



GIRL GUIDES CAPE WEST, SOUTH AFRICA

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TERM 1 2020

Welcome to our first *Newsletter* for the year 2020.

It gives me great pleasure to introduce our new Regional Commissioner or rather , allow her to introduce herself:-

"I am an organised, list-making adventurer who likes to iron but hates doing the dishes. My past makes up my present - though, I am not a big fan of presents as I don't like surprises.

I joined Guiding as a Brownie in Stellenbosch, when I was in Grade 3. My Brown Owl at the time was also one of my 'scary' school teachers. Fortunately for me, I earned some 'brownie points' and learned that she was not so scary at all! As I grew older, I became a Guide and then a Ranger, where I ultimately earned my Protea Award. I was inspired to become a Guide Guider, and led a raucous bunch of girls for about six years. I have held several Regional and National Committee positions over my two decades in Guiding, and have taken part in Kontiki, Southern Cross, Poseidon, Brownie days and all sorts of camps. I have also had the opportunity to represent Guiding at several International events held both locally and overseas. Although, I like to say I have seen and done it all, every year, I am amazed by the wonderful activities and often wish I was 15 again and taking part in each and every one!



Guiding has been an integral part of my life throughout its many seasons. It kept me sane and grounded while at University; and helped this shy girl make friends (now more like family) and has taught me more skills than I can list, many of which I continue to use daily. It has given me the confidence to try new things and to tackle any task with enthusiasm.

As I, gratefully and enthusiastically, take on the role of Regional Commissioner, I hope to meet and get to know every Teddy, Brownie, Guide, Ranger, Young Leader, Adult Leader, Trefoil Guilder and volunteer. I am thankful for the encouragement and enthusiasm I have already received from all those I have met at various levels in the organisation. I look forward to working with each and every one of you to help guiding grow in Cape West and to ensure Cape West stays GREAT! "

Katelijne Wademan

Welcome Kat from all of us in Cape West. We wish you a happy and successful term of office.



Report on '110 years of Guiding' Regional Braai held on Saturday 18 January 2020, at Alma Rd hall (Sue McFadden)

After a few hiccups, all went well with our celebration birthday party, celebrating 110 years of Girl Guides. Adult leaders, Trefoil Guilders and GSG members together with their spouses had been invited, and more than 40 people turned up. The Region supplied the braai fires, salads and most importantly, the large birthday cake – and people were asked to bring their own meat and refreshments (although tea and coffee were on hand).

Alma Rd is quite protected from the wind, and everyone enjoyed getting together to chat. It was so good to see Doreen Botha, at 91 years old, looking so sprightly. Three generations of the Bowman family were there – grandmother Jenny, mother Gwynneth and daughter Mackenzie.

Tanya Prinsloo went to some trouble collecting photos of some of our adult leaders when they were Girl Guides – and asked everyone to guess who they were. She also set up a table with old uniforms, badges and camp blankets for people to admire and talk about.

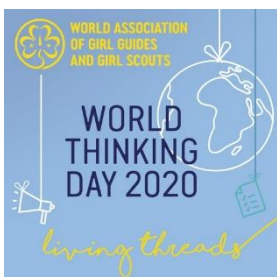
Our thanks to Sue Fourie from Three Rivers District who offered us the use of Alma Rd hall, when it was discovered that the Pinelands hall had been booked months beforehand, to Kathy Heath for supplying two braai drums and lovely dry wood, and to Katelijne Dillen for coming through early to help set up and get the braai fires going. Michelle Thomson supplied the large delicious chocolate cake – a professional, amazing cake which provided the perfect ending to a lovely day.

A memorable day to set this 110th year of Guiding off to a good start.



THINKING DAY WAGGGS CHALLENGE

#InOurHands - WAGGGS: Units made various bracelets with threads .



Teddies



Guides



Rangers





The Durbanville Teddies decided that they could not have a birthday party without birthday cake with candles so they made water icing & iced their own cupcakes. They also did little jobs at home to earn their Thinking Day money. (Moyra Roux, Sonstraal)



Our girls all looked smart as they proudly wore their uniform to school round Thinking Day.

Many greetings were shared both locally and internationally.

Photo below was sent with greetings from Outenique!!



I am sure you will all agree with me that this is such a lovely photograph of girls and their leaders looking smart in their uniform for Thinking Day. De Grendel District , you really make us proud!!



TEDDIES

The streets in Bergvliet are much cleaner now thanks to some enthusiastic Teddies.



Valentine's Day cards for MOM.

Thank You Nicola Stuart who served as Teddy Advisor for Cape West and we welcome her successor Emma Macintyre to this position.



CONGRATULATIONS!

The Spirit Trophy is usually awarded to a Girl Guide or Brownie that displays qualities of enthusiasm & excitement which is then evident by their involvement in the movement when they attend their weekly meetings, Regional and District events. They always try their best, help others and their Adult Leader when in need.

Tatum, (aged 6) pictured right, has displayed all of the above and more during the past year of being a Teddy. She attended every event possible that a Teddy could be part of (more than 10 events) and was actively involved in all our community and outreach projects. One should never underestimate the potential of young children especially that of a very proud and motivated Teddy.

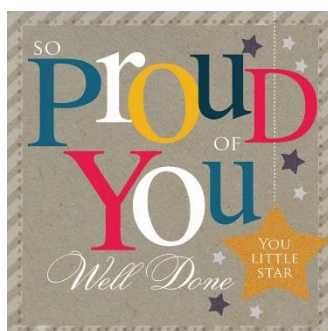
One Friday Tatum chose to share with her class the article that appeared in the paper of the Girl Guide movement turning 110 years old in SA as her NEWS for the week (photograph pg 2 above) ending off by telling everyone how proud she was to be a Teddy.

So as the saying goes *'out of the mouths of babes'*.

The Monte Vista Leaders discussed who should receive the award and unanimously chose Tatum Rowe as we all felt that she had gone beyond what is expected of a Teddy.



Congratulations Tatum. We are super proud of you and have our eyes fixed on you as you continue on this exciting journey in the Girl Guide movement. (Submitted by Antoinette Krope)



BROWNIES



The Brownies at **Monte Vista** were privileged to have "The ladies in red" visit their pack and share some craft ideas with them. Here they proudly show off the small gift packets they made. They are pictured with Mary van der Westhuizen, Merrill Reed and Cicely Holland.



BROWNIE SIXER TRAINING was a great success and here are pictures of some of the Brownies who attended. Our headline picture shows the whole group who attended. Well done girls. We hope you will share all the ideas you learnt with your friends.



1st Portland →

← Brownies listening attentively.



← **Monta Vista** Brownies visited a local Pick 'n Pay to learn about shopping, comparing prices and working with a budget.



Adventure 3: Swaps and pillow gifts. Thanks to 1st Fish Hoek Brownies who made these pretty cards in response to the challenge.



GUIDES



1st Gugulethu girls standing up against the abuse of women and children. Also brought some joy to the seniors in the community over the Christmas season.

RANGERS

In order to complete one of her Ranger clauses, **Caitlin Imani King** from Cape Pen District interviewed **Linda Botha, District Commissioner Princess Vlei**. Part of the clause is to submit an article to the Regional Newsletter.

A Journey of Service to Humanity



Ms Botha started her journey of servitude in the Girl Guide movement as a Brownie when she was seven years old. Her Mother was involved as a Guider. In her days as a Girl Guider, and moving from one level to another, the standards set for all Guiding tests and Badge requirements was very high. A lot of the Outdoor camping was done in the real Outdoors on farms with real live animals – this is where she experienced milking cows for the first time. Years ago parents also played a bigger role than now.



After she started Home Rangers her Leader got married, moved to Worcester and sadly their Ranger Crew closed down. This led to ms Botha leaving the Girl Guide Movement. After being 'in the cold for more than 18 months', the 1st Steenberg Guide Company was going to be on camp and required more Adults as staff. That was the actual moment ms Botha returned to the Girl Guide Movement and became an Assistant Guider. A few years later when a need existed to start Girl Guides in Lavender Hill, ms Botha started a Girl Guide Company at the Lavender Hill Community Centre. Over her years of service in the Girl Guide Movement, she has been involved in many Regional Committees, as well as serving on the National Board as Educational Programme Board Member. She has gained the Oarsman Certificate, Canoeist Permit, Camping Licence and Training certificate.

Some of her highlight was when she was chosen to represent South Africa at a Dorset County camp in 1995 and met Betty Clay, the sister of Lady Baden Powell. It was exciting and empowering when a group of Young Leaders from the United Kingdom came to run a camp at Glencairn, Cape Town in 2003. She is still in contact with the Leaders and have visited them in London. Years ago World Thinking Day was celebrated at Hartleyvale Stadium and Lady Baden Powell drove past in a vintage car. Ms Botha has visited two of the Guiding World Houses and cherish these special memories. She has also met International Leaders at the World Conference

in Scotland and at our National Centre in Johannesburg and furthermore represented South Africa at a Training Seminar that was held in Kenya. The job she has enjoyed doing the most was being the Capacity Builder in Cape West, working in disadvantaged areas.

She is still involved with 1st Steenberg Guide Company and although it is rather challenging, she has remained committed to her Service towards Guiding. I salute you ms Botha because I started with you when I was four and a half years old and through you and 1st Steenberg, I have also committed myself to a life of service.

Thank you Caitlin for this report. Wishing you well as you continue your Guiding journey. Ed

POSEIDON 2020 – 7-15 DECEMBER 2019 (Report By: Kathy Heath) Edited version.



In a busy year of opportunities Cape West hosted Poseidon again. The last Poseidon was held in 2015. This is an opportunity for Rangers and Adult Leaders to obtain their water qualifications. We also hosted a Non-Swimmers Camp for non-swimmers to become Water Safe.

This year we had a small camp, which meant the ladies that attended got opportunities they may not have had previously. They could partake in Canoeing, Rowing and Sailing, although we focused on Canoeing and

Sailing this year. Our Non Swimmers all worked towards their Water Confidence Badge and earned it.

Participants were from Gauteng Central and Gauteng West, KZN Zululand, Rustenberg, Randberg, Krugerdorp and our own Cape Pen, Helderberg, Fish Hoek and Three Rivers (Adult Leader).

The water camp participants were required to swim 50m with clothes on and our non-swimmers started working with their leaders. We started working on our crafts for the week and Michelle Thomson had some amazing crafts lined up. The top favourite was making their own teddy bear. They did: Christmas decorations, a teddy bear, stone painting.

After colours and breakfast we wasted no time in starting water activities. The non-swimmers headed for Kirstenhof Primary, which would be their home for the next few days. Linda Botha, Sue Fourie and Sue Swann worked well with our 6 non swimmers. They started out with a great fear of the water but soon showed confidence and perseverance and a willingness to learn to swim. They learnt how to use a life jacket and many other water skills.

Our water camp girls started with an introductory session of canoeing, rowing and sailing. They had a short time on the water before the South Easter wind had other plans. They had to come in and they learnt the parts of the canoe in a theory session. The rowers and sailors learnt about rigging boats and they all did the safety rules. We did lifelines and knots as well.

5am always seemed to be the best time to hit the water for a lovely sunrise paddle on Zandvlei. The camp had many challenges, amongst other we had load shedding. The campers dealt with it and nothing stopped their enthusiasm, even the day we went to stage 6 and had 3 outages in one day. The dining room tables were simply moved outside, so we could see our supper.

Other activities included:

- Orienteering - this was loads of fun and enjoyed by everyone.
- Hike up Table Mountain, leaving from Constantia Nek at 7am. A night at the Scout Hut. Once there they had a scavenger hunt on the mountain and enjoyed exploring Table Mountain.
- Non-Swimmers: Trip to Cape Town by train. A boat ride from the CTICC to the Waterfront, scavenger hunt, a museum visit and shopping in the waterfront. In the evening CPR and craft.

- Visit to the Masque Theatre to see Calendar Girls. One of our very own adult leaders was in the show. It was a great evening of entertainment for us all. The funds raised from this production were going to the NGO – The Sunflower Fund for Bone Marrow testing.

From my side I must say a HUGE THANK YOU to the adult leaders in Cape West who all assisted me. Running the camp and running the kitchen and having some personal challenges was a challenge at times, but some great people stepped in to assist us. There are too many to mention. All can say without this great support from Cape West I would not have been able to have run Poseidon 2019 with such success.

Cape West Team.



Qualifications earned:

Guide Water Confidence Badge (Non-swimmers)

Basic Boating Certificate; Basic Boating Permit

Canoeist Certificate; Canoeist Permit

Sailing Certificate; Sailing Permit



YOUTH



Cape Pen youth had their very first social.

They spent the day baking, laughing and drinking champagne for Thinking Day.

TREFOIL GUILD

Annual General Meeting: Cape West

Sheila Thompson *National President* was the guest speaker at the AGM. Her speech was entitled "Where to from here!" She shared some comments she got from a young Adult Leader she met at the National Centre asking her thoughts on, "Where she sees guiding in the next 50 years." Some of her thoughts were :- Girls will be more technologically savvy; Meetings with girls will be cloud based, on line Guiding programme, kids will enter biometrics, programmes will be uploaded in a box.....(something Guilders can only imagine!!!)

Sheila encouraged the Guilders to keep their Guiding light shining brightly.



← Regional President : Cicely Holland and Secretary Pam Bilby

The youngest Kimberley Hing & oldest Doreen Botha.





It was lovely seeing Marion Miles at the AGM . Marion is a National Honourary Life Member. Pictured with Sue Fourie DC Three Rivers.



Thinking Day Ceremony by one of the Guilds.

Proud GIRL GUIDE SUPPORTER ON THE BACK

GIRL GUIDE SUPPORTER GOLF SHIRTS

R170 (SMALL - LARGE)
R180 (XL & 2XL)
R190 (3XL & 4XL)

EMAIL ORDERS TO TPRINSLOOCC@GMAIL.COM

INCLUDE: NAME, CONTACT NUMBER, UNIT, SIZE & QTY
ORDERS TO BE PLACED BY 20 MARCH, DELIVERY IN WEEK 6-10 APRIL

110 BIRTHDAY BADGES :
Orders via your DC



PLEASE NOTE: KONTIKI
Postponed to 16 – 18 October



AWARDS:

HONEY POT

Milla Semler & Zara Cotton 1st Bergvliet

GOLDEN HAND

Rebecca White 1st Bergvliet

Aurora Van Till & Leandra Leatt 1st Fish Hoek

CHIEFS CHALLENGE

Sarah-Joy Moses 1st Outenique

Imaan Arendse 1st Bothasig

Capreece Swanepoel 1st Table View

PROTEA AWARD

Megan Lane 1st Somerset West



PLEASE NOTE:

In the light of recent events and the concern of the spread of the COVID – 19 virus, and in line with the directives issued by National Government and GIRL GUIDES South Africa, all unit meetings and other Guiding activities are suspended until further notice.

Thank you

sh.bart008.com - 109927002

To everyone whose *News* I was able to share with the rest of the Region. Any articles for the newsletter, please forward to: geraldine.february@gmail.com

THE HANDWASHING SONG

(to the tune of Frere Jacques)

**TOP AND BOTTOM
TOP AND BOTTOM
IN BETWEEN
IN BETWEEN
DON'T FORGET THE WRISTS
AND GERMS YOU MIGHT
HAVE MISSED
NOW THEY'RE CLEAN
NOW THEY'RE CLEAN**

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