



GIRL GUIDES SOUTH AFRICA
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 TERM 3 2018

Hello everyone,

The cold and rainy weather is slowly abating and the spring flowers are dancing in the breeze along the roads. Once again, we are pleased to add a photograph of a Regional event to our front page.

It is with great pleasure that we welcome our new Regional Commissioner Sue McFadden



From the desk of the Regional Commissioner.



I feel very privileged to have been asked to take on the responsibility of becoming the Regional Commissioner of Cape West. I thought that I knew what the job entailed – but what a lot to learn, and so many different areas of expertise to acquire. My first big job was **CENSUS** – and thank you all for getting your forms and monies into the office in good time. My second big job was **BISCUITS** – receiving and then distributing nearly 1000 cartons of biscuits. Cape West is blessed to have Ghadija in the office (without her Cape West would have collapsed under my uninformed leadership!) Gerry February, our

Deputy Regional Commissioner, has also been a tower of strength, she knows what is going on and takes on many tasks in the Region. Lastly, my thanks to Jean, who has left me with a Region that is well organised and runs smoothly, and, even as our Deputy Chief Commissioner, still finds the time to help me whenever I need it. I look forward to the challenges ahead and to seeing you at all the various Regional events and trainings. I will attend as many as I possibly can.

With best wishes from Sue McFadden

Congratulations to the new leadership of GIRL GUIDES South Africa (left to right) Deputy Chief Commissioner Jean Dunn, Chief Commissioner Sizeka Rensburg and Deputy Chief Commissioner Lindelwa Ximiya.



	<p><i>To everyone who sold biscuits this year. Please give us feedback on the flavours you enjoyed the most. We are also looking forward to seeing who will be the Top Biscuit Seller for 2018.</i></p>	
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Completely
Totally
Proud of
You



Tanya Prinsloo

In April Girl Guides Cape West broke a Guinness World Record for the longest string of plastic bottle tops and all the proceeds from the collection of bottle tops went to Operation Smile! With this record, we were able to raise enough money to fund three cleft palette/lip operations!! Through the planning and running of this event, Tanya Prinsloo (Communications and Marketing Chairperson of Girl Guides Cape West) got to know Adva Prins-Brink, Student Co-ordinator from Operation Smile South Africa, and after the event was invited to go on their next medical Mission to Malawi as a student sponsor (chaperone)! "I jumped at the opportunity to go on this mission!! The thought of seeing this project through to the end and actually witnessing these children getting back their smiles was just too good an experience to miss!!" says Tanya Prinsloo.

Tanya went with two medical students, Nabeelah Valley and Raven Hannes, both from Stellenbosch University. We were given the task of helping to entertain the patients (and any siblings) while waiting during the screening process and before their operations. We also visited a local orphanage in Blantyre called SOS Children's Village and the students did daily presentations to the families on safety, dental hygiene, healthy eating and basic CPR.

During this mission, Operation Smile South Africa performed their 1,000th surgery since their founding in 2012. The 1,000th patient was a seven-year-old boy named Christopher.

A team of about 70 people attended this mission - doctors, nurses, anaethetists, students, volunteers, photographers etc! An incredible group of volunteers from all over the world. Countries represented were South Africa, Russia, USA, UK, Brazil, Spain, Kenya and a few others! In Malawi Tanya also got to meet up with the adult leaders from Malawi Girl Guides who volunteered for the 10 days as translators - a vital role with any mission! Other than the operations, the Girl Guides gave the women nutritional cooking workshops and also held two workshops showing the women how to make their own washable sanitary towels!!

"This has been a life-changing experience for me. I have been humbled by these incredible women and children, who, despite having to endure incredible poverty and hardship, are able to be so friendly and loving!! I loved every moment and hope to go on more missions soon!!"

ORIENTEERING V & A WATERFRONT

An exciting morning was spent at the [V & A Waterfront](#) with Guides, Rangers and Adult Leaders participating in an Orienteering competition!! Well done to all of you, and congratulations to all the WINNERS!! Everyone had a great time and it was lovely to see the participants in their Blue Guide tops all over the Waterfront! Thanks to Sue and her helpers. Well done!!

Orienteering at the Waterfront



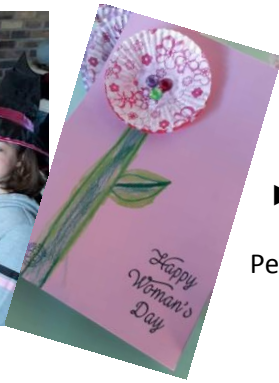
NATIONAL TEA CHALLENGE 2018 – 2019 CIRCULAR 30-2018

The National Tea Challenge runs from Council 2018 to Council 2019. Badges are available from the National Supplies Department (via the Region). The badges may be worn on uniforms, on the top of the left sleeve (closest to the pocket) until the end of 2019. A number of Units have already taken up the Challenge serving tea to Fire-fighters, the Police, moms, grannies, aunts and others. Keep posting your photos on Face book.



▲ Montevista

► The **Edgemead Brownies** hosted a tea party on Women's Day, 9 August, for their friends, their friend's Moms, their own Moms and a few Grannies for their 2018 TEA CHALLENGE!! It was a beautiful morning with lots of chatter amongst friends and family. Amazing Food and Delicious Tea was served by the girls.



► Cape
Pen Teddies



► **Somerset West Girl Guides** held a **Thank You Tea** for their local Police Station as part of the Tea Challenge!! Well done Girls!! I'm sure those hard-working men and women really appreciated your thoughtfulness!!

Cape Pen visited the local Fire Station and were given a demonstration of the work of the Fire - fighters.



▲ Well done to Jenna Goldberg, a Cape Pen Ranger. She made sandwiches for local shelters as her Mandela Day Project!! We are all so very proud of you!!

The **Monte Vista** Teddies, Brownies and Guides came together for their 67 to make soup and sandwiches. The girls made about 35 litres of soup and about 300 sandwiches. They then took some of it to Founders Educare in Khayelitsha and served the kiddies their lunch. The rest was handed out to local organisations. Well done girls!! What a super company effort for Mandela Day!!!

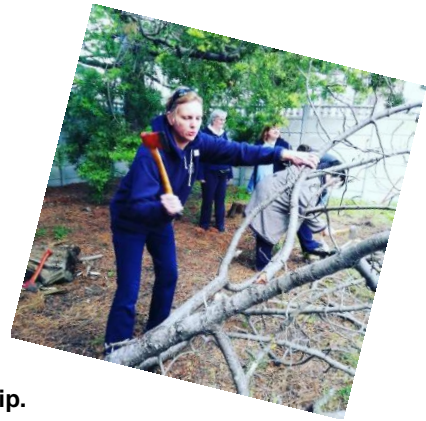
For their Mandela Day Project the **Edgemead Brownies** packed 90 "Mom Packs" for the Mommies, Aunties, Grannies and Carers who sit with the sick children at Tygerberg Hospital. Well done girls!!! We know those ladies will really appreciate your care packages!!!

TRAININGS



National and International Challenge Badge Training at Pinelands. Adult Leaders got to weave their own nests and made a fire on a coin for the Outdoor Adventure Challenge.

Thanks to Dorothy Holder for organizing this great day.



This is how it's done!!!! Axemanship.

COMPETITIONS

GORDON'S SHIELD COMPETITION & SCOUT ORIENTEERING COMPETITION



Well done to the three Guide and Ranger teams who participated in Gordon's Shield . Fish Hoek and Rondebosch Guides tied 25th!! The Fish Hoek Rangers came 19th!! This out of a total of 42 teams!! Well done girls!! You made us incredibly proud!!

Well done Bothasig Girl Guides and Rangers for coming 2nd in the District Scout Orienteering Competition hosted by the Table Bay Rovers!



The Girl Guides Saldanha dingy No. 4 entered the annual Seamanship Competition. Which was held at the SA Navy facilities in Simon's Town. This was the first time that they have ever taken part in this competition and also the first time that they had sailed on the sea, as opposed to on inland waters.

The crew comprised two Rangers from Fish Hoek - Tyla Gill and Kerry Bosch, one Guide from 3rd Bergvliet - Emma Vollmeyer and two Scouts from 2nd Fish Hoek Land Scouts - Hudson Sayer and Matthew Bosch

They competed in six races and in each race they improved in their positions. The crew did extremely well. They worked very well as a team and their best result was 3rd!! There 12 boats in the fleet.

Well done girls!!! 1st place for Endurance and 7th overall!!! Excellent performance!



Thank you to the Outeniqua girls who held a coastal cleanup on Wilderness beach. Pictured are the girls on a beautiful, cool, cloudy morning on the beach.



Interesting report from **Dilys Armstrong**, District Commissioner : "Among the rubbish, the girls found what was obviously a bag of stolen stuff. Luckily they decided to check it for anything valuable before throwing it away and found a box full of labelled keys and remotes. There were also some paint colour samples and the eager little detectives used those to guess which house had been painted in those colours. The one they decided on happened to be a guesthouse, so I sent them a message on the off chance. I have just received a call from the very grateful and impressed manager. ". WELL DONE girls.



Thank you to **Linda Botha**, who accompanied **Valencia Ngaba**, District Commissioner Khayeltisha, when she did the Walking and Hiking Safety Qualification with her Rangers. It was a lovely cold morning with a little bit of sunshine and a drizzle walking to "Look out hill" (picture below) with the girls.

They climbed 163 steps to the top to see the Peninsula but the clouds did not allow it. The girls had fun answering the questions and chatting to each other. Well done, Valencia!!!!!!!!!!!!!!



SUNFLOWER FUN RUN



Thank you to this incredible bunch of Guides, Rangers, Adult Leaders and parents from Bergvliet and Bothasig who gave up their Sunday morning to volunteer at **The Sunflower Fund Fun Walk/Run!!** They assisted at the water points, handed out cool drinks and medals.-.but more importantly they cheered, encouraged and congratulated all the runners!



TREFOIL GUILD

Trefoil Guilds around the world, celebrated their 75th Anniversary with various challenges this year.



Although none of the Guilds in Cape West has reached that milestone yet, we were not to be left out. Thanks to our Regional President **Cicely Holland** and her team, a lovely afternoon was spent in Monte Vista, where we joined in the celebrations, Below are the ages and birthdays of the Guilds in Cape West.

- Cape Point: As of February this year they were 10 years old
- Clarewyn: As of August this year they were 32 years old
- De Grendel: As of October this year they will be 24 years old
- Helderberg: As of September this year they will be 25 years old
- Lionshead: As of July this year they were 23 years old
- Sonstraal: As of September this year they will be 13 years old



Sue and Cicely joined by two past Presidents, Margaret Reid and Jean Lewis.



September birthdays at **Clarewyn Guild**: Lyn Nielsen, Thelma Raath (80 years old), Esme Morris, with Chairperson Nan Frieslaar.



Sonstraal Trefoil Guild handed over 17 small beanies, 6 large beanies and 13 scarves to M E S!! Well done ladies on an awesome

good turn!



Do you have any items you no longer use that may be sitting in your cupboards? Just this past term various acts of kindness were shown by our various Units. Pre loved clothing was passed on, an urn from Kenridge was donated to Meadowridge, playing cards, corks, broken candles (that can be used for various crafts) were donated. **THANK YOU !!!** There has been an appeal for empty tuna tins, Guide and Brownie flags, toad stools, equipment etc. We are also looking for a stove, in working condition, to replace the stove at Meadowridge Hall which has died.



Please contact the office with any offers to help. **JUST ASKING:** Has your District been featured in this Newsletter??? If not, how about sending your news and photographs to: geraldine february@gmail.com

CONGRATULATIONS !

Brownie Golden Hand Awards have been earned by:

Hailey Arendse (Bergvleit)

Erin McMahon (George)

Jamie Prinsloo and Sophia Nilsson (Edgemead)

Megan Bannister, Kylie Hart, Mia Kruger and Kerry-Leigh (Monte Vista)

Caitlin van de Walt (Table View). Well done girls!!!!

Guide Chief's Challenge Awards have been earned by:

Erin Carter and Sarah Oosthuizen (De Grendel)

Candice Hughes (Helderberg). Well done to you all.