

# trefoil news

giving girls confidence



IRISH  
GIRL  
GUIDES

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Volume No: 615



Raise some Awareness  
for A-Wear-ness Day

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**Cover Photo:**

Some of 2012's best Uniform photos - Get out and about in your uniform for A-WEAR-ness day and send us your best pictures and you might be on next year's cover.

**Inserts Included:**

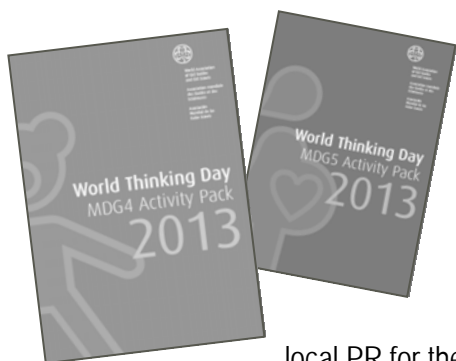
- Insurance Indemnity Letter
- A-WEAR-ness Day Poster

# Message from the Chief Commissioner



Hi everyone,

Happy World Thinking Day to you all. As you know Ireland is one of the focus countries for the World Thinking Day theme chosen by WAGGGS. January's Trefoil News had lots of activities for Thinking Day celebrations. This is a good time to have District and Area get together. Ceremonies for World Thinking Day take on a whole new meaning when we join with other Units to celebrate. It helps to give the girls an awareness that Guiding is not just what happens in their Unit.



Don't forget to organise your girls' collection for the World Thinking Day Fund which helps WAGGGS to support Guiding in less well off countries. Please make it clear to the girls that they are helping their sister Guides by their contribution, however small. Here in IGG we have traditionally supported the World Thinking Day Fund very well. Let's continue to do so.

February also brings A-WEAR-ness Day to IGG. This is a great opportunity for local PR for the organisation. Many of the girls love the chance to wear their Ladybird, Brownie, Guide or Senior Branch uniform to school instead of the school uniform. Most school principals agree readily to this. Many Leaders also use the opportunity to promote IGG by wearing some or all of their uniform on A-WEAR-ness Day. Further details inside this issue.

Isn't it great to see a little stretch in the evenings and to see the buds coming on the trees? Why not think about getting out and about a little with the girls. They will be on half term this month, which might provide an opportunity for some to enjoy time finding out about the outdoor part of our programmes. Even if you can't bring them out yourselves, you can encourage them to try and get outdoors, weather and safety permitting, of course!

I'd like to take this opportunity to welcome three new staff members to our National Office staff team and to wish Clare Murphy, who finished working for IGG at the end of November, all the best for the future. The new members of staff are Rosemary, Accounts Administrator; Fiona, Communications Officer and Vivienne, Membership Administrator. I'm sure you'll all join me in welcoming them to IGG. You'll find more details on page 7 about the days and times that each of them will work.

Don't forget to complete your Unit Census form and pass it on to your District Commissioner in time. When a Unit is late sending in the form and paying membership fees, this has implications for the funding for your whole Region. We are a growing organisation, thanks to you, our volunteer Leaders. You do a great job every week and I'm sure you'll do your best with the annual census.

Yours in Guiding,  
Emer



**Contact:** Emer O'Sullivan, Chief Commissioner, c/o I.G.G., 27 Pembroke Park, Dublin 4  
**Email:** [chief.commissioner@irishgirlguides.ie](mailto:chief.commissioner@irishgirlguides.ie)

# Notice Board

## WORLD THINKING DAY FUND

We know that money is tight and want you to know that we really appreciate any money that your or your Unit is able to donate this year to the World Thinking Day Fund.

Each year, IGG has one of the highest per capita donations to the World Thinking Day Fund. For our small membership, we really do donate a lot and it's greatly appreciated by WAGGGS!

When you have collected your World Thinking Day donations, please forward them on to:

Rosemary Wokocha, Irish Girl Guides,  
27 Pembroke Park, Dublin 4.

Cheques should be made payable to Irish Girl Guides  
World Thinking Day Fund. Thank You!

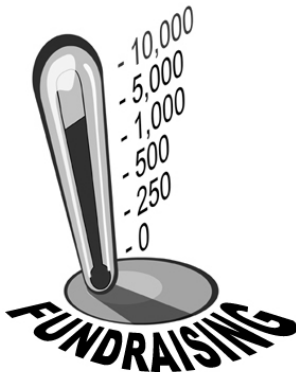


Insurance Indemnity  
Letter included as  
an insert in this  
issue — please keep  
this safe for future  
reference.

## MEMBERSHIP FEES

This is advance notice that the Executive Committee has decided that membership fees will be increased to €40 per member in **2014**

## SPONSORSHIP/GRANTS/FUNDRAISING



The Finance Committee would like to hear from anyone who would be interested in helping to source funding and sponsorship for events, publications, etc.



Please contact Margaret Dunne,  
c/o National Office  
Email: [mkdunne@eircom.net](mailto:mkdunne@eircom.net)



## Notice Board



### UNIFORMS

Just a note to remind you that everyone should now be wearing their IGG uniform with the new logo on it. Ladybirds and Brownies should have the new logo on their sweatshirts. Guides and Senior Branch should be wearing the hoodie, t-shirt and new neckers, and all of our Leaders should now be in the lilac uniform or blue blouse, with/without the navy fleece, either long sleeved or sleeveless, all with the new logo.

The "new" uniform was launched in April 2010 giving members a two and a half year lead-in for the changeover. We appreciate that this means that old uniforms can no longer be passed down second hand and this may cause difficulties in some places. Hopefully you'll all have "been prepared" for this changeover and will be showing off your new uniforms on World Thinking Day and in the St. Patrick's Day parades.

# FBD

For Business, Farm, Car  
& Home Insurance...

contact FBD Insurance

FBD Insurance plc,  
Lakepoint Retail and Business Park,  
Mullingar, Co. Westmeath.

Tel: (044) 9348867

Our policy is you



Hi Leaders, Don't forget if you have any question big or small, please contact me. As your Support Officer, I'm here to help! Looking forward to helping you with your questions, Jemma.  
Email : [support@irishgirlguides.ie](mailto:support@irishgirlguides.ie)

### Programme Review

We are looking for more volunteers to help with the development of the new Programme in the following areas:

- To assist the teams who are developing new programme material.
- To join the Programme Review Steering Group.
- To be part of a team to work in August on putting together the new Programme.



*If you are interested in helping then please email [iggprogrammereview@gmail.com](mailto:iggprogrammereview@gmail.com) and we will contact you. Thank you!*



# Stitch's Diary



Hello Everyone,



This month I received a lovely Thank You card from the Ladybirds in Corbally for visiting them a little while ago. The girls took a picture of me with them all and stuck it on the front of a card and decorated and signed the inside. Thanks very much girls, it's lovely and I was very happy to come and see you too. It was a great evening and I hope I see you again very soon.

Remember I'm always ready to go visiting, I have my case packed and my camera on me and I'd love to come and see what your Unit does, so call National Office to invite me.

Lots of love,  
Stitch XXX



If you'd like me to come and visit your Unit or go with you on your camp or holiday, please contact my Mammy Egle at 01-6683898 or email her at [info@irishgirlguides.ie](mailto:info@irishgirlguides.ie)

## Dates for Your Diary

February	March	April
9 <sup>th</sup> <i>Branch Day</i>	2-3 <sup>rd</sup> <i>Trainers Conference</i>	13 <sup>th</sup> <i>Executive Committee Meeting</i>
10 <sup>th</sup> Chinese New Year	17 <sup>th</sup> St Patrick's Day	13 <sup>th</sup> <i>General Council</i>
12 <sup>th</sup> Pancake Day	23 <sup>rd</sup> <i>NPT Committee Meeting</i>	19 <sup>th</sup> -21 <sup>st</sup> <i>Timpeall an Domhain Final</i>
14 <sup>th</sup> Valentine's Day	31 <sup>st</sup> Easter Sunday	26-28 <sup>th</sup> <i>Lightweight Weekend</i>
14 <sup>th</sup> <i>SB 18th B'day Party</i>		
22 <sup>nd</sup> <i>World Thinking Day A-WEAR-ness Day</i>		
23 <sup>rd</sup> <i>Executive Committee Meeting</i>		
23 <sup>rd</sup> <i>CGI/IGG International Expo</i>		

*Guiding Dates are in italics!*



# *IGG National Fun Day 2014 Join the Team*

IGG are planning to run a large-scale **Fun Day in 2014** to coincide with the **launch of our new programme** and we need **YOU** to help organise it! After a great centenary year and the amazing successes of **Bailliu** and **CAMP 101**, this is set to be the **next amazing event** for members of IGG!!!

This event is still in the very early stages so the planning team will be responsible for imagining and dreaming up the possibilities; deciding on the venue and programme; organising activities and staff for the big day; and of course running the day itself.

The time commitment is approx. two years, until the Fun Day is finished and evaluated; the amount of meetings or time spent will be up to the planning team themselves.

If you have experience of running large events, if you are involved in the programme review task and finish groups, if you have fundraising skills, or if you simply have the time and enthusiasm to dedicate to this project we would love to have you on board, so please complete and submit the form below.

## *Fun Day 2014 - Be Part of It!*

✂

Name: _____
Telephone: _____
Email: _____
Relevant Experience: _____ _____ _____
Why I'd like to be involved: _____ _____ _____ _____ _____

Post to Fun Day 2014 c/o National Office, 27 Pembroke Park, Dublin 4  
or email the relevant details to [support@irishgirlguides.ie](mailto:support@irishgirlguides.ie)



***If you want to gain confidence and experience as a Trainer with IGG then this is where you need to be.....***

Trainers' Conference  
2nd — 3rd March 2013  
Venue: Maldron Hotel,  
Portlaoise  
Cost: €30

***ATOC invites all Trainers, all Trainee Trainers and all interested Leaders to join us.***

The weekend will include:

- Three required trainings for Basic Trainer Bar
- Next Steps for Trainers
- Training hints and support
- Training updates and opportunities
- An opportunity to air and share



Please send your application forms along with a cheque or postal order made payable to "Irish Girl Guides" to Irene Reale, c/o National Office by 15th February

Trainers' Conference Application Form

Name: \_\_\_\_\_ Region: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Trainer  Trainee-Trainer  Interested Leader

Any dietary requirements: \_\_\_\_\_

If you would like to share a room with anyone please let us know :

\_\_\_\_\_

Full amount enclosed



## Staff Changes

You may be aware that we've had a number of staff changes in the last few months. Most recently, we were very sorry to say farewell to **Clare Murphy** at the end of November, having been a member of National Office staff for over 5 years. Clare started work as part-time Accounts Administrator in September 2007 and subsequently took on the additional responsibility of IGG's membership database in September 2011.

We are very grateful to Clare for juggling a wide range of responsibilities during her time with us. Thank you Clare, for all your many and varied contributions to IGG. We wish you well with your future career.

We are delighted to announce that three new part-time members of staff joined the staff team in the New Year.



**Rosemary Wokocha** is our new Accounts Administrator. Rosemary is a qualified accountant who works part-time for IGG and her hours are Mondays from 9am – 12.30pm and Tuesdays and Thursdays from 9am – 3pm.

*Rosemary's email is [accounts@irishgirlguides.ie](mailto:accounts@irishgirlguides.ie)*

**Fiona Murdoch** is our new Communications Officer. Fiona is a journalist by profession and she works 4 days per week for IGG (Mondays, Tuesday, Thursdays and Fridays) from 9am – 2.45pm.

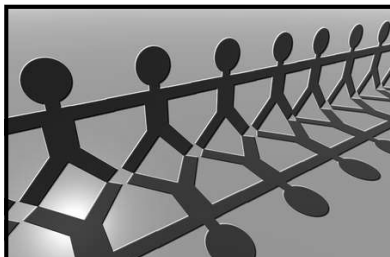
*Fiona's email is [communications@irishgirlguides.ie](mailto:communications@irishgirlguides.ie)*



**Vivienne Walsh** is our new Membership Administrator. Vivienne has lots of database experience from her previous jobs. She is also an IGG Leader. She works 3 days per week on Mondays, Tuesdays and Wednesdays from 9am – 3.45pm.

*Vivienne's email is [membership@irishgirlguides.ie](mailto:membership@irishgirlguides.ie)*

***Welcome to Rosemary, Fiona and Vivienne and we hope they will enjoy working for IGG and being part of the National Office staff team.***



# MEMBERSHIP COMMITTEE

## Your Unit: Room for One More?

World Thinking Day is just around the corner and each year we normally focus on Guiding around the world, and what it means to each of its 10 million members, and how Guiding has enriched our lives.

Guiding is an important movement for girls, both internationally and locally. Imagine then, if this year we were able to share the Guiding light with even more girls. Across Ireland, more than 500 Units will be celebrating and thinking about our Guiding sisters.

Imagine though, if each of those Units, was able to make space for one more girl! Just one. Not twenty. **JUST THE ONE!**



That one girl who you know is interested but you think "let her wait until September, we're halfway through the year".

Or that one girl on your waiting list who is already practising her knots in anticipation of joining.

We all know one. We probably know more but might think, "I just don't have the space".

Well why don't we make the space, right now? Why wait?

Imagine if even half our Units were able to take on just one more girl, what a difference we could make to our membership figures in a very short space of time.

Obviously we encourage you to ASK JUST ONE new girl to join your Unit in February but we also understand that you must keep within the ratios laid out in IGG's Handbook so if you are running at maximum capacity then that is okay.

### **Ladybirds**

*The Maximum number of girls in a Ladybird Unit is 24.*

*At Meetings: 1 Adult to every 8 girls (at least 2 adults present)*

*On Outings: 1 Adult to 4 girls (at least 2 adults with the group)*

*On Outings: 1 Young Leader to 2 girls (at least 2 adults with the group)*

### **Brownies**

*There should be a minimum of 2 Sixes and a maximum number of 24 girls in a Pack.*

*The ratio of adults to children for meetings is 2 adults to 24 girls*

*On Outings: 1 adult to every 8 girls*

*Pack Holidays: 1 adult to every 8 girls, minimum 3 leaders*

*Camping: one adult to every 6 Brownies, +2 extra leaders*

### **Guides**

*The total number of Guides in a Unit should not exceed 36.*

*At meetings: 2 adults to 36 girls.*

*On Outings: 1 adult to every 10 girls (at least 2 adults with the group)*

*"The maximum number of girls in Ladybird Guide and Brownie Guide Units is 24 girls, and the total number of girls in a Guide Unit should not exceed 36. There must be a minimum of two adults present at Unit meetings. Appropriate adult to child ratios should be present at all times" - From IGG Handbook*





# PUBLIC RELATIONS

This month the PR Committee would like you to focus on A-WEAR-ness Day / World Thinking Day.

A-WEAR-ness Day takes place on Friday 22nd February — same day as World Thinking Day. It is an opportunity for you to be seen out and about in your community, work, school in your uniform.

Being seen in your uniform and being seen to be proud to be in your uniform and be a member of IGG is some of the best PR we can achieve.

Girl Guides worldwide wear a Uniform and the distinctive-ness of being a uniformed youth organisation is something that sets us apart. You can tell from pretty far away that we're all Girl Guides!!!

The uniform unites us across all Branches and ages and makes us instantly recognizable as part of the same organisation.

The uniform is modern, practical and comfortable – so the girls can wear it with ease and show their pride in being a member of IGG. You can wear your uniform when you're out and about doing a wide range of activities – whether the girls are planting trees in a community garden, volunteering at a local charity, or bag packing.

Remember that you **SHOULD ALWAYS** be in your IGG uniform when out in the community, unless there is a specific reason that you are unable to (for example: painting). If you are unable to be in uniform, make sure to have IGG signs up around you so that you are visible as members of IGG to the community!

The higher we raise our public profile, the more girls will want to join and the more our organisation will grow.

**You can help with IGG's PR goals by taking part in A-WEAR-ness Day. When you wear your uniform on 22nd February, remember to send your pictures to [communications@irishgirlguides.ie](mailto:communications@irishgirlguides.ie) or text your photo to 085 857 0565**

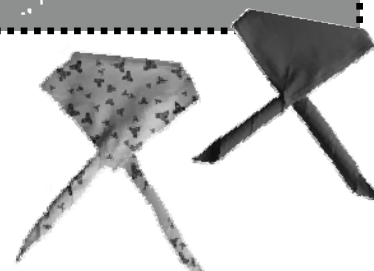
**You can also email your photo to [trefoil.news@irishgirlguides.ie](mailto:trefoil.news@irishgirlguides.ie) for inclusion in a future issue. (Unfortunately, we can no longer reproduce photos of members in the old uniforms.)**

We will be sending out a pre-prepared press release with blanks to be filled in for your to use with your local papers, closer to the time. This will be sent in the IGG Weekly Email. Please fill this in and send it on to your local newspaper with a photograph - it will take you less than 2 minutes. Thank You.

## A-WEAR-ness Day Friday 22nd February

Wear your Uniform to school or work to raise awareness of the Irish Girl Guides.

Even just your Neckers!



**You can also share your photographs of A-WEAR-ness Day with us on the Irish Girl Guides Facebook page. Tag us into your photos or tweet them to us.**

It's two years since we started using Facebook and Twitter and we think it's a great way to keep in touch with everyone and for you all to see what other Units are doing.

If you're not already following us on Twitter and Facebook please do so to be kept up to date with the most recent IGG news and information from other organisations that we think you might like.



# IRISH GIRL GUIDES — Mote Park Cottage, Co. Roscommon

Email: [booking@iggcottageroscommon.com](mailto:booking@iggcottageroscommon.com) Tel: 086 237 2616 [www.iggcottageroscommon.com](http://www.iggcottageroscommon.com)

*The Irish Girl Guides Cottage in Mote Park Demesne, Co. Roscommon is situated approximately three miles from Roscommon Town. The facility was purpose built for groups of IGG members to enjoy the amenities of Mote Park either in the cottage accommodation or camping in the 4 acre grounds. The facility is fully wheelchair accessible.*

## Camping

The camping area around the centre comprises of 4 acres with toilet block, showers and two altar fires.

## Cottage:

Dorm 1: Seven bunk-beds (14 people)  
Dorm 2: Five bunk-beds (10 people)  
Bedroom 1: Three beds and vanity unit  
Bedroom 2: Three beds and vanity unit

## Kitchen & Dining Room:

Fully equipped with cooking utensils, pots, pans, gas and electric cookers, microwave, fridge freezer, immersion water heater, dishwasher

Showers Two showers, separate toilet  
Toilets Three toilets, separate washroom

**Games/Meeting room:** Stackable tables and chairs  
Outside sheds available for wet gear or secure storage.

## Mote Park:

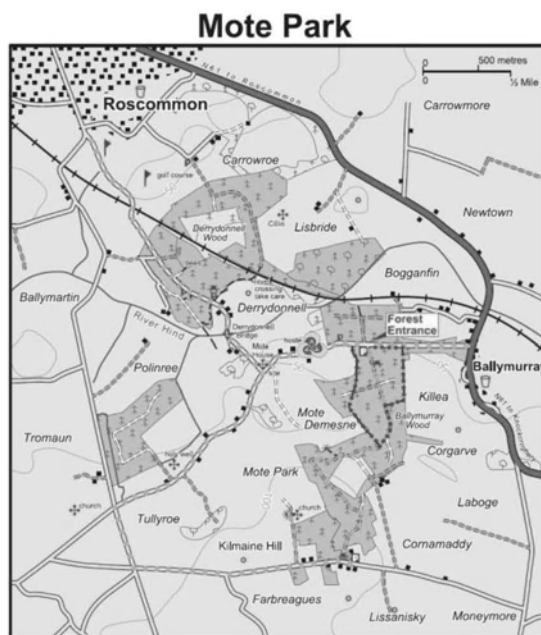
Mote Park, the seat of the Crofton Family from the 16th century up until the 1940s is a gateway to heritage, history, flora, fauna and the environment. Located in the heart of County Roscommon, it is an ideal venue for outdoor activities for children and people of all ages.

Mote Park is now widely known for its forests totalling 650 acres and providing habitats for many species of wildlife, both common and rare. The forests add greatly to the unique character of the area and provide opportunities for many forms of outdoor pursuits including hiking, walking and animal/bird-watching. There are numerous rest-places throughout the woods.

The forest is also fully mapped for orienteering purposes and contains a number of picnic areas. Mote Park Forest Trails can be downloaded from: [www.coillteoutdoors.ie](http://www.coillteoutdoors.ie) – select Co. Roscommon on map of Ireland.

## Co. Roscommon:

County Roscommon boasts a wealth of attractions and has excellent information on activities and events on [www.visitroscommon.com](http://www.visitroscommon.com). Roscommon town has a full range of leisure activities including swimming pool, cinema, bowling and activity play centre. Of course Co. Roscommon is more recently best known to IGG for hosting CAMP 101 in Lough Key Forest Park!

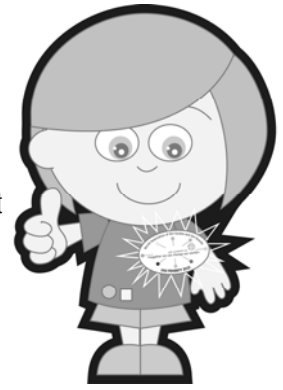


***BOOK YOUR PACK HOLIDAY/  
CAMP/MEETING/EVENT,  
TELEPHONE JOANNA ON 086 237 2616***

***Please visit Mote Park's NEW website  
for more information  
[www.iggcottageroscommon.com](http://www.iggcottageroscommon.com)***

# **GAT RESOURCE BADGE**

**by Sylvia Richardson (ATOC Committee)**



This article is a reminder to those of you who have not used your **GAT Resource Pack**. This is an excellent resource to use around World Thinking Day—you can consult the relevant MDG every year depending on World Thinking Day's Theme. This year it's MDG's 4 and 5 — so remember to take out your GAT Resource Pack and see if there's anything you could use to help you celebrate World Thinking Day and help your girls earn the GAT Badge at the same time.

**Below is a selection of what is available for you to do with your girls:**

*Please read pages 1-7 of the Resource Pack before you start as an Introduction to the Millennium Development Goals (MDG's) At the beginning of each chapter is some extra background information for you, the Leader to read and use as you see fit depending on the age group of your girls.*

**MDG 1 – Together we can end extreme poverty and hunger.** Example Game for Ladybirds – **FIVE FOODS** (Page 11 in GAT book)

### **Five Foods**

**AIM:** To think about what you're eating and why

**TIME:** 15 minutes

**WHAT YOU NEED:** Worksheet (found in GAT Pack) per Ladybird and pencils

Ask your Ladybirds to make a list of five foods they ate yesterday on the worksheet. Ask them to consider whether it was because they were hungry or just because they wanted to eat. Ask them how they would feel if they could only have eaten one of those things yesterday.

**MDG 2 – Education opens doors for all girls and boys.** Example Game for Brownies – **WHAT IS NEEDED TO GO TO SCHOOL** (Page 27 in GAT Book)

### **What is Needed to go to School?**

**AIM:** To make the Brownies think about the basics needed to enable a child, particularly those from less well-off communities or less developed countries, to go to school.

**TIME:** 20/30 minutes

**WHAT YOU NEED:** Wordsearch (found in GAT Pack)

### **WHAT TO DO:**

- Give each Brownie a copy of the Wordsearch to complete.
- The word search could lead to a discussion with the Brownies about school and what they hope to achieve and to a comparison with children in other countries who are less fortunate. Use the stories in the Pack to prompt a discussion while the girls complete their wordsearchs.

**MDG 3 – Empowering girls will change our world.** Example Game for Guides – **RAISE AWARENESS** (Page 42 in GAT book)

### **Raise Awareness**

**AIM:** To raise awareness of the unequal treatment between boys and girls

**TIME:** 20/30 minutes

**WHAT YOU NEED:** Cards with message. Arrange a visit from a successful local woman.

### **WHAT TO DO:**

- Make message cards/posters to raise awareness of unequal treatment of girls and boys (by computer or by hand) and give them away – e.g. the message might say 'did you know that "girl children are subjected to oppression, exploitation and discrimination due to their gender?"
- Talk about women in your neighbourhood who have a big influence on other people. School principal, TD, doctor...Why do you think people respect her? Write a list of questions to ask her or invite her to visit the Unit and ask questions.
- Research about International Women's Day or International Day of the Girl. Organise an event or activity to celebrate it.

**MDG 7 – We can save our planet.** Example Game for Senior Branch – **INDIVIDUAL RESPONSIBILITY** (Page 89 in GAT Book)

### **MDG 7—Individual Responsibility**

Calculate your carbon footprint at the following website (the girls could do this at home before they come to the meeting):

<http://calc.zerofootprint.net/youth/>

As a group discuss the results. Who had the highest/lowest footprint? Identify areas where you can improve your results. Do you think a girl in a developing country would have the same footprint?

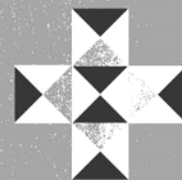
Find out about water usage levels in your area. Compare this to levels in other parts of the country. Compare water usage in Ireland to figures for a developing country. As a group identify 4 reasons why the figures are different. Identify 6 ways that your group could reduce the amount of water you use every day.



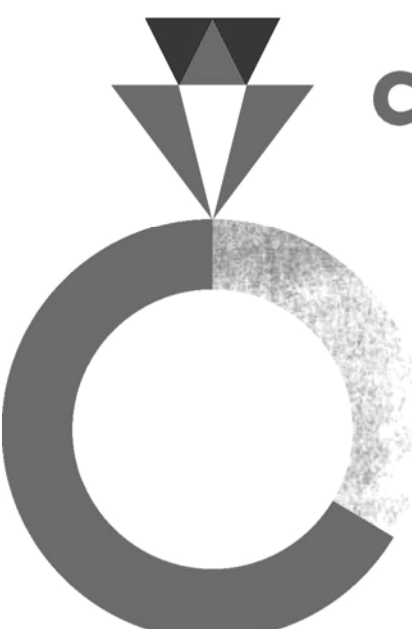
# THE GIRL EFFECT FACTSHEET




GIRLEFFECT.ORG



## CHILD MARRIAGE

- 
- 1** One in seven girls in the developing world (excluding China) will be married before the age of 15.
  - 2** Every year, approximately 10 million teenage girls are wed. That's 25,000 per day, 19 every minute.
  - 3** Child brides have a pregnancy death rate double that of women in their 20s.
  - 4** One-third of girls in the developing world will be married before the age of 18.
  - 5** Girls from poor families are nearly twice as likely to marry before 18 than girls from wealthier families.

## AGE AT FIRST BIRTH

- 
- 1** Half of all first births in the developing world are to adolescent girls.
  - 2** Medical complications from pregnancy and childbirth are the leading cause of death among girls aged 15-19 worldwide.
  - 3** Girls between the ages of 10 and 14 are five times more likely to die in pregnancy or childbirth than women aged 20 to 24.
  - 4** If a mother is under the age of 18, her infant's risk of dying in its first year of life is 60 per cent greater than that of an infant born to a mother older than 19.

USE THESE FACTS TO HELP YOUR GIRLS TO FURTHER EXPLORE THE WORLD THINKING DAY THEMES AND TO HELP THEM UNDERSTAND THE DIFFERENCE THEY CAN MAKE IN THIS WORLD.

# ECONOMIC EMPOWERMENT



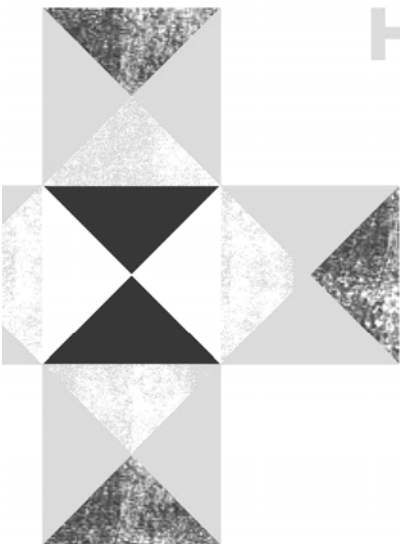
- 1** Closing the joblessness gap between girls and their male counterparts would yield an increase in GDP of up to 1.2 per cent in a single year.
- 2** An extra year of primary school education boosts girls' eventual wages by 10–20 per cent. An extra year of secondary school adds 15–25 per cent.
- 3** Giving women the same access to non-land resources and services as men could increase yields on women's land by up to 30 per cent, raise total agricultural output in developing countries by up to four per cent and reduce the number of hungry people in the world by 100-150 million.

# EDUCATION



- 1** When a girl in the developing world receives seven years of education, she marries four years later and has 2.2 fewer children.
- 2** Secondary school completion rates for adolescent girls is below five per cent in 19 sub-Saharan African countries.
- 3** In sub-Saharan Africa, fewer than one in five girls makes it to secondary school.
- 4** Girls who stay in school during adolescence have a later sexual debut, are less likely to be subjected to forced sex and, if sexually active, are more likely to use contraception than their age peers who are out of school.
- 5** On average, only 70 per cent of girls with 28 hours or more per week of household chores attend school. When that chore burden is reduced to less than 14 hours, 90 per cent attend school.

# HEALTH + SAFETY



- 1** Worldwide, nearly 50 per cent of all sexual assaults are against girls aged 15 years or younger.
- 2** Among those whose first experience of sexual intercourse was forced, 31 per cent were less than 15 years old at the time. Another 14 per cent were aged between 15 and 17.
- 3** Worldwide, an estimated five million young people between the ages of 15 and 24 are living with HIV. More than 60 per cent – 3.2 million – of young people living with HIV are girls.
- 4** Each year, an estimated three million girls experience genital mutilation or cutting.

## ONE MILLION ACTIONS TO CREATE THE WORLD WE WANT FOR GIRLS!

As part of the celebration for the first ever international Day of the Girl, WAGGGS launched a blog called The World We Want for Girls. They have now launched a call to action in which they want members to take action to create the world they want and hope to have a record of one million actions undertaken before 2013's Day of the Girl.

View the WAGGGS pack online at this address :  
<http://tinyurl.com/1millionactions>



## *How people who have a* **Learning Disability** *would like us to interact with them*

### **DO**

- Treat me like anyone else, don't pussyfoot around me or allow the other girls to "baby" me.
- Use words that I can understand, speak honestly and discourage whispering in my presence in case I think it is about me.
- Always use eye contact when speaking to me.
- Remember that just because I have a learning disability doesn't mean I am "thick".
- Make sure that I am always included at whatever level I can cope with.
- As I grow older give me some appropriate responsibility and authority.

### **DO NOT**

- Make allowances for behaviour that is unacceptable.
- Finish sentences for me, or talk over me to someone else.
- Exclude me from conversations assuming that I don't understand.
- Keep telling me how to do things or what to say. Encourage me to ask questions and to say if I need more instructions or extra time.
- Ask me to read out loud or demonstrate something in public without first warning me and asking me for permission.

## **CHARITY COLLABORATIONS**

Every year IGG receives dozens of requests from various charities/other voluntary organisations to take part in fundraising or joint ventures. It's not always possible for us to take up every offer and we don't want to make our Leaders partake in fundraising every year, especially considering how much you already do for the World Thinking Day fund. So we have decided to start this new section in Trefoil News where we will tell you about the possible collaborations and leave it up to you at a local level to decide on which ones suit you. This month we're featuring the Laura Lynn Foundation.

LauraLynn House is Ireland's only Children's Hospice, based in Leopardstown, Dublin. Since opening in September 2011, they have looked after families from all over Ireland, helping them to make the most of short and precious lives.



We have recently embarked on an exciting nationwide campaign with P&G (Proud Sponsor of Mums) 'Bringing Precious Moments to Everyday Lives'. This entails inviting people to celebrate those precious moments in a child's life such as, 1st birthday, 1st steps, and 1st day at school and so on, the list is endless! LauraLynn House together with P&G will help to bring precious moments to mothers (and families) of children suffering with life limiting conditions.

**LauraLynn** IRELAND'S CHILDREN'S HOSPICE

Lovely to receive letter like the one below about your charity efforts—we'd love to hear from you what personal charities your Unit is supporting this year:

*I told my Brownies about the 'Make a wish' party idea. Four of them went straight home, started making a big poster, and held a cake sale [with the co-operation of their teacher] in Aghabullogue NS on the following Friday, where they raised 100euro. That inspired another group of Brownies [from Coachford] to bake for the Local Market on Dec. 8th. They raised 160euro for St. Vincent de Paul.*

*Yours sincerely, Judy Greene, St. Olans Brownies*

This campaign kicked off in September with a nationwide launch in major retailers – we had some great volunteers who helped us bag pack at retailers in their local areas. Those volunteers had an amazing time and many have said they would do it again. **We are now preparing for our next round of bag packing scheduled for 24 March 2013.**

**We need lots of enthusiastic volunteers** to help bag pack on the day. We will provide t-shirts, collection buckets, balloons and stickers & there will be lots of events happening in-store on the day. It's going to be a lot of fun & we would love your help to get some teams signed up for the day.

As the event is nationwide we are looking for volunteer teams and co-ordinators all over the country and would be thrilled if IGG as a children's charity could help us. If you can, please email us at [preciousmoments@csh.ie](mailto:preciousmoments@csh.ie) if you're interested and we will send you on more details.

# CRUMLIN HOSPITAL GUIDE UNIT



**Thursday evenings, from 6.45 – 8.15 pm.**

Crumlin Hospital Guide Unit has been in existence for over 4 years providing fun and enjoyment for girls on a weekly basis. The aim of the Unit is to give girls from eight years old upwards a chance to try Guides for an evening, to meet girls from other wards, to have fun, to try out some new activities with a Guiding twist and to offer them a brief distraction during their stay in hospital.

The Leaders work on a rota system with four leaders each week. They visit each ward to invite girls who are well enough, to come along to the Unit for some fun activities. Leader Dilys Lindsay explains "The activities vary from week to week depending on how many girls come along and also what age they are. We adapt to suit to meet the needs of the girls so, if for instance someone has limited mobility, we work around that. No-one is left out. We never know how many girls will be available or the age range, so for the leaders each week is a new and exciting challenge as we get to know the girls, provide them with an interesting programme and perhaps encourage them to join their local Guide Unit when they return home.

"Our programmes usually have a theme - for example events such as Halloween, Christmas, the Olympics, or other themes like camping, a pyjama party, road safety, winter fun, summer holidays! Crafts are always a big hit as well as activity games that can be played by the girls regardless of their abilities. We also tell the girls about Guiding in Ireland and around the world. At the end of the evening we bring the girls back to their wards. We love to see the smiles on their faces, having had a chance to forget for a short while about why they are in hospital. Some of the girls come for a number of weeks; some join us every couple of months when they have to return to hospital; others join us for just one night. Everyone is welcome to come along and join the meeting and parents are also welcome to join in or come along to see what is going on."

All the Leaders are members of Irish Girl Guides (IGG) and Garda vetted through IGG and the hospital. Every girl who goes along to Guides is given a special pink neckerchief to wear and to bring back to the ward with her, and if she remains in hospital for any length of time she will wear it to Guides each week.

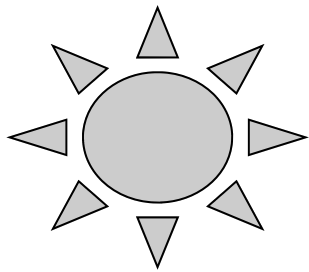
**Volunteering** with Crumlin Hospital Guide Unit is a rewarding experience for those involved and it's not a large time commitment as it operates on a rota system as mentioned above. You would only do one meeting every month. The Unit is very much in need of some more Leaders.



*Crumlin Hospital Guide Unit taking part in "Hands Up for Girls" back in October*

***If you have the time to spare and would like to get involved with Crumlin Hospital Guide Unit as they approach their 5th birthday, then please get in touch with Róisín Fitzgerald or Dilys Lindsay c/o National Office***





# OUT AND ABOUT

**MADNESS ON THE TRAIN—  
THANKS TO IARNROD EIREANN!**

Douglas Girl Guides and St Luke's Brownies from Cork. Douglas Girl Guides won 50 return train tickets in Irish Rails competition "The Journey's on Us." Douglas Girl Guides invited the Brownies along to see Cinderella in the Gaiety and they all had a great day.



**Listowel Girl Guides and Brownies** preformed carols at the Aras Mhuire Nursing Home in Listowel, Co. Kerry. on Monday 10th December. The girls had also handmade Christmas cards which were given to the residents on the night. A great night was had by the girls and the residents.

Lorraine O'Connor, Leader.



## **Fossa Guides go to the panto.....**

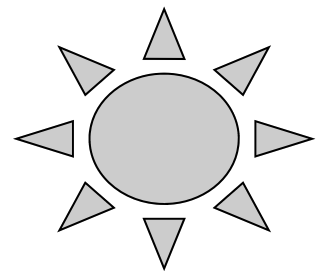
Cinderella, on the 6th Jan in the University Concert Hall, Limerick. It was "totes amazeballs" Dustin, Twink, George McMahon, and Richie Hayes from the "Voice of Ireland", had us laughing till our sides hurt. It truly was a magical day out. The girls were delighted when afterwards they got to met up with "Buttons" aka Richie Hayes



Have you been  
Out and About?  
Tell us about it  
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# OUT AND ABOUT



## Ballybay Girl Guides

Ballybay Girl Guides had a Christmas Party on their last night before Christmas. While there was fun and games it was also the end of an era when Iris, one of our Leaders, retired.

As she is approaching her 82<sup>nd</sup> birthday Iris decided it was time to hang up her necker. The four patrol leaders presented her with a gift, flowers and cards while telling her, on behalf of all the Guides that she will be really missed. There was a lovely decorated cake which everybody enjoyed and a photograph taken of three generations in Guiding Iris, her daughter Olwyn and granddaughter Rachel.

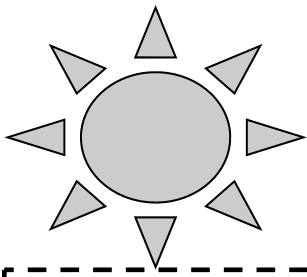
We know that Iris will still be taking an interest in our Unit and wish her all the best in her retirement.  
Emma, Lauren, Sinead and Tara (Patrol Leaders)



Ballybrown Ladybirds and Brownies—Annual Christmas Craft Day with a very special guest — he's hiding in the middle. A bit like "Where's Wally?"



Have you been  
Out and About?  
Tell us about it  
[trefoil.news@irishgirlguides.ie](mailto:trefoil.news@irishgirlguides.ie)



# OUT AND ABOUT

## Saoirse Girl Guides Visit to Thomond House



On Christmas Eve the Saoirse Girl Guides went to visit Thomond House Homeless Shelter for Women to present them with a hamper for Christmas. The girls had decided to complete the Lady Baden Powell badge and they wished to visit this shelter to complete the required “Do a Good Turn” component.

They decided to do something different than your usual hamper. As it was Christmas, they believed the homeless women would get plenty of tins of food and packets of seeds, so they chose to make a “treat” of a hamper instead! Items that were included in the basket were Turkish delight, Pringles, lollipops, chocolate, cake and much more. When they presented the ladies of the shelter with the hamper, they spoke to them and heard some of their stories.

One woman in particular asked us if we had a hamper for the men. At first I felt “The cheek!” but then I realised that most of these women are married to or in a relationship with men staying in the men’s shelter on the other side of the city. They wished to know if they could keep this to themselves or share it with the men, and were assuming we had another hamper for the men. They were shocked that only they were presented with one, and were extremely grateful.

There was another woman who told us that her husband was in one shelter, and her child was in care. She was separated from all of her family, and this was what really tugged on my heartstrings. The girls were delighted with their visit and happy a part of their badge was completed. Thank you to Thomond House for all your hospitality! :-)

*Written by Sarah Condren*



**Sandford Brownies** — on the 10th of December 2012, Sandford Brownies held an extra special meeting to mark an enrolment service for their four tweenies. We were thrilled to have Ms Hilary Robinson as guest of honour. Hilary has a very special link with Sandford Brownies, as she was Brown Owl in Sandford from 1967-1975. Hilary told us very interesting stories of what Brownies was like then, and also what the uniform looked like. Our Brownies couldn’t imagine wearing brown dresses!!!

After a lovely enrolment service, Hilary took time to speak to each new Brownie and presented them with a special badge. Then Emily Jane our Brown Owl gave a special vote of thanks to Hilary. The afternoon came to a close with a lovely afternoon tea of cookies, Brownies and cupcakes made and served by the Brownies. We’d like to thank Hilary Robinson once again for making our enrolment service so special



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# LADYBIRDS



February is the first month of Spring and a time to look forward to longer days and brighter evenings. Pancake Tuesday, Valentine's Day and World Thinking Day are big days this month for Ladybirds and we hope you enjoy the crafts and games in this issue.

Branch Day is on 9th February in Newbridge – we look forward to meeting everybody there !!

## MEMBERSHIP FEES AND CENSUS 2013

*This is a reminder that Leaders should have started collecting membership fees of €36 per member.*

Ladybird Committee

## VALENTINE'S GAME

### Song (to sing in the game)

I sent a letter to my love  
And on the way I dropped it  
A little puppy picked it up  
And put it in his pocket.  
It isn't you, it isn't you.  
But IT IS YOU.

### Method:

- All the Ladybirds stand or sit in a circle.
- Choose one girl to walk around the circle holding the letter while the others are singing the song.
- On the words "it is you" she drops the letter behind one of the girls in the circle and starts running around the circle.
- That girl picks up the letter and chases the first girl trying to get back to her place before the first player reaches it.
- Whoever gets there last starts the game.

## POST-RELAY

### Materials:

Post-box (eg large cereal box with a hole) for each team, a letter or piece of paper for each member of the team.



### Method:

- Divide the Ladybirds into teams.
- Each Ladybird in turn runs and posts their letter in their post-box, runs back and tips the next Ladybird in their team.
- The team to post all their letters first wins.

## LEAPING HEARTS

### Materials:

Cut out large heart shapes (one for each girl)

### Method:

- Place large heart shapes randomly around the floor.
- Play some music and ask the Ladybirds to dance around the hearts.
- When the music stops the girls must jump onto a heart shape.
- Take one away and repeat. Keep doing this until there is only one Ladybird left on the last heart.



## JOKE CORNER

Knock knock  
Who's there?  
Olive  
Olive who?  
Olive you.

Knock knock  
Who's there?  
Howard  
Howard who?  
Howard you like a big hug

## ST. VALENTINE SAYS

### Method:

Played similar to Simon Says. The Leader is "St. Valentine". Leader says "St. Valentine says hop on one foot". The children will hop on one foot. Leader says "Stop". The children are to keep hopping on one foot until leader says "St. Valentine says stop". Repeat for additional activities such as take one baby step forward, step backwards, turn around, sit down. Sometimes St. Valentine will say "St. Valentine says" and sometimes he won't.



# LADYBIRDS



## Love is Something

*Tune: Here we go gathering nuts in May*



Love is something if you give it away, give it away, give it away  
Love is something if you give it away, you'll end up having more

It's just like a magic penny, hold it tight and you won't have any  
Lend it, spend it, you'll have so many, they'll roll all over the floor.  
For love is something if you give it away, you'll end up having more.

Let's go dancing till break of day, if there's a piper we can pay  
For love is something if you give it away, you'll end up having more.

Love is something if you give it away, give it away, give it away  
Love is something if you give it away, you'll end up having more.

## JOKE CORNER

What do squirrels give for Valentine's Day?

Forget-me-nuts

What did the Valentine's Day card say to the stamp?

Stick with me and we will go places.

What kind of flowers do you never give on Valentine's Day?

Cauliflowers

What did the boy cat say to the girl cat?

You're purrfect for me.

## ICED VALENTINE CAKES

### Materials:

Packet of pre-iced small cakes  
Writing icing

### Method:

Just let the girls write messages e.g. "I love you" or draw hearts on the cakes. They can swap them with the other girls or take them home to their families.

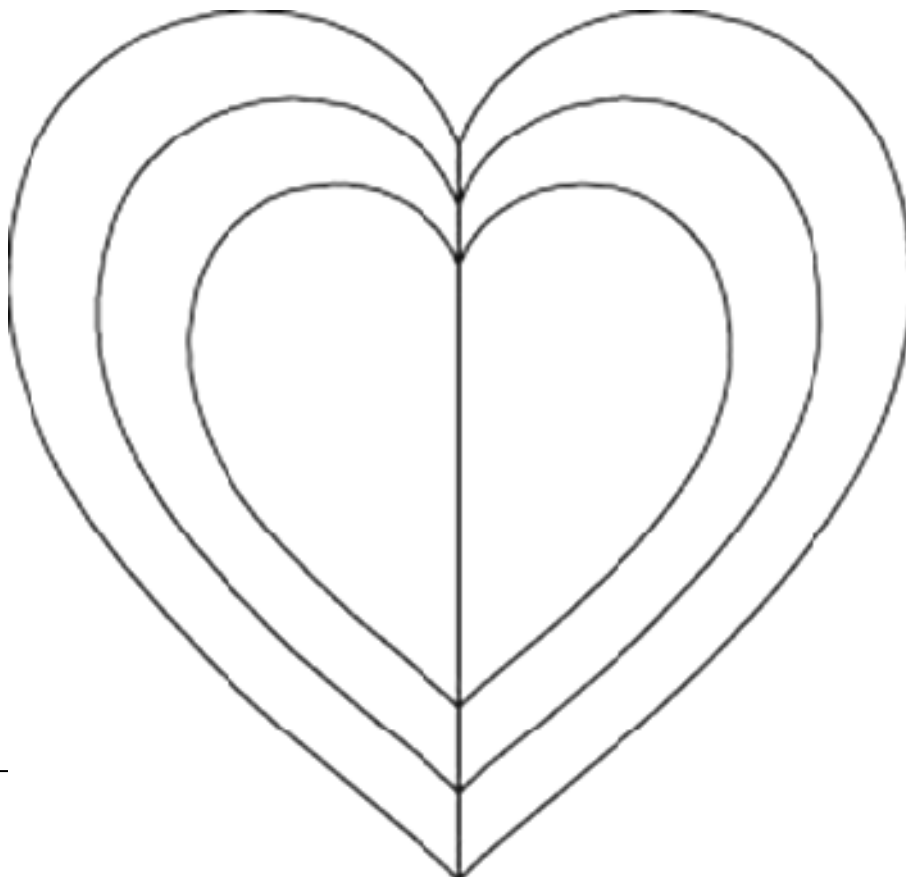
## VALENTINE HEARTS

### Materials:

Card, doilies, markers and/or paper flowers cut from magazines, ribbon/wool/string, scissors, glue

### Method:

- Cut out heart shape from card
- Colour the heart (red is traditional)
- Colour in patterns and/or cut out paper flowers
- Glue a frill cut from a doily around the edge of the heart
- Make a hole through the top of the heart.
- Thread ribbon, wool or string through to hang it up





# LADYBIRDS



## PANCAKE TUESDAY-- February 12th

### Pancake Games

*You need - 5" "pancakes" cut from brown cardboard - one for each Ladybird.*

#### **PANCAKE TOSS**

- Place your Pancake in a small frying pan - "flip" the pancake

#### **PANCAKE WALK**

- Balance your pancake on your head or shoe and walk across the hall

#### **PANCAKE DROP**

- Place a large frying pan on the floor.
- From a distance (far enough to make it challenging) Ladybirds take turns dropping pancakes into the pan.

### Pancake Song

Make a pancake, pat, pat, pat  
*(pat hands together)*

Do not make it fat, fat, fat

*(stretch hands apart)*

You must make it flat, flat, flat

*(pat hands together)*

Make a pancake just like that

*(clap hands together)*

### Pancake Finger Puppet

You need :           Yellow card  
                              Knitting needle  
                              Colours, glue, glitter

- Cut 5" circles out of the yellow card
- Use a knitting needle or similar to punch two holes toward the bottom of the circle - large enough for fingers.
- Ladybirds decorate their Pancake Puppet as they like.



### Colour in for Pancake Day







# LADYBIRDS



## World Thinking Day Activities

### INTERNATIONAL JOURNEY STAMPS

**Equipment:** Paper stamps (make yourself and photocopy), booklet of paper.

- Each girl colours a stamp that fits a WAGGGS country for example - Canada - Maple Leaf, Bahamas - Banana, Australia - Kangaroo, England - Crown or teacup, Kenya - Thatch Hut..... There are enough member countries for everyone...
- Make up passport booklets filled with blank paper.
- The girls have to visit each country (each girl in the group) and exchange stamps.



### PASS THE SWEETS

**Equipment:** Jar of sweets

*The more we share together, together, together,  
The more we share together the happier we are.*

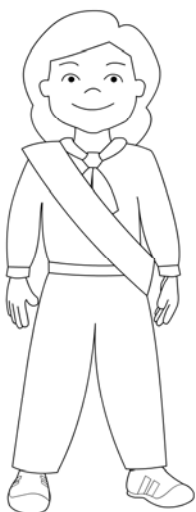
As the verse is being sung, a container of sweets is passed around the girls. When the verse is finished, the girl with the bowl of sweets offers a sweet to the person on her right. The game continues until all the children have received a sweet from their neighbour.

### RAINBOW PROMISE MOBILE

**Equipment:** Card, string,

Cut a rainbow shape out of card or paper and colour it. Attach a piece of string at the top to hang it by. Cut out raindrop shapes from silver card (or white card and paint them), and write things to be thankful for on them. These can then be hung from the rainbow with string. This is a good craft to do as a Unit. The Leader could make the rainbow beforehand and let each girl make a raindrop. As a new girl joins the Unit, she can add her own raindrop.

Guides Worldwide all wear Uniforms--that's what makes us a special Youth Organisation-- there's lots of different uniforms around the world. Let your Ladybirds colour in these uniforms and encourage them to wear uniform to school for A-WEAR-ness Day.



IRELAND



NEW ZEALAND



HONG KONG



SOUTH AFRICA



# Brownies



Hi folks,

I hope you've settled back into your Units and you're getting ready for the year ahead. Attending Branch Day on the 9th of February should give some of you some great ideas to take back to your Units and we hope those of you in attendance have a great time.

This month, we have some fun International games to help you complete the International Badge with your girls for World Thinking Day. We also have some easy and fun Valentine's Day crafts.

Don't forget about A-WEAR-ness Day and ask your girls to wear their Brownie uniform to school for that day. (see page 9 for more details)

**MEMBERSHIP FEES AND CENSUS 2013**  
***This is a reminder that Leaders should have started collecting membership fees of €36 per member.***

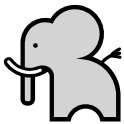
Brownie Branch

## INDIA — Elephant, Giraffe and Eagle

*Equipment:* None

### Instructions:

1. Everyone stands in a circle with one Brownie in the middle. This Brownie points at one girl and says either 'Elephant, Giraffe or Eagle'.
2. The girl they are pointing at and the people to either side must act out these animals.
3. If an individual gets their part wrong or they do it too slow they sit down and the game continues skipping over the girl that is sitting down so the Brownie being pointed at may have a new neighbour to work with.
4. The last Brownie standing is the winner.



*Elephant* – Middle girl with hand long in front of face to be trunk. Side girls with arms making a half circle up to the middle girl's head to be ears.



*Giraffe* – Middle girl has hands above head to be long neck. Side girls have hands and arms pointing down to the ground away from centre girl to be legs.



*Eagle* – Middle girl makes snapping beak with hands in front of face. Side girls make moving wing motions with both arms away from centre girl.

## INDIA — Hindi Colour Game

*Equipment:* Items in the colours listed below

### Instructions:

1. The Leader calls out a colour in Hindi.
2. The players must all run to touch something that colour.

3. The last one to touch the colour or touches the wrong colour is out or loses a life.
4. Sometime the Leader can call out two or three colours all at once and the girls have to find a way of touching all of the colours at once.

### Hindi Colours

Lal	= Red
Narangi	= Orange
Pila	= Yellow
Hara	= Green
Nila	= Blue
Gulabi	= Pink
Zambla	= Purple
Kala	= Black
Safed	= White



## CANADA — Name Zap

*Equipment:* None

### Instructions:

1. Everyone stands in a circle.
2. Each girl gets an invisible magic wizard wand.
3. If your name is called you have to duck and the people on either side of you have to try and zap each other.
4. If you get caught in the crossfire you're out.
5. If you are one of the zappers and the other girl zaps you first then you're out.
6. If someone zaps and it's not their turn to zap they are out.
7. If girls zapping have a tie, then do rock, paper, scissors to find a winner.
8. When there are two girls left, have a wizard's shoot out.
9. The two girls stand back to back, take 4 steps out and then when the Leader yells "draw" they turn around and zap. First to zap wins. Then play again.



# Brownies



## GERMANY — Frogs in a Pond

*Equipment: Draw and cut out frogs from light paper tissue or greaseproof. one for each Six. .Make a circle for each Six with chalk or rope at one end of the room. Give each Six a folded newspaper and a frog.*



### Instructions:

1. Brownies line up in their Sixes at the opposite end of the room from the circles.
2. The first Brownie in each Six, using the folded newspaper, fans her frog from the starting line into her pond.
3. When this is done she passes the frog and newspaper to the next Brownie in her Six who fans the frog to the pond and so on until each Brownie in the Six has had a turn.
4. The first Six to be finished and sitting down is the winner.

## DENMARK — The Rainmaker (an action song)

### Instructions:

The Rainmaker sits in a circle with Brownies. Each Brownie watches the girl on her left. The Rainmaker makes the first rain sound and passes it on to her right. Second sound starts when all the Brownies have completed the circle of sound.

Read: Have you ever heard of the rainmakers dance  
That makes Indians hop all day  
Well Danish Brownies took a chance  
And made the rain their way  
So close your eyes and listen well  
You'll hear the sounds of rain  
The Brownie Pack will make it come  
And vanish back again.

### Actions:

1. The little leaves rustle before the rain—*Rub thumbs against first two fingers.*
2. First raindrops— *Rub palms together slowly*
3. Rain heavier—*Rub hand up and down thighs*
4. Drops getting bigger—*Pat knees alternately (fast)*
5. Downpour—*Tap your heels on the ground gradually getting faster.*
6. Magic the rain away by doing it backwards.

## AUSTRALIA — Brownies Action Song

### Brownies out a walking on a Summer's day

*(Tune: Baa Baa Black Sheep)*

Along came the wind and blew their hats away  
Brownies in a hurry off to their Pack  
Thought they would never get their hats back

### Instructions:

Brownies in partners, side by side in a circle. Brownies on the outside of the Circle are "hats". While singing line one and two all the Brownies walk around in the same direction. On the word **away** the Brownies on the inside turn and walk in the opposite direction until the word **back**. They then try to find their partner as quickly as possible. The first Brownie and its hat up to Brown Owl get a point.



## SOUTH AFRICA — Mice & Mealies

*Equipment: A paper plate and dried peas*

### Instructions:

1. The Brownies form a circle.
2. Place the paper plate with the dried peas (mealies) in the centre.
3. Number off the Brownies 1 to 6 around the circle.
4. The Leader calls out a number and those with that number take a step back out of the circle and run anticlockwise around the circle and back into the circle entering through their own space.
5. They start to pick up the peas with one hand (their other hand behind their backs.)
6. The other Brownies count up to 12 at which point the game continues until every Brownie has had at least one turn



# Brownies



## VALENTINE'S DAY CRAFTS

### Valentine's Day Card

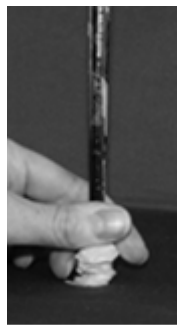
*"You Inched Your Way Into My Heart"*



**What you will need:** Pink card, green coloured tissue paper (the kind you use to wrap presents), craft foam shapes or other decorative items, tiny googly eyes, scissors, glue, large paint brush or pencil (about 1 cm wide).

#### How to make this valentine card:

1. Draw a large heart on a pink sheet of card and write, "Valentine, you inched your way into my heart." as shown in the picture.
2. Cut two slits about one inch long about one inch apart in the middle of the heart.
3. To make the tissue paper inchworm, pick out green tissue paper and cut the tissue paper into a 7.5" x 7.5" square.
4. Roll the tissue paper around the paint brush or pencil. Wet the exposed edge with a damp sponge and press it to the rolled tissue to secure. Do not make it too wet.
5. Scrunch the tissue paper down the paint brush to the end so that it is all scrunched up into about one inch at the bottom of the brush just like you would to get the paper off a drinking straw.
6. Glue tiny eyes and a tongue on one end of the worm and stick it between the slits in the heart as pictured above.



### Valentine's Day Card

*"You Make My Heart Flutter"*

#### What you will need:

Pink card, glue, and feathers.

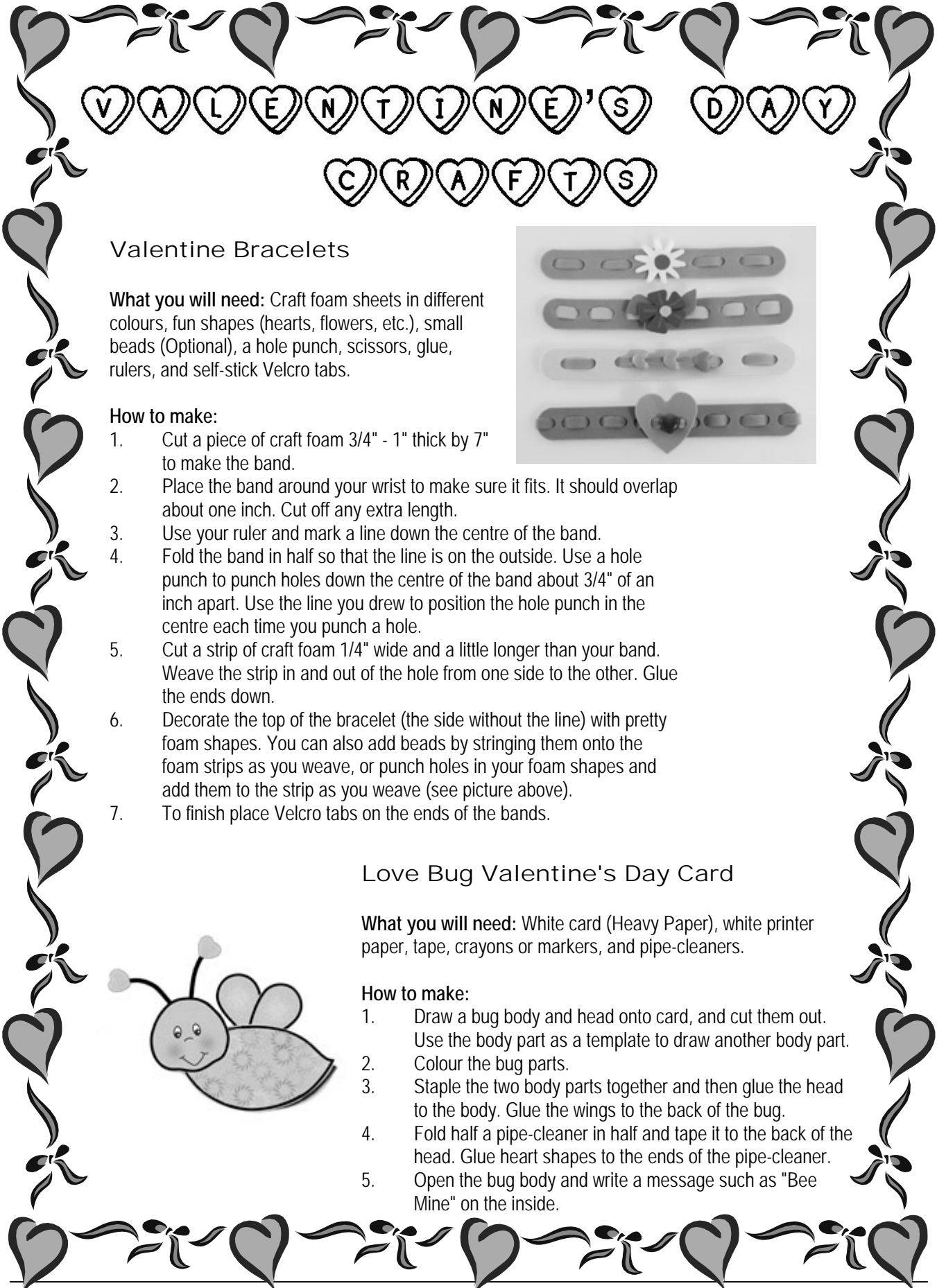
#### How to make this valentine card:

1. Draw a heart shape on the pink card and cut out.
2. Write **You Make My Heart Flutter** in the centre of the heart using silver or gold marker or pen.
3. Glue feathers onto the sides of the heart. (*Leader Tip: Feather boas are available in the £2 shops which can be cut up to make the feathers.*)
4. Give it to someone special.





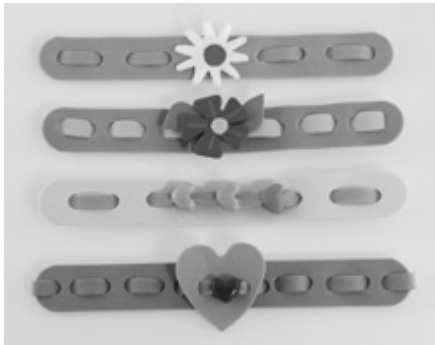
# Brownies



## VALENTINE'S DAY CRAFTS

### Valentine Bracelets

**What you will need:** Craft foam sheets in different colours, fun shapes (hearts, flowers, etc.), small beads (Optional), a hole punch, scissors, glue, rulers, and self-stick Velcro tabs.

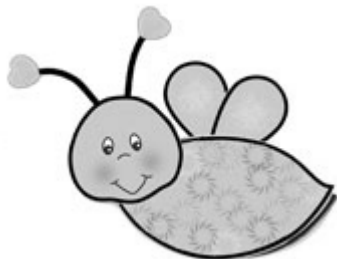


**How to make:**

1. Cut a piece of craft foam 3/4" - 1" thick by 7" to make the band.
2. Place the band around your wrist to make sure it fits. It should overlap about one inch. Cut off any extra length.
3. Use your ruler and mark a line down the centre of the band.
4. Fold the band in half so that the line is on the outside. Use a hole punch to punch holes down the centre of the band about 3/4" of an inch apart. Use the line you drew to position the hole punch in the centre each time you punch a hole.
5. Cut a strip of craft foam 1/4" wide and a little longer than your band. Weave the strip in and out of the hole from one side to the other. Glue the ends down.
6. Decorate the top of the bracelet (the side without the line) with pretty foam shapes. You can also add beads by stringing them onto the foam strips as you weave, or punch holes in your foam shapes and add them to the strip as you weave (see picture above).
7. To finish place Velcro tabs on the ends of the bands.

### Love Bug Valentine's Day Card

**What you will need:** White card (Heavy Paper), white printer paper, tape, crayons or markers, and pipe-cleaners.



**How to make:**

1. Draw a bug body and head onto card, and cut them out. Use the body part as a template to draw another body part.
2. Colour the bug parts.
3. Staple the two body parts together and then glue the head to the body. Glue the wings to the back of the bug.
4. Fold half a pipe-cleaner in half and tape it to the back of the head. Glue heart shapes to the ends of the pipe-cleaner.
5. Open the bug body and write a message such as "Bee Mine" on the inside.





# GUIDES



Dear Leaders,

Happy World Thinking Day to you all and we hope to see many of you at Branch Day on February 9th. Don't forget that the new closing date for Gold Awards is 30<sup>th</sup> August 2013.

And now we'd like to appeal to you for your help.... We are hoping to compile a new HIKE/PATROL COOK BOOK. To do this we need help from all members. We need recipes/recipes and more recipes. These should be able to be cooked outdoors or indoors. We will compile all those sent into us and all the recipes published will have the sender's name printed. When published each Unit will receive a copy. All recipes to be sent to Guide Br, Irish Girl Guides, Trefoil House, 27,Pembroke Rd., Dublin 4. Or by email to; patandnelius@eircom.net on or before 19<sup>th</sup> May 2013.

Many thanks,  
guide Branch Committee

## MEMBERSHIP FEES AND CENSUS 2013

*This is a reminder that Leaders should have started collecting membership fees of €36 per member.*



## Make Beanbag Pancakes - February 12th

This craft does double duty, because not only will the Guides enjoy making the "stack" of beanbag pancakes, but they can try out our list of Beanbag Challenges afterwards.

Use a plate to trace a circle shape onto two layers of brown or yellow felt/fabric. Use a small saucer/side plate as a guide.

Draw a second circle about 1.5cm (5/8 inch) around the outside of the traced circle, and cut around this outer circle, preferably with pinking shears.

Use running stitch to stitch the two circles together, following the inner traced line, and leaving a gap of about 7cm (3 inches) through which to add a thin layer of small dried beans or rice. Finally, stitch up the gap.

## Quick Beanbag Challenges

- Throw a beanbag in the air, turn around, and catch it again.
- Throw the beanbag up and backwards over your head and try to catch it behind your back.
- Throw the beanbag in the air, clap your hands once, and catch it. Now try clapping your hands twice, then three times, and so on. How high can you go?
- Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg. Now clap behind your back. Invent some more challenges.
- Throw the beanbag up, jump, and try to catch it. Jump twice. Jump three times!
- Throw it up, kneel down and try to catch it.
- Throw and catch with just your right hand, then with just your left.
- Try throwing it up and catching it with your eyes closed!
- Balance the beanbag on your right foot, then throw it up and catch it from there. Can you do it with your left foot too?
- Can you throw the beanbag up and catch it on your left foot?
- Can you run with a beanbag balanced on your head? Can you jump? Can you kneel down and stand up again, or sit down? Can you climb the stairs? Can you do any of these things with two beanbags balanced on your head? Or three?
- Try balancing a beanbag on each shoulder while you walk, run, jump etc.
- Set up a variety of hoops, containers and targets and have some throwing practice.
- How far can you throw the beanbag? Does it make a difference if you throw over-arm or underarm?



# GUIDES



## Leading Games

*The best games are fun and spontaneous, but they don't happen by themselves! They require a Leader who is prepared and who wants every girl to feel safe and comfortable. Fortunately, there are guidelines to help us be that Leader. Why not use your Young Leaders or Unit Helpers to plan some games. Give them these guidelines to help plan the activities.*

### Be prepared!

#### Know:

- Who is playing, their knowledge of the game and their skill levels.
- Where you are playing, the size of the area and any obstacles.
- What resources you have access to (e.g., equipment including game pieces, boundary markers, goals and so on).
- What games you are playing, including their rules, objectives, age/skill ranges and so on.
- What might be difficult to play, assemble or explain.
- What problems you might encounter.
- Be inclusive at all times.

#### Ensure that:

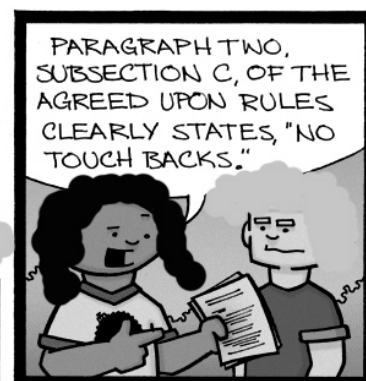
- Everyone is involved.
- Helpers are randomly chosen and there aren't any "favourites."
- Time outs are only for a short period of time and not the entire game.
- The rules are fair.
- Everyone can play these games.
- Everyone will feel challenged by the game and satisfied when it is over.
- Be enthusiastic.

#### Be sure to:

- Start game play with energy. Be open, welcoming and a good role model.
- Allow girls to participate in their own way.
- Play all the games with the girls.
- Play simple games, especially with a new group.
- Allow the girls to build up their confidence.
- Ensure that everyone knows the objectives of the game.
- Give easy explanations, use simple equipment and a short time frame.
- Begin with a general description of the game: its object, the type of game it is and a general time frame.
- Give clear, concise instructions followed immediately by a demonstration.
- If necessary, practice any special moves or phrases that are integral to game play.

#### Build up an array of cooperative games:

- Focus on team building and having fun.
- Avoid games that focus on winners and losers or involve physical contact.
- Be flexible.
- Keep a sense of humour.
- Encourage the girls to take over the leadership of the games.
- Be prepared to modify any game.
- Don't overplay any game.
- Apply the same rules during game time as at any other time.
- Be clear with the girls about your expectations for behaviour.
- Be a good facilitator.
- Make sure everyone can hear and see you.
- Give choices about who plays what.
- Put safety first.
- Encourage players.
- Let the girls take on a leadership role.
- Recognize when a game isn't working and stop it.
- Pay attention to time.





# GUIDES



*Here are some games that were created by Pathfinders from Canada....*



## Socceyminton

**Purpose/Objective:** Score the most goals

**Time Frame:** 15 minutes



**Equipment:** Racquets for each player (you could use newspaper rolls), one foam soccer ball, 4 goals (2 on each side - could use 8 pylons to mark the goals)

### Rules:

- Each team has a goalie (called the "puck" who must defend both goals) and 3 players (called the "birdies") on the field during play
- One player from each team goes to the middle of the field to thumb wrestle to see who starts with the ball
- You cannot touch the ball with hands or feet - only with the raquet
- If you have the ball, you have 10 seconds to pass it to another player with the object to move the ball with the raquet to the opponent's net
- Stay within the lines of the playing field or the ball goes to the other team
- You cannot hit the ball when in the air
- And NO CONTACT!

## Vootball

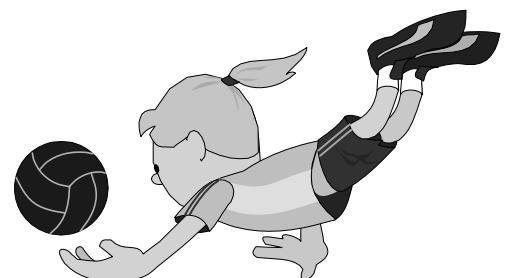
**Purpose/Objective:** Score the most goals

**Time Frame:** 20 minutes - 2 periods, 10 minutes each - game might be extended for 5 minute overtime or until someone scores

**Equipment:** Ball and 2 goals

### Rules:

- 2 teams of 6 players per team ( you could have a challenge match between patrols)
- When the ball is in the air, you may only bump, volley or serve (no spikes)
- When the ball is on the ground, you may only use your feet
- Play rock, paper, scissors to determine which team serves first
- You earn one point when the ball goes into the goal
- Holding the ball will give you a one minute penalty
- If there is intentional contact with other players, you will get a 2 minute penalty
- The team that scores the most goals is the winner





# GUIDES



## Crafty Gifts



### gift CARD

**You will need:** Paints & Brush, Scissors, Pencil, different size plastic lids or a compass (for drawing circles) -- or draw them by hand, one split pin for each flower, hole punch, A4 sheet for painting on, A4 sheet of stronger paper for card



#### What to do:

- Fold the card in half.
- Completely cover the A4 sheet of paper in a mixture of colours, stripes, lines, or just one colour. Leave to dry.
- Cut 5 or 6 circles (from 1 inch to 3.5 inches) from the painted paper. To make circles, use a compass, old plastic lids, or any circular objects you have on hand. Or draw them by hand!
- Punch a hole in the centre of each circle. Lay down the circles with the biggest on the bottom and insert a split pin through the circles to hold the flower in place
- Fold the other A4 card in half. Place the flower head on it and push the pin through the card, draw a stem and leaves underneath.

### Fancy storage containers

#### You will need:

1 litre plastic milk or juice jugs, fabric or scrapbook paper scraps, felt in coordinating colours, scissors or a craft knife, white craft glue, water, bowl, paintbrush, potted flower



#### What to do:

- Cut the top off of the plastic jug, just under the handle
- Cut fabric or tear paper into 1" squares
- Mix 2 parts glue and 1 part water in a bowl.
- Paint glue mixture onto one side of the outside of the jug.
- Decoupage the fabric or paper all over the sides of the jug, applying glue onto the jug first, then over the fabric or paper to adhere.
- Cut 1.5" wide strips from felt, enough to go around the opening of the pot.
- Glue the strip onto the lip of the pot, overlapping both sides, inside and out.

### Yogurt Cup Pin Cushion

#### You will need:

Small yogurt container, cleaned and dried, fabric, thread and needle, fibrefill, glue, decorative supplies (scrap fabric, paper, stickers, buttons, etc), pins



#### What to do:

- Cut a piece of fabric three inches larger than the circumference of the yogurt cup rim.
- Sew a running stitch one-half inch from the edge of the fabric
- Gently gather the thread and pull to make this fabric into a "cushion" shape.
- Stuff the inside of the cushion with fibrefill until firm.
- Apply glue just inside the rim of the cup and place the cushion inside.
- To decorate the outside, choose fabric, paper, or decorated adhesive paper. Glue in place and decorate
- Allow to dry and place a few brightly coloured sewing pins into the pincushion.

### Paper Flowers

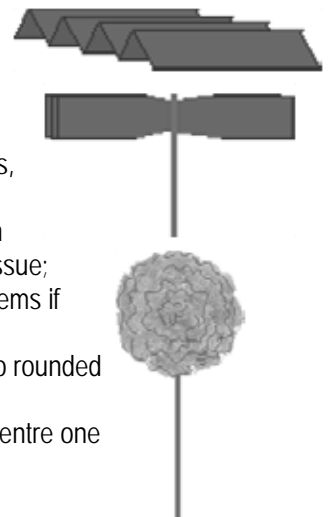
#### You will need:

Crepe Paper/Tissue, Floral Wire/Pipe Cleaners



#### What to do:

- Stack eight 20-by-30-inch sheets of tissue.
- Make 1 1/2-inch-wide accordion folds, creasing with each fold.
- Fold an 18-inch piece of floral wire in half, and slip over centre of folded tissue; twist. (or use pipe-cleaners as the stems if they are easier to get)
- With scissors, trim ends of tissue into rounded or pointy shapes
- Separate layers, pulling away from centre one at a time.





# SENIOR BRANCH



Hi Everyone,

Hope you're all back after Christmas and getting excited about all the SB opportunities that are coming up this year. The 18<sup>th</sup> birthday party gets us up and running on February 14<sup>th</sup>, then in April we have the Lightweight – time to get practicing for all of you planning the Chiefs or the Explorer Belt this summer.... Get those boots on and get out in the fresh air, and get WALKING!

**18<sup>th</sup> B'DAY PARTY** - By now you should all have received an email about the 18<sup>th</sup> birthday party. However, in case we missed you.... We're celebrating your 18<sup>th</sup> – if you are turning 18 in 2013 we want you to join us, during midterm at the zoo to celebrate.

Date: February 14<sup>th</sup>, 2013

Location: Dublin Zoo!!

You pay into the zoo, we refund travel and we have some fun for the day – bring spending money and of course your camera! If you are planning to come and party with us make sure you email [seniorbranch@gmail.com](mailto:seniorbranch@gmail.com)

**Lightweight** this year will take place on the last weekend of April 2013 – 26<sup>th</sup>/27<sup>th</sup>/28<sup>th</sup> of April. We will be heading to the hills. If you want to apply please email us at [seniorbranch@gmail.com](mailto:seniorbranch@gmail.com). There will be an application form in March's Trefoil News. The event costs €50 and must be paid in full before the event. You will be able to pay into the bank with our account details or by sending a cheque to National Office. Once you've applied we will be in touch via email to give you all the details.

Keep your eyes peeled for details and an application form also coming in March for the **Chief Commissioner's Award** that will take place in August. Dates still need to be confirmed but will take place in the middle of August.

## Young Leaders' Corner



Girls love to hear that they've done a good job and that their work is appreciated. So as a Young Leader how do you praise your girls for doing a great job? How many different ways do you know to inspire them? As a Leader you get to encourage the girls' curiosity, help them learn new things and grow in confidence. They love getting your reassurance and praise. Here's a few ideas to help encourage and congratulate your girls for a job well done.

You're doing a good job.  
You did that very well.  
You've just about got it.  
You must have been practicing!  
That's the best you have ever done. FANTASTIC!  
Congratulations! You're really improving.  
I knew you could do it.  
Right on!  
That's quite an improvement.  
SUPERB! Now, you've figured it out.  
Good remembering!  
You are doing that much better today.  
Keep it up! Now you have it.  
You make it look easy.  
Keep on trying!  
You really make my job fun.

You out did yourself today!  
That's the right way to do it.  
I've never seen anyone do it better.  
One more time and you'll have it.  
Good for you!  
You're getting better every day.  
Good going!  
You did it that time!  
I like that. That's not half bad!  
MARVELOUS!  
WOW! I'm very proud of you.  
That's the way! I think you've got it now.  
Nice going.  
You figured that out fast.  
Now you've figured it out.



# SENIOR BRANCH



Are you ready for  
a new adventure?



# EXPLORER BELT

Interested in discovering a place by walking through it and meeting the community. Then the Explorer Belt is for you. It's simple, find a friend you'd like to share the experience with, complete the form on the next page and send it in.

If you fancy talking to someone who's survived and gained that all exclusive Belt then email [seniorbranch@gmail.com](mailto:seniorbranch@gmail.com) and we'll put you in touch with someone.

There are always mentors available to help you to "Be Prepared!"

## THE IMPORTANT BITS

- Language: The smiley kind  
 Climate: Hot/ cold (we can't tell you)  
 When: 21<sup>st</sup> July to the 3<sup>rd</sup> of Aug 2013  
 Where: Wherever you can pitch a tent  
 Cost: Approximately €500, costs can't be confirmed until all the applications are in.  
 Closing date: 28th Feb 2013 (flights, or some form of transport will need to be booked!!)







# Application Form

## Explorer Belt Expedition

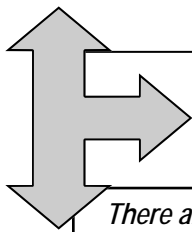
Sunday 21<sup>st</sup> July – Saturday 3<sup>rd</sup> August 2013

Attach  
passport  
photo  
here

Name:	Home Phone No:
Address:	Mobile Phone No:
Email (you check regularly!):	
Would you prefer to receive future information by email or post?	
Date of Birth: <i>(Please note if you will be 18 years of age or older at the time of the Explorer Belt, you must have successfully completed your IGG Garda Vetting to take part)</i>	Other Team Member:
Unit Name:	
District:	
Region:	
I am planning to take part in this year's Lightweight Camp Weekend. YES/ NO	
Previous Experience: (e.g. Campcraft, Lightweight camps, Chief Commissioner's Award, other expeditions etc.)	
I enclose a non refundable deposit of €50 and 1 passport size photo	
I recommend the above applicant to take part in the Explorer Belt Expedition 2013. She is prepared physically, in character, training and experience.	
Leader's or Commissioner's Signature:	Date:
Name of local newspaper(s): <i>(With contact numbers if possible)</i>	T-shirt Size:  S      M      L      XL

Please return to:  
Carolyn Griffin, c/o National Office  
by February 28th 2013

Visitor teams will be accepted at the discretion of the Award Leader.  
Priority will be given to members of Senior Branch.



# International Opportunities

*There are a number of camps on in the UK this summer if you haven't planned your Unit trip away yet.*

Most of the closing dates are fast approaching but check out [www.girlguiding.org.uk](http://www.girlguiding.org.uk) »About us »International Guiding »Opportunities »International camps in the UK for more info.

For those who like to plan further in advance, here are two big camps happening in 2014. Please contact the International Secretary in National Office before applying for international camps.

## NORJAM 2014



**When:** 9<sup>th</sup> – 16<sup>th</sup> August 2014  
**Where:** Norfolk, UK  
**Who:** Guides and Scouts aged 12-18\*  
**What's it about:** NORJAM 2014 will be the 14th International Scout & Guide Jamboree to be held in Norfolk. Over 5000 Guides and Scouts will descend on the Norfolk Showground in August 2014 for a week of activities, fun, excitement, new experiences and the chance to build a lifetime of memories and friendships.

**How much:** £135, plus your own transport and food. £50 for Leaders.

**Highlights:** This year's subcamp theme is "Back in Time" and you may find yourself camping with the Rotten Romans, or deep in the Savage Stone Age. Activities announced so far include dry slope skiing, quad bikes and scuba diving; or for the less adventurous how about global art & music, crafts and days out in the local area.

**More info:** Check out [www.norjam.org.uk](http://www.norjam.org.uk)



## ARDEN 2014

**When:** 3<sup>rd</sup> – 9<sup>th</sup> August 2014  
**Where:** Warwickshire, UK  
**Who:** Guides aged 12+ \*  
**What's it about:** We will be taking over Blackwell Adventure in Worcestershire for our fun-filled week, situated in the heart of England this stunning location will allow campers to explore the vibrant city of Birmingham and relax in the countryside. You could join over a thousand Brownies, Guides and Senior Section members from around the world at a unique International Camp.

**How much:** £200 for girls £100 for leaders. Includes £40 food costs which are passed to host Units and transport to/from Birmingham airport.

**Highlights:** Girlguiding Warwickshire's 7th International Camp will have a circus theme and will include a full circus performance that every camper will take part in as well as a wide range of zone activities. As well as these great activities the Spinning Plate Coffee Shop will provide a space for girls to take a breather and learn more about our international friends. There will also be a unique leader/staff zone called the Lion Tamers' Caravan.

**More info:** Check out <http://www.arden.org.uk/>

\*Guides must have had at least 4 nights experience of Guide camp/Guide holiday to go abroad.

## Events in Sangam World Centre, India

*(For more see [www.sangamworldcentre.org](http://www.sangamworldcentre.org))*

### Reach for the Stars

Step outside your daily routine and explore India, learn about WAGGGS and spend time with our community partners. Be prepared for the challenge and to explore possibilities for change.

2 – 11 September 2013 (9 nights)  
All Ages

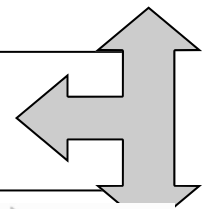
### Gifts for Change Event

Give the gift of your time this season and share your experiences as you volunteer on a project at Sangam. Also work with one of our community partners and celebrate the New Year with Indian friends and International guests. Bring change to your own life and help change the lives of others.

27 December 2013 – 2 January 2014 (6 nights)  
All Ages

Remember there are events happening in all four of the World Centres all year round as well as opportunities for short and long-term volunteers.

# International



Irish Girl Guides  
and Catholic Guides of Ireland  
are teaming up to bring you an



## International Guiding Expo



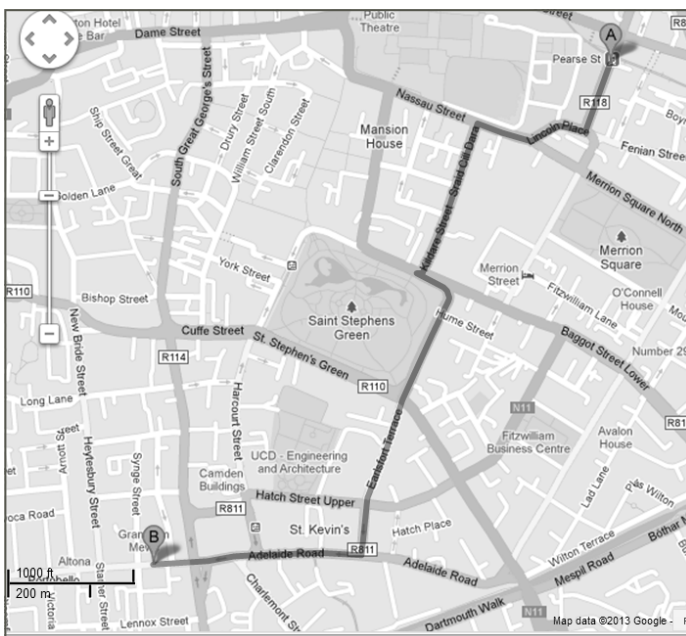
This is an opportunity to find out about the incredible opportunities available to our Leaders and Senior Branch members.

There will be reports and displays from the Four World Centres and from events attended by our members recently.

There will also be information about upcoming events and an opportunity to register your interest or apply. If you're interested in travelling abroad with Guiding, then this is the event for you!



**INTERNATIONAL  
EVENTS**



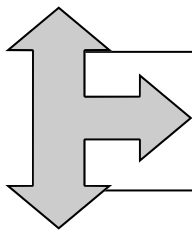
*Come for a few minutes or stay for a couple of hours, this is an open event with no entry cost. No travel will be refunded — this is a drop-in event.*

**Where:** CGI Diocesan Headquarters,  
Harrington Street, Dublin.  
(see map for directions from  
Pearse Station)

**When:** February 23<sup>rd</sup>, 12 noon to 4pm.

## International Opportunities

Check the Irish Girl Guides website for up to date International Opportunities, Camps and Seminars. Put your name down on an International Interest form to be in consideration for events as they arise. Contact International Secretary Jemma Lee by emailing [international@irishgirlguides.ie](mailto:international@irishgirlguides.ie) for more information about events.



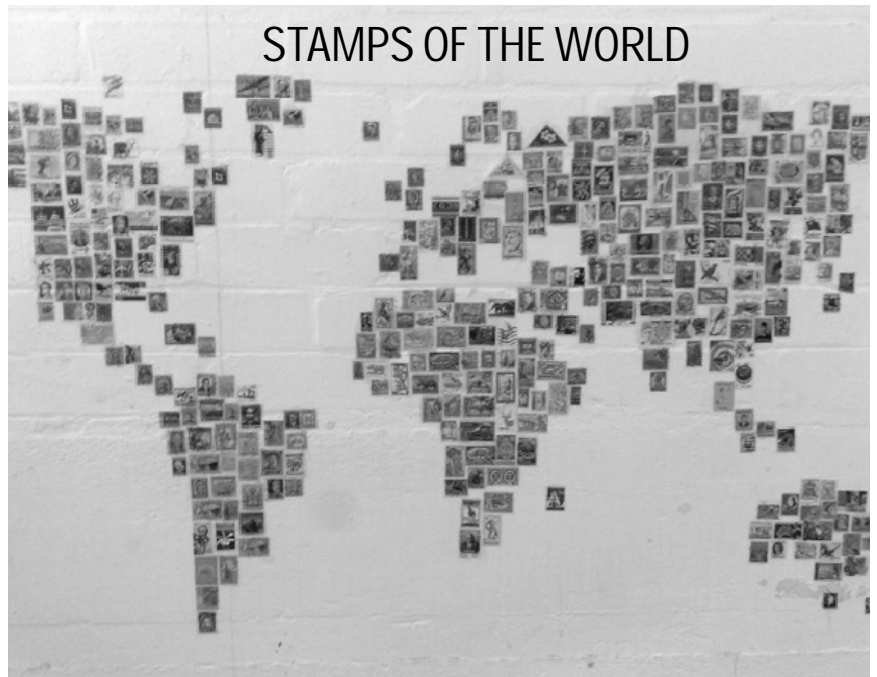
# International

## POSTBOX PENPALS!

Attention all Ladybird, Brownie,  
Guide and Senior Branch Leaders!

Would your Unit like to be linked  
with one in the USA or elsewhere?

*Currently we have lots of International  
Units requesting Irish penpals. You can  
write letters as a Unit and exchange  
information about where you live and  
the kind of activities you like to do.*



**Just contact Jemma at National Office with the following  
details and she will try to match you up with the best  
possible fit for your Unit.....**

### **Unit Pen Pals**

Name of Unit: \_\_\_\_\_

Number of members: \_\_\_\_\_ Age Range: \_\_\_\_\_

#### **Contact Details for Leader**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Complete and return to:  
Postbox Secretary, IGG, 27 Pembroke Park, Dublin 4  
or email your details onto [postbox@irishgirlguides.ie](mailto:postbox@irishgirlguides.ie)

### **Individual Pen pals**

If you or your older Guides would like your own individual pen pal elsewhere in the world, just fill in the form below and return it to the Postbox Secretary at the address above.

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Email address: \_\_\_\_\_

Preferred country: \_\_\_\_\_

*(It is not always possible to find you a pen pal in your preferred country but we'll try our best-  
remember it's easier to find pen pals in English speaking countries!)*



We would like to make an appeal for photos; new uniform photos in particular. Photos must have the new uniform as and from January 2013 so photos with old uniform can only be used in a historic sense. Please send us in as many recent photos that you've taken of your girls in new uniform as you can. Thank you very much.

## 5 TIPS AND TRICKS FOR BETTER PHOTOS

### Beginning Photography Tip # 1: Move in Closer

Each time you spot a subject, snap a shot and then move in closer for a better shot. Having your subject almost fill the frame helps your viewer understand and appreciate your photo. Also, details are often more interesting than an overall view.

### Beginning Photography Tip # 2: Be Quick

If it is at all possible that your subject may move, bolt, fly away, stop smiling, or just get tired of waiting for you to take the picture, shoot once right away.

Practice getting quicker and quicker to the draw.

Do not worry about taking too many pictures and do not wait until you're absolutely certain all the knobs and buttons are in their correct position. "Shoot First, Ask Questions Later."

### Beginning Photography Tip # 3: Compose Your Picture with Care

Strive to lead the eye along an interesting path through the photo, with the use of strong lines or patterns.

- Keep the horizon level;
- Crop out extra elements that you are not interested in (more on this in the next tip);
- Consciously place your subject where you think it most belongs rather than just accepting it wherever it happens to land in the photo;
- Play with perspective so that all lines show a pattern or lead the eye to your main subject.

### Beginning Photography Tip # 4: Be Selective

Discern what you are really interested in and centre your efforts on getting the best photo of this subject, whether it's a still life, your funny cat, your dog, a friend, a family matter, a mood, a place or culture.

Then be sure to keep anything that would distract out of the picture. The easiest way to do this is to watch your borders - the edges of the view you see through the camera's viewfinder. Then recompose if anything - such as an unattractive telephone wire, an old drinks can, a distracting sign, your finger, or your camera strap - hangs into your picture.

### Beginning Photography Tip # 5: Look at the Light

It is good to see what kind of light you are working with. Which way are the shadows falling? Unless you want a silhouette effect, where your subject is black against an interesting background, it's generally best to shoot with the sun behind you.

How is the light affecting your subject? Is the subject squinting?

Is the light blazing directly and brightly upon your whole subject? This works well if you are in love with the bold colors of your subject.

Side lighting, on the other hand, can add drama but can also cause extreme, hard-to-print contrasts.

Lastly, indirect light can be used to make your subject glow soft and pretty.

There are some great tips and tricks available online for taking digital photographs - why not check out this top ten from Kodak  
<http://tinyurl.com/IGGKODAK>



**REMEMBER — TREFOIL NEWS IS YOUR MAGAZINE!**  
**YOUR STORIES! YOUR PICTURES! YOUR VOICE!**

**Email [trefoil.news@irishgirlguides.ie](mailto:trefoil.news@irishgirlguides.ie)**  
**with all your pictures and stories!**



# IRISH GIRL GUIDES

Bantreoraithe na hÉireann



National Office, 27 Pembroke Park, Dublin 4, Ireland

## National Office Contacts

Irish Girl Guides National Office	01-668 3898 01-668 9035	answering machine facility outside office hours answering machine facility outside office hours
Distribution Centre	01-660 5503	answering machine facility outside office hours
Fax Number	01- 660 2779	
Reception e-mail	info@irishgirlguides.ie	
Trefoil News e-mail	trefoil.news@irishgirlguides.ie	
Distribution Centre e-mail	distribution.centre@irishgirlguides.ie	
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## 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.

