



Summer 2021
Issue No: 662

Second
Edition

Trefoil News

The Irish Girl Guides'
Special Edition
Magazine for Girls



Activities

Olympics



Recipes



Octagon

Photos



Trefoil News

Summer 2021 Issue No: 662

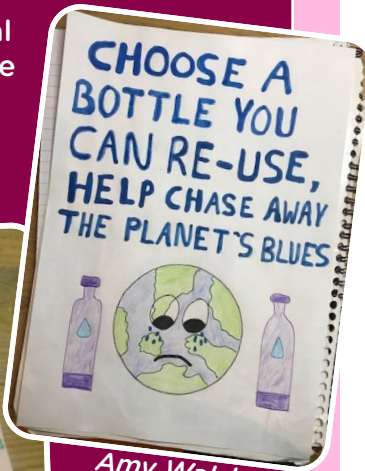
Environmental Poster Competition Winners:

Well done to the 77 Guides who completed the Environmental Awareness Badge during an online session on 16 April. Guide Branch were very impressed with the fabulous posters Guides created to promote environmental awareness. Here are the three winning posters:

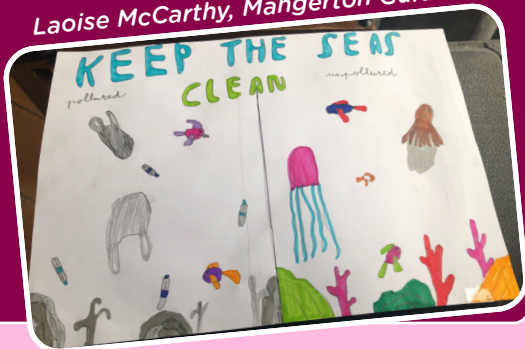
*Eve Tyrrell,
Delgany Guides*



*Amy Walsh,
Naas Guides*



Laoise McCarthy, Mangerton Guides



Published By
Irish Girl Guides, Trefoil House, 27 Pembroke Park, Dublin 4.

Printed By
MMS Mailing Services Ltd., Portside Business Centre, East Wall Road, Dublin 3.

The Editorial Team of **Trefoil News** reserves the right to edit material submitted.

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

GREETINGS FROM THE CHIEF COMMISSIONER

Dear members,

I am delighted to welcome you all to the second Girl Edition of *Trefoil News*. I hope that you find the activities fun and challenging to complete.



I just want to tell you that you are AMAZING, and I know you are doing the best you can during this global pandemic.

Why not continue being amazing and support the Irish Athletes at the Olympics by getting active with your family, whether that is on your bike or scooter, through skipping, walking, running, or even an obstacle course in your garden? I look forward to seeing what you and all our members manage to complete.

Have you booked into the IGG International Camp called Octagon that is taking place in August 2021? We will be celebrating Irish Girl Guides' 110th Birthday at this event so do join in for the fun and games that are being planned (learn more on page six).

I am sure, like me, you are looking forward to seeing your Guiding friends soon when we can return to our weekly meetings, hikes, camps and all the other fun things we get up to in Guides.

Until then, let's continue to keep safe.

Yours in Guiding,

Amanda O'Sullivan

Welcome to the Girl edition of *Trefoil News!*



Welcome to our second ever Girl Edition of the Irish Girl Guides' magazine, *Trefoil News*. Usually this magazine is sent to our Leaders. It is normally filled with activities, games and crafts that can be done with you when you're at your meetings. In it we also advertise events that are coming up and we report on ones that have happened.

We have made this special edition for you! We know that being at home is a challenge. We all love seeing our friends and families, and we love visiting lots of different places. We are tired of having to stay at home and we miss our old life. However, we are staying at home to keep ourselves, our friends and our families healthy and safe.

We are nearly there - vaccinations are here! Good weather is coming and, hopefully, restrictions will be lifted little by little over the summer. We are excited about Octagon 2021. It will be great fun and we hope you will join us for the weekend. You'll find more information in this magazine on how to get involved (see pages 6 & 7).

Our four Branches - Ladybirds, Brownies, Guides and Senior Branch - each have their own mascot. Ladybirds have a special little ladybird and Brownies have an owl, while Guides have Bella Bear and Senior Branch have Tallulah Turtle. Our mascots will guide you through the magazine. Wherever you find one of the mascots, you will find activities for your age group.

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However, you can have fun on every page and try everything you want to.

We wish you and your families well and we hope you enjoy your very own edition of *Trefoil News!*



EASTER CAMP

And so, it's Year Two of camping at home with IGG. The idea is for all members to have some Guiding fun in creating their own Camp at Home experience. While Guide meetings and camp get-togethers are on hold, these Camp at Home events are one of the ways in which IGG has encouraged members to find healthy and positive ways to keep active and busy, both physically and mentally.

An Easter Camp at Home activity pack was sent out to members with camp crafts, games and recipes. Over Easter weekend, IGG members across the country were busy with camp activities and constructing tents and campfires. Here's a selection of the large volume of photos submitted to National Office - our thanks to everyone for participating and for sharing their photos.





CAMP AT HOME APRIL 2021



IRISH GIRL GUIDES' 14TH INTERNATIONAL CAMP

OCTAGON 2021

A new kind of camping – connecting homes, campsites, and friends around the world!
31 July – 2 August 2021



Octagon is a three-day virtual camp taking place over the August Bank Holiday weekend. Wherever you are, you can log in and take part in numerous activities and as many ceremonies as you wish. If public health restrictions allow, some Units might meet up locally for some aspects of the camp. Even if you are away on holidays with your family, you can still log in and be part of this unique historical international camp for IGG! If you can't make the full weekend, you can still pop in and join certain parts and use the equipment you receive after the event.

To book your place at Octagon, visit

<https://bookings.irishgirlguides.ie/octagon>

Deadline is 21 May 2021.

To participate, you need to log on and pay your event fee of €30 (if living in Ireland). For this you will receive:

1. Your special Camp T-shirt.
2. Octagon Camp specially designed Neckerchief.
3. Octagon Camp badge.
4. Camp Programme resource book.
5. A specially designed Irish Girl Guides' 110th Birthday gift of 'STEM in a Box'. You will use this equipment during camp and after camp you can reuse it to make other creations. You will also have online access to all the video tutorials for further use.
6. Online access to activity sessions on all three days of camp and the opportunity to share your work/activities with other participants.
7. Online entry to the camp's Opening and Closing Ceremonies, Guides' Own and IGG's special 110-year birthday party.
8. A virtual Global Sing-a-long Campfire with your international sisters in Girl Guide organisations around the world.

Items 1-5 will be posted/delivered to your Irish address in July and events 6-8 will take place online in a safe and secure virtual setting.

OCTAGON Schedule

Saturday 31 July:

- 10am Opening Ceremony followed by online morning activity sessions via Zoom
- 2pm Birthday Baking Demo followed by afternoon activity sessions
- 7.30pm Irish Girl Guides 110th Birthday Party

Sunday 1 August:

- 10am Guides' Own (reflection time)
- morning activity sessions
- 2 x afternoon activity sessions
- Global Sing-a-long Campfire

Monday 2 August:

- morning activity sessions
- afternoon free to complete tasks and submit photos/videos
- 7.30pm Closing Ceremony and Event Finale

Leaders' session times to be confirmed closer to the event.



OCTAGON CAMP KIT

PROUDLY SUPPORTED BY



ENERGY FOR GENERATIONS FUND

We are delighted to partner with ESB Energy for Generations Fund and be able to provide every person who registers for camp with their own 'STEM in a Box' kit. This kit provides the equipment to build a freewheeler, land yacht and other creations from which the girls will learn Science, Technology, Engineering, Maths and Arts skills. After camp, the parents/girls will be able to access online tutorials for free on how to use the STEM kit for other experiments and investigations. Other members of the family can join in too and use the equipment after camp. Our thanks to ESB Energy for Generations Fund for supporting the costs and to LearnIT LEGO for working with us to empower generations of Girl Guides with STEAM skills for life.



Octagon will also include activities based on creating awareness and



Irish Aid

An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

action about the United Nations' Sustainable Development Goals. Girls will feel connected to others in the global challenges we face as they learn solutions to the problems the world faces. Together we will learn about successful projects around the world that help to achieve the SDGs. We are grateful to Irish Aid and the Department of Foreign Affairs for funding this aspect of the event.

To keep up to date on all things Octagon, check out Octagon's Facebook or Instagram pages and the IGG website.



IGG's Inspiring

Each year, the Irish Girl Guides' Executive Committee choose a high-profile Trail Blazer to get the chance to meet amazing women who are high achievers and who can show us how we've been honoured to have

2016 Justice Catherine McGuinness

Catherine McGuinness was born in Belfast in the 1930s and was a Senator from 1979 to 1987. She worked as a Judge in both the Circuit Court and the High Court and, between 2000 and 2006, she was a Judge in the Supreme Court. Ms Justice McGuinness was a member of the Council of State from 2012 to 2019 having been appointed by President Michael D. Higgins.

Ms Justice McGuinness said she was delighted to be IGG's Honorary Ambassador and told IGG Council members that the year she was appointed she remembered fondly her time as a Guide in Dublin during her teenage years. "Apart from the enjoyment and fun, I think that the best thing I learnt from Guiding was a sense of self-reliance, and also to be observant, both of the material world and of people, which is something I value very much to this day" she said.



2017 Sinéad Burke

Sinéad Burke is a teacher, writer, broadcaster, fashion admirer and advocate for disability and design. Sinéad has given a TED Talk, has spoken at the World Economic Forum in Davos, and has spoken in the White House. She highlights the lack of inclusivity within the fashion and design industries and consults with leadership to ensure the process of designing for, with and by disabled people is embedded into their business model.

Sinéad said that "So many of the personal characteristics that I'm proud to possess as an adult were first instigated and nurtured in my childhood... Qualities such as resilience, kindness, leadership, organisation, empathy, thoughtfulness and a deep understanding of the power of friendship were modelled and then emulated during the many intensely pleasurable years I spent as a Girl Guide.

"The Girl Guides arms the next generation with confidence, pride and an awareness that encourages them to speak out against injustices and chase the most aspirational realities."



2018 Kate and Annie Madden

In 2015 sisters Kate and Annie Madden, when aged 14 and 13 respectively, together won the BT Young Scientist competition. Their company, FenuHealth, received support from Meath County Council, Horse Racing Ireland, Enterprise Ireland, Local Enterprise Offices of Dublin & Meath and BT.

Eighteen-year-old Kate and her younger sister Annie (16) said it took them 152 attempts before they came up with their winning formula for equine feed that successfully treats ulcers in horses which they now export to countries across four continents, including to five royal families! "Believe in your dreams; know you can achieve whatever you put your mind to" said Kate. "Keep your goal in mind and keep trying no matter how many times you have to try."

Kate and Annie appeared in the top five of a 20 Under 20 list of entrepreneurs in Ireland and the UK and have most recently been announced as a Bank of Ireland's Gold Sovereign Awardee 2020. "Our motto in FenuHealth is 'never give up'

IGG Ambassadors

ambassador to represent the organisation as the Honorary Ambassador. We want all of you to show you what you can achieve. Here are some of the wonderful IGG Ambassadors we have had with us over the years.

and this is a perfect match for the positivity and enthusiasm which is central to Irish Girl Guides. It is important to work together too and we would encourage you to get on well with your sisters and brothers and friends.”



2019 Dr Niamh Shaw

Dr Shaw describes herself as an Irish engineer, scientist, artist, performer, space explorer and award-winning science communicator with a passion to ignite curiosity about space and the world around us. Dr Shaw, who was a member of IGG for some of her childhood, has fond memories of her time in the organisation. “I remember one time we had to collect the leaves of different trees, which led me to read and research more on the topic... To this day, I still test myself on tree identification!”

Dr Shaw has been a fantastic role model encouraging members to dream big and to not be afraid to follow their dreams. Her energy, enthusiasm and her passion for Science, Technology, Engineering, Arts and Mathematics (STEAM) are infectious.

Dr Shaw said “What I’m particularly interested in, as Ambassador, is empowering Girl Guides of all ages to pursue in life what they are most passionate about, which is usually what they are also most curious about... If I can achieve success in delivering that message to girls and women this year, then I will feel that I have made a worthy contribution to Irish Girl Guides.”

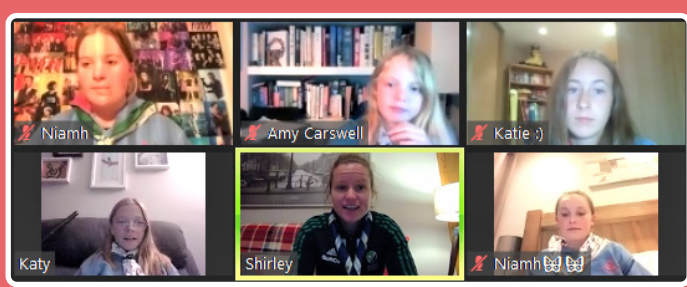


2020 Shirley McCay

Shirley, who is a member of Ireland’s international hockey team, is the most capped female athlete in this country having earned over 300 caps.

Shirley said, “I grew up in a small village called Drumquin just outside Omagh in County Tyrone. I used to attend Brownies and Guides every week in my local church hall. I still remember my Granda taking me along in his little red Peugeot! I started playing hockey when I went to secondary school and, from there, never really looked back. There aren’t many hockey players that come out of Drumquin!

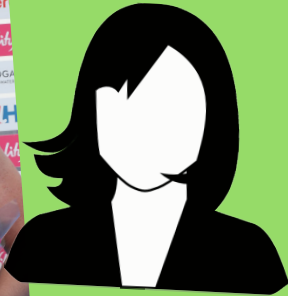
Shirley has met many of our members virtually this year, speaking with individual Units, and groups of Leaders and girls. She has encouraged all our members through a challenging time during the global pandemic.



Help us to choose the next IGG Ambassador... Turn to the next page... 



Your Help is Needed... Who will be IGG's next Ambassador??



Shirley Mc Cay is IGG's wonderfully inspiring Ambassador this year. She is now getting ready to travel to Japan for the Olympics in June with the Irish Hockey Team.

Who do you think would be a good Ambassador for IGG?

We need someone who is well-known in their career/area and who will be a positive role model for girls across Ireland. On the previous pages, you've read about our Ambassadors in the past, those who have inspired us such as Niamh Shaw and her infectious enthusiasm for STEAM subjects and dreams of going into space, and Kate and Annie Madden who won the Young Scientist Competition while in school and who now sell their FenuHealth products worldwide.

If you would like to nominate someone, please send the following details **before 14 May** to Maureen Murphy by email at president@irishgirlguides.ie

1. Your name and contact details.
2. Full name of the person you are nominating.
3. Their contact details.
4. 100 words on why you have proposed them.

We look forward to hearing your suggestions!



STEPS IGG ENGINEERING E-BADGE



STEPS Irish Girl Guides Engineering Badge

The STEPS IGG Engineering E-Badge is the first of its kind – a digital Girl Guide and Brownie Badge that can be earned at home!

The badge is made up of three engineering challenges and three corresponding E-Badges. If you complete all three challenges you will be awarded the Trefoil E-Badge – a true badge of engineering prowess!

Each engineering challenge is revealed in the Mission Video where Mark Langtry (RTE presenter and Celebrity Scientist) sets the task and gives lots of ideas on how to go about it. You then have a limited time to submit your design to STEPS.

The E-Badge can be used on social, to make stickers for Snapchat, or can be printed and framed on your wall! As well as the E-Badge, each challenge is a competition in its own right. The winners of each challenge will win great prizes and will get their names in lights on the STEPS Engineers Ireland Hall of Fame webpage.

To find out more about how to earn your E-Badge check out our website:

<https://www.engineersireland.ie/Schools/Get-involved/Girl-Guide-badge>



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Supported by the Department
of Education and Skills

ARUP



Energy for
generations

intel





As Irish Girl Guides celebrate 110 years in existence, we are sharing some photos of old IGG uniforms.

If your mums or grannies or aunts were Girl Guides when they were young, they might recognise their old uniform here. Why not ask them?



We will be celebrating our 110th Birthday at Octagon 2021, Ireland's international camp, during the August Bank Holiday weekend. Check out pages 6 & 7 for details.



We really hope you'll all join us. There'll be lots of Guiding fun with Guiding sisters from across Ireland and around the world.



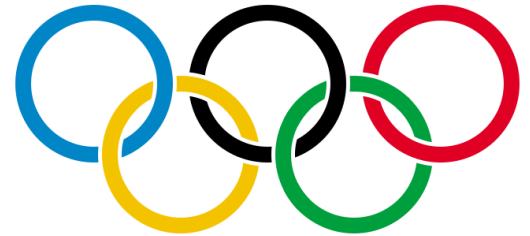


LADYBIRDS

Ages 5-7



Olympic Games at Home



The Olympic Games are a celebration of friendship, unity and peace. The first Olympic Games were held over 100 years ago in Athens, Greece.

Did you know that the Olympic Symbol (five interlaced rings) represents the five continents of the world and the meeting of all the athletes from these continents?

Why not host your own Olympic Games in your back garden? Here are some ideas but remember that, before any game, the athletes always make their oath/promise, so why not try this one before each game:

**I promise to follow the rules of the games,
to be fair,
to be a good sport, and to honour my teams.
I'll remember to play for fun.**



The Hammer Throw

The Javelin Throw

Shot Put for Distance

Materials:

- small paper bag
- newspaper
- string

Instructions:

1. Stuff a small paper bag with newspaper. This is your 'hammer'.
2. Tie it off with a 12 inch long string.
3. Hold the end of the string.
4. Spin it around three times and let it go.
5. Watch how far the hammer travels.
6. Record the distances and the longest distance wins.

Materials:

- paper straws
- waste-paper bin
- tape

Instructions:

1. Tape four straws together, end to end.
2. Mark a starting line behind which all players must stand.
3. Place a waste-paper bin five feet from the starting line.
4. Throw straws into the bin.
5. Give each player five turns.
6. The winner is the person who gets the straws into the bin the most times.

Materials:

- tinfoil

Instructions:

1. Make a ball out of tinfoil.
2. Hold the ball in the palm of one hand.
3. Hold that hand next to your ear and then push the shot into the air extending your arm.
4. You cannot move your feet.
5. Record distances of throws and the longest distance wins.

Discus Throw

Materials:

- frisbee or two heavy foam plates and tape

Instructions:

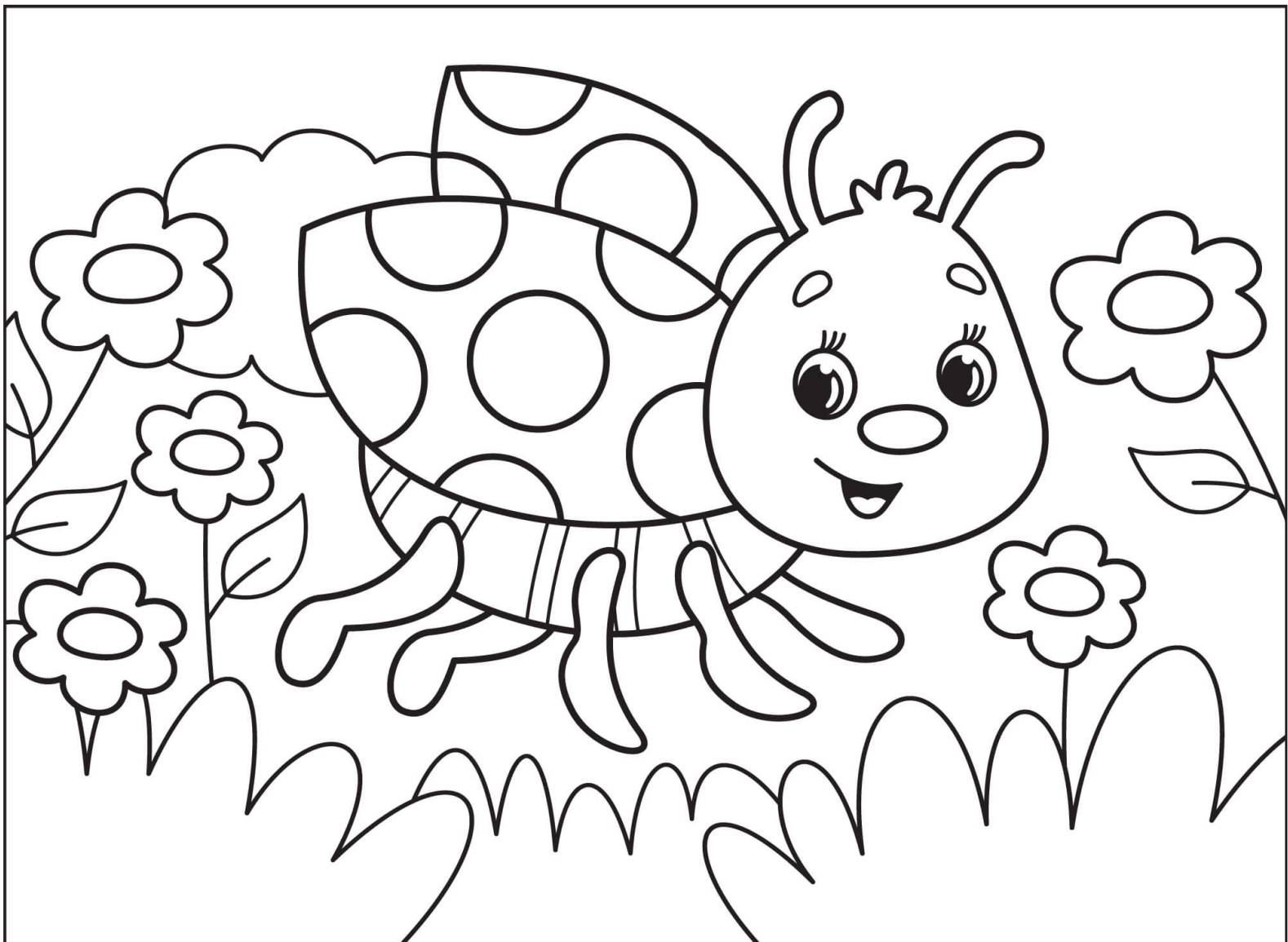
1. Use a frisbee to play discus, or tape two heavy foam plates together.
2. Hold the 'discus' like a flying disc.
3. Throw the discus, pushing away from the waist.
4. Record the distances of throws and the longest distance wins.

Other Games

Can you play any of these games below? They're all summer Olympic Games!

- Softball
- Football
- Basketball
- Handball
- Hockey
- Tennis
- Volleyball

"Hi Ladybirds... Have fun colouring in this cute Ladybird below!"



Source: www.supercoloring.com



Fun Skipping Games



Teddy Bear

While jumping to this rhyme, try to mime the actions mentioned e.g. turning around, touching the ground, and so on.

Teddy Bear, Teddy Bear,
Turn around.
Teddy Bear, Teddy Bear,
Touch the ground.
Teddy Bear, Teddy Bear
Touch your shoe.
Teddy Bear, Teddy Bear
That will do.
Teddy Bear, Teddy Bear,
Go upstairs.
Teddy Bear, Teddy Bear,
Say your prayers.
Teddy Bear, Teddy Bear,
Turn out the light.
Teddy Bear, Teddy Bear
Say good night!

Miss Lucy

This is a funny skipping rhyme that you might enjoy with your family or friends. This rhyme involves extra skippers jumping in and out.

Miss Lucy had a baby
She named him Tiny Tim
She put him in the bathtub
To see if he could swim

He drank up all the water
He ate up all the soap
He tried to eat the bathtub
But it got stuck in his throat

Miss Lucy called the doctor
(Second jumper comes in)
The doctor called the nurse
(Third jumper comes in)
The nurse called the lady

With the alligator purse
(Fourth jumper comes in)

"Mumps" said the doctor
"Measles" said the nurse
"Nothing" said the woman
With the alligator purse

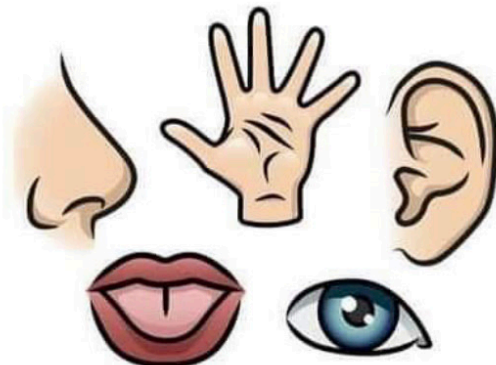
Miss Lucy thanked the doctor
Miss Lucy thanked the nurse
Miss Lucy paid the woman
With the alligator purse

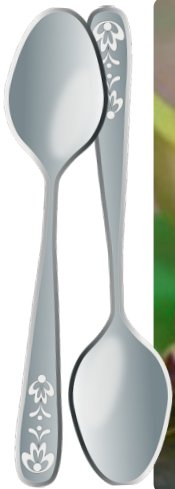
Out ran the doctor
Out ran the nurse
Out ran the lady
With the alligator purse
(Extra jumpers exit)

5 SENSES SCAVENGER HUNT

primary playground

- Find something that makes a crunch sound.
- Find something that tastes sour.
- Find something that smells good.
- Find something smooth.
- Find 3 of the same thing.
- Find something that smells bad.
- Find something that tastes sweet.
- Find something loud.
- Find something long.
- Find something soft.
- Find something white.
- Find something quiet.
- Find something rough.





Campfire Chocolate Bananas

At camp, these campfire chocolate bananas are cooked in the coals after being stuffed with marshmallows and chocolate for a rocky road twist. Everyone will love this sweet and sticky treat!

When cooking the bananas, make sure to wrap them in tinfoil, so you don't lose any of the delicious marshmallow or chocolate. Just make sure to let the bananas cool for a few minutes before opening.

Ingredients:

- 1 banana
- 2 to 3 marshmallows, or to taste
- 1 to 2 tablespoons of chocolate chips, or to taste

Materials:

- tinfoil



Instructions:

1. Make a cut through the banana peel and split it lengthways. Be careful not to cut all the way through the banana.
2. Push the chocolate and marshmallows carefully into the cut in the banana.
3. Wrap the bananas in a small piece of tinfoil to protect them from the ash.
4. Place the banana directly over the hot coals of a barbecue or along the outer edge of a campfire. Cook for five to ten minutes.
5. Remove the bananas from the heat and let them cool.
6. Open and enjoy.

Source: <https://bushcooking.com/recipes/bananas-in-coals/>

Pocket Pizzas

Ingredients:

- a packet of pita bread
- 1 can or jar of spaghetti or pizza sauce
- grated cheese
- optional fillings: sweet corn, pineapple chunks, diced peppers, etc.

Note: It is important to note that the pizzas aren't cooked as such, they are toasted, so any fillings you choose should be items that are safe to eat raw, i.e. use cooked meats if you want meat in your topping. The pocket pizza can get very hot so be careful.

Instructions:

1. Cut each pita bread in half, creating a pocket.
2. Add a spoon of pizza sauce, spreading it evenly around the pocket.
3. Add the grated cheese and any other fillings.
4. Wrap the pocket in tinfoil and, with the help of an adult, heat under the grill for about two minutes each side. At Camp, you would heat these over campfire embers.
5. Carefully remove your pocket pizza from the grill – it will be hot! Allow the foil to cool before you open it up.



Sustainable Development Goals (SDGs)

The United Nations' Sustainable Development Goals are 17 challenges that every human can work on together to make the world a better place.

THE GLOBAL GOALS For Sustainable Development



These two 'sit-upon' activities link with SDG 12 - Responsible Consumption and Production

Your Very Own Recycled Sit-upon

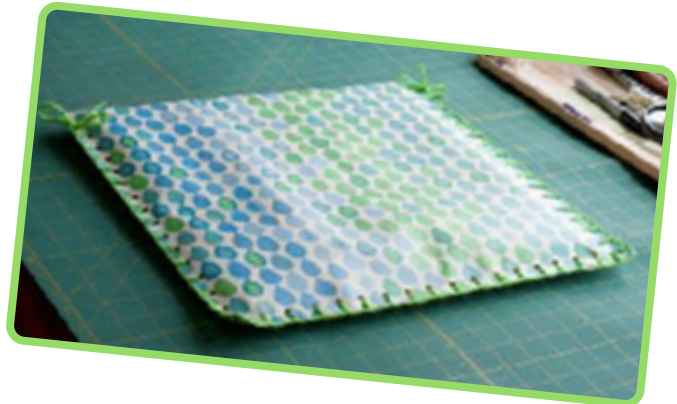
Make a waterproof sit-upon from recycled materials.

Materials:

- old waterproof fabric (vinyl tablecloth, cleaned turf bag, old bivvy bag)
- stuffing (old pillow, cushion, old towel, old t-shirts etc.)
- scissors
- hole punch
- string

Instructions:

1. Cut a 12 inch square on the fold of the material i.e. have two 12 inch squares connected by one side.
2. Place your stuffing in between the two squares.
3. Punch holes on the open three sides and sew together using your string. Tie the end off with a bow.



Alternative Woven Newspaper Sit-upon

Materials:

- 14 sheets of newspaper

Instructions:

1. Fold each sheet of newspaper in half, four times.
2. Press the strips flat.
3. Weave the strips together, with a 7-strip x 7-strip woven pattern.
4. Fold the ends back and tuck them in or tape them down.



Source: https://www.gsutah.org/content/dam/girlscouts-gsutah/documents/Sit_Upons_Short_and_Snappy.pdf



This activity links with SDG 15 - Life on Land

Make a Bug Hotel

Materials:

- a large plastic bottle cut into two cylinders
- sticks/twigs, pinecones, bark and leaves
- rope or twine
- scissors

Instructions:

1. Cut the bottle down to size.
2. Arrange your materials inside the bottle.
3. Tie some string around your bottle so that you can hang it from a tree.
4. Decide on the insect hotel location. If you are hanging your hotel from a tree, make sure the hotel is stable and it won't fall off with the wind.



Source: <https://www.freekidscrafts.com/easy-insect-hotel-for-children-to-make/>

Sustainable Development Goals

D	S	M	R	E	T	T	E	B	S	T	O	C	S
L	S	M	U	R	A	A	T	I	N	A	T	O	E
R	E	S	P	E	L	D	R	S	G	U	A	M	D
O	N	I	L	E	E	V	E	E	I	E	S	M	U
W	E	V	S	T	A	O	H	C	A	E	L	U	C
M	R	I	T	N	D	C	T	E	P	S	A	N	A
C	A	T	G	U	T	A	E	J	M	Y	O	I	T
L	W	C	E	L	I	C	G	U	A	T	G	T	I
I	A	A	U	O	U	Y	O	S	C	I	E	I	O
M	L	C	Y	V	P	E	T	T	N	L	E	E	N
A	R	M	T	W	A	O	C	I	A	A	T	S	T
T	A	S	I	I	B	A	W	C	E	U	E	C	E
E	D	E	N	U	O	T	I	E	I	Q	E	T	T
I	E	L	U	C	O	N	N	O	R	E	M	I	E

EQUALITY

BETTER

GOALS

WORLD

VOLUNTEER

ACTION

JUSTICE

PEACE

CAMPAIGN

AWARENESS

POWER

COMMUNITIES

ACTIVISM

EDUCATION

CLIMATE

LEAD

TOGETHER

UNITY

ADVOCACY

Source: <https://thewordsearch.com/maker/>

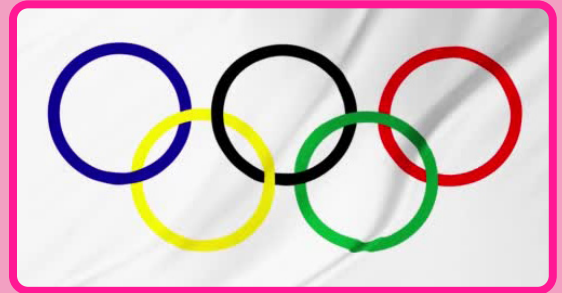


BROWNIES



Celebrating The Olympic Games

The Olympic Games were originally held in Ancient Greece. The Tokyo 2020 Olympic Games are taking place this summer. You can complete some of these activities at home and host your very own Olympic Games in your house, garden or even at your local park or beach.



Nature Olympic Flag

The Olympic flag has a white background with five interlaced rings in the centre: blue, yellow, black, green and red. Each of the rings stands for each of the five continents of the world, and the white background represents all the countries coming together for the games. Every country's flag also contains at least one colour from the Olympic flag.

See if you can create your own Olympic flag using items you can find around your house or, even better, outside in nature.



Source: <https://www.kcedventures.com/blog/olympic-nature-craft-and-art-for-kids>



Salt Dough Olympic Medals

Materials:

- 1 cup of salt
- 1 cup of plain flour
- ¾ cup of water
- bowl
- rolling pin
- cookie cutter/butter knife
- straw
- ribbon
- paint (optional)

Instructions:

1. Mix the flour and salt in a bowl and slowly add the water. Keep mixing until it becomes like a dough. If it is too sticky, you can add a little more flour and, if it won't hold together, then you can add a little more water.
2. Roll out your dough until it is about 2cm thick.
3. Using a cookie cutter or a butter knife cut your dough into medal shapes. Using a straw you can make a hole in the top of your medal to hold ribbon.
4. Using the butter knife you can lightly place designs on the front of your medals if you want. Make sure you don't cut all the way through the medal.
5. Ask an adult to help you with this part. Put the medals on a

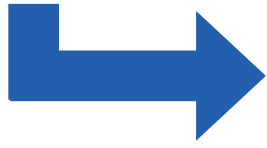


baking tray and into the oven for two hours at 100 degrees celsius. You can turn them over once during cooking.

6. When they have cooled you can paint your medals if you want and then thread ribbon through the hole.

Source: <https://theimaginationtree.com/salt-dough-olympic-medals/>

Olympic Rings Dot to Dot



Flag Rocks

Why not paint some flag rocks to get ready for the Olympic Games?

You could paint an Olympic flag rock, a rock for Japan as the host country, a rock for Ireland as the country you live in, and you could paint any other country's flags that are special for you.

You will need to use a pencil to design the outline of the flags and then use acrylic paint to colour the rocks. You might need markers to finish off small details on the rocks.

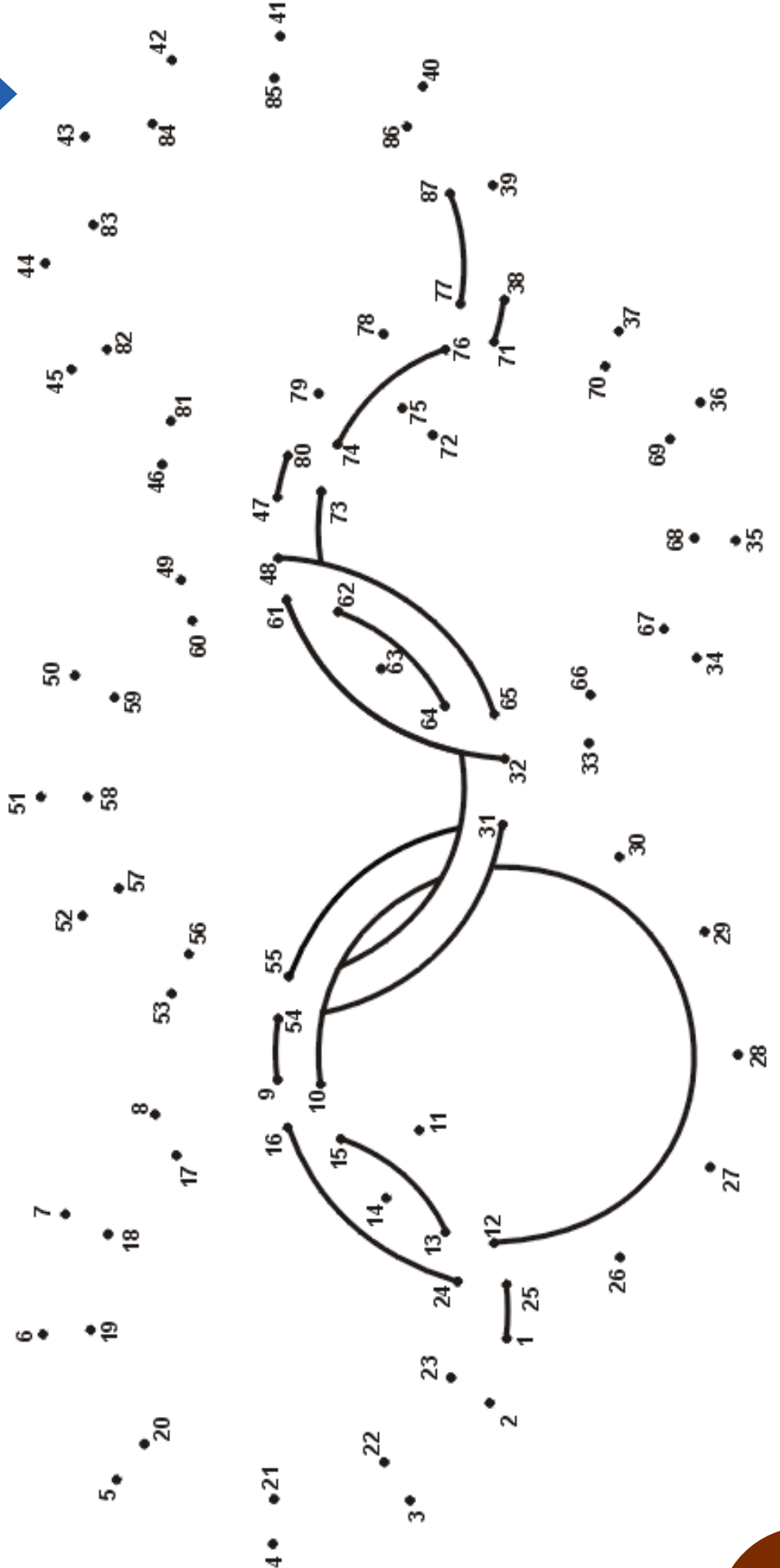
Japan Flag



Ireland Flag



Source: <https://nontoygifts.com/flag-rocks-olympic-craft/>



Guess the Olympic Event

Fill in the missing letters to guess the Olympic event:

	OLYMPIC EVENT	CLUE
1	D_v_ng	It involves a swimming pool.
2	_ow_ng	You use a small boat in this event.
3	A__hery	Don't forget your arrows if you want to take part.
4	Bas_e_b_ll	You can slam dunk in this sport.
5	H__key	You can't touch the ball with your hands or feet, only your stick.
6	_th_etics	You race around an oval track in this event.
7	Wr__tli__	The aim is to pin your opponent to the mat.
8	_ur_ing	You need lots of waves in the ocean for this event.
9	Vo__ey__all	You need to get the ball over the net and for it to hit the ground on the other side.
10	T__ath_on	You have to complete three different activities in this event.

(Answers upside down at the foot of page 21)

You can watch one-minute videos of all the events at this link:

<https://tokyo2020.org/en/sports/one-minute-one-sport-olympics>

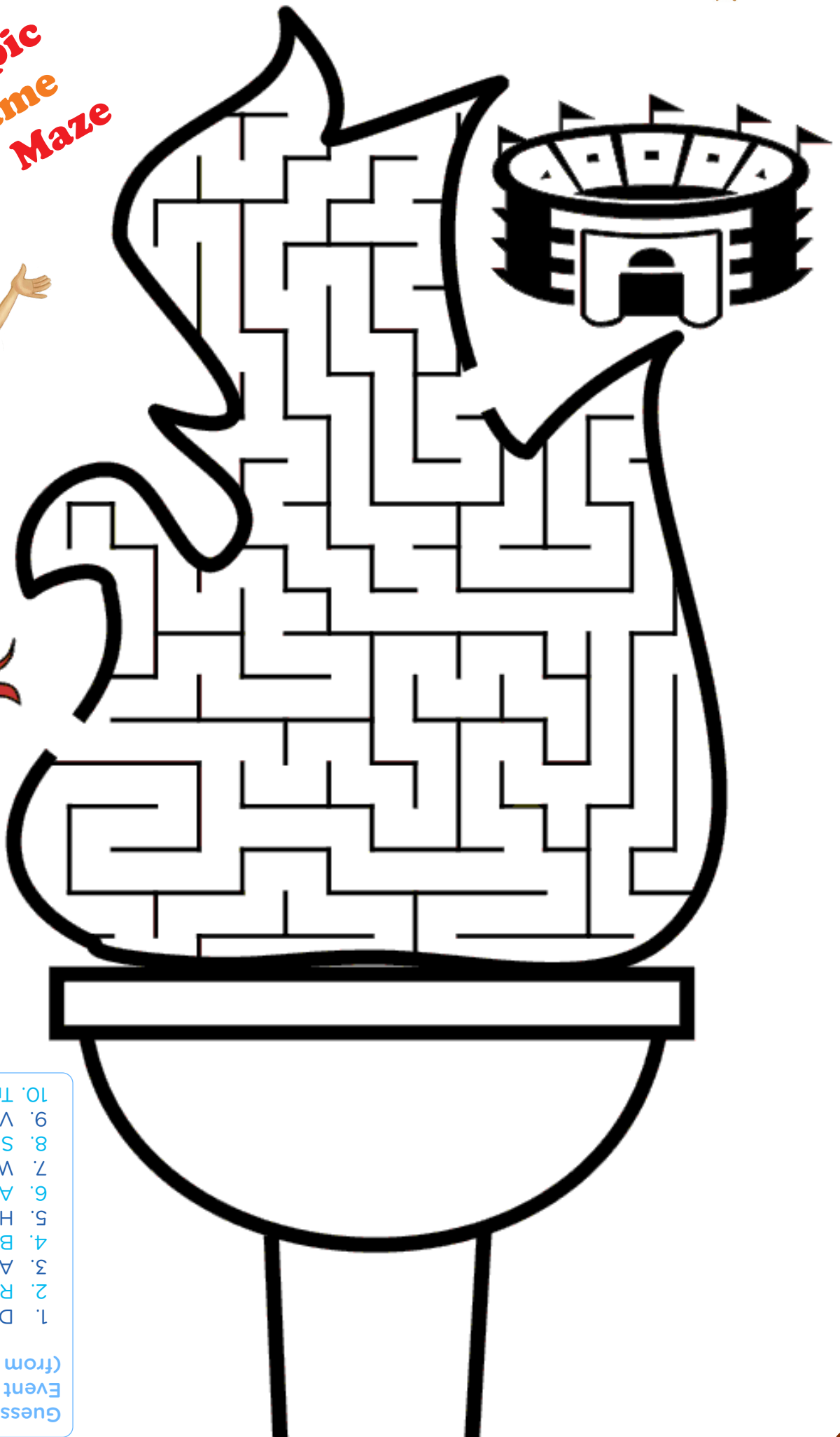
The Olympics Word Search



Try to find all the hidden words about the Olympics. Remember, words can be diagonal, vertical, horizontal, forward or backward. Good luck!

FINISH LINE
SCORE
CHAMPION
LEAGUE
RACE
GOAL
JAVELIN
ATHLETE
COACH
HURDLE
BRONZE
STADIUM
TEAM
MEDAL
SILVER
BALL
COMPETE
GOLD

Olympic Flame Maze



- Guess the Olympic
Event - the answers
(from page 20):
1. Diving
 2. Rowing
 3. Archery
 4. Basketball
 5. Hockey
 6. Athletics
 7. Wrestling
 8. Surfing
 9. Volleyball
 10. Triathlon

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!

**HAVE YOU
 COMPLETED
 IGG'S
 OUTDOOR
 CHALLENGE
 YET?**



Principle 1: Plan ahead and prepare	Principle 2: Be considerate of others	Principle 3: Respect farm animals and wildlife	Principle 4: Take care of the environment
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 three garden birds. (Ladybird Bird Watcher - 2).	Help pitch a tent. (Ladybird Camp - 1).
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 rambles. (Ladybird Active - 1).
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 game using eight compass points. (Investigate: Teamwork - 1).
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. (Brownie Choice Challenge - 12 & Nature Observer).	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 laid out with string or some other material. (Brownie Choice Challenge - 1).
Take part in a day/night hike, wearing the correct clothing and understand why it is necessary. (Guide Choice Challenge: Outdoors - 14).	As a patrol take part in a cooperation game. (Guide Choice Challenge: Teamwork - 1).	Recognise at least five spring/summer wild flowers and give reasons why they should not be picked. (Guide Choice Challenge: Outdoors - 9).	Camp overnight including pitching and setting up a tent. (Guide Choice Challenge: Outdoors - 10).
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 Challenge: Outdoors - 13).	Take part in an outdoor scavenger hunt. (Guide Choice Challenge: Outdoors - 12).

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Principle 4: Travel and durable 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.</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 or 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 striking tent.</p> <p>(Challenge: Outdoors - 6).</p>	<p>Play a nature observer game with your Patrol.</p> <p>(Guide Choice Challenge: Outdoors - 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 Challenge Global Awareness).</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>(Challenge: Teamwork - 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 Challenge: Lifeskills - 13).</p>





PROUDLY SUPPORTED BY



ENERGY FOR GENERATIONS
FUND

Our Healthy Minds Training Zone

In September 2020, Irish Girl Guides received funding from the ESB Energy for Generations Fund to support our Healthy Minds Training Zone. In the absence of face-to-face meetings and trainings, this is being delivered via an online training for Leaders and the Healthy Minds programme resources in each *Trefoil News* in 2021, and on Online Guide Manager (OGM). **The fund will also provide free Healthy Mind badges for the first 3,000 members to complete the relevant Interest Badge.** These are available to Leaders through the Distribution Centre.

The Healthy Minds Interest Badges in our programme enable us to improve mental health and well-being, strengthen emotional competence, and give girls the ability to cope with their own personal difficulties. By focusing on developing healthy minds, IGG will support our members' mental health and we are grateful to ESB Energy for Generations Fund for their support.



Get Grounded!

Five Things You See!



Four Things You Can Touch!



Three Things You Can Hear!



Two Things You Can Smell!



One Thing You Can Taste!



54321 Calming Techniques

This can be a lovely meditation exercise to do for any age.

These 5 steps can help you to calm down when you are stressed or worried.

1. Breathe in for 5 seconds, hold your breath for 5 seconds and breathe out for 5 seconds.
2. Do this a couple of times until you find your thoughts slowing down.
3. Go through the numbers in order to help ground yourself in the present moment.
4. Close your eyes and visualise your favourite place.
5. When finished, open your eyes slowly.



I Feel Better When I'm Dancing!



The Communications Committee loved your Guiding Light videos! Now, Senior Brancher, Amy, has choreographed a dance for the IGG Danceathon. You can watch the tutorial on the IGG YouTube channel at <https://www.youtube.com/watch?v=WiOJpuV17ZM>. Send us your video via WhatsApp to 085 8570565 and make sure to film yourself in 'portrait' mode.

Did you know that in 2024 Break-dancing will be an Olympic sport?

Dancers from the House of Swag Studio in Dublin have found ways to train and compete online throughout the pandemic. Meet the 'BGirls' who have Olympic dreams.

Katie is 18 and has only been dancing for four years. She found it a very male dominated sport and wasn't even sure

she could break-dance but, the more she trained, the more confident she became. Katie got the nickname 'Threadz' from her signature move 'the thread'. This move sees dancers make a hole with their arm or leg, then they twist their body through that space. Kelly explained that sometimes it can be tough to be a BGirl: "If you look up any break-dancing video, a boy will always come up first. That is tough to accept as a girl in the breaking world." You can see some of the best BGirls in the world showing off their moves here <https://www.youtube.com/watch?v=SfSHgldEOWw> and Katie could

very well be bringing home Olympic gold in 2024!

Molly was both a Ladybird and Brownie in Portmarnock in Dublin when she started dancing five years ago. She began break-dancing last year. Molly explained that her favourite thing is that "the expression and emotion you can show through dancing is unlimited". The training is different to other types of dance. Molly says "It is very strength-focused, there would be a lot of fitness involved". The competitions are called Battles. They compete 1 vs 1, 2 vs 2 or in a Battle Team. They are judged on tricks, musicality, technique and performance. Make no mistake, Molly is at the top of her game!

Abby got the nickname 'Buns' from her signature hairstyle. At 12 years old, she has been break-dancing for eight years. Break-dancers have a language of their own and each style has its own category and name. These dancers started with Top-rock dancing, moved to footwork and then onto the spectacular power moves. Abby's favourite power move is 'Swipes'. "You go into a crab position and then you kick your legs and twist". Her bubbly personality shows through and she has a very expressive face that adds star quality to her performances.

At age 13, Kelly has been dancing for over half her life, but only began break-dancing two years ago. She loves the amazing support that the dance community shows and that it's a great way to express yourself. She must train at each specific style of breaking to build strength before learning harder moves. Kelly's favourite move is an 'Invert'. This is like the splits while doing a handstand, and she can hold the pose for a pretty long time! Being able to do the tricks has given Kelly a lot of confidence.

Going to the Olympics to represent Ireland will be empowering for these BGirls and we know they will have all of IGG cheering them on!



GUIDES

Ages 10-14



Hi there everyone,

Welcome to the second ever Girl Edition of *Trefoil News*. We had the international camp, Octagon, and the summer Olympics in mind when compiling activities for you to enjoy. We included an alphabet fitness activity which you can involve the whole family in. We hope you enjoy our IT corner too, it features a very useful App to help motivate you in learning new skills.

Have a happy and safe summer and hopefully, when we resume Guiding in the autumn, we will all be able to meet in person.

Stay safe.

Guide Branch Committee



Camp Word Search

D	G	N	I	K	I	R	T	S	K	N	O	T	S
S	E	S	I	V	K	T	L	N	N	T	T	A	T
W	L	M	P	S	R	I	U	S	I	R	R	V	N
A	L	I	G	G	H	F	T	E	P	I	U	C	S
P	O	G	P	N	I	T	I	D	T	P	N	C	C
S	R	P	S	I	O	S	I	I	A	O	G	A	T
L	G	I	E	H	C	D	A	U	P	D	S	H	C
E	N	T	V	S	T	N	G	G	A	C	A	A	R
R	I	C	O	A	A	E	A	P	U	D	M	M	B
G	D	H	T	L	G	I	D	R	R	P	C	I	L
W	D	I	S	E	O	R	G	E	G	N	R	R	S
O	E	N	S	T	N	F	E	S	U	I	O	L	T
D	B	G	C	T	L	T	T	C	S	I	T	G	G
P	A	T	R	O	L	G	S	F	I	A	R	D	S

Try to find all the hidden words about camping. Remember, words can be diagonal, vertical, horizontal, forward or backward. Good luck!

TRIPOD
 SWAPS
 GUIDES
 KIT
 PATROL
 CAMP
 KNOTS
 TENTS
 GADGETS
 RUCSAC
 BEDDING ROLL
 FRIENDS
 STRIKING
 PITCHING
 STOVES
 LASHINGS
 OCTAGON
 FUN

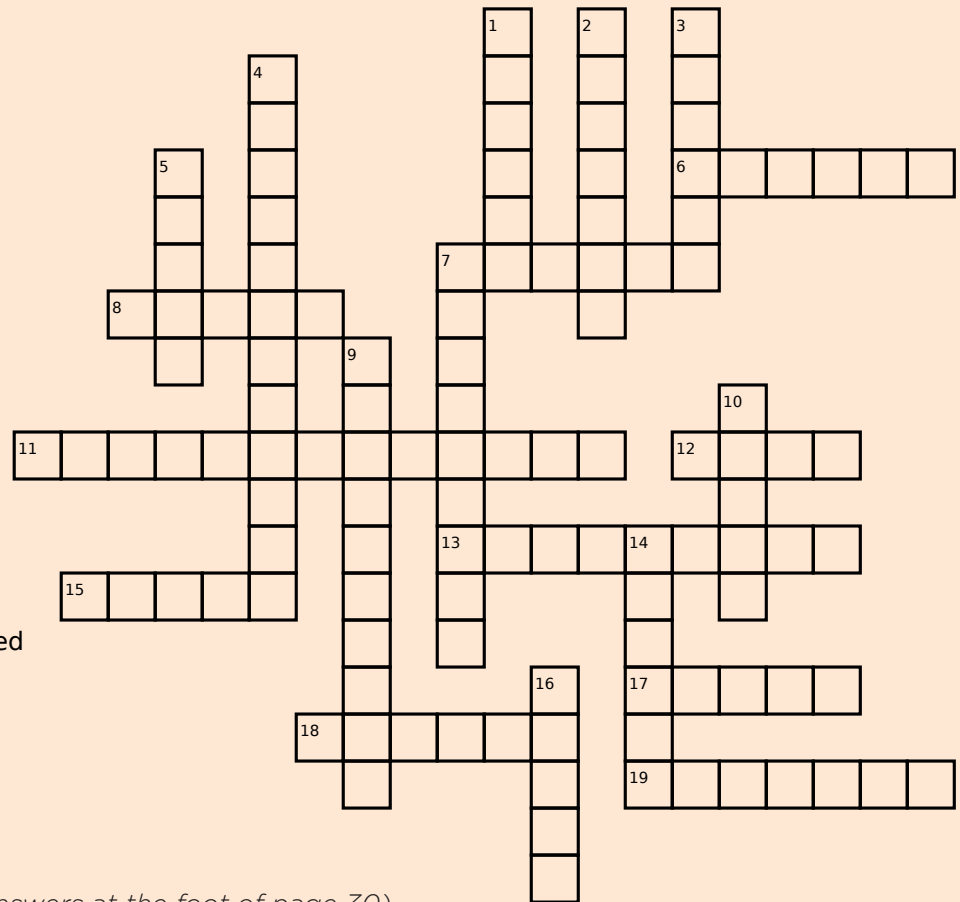
Olympics Crossword

Down:

1. Second Place
2. 2008 Venue
3. Jump Over.
4. Place to Swim
5. Team Running
7. Flying insect
9. At the end
10. Venue 2021 games
14. Season
16. Colour in logo

Across:

6. Throw
7. Third Place
8. 2024 Venue
11. Reason for 2020 postponed
12. First Place
13. Style of Swimming
15. Award for winning
17. Running Distance
18. Inside
19. Umpire



(Answers at the foot of page 30)

Olympic Paper Chain Countdown

Why not invite family members to join in with this activity - learn about the Olympics together!

Materials:

- 1 sheet of each colour of paper (blue, yellow, black, green and red)
- printer and pens
- scissors
- stapler or tape (you choose)
- printed page of Olympic facts

Instructions:

1. Cut each sheet of paper into five strips.
2. Google Olympic facts.
3. Write a fact on each strip or print out a sheet with the facts on it, cut out the facts and stick one on each strip.
4. Make a ring shape with the first colour and staple it, making sure the fact is on the inside of the ring.
5. Loop the second strip into the first ring and staple it, making a paper chain.
6. Follow the pattern of the Olympic rings until all strips are used.
7. 25 days before the games begin, remove the first fact.
8. Remove another fact each day and, at the last ring, it should be the beginning of the Olympics.

Extend this activity: You could research more facts and add them to the chain.





SPORTS TRIVIA QUIZ

1

Which of these sports does not involve a ball - squash, tennis or badminton?

2

In which sport do you run and jump as far as possible into a sandpit?

3

What colour is a standard tennis ball?

4

What sport involves a bat, a ball and wickets?

5

In which game do you aim to knock down 10 pins with a ball?

6

What sport involves a club, a ball and holes in the ground?

7

What is the colour of the Cork Ladies Gaelic Football team?

8

What sport uses the lightest ball - baseball, table tennis or volleyball?

(Answers at the foot of page 30)

Guide Mess (Eton Mess)

Materials:

- meringue
- custard
- cream
- jellies (sweet or sour or both)
- bowl
- spoon/s
- hundreds and thousands
- chocolate syrup



Instructions:

1. Break the meringue into pieces (big and small) into a bowl.
2. Pour custard onto the meringue.
3. Put jellies on top.
4. Put a good blob of cream on top.
5. Add the hundreds and thousands.
6. Drizzle chocolate syrup over the mix.
7. Grab a spoon and enjoy.

Name the Olympic Sport

Look at the 12 zoomed in images below and identify the Olympic sport.



(Answers at the foot of page 30)

Extend this activity: You could research some of the sports you are not familiar with. Find out the rules, which countries play those sports, and watch them during the Olympics to see which countries win medals.

THE SPECIAL EDITION IT CORNER

IT'S TIME TO GET MOTIVATED

“If you are working on something that you really care about, you don't have to be pushed. The vision pulls you.” – Steve Jobs

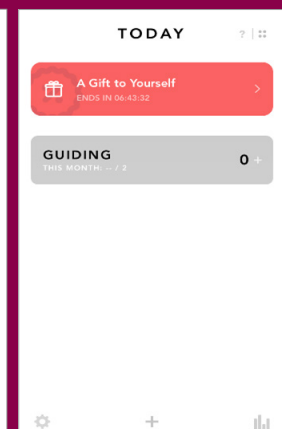
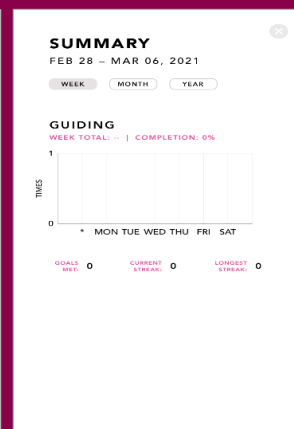
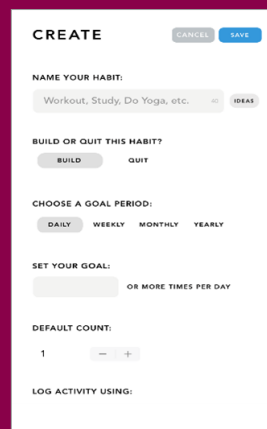
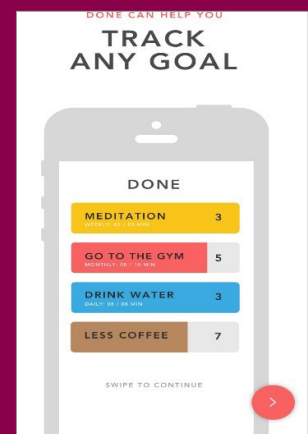
Steve Jobs truly captures the wisdom of life in his statement. By doing something you are passionate about, you will find that the work will feel effortless, even fun. However, sometimes we need a little push.

With access to technology, we can change our habits and mindset. It only takes 28 days to accept a new way of living and a day to pull it all down.

Setting new habits can be easy. Let's look at the App 'Done'. This App increases your performance and can help you learn new skills or encourage you to embrace some of life's essential skills, such as how to cook a family meal, how to maintain a car or how to use a washing machine (your parents would love this new skill!). You can set goals such as read a new book from as many genres as possible, or set exercise goals, or learn a new exercise routine such as yoga.

SO, HOW DO YOU GET STARTED?

1. Download the 'Done' App from the App store. There is a premium and a free version. The free version is plenty.
2. Open the App and select the cross shape at the bottom of the page.
3. Create your to-do list and the items you would like to work towards.
4. Select your reminders (weekly, monthly or yearly) and your goals, whether daily, weekly, monthly or yearly.
5. Set the colour theme and the number of times you plan to achieve these skills e.g. once, twice a day, or once a week.
6. Press 'create' and enjoy learning your new skills. You can view your progress in the summary page.



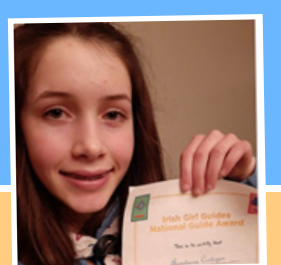
Note for Guides: Before you download any new apps, be sure to get permission from your parents or guardians and let them know what the app is about.



National Guide Awards 2020

The National Guide Awards recognise the successful completion by Guides of a series of challenges including teamwork activities, outdoor survival skills, community service, global awareness and working with younger IGG members - all pursuits that help the girls to develop confidence, independence and essential life skills. Each year the girls are awarded the Trail Blazer gold pin from the IGG President at a special National ceremony in Croke Park. In 2020, however, the successful Guides were awarded their Trail Blazer Award at Regional level, either at online or socially distanced ceremonies.

Here are some of the recipients of the highest honour in Guides in 2020...



Olympics Crossword - the answers (from page 27):

- Down:**
1. Silver
 2. Beijing
 3. Hurdle
 4. Swimming pool
 5. Relay
 7. Butterfly
 9. Finish Line
 10. Tokyo
 14. Summer
 16. Green

- Across:**
6. Discus
 7. Bronze
 8. Paris
 11. Covid pandemic
 12. Gold
 13. Freestyle
 15. Medal
 17. Metre
 18. Indoor
 19. Referee

Name the Olympic Sport - the answers (from page 28):

- | | |
|--------------|--------------------------|
| 1. Long Jump | 8. Synchronised Swimming |
| 2. Badminton | |
| 3. Boxing | 9. Judo |
| 4. Fencing | 10. Archery |
| 5. Canoeing | 11. Hurdles |
| 6. Shot Put | 12. Swimming |
| 7. Rowing | |

Sports Trivia Quiz - the answers (from page 28):

1. Badminton
2. Long Jump
3. Yellow
4. Cricket
5. Bowling
6. Golf
7. Red
8. Table Tennis



SENIOR BRANCH

Ages 14-30



 Hey there Senior Branchers!

We hope you're all keeping well.

Did you enjoy our activities in the last *Trefoil News*? Let us know via Instagram, Facebook or email so we can share your work and ideas with other Senior Branchers around the country. In this edition, with the outdoors as the theme, we have lots of activities lined up to get you outdoors and active.

As we're coming into summer, it'll be good for mind and body to get some sun (hopefully) on your skin. Have a go at some or all of these activities and show us how you got on.

We're also celebrating IGG's 110th birthday! 'Happy Birthday' to us. Make sure to sit back this week and celebrate with a cuppa and a slice of cake.



While we're all still socially distant and our usual schedule is disrupted, it doesn't mean that we can't still do all the Guiding things we know and love. In this Senior Branch section, we have mapped out some badges we think are best suited for Zoom calls and social distancing for when lockdown lifts.

Stay in touch on social media:



Facebook - Senior Branch
Instagram - @seniorbranch
Snapchat - sbweekend
Twitter - @senior_branch

Join our **Regional Instagrams** to see what the Regions are busy doing and stay in touch and let us know what your Unit is up to:

- @seniorbranchwcm
- @tallulah_senior_branch_turtle
- @erigg1910
- @seniorbranchsouthwest
- @iggsoutheastregion
- @iggnortheast



Follow the **Octagon 2021 Instagram** to stay in touch and up to date - @octagon2021

Calendar

Each month, a different Region will host something special online for you to join. Previous fun events we have hosted include Halloween parties, Christmas parties, Gaisce information evenings, quiz nights and movie watch-alongs.

- 15 May - Eastern Region**
- June - a surprise event to be hosted by South West Region**

These dates are provisional and may change so please stay in touch and follow our social media channels to keep in the loop!





Talullah's Trials and Tribulations

Hey Talullah, how can my Unit do a 'meet the Unit' piece?

So, DM (direct message) us on Instagram or email us and we will send you a Google form. It's super short and quick to complete. We ask you all the things we'd like you to include and then we piece it together for publication.

Hey Tallulah, my local Brownie Leader has asked me to help her run a meeting on Zoom. I've helped with Brownies in the hall before but never virtually. Help!

Brilliant experience for you. Luckily, Ciara and Liz are including some programme ideas and activities in this edition so maybe you can try some of those. Good luck!

Hey Tallulah, myself and a friend are brand new to Senior Branch. We've moved up from Guides and have no idea where to begin with starting pathways or anything. Any suggestions?

You're very, very welcome! You'll soon find (if you haven't already) that Senior Branch is so much fun and unique to any other Branch, which can seem a little daunting in the beginning. My suggestion to you is not to worry too much about pathways and programmes just yet. Attend some of our virtual meetings first where you'll be doing bits of the programme as well as meeting Senior Branchers from around the country. Make sure also to follow us on social media. Senior Branch is about fun and adventure. Don't sweat the small stuff!



Have you got questions for Tallulah? DM us on Instagram or Facebook.

Virtual and Social Distanced Badge Suggestions

Thanks Talullah! Here are three badge suggestions to run easy Zoom meetings for Ladybirds, Brownies and Guides. If you help with a Unit, you're stuck for ideas, or your Unit is earning their Diva pins, then this section is for you. These badges don't just have to be for online meetings. You can help a local Leader plan craft packs to send out to all the girls in a Unit. This is a win-win situation as you're earning a badge and helping your local Leaders. If you have your own ideas and tricks for virtual and socially distanced activities, we would love to hear about them.

Ladybird Birdwatcher

This badge is super easy to do virtually. Send a list of the materials required ahead of time so that the girls will have them ready for your online meeting. There are



so many great types of bird feeders and you're bound to find the right one. Liz's Senior Branch Unit made a bird feeder with an orange and, somehow, it's still going in her garden two years later!

The second part of the badge - recognise three garden birds - can be done over a Kahoot quiz game for some fun on the call, or print off images for the girls to colour in and learn about the features of different birds.

Brownie Nature Observer

This is a great activity to do while social distancing. Half of it can be done over a call and the other half can be done by the girls with their own family. The bonus is that they get their family out of the house for some fresh air!

Don't forget your sunscreen, First Aid kits, consent forms, and bottles of water. Make up a bingo of different bugs and crawlies



Some Programme Fun...

Here are some fun Outdoor Adventure Choice Challenges for you to do safely at home while also earning your Bronze, Silver or Gold Awards.

#3 Explain and demonstrate what types of environmental impacts are made when outdoors and how to have minimal impact – campfires, wood collection, sanitation, rubbish & water disposal, water collection, feeding animals, campsite selection & usage, walking on & off tracks, noise consideration. Create a presentation to present in front of your Unit. Teach and quiz your friends about what you presented. Create a prize and turn it into a competition.

#7 Calculate a camp budget appropriate

to menu and programme. Include costs such as campsite fee and transport.

#11 Demonstrate a campcraft skill - select, use, and maintain equipment e.g. a tent; choosing equipment that is appropriate to the age group, programme, and type of camp. Make a tik tok and send it to us. We would love to see it!

#14 Demonstrate the correct packing of a hike rucksack. Make another tik tok and send it to us. This activity is so easy you can do it with your eyes closed!

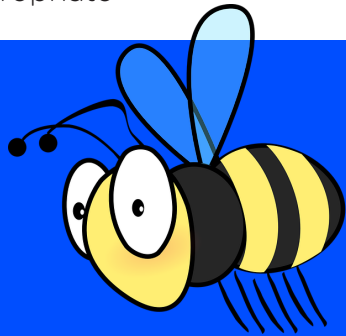
Pretend to plan a camp of at least 10 participants. Create a dinner menu, an activity with a list of equipment/materials

needed, and research campsites in your local area and how to get there. Divide your Unit into teams, each with an extravagant budget, and compete to plan the best trip for your friends. Can we come?!

#16 Organise and carry out a ramble with a group of Guides - plan routes, communicate with Leaders and parents, and prep the girls. The ramble should be 5km minimum.

This activity is perfect for a time like this. Your Unit can plan a virtual hike or ramble and share videos and photos with each other at the next online meeting. Send them to us too - we would love to see what you're up to!

for the girls to complete at home and encourage them to take their families walking on their local trail, beach or park.



Challenge the girls to do their own research on their favourite type of bug to share at the next meeting. You could do a competition for the best spider web recreation, it doesn't have to be drawn.

Guide Environmental Awareness

This badge is a lovely one, it gets you out of the house while gaining an appreciation for the local environment, bigger systems of recycling and the lifecycle of your everyday items.

Do some research with the girls and encourage them to create their own presentations for sharing at your online

meeting. Use resources like Kahoot, Mentimetre and Google Tools to help you make your meetings as fun and engaging as possible.

For Option 6 - choose an action to improve your environment and carry it out e.g. make something useful out of eco-bricks - you can plan something to do at a later date or plan to work as a team and help your local community with an environmentally-aware project. For example, most crisp packets cannot be recycled in Ireland so, by collecting all your crisp packets, you can safely send them somewhere where the crisp packets will be broken down and recycled. Delicious and saving the environment, woohoo!





The Debates, Games and Galavanting of Drogheda Senior Branch

by Sophie Cassidy

In our Unit, we don't have any one person in charge of any one thing. We prefer to do things as a collective, with two or three people taking on the responsibility of planning and leading our meeting each week. Over the last few weeks, Sophie C introduced us to a new, very competitive game all about cutlery, while Lauren also took out her kitchen utensils to help us earn our Cook Interest Badge. Melody, Ciara G and Eimear finished off the badge by gifting us all with the knowledge they had on microwaves and setting us a challenge to test our own skills by making toast and a hot drink. We've also been doing a lot of quizzing with Holly, Sophie B and Erin testing out our celebrity knowledge, and Ciara C, Hellen, Katie and Moya seeing how much we really know about music.

Our meetings are anything but regular. We range from having very intense debates over whether a hot dog is a sandwich (it absolutely is!) to having a meet & greet with people's pets and in-

depth discussions about Dolly Parton. We'd like to say we're very productive and get a lot of programme work done but, if we're being honest, a lot of our time is spent going off on tangents, showing off the fun lights in our rooms, and accidentally setting up seven different Zoom meetings as we rage a war against technology each week. We're doing a lot less badge work than we'd planned, but hey, at least we're having lots of fun!

We're big fans of our weekly goss and relaxing together with a cup of tea but we're also up for any excuse to get competitive, from niche Kahoots to our latest cutlery game. Mostly, our favourite activities are anything that involves food, especially ice cream.

One of our biggest achievements over the last few years is how much our Unit has grown. This September will be our 10th year together and, in that time, we've gone from four people in a field at the end of Camp 101 who

just weren't ready for their Guiding journey to end, to a Unit that now has over 30 members!

Over the years, we've taken on lots of big challenges, from planning a Senior Branch Weekend to, most recently, planning and running our Regional World Thinking Day event. We regularly help with local and Regional camps, planning and running activities. Our members have travelled a lot, both joining Irish contingents for different events and heading off alone. Between us, we've visited four of the five World Centres.

In the near future, we're going to host a meeting with some Units from across Europe, doing a Secret Santa style postal exchange, finally settle the debate on what is and what isn't a sandwich, and earn more Brownie badges. A little bit further in the future, we're hoping to do some more camping and maybe even plan a visit to Our Cabana to add the last World Centre to our collective list.

If you'd like your Unit to be featured in *Trefoil News*, go to the link on the Senior Branch bio on Instagram for the submission form or send us an email to thewellysb@gmail.com



Mishon Moon Update

In 2016, collectively, Irish Girl Guides' members walked from the North Pole to the South Pole!
In February 2020, we set our sights on the Moon which is **363,104km** from Earth.

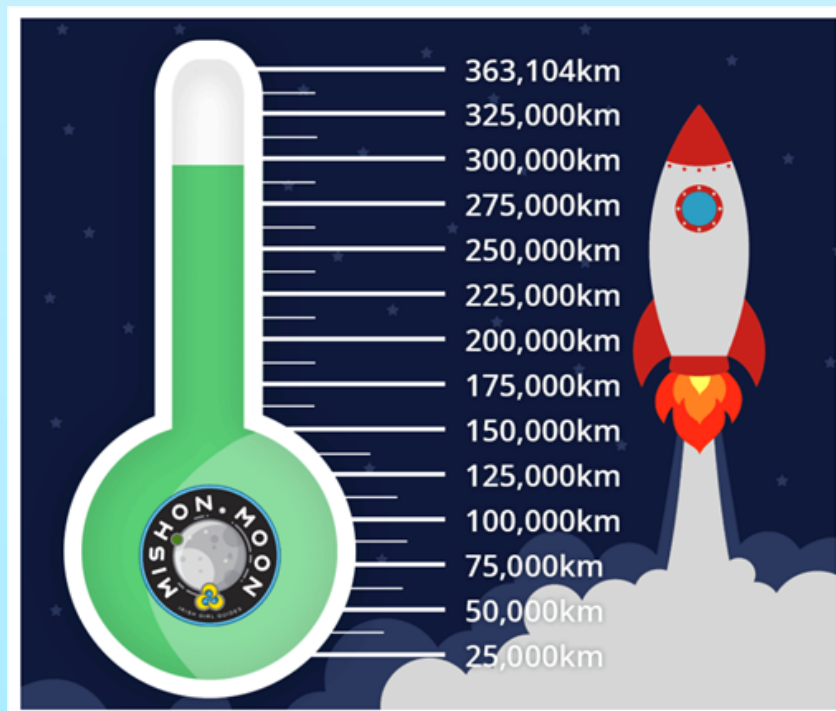
Unfortunately, just a few weeks later, Covid-19 arrived and public health restrictions limited the distances we could get out and cover. But, we remembered our 8th Guide Law - '**A Guide has courage and is cheerful in difficulties**' - and we kept going. A number of Units, individual members, families, friends, workmates and Trefoil Guilds have continued to donate their kilometres since last March. And we are nearly there!

A sincere **thank you** to everyone who contributed, however big or small, regular or sporadic, individual or collective. Particular thanks to the schools and the sports clubs who donated their kilometres from their activities and trainings.

Our Dance to the Moon weekly sessions also added greatly to the total.
IGG's 2020/2021 Ambassador, Shirley McCay, and her Irish hockey team-mates also donated their kilometres from training which was over 1,000km a week!

At the end of March 2021, we had reached 300,000km!

We need your help to propel us into the final stretch... 63,104km to go!
You can run, walk, cycle, swim, hike, exercise, skate, surf, crawl, or skip the distance.



To donate, you can email your kms to irishgirlguidesmishon@gmail.com or download the Mishon App and upload a post stating your kms with **#GirlGuidesWalktotheMoon**.

Further details on the app and the age limits for using apps are available here:
<https://www.irishgirlguides.ie/wp-content/uploads/2020/03/MISHON-MOON-Instructions-for-Use.pdf>



OUT AND ABOUT



As part of their World Thinking Day celebrations, the Leaders of Howth Guides organised a 'click and collect' treat for the girls - a home-making sweet pizza kit.



Siamsa and Allin Brownies, Bandon, made wonderful posters for their Book Lover and Irish Culture & Traditions badges. Their local library liked them so much, they displayed them in their windows!



A Glyde Guide wins the Anthony Ronney Cup after taking part in Glyde Guides' annual Good Friday Quiz.

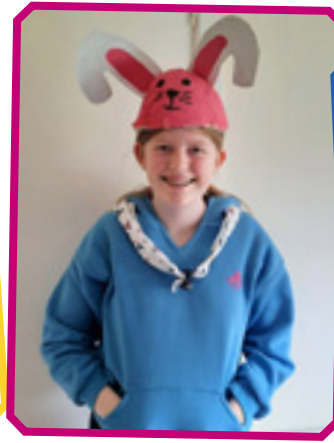




OUT AND ABOUT



Kinsale Guides accomplished their first online recipe making delicious Easter Nest Chocolate Treats (great recipe in IGG's Easter Camp at Home pack). The Guides prepped their work stations before going online, washed up as they went and, while the chocolate treats were setting in the fridge, they did a fun Easter-themed scavenger hunt around the house.



Ballina and Howth Guides got busy making bright and colourful Easter hats at home. Well done all hat-makers!





The WAGGGS World Centres offer Girl Guides and Girl Scouts the opportunity of a lifetime, an international adventure where they can make new friends and go on their own journey of personal discovery.

WAGGGS has 10 million members in 150 different countries. One of the highlights of being a Girl Guide or Girl Scout is being able to take part in international opportunities, experiencing new countries and cultures and making new friends from around the world. Travelling to a World Centre allows you to experience this.

THE GUIDING WORLD CENTRES

Located around the world, each World Centre offers a unique experience for Girl Guides and Girl Scouts who are curious about the world around them. They offer opportunities and experiences to suit your needs and that of your group, either by visiting for the day, taking part in an event, or being part of a long-term volunteer or internship placement.

The World Centres are open to members and non-members of Guiding and Scouting, groups, families, and individuals of all ages and genders.

Our Cabana

Located in the 'City of Eternal Spring', Cuernavaca, Mexico, Our Cabana is the place where 'dreams come true'. Since opening in 1957, Our Cabana has been welcoming guests from around the world, offering a range of activities and programmes focused on international friendship, challenge, adventure, self-development and, most of all, fun!



Sangam

Located in Pune, India, Sangam provides girls and young women with outstanding international opportunities for lifelong learning, community action and personal transformation. The word Sangam means 'coming together' in the ancient language of Sanskrit. Since 1966, the Centre has been a safe place for members of Guiding and Scouting to come together and share their cultures and experiences.

Our Chalet

Our Chalet, in existence since 1932, has helped thousands of girls and young women from around the world to challenge themselves and develop new skills in the idyllic setting of the Swiss Alps.



Our Chalet Adelboden Switzerland



Kusafiri

This African World Centre has no fixed site but changes location across Africa for every event it hosts. Using existing facilities, the innovative approach enables many more girls and young women across the continent to take part in the life-changing international experiences that WAGGGS offers.

Pax Lodge

Pax Lodge was officially opened in London in 1991. Years before, the World Chief Guide had had a dream that one day the World Bureau and the London World Centre would, once again, be united in the same location. This dream was realised when Pax Lodge was officially opened.





WAGGGS WORLD CENTRES WORD SEARCH



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ADELBODEN

AFRICA

BADEN-POWELL

CUERNAVACA

GIRLGUIDING

INDIA

KUSAFIRI

LONDON

MEXICO

OUR ARK

OUR CABANA

OUR CHALET

PAX LODGE

PUNE

SANGAM

SWITZERLAND

UNITED KINGDOM

WAGGGS



Colouring Competition

What does International Guiding mean to you?

Draw a picture in the space below that shows what **International Guiding** means to you. This may come from a memory of an international trip, an image of a World Centre you dream of visiting, the friendships made on a trip, being part of a worldwide organisation, or something else.

To enter the competition, send a picture of your entry to **international@irishgirlguides.ie** by **Monday 31 May**.



National Good Turn Week 2021

National Good Turn Week will take place from 10-17 May and we hope you will take part! There are lots of Good Turns you can do at home, like tidying your bedroom, laying the table, loading the dishwasher and hanging out the washing. You could think about ways you could help your neighbours too, like offering to do shopping or walking a neighbour's dog - or brushing a neighbour's dog like IGG President, Maureen Murphy, in the photo below!).



You might like to think about sending a card or letter to residents of a local nursing home. Or make a 'thank you' card or craft for your teacher, or bake something yummy to share with your classmates.

Given that Units are allowed to meet outdoors again, it is a great opportunity to do Good Turns as a Unit, like litter-picks, charity walks and bulb-planting. We look forward to seeing your photos and hearing what Good Turns you choose to do.



If sharing your photos on social media, please tag us and use the hashtags **#GoodTurns** and **#GivingGirlsConfidence**. Or email your photos to **communications@irishgirlguides.ie**



Your Healthy Mind Photos

We would love to see photos of you (in IGG uniform) doing activities for the Healthy Mind badge...

The ESB Energy For Generations Fund kindly gave us a grant for our Healthy Minds programme and we'd love to show everybody all the positive things you learn while earning the badge.

Ask someone to take photos of you doing mindful colouring, practising yoga, going for a walk/run - anything that helps boost your mood and helps you to feel good!

Send your photos to **communications@irishgirlguides.ie** or share on social media - be sure to tag us and use the hashtags **#HealthyMinds** and **#GivingGirlsConfidence**.



Energy for generations

Building a National Training Centre

In 2019, Irish Girl Guides bought new premises in Dublin with the aim of converting it into our first National Training Centre. Covid-19 has had an impact on our progress to renovate and move into the building but our fundraising has continued throughout that period.



We would like to thank the following donors and funders who have helped raise over €130,000 to date:

- Department of Children and Youth Affairs (now the Department of Children, Equality, Disability, Integration and Youth)
- Katherine Howard Foundation
- South Dublin County Council
- everyone who donated through the LEGO Block campaign
- people who bequeathed funds and donated in honour of loved ones
- all who sponsored via Mishon Moon

Every euro counts and we appreciate all donations. Here is a sample of some of the LEGO Block donations so far. If you want to sponsor a block and have your name, or the name of an event, Unit or in memory of someone, please check the website for more details. You can also leave the block blank, or buy it for someone else and receive a gift certificate.

<https://www.irishgirlguides.ie/sponsor-a-lego-block/>



Why LEGO? LEGO represents IGG's dedication to girls in STEM and we have built up a history with this empowering tool. Thanks to our partnership with Dublin City University (DCU) and their LEGO Education Innovation Studio, our Brownies, Guides and Senior Branchers have built and programmed autonomous motorised LEGO models for water conservation, built robots that completed a series of tasks on a simulated moon surface and took part in the First LEGO League. Through innovative programmes, IGG are putting #GirlsInSTEM firmly on the map. IGG believes that providing girls with the opportunity to develop their STEM skills in a girl-only setting strengthens their confidence to study STEM subjects in school and investigate careers in this area. Having a permanent reminder of this in the new National Training Centre will be a colourful iconic symbol.



Grown-ups...

IRISH GIRL GUIDES WANTS YOU!



Join Irish Girl Guides and help us to grow.

- We want to grow and give more girls the informal education, joy and fun of being involved with Irish Girl Guides (that your daughter already experiences). We need more adult help - join - become a Leader.

All Leaders are volunteers who give up their free time to attend weekly meetings, days out and weekends or holidays away with our members - why not come with us on our journey?

Being a Leader helps you grow in confidence and you will amaze yourself with your abilities and the skills you will learn.

Being a Leader is life-changing and enriching - you will never regret your decision to help.

★ Can you suggest to someone that they might consider helping us out?

★ Do you know any former Girl Guides, any aunties, sisters or friends who would enjoy leading or helping to run a Unit?

Irish Girl Guides make it easy. There is a pre-planned Journey Programme folder supplied full of activities, instructions, timings and materials that you will need. There are training courses run especially to help you on your way.

There are new friends and new experiences waiting out there for you to enjoy. Just commit, volunteer, change your life and the lives of others.

BECOME A LEADER...

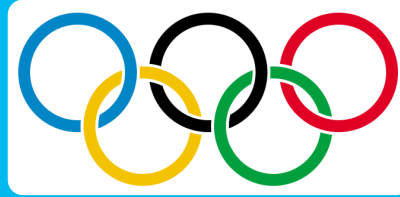
Email info@irishgirlguides.ie and ask for an information pack today.





Good Luck!

To Shirley McCay and the Irish Women's Hockey Team



On 10 July 2021, Irish Girl Guides' Ambassador Shirley McCay and her teammates, the Irish International Women's Hockey Team, head to Tokyo to compete in the 2021 Olympic Games.

We look forward to supporting Shirley and her team! Check out the match dates here... →

Schedule for 2021 Olympic Games

24 July: Ireland v South Africa

26 July: Netherlands v Ireland

28 July: Germany v Ireland

30 July: Ireland v India

31 July: Ireland v GB

2 Aug: Quarterfinal

4 Aug: Semi-final

6 Aug: Final



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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IGG Summer 2021



Supported by

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government supporting communities



An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs

