



**GIRL GUIDES SOUTH AFRICA
CAPE WEST**

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TERM 3 2017

Dear Cape West

A busy third term, with so many exciting events and so many FUN activities to share with you all, that it is quite difficult to choose one for the letterhead. But here we are: Residential 2017: **Were you there?** Thank you to Melinda Lottering and her team, the cooks and everyone who attended.

MANDELA DAY



The Monte Vista Teddies (with mom's help) made 362 sandwiches and approximately 10 litres of soup....their 67 minutes Mandela Day effort!!!

What an INCREDIBLE DAY we had in Cape West on 18 July celebrating Mandela Day and setting a World Record by making a total of 5167 VETKOEK!!!!!! 😄👏

There was an incredible hive of activity in the Pinelands Guide Hall where Adult Leaders, Teddies, Brownies, Guides, Rangers, Young Leaders, Trefoil Guilders, GSG members, parents, siblings and friends came together to make this record possible!!

To everyone who donated dough, jam, curry mince, roller towels and oil....THANK YOU!!! Thanks especially to those who gave of their time!!! We asked for 67 minutes but many of you gave much, much more!!

We were able to donate nearly 2 000 vetkoek, feeding over 1 000 people at about 12 different charities/organisations!!!

That day Girl Guides Cape West came together in the true spirit of guiding...to help other people...and it felt GREAT!!!!



TEDDIES & BROWNIES from across the Cape gathered on 2 September for the Regional Fairy Walk around the Meadowridge Common! They participated in 4 bases where they made fairy wands, glass tealight lanterns, fairy garden rocks and decorated yummy fairy biscuits!! In between they sang songs and played games.

Moana Pack-O-Rama activities included dorm inspection, obstacle courses, making hula skirts, swaps, nature scavenger hunt around the vleis, learning knots, Coconut bowling, learnt an awesome new Muana-inspired song AND a campfire!! Wow!!!! What a busy Brownie Day!!!!



What a great weekend was had by all who came to the Regatta. Great improvement from our last regatta. Four 4ths in the sailing..... well done girls. 15 boats on the water. .

International FUN Day followed by our Regional Camp Fire!

Loads of girls from all our branches came to have fun and travel around the World visiting various bases! Thanks to Jacqui for organising such a great event and to all her helpers for their assistance at the various bases!! Thanks to Jean and the Trefoil Guild for planning and organising dinner... vetkoek and mince and loads of yummy cupcakes!!!! Thanks to Tanya and everyone else who helped with the vetkoek frying and filling. After dinner we had a lovely Camp Fire!! All in all it was a spectacular day filled with laughs and adventure!!



International Day



Camp Fire

Our Dignity. project officially came to an end, with the handover of over 10 000 Sanitary towels to Holy Trinity Primary School and Marian Secondary!! We were met with such enthusiastic and well-behaved young ladies at both schools and they were so appreciative of our donation!

THANK YOU to everyone who contributed to this project during the month of August!! Without the generous donations from our girls, their parents, friends and family, this would not have been possible! A big thank you also to Old Mutual for their assistance and for donating the drawstring bags that each girl received!!





Our **Cookie Sales** went very well and a number of Districts had their sales at various shopping Centres and gave Guiding a lot of exposure in this way.



Rangers from across the region came together for a Women's Day-themed Facet Day, planned and run by Kimberley Hing, a Ranger from Bothasig, working on her Protea!

31 girls in total enjoyed learning about various women who excelled in science and math, across various fields, and various inventions! They played games, made matchstick rockets, made their own ice cream, saw some cool experiments, learnt about women's rights and also about positive body image! A full, fun-filled Facet Day!



First Aid Training Weekend!! What a busy busy weekend with 23 Adult Leaders and Senior Rangers learning about CPR, bandaging, breaks, burns, sprains, recovery positions and much more!!!! Well done everyone!!

The Thandokhulu Rangers took part in the Three Rivers District cleanup at Thandokhulu High School. Together they were able to make a start on refreshing the school grounds by clearing away rubbish and litter, as well as enjoy the company of each other and a bit of fun and games! It was a real eye opener to see just how much litter builds up. Hopefully this was the beginning of a great change!



Well done to all those that did the **Blisters for Bread 2017 10km Family Walk** !!! Great seeing Girl Guides being represented looking awesome in our blue tops





Rangers from Cape Pen and Bothasig volunteered again at the **The Sunflower Fund Walk**. The girls volunteered their time by handing out medals and manning the water points. They encouraged, cheered and congratulated all the participants with enthusiasm and showed how proud they were to be members of GIRL GUIDES South Africa!!

Some **StopTheViolence** campaign photos from Cape West Units!!

Have you made your poster yet? Have you pledged your support? Have you said NO to violence against women and children?



Rangers from Khayelitsha had a **StopTheViolence** awareness day at their school, Matthew Goniwe Memorial in Khayelitsha!! Well done girls for spreading this important message that violence against women and children will NOT be tolerated!!!



Guide Camp held at Meadowridge Guide Hall!

Guides from around the region got back to basics with a whole range of activities such as: Making knot boards; learning whistle signals; making and learning to use a compass; doing scouts' pace; running an obstacle course in park; doing a scavenger hunt; a treasure hunt with 7 bases including brain teasers, bridge and tower building with spaghetti and jelly tots, and a Kim's game with a difference: 90 seconds, rat packs, Pin-the-eye-on-the-zombie and even tug-of-war with the Rangers!!





Cape West Rangers ready for their hike up Table Mountain. Leaving from Cecilia Forest. Hike leader Katja Lane with Michelle Thomson and Dorothy Holder, Emlyn Allwright, Jessica Blake

Trefoil Guild Bring-and-Share Luncheon.

What a lovely afternoon was spent at the Monte Vista Guide Hall with all these incredible women who have spent so many years giving back to Guiding!! All of them so young at heart with incredible stories to tell!! Thanks to the two Rangers from Bothasig, Kimberley and Micci, for helping to serve the food and to all who contributed to the delicious lunch!!



CONGRATULATIONS!



Scout Orienteering Competition:
Congratulations to Fish Hoek who took 3rd place overall !!



Gordon's Shield Competition:
Congratulations to Bothasig Rangers for coming 17th (with a team of only 5 members)!! 1st Fish Hoek Guides for coming 24th and Cape Pen Rangers for coming 31st!

MORE CONGRATULATIONS!

Intermediate Hiking Qualification: Katja Lane from Helderberg
Catering Qualification: Emlyn Allwright from Rhodes
Golden Hand: Trinity Lopes from 1st Monte Vista Brownie Pack

And congratulations to all those who earned the Girl Guide First Aid Certificate

Nicole Bannister
Selena Docking
Shirley Dunn - Golding
Tyla Gill
Robyn Grant
Miranda Lewis
Lori McCrae
Hannah Reeves
Moyra Roux
Karin Sindle
Carol Wannenburg

Kerryn Bosch
Tammi Dooley
Louise Fouché
Mia Glaum
Dorothy Holder
Morgan Lottering
Helen Pollack
Jenni Reeves
Ntombizodwa Sihawu
Sue Swann

STOP PRESS – SOUTHERN CROSS

What an amazing day! What a great venue turned out to be. Many thanks to Jessica Blake and her team. This was an "old-fashioned" Guiding competition presented in an up-to-date way that gave old and young the opportunity to show what they knew and what they had been teaching – lots of pioneering and knotting and fire- and shelter-making and then some more!

CONGRATULATIONS: Fish Hoek walked away with 1st, 2nd and 3rd in the Guide category – well actually they shared 1st with Bergvliet and 3rd with Rondebosch; Cape Pen Rangers took the Ranger trophy and the winning adult team was a mixed team from Cape Pen and Rhodes (about to become Three Rivers!)



The winning Fish Hoek Guide team



The winning Cape Pen Ranger team

DATES TO DIARISE

7 October: Regional Committee Meeting at 09h00
9 October: Schools re-open
14 to 15 October: Jota Joti / Adult Scout First Aid Training (part 2)
15 October: Scout Regatta
21 October: Teddy Fun Day - Monte Vista
28 October: Boating Day
4 November: Craft Training - Meadowridge
11 November: Boating Day
16 November: LAST SHOP DAY
2 December: Adult Leaders' end-of-year function - Boathouse
6 December: Schools close
7 December: Office closes