



The Spitfire Spotlight



58's Official Newsletter

Anxiety - React vs Respond?

At a restaurant, a cockroach suddenly flew from somewhere and sat on a lady.

She started screaming out of fear.

With a face stricken with panic and a trembling voice, she began to jump, both her hands desperately attempting to rid herself of the cockroach. Her reaction spread like wildfire, causing everyone in her group to also become panicky.

After a valiant effort, the lady succeeded in pushing the cockroach away, but to everyone's dismay, it landed on another lady in the group. Now, it was the turn of the second lady in the group to carry on the drama.

The waiter rushed forward to their rescue.

In the relay of throwing, the cockroach next fell upon the waiter.

The waiter stood firm, composed himself and observed the behaviour of the cockroach on his shirt.

When he was confident enough, he grabbed it with his fingers and threw it out of the restaurant.

Sipping my coffee and watching the amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behaviour?

If so, then why was the waiter not disturbed?

He handled it near to perfection, without any chaos.

The ladies **reacted**, while the waiter **responded**. Reactions are always instinctive, while responses are always well thought of. It is not the cockroach, but the inability of those people to handle the disturbance caused by the cockroach, that disturbed the ladies and their reactions. The waiter, while realizing that cockroaches are



seen as horrid and ugly by society, they are pretty harmless and thoughtfully responded by catching it and removing it from the situation.

I then realized it is not the shouting of my parent, or the teacher pointing out my mistake, but **my inability** to handle the situation / disturbances caused by their shouting that disturbs me. It's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused by the traffic jam that disturbs me. More than the problem, it's my reaction to the problem that creates chaos in my life. I should not react but learn to respond.

Often it's not the kid that has autism, or the gay person, or the colour of a person that disturbs me, but the way I react to them and their situation. I do not know how to respond to them and therefore I react.

React - Always instinctive

Respond - Always well thought out (even planned)

Reaction leads to Anxiety.

Anxiety - is a feeling of fear, dread, and uneasiness.

We cannot always control everything that happens to us in this life, but we can control how we respond. Many struggles come as problems and pressures that sometimes cause pain. Others come as temptations, trials, and tribulations.

L. Lionel Kendrick

Family Camp (10-12 May 2024)

58th is looking at organizing a family camp and we would like you and your family to join us for the weekend. The idea is to get to know one another and arrange activities around the family to create family unity. We are looking for parents to help arrange the camp so please get involved and help us make this a camp to be remembered.

Our Leaders Contact Details

Scout Group Leader: Gregory Southey (Group) - 082 805 7665

Troop Scouter: Kayle Ormshaw (Scouts) - 083 657 3194

Pack Scouter: Madeleine Southey (Cubs) - 082 679 4161

Den Scouter: Megan Allan (Meerkats) - 073 262 7680

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2024 National Scout Challenge - Mental Health



Anxiety
does not
empty
tomorrow
of it's
sorrows,
but only
empties
today of its
strength.

Charles
Spurgeon

January Ribbon - Yellow

The yellow ribbon is for Thankfulness. It does have some other meanings, like many of the ribbons do have, however we will be focusing on Thankfulness and Appreciation. Some may ask what this has to do with Mental Health. This month we are thankful for those in uniform on any kind. The services that they perform to protect us as citizens. We think of those in the defense force (Land, air, sea), Nurses, Firemen, Police etc.

A Massive "Thank You" to our Uniformed members for your selfless sacrifice.

What is "Cause Awareness" and why is it important?

The purpose behind these ribbons is to eradicate an illness and support the struggle of a loved one.

The first step toward change is awareness. The second step is acceptance.

Nathaniel Branden



What present did you get for Christmas that meant the most to you?

Each year around Christmas we look forward to having some time off, eating food and getting presents. So what was the best present you got this last Christmas?

On Christmas day, we as a family normally attend a church service. This year the message was fairly good and enlightening, but it was not that message that meant most to me this year. During the service the church does collection and it was during this time that I felt the real message this year. It was a simple one, **you been present**, and been present in God's company was the best present and only thing we could give God. For me this year, having my family present, in my company, over the Christmas season was the best present I could have got. I know it sounds like a cliché, but I have a close friend who would have really enjoyed one more moment with his son. I have 2 friends who would have loved to have had another conversation with their mothers.

Appreciate the presents of your family.

Triggers.....!

We need to start identifying the triggers that aggravate mental health issues in our society - bullying, social media negativity and anxiety, gender based violence, substance abuse, stigma around issues such as maternal issues, etc.....,

and we need to speak up about these more and get to the source of the problems.

Sanam Saeed

RIBBON AWARENESS MENTAL HEALTH AWARENESS

WHITE

THE WHITE RIBBON IS A FAIRLY HEAVY SUBJECT YET A VERY VITAL ONE WHEN IT COMES TO MENTAL HEALTH. THE WHITE RIBBON IS FOR ONLINE SAFETY AWARENESS AND INCLUDES SOCIAL MEDIA, BROWSING, MESSAGING AND GIVING OUT PERSONAL INFORMATION. IT ALSO INCLUDES ALL THAT FOLLOWS FROM THERE LIKE CYBER BULLING, VIOLENCE, HACKING AND IDENTITY THEFT. KIDS TODAY ARE GROWING UP IN A WORLD WE AS PARENTS HAVE NEVER HAD TOO.



PERIWINKLE BLUE

THIS RIBBON HAS BEEN CHOSEN FOR ITS AWARENESS MAINLY FOR EATING DISORDERS AND THE PART MULTIMEDIA PLAYS IN SETTING THE NORMS OF TODAY. FOCUS WILL ALSO BE ON PEER PRESSURE, BEEN NEGATIVE OR POSITIVE, COMING FROM OUR PEERS, SIBLINGS AND / OR PARENTS. THIS ALSO FOCUSSES ON GOOD SPORTSMANSHIP.

How do we deal with all of this?



THE PUZZLE RIBBON

THIS RIBBON IS ASSOCIATED WITH THE AWARENESS OF AUTISM. AUTISM IS A NEUROLOGICAL AND DEVELOPMENTAL DISORDER THAT AFFECTS HOW PEOPLE INTERACT WITH OTHERS, COMMUNICATE, LEARN AND BEHAVE. OFTEN PEOPLE WITH AUTISM ARE TREATED UNFAIRLY DUE TO THE FACT THAT SOCIETY DOES NOT UNDERSTAND AUTISM. AUTISM IS NOT A MENTAL HEALTH PROBLEM, IT IS A DEVELOPMENTAL CONDITION. OUR REACTION / RESPONSE TO OUR UNCOMFORTABLENESS WITH AUTISM CAN MAKE A DIFFERENCE.



Scouts visit to the fire Department

On the 13 Jan 2024 Lonwabo arranged a visit to a local fire station as part of his advancement requirements. The scouts and parents who attended really enjoyed the day and a thank you to Lonwabo



Leaping Wolf Garden

The Leaping wolf is the highest award a cub can earn. As part of the leaping wolf requirements, a cub needs to earn the Food for life badge or make a garden for a purpose. These gardens can be ornamental, memorial or a food garden. These gardens are not really a group task but an individual task taken on by the cub and their family. The task is for the cub to learn and be apart of team / family rather than been the a project manager. lolana, one of 58th Air Scout Troop's cubs, identified a food garden at Elder's Voice, Umbilo. The garden needed a serious boost as previous efforts haven't yielded the desired effects. The biggest obstacle was contending with our velvet four footed friends who also need food! lolana would also find out, over time, that the soil has very little nutrients. lolana, with the help of her family had to first monkey proof sections for the gardens. A plan was formulated and a start has been made. This is an ongoing project.



Annual Cub Camp

Stainbank / Coastal District Cub
Gold and Silver Wolf Outdoor Challenge Camp



Silver Wolf Camp
Dates: 2nd - 3rd March 2024
Time 08:00 - 13:30
Venue: BP Camp Durban
Cost: R170 per Cub

Gold Wolf Camp
Dates: 1st - 3rd March 2024
Time 17:00 - 13:30
Venue: BP Camp Durban
Cost: R270 per Cub

For more details please speak to your local pack Scouter

If you don't think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days.

Kris Carr

District BP Remembrance Camp Fire

District BP Remembrance Camp Fire

Date: 24th February 2024 (Saturday)
Time: 17h00 till 20:00
Venue: FairFell Guide Camp (622 Main rd, Northdene)
Bring: Panic Basket and Blanket / Camp Chairs (no braais)
Each family to bring their own supper and cool drinks
Urn will be provided for hot water
Invited: Open to all members, family and friends
Cost: None

Dress Code: Formal scout uniform, medals

Founder of the Movement



Robert Stephenson
Smyth Baden-Powell

Bring your camp fire blanket with you



February	March	April
Th	1 Fr	1 Mo Family Day
Fr Scouts Swimming Evening	2 Sa Outdoor Cub Camp / Meerkats Outing	2 Tu
Sa Air Charge	3 Su Outdoor Cub Camp	3 We Schools Open
Su	4 Mo Committee Meeting	4 Th
Mo Committee Meeting	5 Tu	5 Fr
Tu	6 We	6 Sa Cub Nature Ramble / Scout Community Service
We	7 Th	7 Su Scout Community Service
Th	8 Fr Troop Camp	8 Mo Committee Meeting
Fr Springbok Troop Camp	9 Sa Troop Camp	9 Tu
Sa Springbok Troop Camp	10 Su Troop Camp	10 We
Su Springbok Troop Camp	11 Mo District Scouter Council	11 Th
Mo District Scouter Council	12 Tu	12 Fr
Tu	13 We	13 Sa Cub Membership day / Scout Community Service
We	14 Th	14 Su Scout Community Service
Th	15 Fr	15 Mo District Scouter Council
Fr Scouts Valentine Dance	16 Sa Warrant Courses (BP)	16 Tu
Sa Warrant Courses (BP)	17 Su Warrant Courses (BP)	17 We
Su Warrant Courses (BP)	18 Mo	18 Th
Mo	19 Tu	19 Fr
Tu	20 We Schools Close	20 Sa Sixer Leadership Day / Scout Community Service
We	21 Th Human Rights	21 Su Scout Community Service
Th	22 Fr PLTC	22 Mo
Fr	23 Sa PLTC	23 Tu
Sa Dist. Founders Camp Fire	24 Su PLTC	24 We
Su Founders (KZN Awards)	25 Mo	25 Th
Mo	26 Tu	26 Fr
Tu	27 We	27 Sa Freedom Day Campers
We	28 Th	28 Su Campers (C/S) BP
Th	29 Fr Good Friday	29 Mo
	30 Sa	30 Tu

Meerkats

Cubs

Scouts

Group (Everyone)

Adult Leaders

Training

Follow us on


<https://web.facebook.com/groups/346010984428/>

https://www.instagram.com/58th_dbn_air_scouts/