



GIRL GUIDES CAPE WEST  
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TERM 3 2020



Warm greetings to you all !!

What a crazy term this was. Schools opened, schools closed then opened again. Different grades, back on different days where accommodation is a problem. As a country we moved from Lockdown Level 3 to Lockdown Level 2. Our Regional Committee held its first ever virtual Committee Meeting via zoom, we held a virtual Training via Zoom and what a learning curve that was for most of us . We also observed that Guiding sadly came to a standstill for most Units throughout the country, especially those who are school based. Even in our own Region , some leaders were not able to continue Guiding during lockdown. On the other hand, there were those who were fortunate enough to keep the Guiding flame going. Various challenges were organised and there was great excitement for those who were able to participate. Sometimes I wondered who had more fun, the girls or the adults!

Cape West came out tops again with a very successful Mandela Day Project. More about that later.

It was with great sadness that we learnt of the untimely passing of one of our Adult Leaders , Valencia Ngaba, District Commissioner Khayelitsha District , on 3 June 2020. This was the tribute from the Region.

*Dear Valencia*

*Thank you for all that you have done for Guiding in Cape West and for the girls whose lives you had an impact on. Your smile and your kindness is something we will always miss , but more than anything , we will miss your enthusiasm to learn and your passion to get stuck into any challenge that came your way, Hamba kakuhle sister.*





Valencia with the Gugulethu Brownies, taken December 2019. (Posters against the abuse of Women and children).

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We have exciting new items on sale in the Guide Shop. Do contact the shop or your District Commissioner if you would like to make a purchase.



## COMMUNITY SERVICE

During these winter months and lockdown, some people have been very busy knitting beanies, toys, jerseys and scarfs for charity. A Brownie even challenged others to do likewise. Thank you to those of you who have already left some knitted items at the Office.





**CAPE WEST BROWNIE KNITTING CHALLENGE**




**This is Ruby.**  
 Ruby is a Brownie from 1st Bergvliet. During Lockdown Ruby learnt to knit and donated her first scarf to a person in need. Ruby is now challenging all her sister Brownies to do a Good Turn by making a scarf that they, too, can donate to a person in need this cold winter!

Well done Ruby on this great initiative. Hope many others will come forward and rise to this challenge.



A few members from Cape Point spent the morning in July at the Sun Valley Community vertical garden project for the Masi feeding scheme!



A BIG THANK YOU to all who helped make this year's Mandela Day Hope Jar project such a huge success! It must have warmed the hearts of many people to have received these "Jars of Hope". Thank you for helping us fill 1424 Hope Jars which provided over 8000 meals!!! The pictures say it all.





PACKING



DELIVERING



## TEDDIES



Tatum !!!!!



## BROWNIES

*Reports from Melinda Lottering : Adult Leader 1<sup>st</sup> Bergvliet.*

During the month of June, 1st Bergvliet Brownie Pack worked on the Girlguiding Midlands Celebrate! At Home badge. Our assistant Margaret offered to sponsor the badge for us and we will be receiving them later in the year once international travel resumes.

The Brownies had to complete 7 clauses in the month and these ranged from making an unusual container for popcorn, making juggling balls and learning how to juggle, making a marble run, making a new game out of board games they have at home eg chess-draughts, sharing their music playlist, learning a new dance routine, making a lava lamp, teddy bear ziplining, learning to greet in another language, making a poster to thank essential workers, making homemade musical instruments and holding a concert. The final two clauses that they could choose was themed around the 10 counties that make up the English Midlands and could be Shrewsbury Biscuits from Shropshire, a piece of jewelry or a paper airplane from Birmingham, a paper chain or a decorated glass jar from West Mercia, apple printing from Herefordshire or creative salt



dough pottery art from Staffordshire, amongst others. Every 5 days for the month of June a new task came out and the girls had to choose one out of the six options and two out of the counties. The task had to be photographed or videoed and sent to Brown Owl to keep a record. 16 Brownies took part in, and completed the badge and judging by the photos and videos, had an absolute blast.



On Friday the 31st of July and 1st of August 2020, 14 girls from 1st Bergvliet Brownie Pack attended their first virtual camp via Zoom. I have a number of new Brownies who have never been on Pack Holiday before so I wanted to take them back-to-basics to show them what they can expect on a Pack holiday, remind those who are experienced campers about all the fun they had on past camps and to experiment with the virtual format and see what works and what doesn't and finally, earn an Interest Badge together if possible.

I held four sessions, three being on the Friday afternoon and evening and the final session on Saturday morning. Session one was all about Games because that is what we do very well at Brownies. We played "Pass the Pencil" where each person passes a pencil across the screen to the person next to, above or below them and says their name. After that we balanced the pencil on our heads seeing who could do it for the longest, and then stood and sat with the pencil on our head. Our second game required the girls draw a cat in a boat with their eyes closed. I reminded them that Brownies are truthful and not to peek and we had very funny drawings of strange looking cats and boats. Our final game was a Scavenger hunt where they had to look for things around the house that spelt B.R.O.W.N.I.E. and put it on their scarf. We had three elephants, four oranges and lots of nuts on camp.

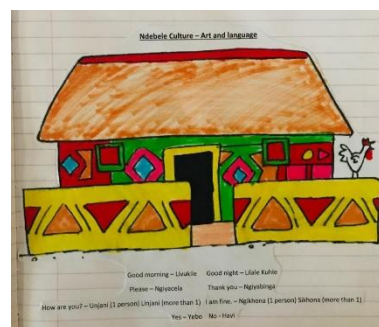
Our second session was all about S'mores. First we watched a short video of New Zealand Girl Guides making S'mores over the fire, and then we made our own in the microwave. For a few of the girls it was their first-ever experience of S'mores. There were quite a few siblings who joined in this session and even parents who wanted their own tasty treats. While we were eating I went through the practicalities of a mess kit for future camps.

The final session on Friday was a campfire and the parents had printed out the songsheet that I emailed to them earlier. From a rousing "Shosholozza", the evergreen "Bumblebee" to the brand new "Oh I wish I were a...." the Brownies had fun and sang heartily. I also used this session to talk about camp blankets and show some examples of how to make one.

On Saturday the Brownies worked on the retired Friendship Interest Badge and we learnt about the Ndebele culture and coloured in a picture of a nicely decorated house. We chatted about our National Emblems and the Lady of Good Hope and I showed them a photo of the statue at the Castle of Good Hope.

The Brownies final activity was to build a blanket fort for themselves or their teddy and take a picture, which was then uploaded onto our Facebook page for voting. The fort with the highest "likes" after 46 hours was the winner and the Brownie walked away with 5 camp blanket badges to start her collection.

The Brownies had a blast, and even the parents and siblings enjoyed the camp and the comments were very positive. All that was required was 5 photocopies, and the ingredients for the S'mores and internet access. I made a little camp blanket badge for the girls with scrap material and fabric paint that I had at home, so the camp cost was negligible. All work went into their Brownie Scrapbook and now everyone has gained another Interest Badge, which was great.



## GUIDES

Women's Day was celebrated on 9 August. How did you use the opportunity to spread positivity? Here are the messages from our Guides.

- ❖ Where there is a Woman there is **MAGIC**
- ❖ Stay **Positive**
- ❖ Happy Women's Day, Remember you are worth a **Lot!**
- ❖ **WOMEN** Our Most Amazing **Nuturers**
- ❖ **SHE IS bold.** She is **Beautiful**, She is **YOU!!!**
- ❖ We can do it Toget**HER!**
- ❖ Be proud of who you are!
- ❖ We are **SMART!**



## RANGERS



### When and Where

16 – 22 December 2020. To be held in the Cederberg Wilderness Area . Hope some enthusiastic Rangers have entered

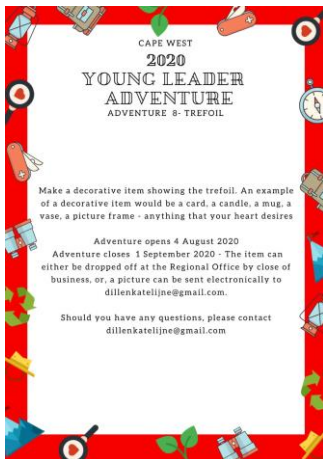
Should you have any questions, please contact the Cape West Hiking Advisor:

Michelle Thomson Email: [michelle.thomson@mtn.com](mailto:michelle.thomson@mtn.com) Cell: 083 212 6999

Bothasig held an outdoor Badge presentation ceremony to acknowledge all their hard working Rangers. It is always good to be seen in the community.



## YOUNG LEADERS



By the time you receive this Newsletter I hope many of you have taken up the Adventure Challenge. Watch this space and Social Media for the results.

## TREFOIL GUILD

Article submitted by Maureen Cooten: Secretary Clarewyn Trefoil Guild.

I read some time ago that the Last Post was the tune we use for Taps but not having seen all the wording I did not realise how similar it was. It was in a Facebook Post I received about the origin of the Tune but a warning came up to say it was false so I just copied the words so that you can compare with Taps.



Day is done, Gone the sun.  
From the lakes, From the hills, From the sky.  
All is well , Safely rest, God is nigh.

Fading light Dims the sight.  
And a star, Gems the sky, Gleaming bright, From afar..  
Drawing nigh, Falls the night..

Thanks and praise, For our days.  
Neath the sun Neath the stars, Neath the sky  
As we go, This we know. God is nigh

### News from abroad



Jean Lewis, from Cape Town Trefoil Guild, South Africa, informed us about the good turn, they participated in, during this Corona pandemic. Some Trefoil Guilders in South Africa are members of ISGF via Central Branch.

Jean said that on July 21 it was already 117 days of lockdown. Wearing masks outside the house is mandatory. No tobacco products have been allowed to be sold since the lockdown, also alcohol was banned.

In June alcohol was unbanned but sold only from Monday to Thursday. But as this caused so much violence and problems, it was re-banned in early July.



Trefoil Guild contributed to Cape West's Region a total of 1424 Hope jars, which were donated to many different charities in the Western Cape. The Hope jars project was a Girl Guide South Africa project, as this year they are celebrating 110 years of Girl Guides. So, each Region was asked to fill 110 jars. Cape West far surpassed that amount. The contents of each jar was rice, lentils, soup mix (lentils), soup powder, soya mince, and a stock cube. To this the recipients were to add 2,5 litres of water. This then made a hearty meal for 4 people. There were more contents than jars, so these were also handed to various folk. Many people in the Western Cape had a hot meal, which I'm sure was well received.

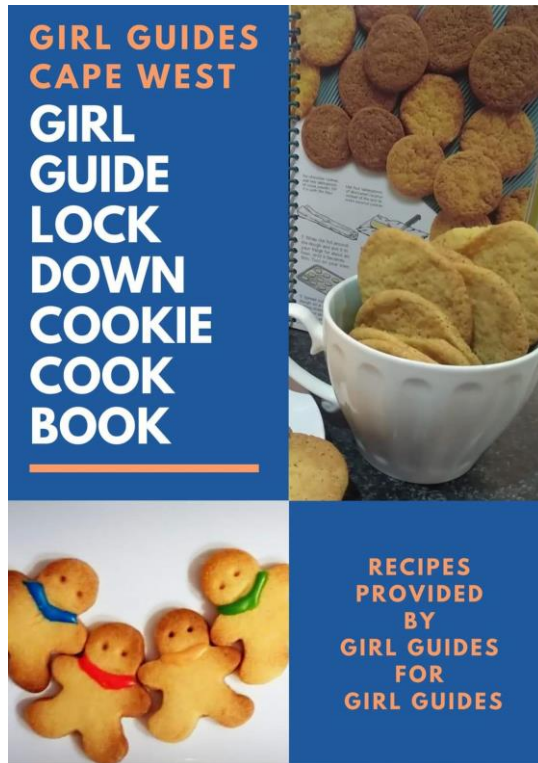


*Article from Nan Frieslaar, former Chairperson of Clarewyn Trefoil Guild. Now living in Queensland.*

Our guild met in August for the first time in four months for an outdoor AGM. It was held at 7th Brigade Park down the road from the Hut (Guide Hut) where we normally meet. Long service awards were 60yrs, 56yrs and two 25yrs. The little lady on right front is 94 yrs old. Next month we are travelling to an outdoor spot about 50km to have a picnic lunch. Social distancing and no sharing food of course! I received my Aspley Guild white shirt too.... I will take a picture of me in my new uniform next month. Take care and keep safe, Lots of love, Nan



**LOCKDOWN CHALLENGES**



Earlier in the Newsletter I mentioned Adults having more fun!!!!!!! Here is proof. Sue McFadden, Deputy Regional Commissioner, became the new Word Master in response to the Word Challenge , finding no less than **946 words** !!!!!!!!!!!









**THE NEW NORMAL** 

**To stop the spread of #COVID19, we all need to play our part.**

Some of us—including people at risk of more severe disease—rely, in part, on other people taking the right actions.

Help protect those who need it most:

-  **Feel sick:** stay home unless seeking urgent medical care
-  **Face:** avoid touching it
-  **Elbow:** cough into it
-  **Hands:** clean them often
-  **Keep distance:** at least 1 metre from others
-  **Space:** avoid crowded places and limit time in enclosed spaces
-  **Clean:** frequently touched objects and surfaces regularly




Congratulatio**s** to Ann Bam  
 & Ian Stanbridge on their marriage.  
 Wishing them many years of  
 happiness.



*Thank you*

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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](mailto:geraldine.february@gmail.com)