



**GIRL GUIDES SOUTH AFRICA
CAPE WEST**

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APRIL 2017

Dear Cape West

Here we are, at the end of the first term, which has been filled with lots of Guiding FUN. We welcomed our new intern for the year, Nazeerah Norodien and Janine Curran our new bookkeeper.

Cheetah Outreach

The year started off with a very successful visit to Cheetah Outreach near Somerset West.

Jessica Blake and Nicola Stuart have been part of an international programme which has taken them to Washington and will take them to Namibia mid-year. (Do come to the AGM on 20 May and hear more about their experiences.) They organised our day with the cheetahs to introduce the girls to these wonderful creatures.

The girls had the chance to walk around the enclosures and see cheetahs, servals, meerkats, bat-eared foxes, jackals – to name but a few

In addition, Nicola and Jessica had planned many other enjoyable activities that related to the theme for the day so the girls were kept busy and went home pleasantly tired out from a day well spent.






Guide Sunday / Thinking Day

On Sunday 26 February, a windy day in Cape Town, the grounds of the Pinelands Guide Hall and Regional Office became a hive of activity as Teddies, Brownies, Guides, Rangers, Guiders, Trefoil Guilders and parents came together to celebrate the 160th Anniversary of Baden Powell's birth. This year the event focussed on how the world has changed over 160 years since BP's birth. The girls completed activities relating to Transport, Communications, Music & Dance, Health, Shops & Shopping, Housing, Education and Gender Equality through the ages. This was followed by the Guide Sunday Service where all enrolled members renewed their promise. A collection was taken which will be donated to the World Association Thinking Day Fund which promotes Guiding throughout the world. Following this event we received newspaper coverage in a number of the local community papers as well as the Jellybean Journal in the Weekend Argus.

In the Outeniqua District, George Guides and Rangers helped at Outeniqua Challenge on 18 February, the biggest race for disabled people in the country. They held a joint Thinking Day Guide Sunday / BP Day Service with the Scouts and Cubs.

Kontiki

A Sports and Boating Day was held at Zandvlei prior to Kontiki. Then, after months of preparations, the exciting Kontiki arrived and we had five Guide/Ranger teams that entered. The theme for this year was "Local is Lekker!" Congratulations to our teams that entered as well as their Guiders and support staff. Below are the results.

| TEAMS | Position | Overall Winners | Construction | Best Cooked Meal | Spare Time Activity | Tender Race | Theme Dress |
|--|-----------------|-----------------|--------------|------------------|---------------------|-------------|-------------|
| Maximum Mark | 31 Teams | 842 | 385 | 84 | 224 | 10 | 30 |
| Cape Point  | 9 | 668 | 330 | 59 | 161 | 1 | 22 |
| Helderberg  | 10 | 662 | 327 | 62 | 151 | 1 | 20 |
| Rondebosch & Thandokhulu  | 11 | 659 | 317 | 60 | 150 | 1 | 22 |
| De Grendel  | 12 | 646 | 327 | 58 | 140 | 1 | 17 |
| Cape Pen Rangers  | 12 | 646 | 324 | 67 | 160 | 1 | 20 |

National Adult Outdoor Training:

A successful few days were spent at Sandvlei where 26 adults from our South African Guiding Regions were trained in how to prepare for a camp, the forms that need to be completed, tent pitching and cooking in the outdoors. They enjoyed boating, an afternoon of orienteering, bird watching, had fun learning knotting by making a human skeleton and spent a day out experiencing the train, the sea, a walk along the St James – Muizenberg catwalk and real Cape Town fish and chips.

Development in the Region.

Things are happening! Franschhoek Brownie Pack is now a year old and has been officially registered – as has Thandokhulu Ranger Crew. These Rangers joined Rondebosch Rangers for their first Kontiki experience!

We are in the process of forming a new District in Nyanga and 20 Adults from the Cape Flats have been introduced to Guiding during an orientation day in Athlone. And 12 Guiders were recently enrolled in Khayelitsha.

During this term Cape West also played host to overseas visitors: Barbara Reid a Trefoil Guider from the UK attended the Trefoil Guild AGM in Pinelands; Helen Reynolds, a UK Guider attended Thinking Day and a family from Malaysia are visiting this week.

What's coming up?

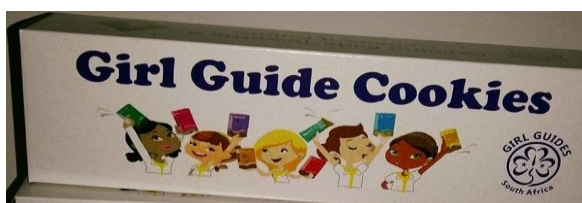
22 April : Earth Day

Beach Cleanup / Environmental Chat / Creative Time for every Teddy, Brownie, Guide, Ranger, Guider, Trefoil Guider in the Cape West Region. (Parents, siblings are welcome) at Eden on Big Bay, Blouberg 9h30 - 12h30 **OR** Sandvlei at 14h00. Please bring one non-perishable food item to donate towards a local feeding scheme.



30 April: CENSUS DAY: Make sure to count all our members on this day. (Forms will be sent as soon as received from the National office)

23 May: Biscuit Orders to be in. Selling price R20. Flavours : Ginger Crunch, Golden Crunch, Double Choc Chip, Vanilla Choc Chip & Coconut.



6 - 7 May : Peer Education Sleepover . Meadowridge. (See Flyer 11 of 2017)

Free Being Me



During the month of May: Our Community Service Project

We are asking units to collect pre-loved, unused, unwanted items from their members, families, friends, neighbours or from the public. Clothing, toys, kitchen appliances, blankets, etc . See Flyer 14 of 2017.

20 May: Regional Annual General Meeting to be held at the Pinelands Guide Hall.

3 June: Regional Brownie Sixer & Second Training Workshop at Meadowridge . See Flyer 15 of 2017.



The **VOICE** of Childhood Cancer Awareness
The **HANDS** of Childhood Cancer Support

CONGRATULATIONS!

Adult Leadership Qualification

Carol Wannenburg - Cape Point (Brownies)
 Jessica Blake - Cape Point (Guides)
 Katja Lane - Helderberg (Rangers)
 Sharon Joubert - Helderberg (Brownies)

Ranger Camp Permit

Kimberley Hing - Bothasig

Guides

Chief's Challenge

Andrea Brits - 1st George
 Kindra Bothma - Bothasig

Brownies

Golden Hand:

Sarah-Joy Mofs, Madison Gates, Amber Gerber - 2nd George

DATES TO DIARISE

| APRIL | |
|----------------|--|
| 22 | Earth day (Tanya Prinsloo) Sandvlei/ Blaauwberg |
| 22 | Boating |
| 23 | Sunflower Fun Walk/Run |
| 23 | Scout Regatta |
| 28 to 1 May | National Council |
| 30 | Census Day |
| MAY | |
| 6 | Khayelitsha and Nyanga ALQ Training St Mary's Nyanga (added 4 Apr) |
| 6 to 7 | Peer Ed Training - Jessica Blake Meadowridge |
| 14 | Upton Shield - junior Scout competition |
| 20 | Trefoil Guild Exco |
| 20 | Regional AGM 2:30 St Stephen`s, Pinelands |
| 20 to 21 | Scouts First Aid Training (Children) (part 1) |
| 23 | Biscuit Orders to the Office (added 4 Apr) |
| 25 | Census figures to the office |
| 27 | Boating Day |
| JUNE | |
| 3 | Sixer & 2nd Training - Melinda Meadowridge |
| 3 to 4 | Scouts First Aid Training (Children) (part 2) |
| 6 | ATC Meeting 7pm |
| 8 | Membership money to the office |
| 15 | Ed Prog meeting 7pm |
| 16 to 17 | Table Mountain Youth Hike Moved to 1&2 July (Changed 4 Apr) |
| 24 | Regional Committee Meeting 9 am |
| 30 | Schools Close |
| JULY | |
| 1 to 2 | Table Mountain Youth Hike (date changed 4 Apr) |
| 1 to 2 | Guide Weekend Meadowridge Hall (Tanya) |
| 6 | Office closes |