



**GIRL GUIDES SOUTH AFRICA CAPE WEST**  
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**TERM 1 2019**

Dear Cape West

Once again we can boast of a very happy and successful Region. The photo says it all!!!! This was Guide Sunday 2019. Were you there? Thank you to all who were involved in the activities of the day and everyone who brought a book along that we will donate to a needy library. The time capsule in which most of your hopes for the future have been placed will be opened in 2030 when we celebrate our 120th anniversary. Now that is something to look forward to. As usual, many of you wore your uniform to work and school and Thinking Day wishes were spread across the world via Social Media.





## TEDDIES

Teddies of the **De Grendel District** had their Annual Fun Afternoon / Mother & Teddy Sleepover at the Monte Vista Girl Guide Hall. I thought I would share the activities with you all and am sure their Teddy Mom won't mind.

The girls worked through the various clauses of the Outdoor National Challenge Badge.

**Earth** - they learnt about the Kim's Game and memorised various objects found in nature and other outdoor activities like camping etc. They had to draw the items that they could remember.

**Air** -they made parachutes for their little teddies and tested them out in the hall (no air) and outside in the blustery wind so they could see the difference having wind made to the performance of the parachute.

On the Move - they went on an exciting scavenger hunt walk in the park looking for various items in Nature and had to tick it off their list.

**Water** - they made little sailing boats from recycled bottle caps, pipe cleaners & foam and had loads of fun racing them in water by blowing them. Some even made waves & moved the basins up and down to simulate a choppy sea.

**Fire** - the Saturday evening ended with much excitement as the moms joined them for dessert, hot choc & marshmallows which they had to make with their moms ( using a tin can and a candle - they made flapjacks). They then had an indoor campfire where the two Girl Guide helpers taught the teddies two new campfire songs & each Teddy received a lit tea light candle and they all sang - "*This little Guiding Light of mine*". What a magical experience it was for all of them. Well done!!

**Edgemoad** Big Five Biscuits - now this is a brilliant idea. The Teddies will have no problem remembering the Big Five. Ingredients they used:- Marie biscuits, chopped marshmallows and niknaks . (Earth Adventure clause 10)



## BROWNIES



**1<sup>st</sup> Fish Hoek Brownies** on their day out. A fitting send off for Brown Owl **Marie Webb** who retired from Brownies. We look forward to welcoming her to the **Trefoil Guild**.



Brownies dropping their messages of "*Hope for the Future*" in the time capsule at Guide Sunday.

## GUIDES / RANGERS

In December last year we held a Regional Outdoor Competition: **Southern Cross**. Here are the winners and some photos of the exciting activities the girls did.

Thanks to all who assisted, the organisers, caterers, adult leaders and of course all the participants.



Overall Winner - Guides: 1st Fish Hoek (Malaysia)

Overall Winner - Rangers: Bothasig/George (Guam)

Best STA - Guides: Rondebosch (Canada)

Best STA - Rangers: Bothasig (Guam)

Golden Apple Pie Award: Cape Pen Guides (Philippines). Congratulations!!



Archery - a first time activity for some of the girls and proved to be quite a highlight .

Teamwork



## RANGERS ,YOUTH & ADULT LEADERS



Well done!

**The Amazing Race** Saturday 26 January: What an incredibly super fun day it was with loads of excitement!!! From finding the 10 points in Stellenbosch, to petting some cute creatures at [Giraffe House Wildlife Awareness Centre](#), to some rifle shooting at [Safari Outdoor Stellenbosch](#) moving onto washing the cars at [Boyz Car Wash](#) in Klein Joosteberg. Some teams changed bicycle tyres, some helped to hang curtains at the Salvation Army, others cleared and cleaned tables and others packed shelves and mopped floors at [Wimpy:Engen 1stop](#). They then went looking for a young fellow at [N1 City Mall](#), before making their way to the [V & A Waterfront](#) to take a photo at the big yellow frame and of the 4 wise men...one team even taking time to do their "good turn" and walk some dogs. They finally ended their 70km race finishing at the lighthouse in Green Point!! What an incredible adventure with laughs and u-turns and laughter, running and photos with random strangers!! THANK YOU to [Katelijne Wademan](#) for organising this incredible day!!! Well done to the 3 winning teams, 1st and 2nd place going to the 2 De Grendel teams (1 adult team and 1 mixed ranger/adult) and 3rd place to the team from Fish Hoek! Well done to EVERYONE for their enthusiasm and awesome team spirit!!

Our first day of day of **Adult Leader Training** for the year was held at Pinelands . Wishing these ladies well as they prepare to complete their Adult Leader Qualification. Remember , help is just a phone call away!!!



**ADVOCACY:** It was all about Advocacy in Cape West at Meadowridge this term. As a member of WAGGS, when we talk about advocacy, we mean: *We influence people to take decisions that will improve our lives and the lives of others.* So what does that mean in detail? We influence people (by speaking, doing and educating), to take decisions (change policies or regulations, allocate funding, provide support), that will improve our life and the lives of others - this is the result we are trying to achieve

Participants discussed issues which affect girls and women in different age groups, became U-Reporters and learnt about the **WAGGS Action on Body Confidence Campaign (ABC)**, which they will be taking out to their units over the next few months. They also focused and came up with an incredible advocacy campaign which will be launched soon! So watch this space! These were very excited and committed ladies who came together to discuss incredibly important (not to mention scary) issues that are affecting our girls!! An incredible weekend with these superheroes!

You can also become a U-Reporter. U-Report is a social messaging tool that is free to everyone, wherever you are in the world, to speak out on development issues, support child rights and improve our communities. It is a forum where you can speak out on issues that you care about and have a positive change on your community. Search for **UReportGlobal** on Facebook and type "join" in the messenger box. Follow the prompts and have your voice heard on issues that affect you, girls at your school and in your community.





## The Guide Law

Have you ever had difficulty memorising the order of the Laws?  
Our Regional Commissioner Sue came up with this helpful guide.

**The Left Hand For People Enrolled Others Believe The Right**

**Trusted , Loyal, Helpful , Friendly Polite & Considerate, Earth and living things , Obedient , Brave & Cheerful ; Thrifty, Respects.**

If anyone has any bright ideas as to how best to memorise the Laws, please email me , then we can print it in the next Newsletter: [geraldine.february@gmail.com](mailto:geraldine.february@gmail.com)

## TREFOIL GUIDL

**Regional Annual General Meeting : Cape West Trefoil Guild.**



Was lovely having Kennia Plaskitt ,  
from Gauteng with us.

To Louise Duncan for the many years she has served as Secretary for the Regional Trefoil Guild.  
She has resigned from Guiding due to family commitments. Our prayers and best wishes are  
with you Louise.

## Clarewyn Trefoil Guild: Guest Speaker

At the first meeting for the year the Guest Speaker was Graeme Cairns, a former Scout whose sister Avril Cairns was also a Founders Guide from Wynberg many years ago. He is from St George's Home for girls, a Non-profit Organisation, situated in Wynberg under the auspices of the Anglican Church. The home is a "Place of healing" for girls aged from 3 to 18 years who are abused, abandoned, orphaned, neglected. The programmes they run include

- Developmental assistance by House mothers, Child & Youth Care Workers
- Counselling where they link up with Child Line
- Education – girls of school going age are enrolled at schools in the surrounding areas.
- Volunteer Tutoring – they welcome help from outside to assist the girls with homework and teach various skills.

There is an ongoing need for clothing, non-perishable foods, toiletries, etc. There are presently 37 girls cared for by 4 house mothers. Chairperson Nan Frieslaar thanking Graeme ▶



**Clarewyn AGM :** Guest speaker **Pauline Solomons** the Fundraising and Bequest Relationship Officer, Red Cross War Memorial Children's Hospital Trust.

*Some interesting information she shared with us:-*

Over 45 000 children are treated at the Emergency Centre every year.

1950s: Red Cross became the first neonatal surgery unit in South Africa

1960s: The first successful operation of conjoined twins in South Africa.

Established the first dedicated cancer service in South Africa.

1980s: The first and still only, dedicated paediatric neurosurgical unit in South Africa.

1990s: The first paediatric heart transplant, the first liver transplant, the first combined liver and kidney transplant in South Africa.

**Hospital tours:** If you would like to go on tour of the Hospital please contact Pauline.Solomons@chtrust.org.za



Guilders and guests attentively listening to the presentation.



## CONGRATULATIONS

### **Teddy Honeypot Award:**

Keira Els                      Edgemead Den

### **Brownie Golden Hand Award**

Rebecca Nugent        1st Bergvliet Pack

Tatum Anderson        2<sup>nd</sup> George Pack

### **Basic Walking Safely Certificate:**

Emma MacIntyre        Helderberg

## TERM 2 DATES TO REMEMBER

5, 6 & 7 April    Kontiki

13 April            AGM 14h30

14 April            Scout Regatta

22 April            Earth Day

30 April            Census Day

4 May              Teddy & Brownie Fun Day Flyer 10 of 2019

4 May              Upton Shield

4 May              Trefoil Guild Garden Party

11 May             Trefoil Guild EXCO

18 May             Boating Day

23 May             Biscuit Orders due to the Office

23 May             Census figures due to the Office

25 to 26 May    Wellness Weekend

1 June              Cape Point Fete

5 May              ATC Meeting

8 June              Regional Committee Meeting 09h00

14 June            Schools Close

20 June            Office closes.