



**GIRL GUIDES SOUTH AFRICA CAPE WEST**  
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**TERM 2 2019**

Dear Cape West

Winter is quickly approaching, coughs and colds seem to be the order of the day. So just to remind us of the lovely weather we are so blessed to have in the Cape , our headline is a photo taken on the beach at our Regional Earth Day 2019, "Beach clean up."



Stefan from Coastal Ghost, an amazing young man who has been on a six week journey cleaning beaches down the coast from Durban to Cape Town ( about 100 beaches in total) joined in on the day. What a terrific turnout, from Teddies to Rangers, Adult Leaders, parents and siblings! Thank you so much to everyone who went along.

Would your Unit like to learn about Guiding in another Member Organization, or perhaps about another culture, food, language or a song from another country? Just imagine sharing all your news of our Country South Africa with someone overseas. Many of us have fond memories of pen friends we have written to over many years. Some have even met their penfriend. Now-a- days, one can exchange letters so much quicker by email. So, are you up for the challenge?



Email [socialmedia@girlguides.org.za](mailto:socialmedia@girlguides.org.za) and we could link you up with another Unit from across the land or seas !!

**TEDDY & BROWNIE INTERNATIONAL FUN DAY**

*(Article submitted by: Melinda Lottering Brownie Advisor )*

On Saturday the 4th of May at Pinelands Guide Hall, 77 Brownies, 19 Teddies, 2 Guides, 2 Rangers and lots of Adult Leaders as well as chaperones gathered for the Teddy and Brownie International Fun Day "A Day at the Races".

In our magical aeroplane we travelled to the United Kingdom where we learnt about the Rainbows and Brownies, their flag called the Union Jack, and stopped off at the horse races. The Teddies and Brownies needed to dress up for the event, so they each made Fascinators, and then they needed a cup of tea and a cucumber sandwich after that long flight. At the singing base they sang a variety of songs and the Brownies were able to complete the Entertainer Interest Badge. At the final base the Teddies did an obstacle course and the Brownies played a horseracing board game. The day ended much too quickly, but the girls had a wonderful time and the hearty singing of Brownie Bells nearly lifted the roof off.



Bergvliet Teddies making yummy Easter biscuits! They baked and iced their biscuits! Well done girls!! Sure they were absolutely delicious!

**Take the Lead Adventure:-** Invite a Guiding leader to tea. Discuss her role in Guiding.

1<sup>st</sup> Portland Girl Guides , Silversands District, recently had an opportunity to meet and listen to the first Adult Leader, who started the Company way back in 1981. Maxine Kiewitz, 78 years old, in her chat with the girls, recalled how she had to check the Guides to see if their shoes were polished, their finger nails short and neat, their hair tidy. She remembered how the weekly inspections kept the girls on their toes, and carried over to life at home and at school. She spoke

about the competitions with other Guide Units, Guide Sundays and "Bob-a-job." She encouraged the girls to enjoy their time at Guides and take what they learn over to their adult lives and so become outstanding leaders in the future. They should uphold the Guide Promise and remember "Once a guide always a Guide".



## GUIDES / RANGERS

The Old Mutual Two Oceans Marathon saw Guides and Rangers from Bothasig and Cape Pen getting up very, very early to volunteer at this annual event. Well done and thank you girls for rendering your service with a smile!!!!



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**This good news story is really worth sharing.** (Submitted by Bothasig)

We truly are a global society as evidenced by this wonderful story of how a small group of Girl Guides from Scotland were inspired by Cape West GIRL GUIDES SA who were attempting to break the World Record for the longest string of plastic bottle tops in April 2018.

Here is their wonderful account...

"In April 2018 , while on holiday in Cape Town , we saw advertised that Cape West Girl Guides were running an event to raise money for Operation Smile SA, by threading bottle tops on lines, in an attempt to break the Guinness Book of Records.



We contacted Tanya Prinsloo (Bothasig Guides) and were lucky enough to attend and help on this day along with many other Teddies, Brownies, Guides , Rangers, Trefoil Guilders and parents.

Indigo (1st & 3rd Kilmacolm Guides, Scotland) was impressed by this event and the fact that they were able to raise enough money for three operations with all their hard work, so when each of her patrol were asked a few months ago to make a presentation about their chosen charity, Indigo chose Operation Smile SA. She made a presentation to the rest of her patrol and they voted to choose this charity.

Their first task was to use some of the £10 to make and sell hot chocolate and biscuits to the other guides and parents. They 'grew' their £10 to £30. For their next initiative they decided to make Easter Jars to sell. They costed all the items needed to make this product and worked out their profit.

The product was an empty kiln jar filled with shredded paper for a nest, a chocolate rabbit, and mini eggs, with straw to decorate and a 'Happy Easter' label. They made and sold 15 of these and 'grew' their profit to £110.

Then on our recent visit to Cape Town, Tanya from Bothasig Guides kindly organised for Operation Smile representative Fiola ( Operation Smile Student and Society Coordinator) to come to meet Indigo at their Guide meeting on 3rd April 2019 so that she could present the donation. Fiola also gave a wonderful presentation as to how the money will be spent.

Big thank you to all involved especially Kim Cowling, Sarah McNaught (Kilmacolm Guiding) for encouraging the girls to support charities and Tanya Prinsloo (Bothasig Guides/Rangers ) for masterminding and promoting all! And last but not least The Dragonfly Patrol, Kilmacolm Guides , Scotland —Cara , Emma, Flora, Georgia & Indigo for all their hard work and agreeing to donate the profits to Operation Smile SA."

**From all of us in Cape West.....** 



On 21 March Rangers from Bothasig and Cape Pen (& 1 little guide) hosted a fun outdoor day for about 43 kids from [Camp Footprints \(Just Footprints Foundation\)](#) at the boathouse in Zandvlei!! Just Footprints is an organization that provides unique, safe and secure outdoor camping adventures for children with serious health issues such as cancer. What an amazing time they all had! All the kids had a chance to go out in the canoes!!

2 quotes from the day: "Best day ever!!!" (From a little girl about 8 years old). "I conquered my fear!!!" (From a young boy who had a fear of water!)

They also played Viking Chess and other games and even watched a very informative presentation by the [National Sea Rescue Institute](#). Let's not forget the yummy Boerie rolls that Mike made for lunch!

A big thank you to all the Rangers and adult leaders who gave up their public holiday to help... Thank you also to the [Zandvlei Sea Scout Base](#) for allowing us the use of their hall for the presentation.



Now I wonder how many of these we will be getting???



# Kontiki 2019

*(Submitted by Michelle February – Kontiki Committee)*

An Incredible **“Jolly Well Done”** to all our Girl Guide teams who entered Kon-Tiki Western Cape 2019.

We had 5 teams enter this year with amazing results:

OVERALL KON-TIKI RESULTS:

Raft 17 - Fish Hoek Guides and Rangers (5th Place!!)

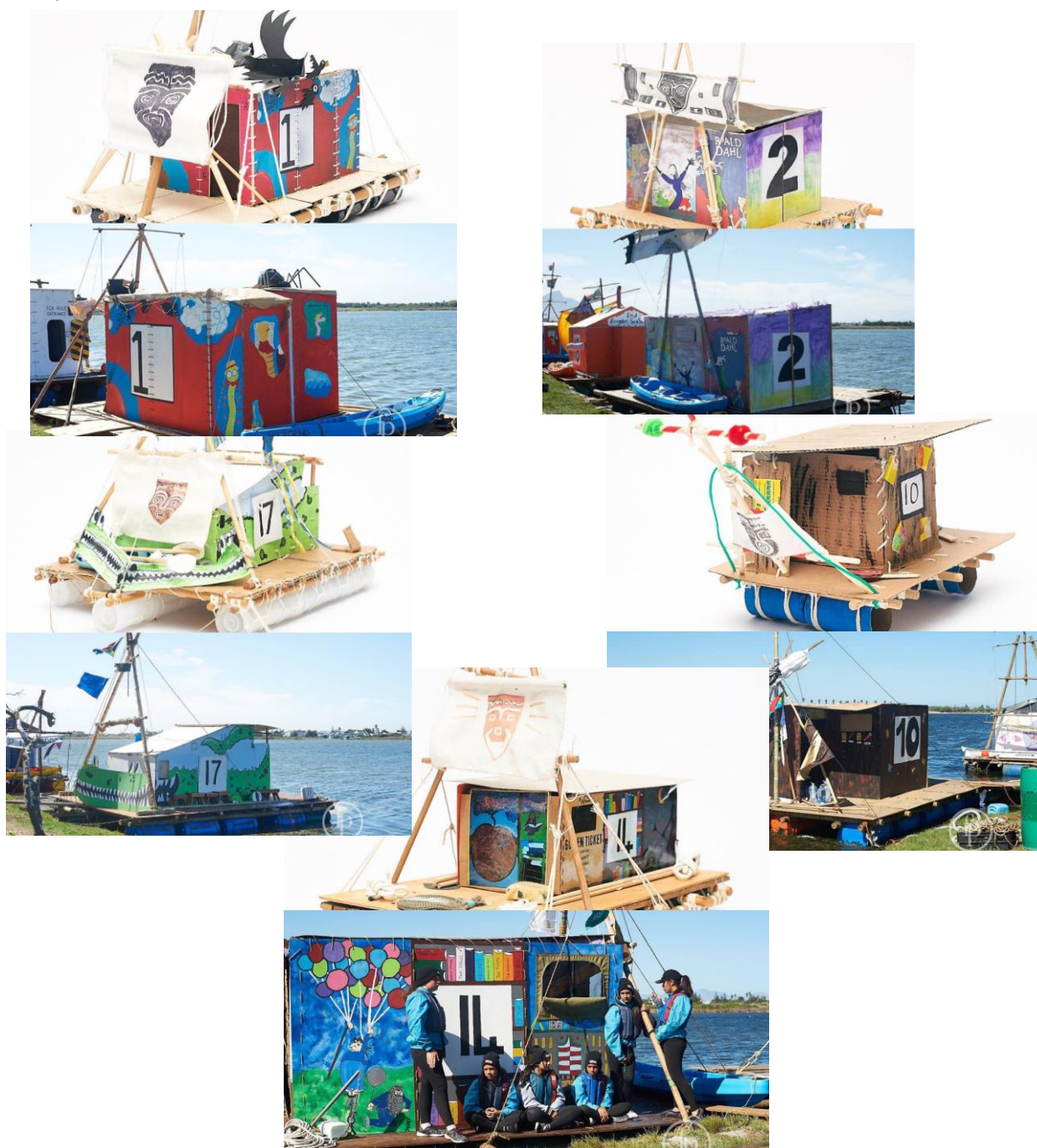
Raft 10 - Bothasig Rangers (11th Place!!)

Raft 14 - Cape Pen Guides and Rangers (12th Place!!)

Raft 1 - 1st Rondebosch Girl Guides (14th Place!!)

Raft 2 - Helderberg Guides and Rangers!! (15th Place!!)

Well done, well done, jolly well done to Cape Peninsula Brownies, Fish Hoek Brownies, Helderberg and Bothasig Brownies for the great job they did at the first ever Cub & Brownie Kon-Tiki competition !!



## TREFOIL GUILD (Submitted by Cicely Holland TG President)

The 16<sup>th</sup> National Trefoil Guild Forum was hosted by Mpumalanga West Region.

The Forum started with the **Renewal of the Promise**. GREETINGS were read out from various Trefoil Guilds and other well wishes.

**REMEMBRANCE** ; A minute's silence was observed to pay tribute to members who have passed away since the last Forum:

Tessie , our Mascot: Certainly her wardrobe really is amazing and will very soon require a larger bag, I presented Tessie with a new coat which had been brought over from America by Judy Kenyon, Cape Point Trefoil Guild, from her granddaughters Pack in San Jacinto, Houston USA. The photograph shows Tessie and her new winter coat being handed over to Morongwe Raphasha from Mpumalanga West Region

### **PRESENTATION OF JUMPERS/CARDIGANS**

Then we gave the jumpers/cardigans to Etta from Saailand Play Group for which they were very grateful . I must say I was ever so proud of our Cape West Trefoil Guilders who knitted the most. I can assure everyone that they were well appreciated.



Trefoil Guild winter warmers.



This jersey ( one of two) missed the trip to the Forum and instead was passed on to a needy child in Nyanga. Knitted by Dot from Clarewyn TG. Too cute!!!!



Congratulations Kathy!  
We all very proud of you!



National President	Sheila Thompson
Guiding Ambassador	Jean Lewis
Outdoor Chairperson (2 <sup>nd</sup> Term)	Kathy Heath

**We wish you ladies well in your National Portfolio!!!**

**These awards were presented at the Regional Annual General Meeting: April 2019**

**The Chiefs Challenge**

Hana Donmall	1st Fish Hoek
Kate Wannenburg	1st Fish Hoek
Shannon Groom	1 <sup>st</sup> Fish Hoek
Erin Carter	1 <sup>st</sup> Bothasig
Candice Hughes	3 <sup>rd</sup> Somerset West
Caitlin King	3 <sup>rd</sup> Bergvliet
Tyla Lottering	3 <sup>rd</sup> Bergvliet
Carissa Merrington	3 <sup>rd</sup> Bergvliet
Renée Smit	1 <sup>st</sup> Monte Vista
Sarah Oosthuizen	3 <sup>rd</sup> Bothasig
Jamie van Rheede	3 <sup>rd</sup> Bergvliet
Sara Trout	3 <sup>rd</sup> Bergvliet
Emma Vollmeyer	3 <sup>rd</sup> Bergvliet
Alakhe Arosi and Katherine Armstrong - George	

**Protea Award :**

Zoe Prinsloo	Bothasig
Catherine Valentine	Cape Pen Rangers

**Adult Leaders:**

Cheryl Boolsen	35 year bar
Dorothy Holder	35 year bar
Jean Lewis	40 years bar
Margaret Reid	50 year long
Doreen Botha	66 year long service

<b>Good Service</b>	Melinda Lottering & Tanya Prinsloo
<b>Certificate of Merit</b>	Hannah Rheeves
<b>Fortitude &amp; Bravery</b>	Lara Van Vuuren
<b>Honorary Life member</b>	Jean Lewis
<b>Certificate of Thanks:</b>	Murray Sulter (Scouts)
<b>Good Service:</b>	Mike Hughes and David Bosch (Scouts)



## TERM 3 DATES TO REMEMBER



<b>JUNE</b>	
5	ATC Meeting
8	Cape Point Fete
8	Regional Committee Meeting 9am
14	Schools Close
20	Office closes
<b>JULY</b>	
9	Schools Open
9	Office Opens
10	Biscuit Delivery
11	Biscuit collection
13	Mandela Day Collection & Packing of mugs Flyer 13 of 2019
18	Mandela Day
27	Scout Regatta
27 to 28	First Aid Training
<b>AUGUST</b>	
1	World Scarf Day
3	Training g for Trainers
3	Trefoil Guild Exco meeting
10 to 11	Gordon Shield Scouts
17	Craft Training
24	Flower Tour
29	Biscuit Money due to the office
<b>SEPTEMBER</b>	
4	ATC Meeting
7	Regional Hike
8	Scout Orienteering
14	Regional Committee Meeting and Date Setting meeting
20	Schools Close
21 - 24	George Camp



➤ **CRYSTAL CHALLENGE 2019: Circular 21 - 2019**

**Time period :** This project will run for a period of 6 months, from 1 June to 30 Nov.



**Pinelands Guide Hall 26 October 2019**

**10am to 3pm**



**Mandela's Mugs o' Love**

**Where: Monte Vista Guide Hall**

**When: Saturday, 13 July, 10am to 4pm**



- #GirlGuidesAgainstBullying ... ongoing .....4 Challenges over 5 sessions – completed by September 2019

As a Region we need to take a stand and advocate against bullying in schools by:  
**People of influence** like educators, principals, school governing bodies  
**To take decisions** – anti bullying policy, address bullying issues at school, help the bullies, that **will improve** our lives and the lives of others – all learners.

Download the activity packs at: <https://free-being-me.com/downloads/>

or on the GUIDE RESOURCES google drive.

**For all those travelling over the holidays.....**



**Any articles for the newsletter, please forward to: [geraldine.february@gmail.com](mailto:geraldine.february@gmail.com)**

