



GIRL GUIDES SOUTH AFRICA CAPE WEST
9 Central Square, Pinelands 7405 Tel: 021 531 1872 ggcw@telkomsa.net

TERM 3 2019

Dear Cape West

"There is no greater gift than that of giving one's time and energy to help others without expecting anything in return." Nelson Mandela

The highlight of this past term must surely be the love we shared with so many people, from children in Hospitals, Educare, Orphanages, Care Centres, to the elderly in nursing homes, night shelters, moms spending time with their children while in hospital, people with disabilities and even members of the NSRI, Police and Fire Departments.

Our mugs were filled with "love" items such as hot chocolate , cappuccino sachets, biscuits, soup, chocolates, sweets, chips etc...anything to show we care!

We got an incredible response from you all. We managed to bypass our initial target of 670 to well over a 1000!!!



Many thanks to

- EVERYONE who donated mugs and/or fillings!!
- All your families and friends who supported us .
- **Khayelitsha Cookies** for their donation of 300 biscuits!!
- **Butler's Pizza** for feeding all our volunteers with their delicious pizzas!!
- **Plastics for Africa** for their donation of 96 mugs!
- Members of **Run / Walk for Life - Milnerton PM** and **MUGSHOTS** for their generous donation of mugs!

Did you see us on TV???? A HUGE thank you to the crew of **Expresso Morning Show** for airing our event , as well as the various **Community Newspapers** for publishing our articles.



Girl Guides are known for giving back to the community as service is an important part of our programme.

Teaching girls from a young age to give back and to foster a love for helping others is so important and what Guiding is all about.

We received so many photos , but due to space constraints not able to share it all. But WELL DONE to everyone. See the many smiling faces.....





Some information on the appreciative recipients

Thank you so much to Cape West Girl Guides for your donation towards our Trolley Project as your Mandela Day Project

The Alta du Toit Aftercare Centre is a centre where adults with intellectual disabilities receive physical and nursing care, and are developed to reach their full potential. We have more than 170 residential clients and close to 60 day-care clients. They all take part in an established skills development programme to ensure optimal development throughout their adult lives. Aside from the work groups, clients can also participate in sports and

social activities such as athletics, singing and dancing.

The Centre is more than 38 years old and is situated in Boston, Bellville, serving communities in the Western Cape including persons from previously disadvantaged communities.

For our 67 minutes for Mandela Day we handed out beautiful filled Mugs 'O Love that the Cape West Girl Guides SA packed for our charity. We handed the mugs of love to all the Mommies and Daddies that have to sit with their sick babies at Tygerberg Children's Hospital days on end. Audrey chatted to the Moms and gave them some encouraging words and Love as she knows exactly what it feels like to be sitting there. We managed to put some smiles on their faces and hopefully made them feel a little better even if only for a short while over their warm cup of coffee and a yummy biscuit. A BIG Thank You to [CapeWestGirlGuidesSA](#)



GIRLGUIDES REACHING OUT TO THE VARIOUS COMMUNITIES



Knitted blankets for the needy.



Outeniqua Guides:

Few knitted bears being dropped off at Phambili Shelter for Abused Women

De Grendel Adult Leaders and a couple of girls did 67 minutes of service at [Canal Walk Shopping Centre](#) helping with the [Santa Shoebox Project](#)!!

Message from Santa Shoebox Project: We absolutely LOVED having you on board Team Cape West Girl Guides SA Thank you SO much ❤️



MESSAGE FROM : OPERATION SMILE SA

Thank you to the incredible folk at the [Jive Cape Town Funny Festival](#) for your amazing support and for not only giving us our very own beneficiary evening, but also allowing our volunteers to collect donations from patrons before and after the event.

We raised enough funds to the equivalent of 15 smile surgeries. A special note of thanks to all our volunteers who participated each night.

Once again GIRL GUIDES were on hand to Volunteer.



ADVERTISING GUIDING



Our Communications and Marketing Chairperson, [Tanya Prinsloo](#), and her 2 daughters, [Zoe](#) and [Jamie](#) (both in Guiding), were in studio with [Benito Vergotine](#) at [Smile 90.4FM](#), chatting about our [Mandela Day Mugs O'Love](#) project!! Tanya was also on [Voice of the Cape](#) for three consecutive weeks . Thanks for spreading the Guiding message.

TRAININGS

- (1) **The Regional Adult Training team** met for a session packed, empowering Facilitators Training. The programme included:-
 Session planning, resources (where to find information), facilitating techniques, assessing fellow facilitators, check ins, check outs, ice breakers, energizers and risk assessment.... one is never too experienced to learn something new! Best of all, the participants included two prospective Facilitators and a possible Peer Educator!! Well done ladies!!



(2) **FIRST AID**



13 Adult Leaders and two Young Leaders attended our Regional 1st Aid Training this term.

Something we were asked on Facebook and here are the answers:
Do you know what these acronyms stand for and what illness / incident /

injury it would be used for: ?

FAST Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services.

RICE Rest, Ice, Compression, Elevation.

BBBB Breathing, Bleeding, Breaks and Burns

RED Rest, Elevation, Direct pressure

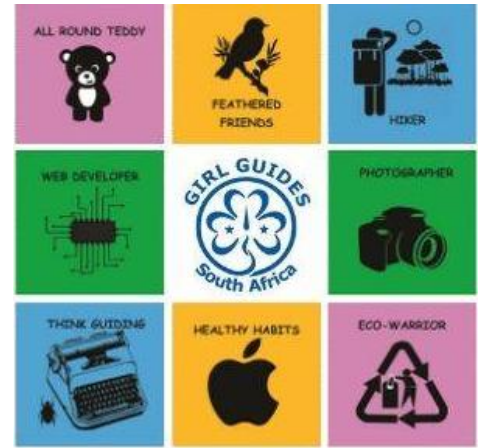


(3) **CRAFT TRAINING** Focussing on the WORLD CENTRES

Adult Leaders enjoyed a day of relaxation and catching up with Guiding friends as they made crafts from India, Africa, Switzerland, Mexico and England and learnt something new about our World Centres: Pax Lodge, Our Chalet, Our Cabana, Sangam and Kusafiri.



NEW INTEREST BADGES ARE HERE!!



Bookworm Badge

Brownies from 1st Bergvliet completed the "Bookworm Badge" by visiting the local library. For the 5th clause they made a really cute booklet all about bears. Monte Vista Teddies have also eagerly started on their Interest Badges and completed the Bookworm Badge.

Reading takes you places!!!!



Wishing you all many hours of happy Reading!!!



GUIDING IN THE OUT –OF- DOORS: COMPETITIONS



Well done to the girls of Cape Pen for your participation in the Seamanship Competition and Cape Point for joining Cape Pen at the Gordon Shield Scout Competition at Hawequas .

► SA Navy Basin in Simonstown.

Team at Hawequas – love the smiles !!!!!!!



WELCOME

We are SO PLEASED to announce the opening of a new Ranger Crew in Outeniqua District!

Nosi Mateyisi, a new and enthusiastic leader, has started a group at Imizama Yethu High School in Thembaletu. TWENTY girls were enrolled last week, and they are excited about beginning their Guiding journey. We wish them success and many years of Happy and Exciting Guiding!!



 MYTH	 FACT
During their periods, girls are impure.	Periods are just nature's way of saying you are growing up.
Girls having their periods should not cook or visit sacred places.	There is nothing impure about periods.

Once again some smiling faces were on hand to hand out refreshments and medals at this year's Sunflower Walk.

The **Sunflower Fund** is a donor recruitment centre and registry. They fight blood diseases like leukaemia through the recruitment of stem cell donors and maintaining a registry of potential donors committed to helping anyone in need of a life-saving stem cell transplant.



Our Young Leaders are going places!!!



Nicola Stuart, from Cape Pen has safely arrived at the Sangam World Centre in Pune, India where she will volunteer for three and a half months helping with events and day to day things at the centre as well as help organise events in the community through other organisations!!

We all wish her the best of luck and look forward to hearing all about her adventure .



Zoë Prinsloo — a Ranger from 1st Bothasig has been selected to attend the 2019 UN Youth Climate Summit in New York on September 21. She is one of 500 who has been chosen out of more than 7 0000 applicants from all over the world. In the motivation letter that accompanied her application, her Guiding background, the many beach clean ups and earth days she was involved in as well as other achievements were mentioned and I am sure that played a huge role in her application being successful. While she is not representing Girl Guides, we are sure she is going to make us very proud.



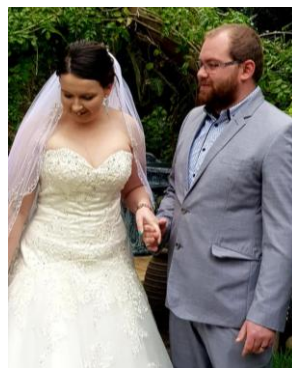
An extract from a letter received from **Zoë** : " I can reassure you all that I will always represent Guiding and the promise and law in everything I do and I will make you all very proud!"

Photo above : Courtesy Operation Smile: **Zoë** volunteering in Mozambique

TREFOIL GUILD



It was good to receive these lovely photos from Jean Lewis, one of our Guilders who recently travelled to London. She met "BP" who was a bit reluctant to shake her hand. I am sure there are many of us who stood at this entrance to Foxlease to have our photo taken.



Tableview Brownies Adult Leader, Tammi Dooley celebrated her marriage to Dean Saayman on the 2nd of September 2019. We congratulate the happy couple and wish them many wonderful years together.



Awards:

- Honeypot** Isabella Rutter, Ava Jearey, Sienna Jearey - Edgemead Teddies.
- Golden Hand** Anna Mccue and Isabella Nel - 1st Bergvliet
 Kaylin Meyer and Tyler Cloete – 1st Monte Vista;
 Chloe Wood, Riley Bester, Neve Brogan, Tapuwanashe Chakapfava,
 Lucy Lew and Kate Newborn - 5th Rondebosch.
- Chief's Challenge:**
 Zena Marks from 1st Monte Vista
- Adults:**
- | | |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ALQ for Teddies | Emma McIntyre |
| ALQ for Brownies | Tammi Dooley |
| ALQ for Guides | Yvonne Hughes |
| Introductory First Aid | Samantha McMaster and Dialina Bauman |
| Girl Guide First Aid Certificate | Melinda Lottering, Brenda van Schie, Carol Wannenburg,
Michelle Thomson, Miranda Lewis, Yvette Stephen, Chloe Mallows,
Sue Swann, Danielle Roberts, Kim Heybergh, Yvonne Hughes |
| Basic Walking Safely | Emma MacIntyre - |
| Basic Boating Certificate | Samantha McMaster |
| Sailing Permit | Samantha McMaster |

TERM 4 DATES TO REMEMBER



OCTOBER	
1	Schools Re Open
4 to 6	Residential Training : Flyer 19 of 2019
19	Jota Joti
26	Market Day : Pinelands
NOVEMBER	
2	Trefoil Guild Luncheon
9	Trefoil Guild Exco Meeting
14	LAST SHOP DAY
16	Adult Boating Day
22 - 24	Southern Cross Flyer 20 (a) + 20 (b) of 2019
30	Special Needs Training - Bergvliet Guide Hall
DECEMBER	
4	Schools Close
5	Office Closes
7 to 15	Poseidon Sandvlei : Flyer 21 of 2019

Thank you 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