



GIRL GUIDES CAPE WEST  
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## TERM 4 2020

Warm greetings to you all!!

Where has the time gone? As I prepare the final draft of this 4<sup>th</sup> Term Newsletter, Matriculants are busy with their exams and the rest of the girls getting through assessments. What a memorable year this has been. Following the excitement of South Africa being the winners of the Rugby World Cup last year and reliving those moments during November this year, it seemed to have lifted a bit of the doom and gloom we all experienced as a result of the Covid -19 Pandemic.

Thanks to Lockdown Level 1, some units were able to return to their meeting places where social distancing could be adhered to, while there are others within the Region who have never had in-person or zoom meetings at all. We trust that they will make a concerted effort to regroup in the New Year.

## COMMUNITY SERVICE

True to our Guiding spirit, activities continued where members of the Region were seen out and about doing what we do best – *Service to the community.*

### International Coastal Clean-up Day

During the **third Saturday in September**, International Coastal Clean-up Day encouraged people to rid the oceans of the garbage plaguing beaches and awareness was also spread about preserving and protecting the world's oceans and waterways.

#### **Report: Zoe Prinsloo:**

What an AWESOME Spooktacular Beach Cleanup with the Cape West GIRL GUIDES!!

Despite being incredibly windy, we had a great turnout and we managed to collect an amazing 194 KILOGRAMS of litter!!!

I painted and hid some blue stones before the cleanup and girls were told to look for them, being rewarded with some small prizes! They could keep the little stones too.

As it was Halloween, girls (and some adults) came dressed up and prizes were given for the best dressed/most creative. I also made up packets of sweets for all the kids and luckily there was enough to give to everyone!

I want to thank the girls and parents from Cape West GIRL GUIDES for coming out and supporting our clean-up.

Most collected item on the day : 67 NAPPIES!!!!  
Absolutely ridiculous!!! And 80% of them were Pampers!





A large contingent of Fish Hoek Girl Guides joined other volunteers on Saturday 19 September for INTERNATIONAL Beach Clean-up ....They found a lot of micro plastics, lollipop sticks, cigarette butts as well as disposable nappies, clothing, plastic piping and wire.

*A message to all of us to share!!!!!!!!!!!!*

One reason that we need to **stop** polluting the oceans, is it's hurting the fish and birds around the **ocean** since they are mistaking garbage for food or getting caught in it and it's hard for them to escape.



← Fish Hoek Guides and Rangers doing service at Noordhoek open gardens.

De Grendel Trefoil Guild members visited DARG , Hout Bay with donations and thank you gifts for the staff celebrating the Guild's 27<sup>th</sup> Birthday.

→ Congratulations to you all and may you go from strength to strength!!



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The Jerusalema Dance Craze brought hope from Africa to the World amid Covid.

The simple dance routine to the 2019 hit Jerusalema by Master KG and Nomcebo Zikode has provided an uplifting soundtrack for difficult times. The upbeat song is a lamentation for God to take the singer to the heavenly city.

Our President, Cyril Ramaphosa urged citizens to take part in the dance challenge *"to reflect on the difficult journey we have all travelled, to remember those who have lost their lives and to quietly rejoice in the remarkable and diverse heritage of our nation."*

Not to be outdone, GIRL GUIDES Cape West took up the challenge, from Teddies to Trefoil Guild.

We acknowledge the awesome Master KG featuring Nomcebo Zikode for this amazing song!!



Well done to all of you!!



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**Link Badges.** Did you know that we have Link badges in stock?

A Link badge confirms that the girl is moving up from one Branch to the next, but has not achieved the top award. The Link badge is earned just by completing at least one clause of the Branch programme. It is awarded by the Adult Leader of the Branch the girl is coming FROM, and presented, if possible, by the Adult Leader, at the enrolment ceremony in the Branch the girl is going TO.

When a Teddy moves from Teddies to Brownies, she wears, on her Brownie uniform either the top Teddy award (The Honey-pot) or a silver Link badge.



When a Brownie moves from Brownies to Guides, she wears, on her Guide uniform, either the top Brownie award (The Golden Hand) or a Gold Link badge.



When a Guide moves from Guides to Rangers, she wears, on her Ranger uniform, either the top Guide award (The Chief's Challenge) or a blue Link badge.



# TEDDIES & BROWNIES

## Good to be back:

These Teddies from Rondebosch were happy to see each other again when they could meet in person for the first time! They made shakers and remembered to stay inside their own hoola-hoop



Bergvliet Teddies showing their "Social Distancing"!

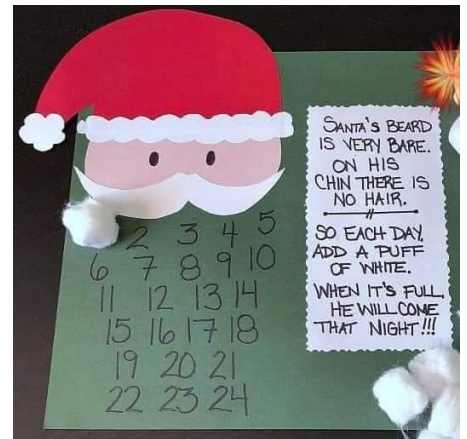


## CRAFT

Ideas shared on Teddy & Brownie WhatsApp groups.

Mother Ted printed the hat and Teddies had to draw Santa's face and stick on his beard.

Colourful fish



Christmas brooch pins to put inside homemade crackers.



*Pinterest*



Felt wreath for Christmas



1st Bergvliet Brownies made wreaths. An easy decoration using old wrapping paper.

GUIDES

A huge round of applause to 1st Fish Hoek Girl Guides who took 2nd place at Upton Shield Scout competition 2020! A great big impact girls! We are all very proud of you. Well Done!!



INTERNATIONAL DAY OF THE GIRL

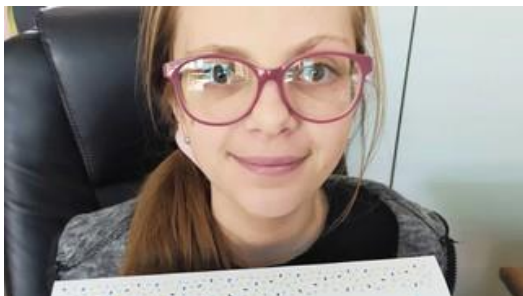


**Article : Jellybean Journal Weekend Argus**

GIRL Guides across the world recently made their voices heard on International Day of the Girl Child. The day, focuses on the need to address the challenges which girls face, promote the empowerment of girls and the fulfilment of their human rights. To mark the occasion, GIRL GUIDES South Africa hosted a virtual national youth gathering for its members aged 18 to 30.

One of their members, Angela Murphy, 23, shared her international Guiding experience after attending the World Association of Girl Guides and Girl Scouts (Waggg) leadership workshop in Madagascar last year.

“International Day of the Girl is an important way to highlight the unique challenges that impact girls, as well as a way to try and address the issues that prevent girls from having a good quality of life,” she said.



← Megan Bannister, 12, a member of Monte Vista Girl Guides, added: “It is a day when girls can speak out about what they believe in and what they want for their future. I painted some rocks with animals to show that we should respect all living things. I will hide the rocks and hopefully they will bring joy to the people who find it.”

Chloë Mallows, 21, a member of Cape West Girl Guides Youth, said she was not aware of the International Day of the Girl Child before this year, but was glad to learn about it.



Being part of guiding allowed me to learn about this day. To me, it is a special day we can join together to raise our voices on issues or visions for the future. It’s a day that brings people together with a common goal

**ADULT LEADERS**

Well done to Dorothy Holder, District Commissioner for Three Rivers District who got up very early one morning to join the "Take a Hike Day" up Table Mountain, starting at Platteklip Gorge!

Participants were issued with bags and gloves and sent on their way to collect any litter they could on the way up!

They also received a Table Mountain buff, a 'goodie bag' and a free cable car ride down!!

Well done Dorothy for participating and helping keep our beautiful mountain clean and litter-free!!

**“Fundamental to everything that we do is maintaining essential ecological balance that helps to conserve Table Mountain’s natural heritage and biodiversity.”**

**“We can’t do this alone. It is up to everyone to be part of the change needed to ensure that we protect our New7Wonders of Nature, Table Mountain.”** Wahida Parker, Managing Director of TMACC,



## TREFOIL GUILD

ARTICLE SUBMITTED BY Regional Trefoil Guild President: *Cicely Holland*.

I thought it would be interesting to give you all an insight of different companies/homes etc., that our different Guilds help year after year and to know the history as well.

This time it will be for the ELEANOR MURRAY HOME

PRESBYTERY PROJECT FOR THE AGED

During the 1990's Woodstock Presbyterian Church's congregation started to dwindle. This was due to the suburb of Woodstock, which was up until the 1970's the City of Cape Town's "posh" suburb, which then sadly became a crime area. With the result the congregation dwindled down to twenty odd. This indicated that the remnant congregation was not able to meet the stipend for a fulltime minister. The indication to the congregation was to sell the manse and the church hall for the purpose of paying a fulltime minister. This was NOT accepted. The congregation after much prayer, indicated to the Cape Town Presbytery that if the manse was joined to the church's hall so as to become a dwelling place for the elderly. This suggestion was put to the Cape Town Presbytery. After the Presbytery's consideration, it was passed to become the Western Cape Presbytery – Project Old Aged Home.

Funds now had to be obtained for this project of converting the church hall by connecting it with the manse for the provision of accommodation for twenty-nine elderly folk of whom some being those living on a social pension. A few of the senior ministers of the Cape Town Presbytery indicated that the funds would have to be put to the congregations of churches within the Cape Town Presbytery. One way was to request from each member of the churches to purchase a brick for five rand. Donations of various sources were received from The General Assembly Officer, some also from the church's boards of management, other donations from bequests plus the major donation from a lady, Eleanor Murray of the Murray Trust, which made up the contribution to bring this Project to its reality in 1985. A single lady was the first resident.

As the years went by, the Eleanor Murray Complex became fuller to almost its capacity by 2002. Mr and Mrs Owen Jones were approached to become managers for this said project. They would be the day to day managers, plus an administrator who would be directed by the Management Executive Committee. This body would serve as volunteers. By 2012 the Project which was a non-profit organisation and was now able to pay the housemother and the administrator a small stipend. The person doing the purchasing was granted a small monthly fuel allowance. The Project plus the church stand on four plots in Woodstock.

The Project's Executive Management was able to keep the residence and the building in good stead. The Project owns two vehicles – A Toyota Quantum which is a thirteen seater and also a Isuzu bakkie. There is also a "walk-in" fridge which is housed next to the undercover vehicle parking area. There is also a fully equipped laundry. The building has been maintained with suitable plumbing, painting and fire protection equipment as well as being property alarmed. The Home is also rather proud of a garden area in which residents often sit.

Up until 2018 the Woodstock Presbyterian Church kept up the worship services which was administered by various retired Presbyterian ministers as well as lay preachers. Some of the Home residents attended these services.

The Woodstock Presbyterian Church building has for over twenty years been utilised by a Pentecostal Church congregation called Grace Chapel. These services have been attended with the church being full by its congregation.

The Jones couple, who had served the Presbyterian Project for the Aged for sixteen years, indicated that they would go on retirement at the beginning of March 2018. This meant that the day to day managers needed to be replaced. After much prayer and searching, the Cape Town Presbytery, called Grace Chapel, whose leaders had shown an interest for the day to day

management. The Cape Town Presbytery's Project for the Aged remains the sole owner.



On 6 October, Clarewyn Trefoil Guild held their first in-person meeting at Moyo Restaurant Kistenbosch. So good to see they could get out and catch up after many months of lockdown.

## NEWS FROM WAGGGS

16 Days of Activism - This year's international theme is around "Victim Shaming" and creating awareness around this.

16 Days of Activism against Gender-Based Violence is a global calling for an end to violence against women and campaign girls.

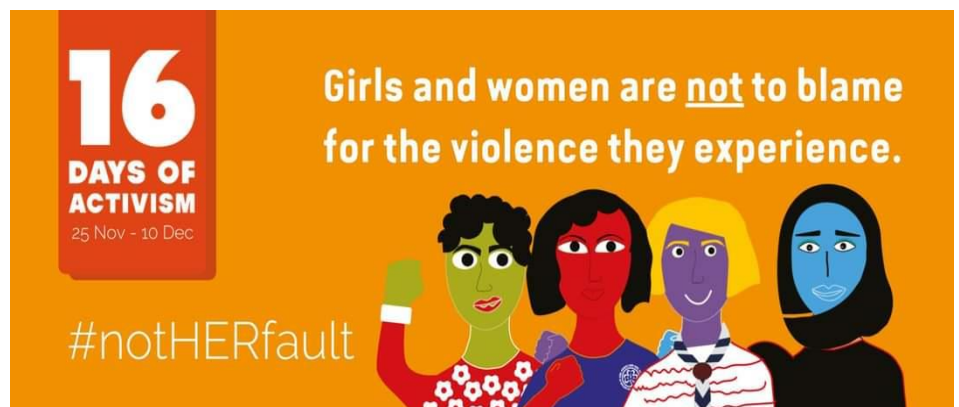
It takes place every year and began on the 25th November, the International Day of the Elimination of Violence against Women and finishes on Human Rights Day, the 10th of December.

You are invited to help break the silence of violence against girls and women!

Make a commitment today to stand in solidarity with all girls and women who have been made to feel like they are responsible for the violence inflicted on them.

Victim blaming and the shaming of women and girls silences those experiencing violence but also reinforces a perpetrator's power and control - allowing them to continue abusive behaviour without consequences or punishment.

Join us for the 16 days to find out how you can be part of #TeamGirl from small acts of wearing an orange bracelet to sharing your own knowledge, experience and attitudes towards victim-blaming which can improve citizen engagement, inform leaders, and foster positive change.





Congratulations to Kylene, our office assistant, on receiving the Certificate of Completion, SAGT –Sage Africa – Bookkeeping Fundamentals Assessment from Sage University.



Message from a grateful parent: Outenique District

I have to say THANK YOU for what you do. My daughter is my 2<sup>nd</sup> child\*. My first seems to fit into everything she tried. With her we have tried horse riding, gymnastics, ballet, modern dancing, tennis, hockey and swimming. Although she is good at all the above, she fought every time I said it's time to go to any of the above activities. BUT, with BROWNIES, she counts the sleeps. She LOVES it and I really think it's SO good for the girls. So thank you for providing them with a place on a Friday afternoon where they feel like they belong.

“Well done, well done, jolly well done to this Brownie.”



Congratulations to Ann & Ian Stanbridge on the birth of baby Michaela Elizabeth born 23 September 2020.

A Teddy for 1<sup>st</sup> Bergvliet !!!



PLEASE REMEMBER: When posting photos on Facebook or sharing with the media, please remember the wearing of masks is COMLPULSORY and must be worn properly at all times, that means, the nose must also be covered. Adult Leaders, we need to set the example and guide the younger generation: It is the right thing to do.

## EXCITING UPCOMING EVENTS



**#111in2021**

**GIRL GUIDES**  
South Africa

**FUNDRAISER**

**WILL YOU TAKE THE CHALLENGE?**

**WALK**  
WHEN you want,  
HOW you want,  
WHERE you want.  
You have 52 days  
in which to  
complete it!

**WALKATHON**

IN 2021 GIRL GUIDES CELEBRATE 111 YEARS AND TO CELEBRATE WE WILL BE WALKING 111 KMS! AND WE'D LIKE YOU TO JOIN US!

Start: 1 January 2021  
End: 21 February 2021  
Cost: R30 per entry!  
(badge will be available @ R20)

Every entry = 1 entry into our raffle draw!

111 km sound like too much for you to manage? Get a friend to register with you and combine your kms!  
(max 2 per team)

3 WAYS TO REGISTER FOR THIS EVENT:  
<https://forms.gle/VcPh5QaJQEwTfx5>  
FB: @ CAPE WEST GIRL GUIDES SA  
Email: girlguidesmarketing@gmail.com

Don't forget to sign up for our Walkathon. This is a fun activity for the whole family, no matter where in the world they are. The Walkathon will culminate in our Regional Thinking Day activity which will be held on 21 February 2021 – More exciting information to follow!

23 January 2021 – We will be hosting a boating day at the Zandvlei Boathouse for all those who would like to join. Canoeing, sailing and rowing will be available on the day for all those who would like to experience it for the first time, or who are seasoned Zandvlei users. It will be a great day out on the water!



To all of us from the Cape West Office, our best wishes to you and your families for a safe and happy holiday. To those who will be celebrating Christmas, may it be a blessed one. Take care, wash your hands and keep wearing your masks!

*Thank  
you*

To everyone whose **News / Photos** 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)