

GIRL GUIDES CAPE WEST

Guiding girls towards a confident future

In This Issue

**THINKING DAY
AROUND THE
REGION**

GOOD TURNS

BOATING RESUMES

**UPCOMING
EVENTS**



The First Trefoil Guild Team to complete the 111km Walkathon

Message from the Regional Commissioner

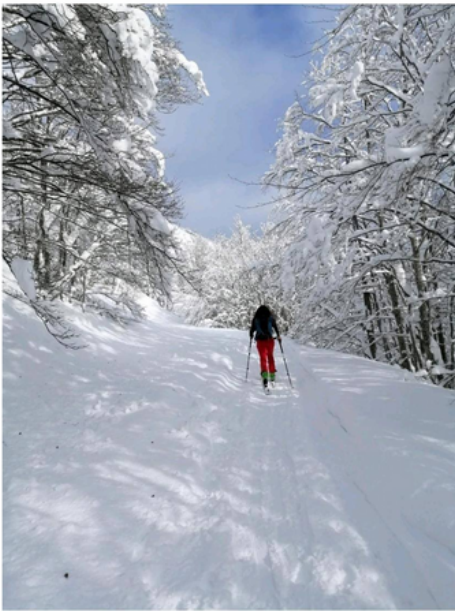
We have come to the end of the first school term of 2021 and what an amazing term it has been! It has been wonderful to hear that units are meeting again and being able to share all the adventures you have had at your meetings through the photos I have received.

Thank you to those who took part in the Walkathon challenge as well as submitted recipes, bought or advertised our cookbook - the fundraisers have been a huge success and have assisted Guiding in Cape West! As with any organisation, the Covid-19 pandemic has had an impact on the running of our organisation, and I am immensely proud of all our members for their perseverance and determination. Without you, Guiding would not be possible. Thank you!

#111in2021 WALKATHON

The guiding year started off with the Regional Walkathon fundraiser. We had 182 participants from all over the world aiming to walk 111km as a team or alone.

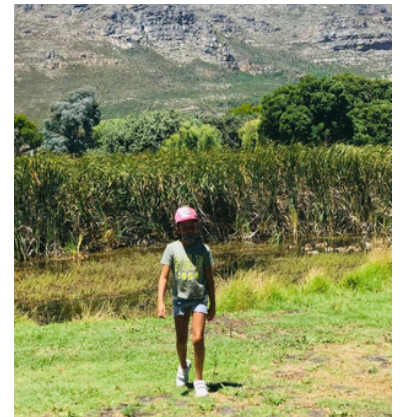
Our very own Jean Lewis and Cicely Holland were the first Trefoil Guild team to complete the challenge and walked 111km!



1- 111 in 2021 Walkathon



Morning walk around the Bergvliet Guide hall



NOBEL PEACE PRIZE

The World Association of Girl Guides and Girl Scouts (WAGGGS), together with the World Organization of the Scout Movement (WOSM) has been nominated for the 2021 Nobel Peace Prize, recognising the outstanding contributions of Guiding and Scouting that has empowered hundreds of millions of young people to create a lasting culture of peace in their communities for more than a century.

The nomination was submitted by Norwegian Liberal Party MP, Solveig Schytz, who is the former Chief Commissioner for the Norwegian Scout and Guide association, and Chair for The Guides and Scouts of Norway.

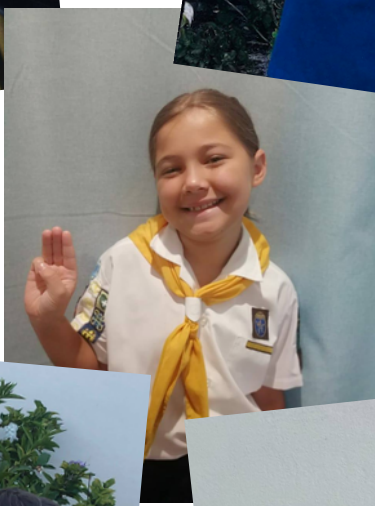
We wish to take this opportunity to congratulate each and every member of GIRL GUIDES Cape West, WAGGGS and WOSM, past and present for your dedication and service to others.



THINKING DAY

Once a year members across the world celebrate Thinking Day, which commemorates the birthday of Lord and Lady Baden Powel. Girls and Adults traditionally wear their uniforms to school and this year was no exception. Thank you to the schools for allowing the girls to wear their uniforms to school, for the parents for sharing the photos and for the girls who wore their uniforms with pride! You all looked amazing!

**PLEASE NOTE GIRLS NOT WEARING MASKS WERE PHOTOGRAPHED IN THE SAFETY OF THEIR HOME BY THEIR PARENTS





Districts from around the Western Cape all held a thinking day scavenger hunt on 21 February 2021 where girls and their parents had to solve clues to finish the Thinking Day story.

Units also completed the WAGGGS Thinking Day activity in at their meetings. The theme for this years Thinking Day was 'Peacebuilding' which is as important today as it was 100 years ago.





GOOD TURNS

Cape Pen Cupcake Drive

Cape Pen District ran a cupcake drive to raise funds for those suffering with cancer. The event was well supported and they managed to raise R4 615.00.

Helderberg

During February Helderberg District sold coffee and cupcakes during their Thinking Day Family challenge and raised R1 210.. which was donated to their local Hospice.



De Grendel

Written by Tanya Prinsloo - District Commissioner De Grendel

De Grendel District created and handed over Love Hampers to Health Care Workers at Netcare N1 City Hospital. As I said to them during the handover, these hampers seem so small and insignificant in comparison to what they have to do: the long hours away from loved ones, the added risk of infection and the absolutely heartbreaking moments when they lose a patient.

In the end all I could say was an absolutely heartfelt THANK YOU!



COOK BOOK

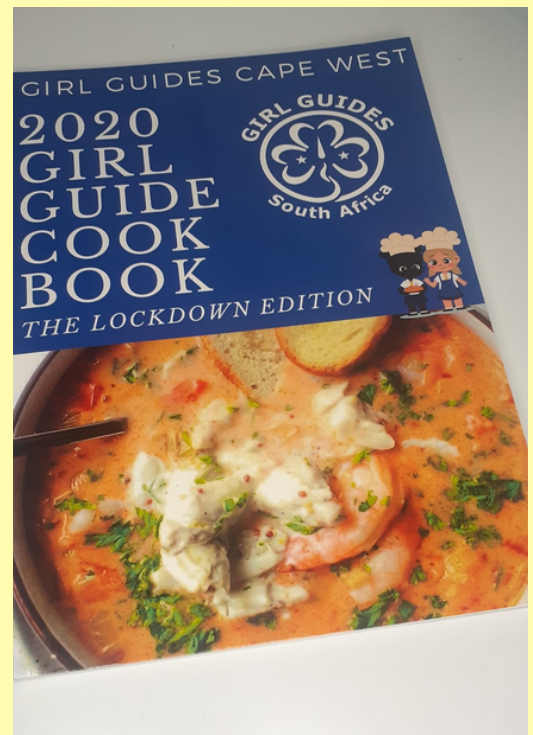
Our 2020 GIRL GUIDE COOKBOOKS: The Lockdown Edition have arrived from the printers!!

All those who pre-ordered and paid will be receiving their copies first over the next few days!!

If you would still like to order yours for only R250, be sure to email us on girlguidesmarketing@gmail.com!! Copies will also be available at the shop in Pinelands from Wednesday!

120 awesome tried-and-tested recipes submitted by our Guiding family!

GET YOURS NOW!!!



THE GOLDEN HAND

Written by Melinda Lottering, Brownie Advisor for Cape West

For Brownies this is the highest award that they can earn. It is the culmination of a few years of work and is traditionally earned in the public school term that they turn 10.

To obtain the Golden Hand, the Brownie must complete a bare minimum of 5 clauses per Adventure Badge giving a total of 40 clauses. Many Brownies complete more than 40 clauses.

They are also required to compile a scrapbook that illustrates what they have learnt and experienced in Brownies. The Brownie then needs to arrange a tea party for their Adult Leader/Leaders and a guest of their choice and send out an invitation. At the tea, the Brownie must set the table, bake, cook or make something to eat (depending on her resources) receive her guests and serve the eats and something to drink (also resource dependent).

During the tea she will show her guests her scrapbook and chat about what it contains. She will be asked about what she has learned from her Promise, Law and Motto.

The tea is not a test. It is more about what they have done at Brownies, what they have learnt, what their favorite bits were and what they think can be done to make Brownies even better.

It is merely a friendly chat over tea with the focus being on this Brownie who is about to earn her Golden Hand.

*The Golden Hand Award is a great achievement and it is important for parents to remember to include it in their child's transcript when applying to High Schools. If their school is welcoming of outside extra-murals, also let the school know that your child has earned her Golden Hand so that they can include it in their social media/newsletter or even at end-of-year prize-giving.





FAREWELL TO SUE MC FADDEN

On 27 March the Region said farewell to Sue McFadden, who has been a member of Cape West for many years. Over the years she has served Guiding on both a Regional and National level, most recently as the Deputy Regional Commissioner of Cape West.

Sue's passion for the outdoors is always palpable and we will miss her dearly. We wish you well in your new adventure in the UK.

BOATING ACTIVITIES RESUME

With the start of the amended Level 1 Regulations Cape West has resumed boating activities. Cape Pen District managed to take advantage of this opportunity and took the canoes out for a spin at Zandvlei. Cape West has a wonderful boathouse equipped with canoes, rowing and sailing boats.

On 28 March Cape West Guides and Rangers participated in the Regatta at Zandvlei. Girl Guides have been participating in this Regatta since 2019.

The team, led by Sam Mc Master, did very well and managed to finish the race, despite not having been able to sail for over a year due to lockdown regulations. The day looked wonderful and it was enjoyed by everyone.



NEWS FROM AROUND THE REGION

Teddies

Teddy Den's have slowly started returning to meetings and they have really started off with a bang! Monte Vista Teddies enrolled 4 new girls and Bergvliet Teddies have enrolled 3. Edgemoed Teddies even managed to enroll 2 new girls while meeting in the park.



Brownies

Many Brownie Packs participated in the Regional Thinking Day Scavenger Hunt, which was held in different places across the Western Cape, all the way from Fish Hoek to George. For some packs, this was their first in person meeting since Lockdown in March 2020!.

The whole of the 1st Bergvliet Brownies Pack earned their WAGGGS World Thinking Day badge and have been tackling the new interest badges with gusto.



Guides

Guides from De Grendel helped their district sell cup cakes in aid of Kids with Cancer which they sold at the Platteklouf Village Centre. They also participated in a beach clean up with *Save a Fishie* at the Milnerton Lagoon



Rangers

A group of Fish Hoek and George Rangers participated in the Scout Rayner Trophy which is an overnight hiking adventure. Out of 21 Patrols Fish Hoek Rangers came 5th and George Rangers, 17th. Jemma from Fish Hoek Rangers took her recorder on the Adventure and provided the evening entertainment to the participants, which was enjoyed by all!

Helderberg Rangers have taken to the outdoors while the weather is good and have been making water filters, survival kits and making a fire with a flint - they are on track to giving Bear Grylls a run for his money!



Young Leaders

Morgan Lottering hosted an informative and interactive Make Up evening for the Young Leaders, where they learned the process of putting on make up, cleaning your face properly, how to determine what colour tone their skin is and what works well for certain face shapes. The evening was thoroughly enjoyed by the Young Leaders.

YOUNG LEADER'S MAKEUP EVENING

March 26, Friday 5:30pm - 8pm Meadowridge Guide Hall
All Cape West YLs welcome

BRING: mirror, any & all makeup products & brushes you own and use/would like to learn how to use, tissues, cotton pads, makeup wipes, cotton buds
Something to eat/drink

Please arrive with a freshly cleansed, makeup-free face and wear camp uniform

RSVP to Morgan Lottering
076 538 7500



Trefoil Guild

Trefoil Guilds have slowly started returning to meetings however have continued with their community service despite the lockdown. Most Guilders participated in the District Thinking Day activity and many were present at the Boat House to say 'thank you and farewell' to Sue Mc Fadden.



Congratulations

GRIL GUIDES Cape West would like to congratulate Aimee Bell who conquered the epic Robben Island swim!! Aimee was once a Girl Guide and her mother, Lucie Bell is still actively involved.

Aimee says "Also very special to have my teddy mother Jean Lewis there who was my first introduction to the Girl Guide movement that showed me that Girls can do anything and gave me opportunities to learn to be a strong confident outdoors lady and leader!"



Well done Aimee on your amazing accomplishment!

Gone Home

Written by Cicely Holland, Trefoil Guild President for Cape West

It is with great sadness that we advise that Doreen Haddow passed away in March this year. Doreen started Guiding at age 8 with the 2nd Green and Sea Point Pack. Doreen continued Guiding throughout her life, and even took her daughter, Jenni, on her first camp at only 6 months old. Doreen served on many committees on a Regional and National level and earned both the Silver and Gold awards. She became an Honorary Life Member in 1991. Doreen touched the lives of many girls and women. We thank Doreen for her passion, commitment and zeal. She will be missed.



DOREEN HADDOW
27-04-1929 ~ 23-03-2021