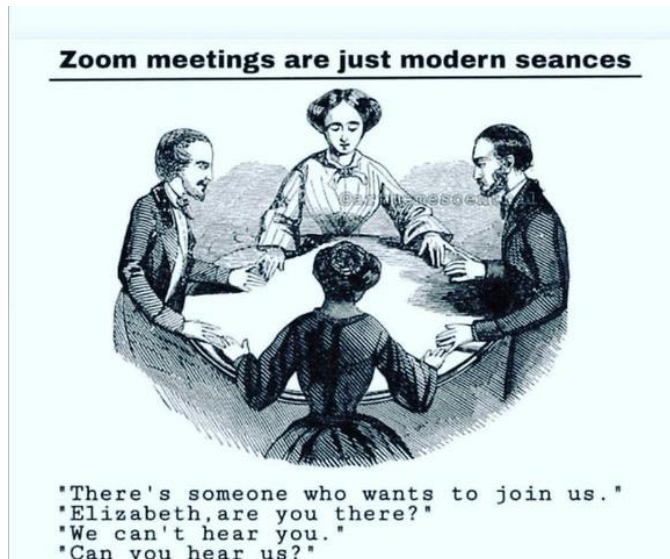


Hello British Columbia Trefoil Guild Members!!

The World of Trefoil Guilds - Ladies who want Friendship and Fun.
& Ladies who are Girls at Heart!!

Welcome to the Summer Edition of our Bulletin.



A little humour to start your day
off with!!

New Information as we finish off the Summer of 2021!!

Important info on the upcoming payment of membership Fees – 2021/2022 Guiding Year

An email will be sent soon to members by national on our behalf, spelling out the policy and including a link to pay and instructions to mail cheques if required, for those who choose to pay instead of volunteer. It will also include a form where they can indicate their choices and/or age (because 75+ don't pay the fee).

It should be in inboxes before Sept 1 and fees will be due this Fall.

Please watch for an email from GGC National with all the details. I will forward the email to Guild Leads to share, to ensure everyone sees it.

UPDATE – this is from today's (August 31 Guide Post)

Adult membership fees in BC for 2021-2022

As of September, our new adult membership fee procedures will come into effect in BC, requiring adult members to be regularly volunteering with girls and/or in a designated role **or** to pay their \$60 national membership fee. We are excited to focus our resources and volunteer efforts on girl empowerment, especially with growing girl wait lists in BC. If you can lend a hand as a part-time or full-time Unit Guider, please email memberunitsupport@girlguides.ca to find a unit near you that needs your help. Stay tuned for an email next week with payment options for those not planning to volunteer with girl activities this year.

Further to this....

I've been in consultation with our BC Link Advisers (Katie and Tammy), we need Guild Members and Link Members, who can; to step up and assist. We also want and need the Unit Guiders to reach out to the Guild and Link Members and ask for help.

When the Membership Fee change was announced, those sorts of asks were to be done by Area and District Councils. Both Link and Guild Members were going to be asked to help the Unit Guiders. Some cannot take on a Unit Guider role by themselves (even have been told Guild Members are too old to be Unit Guiders); but so many want to help. **BUT** - No one asks. We may now be the ones to do the asking. Please help out Units, and if you do, your Memberships will be covered.

We both have asked our Membership Adviser, to perhaps have BC Council communicate out and do something about those types of messages.

Screenings, PRC's and PRC Exemptions Updated info

Info sent via email July 13, 2021.

Of note, if there is no PRC on the Guild roster it could be that the Guild Member is exempt from having one.

Awards

In the Spring Bulletin, I mentioned Trefoil Pins are available to order via the online store.



Cost is \$4.15. Guild Leads, my suggestion is that you order for the Guild, and save on shipping.

Memory Book for BC Trefoil Guilds

Just a reminder ~ should a Guild Member pass away, would you please share with me their name and if an obituary can be forwarded to me, I'd appreciate it. The Provincial Trefoil Liaison position has historically been keeping a Memory Book to share at future TG Rendezvous.



I am working on an info sheet to assist Guild Members with the process to obtain a PRC if they have issues using the computer to complete it online. I have been receiving a few "new placements" to Trefoil Guilds. Guild Members are renewing their PRC's and so glad to see so many returning.

Also of note, if there is no PRC on the Guild roster it could be that they are exempt.

Member Information Management

Guild Leads cannot update a Roster. You cannot “access” the Roster, just view it. To make changes, your Area iMIS Advisor can do it for you, you need to supply her with the changes.

However, each GGC Member has access to MembeZone, and can change her own Profile. How it works log into MemberZone, click on “My Profile” and will be able to edit your personal changes. Each Guild Member can do this the same way. If there are a lot of changes, it may be easier for the Advisor to update the whole Guild at the same time.

A reminder to Guild Leads, continue to check your Guild Rosters on Memberzone. Also, it’s a good way to see who has a significant Membership Pin coming up for presentation. September is a good time to present Membership Pins. Work with your Area Awards Advisor to ensure we honour our long time Guiders.

Membership Pins

If Membership Pins are presented, please forward the presentation date to your Area iMIS Advisor for entry into iMIS. Please either submit an A.4 or a simple email listing the name, iMIS number and pin year given. This then will show that the Member has received it.

Unified Banking

We still working on connecting with a few Trefoil Guilds who has not yet told me if they wish a Unified Banking account or not. Guild Leads and/or Guild Treasurers, if I connect with you, please let me know if you want an account. If you say no to an account, moving forward after the pandemic is over, we can get you an account.

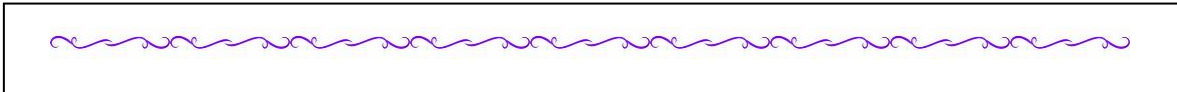
As a reminder, one question I’ve been asked concerning Unified Banking, if they go to UB, will they lose Membership Status. No, Guilds and Guilds Members, will not lose Membership Standing. You will all still remain Members of Girl Guides of Canada. You join UB for banking purposes only. And if you see the e-learning on Memberzone, Bank Reconciliation is built in for year end reporting.

BC Trefoil Guild Education Grant - update

The Awards Committee will be awarding 2 Education Grants to some very deserving Adult Guiders continuing with their post secondary education. I know finances are tough right now, but so happy to hear Guilds are now aware of it, (many did not know...), and the increase talk about supporting it financially both via Guilds and individually. If donations are made by individual Guild Members; please let me know. I do know the process to obtain an official tax receipt; and if you donate and require one, another reason to let me know.

For Guilds with a Unified Banking account, you can simply transfer funds to Area/Prov electronically. For Guilds without an account, forward funds to your Area Treasurer and she will be able to electronically forward funds. In either case, please ensure that this General Ledger (G/L) account number is included with the donation. Both financial platforms have comment boxes to use to write down where the donation should go. Please include the following in the comment box – **“02600-10-1003104 - EXTERNALLY RESTRICTED FUNDS - BC Trefoil Educational Grant.”**

Please email me as I have screenshots I can share as well.



Current BC Challenges – available for purchase by Trefoil Guild Members

All available for on line ordering. On line form on the BC Girl Guides website.

Crests are available for online ordering by Girl Guides of Canada units (BC and non-BC) with payment made through the GGC unit banking system. Orders will be filled on a first come first served basis and you will be contacted if your order cannot be filled for any reason. Crests are available while supplies last and future availability (restocking) is not guaranteed. Please allow several weeks for order processing, payment, and shipping to your provided address. A flat shipping fee of \$5 will be charged and is automatically applied to orders, unless your order will weigh over 500 grams; if so, orderers will be contacted by email or phone to confirm a new shipping fee that reflects the postage cost of shipping a larger package.

Please click on the BC Challenge Crest images below, for more information on those challenges.

Still Lovin' It Crest

Going Strong Crest

Trefoil Guild Challenge Crest

Gone Home News

Some sad news to report in this edition.

Sue Johnson - Peninsula Pals/Victoria, BC

Karen Borden - Peninsula Pals/Victoria, BC

Charlotte Hunter - Tillicum Trefoil Guild/Vernon, BC

Donna Sawyer - 1st Victoria Trefoil Guild/Victoria, BC

Colleen Linda Mulvihill - Sparkling Spirits Trefoil Guild - Kelowna, BC

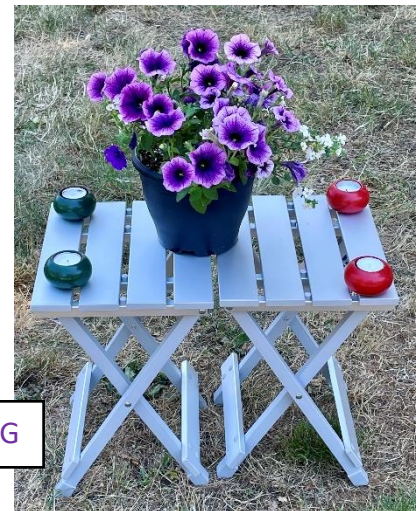


Photo courtesy of Peninsula Pals TG



Promoting Trefoil to Guiding Challenge ** something to think about – some pieces are available online**



The purpose of the Promoting Trefoil to Guiding Challenge is threefold:

- to create awareness about Trefoil Guilds within Guiding, to help you connect with your fellow Girl Guide members, and for you to have some fun in Guiding.

You must complete at least four activities within each category (for a total of 12) in order to achieve the Promoting Trefoil to Guiding Challenge (but you're welcome to complete more!). Once you have completed them, email bc-trefoil@girlguides.ca to order a crest. We encourage you to do bulk crest orders with your Trefoil Guild/District/Area.

Don't forget to share your photos (with valid image release forms), We look forward to seeing what you get up to!

Sharing and Learning (Complete a minimum of 4 activities) 1. Tell three other Guiding members about your Trefoil Guild. 2. Attend a Guiding conference. 3. Complete an adult training session either in person or online. 4. Do some research on International Guiding and Trefoil Guilds (or their equivalent) around the world. Then visit a Pathfinder or Ranger Unit and share what you learned. 5. Invite current and retired Guiders to visit (and potentially join) your Trefoil Guild. 6. Plan or help with a District or Area-wide event for other Trefoil Guild members. 7. Help with cookie selling at a Unit/District event. 8. Provide IM'ing at Provincial events, i.e., Pathfinder Summit or Ranger Revolution.

Connecting with Each Other (Complete a minimum of 4 activities) 1. Brainstorm within your group and make a list of activities that you want to do as a Trefoil Guild for the year. 2. Connect with another Trefoil Guild in your Area. Consider doing a joint activity. 3. Create a closed or secret Facebook group page for your Guild and use it to stay in touch, plan activities and share pictures. 4. Organize a breakfast party with your Guild – PJs, pancakes, cheesy movies. 5. Participate in a cookie exchange – everyone brings a dozen cookies, with the recipe, and you all leave with an assortment of different cookies and new recipes. 6. Together, try something new that you've always wanted to do but never had the time— go karting, laser tag, rock climbing, kayaking ... the possibilities are endless. 7. Write a blog post about your Trefoil Guild and submit it to GirlGuidesCANBlog. 8. Post a selfie in uniform on Facebook or Instagram, and use the caption to describe one of your favourite Trefoil Guild memories. 9. Find a creative way to display the things you have done in your Trefoil Guild and send this to bc-trefoil@girlguides.ca to be included in the BC Bulletin.

Back to Basics (Complete a minimum of 4 activities) 1. Go camping with some of your fellow Trefoil members. 2. Offer to share a passion (gardening, crafting, scrapbooking, etc.) with an age-appropriate unit. 3. Participate a service project that helps those in your community. 4. Participate in or plan a campfire or singalong event. 5. Do a park clean up or spend some time volunteering in a community garden.

Encourage your Guild to earn this great BC Challenge. It is a lot of fun and will help us to retain Guiders and maybe even recruit some new members. Crests will be available at the BC Guide House. Crests will be \$3.00 for BC members. (\$3.50 for those outside BC)

Girl Guides of Canada, BC Council

107-252 Esplanade West
North Vancouver, BC
V7M 0E9

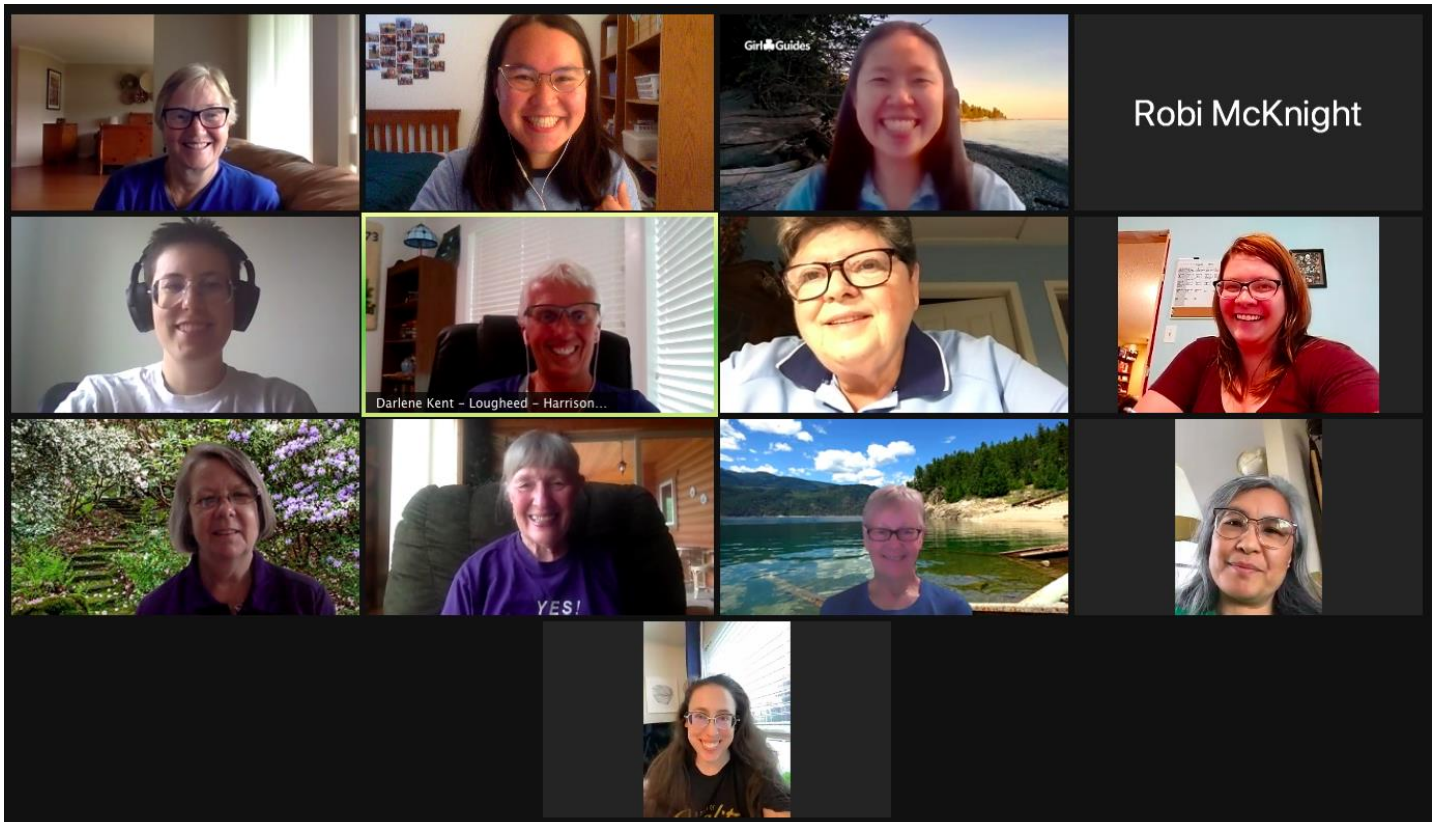
Note; currently the Provincial Office is closed, so if you complete the challenge, please hold off on requesting and paying for the crests. Once the office opens, I will determine how best to move forward.

Thanks, Darlene

Ps; I would like to see photos and hear about your success!!!

Linked Up Conference – July 2021

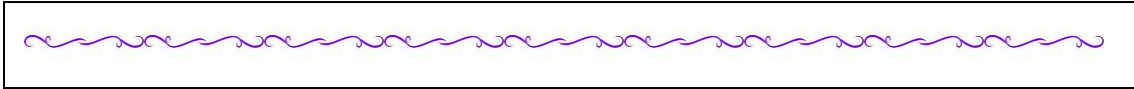
On behalf of Katie and Tammy, (our BC Link Advisors) I would like to thank you for joining them on their Conference call. The following screenshot shows the Trefoil Guild Members who were on the call with Link Members. Despite numbers being low, we had a wonderful discussion on how Guild and Link Members can assist Unit Guiders and how Guilds and Link Branches can participate in together in future events.



Trefoil Guild Guiders participating in the Link Up Conference, July/2021 - "So, I'm aging out of Link, what now?" Link Up session. I think we had some great discussion and are well on our way to having greater participation between Link and Trefoil. As well, I feel we will begin to have a lot more involvement between the 2 Branches in offering assistance to the Girl Branches.

Katie and Tammy may be thinking of holding other calls, so we look forward to future events. I will also be sharing the Bulletin with Katie and Tammy, who will share with Link Members. Leads, if approached by Link Members aging out of Link (30 years of age), please welcome them to your Guilds. *Thanks!!*

YIG, Darlene (along with Tammy and Katie)



Due to the complications of COVID across our county and the different levels of recovery which have impacted planning and facility bookings, the National Trefoil Guilds Gathering, originally planned for 2022, will be held in 2024 in Manitoba. This date, however, will be dependent on Guiding and our country being open for cross-country participation. Stay strong, everyone, and Keep the Spirit of Guiding alive!

Rendezvous 2022

UPDATE ON IN-PERSON RENDEZVOUS

- Due to the fact that Overnight and multiple night events probably won't be permitted by April 2022, the organizing Committee (in consultation with the Provincial Commissioner and myself) have made the decision that the in-person Rendezvous will be cancelled.
- However, I have been in touch with the Victoria Trefoil Guilds, including KNOTs Trefoil Guild who is taking the lead, and we believe we have something special in mind for Rendezvous 2022.
- Stay tuned for details!!! I'm sure you will be pleasantly surprised with what we are thinking of!!

Trefoil Guild Reports: what you've been up to!!

Cariboo Golden Girls Trefoil Guild – Quesnel

I, Darlene; really like what this Guild has been up too.... Unique report. We like to report that Cariboo Golden Girls have been doing wonderful things, but I can't because we haven't been. We planned a meeting to pack toiletry kits for our transition house, but were missing too many items to proceed so the meeting was canceled. We are trying again for a meeting in September some time.

Deep Fog Trefoil Guild – North Vancouver

Our group has not been getting together very often because of the COVID 19 restrictions. When we do, we meet outdoors. But we are busy as individuals, for example....

Some members are involved in making sandwiches for the men's hostel and working with meals on wheels. Others collect bottles and cans to give to Santa Hank, who uses them to help the homeless in our community. Many guiders are involved in the North Vancouver chapter Days for Girls, under the leadership of one of our members Barbara Birt. Others help her knit "Fish and chip" sweaters for new born babies in Africa.

Although we may not have had the opportunity to get together as a group, we have kept in touch with each other and help each other when needed.

Heather Belles Trefoil Guild – North Delta, Surrey and White Rock

We have not met for months, but at least two of our women have been busy with Guiding related activities. Fran Iggulden has kept in touch with her Girls and their parents. Frankie Small has knit 60 pairs of slippers for the children's cancer clinic.

Laughing Ladies of Langley Trefoil Guild – Langley

Our Guild continues to be stealthing through Guiding. One member is moving her family while her husband lives & works on the Island, one continues renal dialysis 3 times a week, one is a mom on summer vacation from teaching, while many usually shut down in July from Guiding, unless struck by lightning or had the SOAR bug. A few have been busy with other things. We haven't made any strides at contact since early June.

Looking forward to your next check in when I can actually say our Trefoil did something beneficial to the cause, either for ourselves, our units, or Guiding in general.

Hope the summer has not been too devastating for you, and you have made the most out of it all.

Kingswood Knots Trefoil Guild – Victoria

The Kingswood Knots Trefoil Guild met just once during the summer for an informal, outdoor gathering at windy Saxe Point in Esquimalt on July 21st. Unfortunately, our annual Summer Solstice Barbecue had to be cancelled due to COVID restrictions. Members braved an unseasonably brisk wind off the ocean to reconnect in person after many virtual meetings during the height of the pandemic. There were many hugs and much laughter. Thanks to Lynda Ireland and Mary Lelonde for organizing and to Brenda Fraser for providing a craft to keep us entertained.



Our first meeting of the new Guiding year will be a celebration of the fall equinox, albeit a day late. We will be combining an afternoon work party with an early BYO dinner and meeting at our namesake Kingswood Camp. Members have been invited to arrive earlier in the afternoon if they can, to pull weeds, pile wood, or help do the first of the season clean and tidy up of the lodge and cottage.



Congratulations to Guild member Brenda Fraser, whose outstanding contribution to Guiding was recognized with a place in the Book of Honour. The presentation was made virtually at Southern Vancouver Island's Area AGM in June.

LA Lakers Trefoil Guild – Coquitlam

We were finally able to have a face to face gathering on July 5th. It was so great to be able to see most of our members in person. We missed seeing our out-of-town members: Nancy who now resides in Prince George, Shelley who resides in Merritt and Julie who resides in Costa Rica. We will continue our zoom meetings so they can be included.

We put together 45 toiletry bags for the women's shelter. Toothpaste and toothbrushes were taken by a member to downtown eastside.



Nancy Archer who now resides in Prince George was thrilled to be able to pin her great granddaughter with her own GGC pin when her great granddaughter flew up to Guides. Nancy resides at the Prince George Chateau. It was a big move from Coquitlam but she is closer to one of her daughters now.

Nancy was awarded her 65-year membership pin and certificate. Unfortunately, we couldn't present in person but we mailed it to her.

The fee is a concern for some. We have 2 members who are unit treasurers and 3 who are interested in helping units with crafts. Hopefully the units will use their services.

Last Bastion Trefoil Guild – Nanaimo

We took advantage of loosening restrictions and held our June meeting, as we usually do, at the home of member Barb Wilson who has lots of lawn looking out over Georgia Strait. After nearly a year of meeting on Zoom - the most common greeting was **“gee, I'd forgotten you had a body!!”** Barb also has a fire pit which we sat around to eat lunch and then had a campfire around. The weather was about 95% perfect ... the other 5% saw us all running madly for the carport to escape the torrential (but brief) downpours. Not everyone managed to make it to the event ... and from what I can gather, most of the missing had gone off to visit grandchildren they hadn't seen since forever. It was a wonderful day. We hope to be able to do it again soon.



Kathy Brown, a life member of Girl Guides of Canada could not pass up the opportunity to cook her lunch on the fire.



We all posed for a photo before heading home.

Moonlighters Trefoil Guild – West Kelowna

Not much to report but we have been meeting outdoors at the Gellatly Nut Farm for the last 3 months. The first two were just spent visiting those that could attend. But, at our August meeting we decided we should do something different, so Pat Westheuser, one of our members, put together a talk on native plants in the Okanagan. Explaining what they were, how some of the berries and bark were used etc. It was very interesting. Enjoyed the morning even with the little sprinkle of rain. Will continue these meetings outside, weather permitting.

North Shore Energetic Wanderers Trefoil Guild – North Vancouver

Seven of our members have been busy helping out at the COVID vaccination clinics this summer, reducing the available numbers to participate in activities over the last few months. However, the rest of us have managed to do outings every two weeks, exploring different areas and cultures around the Lower Mainland, followed by picnics allowed using COVID rules. Definitely it's been a memorable summer.

Peninsula Pals Trefoil Guild – Victoria

Peninsula Pals were able to meet in person for their two-hour June meeting at Beaver Lake Park. This was a very welcomed change that followed a long line of Zoom meetings. The tall alder trees provided plenty of shade for the very large circle of 15 Guiding friends. Our meeting was opened by remembering and honoring Sue Johnson, a member that has "Gone Home". Beautiful flowers and candles were arranged on a small table. Several members read poems or shared wonderful memories of her life with us. Following the formal part, we enjoyed birthday cake and socialized. Future plans were made for a picnic, hiking, and swimming in July at the same park.

Twelve members of the Saanich Pals Trefoil Guild met at the Beaver Lake Filter Beds and enjoyed a very energetic and uplifting 90-minute campfire sing-a-long led by Nancy. A few members stayed and had lunch following the singing. It was so nice to be able to see and enjoy each other's company at our last meeting of this Guiding year!



Our Peninsula Pals Guild has been saddened by the recent loss of two of our long-time members.

Karen Borden was a member of Girl Guides since childhood, here in Victoria. She was a Guide leader for many years and also served as Saanich Camp Advisor and District Commissioner. Being very interested in history and photography, Karen provided many photographs of Guiding events for the SVI area, including camp

displays and the SVI archives. Karen was a founding member of our Peninsula Pals Guild.

Sue Johnson was well known to many in the SVI area when she was Area Commissioner. She was an enthusiastic Guide and Ranger leader in Vancouver, Prince Rupert, and Victoria. Sue also sat on the Provincial Program Committee for many years and was instrumental in guiding and launching the Pathfinder program in B.C.

We will miss them both and carry fond memories of our times together.

Silver Tips Trefoil Guild – Vernon

For Kelowna’s Silver Tips Guild, the past three months have been times of celebration.

In May we **celebrated** our 45/46th Anniversary — it should have been last year, but we weren’t meeting then! A friend from a different Trefoil Guild in the area had found some old photos of our 35th Anniversary Celebration (thank you Pat), so we shared those on Zoom and our Lead read some “tidbits” from the old Minutes Books — written in beautiful longhand I might add.



Our cake from 2010

In June we were finally able to burst out of our family bubbles and get together outdoors for the first time in 16 months — and we each received a certificate, and a square foot of bubble wrap to **celebrate** the occasion.



Official
Burst Your Bubble Wrap Certificate
Celebrating the easing of COVID restrictions to allow
Silver Tips to meet again
In-person — live — face-to-face!
Ben Lee Park
Friday 25th June 2021

Much fun was had bursting the bubbles on the bubble wrap!





The following month we **celebrated** Christmas in July and each member was challenged to make a Christmas tree decoration out of just tinfoil and ribbon (and pipe cleaners if absolutely necessary!). These creations were then used to decorate our special tree!



We decided not to meet in August because of the smoky air we are experiencing here in the Okanagan, but we are looking forward to clear skies again and the opportunity to celebrate the beauty, and the harvest of the fall.

Tillicum Trefoil Guild – Vernon

In May our Guild held a sing-a-long via Zoom. The sing-a-long was led by our member Dorothy Lind and Sheila McKenzie Brown from Kelowna.

In June, we held an outdoor meeting/picnic in a local park. We had twelve members attend, it was the first time in a year that we had met in person. It was a beautiful day to be in the park.

Our Guild decided to take the summer off then resume our Zoom meetings in the fall as it seems that we are not done with the pandemic yet.

In July we lost Charlotte Hunter, our Treasurer and crafts person extortioner, to cancer. Charlotte was a very talented person and was know for her quilting and great craft ideas. Our donation to Santa's Anonymous last year included two large bunnies handmade by Charlotte. She will be greatly missed by everyone in our Guild.



1st Victoria Trefoil Guild – Victoria

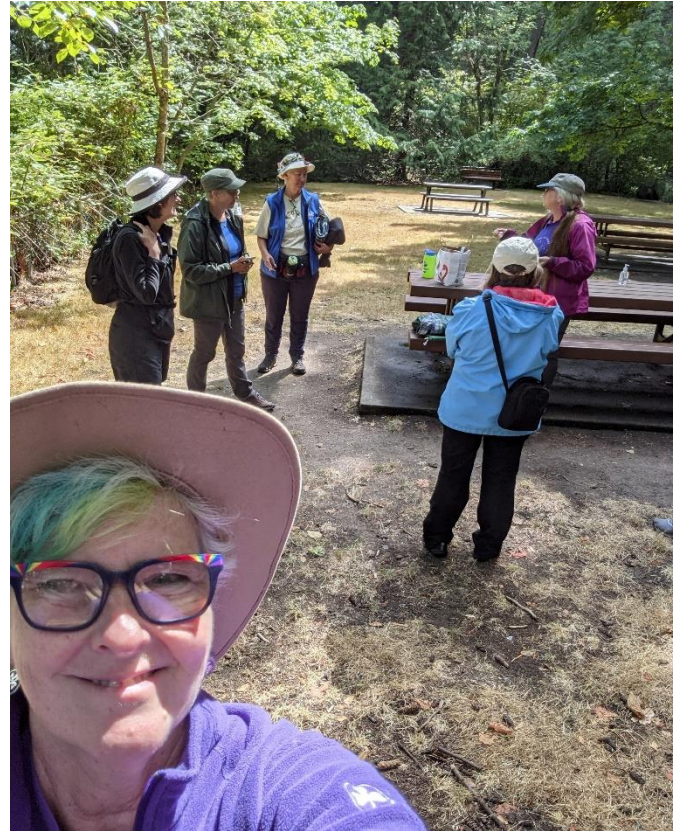
After a Zoom Guild meeting in May, 1st Victoria Trefoil were glad to resume in-person meetings in June. As many of us that could attended the virtual SVI AGM and Awards night. We decided to double up our monthly meetings for this summer.

Mid June nine members rode their bicycles to and from Matticks Farm. More drove to the destination where we met for refreshments. At our regular meeting we decided to celebrate Christmas in June! Why not? We held games such as pop the red and green balloons between your legs, pass the ornaments around by spoon, thread the light string between everyone's sleeves and more! We ate watermelon trees on a stick, holiday baby bell cheese and cleaned up with individual Santa-tizers.

Mid July found us gathering on Willows Beach for a walk to Uplands Park where our very own Margaret gave a very informed tour. The end of that month found us gathered outside McKivett Lodge at Kingswood planning, practicing and sharing all things Guiding. Margaret brought jars of Oregon Grape jelly made from berries picked a our summer camp a few years ago. Yum!

Early in August our Guild gathered in Mt. Douglas Park to learn, from member Kathy, all about geo-caching. She gave an informed introduction into this fun hobby. We were able to utilize SVI's gps devices.

It is with sadness we inform you that member Donna Sawyer has GONE HOME.



Special Celebration –

At the end of August, we will gather with family and friends to celebrate member Joan Glass receiving her 75 - year pin!!!

Photos of Joan's Guiding Career....

Training Guiders; Overseas Camp – St. Kitts and St. Vincent & the Grenadines Camp



Pin Presentation with Guild Friends and Family

Walking Wonders Trefoil Guild – Aldergrove

It has been so nice being able to meet in person in July and August. We have found a lovely spot in Aldergrove regional park with trees and shade in this beautiful weather. We were excited to welcome 3 new members as we started up after Covid. Welcome to Sheralynne, Monica, and Jacque. Some of us were able to join our FS Area Zoom AGM as well as the Virtual TG Rendezvous for Thinking day. We were excited to celebrate with Marlene Mason receiving her 75 year-pin this past year. Fraser Skies Area had its first Trefoil outdoor Get Together since Covid and we were excited to see friends from other Guilds join together for a wonderful fun filled afternoon sitting spaced apart around our 'water' campfire (a sprinkler) trying to give each other clues to the body of water on their head band, keep the rain song going around the circle and generally having a great time making new friends, catching up with old friends and KEEPING THE SPIRIT ALIVE. One of our members also regularly attends COAST which meets on Zoom every other week to sing with other Guiders from BC and other parts of Canada, as well as the US and the UK, keeping in touch with Guiding Sisters around the world.

Some Guilds took the summer off – BC Guilds

Grapevines (Langley), Peace Arch (new Guild in Fraser Skies Area), Missionaires (from Lougheed Area – Mission, BC), Bulkley Valley (Rivers North Area), Kootenay Trefoil Guild (new Guild in Kootenay Area) and Blazing Sages (Kamloops)

A Question Received...

Hello BC Training Team,

I have received the following question... *“We have a new Trefoil member who was in Guiding many years ago, prior to all the new Guider training requirements of today. She is getting invites for Safe Guide and we're all wondering just what training a brand new or long-time retired Trefoil member must take”.*

As she is being identified as a new Member to GGC, I'm guessing she will need Safe Guide training and that needs to be completed within her first 6 months. I think Orientation to Guiding as well.

What else is she required to take?? Am I correct in my thinking?? Thanks in advance!! Yours in Guiding,

Darlene

Answer Received ...

Final answer is not for sure, however there are 5 parts to becoming a new guider in regards to trainings. These are called the New Guider Learning Path and it can be found on MemberZone. All parts are available through online courses.

Vitamin "F"

Sharing from Como Lake Trefoil Guild

The importance of Vitamin F ~ which is so often taken for granted!!!

Why do I have a variety of friends who are all so different in character? How can I get along with them all? I think that each one helps to bring out a "different" part of me.

With one of them I am polite. With another, I joke and laugh a lot. I sit down and talk about serious matters with yet another, while listening to or sharing life's problems. And with a fourth dear friend, I seek advice.

My friends are all like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasury of friends! They are my friends who understand me better than I understand myself, who support me through good days and bad days. We all hope and pray together and for one another.

Research shows that people in strong social circles have less risk of depression and terminal strokes. **Real Age doctors tell us that friends are good for our health.** Dr. Oz calls them Vitamin Fs (for Friends) and counts the benefits of friends as essential to our well-being. If you enjoy Vitamin Fs constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments it decreases the chance of a cardiac arrest or stroke by 50%.

I'm so happy that I have a stock of Vitamin F! Thank you for being one of my Vitamins!

(Lois W. Stern, 2012)

It really does encapsulate the Guiding "friend" experience, doesn't it?

Remember

If you have a question or topic for the Bulletin, please email me.

Need from You!!

I have been communicating with numerous GGC Members; some looking to form new Trefoil Guilds, looking for how we do things here in BC (shared our BC TG Handbook) and offering assistance to Guild Members with Awards Report, connecting them with Guilds so to join and PRC questions and procedures.

Please keep doing what you can do to continue Guiding. We will be stronger once we get through Covid and develop a new normal.

I have truly enjoyed my virtual meeting with various Trefoil Guilds. I'm up to being involved in others.

Questions? Comments? Thoughts? Contact Darlene at bc-trefoil@girlguides.ca

Yours in Guiding, *Darlene*

