Council
	7	Executive meeting and NPT meeting
	14	Eastern Region autumn training
	28	WCM Regional Conference
OCTOBER	4	Closing date for ATOC Trainers' Conference applications
	5	North West Regional Conference
	6	North East Regional Conference
	12	International Selection Day
	12	National Guide Awards
	13	Mid-West Regional Conference
	19	Regional Commissioner's Council meeting
	19	Executive meeting
NOVEMBER	20	Eastern Region Regional Conference
	2	ATOC Trainers' Conference
	3	South East Regional Conference
	9	South West Regional Conference
	24	Gaiety Panto

RE-VETTING

Re-vetting is being carried out on a phased basis in line with IGG's Garda Vetting Policy and Procedures i.e. all relevant staff and adult volunteers will be re-vetted every five years.

The appropriate vetting forms are being issued to Leaders as required by the Safeguarding Officer, National Office. Please ensure these are completed and returned as soon as possible.



Have you signed up to receive our new monthly e-newsletter 'Girl Guide Connections'? By subscribing on our website <https://www.irishgirlguides.ie/igg-monthly-newsletter/>, you will receive all the latest IGG news and have the opportunity to enter fun competitions and give-aways. Our first edition was sent on 22 July and future editions will be sent on the 22nd of each month.

Well done to Therese Joyce who won our first competition for a €250 Aer Lingus voucher! Unlike our weekly newsletter for Leaders, 'Girl Guide Connections' is designed for a wider audience and we would encourage you to ask family, friends and parents of girls in your Unit to sign up to receive it.

ATOC TRAINERS' CONFERENCE 2019

- When:** Saturday 2 November [Registration from 9.30am] to Sunday 3 November 2pm (*accommodation is available on Friday night*)
- Where:** Abbey Court Hotel, Nenagh, Co. Tipperary
- Cost:** There is no charge for this event
- For:** Trainers, OAs, Trainee Trainers
- Closing date for applications:** Friday 4 October

Please note: This year's conference includes the Trainee Trainer mandatory sessions.

Applications through Eventbrite - <https://bit.ly/32xQidJ>



ANNETTE COUGHLAN

West and Central Midlands RDO

Hi everyone, I come from Cloghan in Co. Offaly and I'm very excited to be joining Irish Girl Guides as the new Regional Development Officer for West and Central Midlands Region. I'm a Counsellor and Trainer, with vast experience of working with people of all ages. I've lived in the US for ten years and travelled a lot. In the US, I worked with disadvantaged people and helped to empower them to make better decisions for their own, and their family's lives.

I've spent many years in Scouting, both in Ireland and the US, as a Leader and Mentor. I visited Portlick for the Regional IGG camp in June. This brought back so many happy memories of times gone by; walking around



the camp; seeing glowingly happy children; chatting; watching activities taking place and, of course, having tea with the Leaders. I've been away on many camps in places such as the Rocky Mountains in Canada, Niagara Falls in the US, Germany and France, to name but a few.

My interests are wide and varied and include camping, chatting, dancing, all holistic activities and I love letting my inner child out to play, especially at camp. For my latest project at home, I made a fairy garden and, on beautiful sunny days, I tend to it a lot.

I'm very excited to be a part of Irish Girl Guides and I look forward to spending time getting to know the people in the West and Central Midlands Region.

ANNEMARIE HARTE

CEO

Annemarie Harte joined IGG as the new Chief Executive Officer (CEO) in August. Annemarie has extensive experience in senior positions with representative groups such as CEO of Hardware Association Ireland (2014-2019), Secretary/CEO of Rotary International in Great Britain and Ireland (2007-2013) and Manager/Chief Executive of Dun Laoghaire-Rathdown Chamber of Commerce (2005-2007).

She has been a consultant to the Royal Life Saving Society UK, advising on organisational and cultural change management and developing its revenue growth business plan. Annemarie has also held senior positions in sales, marketing and business development across the Telegraph Group Limited and Associated Newspapers in the UK and Ireland.



Annemarie holds a Public Relations Diploma from the Public Relations Institute of Ireland and an NVQ Management qualification from the Institute of Leadership and Management in the UK. She is currently studying for a Bachelor in Business Studies at UCD where she has completed two years of the four year part-time degree programme.

A big rugby fan, Annemarie is regularly found at Leinster and Ireland matches. She enjoys DIY and home improvement in the spare time that's left as well as travelling far and wide.

She looks forward to working with volunteers to support them in their roles as Leaders, developing the National Office team and believes that giving girls confidence is more important than ever in a world where diversity and leadership is in short supply.

Irish Girl Guides Trust Corporation CLG (IGG Trust)

We are seeking new Directors. Is this a role for you?

The Irish Girl Guides has a number of cottages and properties around Ireland that are used by our members. These cottages and properties are vested in the IGG Trust to ensure they are maintained to the highest standard to ensure the health and safety of IGG members using them.

We are fortunate to have a great Board of Directors in place. However, the Directors of the IGG Trust would like to bolster our collective competency. We recently reviewed the skills needed around the table and have identified three vacancies.

Do you have skills in one or more of the following areas?

- ▶ Historical knowledge of IGG properties
- ▶ Experience of the construction industry
- ▶ Governance
- ▶ Legal
- ▶ Finance

If so, we want to hear from you. We ask you to consider putting your name forward for consideration as a Director of IGG Trust.

Practical information:

- The IGG Trust meets on average once per year, however, with the acquisition of the new National Training Centre, it may need to meet two or three times over the coming year. The meetings tend to take place on a Saturday.
- In addition to attending meetings, we ask each Director, every second year, to commit to undertaking an inspection of one of the IGG properties. This is done with one other Director.
- This is a volunteer role. Your travel expenses will be covered in line with IGG policy.

Do you want to find out more?

Do you wish to apply?

Just email Emer O'Sullivan, Chair of Trust at emerosulvan@aol.com

World Thinking Day 2019

Donations from Irish Girl Guides to WAGGGS

€6,681.40

Aisling Brownies
Alanna Brownies
Arbutus Ladybirds, Brownies & Guides
Ardilaun Ladybirds, Brownies & Guides
Ballincollig/Ovens Area
Ballybay Ladybirds, Brownies, Guides & Senior Branch
Barnagore Brownies & Guides
Belleek Brownies
Blackthorn Guides
Boherbue Ladybirds, Brownies & Guides
Bray Trefoil Guild
Bride Valley Ladybirds
Buttercup Brownies
Cairde Guides

Camcor Ladybirds
Cashel District
Celbridge Ladybirds, Brownies & Senior Branch
Charleville District
Clogherhead Brownies & Ladybirds
Crosshaven Guides
Dilys Lindsay
Dolphin Guides
Dublin Trefoil Guild
Dun Olaf Guides
Dundrum Ladybirds & Brownies
Dun Laoghaire Trefoil Guild
East Wicklow Trefoil Guild
Edenderry Ladybirds, Brownies, Guides & Senior Branch
Ennis Ladybirds, Brownies & Guides
Enniskerry Brownies
Gallen Ladybirds & Brownies
Galway Area
Glyde Guides
Greystones Guides
Hawthorn Guides
Kells/Navan District
Kilbehenny Brownies
Kildare Area Trefoil Guild
Lee Valley Ladybirds
Liffey Guides
Lucan Guides
MacEgan Senior Branch
Maynooth Ladybirds, Brownies & Guides
Merlin Woods Brownies & Guides
Midleton Girl Guides

Moresby Brownies
Moy Brownies
Moycullen Brownies & Guides
Moynemacshane Area
Newtowncunningham Brownies
North East Trefoil Guild
Owenabue Brownies
Primrose Brownies
Rathcara Area
Rathdowney Brownies
Rathfarnham Ladybirds & Brownies
Renmore Brownies
Seashell Guides
Setanta Brownies & Guides
Shandrum Brownies
Shannow Ladybirds & Brownies
Sheila Luckwill
Si Gaoith Guides
Silver Birch Brownies
Smartie Brownies
Sonas Ladybirds
South Cork Trefoil Guild
St. Aideen's Ladybirds
St. Bridget's Brownies (Three Rivers)
St. Ciaran's Guides
St. Laurence's Brownies
St. Nicholas Collegiate Guides
St. Rynagh's Brownies & Guides
Taney Brownies
Thurles District
Tir na Nog Brownies
Westcourt Ladybirds
Wexford Brownies
Yellow Steeple Brownies

IGG in the Media



Making the Headlines.....

- Girl Guides Have the Building Blocks to a Better World* – **Meath Chronicle, 6 July**
- Local Girl Guides Blast Off 'Into Orbit'* – **Dublin Gazette, 4 July**
- Youth Work Has Changed Our Lives* – **The Echo, 3 July**
- Girls Power Full Steam Ahead With STEM Challenges* – **The Irish Independent Women in STEM supplement, 27 June**
- Ennis Teen Goes Into Orbit for STEM Programme* – **Clare Champion, 26 June**
- Ladybirds Mark 30th Birthday* – **Naas and Newbridge Nationalist, 25 June**
- Local Ladybirds Join 300 Celebrating 30th Year* – **Drogheda Independent, 25 June**
- Party Time at Dublin Zoo for Ballina Ladybirds* – **Western People, 24 June**
- Banagher Girl Guides Help Launch New Europe Badge* – **Offaly Midland Tribune, 8 June**
- Sharing a BLOOMing Good Day* – **Dublin Gazette, 6 June**
- Silver Gaisce for Girl Guide Leader* – **Wexford People, 4 June**
- Girl Power Can Be About More Than Glitz and Glam* – **The Irish Times, 28 May**
- The Tale of a Postcard Garden* – **Sunday Independent, 26 May**
- Giving Girl Guides a Go* – **Woman's Way, 13 May**
- Girl Guides in Euro Honour* – **Irish Daily Mirror, 8 May**
- Handing in the Badge* – **Irish Examiner, 8 May**

.....and spotted on Social Media.....

Learn It - Inspiring the Creators of Tomorrow
June 27 at 3:22 PM

Our partnership with the Irish Girl Guides is one of our top initiatives and we've lots in store over the next 18 months. It is an absolutely fantastic organisation and I highly encourage any of our fans with daughters to get involved with them. #givinggirlconfidence

Christine Vinciguerra Cumiskey - Irish Girl Guides
June 24 at 7:54pm

Boyne Valley Brownies finished their Guiding year with a Family Fun Day. We had a family scavenger hunt, played some games, had a picnic, played in the playground and said goodbye after a bittersweet moving-up ceremony. - with Nicki Cumiskey and 2 others

Jillian Van Turnhout
June 20 at 2:29PM

Well done to National Youth Council of Ireland (NYCI) and all its member organisations for #youthworkchangeslives. Great article and photo in The Irish Times with fab photo of Aoife Irish Girl Guides, Minister Helen Mc Entee and Eric, Irish Second-Level Students' Union - ISSU. #ProudGirlGuide #ProudFormerPresidentNYCI

Praise for 'life-changing impact' of youth services

Catherine Cotter - Irish Girl Guides
June 19

Limerick City Area Camp Curraghchase

Helen McEntee TD
@HMcEntee

What a treat for ME to meet such fantastic role models! Young women supporting each other and paving the way on important issues. We had a bit of fun too! #Climate #mentalhealth #Confidence #Opportunities #YouthWorkChangesLives @IrishGirlGuides twitter.com/hurlamaboc/sta ...



The Communications Committee is excited to announce that they are back with a bang and are filled with new members. They're so excited that they want to tell you about the team.

Co-Secretaries



My name is Méabh Lonergan. I'm a Brownie Leader and Senior Brancher in Carrigaline, Co. Cork. I study Government and Political Science in UCC and my interests include photography, writing and travel.



I'm Jessica Woods, Leader with CúChulainn Guides in Drogheda, Co. Louth. I grew up camping, making crafts and selling cookies in America as a Girl Scout. I'm delighted to share those same experiences with my daughter who is about to start her Trail Blazer year. I also have a Degree in Broadcast Journalism and have worked in print, radio and for ABC News in the States.

International Rep



Hi, my name is Nicki Cumiskey, currently a very passionate Senior Brancher in Dundalk and soon to be a fully warranted Brownie Leader. I've been involved in Guiding for a few years and have developed a love for camping and travelling as well as meeting new people.

Eastern Rep



I'm Órlaith and I'm a Ladybird Leader. I hold a Degree in Communications and have a love for photography. I try to incorporate this passion into other areas of my life such as aerial arts and environmental awareness.

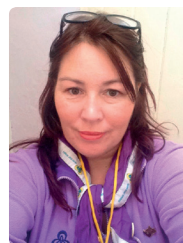
North East Rep

My name is Amy, I'm a member of Drogheda Senior Branch and a Leader with CúChulainn Brownies. I'm interested in sustainable development, advocacy and activism and I enjoy representing IGG nationally and internationally.



South West Rep

I'm Jacqui, originally from Dublin, and living in Cork for the last 17 years. I was a Brownie and Guide and have been a Leader in Crosshaven for about six years; my two daughters are Guides. I'm interested in the arts, digital media, arts & crafts, and biodiversity & climate change. I'm a member of the local Knit & Natter group, a community action group and I work in UCC.



Mid-West Rep

Hello, I'm Tracey. When my daughter wanted to become a Ladybird, I got involved in Guiding again, having previously been a Guide. I helped in a Brownie Unit before running Blackberry Guides. I also work with Senior Branch going on many fun trips including Ventact. I represented IGG at The Academy in Cyprus in 2016, an opportunity I'll never forget. I love the outdoors and especially camping.



With a re-energised committee, we want to hear from our Leaders more! Send us your pictures, tell us what events you're at and the badges that you're currently working on or if you or one of your Girls is interested in writing an article.

We are still looking for reps for North West and South East, as well as a Treasurer, so if you or someone you know would be interested in joining this re-energised committee than drop Beth, Assistant Chair, an email on elizabethmoody157@gmail.com



New Europe Badge

IGG was delighted to launch its Europe badge which has been developed in partnership with European Movement Ireland (EMI). Achieving the badge will help members gain an understanding of the European Union (EU) and how it affects the lives of Irish citizens.



The badge was launched at an EMI 'Handshake for Europe' event held in Iveagh House, the headquarters of the Department of Foreign Affairs and Trade, ahead of Europe Day (9 May).



LADYBIRDS

In order to earn the badge, Ladybirds will learn to recognise the EU flag, greetings customs from three other EU countries, to name some other EU countries and to make rubbings of Euro coins.

BROWNIES

Brownies will discover which countries are members of the EU, learn about the role of MEPs and, through a variety of activities, identify ways of respecting and including different cultures. They will learn who their local MEPs are and write letters to them.

GUIDES

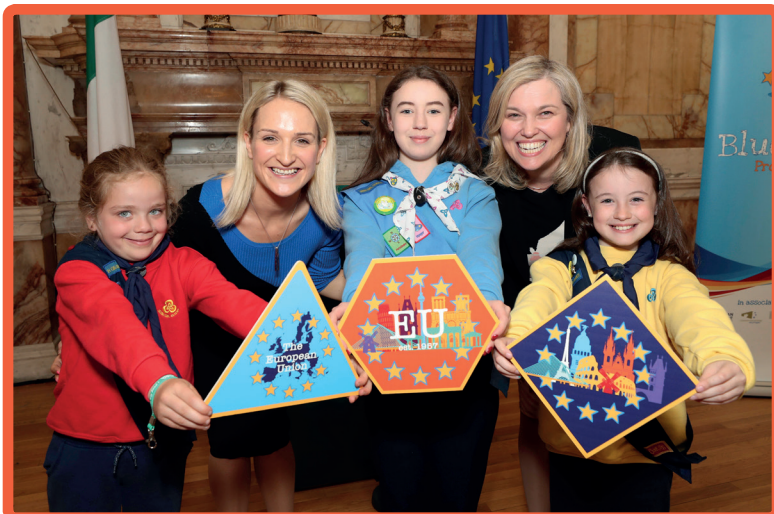
Guides will learn why the EU was formed in 1957, when Ireland joined (1973) and the advantages of being an EU member. They will make posters illustrating why Ireland is a member, will celebrate an international cultural festival (e.g. host a Eurovision-style talent competition) and invite a politician to come and talk to them about the EU.

Launching the badge, Minister Helen McEntee said "The initiative developed by the Irish Girl Guides and European Movement Ireland is yet another way to promote, learn and understand the workings of the European Union. It is vitally important to educate our young people about why the EU exists in a way that engages them and encourages them to want to learn more."

Noelle O'Connell, Executive Director of European Movement Ireland, said: "European Movement Ireland is delighted to be partnering with the Irish Girl Guides in developing a range of Europe badges that we hope will inspire over 10,000 girls and 1,800 women leaders to both learn and, indeed, shape Ireland's relationship with Europe. As an organisation founded to develop the

connection between Ireland and Europe, EM Ireland is delighted to be partnering with the Irish Girl Guides on this exciting and timely project at a crucial time in Ireland's EU relationship."

It has been a pleasure to work with European Movement Ireland to develop the three Europe badges, one for each of our Branches. We were delighted that both organisations have a joint advocate in Jillian van Turnhout who worked with our National Programme and Training Commissioner and our Branch committees to ensure the Europe badge becomes a permanent fixture in the Journey Programme.



CRITERIA OF THE NEW IRISH GIRL GUIDES EUROPE BADGE

The criteria for the new Europe badge is based on the specific timeframe for Interest Badges:

- 2 meetings for a Ladybird badge (approx. 20 min activity on this specific badge each week for 2 weeks)
- 3-4 meetings for a Brownie badge (as above)
- 4 meetings maximum for a Guide badge (as above but with some tasks permissible to be done at home/school/other clubs)



Ladybird Europe

Aim: To learn about being part of Europe

1. Recognise and colour in the European Union (EU) Flag.
2. Learn greeting customs from 3 different countries.
3. Make rubbings of Euro coins and name some of the countries of the EU.



Brownie Europe

Aim: To learn about the European Union, who represents us and different cultures

1. Find out who the member states of the European Union are.
2. Find out what MEPs do and who the MEPs in your Constituency are.
3. Write a postcard to your MEPs to tell them what you do in Brownies.
4. Learn that everyone in the world is different e.g. fingerprints, different languages, different colour skin.



Guide Europe

Aim: To explore and understand why Ireland is part of the European Union
Complete any 4 of the options to gain the badge.

1. Learn about why the European Union was formed in 1957 and when Ireland joined.
2. Buy a newspaper and identify three stories involving Europe.
3. Celebrate an International Cultural Festival e.g. host a Eurovision talent competition.
4. Make a poster on why Ireland is a member of the European Union.
5. Invite a VIP to visit your Unit to come and talk about the European Union

Note: VIP could include MEP, Minister, TD, Senator, EU member state Ambassador, City or County Councillor etc.



OUT AND ABOUT

LEARNING ABOUT THE RNLI

Members of Siamsa and Allin Brownies, Bandon and their Leaders along with members of Bandon Senior Branch visited Kinsale RNLI. The girls learned about the importance of the Lifeboat volunteers, about water safety and the importance of being able to float. We even saw some members launch the lifeboat. We were delighted to make a donation with our weekly subs to such an important cause. A very worthwhile visit and thanks to the volunteers in Bandon RNLI.



HELP RAISE MUCH NEEDED FUNDS FOR CHILDREN WITH DOWN SYNDROME



www.downsyndrome.ie

Call: 1890 37 37 37



#DSIHBFundays



OUT AND ABOUT



30TH BIRTHDAY ADVENTURE

Esker Riada's Ladybirds' 30th birthday party was held in Planet, Athlone. The girls played bowling and had fun in the adventure centre. Happy Birthday Ladybirds!



HAIR FOR THE RAPUNZEL FOUNDATION

Before and after photos of two great girls, Eloise and Eva, from Naas Brownies who donated their hair to the Rapunzel Foundation. Their Leaders are very proud of them.



30TH BIRTHDAY TEA PARTY

Monasterboice, Tullyallen & Clogherhead Ladybirds celebrated the Ladybirds' 30th birthday with games, crafts and a delicious big birthday cake. They planted a tree and a time capsule with items from each Unit. A local Brownie Leader crocheted a Ladybird for each girl as a gift. It was a great day and it was very special bringing Units together for the party.





OUT AND ABOUT

LADYBIRDS' 30TH BIRTHDAY - FOTA ISLAND, CORK





OUT AND ABOUT

LADYBIRDS' 30TH BIRTHDAY - DUBLIN ZOO





LADYBIRDS



Hello Ladybird Leaders,

Welcome to another year of Guiding! We hope you all had a relaxing summer and are ready to start the 2019/2020 Guiding year. We hope all Units that celebrated the Ladybirds' 30th Birthday, especially those who came on 15 June to Dublin Zoo and Fota Wildlife Park, had a fantastic time. A great day was had by all and the summer sun came out to shine down on us. I would like to thank all members of the Ladybird Committee for their hard work and dedication as without these ladies we couldn't have had two such successful events. Check out the photos in this edition and on the IGG Facebook page.

As a thank you to Leaders who gave up their Saturday (most of whom travelled a long distance to get to the party), we have a very kind donation from the Galway Bay Hotel for a two-night stay in either the Galway Bay Hotel or the Hudson Bay Hotel in Athlone. We raffled this prize after the event for the Units who attended and the Unit can decide who they want to avail of the voucher. And the winning Unit is... Dolmen Ladybirds. Would the Unit Contact Person, Jo, please email ladybird30birthday@gmail.com with your postal address and we will get the voucher out to you as soon as possible.

For those Units that have not yet availed of the travel refund, can you please email your receipts/invoices to ladybird30birthday@gmail.com and we can get the funds to you as soon as possible.

As we are into a new Guiding year, we are including activities for getting to know you as most Units will be taking in new Ladybirds this September. These activities are also a way in which we can show new Ladybirds what they can expect from Guiding.

We hope you have worked on some of the new badges which were launched this year. We now have an Outdoors Challenge badge (see centre pages) which is to be completed over a couple of meetings. We can't wait to see photos of all the Units out and about.

Ladybird Branch Committee



Sign-in Board

The joy on the Ladybirds' faces every week is priceless and hence why we are all Leaders. Each Ladybird loves to be helpful and having jobs to do.

A fun idea for the Ladybirds is a sign-in board. On a cork board you could have all the Ladybirds' names. The Ladybirds can design their own Ladybird, flower or any item they want. Every week, when the Ladybirds arrive, they can sign in by putting their Ladybird with their name on the board or their flower around the garden. When the Ladybirds are going home, they must put their Ladybird or flower away. Here's a sample of one purchased from Baker Ross.



Group Contracts

- Explain to the Ladybirds that together they are now part of a group of friends that play games, draw and colour.
- Discuss the rules of the Unit with the Ladybirds.
- Ask the Ladybirds for their ideas as to how they can take part, listen, tidy up and share.
- Demonstrate the 'silence sign' or 'hand signal' by raising your right hand in the air. Explain to the Ladybirds that when the Leader puts her right hand in the air, the Ladybirds should copy her and be quiet.
- Show the Ladybirds the Ladybird uniform and discuss why a uniform is worn.



Learning the Rules at Ladybirds

Materials:

- an A3 sheet of paper or card
- glue sticks
- selection of pictures to represent the Ladybird Unit rules i.e. taking part, listening, tidying up, sharing, the hand signal, the Ladybird uniform

Preparation:

Fold the A3 sheet of paper in half lengthways and then in three to give you six rectangles. Use the rectangles for the titles of the Unit rules:

Take part	Listen	Share
Wear uniform	Silence sign	Tidy up

Instructions:

Ask the Ladybirds to select a picture to represent each of the Unit rules and discuss what the rules mean. Glue the relevant pictures next to the corresponding rules on the A3 sheet.

Additional activity: Give the Ladybirds a cloud with their Promise written on it and ask them to colour a rainbow around it. Glue them around the Ladybird contract rules.



**The word "God" can be replaced by the word "faith" according to one's spiritual beliefs.*

Getting to know the Rules

Without rules, society would fail. And, just like society, Guiding would fail too. There are simple rules/guidelines in Ladybirds which help us to achieve our end goal, to help encourage the Ladybirds to be the best they can be. Our rules are simple:

- Ladybirds care and Ladybirds share
- Be kind and helpful
- Silence sign
- No climbing on the chairs and tables
- Listen to all the Ladybirds and the Leaders
- Take part in all activities

A fun way to help the Ladybirds remember the rules would be to play games for each rule or you can also create a rule board similar to the picture above. You can adapt the rules to suit your meeting venue.



Becoming a Ladybird

Before the Ladybirds become enrolled as Ladybirds there are a couple of Challenges which need to be completed. These activities are found in the Journey Programme which is available both in the Distribution Centre and online on OGM. Completing the activities and taking part in the enrollment ceremony gives each Ladybird a huge sense of belonging in the Unit. We would love to see all the pictures from your enrollment ceremonies. Please send your photos and details to communications@irishgirlguides.ie - providing you have permission from each parent for photos to be shared in *Trefoil News* and online.



Game for Silence using the Hand Signal

Select three different animal sounds e.g.:

- Sheep - Baa Baa
- Dog - Woof Woof
- Cow - Moo



1. Explain to the Ladybirds that when the Leader calls out 'sheep', the Ladybirds should skip around the room and make the noise of a sheep. When the Leader puts her hand in the air, the Ladybirds must stand very still with their hand in the air too and be as quiet as a mouse.
2. Repeat this using different animal sounds and, intermittently, putting your hand in the air and waiting for the Ladybirds to be quiet.
3. Praise the girls at the end of the game for obeying the hand signal by saying 'well done'.

Badge Links: [Discover, Becoming a Ladybird Guide No. 10](#)

Cabbages

When you feel like all the Ladybirds know each other, or know most of each other's names, you could play cabbages. For this game all you need is a blanket.

1. Ask the Ladybirds to run around the hall.
2. When you say 'cabbages' all the Ladybirds must roll up into a ball on the ground facing down.
3. You then cover one Ladybird with the blanket and say 'cabbages awake'.
4. The Ladybirds must then guess who is under the blanket.

This is a fun way of getting to know the girls.

You could also spice things up by hiding two Ladybirds at a time under the blanket or by getting each Ladybird to say something about themselves once they come out from under the blanket. Ideally you should use a lightweight blanket or a sheet and be sure not to leave the Ladybirds under for too long.

What Ladybirds means to me?

Materials:

- post-its
- colouring pens
- clean pringle tin
- a bio-degradable plastic bag (e.g. kept from your *Trefoil News*)

Instructions:

1. Discuss what Ladybirds do e.g. draw and colour, work on badges, play games, read stories.
2. Give each Ladybird a post-it and ask her to draw a picture of what she likes about Ladybirds.
3. Help the Ladybirds to arrange the post-its with the drawings around the pringle tin.
4. Wrap the re-used plastic around the pringle tin (keeping the pictures in situ) and explain to the Ladybirds that this will remind them of the good fun that Ladybirds have.
5. Use the tin to store colours or glue sticks.



Badge Links: [Choice Challenge 34](#)

Five things that make me special!

1 My name

(Badge Link: Discover, Becoming a Guide, No. 1)

Preparation:

Print or write out the Ladybirds' names in full and give each Ladybird her name. Ask each Ladybird to look at her name and look at the letters that make up her name.

Activity:

Scatter the names around the table and ask each Ladybird to take her time and try to select her name from the names on the table.

2 My birthday

(Badge Link: Discover, Becoming a Guide, No. 3)

Game: (same as 'What time is it Mr. Wolf?')

1. Arrange the Ladybirds in a line along the wall at the back of your meeting room.
2. Having checked the months of their birthdays, tell each Ladybird the month of her birthday asking her to repeat it before you move to the next Ladybird.
3. The Leader stands at the other end of the room facing the Ladybirds and calls out a different month specific to one of the Ladybirds in the group and a number of steps for her to jump. For example, 'February - 4 jumps'. The Ladybird with that birthday month should jump the required number of jumps.
4. Call out the relevant birthday months ensuring that each Ladybird gets at least two chances to jump.
5. The Ladybird that reaches the Leader first is the winner.

3 My face with a smile

Everyone is unique. Ask the Ladybirds to draw a picture of their face with a smile on it. Alternatively, bring in a mirror and allow each Ladybird to smile at themselves in the mirror.

4 My fingerprints

(Badge Link: Choice Challenge, No. 16)



Painting activity:

1. Using ink stamps or different coloured paints, ask the Ladybirds to make a caterpillar using paint or ink on their fingers.
2. Using a magnifying glass, allow each Ladybird to examine the curved lines in the prints.
3. Explain to the Ladybirds that everyone's fingerprints are different.
4. Using felt pens, ask the Ladybirds to draw a hat on the caterpillars head and legs with shoes on its body.

5 My hobbies

(International Day of the Girl)

What do I like to do? Draw, paint, build, dance, run, read etc.

Play a game of 'When the wind blows'.

1. The Ladybirds and Leaders stand in a circle holding hands.
2. As the Leaders and Ladybirds say 'When the wind blows' everyone moves in towards the centre of the circle and then the Leader calls out, as the group moves back out into the bigger circle, 'Anyone who likes to dance swap places'. Anyone who likes to dance swaps places with someone else who likes to dance. Not everyone will swap places.
3. The group holds hands and continues the game using a different hobby.

While we can share some of the same hobbies, our skills and talents make each of us different and unique.

Overall Badge Link: [Ladybird Healthy Mind Interest Badge No. 1](#)

New Outdoor Challenge (see centre pages of this edition)

Take a look at the Outdoor Challenge activities and get out and about with your Ladybirds! Ladybirds must complete five Challenges to achieve the new badge.

Enjoy an autumnal ramble in a local park and perhaps tie that in with a picnic with the girls learning to dispose of their rubbish correctly. You could focus your outdoor walk on road safety skills and sing the Safe Cross Code with the girls. You could have fun bird-spotting and get to know the names of different garden birds. You can make the activities as adventurous and fun as you and the Ladybirds like.





The Gaiety Panto

Sunday
24 November 2019



Yet again, the Gaiety Theatre will be over-run by Irish Girl Guides for the annual Gaiety Panto.

We need to know numbers early on so please get your booking form in as soon as possible.

Booking opens immediately and will only be accepted on the official booking form (below). Those not receiving tickets will be notified ASAP.

NOTE: We are sorry all tickets still include €1.00 levy due to a restoration charge on every seat by the Gaiety Theatre.

Come and join in the fun!

Pantomime Booking Form

Post booking forms to:

Mrs Pamela Galloway
37 Demesne
Howth Road
Killester
Dublin 5

Payment details:

Please make your cheques/ postal orders payable to **Irish Girl Guides.**

- Deposits will not be accepted.
- Post-dated cheques will not be accepted.

All bookings must be accompanied by FULL payment.

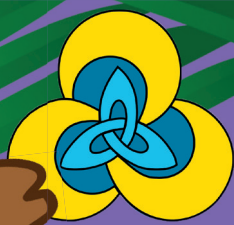
Name			
Address			
Home Phone		Mobile Phone	
Unit Name/s			

Please state the number of tickets you require, giving both your first and second choice. If your first choice tickets are sold out, your second choice will be allocated to you, numbers permitting.

We are sorry all tickets still include €1.00 levy due to a restoration charge on every seat by the Gaiety Theatre.

No. of tickets @ €22.50	(Parterre)	First Choice _____	Second Choice _____
No. of tickets @ €22.50	(Dress Circle)	First Choice _____	Second Choice _____
No. of tickets @ €18.00	(Grand Circle)	First Choice _____	Second Choice _____
No. of tickets @ €16.00	(Upper Circle)	First Choice _____	Second Choice _____

Number of tickets	_____ tickets @ €_____	Total value of tickets	€
		Plus €3.00 Administration Cost - Phone and Postage	€3.00
		TOTAL VALUE OF ENCLOSED CHEQUE/POSTAL ORDER	€



OUTDOOR CHALLENGE

The objective of this Challenge is for ALL Units from ALL Branches to GET OUTDOORS using the seven principles of 'Leave no Trace' Anytime and anywhere between September 2019 and June 2020!

Follow our OUTDOOR CHALLENGE badge criteria inside this booklet to find out how to get involved!



Going outdoors is Free!!



Your main objective:
Do an activity outdoors!
 Whether you're a Ladybird, Brownie, Guide or Senior Branch, there are always plenty of exciting activities and challenges waiting for you just outside your front door!

Remember your
 Compulsory Ratio
 adults to children
 IGG outings

Ladybirds - 1
 Brownies - 1
 Guides - 1:1
 Senior Branch - A
 Supervision



Principle 1: Plan ahead and prepare	Principle 2: Be considerate of others	Principle 3: Respect farm animals and wildlife	Principle 4: T Camp on Dura
Know what to bring for a day out. (Ladybird Day Out - 1).	Learn basic road safety skills including safe cross code song. (Ladybird Road Safety- 1).	Recognise 3 garden birds. (Ladybird Bird Watcher - 2).	Help pitch a te (Ladybird Camp
Know what to wear for a day out. (Ladybird Day Out - 2)	Take part in a ball game (outdoors). (Year 1 Discover 4).	Play a nature game (Year 2 Grow Choice challenge-8)	Go for a ra (Ladybird Active
Go on a Brownie Day Out and before you go, know what you need to bring. (Explore - Lifeskills 9).	Discuss ways of including everybody in Brownies and how we can ensure no one is left out. (Explore - Teamwork 5).	Find a spider's web, study it carefully and draw a web. (Brownie Choice Challenge - 3).	Take part in a gar using eight com (Investigate - Tea
Learn how to read a simple map and learn some map symbols. (Brownie Choice Challenge 28).	Visit a mountain, seashore, riverbank or woodland and describe or draw what you can see, hear, smell and feel. (Choice Challenge 12 & Brownie Nature Observer Badge)	Carry out a minibeast/bug hunt - Look and see if you can spot any of the following: woodlice, spider, ant, slug, snail, ladybird. (Brownie Nature Observer - 2)	Follow a trail la string or some ot (Brownie Choice C
Take part in a day/night hike, wearing the correct clothing and understand why it is necessary. (Guide Choice Challenges: Outdoors Adventure-14)	As a patrol take part in a cooperation game. (Guide Choice Challenges: Teamwork Adventure - 1).	Recognise at least 5 spring/summer wild flowers and give reasons why they should not be picked. (Guide Choice Challenge: Outdoors Adventure - 9)	Camp overnight pitching and st (Guide Choice Challenges: O
Demonstrate to first time campers a correctly packed personal kit and bedding roll, explaining why each item is needed. Guide Choice Challenge Lifeskills 11).	Take part in a Patrol discussion on activities you are planning to do, including distributing different tasks and who will take responsibility for each one. (Guide Team Player - 3).	Make a bird feeder and know the correct foods to put in it. Keep a record of the birds that visit your feeder every day for at least 10 days. (Guide Choice Challenges Outdoors 13).	Take part outdoor scave (Guide Choice Challenges: Tea

your ratios of children for outings!

1:4
1:8
1:10
- Adequate vision



Ladybirds

Complete 5 challenges



Guides

Complete 7 challenges

Brownies

Complete 6 challenges

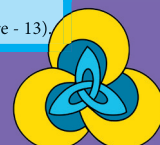


Senior Branch

Complete 7 challenges



Principle 4: Travel and Sustainable Ground	Principle 5: Leave what you find	Principle 6: Dispose of Waste Properly	Principle 7: Minimise the effects of fire
<p>Set up a tent indoors.</p> <p>(Ladybird Camp Cape - 1).</p>	<p>Make mud prints.</p> <p>(Ladybird Camp Cape - 5).</p>	<p>Recognise the appropriate bins for your rubbish.</p> <p>(Ladybird Environmental Awareness - 3).</p>	<p>Take part in an indoor campfire.</p> <p>(Ladybird Camp cape - 3).</p>
<p>Go on a ramble.</p> <p>(Active Body - 2).</p>	<p>Plant something, take it home and watch it grow.</p> <p>(Year 2 Grow Compulsory challenge 1).</p>	<p>Go on a picnic walk in your local park and dispose of all rubbish correctly.</p> <p>(Ladybird Environmental Awareness - 3).</p>	<p>Make an edible campfire.</p> <p>(Ladybird Camp cape - 4).</p>
<p>Play a game or activity using a compass and compass points.</p> <p>(Teamwork - 6).</p>	<p>Learn tracking signs and follow a trail outdoors.</p> <p>(Investigate - Outdoors 4).</p>	<p>Identify the seven principles of Leave no Trace.</p> <p>(Explore - Outdoors 2).</p>	<p>Take part in a Fire Drill at your Unit meeting and demonstrate what to do if clothes catch fire.</p> <p>(Detect - Change 8).</p>
<p>Use wool, paper and other material to make a trail.</p> <p>(Choice Challenge - 4).</p>	<p>Do a tree study - bark rubbing, leaf print and any wildlife that lives in it.</p> <p>(Brownie Choice Challenge 8)</p>	<p>Exploring Waste Disposal.</p> <p>(Leave no Trace Game).</p>	<p>A Challenge to suit your Unit - Quick-fire effects of Campfire quiz.</p> <p>(Brownie Choice Challenge 51)</p>
<p>Set up a tent, including a sleeping bag and striking tent.</p> <p>(Outdoor Adventure - 6).</p>	<p>Play a nature observer game with your Patrol.</p> <p>(Guide Choice Challenge: Outdoor Adventure 15)</p>	<p>Understand the need for recycling in today's world. Have a fashion show at Guides with outfits made out of recycled materials.</p> <p>(Innovator Compulsory Challenges Global Awareness Adventure)</p>	<p>Find out about National Fire Safety Week.</p> <p>(Pathfinder: Now you're a Guide- 4a).</p>
<p>Participate in a scavenger hunt.</p> <p>(Teamwork Adventure -13).</p>	<p>Plan and make a visual record of a journey, e.g. using postcards, photographic slides, prints or video.</p> <p>(Guide Global Traveller - 9)</p>	<p>Investigate where the recycling facilities are in your area.</p> <p>(Guide Environmental Awareness - 7).</p>	<p>Carry out a routine fire safety check and make a fire escape plan for your home.</p> <p>(Guide Choice Challenges: Lifeskills Adventure - 13).</p>



Activity Ideas!



Welly Wander



Teddy Bear Picnic



Beach Day



Scavenger hunt



Unit Fun Day



Nature walk



Incident hike



Forest Ramble

Orienteering



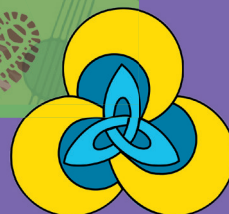
Ladybird Day camp



Guide Camp



Brownie Pack Holiday





mindfulness

By Riognach Cantwell

I'm delighted that I have the opportunity to share some of my personal insights and realisations around what mindfulness means for me over the coming year. In each of my articles, I will explore how becoming mindfully aware of how we are in the present moment can greatly influence how we respond to ourselves and others more openly rather than defensively. In this edition, I take a look at how we often communicate and the language we use.

When it comes to how I communicate, if I send an 'I' message I communicate clearly how I feel, what my needs are and what my boundaries are. If I send a 'you' message, I attempt to have my needs met by making others responsible for how I feel and act.

One of the most challenging things about Guiding for me was lying in bed trying to ignore the loud whispers and peals of laughter from the exuberant Guides in the next-door room or tent. My patience was on a very short string at 1am. No matter how many times I untangled myself from my sleeping bag, banged on their door and shouted for them to get back into their own beds, they successfully ignored me.

It wasn't until a few years ago, when I began to reflect on how I express myself and my needs, that I discovered that I, and most likely many of you, rarely express my needs. I issued demands and orders left, right and centre - 'get into your own bed', 'don't make another sound' etc.

To express our needs we need to use 'I' messages e.g. 'I would like...' and 'I feel...'. When I began to express myself by speaking from an 'I' place, I initially felt like there was a ball stuck in my throat. It is so much easier to say, 'you are annoying me' or 'I'll do whatever you want' rather than 'I feel annoyed when...'

or 'I would prefer to do this'.

Just because I express my needs and use an 'I' message doesn't mean that my needs will automatically be met, but there is a much better chance that others will actually listen and hear me.

Lying in bed yet again listening to the girls' high jinks next door, I vaulted from the bed and was just about to explode at their door when I remembered... 'I' message. So, I knocked on the door and said, 'Girls, I feel really tired and I need to sleep so that I will have energy to do all the activities tomorrow. However, I'm finding it very hard to sleep because you are talking and laughing loudly. I need for you all to either go to sleep, read or talk very quietly'. I headed back to bed, much calmer than I had in previous times and I didn't hear another sound from the dorm.

Nothing changes without awareness and I feel we need to first become aware of the words we are using and question if these words accurately convey what our need is at that time. When we aren't aware of what our need is, for example needing peace and quiet, it is very hard to express it, and we will be much more likely to think that our need is for others to be quiet.

Patience goes hand in hand with awareness. We need to be patient with ourselves, expressing our needs is not easy when we are so often met with judgement, rejection, put-downs etc. It may be enough for you to acknowledge for yourself what you would like or need in this moment.

I believe that affirming your deepest needs, quietly for yourself, slowly but surely brings the confidence to communicate your needs with an 'I' message.

Riognach is a Relationship/Parent Mentor, offering one-to-one counselling. She was a member of IGG for 15 years and brings a wealth of experience as the provider of IGG's Confidential Counselling Service.

IGG members can avail of three free one-hour counselling sessions with Riognach by phone/video call. This service may be accessed using the following number 087 9664363.

These sessions are available for all members of Irish Girl Guides and staff over 18 years of age. If a member wishes to avail of further sessions, they can pay an IGG discounted rate of €30 per session.



BROWNIES



Dear Brownie Leaders,

Welcome back to another Guiding year. This year is set to be an exciting year with changes being rolled out in our Journey Programme. In this edition of *Trefoil News* you will see some of the adjustments and changes we have made to the Journey Programme in order to make it more enjoyable for both Leaders and Brownies. Following consultation with Brownie Leaders around the country, the overwhelming feedback was that the Brownie Programme was too large and Leaders on the ground were struggling to cover it on a yearly basis. As a direct result of this feedback, we have significantly reduced the number of challenges that Brownies have to complete to earn their Detect, Investigate and Explore badges.

Brownie Branch Committee

REVISED BROWNIE PROGRAMME - OUTCOMES

- ▶ Less activities to be completed each year and therefore less pressure on Leaders.
- ▶ More freedom for Leaders to select which Challenges they complete.
- ▶ More time each year to complete Interest Badges and Choice Challenges.
- ▶ More time to complete new badges/activities as they are launched each year.
- ▶ The same Challenges need not be completed year-on-year.



OVERALL BROWNIE PROGRAMME REVISIONS

Year 1: Detect - Becoming a Brownie Guide (pre-enrolment)

Becoming a Brownie Guide section is remaining unchanged as all of the 15 Compulsory Challenges are essential components of what we do in IGG and the Brownie Guides need this overall broad foundation before being enrolled. It is important to remember that a Brownie can begin working on Interest Badges as soon as she joins a Unit, although she cannot be awarded the badges until she has been enrolled. Any Interest Badge work done prior to her enrolment can be carried forward.

Year 1: Detect - Now You're a Brownie Guide

Within the **Detect** badge we have reduced the overall number of Challenges. Instead of having to complete 12 overall Challenges; two coming from each of the 6 Adventures (Guiding, Outdoors, Teamwork, Change, Lifeskills and Global Awareness), Brownies will now have to complete 6 Challenges with one coming from each of the 6 Adventures. Along with these challenges the Brownies will also have to complete 3 Interest Badges in order to earn their Detect badge.

PREVIOUS PROGRAMME	REVISED PROGRAMME
Year 1: Detect - Now You're a Brownie Guide	
12 Compulsory Challenges (2 from each Adventure)	6 Compulsory Challenges (1 from each Adventure)
n/a	3 Interest Badges

Year 2 and 3: Investigate and Explore

Similarly to the Detect badge, in the **Investigate** and **Explore** badges Brownies will now have to complete 6 Challenges with one coming from each of the 6 Adventures alongside 5 Choice Challenges and 3 Interest Badges.

PREVIOUS PROGRAMME	REVISED PROGRAMME
Year 2: Investigate	
12 Compulsory Challenges (2 from each Adventure)	6 Compulsory Challenges (1 from each Adventure)
10 Choice Challenges	5 Choice Challenges
3 Interest Badges	3 Interest Badges
Year 3: Explore	
12 Compulsory Challenges (2 from each Adventure)	6 Compulsory Challenges (1 from each Adventure)
10 Choice Challenges	5 Choice Challenges
3 Interest Badges	3 Interest Badges

CHANGES TO CHALLENGES

Below you'll find a list of any Challenges that have been changed in the Programme. You will already recognise lots of the Challenges listed below, as plenty of them were already in the Brownie Programme. They have simply been moved to a different section of the revised Programme and some Challenges have been reworded slightly to make them more enjoyable and attainable for both Leaders and Brownies.

Year 1: Detect - Now You're a Brownie Guide

Guiding 1: Be able to tie the following knots and know a practical use for each of them - reef knot and friendship knot.

Outdoors 4: Discuss all the ways you use water at home. Keep track of how much water you use in one day. How could you reduce this?



Year 2: Investigate

Guiding 2: Take part in an activity to help you remember your Brownie Guide Promise and Law.

Outdoors 3: Find out about the importance of recycling and anti-littering.

Year 3: Explore

Guiding 2: Find out what WAGGGS stands for and colour the WAGGGS World Flag.

Outdoors 3: Identify the seven principles of Leave No Trace.

Outdoors 4: Identify and describe at least 5 plants or trees.

Teamwork 6: Take part in a game or activity to highlight climate change.

Lifeskills 10: Take part in a game or activity on water safety.



Choice Challenges

7. Make a bird feeder.
8. Do a tree study - bark rubbing, leaf print and any wildlife that lives in it.
20. Take part in an activity to learn how to behave around wild animals or birds.
23. Contribute or take action for a local charity.
47. Take a turn leading the Brownie Guide 'Pow Wow' call and drum beat.
48. Write a letter of thanks.
49. Make a pattern you like. Use your design in a practical way e.g. book cover/wrapping paper.
50. Build a terrarium/mini garden.



JOURNEY PROGRAMME - SELECTION OF ACTIVITIES

You may have noticed that some of the specific activities ideas within the printed Journey Planner have changed. However, all activities are still available on OGM. Now that all Brownie Units have access to OGM Gold+ it is the perfect time for Brownie Leaders to continue to explore the impressive selection of activities available online. In this edition of *Trefoil News*, and future editions, we will show you different activities available for the same Challenge.

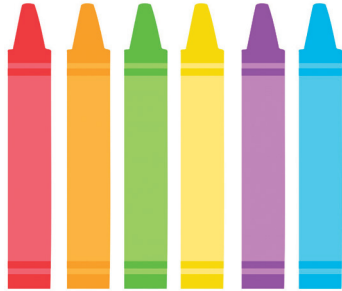
Activities for Detect: Now You're a Brownie Guide - Guiding 2
Take part in games or activities to get to know each other better and explore our similarities and differences.



Gingerbread Man

Materials:

- gingerbread man template per Brownie (available on OGM)
- list of questions (available on OGM)
- colouring pencils/markers/crayons per Six (red, blue, purple, green, black, orange, yellow, brown, pink)



Instructions:

- Give each Sixer a gingerbread template for each Brownie in the Six and a set of the colouring pencils/markers/crayons.
- Explain that a Leader will ask questions and ask each Brownie to colour in a part of the gingerbread man; each Brownie will use the colour that best describes her answer.

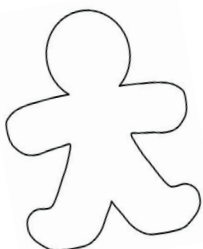
Discussion/Debrief:

Once the Brownies have finished colouring:

- Each Six compares their gingerbread men. If there are others in the Six with the exact same coloured man, ask them to link arms.
- Next, still linking arms, find others in the Unit that have the same coloured man.

Leaders hints:

- If a Brownies' gingerbread man is unique, ask her to join the Owls (Leaders) at the top of the hall.
- Leaders could also take part in the activity.
- In Pow Wow encourage the Brownies to share what they have learned from taking part.



Badge links: [Brownie Cultural Diversity and Detect: Now You're a Brownie Guide - Guiding 2](#)

The Big Wind Blows

Materials:

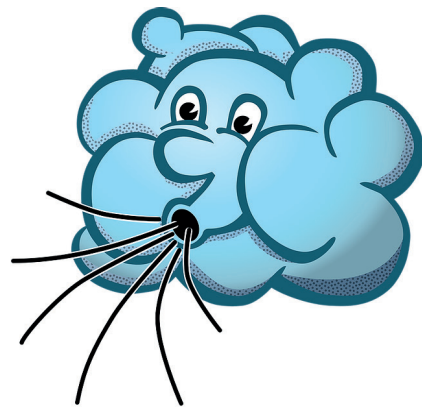
- chairs and a reasonably good-sized room

Preparation:

Arrange chairs in a tight circle (one less than the number playing).

Instructions:

- Brownies sit on chairs in a tight circle. One Brownie volunteers or is chosen to stand in the centre of the circle.
- The Brownie in the middle says "The big wind blows on anyone who... (they call out one trait about themselves that they feel they might share with other girls in the group i.e. a physical trait, something about their family, a characteristic etc.)"
- The Brownies who share this trait, characteristic etc. must change places, while the Brownie in the middle tries to sit on one of their chairs.



- The Brownie left without a chair goes into the middle and says "The big wind blows on anyone who..."
- When the Leader calls 'Hurricane' all the girls must change places and it cannot be with the Brownie directly beside them.

Badge Links: [Brownie Cultural Diversity and Detect: Now You're a Brownie Guide - Guiding 2](#)

Source: IGG Outreach Pack 2008

Activities for Investigate - Global Awareness 11

Play a game to gain some facts about the history of Guiding.

Thinking Day Action Story

Materials:

- copy of story (available on OGM)
- copy of actions (available on OGM)

Instructions:

1. Call all the Unit into Pow Wow.
2. Demonstrate the actions for the different words.
3. One Leader reads the story which is written in a form of questions and answers.
4. Other Leaders take responsibility to help Brownies remember the correct actions.

Words & Actions:

- Thinking Day - *Tap the side of your head and look thoughtful.*
- Birthday - *Say 'Happy Birthday!' and blow out candles.*
- Party or Parties - *Say, 'Yahoo!' with one hand raised in the air.*
- Lord Baden-Powell - *Bow*
- Lady Baden-Powell - *Curtsy*
- London - *Make a bridge with a partner.*
- Boy Scouts - *Hold up two fingers and say 'Be Prepared'.*
- Girl Scouts - *Say 'Girl Power!' with fist on hips.*
- Friends - *Shake hands with your partner.*
- World - *Spin in a circle (like a globe).*

Discussion/Debrief:

Discuss the story with the Brownies to show where we came from and how we all celebrate World Thinking Day.

Badge link: [Investigate, Global Awareness 11 and Brownie Guiding Traditions Option 15.](#)

History of Guiding Picture Story

Materials:

- copy of the picture story (25 pages - available on OGM)
- copy of the story for the Leader
- leader's quiz sheet (available on OGM)
- quiz sheet per Six
- pencils

Instructions:

1. Number each card of the picture story on the blank side 1-25.
2. Brownies sit in a circle on the floor.
3. Distribute the cards amongst them in order.
4. As the Leader reads the story, she pauses at the highlighted part for the Brownie to hold up the picture for all to see before placing it face up on the floor in front of her.
5. At the end you will have an illustrated story of Guiding in a circle on the floor.
6. Give the Brownies a few minutes to study the pictures.



In addition: Brownies can complete the table quiz in their Sixes.

Badge links: [Investigate, Global Awareness 11 and Brownie Guiding Traditions Option 15.](#)

The screenshot shows the OGM interface with a search filter set to 'Detect - Becoming a Brownie' and 'Brownie Story'. The search returned 4 results, all for the badge 'IGG DETECT: Becoming a Brownie Guide O4'. The results list activities such as '4. Listen to the Brownie Guide story (Brownie Story Game)' and '4. Listen to the Brownie Guide story (Read and Listen)'. A sidebar on the left offers various filters like 'Popular', 'Running time', and 'Indoors/Outdoors'.

FINDING ACTIVITIES ON OGM

In order to find all activities relating to a Brownie Challenge you can follow these simple steps:

1. Click on 'Programme'.
2. Click on 'Activities'.
3. Search by text or badge or tag (there are other search options too).
4. Select the badge and the Challenge you want to complete.





WARRANTS ISSUED BETWEEN 13 MARCH AND 13 AUGUST 2019

LEADER WARRANTS

NAME	UNIT	REGION
Elizabeth Davidson	Moatland Brownies	North East
Lauren Flynn	Boyne Valley Guides	North East
Sarah McShane	Navan Guides	North East
Nicole Cumiskey	Boyne Valley Brownies	North East
Liz McCloskey	St. Anthony's Brownies	North East
Orlagh McCudden	Silver Birch Brownies	North East
Bernadette Dockrell-Morton	Monasterboice Guides	North East
Alison O'Regan	St. Bridget's Guides	South East
Roisin Lowe	St. Killian's Senior Branch	South East
Sorcha Harkin	Sleaty Guides	South East
Mairin Wogan	St. Killian's Senior Branch	South East
Jennifer Rea	Bride Valley Ladybirds	South West
Michelle Bowen	Bride Valley Ladybirds	South West
Breffni Barry	Crosshaven Ladybirds	South West
Sally Boland	Kenmare Brownies	South West
Elaine Keane O'Carroll	Feale Ladybirds	South West
Roisin O'Raghallaigh	Marian Guides	South West
Samantha Drury	The Heiguers Brownies	South West
Jennifer Walker	Marian Guides	South West
Laura McSweeney	Siamsa & Allin Brownies	South West
Aisling O'Sullivan	Bishopstown Senior Branch	South West
Carol O'Donovan	St. Francis Brownies	South West
Eileen Kearney	Midleton Brownies	South West
Caitriona McGrath	Midleton Brownies	South West
Maeve Cosgrove	Camlin Brownies	WCM
Catherine Hoysted	Ardagh Guides	WCM
Clare Fahey	Ardagh Brownies	WCM
Margaret Devaney	Si Gaoith Guides	WCM
Antoinette Smith	North Longford Brownies	WCM
Arlene Wynne	Gallen Ladybirds	WCM
Alisha Daly	Gallen Brownies	WCM
Nicola Gleeson	Gallen Ladybirds	WCM
Ciara Casey	Glasson Guides	WCM
Colette Lyons	Camlin Brownies	WCM
Denise Cox	Camlin Brownies	WCM

NAME	UNIT	REGION
Kara Powell	Sallins Railway Guides	Eastern
Niamh Cooke	Lucan Brownies	Eastern
Eve Moody	Lucan Ladybirds	Eastern
Roisin Shanahan	Rathmichael Ladybirds	Eastern
Vanda Clayton	Donabate Ladybirds	Eastern
Julia Lawless	Tivoli Guides	Eastern
Aine Hennessy	Newbridge Ladybirds	Eastern
Sara Collins	Corra Choill Brownies	Eastern
Patricia Colton	Ballyroan Guides	Eastern
Sandra Guillen	Willow Brownies	Mid West
Carol Martin	Smartie Brownies	Mid West
Angela O'Riordan	Lubagh Brownies	Mid West
Camilla O'Brien	Grove Brownies	Mid West
Bernadette Kelleher	Morning Star Ladybirds	Mid West
Damhnait Maguire	Lubagh Brownies	Mid West

ASSISTANT LEADER WARRANTS

NAME	UNIT	REGION
Nicole Cumiskey	Boyne Valley Brownies	North East
Liz McCloskey	St. Anthony's Brownies	North East
Laura MacMahon	Clogherhead Ladybirds	North East
Ciara Cullen	Millmount Guides	North East
Bernadette Dockrell-Morton	Monasterboice Guides	North East
Mairéad McElchar	Convoy Ladybirds	North West
Donna Harkin	Convoy Guides	North West
Shelley Gillespie	Convoy Brownies	North West
Grace Reck	Convoy Ladybirds	North West
Alice Gregg	Convoy Brownies	North West
Rachel Doyle	Castle Guides	South East
Noreen McCarthy	St. Bridget's Guides	South East
Alison O'Regan	St. Bridget's Guides	South East
Robyn Power	Sleaty Guides	South East
Roisin Lowe	St. Killian's Senior Branch	South East
Sorcha Harkin	Sleaty Guides	South East
Brigid O'Sullivan	Ardilaun Ladybirds	South West
Deirdre Curtis	Ardilaun Ladybirds	South West
Lavinia Sheehan	St. Vincent's Brownies	South West
Michelle O'Sullivan	Kilbehenny Ladybirds	South West
Liz Gillen	Arbutus Guides	South West
Kate Kelly	Cill Dubh Guides	South West

Staying Involved When Life Gets Busy!

It can be hard to keep involved in Guiding when things get busy in other parts of your life. Here are some tips to stay in touch when you can't make weekly meetings!

Sign up to receive the IGG newsletter, *Trefoil News* and *The Welly!*

These, and social media accounts, are a great way to stay in contact even if you can't make a meeting. You never know, you might find out about something you can sign up for or take part in later on.

Keep yourself registered with a Unit. Whether that's as a Senior Brancher, Leader or Unit Helper, it's much easier to come back when it doesn't feel like you left in the first place. It also means that any qualifications you have and Garda Vetting will still be on file.

If you've moved or have a new schedule, find a new Unit where you can be an extra pair of hands even if it's not regularly. Have a look on the IGG website and contact the District or Area Commissioners; they'll be more than happy to take on a new Leader, especially one with experience. Keep an eye out - some colleges and universities have Guiding/Scouting groups that you could join to meet new people.

Try to get to the International Selection Day. Not being able to attend regular meetings doesn't mean you must lose out on an

opportunity to represent IGG abroad. Apply, have a great time, and come back and tell us all about it!

Attend Unit meetings whenever you can. Just because you've missed a few weeks, it doesn't mean you shouldn't come along whenever a free hour pops up. There's no such thing as being left behind in Guiding!

Remember, we'll always take you back! No matter how long the break or whatever the reason, IGG will always welcome you back.

ASSISTANT LEADER WARRANTS CONT'D

NAME	UNIT	REGION
Jacinta Bourke	St Vincents Brownies	South West
Sadie Moriarty	Dingle Ladybirds	South West
Rita Varsanyi	Dingle Ladybirds	South West
Zsuzsanna Maczucza	Dingle Ladybirds	South West
Rhea Monkhouse	Kinsale Guides	South West
Abra Hennessy	Kinsale Guides	South West
Andra Noonan	Kenmare Ladybirds	South West
Ellen Collins	St. Barbara's Guides	South West
Bridget Cleary	St. Barbara's Guides	South West
Elizabeth O'Driscoll	The Heiguers Brownies	South West
Jennifer Walker	Marian Guides	South West
Maeve Cosgrove	Camlin Brownies	WCM
Catherine Hoysted	Ardagh Guides	WCM
Lorraine Faherty-Joyce	Moycullen Brownies	WCM
Linda Madden	Moycullen Brownies	WCM
Sylvia Murtagh	Ardagh Guides	WCM
Clare Fahey	Ardagh Brownies	WCM
Karen Bolger	Viking Guides	WCM
Anne O'Sullivan	Lucan Ladybirds	Eastern
Patricia Lambert	Maynooth Ladybirds	Eastern
Susan Rooney	Maynooth Ladybirds	Eastern
Lisa Buckley	Donabate Brownies	Eastern
Carol Haran	Velvet Strand Brownies	Eastern
Sarah McCraith	Kiltarnan Guides	Eastern

NAME	UNIT	REGION
Nikki Brangan	Pinewood Brownies	Eastern
Aine Hennessy	Newbridge Ladybirds	Eastern
Emma Ryan	Rath Eanaigh Brownies	Eastern
Angela Grace	Rathingle Brownies	Eastern
Emma-Kate Judge	Rath Eanaigh Brownies	Eastern
Ciara O'Brien	Ballyroan Guides	Eastern
Rose Anne Browne	Rath Eanaigh Brownies	Eastern
Catherine Rafferty	Celbridge Liffey Guides	Eastern
Mary Donnelly	Castleknock Brownies	Eastern
Eileen Redmond	Raheny Ladybirds	Eastern
Laura Kendrick	Tivoli Guides	Eastern
Remi Hehir	Dun Laoghaire Brownies	Eastern
Isobel Jackson	Tivoli Guides	Eastern
Eilise Munroe	Celbridge Brownies	Eastern
Eimear Byrne	Ballyroan Ladybirds	Eastern
Louisa O'Sullivan	Whitechurch Gold Brownies	Eastern
Nadiia Konovalova	Bray Guides	Eastern
Lauren O'Connor	Lucan Brownies	Eastern
Niamh Cooke	Lucan Brownies	Eastern
Rose-Marie Boland	Galbally Brownies	Mid West
Lorraine O'Donnell	Forget Me Not Ladybirds	Mid West
Ursula Murray	Forget Me Not Ladybirds	Mid West
Maria O'Halloran	Forget Me Not Ladybirds	Mid West
Mairéad O'Dwyer	Moyne/Templetuohy Guides	Mid West
Breda Walsh	Galbally Brownies	Mid West



GUIDES



Dear Guide Leaders,

Welcome to the autumn edition of *Trefoil News*. We hope you had an enjoyable and relaxing summer. The *Guide Leader Journey Planner* and the *My Guide Travel Folder* have been reprinted and we took the opportunity to make changes recommended by Guide Leaders. October is Cook Out month so pick a theme, e.g. Halloween, and challenge the Guides to decide on what they would like to cook. We look forward to meeting many of you at the National Guide Awards in Croke Park on Saturday 12 October. We wish you a wonderful Guiding year.

Guide Branch Committee

'Get-to-know-you' games



Matching Pairs

You will need two sets of different coloured Post-it notes.

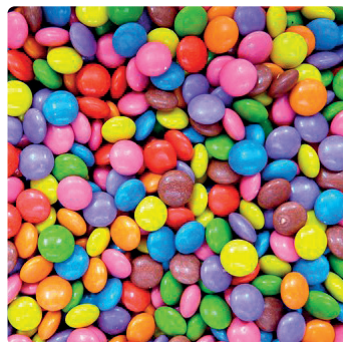
On each set of Post-it notes write on the back one half of a celebrity couple or famous double act (e.g. Ant on blue Post-it & Dec on pink Post-it, or Kanye West on blue Post-it & Kim Kardashian on pink Post-it). Make sure you have enough Post-it notes for each Guide.

Place the blue Post-its on one wall, randomly, and the pink Post-its on the opposite wall, randomly. Girls each pick a Post-it and find their match. After they find their match, they exchange three facts about themselves with their new partner. The notes can be replaced on the wall and the game played again and again.

Farmyard Friends

You will need small pieces of card, one per Guide.

On small pieces of card write the name of an animal. Be sure to have 4-5 cards with the same animal on it and randomly lay them out. The Guides pick a card and must find the rest of their group only by making the sound that their animal makes. When the groups are formed, they introduce themselves to each other exchanging interesting facts about themselves. An alternative way of playing this game is that the girls can do the animal action instead of the sound.



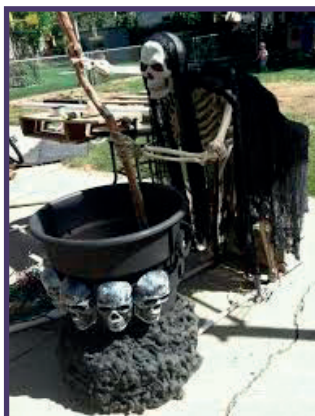
Candy in a Bowl

You will need small sweets (e.g. *M&Ms*, *Smarties*) and a bowl.

Put small sweets of various colours into a bowl. You have a question for each colour of sweet. The Guide must answer the question that corresponds with the sweet she chooses.

Example questions could be:

- ▶ What three things would you take into space with you?
- ▶ Who is your favourite popstar?
- ▶ Do you have a pet and what is its name?



One for your diary:

October is "Cook-out Month"

Don't forget to hold your Regional Cook-out this October.

Why not have Halloween-themed menus?

Maybe offer spot prizes for the scariest meal, the most imaginative meal, the most delicious meal etc.

Are you brave enough to take part??!



GUIDE PROGRAMME CHANGES

Following on from the pitstop review of the Journey Programme, a number of changes have been suggested for Year 1 of the programme and for the National Guide Award. In Year 1, there was a feeling among Guide Leaders that it is essential that girls get the opportunity to complete a number of Choice Challenges with their peers.

Taking this into consideration, it was decided to amend the Pathfinder - Now You're a Guide badge using the same format as the Voyager, Innovator and Trail Blazer, beginning in September 2019. There have also been two amendments in relation to the National Guide Award (see below).

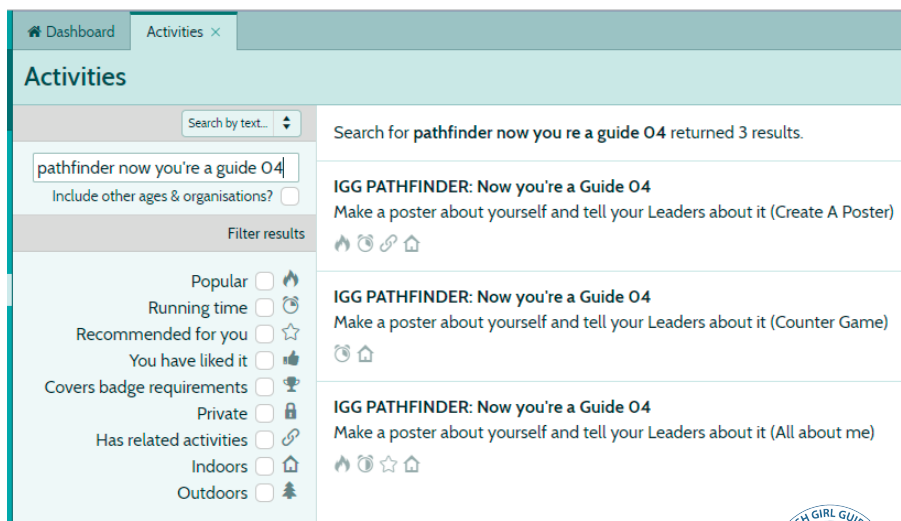
YEAR 1: PATHFINDER - Now You're a Guide	Do all 7 of the following Compulsory Challenges plus 3 Choice Challenges and 1 Interest Badge.
GUIDING:	Through games and activities find out how Guiding started and spread in Ireland.
OUTDOORS:	Take part in an indoor/outdoor campfire.
TEAMWORK:	Use Scout's Pace to cover 1 km and at the end deliver a verbal message that you were given at the start.
CHANGE:	A. Find out about National Fire Safety Week.
CHANGE:	B. Take part in a fire drill at your meeting.
LIFESKILLS:	Make a poster about yourself and tell your Leaders about it.
GLOBAL AWARENESS:	Know 12 things we share with Guides around the world.

NATIONAL GUIDE AWARD

Guides working towards their National Guide Award in 2020 must record their activities in a log book. This log book can be a scrapbook, copybook, folder or binder. They can place a photo, picture or write a paragraph etc. into the log book for each challenge they complete. This log book is a lovely keepsake for the Guide. They can also choose to complete a blog or online record.

The log book should contain 18 pages, one page for each part of the Trail Blazer - 7 Compulsory Challenges, 6 Choice Challenges and 5 Interest Badges. Please note that Guides are required to complete 5 Interest Badges in Year Four. Remember, Guides can complete some badges outside of their Guide meeting/activity time.

FINDING ACTIVITIES ON OGM



In order to find all activities relating to a Guide Challenge you can follow these simple steps:

1. Click on 'Programme'.
2. Click on 'Activities'.
3. Search by text or badge or tag (there are other search options too).
4. Select the badge and the Challenge you want to complete.



Patrol Leaders' Weekend 2019

The weekend began on Friday with some fun getting-to-know-you games. On Saturday, the girls tried out different flavours of cookies in preparation for this year's Cookie Month. There was a session on Patrol Leaders' duties and how a Patrol should work. Girls were given the challenge that, following a shipwreck, everyone has been stranded on a deserted island and they were to come up with a name for their island; a game to represent it; a dance; a song; to design a flag; and to decide on a motto. Everyone participated and there were some fascinating names and mottos.

In the afternoon, the Guides enjoyed an outdoor session learning knots, pioneering skills and hiking skills. The next session was about recycling. The girls were asked to plan an outfit and a song to play when modelling it. The girls collected recyclable goods and made their outfit. This was followed by a fun table quiz among Guides and Leaders and some campfire songs finished the night.

On Sunday morning, after breakfast and pack up, everyone went to the hall for a fashion show of the recyclable goods' outfits. The girls were introduced to EuroJam 2020 taking place in Poland and the weekend closed with some songs, each Region picking their own and singing it. The girls left for home after a nice hot lunch.



By Carina Egan, Guide Branch Chair



Boherbue Girl Guides find out what it is like to be a Leader in business

By Boherbue Guides

Five of us from Boherbue Guides and our Leader travelled to Charleville to conduct an interview with Mr Pat Murphy, Head of the Primary Dairy division with Kerry Group PLC. We decided to find out for ourselves what it is like to be the leader of so many people and of a large diverse division of an international food company. Leadership is one of the eight transferable skills that we learn in Guides and we wanted to branch out and see real life examples of this.

We were very impressed with Pat and the advice and tips that he gave us. He took all our questions on board and answered honestly giving them real life examples to explain his points. We were all surprised with how much is involved in being a leader and it is not all down to school books, but to communication and team work – mind you, the books do help.

Pat shared with us how to be an active part of a team; how to lead a Patrol to achieve a plan or, in our case, the Journey Programme. He showed us that being intimidating and manipulating does not make for a good leader and that, while there are many different styles of leadership, the best are those that are also team players.



We were delighted to be going home with all the advice that we had received, as well as the free cheese, rashers, ham and Cheesestrings that Pat gave us!

We thank Pat for his time (which is very valuable to a person that is so busy) and his insight into leadership and what it takes to become a good leader of people and of business. Hopefully we can transfer this insight into our Guiding meetings and events.



THE I.T. CORNER

WELCOME BACK...

Welcome back to a new Girl Guide year. This year our I.T. corner will be focusing on using I.T. to further the Guiding programme in a fun and creative way. In this issue we will be focusing on using PowerPoint to build colourful posters in all sizes; posters that can be used, for example, for recruitment, knot diagrams and Patrol Leader responsibilities for your meeting place.

What do you need?
Microsoft PowerPoint and your imagination.

Create a new poster file using PowerPoint:

- Open a new document in PowerPoint.
- Go to File --> Page Setup
- Choose Slide Sized For > Custom
- Set Width and Height of poster you would like:

Description	Width	Height
Standard A0 portrait (tall)	33 inches 84.1cm	46 inches 118.9cm
Standard A0 landscape (wide)	46 inches 118.9cm	33 inches 84.1cm
A1 portrait	23.4 inches 59.4cm	33 inches 84.1cm
A1 landscape	33 inches 84.1cm	23.4 inches 59.4cm
A2 portrait	16.5 inches 42cm	23.4 inches 59.4cm
A2 landscape	23.4 inches 59.4cm	16.5 inches 42cm

- Choose the Landscape (horizontal) orientation for the slides.
- Click OK.
- If a message pops up telling you that "the current page size exceeds the printable area of the paper in the printer" just click OK.

Lay out your poster to make it look attractive:

- Keep the layout so it is readable in columns (top to bottom, then across from left to right) - if the poster is informative i.e. diagrams of knots, timetables.
- Retain a certain amount of space to help separate the columns and not overpower your target audience with too much text; a picture can tell a thousand words.
- Items at the top/middle of the poster are more likely to be read than the lower parts of the poster.
- Avoid putting images behind text - it makes the text harder to read.
- Avoid putting content close to the edges of the poster as it may not print fully.
- Don't forget to **Save**.

What is next...?
In the coming issues, we will be looking at free applications that allow you to create fun picture collages.

WHY NOT DROP US A LINE...

Using our new Agony Aunt email address:
frazzledleader@gmail.com

Please start your email with: 'Dear Guide Branch'...

We will do our best to answer any questions or queries you may have about the programme, badge work or ceremonies.

We welcome emails from Leaders across all Branches.



Christmas Shoebox Appeal

Last year, Team Hope sent a fantastic 259,079 shoebox gifts to children affected by poverty in Eastern Europe and Africa.

At Team Hope we know lots of you enjoy participating in the Appeal creating shoebox gifts as individuals, in Patrols or as a Unit. It can prompt discussions with your girls about cultural differences, caring for others, sharing and, of course, it's fun to do!

Why not set aside a week in your programme to create some boxes of love this year? The closing date for dropping off boxes is **8 November**.

A sample leaflet about how to get involved in the Appeal is enclosed in this issue of *Trefoil News*. You can order additional leaflets/view the 2019

DVD at www.teamhope.ie/csa or follow us on Facebook, Twitter and Instagram @TeamHopeIreland. We would love to see your shoebox pictures!



EXECUTIVE NEWS

Here is the update from meetings of the Executive Committee that were held in April and June 2019.

International Commissioner

Jenna Goodwin was congratulated on her election as the incoming International Commissioner and Lorna Finnegan was thanked for her contribution to the international aspect of Guiding as she completes her sixth year.

National Office Relocation

Helen Concannon reported that IGG had secured the services of an architect to advise on Phase 1 of the design works and planning permission requirements and that plans were progressing. A fundraising campaign was approved to help provide members with an opportunity to take part in this historic move for IGG and to ensure we have the funds to make the new National Training Centre a modern, user-friendly facility.

Policies

The Volunteer policy and the Organisation Health Promotion policy were reviewed in April.

Uniform

The new international neckerchief (green with IGG trim) is now available in the Distribution Centres. A new dry-flo t-shirt will be made available for Guides, Senior Branch and Leaders.

Risk Management

The Executive Committee went through the risk management document and identified a number of risks which needed to be changed e.g. impact of suppliers in UK if Brexit occurs, possible decline in membership, bad PR due to other organisations.

Plans for new IGG Company Limited by Guarantee

Executive are following the steps required to convert IGG from an unincorporated association to a company limited by guarantee. An EGM of General Council will be called for 7 September 2019 and two thirds attendance is required to progress with this motion.

Safeguarding Statement

The Safeguarding Statement for display at meeting venues was reviewed and approved at the June meeting.

Programme and Training

There will be minor changes to the Journey Programme based on the Pitstop Review and feedback from Leaders. European Movement Ireland are interested in a Europe badge and it was agreed this would be a timely opportunity to promote our connections with Europe. The Cookies project has received funding from Ulster Bank and are currently conducting a Review Survey.

Voices Against Violence was presented at National Conference, the team are working on a plan to roll it out.

World Conference Reunion

Helen Concannon reported that Elspeth Henderson was co-ordinating a reunion of those involved in the 1999 World Conference, with assistance from Linda Peters and Dilys Lindsay. It will be held on 6 July in Mount Temple, Dublin.

Operational Plan

The information collected at the National Conference in February, Management Day in April and as part of IGG2020 will be collated and presented for the strategic plan from 2019 to 2022.

We continue to report on our plans via the National Quality Standards Framework to the Department of Children and Youth Affairs.

Terms of Reference

A review of terms of reference of all committees has been ongoing and will help provide consistency.

Awards

IGG had received an EU Business Award for the Best Social Enterprise and Young Persons Enterprise.

IGG was awarded a sixth Gold Healthy Q mark and thanks were expressed to all volunteers and staff who worked to maintain the high standard we have in IGG in relation to Health Promotion.

WAGGGS Europe Conference in Split, Croatia

Jenny Gannon (Programme & Training Commissioner), Jenna Goodwin (International Commissioner elect), Amanda O'Sullivan (Assistant Chief Commissioner) and Dara Callanan (of MEDI and NE Region) are to form the IGG Delegation to the European Conference in August.



GAISCE THE PRESIDENT'S AWARD

Congratulations to all who completed their Gaisce awards at Bronze and Silver level during the past year.

Bronze Morgan Good; Emma Fallon; Grace Clabby; Anna O'Farrell
Silver Kate Connolly; Emily McMillan

Reminders for Senior Branchers & Leaders:

- The Bronze Star, Silver Moon and Golden Sun have components that qualify you to receive the relevant Gaisce Award.
- **Registration on the Gaisce website is necessary before you commence your challenges** so you must sign up here first and be approved on the IGG dashboard to start counting your weekly hours towards the awards.
- Make sure that you choose **Dublin 4** as your county, **IGG National** as your award partner and **Admin IGG** as your PAL. This ensures that you appear on the IGG Gaisce dashboard and IGG can activate you so that you may start on your challenges.
- **If you are under 18 you will need to get parental consent before we can activate your application.** This must be scanned and send to IGG's Gaisce Coordinator. Over 18s will need to tick

the consent button. The Gaisce/IGG consent form is available on the IGG website.

- Download the relevant record sheet from the Gaisce site and off you go. Ask your supervisor/trainer to sign each week's activity and add her/his contact phone number.
- On completion of all your challenges and diary entries, contact IGG's Gaisce Coordinator and IGG will submit your award for approval by Gaisce.
- **Keep notes on your weekly challenges as you complete them** using either the online diary on the Gaisce site or use a method that suits you. It is important to do this regularly so that you don't lose track of your activities. These should be brief descriptions of your activities that give an indication of the progress you are making each week. Each entry should have:

1. Name of activity
2. Date - day, month and year
3. Time spent on the activity - this can be a full hour or done over a few days in the same week. If your activity takes longer than a week, only one hour will be counted by Gaisce for your records.
4. Description of exactly what you did, e.g. *Today I helped in the charity shop and was responsible for sorting out the clothes that were donated. I ironed all the items and put them on hangers for display.*

If you are doing Gold, your log book will have a more detailed entry for each challenge as well as an introduction - why you decided to go for Gold; the highs and lows (if any) of the challenges; photographs, copies of certificates, maps or other relevant additions; and a conclusion including what you personally gained from completing the challenges. This is your personal record of your journey.

DREAM BIG AND FULFIL YOUR POTENTIAL

Silver Gaisce and Silver Moon for Emily!

Congratulations to Wexford Brownie Leader, Emily Allen, on receiving her Silver Gaisce Award and Irish Girl Guides' Silver Moon.

Emily was presented with her Silver Gaisce Award at a special ceremony in Griffith College Conference Centre in Dublin, which was MC-ed by 2FM's Stephen Byrne.



To earn a Silver Gaisce, awardees must successfully complete at least 26 weeks across three different challenge areas and undertake a three-day adventure journey, incorporating either a 50km walk or a 190km cycle.

For her adventure journey, Emily hiked 53km along the South Leinster Way with some of her IGG friends.

For physical recreation, Emily chose to do a TRX fitness class

once a week and, for personal skills, she learned sewing and quilting. All while studying for her Leaving Certificate!

Emily also volunteered as a Leader with Wexford Brownies and also with Wexford Special Olympics Sports Club.

Which activity did Emily most enjoy? *"It is a very close tie between the Special Olympics and my adventure journey,"* she said. *"Above all, I have learned that working towards self-improvement and being involved with others can be the most rewarding experience."*



Hello!

I am delighted to have been elected as the next International Commissioner with IGG and I am looking forward to getting stuck into the role. Many of my mountain-top moments within IGG have been as a result of international experiences. Attending a Juliette Low Seminar, volunteering at Sangam World Centre, attending WAGGGS facilitator training in Kusafiri, Uganda, working as part of the WAGGGS Europe External Relations Team or being part of the team delivering the day activities at Camp 101; all of these experiences have stuck with me and remind me of how global our movement really is.

I have experience of working with WAGGGS on a global and regional level and I believe in the value of international opportunities for our members. As an organisation with over 10 million



members across the world, the international aspect of being a member of WAGGGS is unique. How many people can say that they have Guiding sisters and friends across the world?

I look forward to meeting with many of you over the course of my term and hearing the tales of your wonderful international adventures. We will be holding another Selection Day for international opportunities this year, so keep your eyes peeled for more information

on that. There are many different types of international opportunities available, so I would encourage everyone to put themselves forward.

Remember, a journey of a thousand miles begins with a single step, so say yes to sending in an application and who knows what adventure might await you!

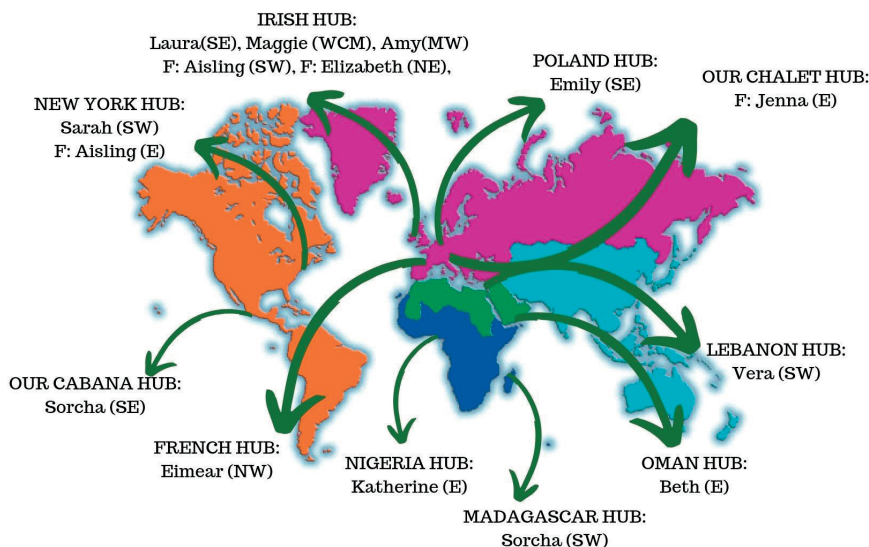
Jenna Goodwin

Juliette Low Seminar

The Juliette Low Seminar (JLS) is WAGGGS' flagship leadership development event for young people. Each event provides participants with adventures, cultural experiences and the opportunity to make friends for life. The Juliette Low Seminar has changed beyond recognition in 2019. Previously, one participant from Ireland could attend the seminar once every three years. This year the seminar will run in 20 different hubs simultaneously including all five World Centres.

One of those hubs is here in Ireland, and we are so excited that almost 20 of our members will get to attend a JLS hub. 15 of our members are heading to destinations all across the globe in four of the five Regions of WAGGGS as participants. We are also very proud to have four of our members volunteering as facilitators at this event in Our Chalet, USA and at our own hub in Ireland. We look forward to hearing more about all of these adventures in the coming months. Safe travels everyone.

#LeadOutLoud #JLS2019 #GuidesGoGlobal



F: = Facilitator



Preparing for International Selection Day

12 October – Save the Date

This year the International Committee will host a general Selection Day for a number of events. Panels will be formed and Leaders, successfully appointed to these panels, may be offered international opportunities as they arise over the next 12 months.

The panels formed at last year's event have now expired; almost half of the Leaders who attended last year's event availed of international opportunities. For example, a number of Leaders will be attending the Juliette Low Seminar this November; 1 Leader attended an event at the fifth World Centre, Kusafiri, held in Uganda; 4 Leaders attended an event on youth engagement and voting in Strasbourg; and others are preparing our National Contingent to attend EuroJam next summer.

At the time of going to print the following events are confirmed for the 2019 Selection Day:

Helen Storrow Seminar – 1 participant aged 18–25
GSUSA 2020 Global Roundtable – 2 adults & 2 youth members (*Adults must be members of a National or Regional Committee to be eligible*)
Academy 2020 – 1 or 2 participants
Overtures 2020 – 1 or 2 participants

If you would like to be considered for any of these events, please fill in the *International Application Form* on the website <https://bit.ly/2OkXuSV>. Shortlisting may apply for some of the events so be sure to put some time into your application.

The open response questions are as follows:

- ▶ What would you hope to gain by representing Irish Girl Guides at an international event?
- ▶ Why do you think you would be a good representative of Irish Girl Guides?
- ▶ Please outline any previous experience you have of international Guiding.
- ▶ Please outline any previous experience you have of international travel (independently, with family, friends, school etc).

You may wish to prepare your answers to those questions before you fill in the application. It is important to know a little bit about the event if you are applying for a specific event. You should read event reports in previous *Trefoil News* editions or contact your International Rep for further information.

The International Committee are looking forward to meeting many of you in October, remember – 'If you're not in, you can't win!'

DESTINATION DIVA

The International Committee are pleased to share their latest initiative with you. Coming soon we are pleased to present our Destination Divas!

Our Divas may look and act like regular Guide Leaders, however, they have a secret superpower... These Leaders have a huge passion and heaps of knowledge about specific destinations that you may be interested in taking a group to, perhaps your Guides or your Senior Branchers or maybe even

your fellow Leaders. They are going to share their wisdom in the coming months in the hope of inspiring you to follow in their footsteps.

If there is a specific destination or type of event you would like to see featured in our Destination Divas series please drop a line to international@irishgirlguides.ie or get in touch with your Regional Rep. Equally, if you think you have what it takes to star in our Destination Divas series, or would like to suggest someone else (we know how modest and shy some of our super heroes can be!), please do get in touch.

We will leave you with some travel-based puns to inspire your next adventure...

- ▶ I'm Tallinn you, this place is amazing!
- ▶ Do you want a Pisa my pizza?
- ▶ I'd like to visit Holland one day, wooden shoe?

Can you do any better?!





IGG members are attending the WAGGGS European Conference

At the time of print, the 16th European Guide and Scout Conference is taking place in sunny Split, Croatia! Jenny Gannon (National Programme and Training Commissioner), Jenna Goodwin (International Commissioner), Amanda O'Sullivan (Assistant Chief Commissioner) and Dara Callanan (representative of the MEDI Committee) are representing Irish Girl Guides and, together with four members of CGI, make up the delegation for the Council of Irish Guiding Associations.

The aim of the conference is for member organisations in Europe Region to join together to develop regional strategies and plans for the next three years. Member organisations use the conference to share best practices, learn from each other and make new connections.

The theme of this conference is Unite, Thrive, Grow. Part of the programme includes an open space for member organisations to highlight innovative ideas, learn new strategies and share best practices. We thought this would be a brilliant opportunity to share what IGG is currently doing to work on SDG 17 which is working in partnership with other organisations to achieve the Sustainable Development Goals.

Over the past year, IGG has united together in partnership with external organisations, such as Trócaire, Engineering Ireland, Aer Lingus and European Movement Ireland to provide meaningful non-formal education opportunities for our members. This week at the European Conference, the IGG delegation will be delivering a 90-minute session for member organisations to share with them the details of those partnerships, showing how partnerships can be effective and encouraging them to develop partnerships in their own countries.

Another exciting aspect of European Conference is the International Evening where we will share some of our Irish culture with participants and experience some of the other cultures around Europe. Needless to say, the Barry's tea and Tayto crisps have been packed for the occasion!



EUROPEAN JAMBOREE 2020
POLSKA

EuroJam 2020 – It is for you!

Can you believe in 12 months time we will all be home and unpacked from the latest, greatest adventure? Read on to make sure you don't miss out...



For girls who will be aged 14 next summer and Leaders of **any Branch** and **any age**, it's not too late to get involved.

There are over 120 different areas that International Service Team (IST) members can work in. Perhaps you can bring your skills from outside Guiding to help make this a fantastic event? There are plenty of jobs that require no specific skills just buckets of enthusiasm and we know we have plenty of Leaders who fall into that category. Please remember that the European Jamboree experience is much more than the role that you do, and more about the team that you will work with and share this fantastic opportunity with!

Members of the Contingent Management Team are willing to come and talk to any Districts or Areas that have a group of people interested in attending. Please get in touch with us at iggeurojam2020@gmail.com

Our first National Contingent training/selection weekend will take place in Kilkenny on 13-15 September. Participants must be able to attend this event to be considered and, regrettably, no applications can be accepted after this point.

We have also applied for several funding opportunities that we are waiting to hear about. If we are successful, these opportunities will reduce the costs for some of our IST members. You must be signed up as IST to be eligible for these experiences.

Check us out on <https://www.facebook.com/IrishGuideContingentEJ2020/>



Explorer Belt - snippets from Anna Higgins' diary

(To read Anna's full account of the Explorer Belt, see the news section of the IGG website!)

Explorer Belt is a 10-day international expedition where teams of two must walk 180km and complete various geographical, cultural and historical projects as well as find somewhere to pitch their tent each night.

Myself and my partner, Lucia McNally, began in a little town called Eernegem in the Westhoek region of Belgium.... Finding a campsite each night was daunting at first, but we quickly discovered the deep generosity of the Flemish people and found kindness around every corner. The days consisted of repeatedly putting one foot in front of the other and the journey was broken by meeting the most fascinating and friendly individuals.

By Day 5 we were certainly feeling the heat and the weight of our bags. As the perspiration rolled down our backs, our shoulders ached and our feet screamed from the blisters as we ploughed on.... At the end of Day 5 we had surpassed the halfway mark of 90km. This alone was a major achievement. We could do this!

Day 6 slipped into Day 7, slipped into Day 8 as the kilometres rolled by and we edged closer and closer to our final destination.... Both Lucia and I were shocked by the powerful impact the First World War has on

people's daily lives in this region of Belgium 101 years on.

Day 9 - As we stumbled closer and closer to the town of Kortemark, the top of the steeple began to rise in the distance. We could see our final destination! The sense of achievement that evening made finishing up the projects and logs all the more enjoyable. We had walked 181km and we were on the home stretch.

Day 10 - I realised that I'm far more resilient than I thought I could be. By signing up I wanted to be an inspiration for my own Guides and Senior Branch. I proved that if I can do it, anyone can!



Expover Belt for the over 30s

By Helen O'Reilly

We walked for about 6 hours each day and were thankful that the heatwave from earlier in the summer had passed. We trekked through plenty of beautiful sleepy villages and were surrounded by farmland each day. The projects that we had to complete gave plenty of focus to the ten days and were a great conversation starter with the local people.

We enjoyed the projects in the Island of Ireland Peace Park in Mesen, the witch's parade in Beselare and finding out about Guiding in West Flanders. As the Explorer Belt allows you to pick your own route to cover the required 180km, our team opted to cross the border and spent a night camping in France. That night we shared our camping field with an ageing horse but it was by no means the most unusual place that we pitched our tent. We also spent nights in a restaurant garden, on a pig farm and in a large-scale commercial garden centre. Each day we were amazed by the hospitality of local people; they were so welcoming,

generous with their time and genuinely friendly.

I was delighted to have been awarded my Centenary Belt; it was a surreal moment and a wonderful end to the months of training and challenging moments. I am hugely grateful to IGG for opening the event to the over 30s category this year and the support we got from so many of you was amazing - thank you. When you see the application form for the next Explorer Belt in four years' time, fill it in and take on the challenge, it will be one of the best experiences you could ever wish for.



Winners of the Junior section of Timpeall an Domhain

By Siobhan, Leader with North Longford Guides

Oh my, where do I start? I had absolutely no idea of what was expected of me or the girls when we decided to enter Timpeall on Domhain. Initially I thought it would be a good exercise for the whole Unit to pick their own teams and research a country, not expecting to get past Regional level, never mind winning the National Junior section.

The information in *Trefoil News* helped lead us in the right direction and, after that, I left it up to the girls to make their own decisions (I might have had to rein in a couple of ideas or we could have ended up with a play on God, Moses and the lack of toilet paper in the desert... 🙄).

The girls were very nervous and had a thousand questions but were determined to enjoy themselves. I am very happy and proud at how the girls pulled together as a team. They got to know each other so well that they knew each other's strengths and limits.

They chose Jordan as their country which they found very interesting to research. Mansaf was their chosen dish and, working together, they wrote their shopping list, did their shopping and packed everything that they needed. The game was Five Stone (which ironically has nothing to do with stones) which they made by filling fabric with rice. They absolutely loved doing the play. They created everything from

the story to the dialogue and actions, not to mention the improvisation on stage.

It was a fantastic experience that we all enjoyed and I thoroughly recommend that every Unit give it a go. It was an adventure for the girls, away from home, meeting and making new friends and the icing on the cake was that we brought home the trophy.

What the girls said:

Aoife:

"I enjoyed taking part in Timpeall on Domhain because I learned a lot about Jordan and the other countries that the other teams did. My favourite part was watching everybody's performances from their countries."

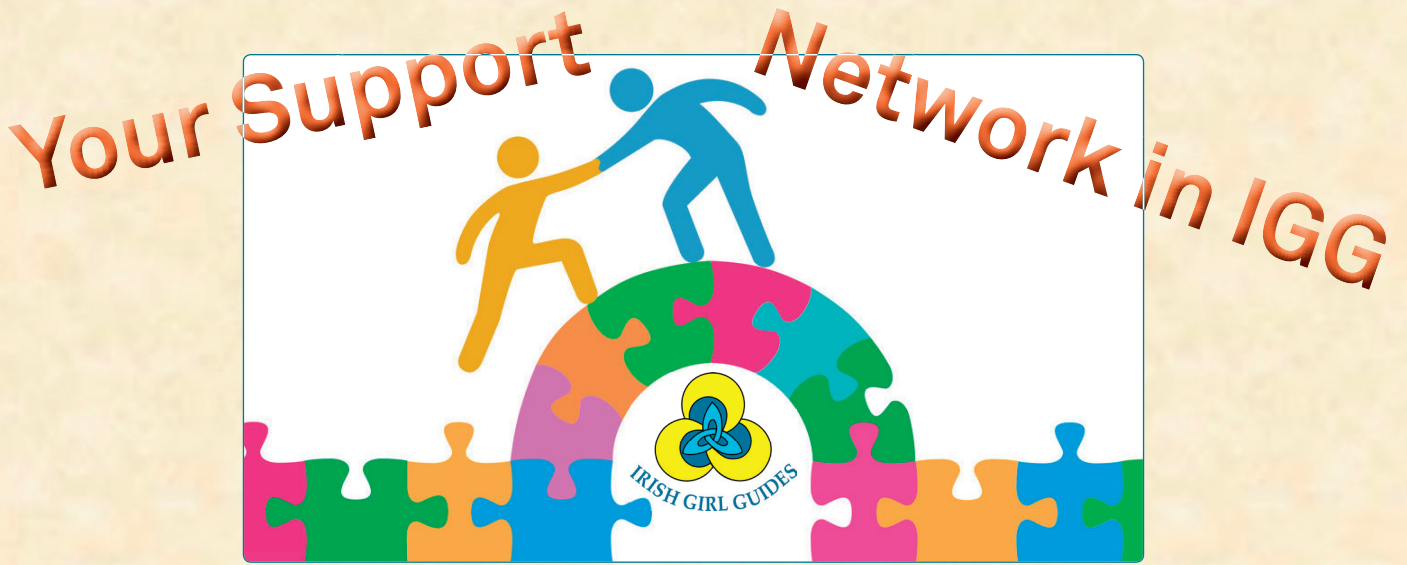
Jasmine:

"I still can't believe we won. It was good fun and I learned a lot about Jordan. We made new friends that we hope to meet up with soon."

Katie:

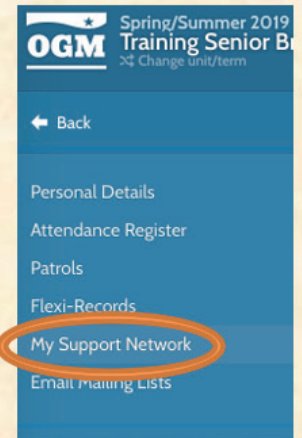
"I enjoyed taking part. I was a bit nervous that our main course wouldn't taste nice but I think it looked good. I enjoyed going on stage and watching the other plays. I was really happy that Merlin Woods won the Senior competition because we were sharing a room with them and they were really nice."





Irish Girl Guides has over 1,500 volunteers and staff to help you in your role. We are one team, with the same goal. Together, we can support each other to achieve our best. There is no such thing as a silly question so feel free to get in touch.

Once logged into **Online Guide Manager (OGM)**, click on 'Members' in the left-hand column and find **'My Support Network'**. This provides you with contact numbers and email addresses for your District Commissioner, Area Commissioner, Regional Commissioner and Team, Regional Development Officer (RDO), Outdoor Advisor and National Office.



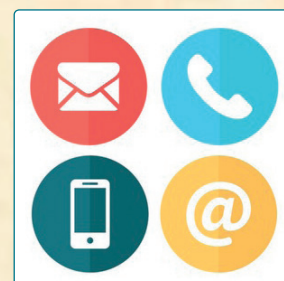
You can contact your **Regional Development Officer or Commissioner** and arrange to meet for a cuppa. A problem shared can be a problem halved!

You can phone, email or call into **National Office** in Dublin, or to the **Resource (& Distribution) Centres** in

Limerick, Cork and Galway.

Or use the IGG Directory:

- For general queries: info@irishgirlguides.ie Tel: 01 668 3898
- For membership queries: membership@irishgirlguides.ie
- For safeguarding queries: safeguarding@irishgirlguides.ie
- For account queries: financesupport@irishgirlguides.ie
- For publications: trefoil.news@irishgirlguides.ie
- For media and PR: communications@irishgirlguides.ie
- For general support: operations.manager@irishgirlguides.ie



- For the Dublin Distribution Centre: distribution.centre@irishgirlguides.ie Tel: 01 660 5503
 - For the Limerick Distribution Centre: igglimerickshop@gmail.com Tel: 061 413 099
 - For the Cork Distribution Centre: iggsouthwest@gmail.com Tel: 021 450 0414
 - For the Galway Distribution Centre: galway.distributioncentre@gmail.com Tel: 091 566 500
- For exact opening times, please see 'Contact Us' on the website.*

And you can check out the **website** – www.irishgirlguides.ie both public and Leaders' areas have lots of info.



Well done to the Senior Branchers who took part in the NYCI Youth Work Showcase 'Youth Work Changes Lives' in the Mansion House in Dublin on 19 June. They shared with their local politicians how being members of IGG has impacted them and helped them grow in independence. The national youth work showcase brought together over 300 young people representing every constituency in Ireland to celebrate the value, diversity and vitality of youth work in Ireland.



Mission Statement

The mission of the Irish Girl Guides is to enable girls and young women to develop to their fullest potential as responsible citizens of the world.

Irish Girl Guides

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